Introducing...Digital Infrared Thermal Imaging (D.I.T.I)

A totally non-invasive clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries, by showing thermal abnormalities present in the body...

Unlike most diagnostic tests D.I.T.I is: NON INVASIVE • NO RADIATION • PAINLESS • NO BODILY CONTACT • FDA REGISTERED

D.I.T.I is used as an aid for diagnosis and prognosis, as well as monitoring therapy progress, for conditions and injuries, including:

- Back Injuries
- Arthritis
- Headache
- Nerve Damage
- Unexplained Pain
- Fibromyalgia
- RSD (CRPS)
- Dental and TMJ
- Artery Inflammation
- Vascular Disease
- Breast Disease
- Carpal Tunnel Syndrome
- Disc Disease
- Inflammatory Pain
- Skin Cancer
- Referred Pain Syndrome
- Sprain/Strain
- Stroke Screening
- Whiplash
- Digestive Disorders

- Achieve Optimal Health Naturally -

Acupuncture is effective in treating more than 43 common disorders including:

- Menopause
- Digestive Problems
- PMS
- Fertility
- Allergies
- Asthma
- Arthritis
- Back, Neck & Shoulder Pain
- Insomnia
- Carpal Tunnel Syndrome
- Stress
- Migraines
- Hypertension

Christina LeBoeuf is a Diplomate of The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and a licensed acupuncturist by the State of NY.

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Christina LeBoeuf, L.AC.
315.769.7610
tcmdoc29@yahoo.com

Northern New York Newspapers’
ALTERNATIVE Healthcare
Special Section

January 2012
**Page 2 • ALTERNATIVE Health**

**Light Touch Acupuncture And Spoken Here**

Become a picture of health using DITI at Light Touch Acupuncture and Apothecary.

**The road to recovery is often difficult and challenging. Light Touch Acupuncture and Apothecary offers the individual a proactive approach to healthcare, providing a more comprehensive care plan to improve overall health.**

**Dedication to holistic centered patient care is Light Touch Acupuncture's most distinguishing feature.**

**Healthy Way Food Store: Healthy Knowledge Spoken Here**

Healthy Way health food store and executive owner has served the North Country for over 14 years and is currently located at Harte Joren Pines in Massena. We welcome you to shop and enjoy our wide selection of products, including fresh produce, organic, gluten-free, dairy-free, and vegan options. Our knowledgeable staff is here to assist you in making nutritional and lifestyle choices to improve your overall health.

**Nature’s Gift Offer: All Natural Smoothies**

Diane Roots, Owner of Nature’s Gift, mission is to provide the surrounding community with a lifestyle change in the health arena. The goal at Nature’s Gift is to improve specific health issues and overall health. Smoothies are doubly healthy daily to ensure you get the optimal nutritional concentrations from fruit, nuts, spices and vegetables, all rich in antioxidants, dafy, at all! **The Healthy Smoothie Bar**

The Healthy Smoothie Bar was developed by professional Physicians, Dietitians and Nutritional Therapists. People in US are currently in these health emerald and have experienced the increased energy, health maintenance system improved digestive system, lowered blood pressure, treated diabetes, reduced inflammation especially arthritis, improve skin conditions and heart function.

**North Country Chiropractic Strives To Improve Health And Wellness**

Taking a whole person approach in chiropractic care describes the goal of Dr. Tim Kelley, owner of North Country Chiropractic, 94 State Street in Heuvelton. North Country Chiropractic strives to improve the health and wellness in all areas of patient’s lives. To make an appointment or to inquire about a consultation you can call 315-577-7346 or stop by the office at 94 State Street.

**Herbal Knowledge Spoken Here**

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**Bagels, Smoothies, Sandwiches & more!**

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**Newly Mown Herbs & Spices**

