



## Holistic Health Practice Presents: **The Labyrinth**



# *Fall 2009*

### **in this issue**

- :: From Kurt Hill: Self Care
- :: Welcome to Our Blog
- :: Featured Service: Rolwing
- :: Nurture your Senses
- :: Featured Practitioner: Dr. Amie Shimmel
- :: Words of Wisdom
- :: Book Recommendation
- :: Upcoming Events

### **From Kurt Hill**



So did you skip breakfast this morning, then find yourself raging at a fellow driver or brandishing your fist at a missed bus? Have you noticed that waking up in the morning is a chore, but going to bed at a reasonable hour seems an impossibility? When was the last time your day off was actually a day off?

Could it be that you are the last one in your household or community that you think of gifting? Well, it is time for the nurturer to get nurturing. The good news is you do not have to wait for someone else to award you with their thoughtfulness. Self care can be done anytime and anywhere. Today is as good a time as any and there is no time like the present!

Take a moment and just massage your neck or listen to a pleasant song. Call a friend or stand in the mirror and just say I love you to the face you see. Self care can be as simple as taking slower sips of that tea you keep meaning to have.... and yes, it's okay to throw in the cookie every once and a while. :-)

The sad truth is that many people never stop to honor themselves. They feel that unless someone else acknowledges them then it just won't happen. Take a moment and think about all of the nice things you can bestow on yourself. Ever thought about treating yourself to a nice foot soak at the end of a busy day? How about fixing yourself that special meal and eating it on the best china? It doesn't have to be something extravagant. It can be as easy as consciously breathing in lieu of holding your breath when you are anxious.

Health care begins with self care and self care begins with you. By setting standards for how you treat yourself, you automatically set them for those you intend to let in your life. They have to treat you at least as well as you treat yourself.

I know it's no easy task, given the moral code of self sacrifice that America is built on, convincing yourself that it's ok to spend your time on you. But if you take the first step, soon self care will become a habit. Habits turn into patterns and patterns into traits. Thus, it becomes the norm to hold yourself in high regard in every way, shape or fashion. Feeling good is contagious; it is an attitude that radiates. You begin to notice you in a most extraordinary manner. You'll make a hit with yourself. It is healthy to have confidence in who you are and a belief that you can continue to improve.

There is no stopping you once you catch on to you. **You** are the one you have been looking for all of your life. That's right. You're the "**ONE**".

Now take a second and give yourself a hug. It is the start of a wonderful healthy love affair!

**Continuing to do the truth in love,**

**Kurt Hill**



**Harvest  
Joy  
!!!!**

**Welcome to Our  
Blog!**

Get a daily dose of self care updates, holistic thinking, and inspirational musings... Just right for those moments when you need to step back into the bigger picture!

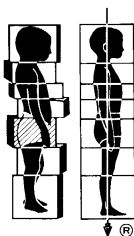


[Click Here to Enter the Holistic Life!](#)

**Featured Service:**

**Rolfing®**

Rolfing Structural Integration is a form of bodywork developed 50 years ago that works on



**Featured Practitioner:**

**Dr. Amie Shimmel**  
Chiropractic & Acupuncture



Dr. Amie is a familiar face in the HHP offices! Our very first associated practitioner, she has been with the practice for the last five years.

Dr. Amie is a consummate and conscientious professional. Committed to keeping up with new techniques in both the chiropractic and acupuncture worlds, she continues to study and learn new and different ways to help her clients obtain optimum health.

You could not ask for a more dedicated, caring, and sunny health care provider. We are so very happy to recommend our Dr. Amie Shimmel to you!

**Words of Wisdom**



**Believe in yourself,**

the connective tissue (fascia) to release, re-align and balance the whole body.

**I walked along the edge of the lake and was**

**treated to the crunch and rustle of leaves with each step I made.** The acoustics of this season are different and all sounds, no matter how hushed, are as crisp as autumn air."



At **Eric Sloane** to deepen his Rolwing® practice & facilitate an ever more profound healing experience for his clients, HHP's Rolfer Matthew Berean has most recently completed training in:

- [SourcePoint Therapy](#)
- [Visceral Manipulation](#)
- Neural Mobilization
- Proprioceptive Movement Patterns

Says Matt, "Many times the tension or pain we experience can be traced back to a different area or layer of tissue than where we feel it. A simple restriction of a nerve or blood vessel that crosses a joint can cause tissue in the surrounding area or limb to tense in an attempt to reduce irritation from movement. Specifically addressing the restrictions around the nerve or blood vessel allows the protective holding to release and the tissue to regain greater function.

If you are dealing with more chronic issues and have not been able to find relief, there may be some simple solutions to help you move out of the tension you are experiencing and find a greater state of balance in your body."

