

Live Your Rhythm



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Living your rhythm in the larger cycle of life is part of a woman's leadership. The spontaneity of summer reminds us of the importance of schedules and routines. We begin to yearn for a greater sync with ourselves and the world. Fall harvest time brings us to gratitude for all that has grown through summer connection and play. It is apparent that now a slower rhythmic flow is needed to center and ground our worlds.

As women, we set the tone of all spaces with our energy as the "sacred space" holders. As we find rhythm and balance within and create it in our worlds, all are influenced and respond to it. You have your own flow in life that makes you most comfortable. It is your responsibility to live it despite what the world and others dictate. If it is slower, calming, refueling, centering, balancing, and connected with the larger fall cycle, you create greater health.

Let us listen to ourselves and find our pace. Finding our unique rhythm will allow all to

exhale, feel centered, find respite, and create order in a fast-paced world. Nothing can move quickly indefinitely. Let us be the leaders in the

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dance of rhythmic flow that calms, inspires, and allows expression of the greatest cadence for life, setting the tone for all those around us.



The Room
at meadowbrook

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www.theroomatmeadowbrook.com

HOLISTIC PET CARE: Whole Food Nutrition

Suzanne Walski, DVM, MSS has an office in Ottsville, PA. She established Meadowbrook Animal Hospital, 1987, now called Meadowbrook Animal Healing, and soon to be Meadowbrook Healing Sanctuary, for people AND pets!!!



You may be wondering: isn't all nutrition whole food? The answer to that question is a resounding NO. When pet foods became packaged products for purchase, they needed to be balanced to meet specific nutrient requirements for the particular species. This has been accomplished in most cases by adding a synthetic vitamin product.

Our pets' bodies actually process whole food vitamin complexes differently than a synthetic vitamin. The body at the intestinal level prefers to absorb whole food vitamin complexes, but when they're not available, the body has no choice but to absorb the synthetic vitamin.

Whole food vitamins when transported to the liver are either utilized or transported to the circulation for distribution to the body. They are not perceived as foreign substances, so energy is not wasted on trying to eliminate them from the body. Synthetic vitamins, on the other hand, upon reaching the liver, must undergo a reassembling to be recognized and co-factors must be pulled from tissue storage to make it a more functional structure to bind with the cell receptors.

Often the synthetic vitamin is recognized as something foreign and just sent for elimination by the bile or the kidneys. Hence, there is truth to the statement that spending money on and taking vitamins just creates very expensive urine! Remember that applies to the synthetic vitamin that the body is eliminating because it is not recognized as needed!

What does that mean for feeding our pets? Research the food ingredients on the product you are purchasing for your pet. Does it have a list of words that you do not recognize as food or are there actually food ingredients throughout the entire list? This is a very simple explanation related to a very important area of care for our pets' health—the food we feed them.

To register go to
www.theroomatmeadowbrook.com
and open Calendar of Events

Holographic Memory Resolution
Releasing Painful Emotions
Wed. Aug. 7, 8:15 pm, \$30
Register luckygirlhealth@gmail.com

Jin Shin Jyutsu Self-Help Class
Wed. Aug. 14, 7 pm, \$15
Register srw@epix.net

Three Keys to Counteract
Adrenal Stress
Thurs. Aug. 15, 7 pm, \$20
Register lyn@lynhicks.com

Sunday Celebration of Spirit
Sun. Aug. 18 and Sept. 1, 9:30 am, Free
Register srw@epix.net

Gene Keys Study Group
Wed. Aug. 21 and Sept. 18, 7 pm,
\$5 Donation
Register srw@epix.net

Intuitive Healing With Dustin Parent
Sat. Aug. 24, 12 pm, \$25
Register dustin.parent@gmail.com

Sound Bath Healing
With Sharon Kachel
Tues. Aug. 27 and Sept. 24, 7 pm, \$20
Register attunedwithspirit@gmail.com

Healing With Crystal Energy
With Cindy Bertsch
Thurs. Sept. 5, 7 pm, \$20
Register cinbertsch@gmail.com

Bach Flower Remedies
for People and Pets
Wed. Sept. 11, 7 pm, \$20
Register srw@epix.net

Your Rhythm of Self-Care
Thurs. Sept. 12, 7 pm, \$20
Register email lyn@lynhicks.com

You Can't Afford the Luxury
of a Negative Thought
Thurs. Sept. 26, 6:30 pm, \$5 Donation
Insight Seminars
Register email srw@epix.net

Vibrant Living Festival
Saturday, Sept. 28, Noon til 6. Free
Vendors, Healing Experiences, Mini-
workshops Culminating in a Sound Bath
Healing at 5 pm for all! To share your
gifts there, contact lyn@lynhicks.com



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