**Immeasurable Peace of Mind.**

**Traditional Dried Herbs & Spices**

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Celiac disease is a condition that damages the lining of the small intestine, preventing it from absorbing parts of food. When a person has Celiac disease, his or her immune system attacks the villi, small areas along the lining of the small intestine, where food is absorbed. People who have celiac disease must avoid gluten, a protein found in certain grains, such as wheat, barley, and rye. The damage that results from such an attack makes it hard for the body to properly absorb nutrients, causing many people to become malnourished. Gluten is found in foods that contain gluten are eaten. Current research suggests that a gluten-free diet can help people with celiac disease improve their health and prevent complications related to celiac disease, such as osteoporosis, anemia, autoimmune disorders, and some cancers. However, some people may find it difficult to follow a gluten-free diet due to the challenge of identifying gluten-containing foods, the availability of gluten-free products, and the cost of gluten-free foods. It is important for people with celiac disease to consult with a healthcare provider to determine the best course of action for managing their condition.
had surgery, but some experts feel he treatments for the cancer. Some of year while he participated in holistic Buddhist, delayed surgery and other Reports indicate that Jobs, a devout lost his battle with pancreatic cancer. viable alternative to prescription med-tions are, all-natural remedies for com-

natural remedies at times can be safe doctors who agree that implementing an effective means to treating illnesses

According to surgeon and author, Dr. Walter C. Thompson, “Herbal medicine is safe because it’s natural. After researching the literature, one can truly say that, at the very least, herbal medicines are safer than conventional drugs.”

Those thinking about incorporating herbal remedies into their health reg-iman can consider the following options:

• Nervousness and anxiety: Try lettuce, chamomile, valerian, and rose-petals. 
• Pain relief: Use omega-3 fatty acids, green tea, ginger root, and tumeric.
• Itchiness: Witch hazel, jewelweed, and eucalyptus.
• Pain relief: Use omega-3 fatty acids, green tea, ginger root, and tumeric.
• Sleep: Use valerian and melatonin.
• Cold sores: Use vitamin C and zinc oxide.
• Diabetes: Use bitter melon, garlic, and cinnamon.
• Headaches: Use peppermint oil.

Antioxidants: Oregano and garlic are purported to have antibiotic qualities and can fend off harmful bacteria.

• Infections: Honey has long been used to heal and as an antibacterial and antiinflammatory.

Many natural foods are effective in preventing and fighting cancer so well. Although natural remedies can be effective, it’s important for pregnant women to avoid any herbs and plant supplements until discussing the risks/benefits with their doctors. Also, some natural remedies can interact with prescription drugs or increase their potency, so it’s important to talk to a doctor about any plan.

Continued From Page 2

I initially started seeing Christina when I was diagnosed with endometrio-

ism and adenomyosis. My uterus was so congested and my adnexa were enlarged to the point that I had to decide to try an alternative route (which by the way, my doctor supported and was glad to hear of another option. Not only did she help me with this, but since then (as I have continued seeing her for other things), she has helped me shrink a gui-ter, deal with depression, and returned pregnancy and a 4-month-old baby back on track well as get over other little things like colds without taking medications that just mask symptoms. I go to a doctor who knows I see Christina and it feels great just knowing that I don’t have to make decisions about treatments that are not just trying to make money off of my being sick! Many thanks to Christina for all she does for me... and my family! 

Thermography was crucial in restoring my quality of life. I had spent sev-eral months suffering from joint pain. The MRI of my thermal imaging combined with a list of symptoms and lab work suggested rheuma-toid arthritis. The herb supplements given to me relieved my pain in just a few weeks! 

As a person with an extremely low pain tolerance level and a somewhat skeptical frame of mind, I attended my acupuncture consultation as a last ditch effort to deal with a frustrating chronic and anxiety disorder. Imme-diately I was impressed with Christina’s calm demeanor and knowledgeable touch.

Any preconceived notions of painful procedures and torture-like needle pricks were dispelled within the first ten minutes of my session. After my first ses-sion, I felt immediate and noticeable stress reduction. After a few more ses-sions, my energy level increased. My anxiety lessened and my ability to handle stress and demands of my job increased. Christina’s true commitment to patient wellness was evident in every aspect of her character. She is a wealth of knowledge that she is willing to share for the betterment of the patient. Without question, the ser-vices offered at Light Touch Acupuncture and Acupressure have enriched my life and improved my well being. -Jannal F.

