



## New Therapies at Integra!

Ease your way back into your fall routine with these **NEW** natural services:

- **Massage Therapy** – A full body, therapeutic massage designed to loosen tense & tired muscles while providing full body relaxation. 1 hour, \$75 1.5 hour, \$105
- **Reflexology** – Divine foot therapy! Heals the body, detoxifies and relaxes through stimulation of reflex points on the soles of the feet. 1 hour \$85, ½ hour \$45
- **Aroma-flex** – Revitalizing custom aromatherapy to enhance your full reflexology treatment designed to promote maximum healing for your entire body. 1 hour, \$100
- **Pedicure** – By popular demand! One of the only clinics to offer completely natural food care treatments! *Awesome for pregnant and nursing moms!* Superior, non-toxic, custom blended products. 1 hour, \$100
- **Pedi-flex** – A reviving pedicure followed by a soothing reflexology treatment to bring new life to body, mind and ‘sole’. 1 hour 15 min., \$110

**ALL SERVICES are covered under extended health plans.**



*A truly natural pedicure with non-toxic nail polishes!*

### Traffic nightmares!

You're late for an appointment and your 7 year old forgot his lunch. Back to school and back to work means extra time on Calgary's busy roads! Feeling overwhelmed by traffic? A natural solution is now available at Integra...

The 2bu Car Deodorizer is an all-natural essential oil spray that has been specially blended with uplifting citrus scents to ease tension and elevate your mood. It is also highly effective at removing odors from your vehicle. Experience a more pleasant commute and arrive at your destination feeling relaxed—not ragged!

**Receive 10% off your purchase of car deodorizer during the months of September and October!**

*A man too busy to take care of his health is like a mechanic too busy to take care of his tools.*

*Spanish proverb*

## Optimize Your Immunity This Fall

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Fall gets a bad rap. Often associated with the flu season, the cold season, and the season when contagious diseases abound—the cooler weather doesn't necessarily have to bring illness with it. In fact, the changing seasons is the best time to strengthen immunity.

Most people don't realize the impressive association between our immunity and digestion. The vast majority of our lymph tissue resides in our gastrointestinal tract. Therefore, when digestion is strong and appetite is good, immunity is strengthened. Whatever weakens digestion weakens immunity.

### So this season, why don't you give these "a shot":

**Cleanse** - The ultimate for digestive health and wellness. If you have never cleansed before, don't be intimidated! Highly effective cleansing does not have to mean fasting. Have an individualized cleanse designed specifically for you.

**Probiotic** - Make sure you are taking a supplement of good bacteria to support your healthy gut flora to balance pathogenic organisms.

**Natural Flu Shots (Available at Integra)** - Many of you have already been asking—**yes**, our homeopathic flu shots are now available! Inquire at the clinic. Oral versions available for children.

## Keeping you informed... Studies Highlight Hazards of Manicurists' Chemicals

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On August 19, 2007 the New York Times did an article exposing the sad reality of the health of practitioners working in conventional nail salons. Studies by researchers at both the University's of Detroit and Toronto concluded that exposure to toluene, formaldehyde and dibutyl phthalate (common chemicals in nail polish and removal) is associated with poor mental

*"Children prenatally exposed also performed worse on tests..."*

processing speed, memory and verbal learning. Children prenatally exposed to these compounds also performed worse on tests of cognitive function. Apparently the intensity of exposure for a salon worker is 1200 times what it would be for the average person.

***Integra is proud to offer natural, toxic-free pedicures using only the finest, natural substances.***

## Need some zzzz's?

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Settling back into a busy routine after a long, relaxing summer means there is often more to think about and organize on a daily basis.

For those of us seeking to maximize our downtime, try out these effective strategies:

1. **Keep your bedroom dark.** Melatonin, the main hormone for balancing sleep, needs darkness. Use thick blinds, or eye masks to ensure maximum darkness.
2. **Avoid strenuous activity** in the evening, as it may stimulate your entire body and keep you up.
3. Go to bed and rise at the same time everyday. **Routine is the key** to better sleep.
4. Keep a pen and paper handy to **write down pestering thoughts** that are keeping you awake.
5. **Seek guidance** for chronic sleep deprivation— your body and brain depend on it. What has become "normal" for you may indeed be too little for optimal wellness.