Matt offers free 30 minute consultations and group presentations for anyone who is interested in learning more.

**your neighbors, your work, your ultimate attainment of more complete happiness. It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in Autumn.**

~ B. C. Forbes

## Book Recommendation

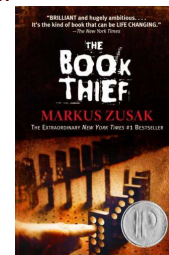
### The Book Thief

By Markus Zusak

Originally intended for publication as an adult book, *The Book Thief* has found a home in the young-adult section where it continues to flourish, having just finished it's 107th week on The New York Times' Best Seller List. Despite this placement, *The Book Thief* is a richly rewarding read for older readers. While the language of the novel is easy to follow and instantly accessible, the subject matter and presentation is both sophisticated and deeply nuanced.

Winner of the 2007 Boeke Prize (amongst other awards), "Death himself narrates this World War II-era story of Liesel Meminger from the time she is taken, at age nine, to live in Molching, Germany, with a foster family in a working-class neighborhood of tough kids, acid-tongued mothers, and loving fathers who earn their living by the work of their hands. The child arrives having just stolen her first book-although she has not yet learned how to read-and her foster father uses it to lull her to sleep when she's roused by regular nightmares.

Across the ensuing years of the late 1930s and into the 1940s, Liesel collects more stolen books as well as a peculiar set of friends: the boy Rudy, the Jewish refugee Max, the mayor's reclusive wife (who has a whole library from which she allows Liesel to steal), and especially her foster parents." \*



An amazing story that you will wish would never end!

*Francisca Goldsmith, Berkeley Public Library, CA*  
for the **School Library Journal**



## Upcoming Events

Please call 312.664.8376 to reserve space for all upcoming events!

### End-of-the-Work-Week Meditation.

Join HHP Practitioner Matt Berean for a SourcePoint Meditation aimed at grounding and connecting inward with a special focus on the order, balance, harmony, and flow inherent in the universal energy.

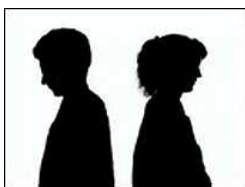


### Let the work week go and get in the FLOW!

**Date: November 6, 2009**

**Time: 6 PM**

**Cost: FREE!**



### Let's Talk About Sex (baby):

Gender Relations  
Post-Sexual Revolution

If you've been following the news lately, you've seen a lot of discussion on the disconnect between men & women's experiences in today's world. A small sample of recent stories include:

\*Women, for the first time ever, are reporting being less happy than the generation before

\*The number of young men going to college is falling while the number who actually

graduate is even lower. On the other hand, women are not only graduating from under grad in record numbers, but from graduate school as well

\*This Fall marks the first time in history that women make up the greatest portion of the work force

\*Oprah magazine recently featured an article, "[Why Women are leaving Men for Lesbian Relationships](#)"

What does this mean for the future of gender relations, both in and out of romantic relationships, in our post-sexual revolution world? What is biology and what is culture? Where is the balancing point and what can we do to achieve it?

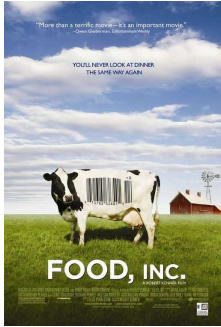
We're not promising answers, but through the sharing of personal experience & feeling, biological & psychological research, and energetic & spiritual teachings we'll attempt to move the dialogue forward

[click here for more info!](#)

**Date: Friday, November 13, 2009**

**Time: 6:30 - 8:30 PM**

**Cost: FREE!!**



## **FOOD, INC**

Movie showing & discussion  
with Kurt Hill

[Click here for more info!](#)

**Date: Saturday, November 21, 2009**

**Time: 5 PM**

**Cost: FREE!**

## **End-of-the-Work-Week Meditation**

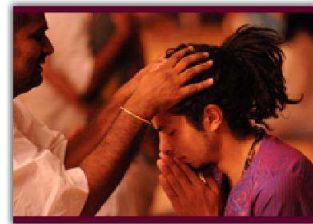
**Join Oneness Chicago for the Oneness Blessing!**

[click here for more info!](#)

**Date: Friday, November 20, 2009**

**Time: 6:00**

**Cost: Free!!**



### **Forward email**

✉ **SafeUnsubscribe®**

This email was sent to [info@holistichealthpractice.net](mailto:info@holistichealthpractice.net) by

[info@holistichealthpractice.net](mailto:info@holistichealthpractice.net).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Holistic Health Practice | One East Superior, Suite 307 | Chicago | IL | 60611