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Special Holiday Issue
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Support the Calgary Inter-faith Food Bank and make a donation at VIVE today!

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Makes a wonderful holiday gift!

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The Holiday Season is almost here...are you ready?

When we think about the holiday season, we idealistically envision a beautiful winter wonderland, great holiday food, family gatherings, and feelings of joy and excitement. However, for many people, the stresses associated with the holiday season often bring on feelings of dread, anxiety, and exhaustion. Are you one of these people?



It is said that every human being is the author of his or her own health or disease.

There is no better example of this than in how we manage stress. Between 75 and 90 percent of visits to family doctors are in some way attributable to stress, and 43 percent of all adults suffer adverse affects due to stress. While we cannot eliminate stress from our lives, we can reduce the harm done.

Between our responsibilities at work and home, caring for children and numerous other obligations (including those imposed by the holiday season!), chronic stress often seems to have become a part of our everyday lives. The result however is feeling "***chronically unwell***" and promoting ***chronic disease***.



Many of us just live with symptoms of chronic stress never realizing the two are related. Common symptoms may include insomnia, headaches, fatigue, poor focus and memory, digestive irregularity, muscle pain or even PMS. Furthermore, stress contributes to and accelerates the course of disease. High blood pressure, heart attack, diabetes, infertility, cancer and autoimmune disease are all related to stress.

The first and most important aspect of managing and recovering from chronic stress is calming the mind and boosting energy with an appropriate program developed by a Naturopathic Doctor.

Eventually prolonged stress will lead to exhaustion, a state that can be very difficult to reverse without help. Appropriate supplementation helps to rejuvenate the body after collapsing into lasting fatigue and exhaustion. Stressful times burn through needed nutrients leaving the body depleted. An infusion of nutrients replenishes the tissues and strengthens a worn down body.

Take control of your stress today...it will leave you in a better position to thoroughly enjoy this holiday season!

Why Does VIVE use Intravenous Nutrients?

Intravenous Nutrient Therapy has become increasingly common in integrative medical centres around North America. IV infusions offer 100% absorption and a direct route into the body for nutrients to quickly reach high concentrations in the blood and in the tissues.



Nutrients taken orally in capsule or tablet form are only partially absorbed because of limitations inherent to the digestive tract. Additionally, the more taken, the less is absorbed. While oftentimes this does not pose a problem, in some cases it is important to surpass the concentrations achievable from oral nutrients to have the desired effect.

There are numerous ways to combine nutrients to aid in a patient's treatment and recovery, but regardless of the specific formula, the ultimate goals are to:

- accelerate response to treatment
- rejuvenate and strengthen a depleted body
- achieve the high concentrations of nutrients needed to treat certain conditions.

IVs are used in complementary cancer programs, for those with acute or chronic infections, for those feeling exhausted and depleted (see stress above!), and for those in need of a quicker response to their standard treatment.

Did You Know?...

Myofascial Cupping has been used for centuries mainly as a medical based treatment. More recently research shows that using myofascial cupping benefits the fascia and the musculoskeletal system as a whole. Through the suction of the cups, the fascia is stretched and adhesions in the area are slowly lengthened out. This technique can benefit everyone from an athlete to a desk worker. Anyone who has muscle pain or adhesions would also greatly benefit from this treatment.



It can be incorporated into a 60 minute to 90 minute deep tissue treatment. Come in and reap the benefits that myofascial cupping has to offer!

Vive's Holiday Food Drive

This holiday season, Vive Health will be collecting food items or cash donations for the Calgary Interfaith Food Bank. Donations can be dropped off directly at the clinic until Thursday, December 22nd. For a list of the most needed food items, please see our food drive poster or on our website under 'Events' at www.vivehealth.ca.

GIFT CERTIFICATE

Wondering what to get your loved one for the holidays?

Why not consider a

Vive Integrative Health Group gift certificate!

They can be used for a massage treatment, a nutritional consult, or Naturopathic services. Pick one up today!!

Have a safe and happy holiday season!

We look forward to seeing you in the New Year!!