One winter day I went to get into my car and I fell and wrenched my back. I immediately called Christina because I knew anybody could help me-she could. I was advised at work to go to a doctor and be told put on muscle relaxers and in a week I would be fine and I would be covered by Worker’s Compensation. I decided to forget the doctor and go to Christina, that same day she worked her magic with her needles and I walked out of her office an hour later with my back as good as new, one visit. NOT COVERED BY Worker’s Compensation, but better than any doctor. Another time that I was in a great deal of pain and another doctor said I had to see a specialist. My doctor said, we will try it and you may need surgery. I went to Christina and she worked her magic and I was pain free in minutes. She said to me, I can’t raise my arm. She said with confidence, I can fix that today. I however wasn’t sure. She then massaged from my collar bone down to my hand in about a minute she said to me raise your arm....and I did! All I can say is that Christina is above and beyond the best Acupuncturist around. She is very knowledgeable in her field. If she cannot give you an immediate answer then she will find the answer for you. She is also knowledgeable in herbal medicine which is a safe and natural way to help yourself without putting all kinds of toxic stuff into your system. It is my belief that everybody should try Acupuncture at least once, it works on everything. Let Christina show you a different way to be healed that will not take forever and will amaze you....she did me. -Denise P.

As of yet, my life has not changed. However, when I was able to sleep through the night for the first time in years, I was elated. Christina was the best Acupuncturist I have ever met. She is knowledgeable in her field. If she cannot give you an immediate answer then she will find the answer for you. She is also knowledgeable in herbal medicine which is a safe and natural way to help yourself without putting all kinds of toxic stuff into your system. It is my belief that everybody should try Acupuncture at least once, it works on everything. Let Christina show you a different way to be healed that will not take forever and will amaze you....she did me. -Denise P.
In 2011, Apple founder Steve Jobs lost his battle with pancreatic cancer. Reports indicate that Jobs, a devout Buddhist, delayed surgery and other traditional treatments for almost a year while he participated in holistic treatments for the cancer. Some of these included juice fasts, bowel cleansings, acupuncture, herbal supplements, and even a vegan diet. Eventually, Jobs died from complications due to his cancer.

Many natural foods are effective in preventing and fighting cancer as well. Although natural remedies can be expensive, it's important for pregnant women to avoid any herbs and plant supplements until discussing the alternatives with their doctors. Also, some natural remedies can interact with prescription drugs or increase their potency, so it's important to talk to a doctor about any plan.

As prevalent as prescription medications are, some natural remedies can be a viable alternative to prescription medications for many people. But are these natural remedies safe?

Not all natural remedies at times can be safe and effective. Furthermore, not all natural remedies are without merit, and some traditional medicines are actually derived from natural, plant-based ingredients themselves.

According to surgeon and author, Dr. Walter C. Thompson, “Herbal medicine is safe because it’s natural. After researching the literature, one can truly say that, at the very least, herbal medicines are safer than conventional drugs.”

Those thinking about incorporating natural remedies into their health regimen can consider the following options:

- **Nervousness and anxiety**: Try lettuce, chamomile, valerian, and rose petals.
- **Depression**: Use omega-3 fatty acids, green tea, ginger root, and turmeric.
- **Menopause**: Parsley, basil and goldenseal can alleviate symptoms associated with menstruation.

*Antibiotics*: Oregano and garlic are purported to have antibiotic qualities and can fend off harmful bacteria.

*Menstrual issues*: Parsley, basil and goldenseal can alleviate symptoms associated with menstruation.

*Feminine issues*: Parsley, basil and goldenseal are effective.

*Infections*: Honey has long been used to heal and as an antibacterial and anti-inflammatory remedy. Many natural foods are effective in preventing and fighting cancer as well.

*PREVIOUS PAGE*

Continued From Page 2

I initially started seeing Christina when I was diagnosed with endometriosis and adenomyosis. My doctor advised me that the only option I had for relief from my problem were a hysterectomy or birth-control shots. I was 40 years old and neither of these options sounded good to me. She made me decide to try an alternative route (which by the way, my doctor supported and was glad to hear of another option). Not only did she help me with this, but since then (as I have continued seeing her for other things), she has helped me shrink a goiter, deal with asthma, heal back problems and a sprained ankle after a bad fall as well as get over other little things like colds without taking medications that just mask symptoms. I got a doctor who knew I see Christina and she doesn’t see me as just the person that needs something, but she actually wants to help me not just trying to make money off of my being sick! Many thanks to Christina for all she does for me.

Therapeutic massage was crucial in restoring my quality of life. I had spent several months suffering from pain in my left leg. The MRI created by my therapist using combined with a list of symptoms and lab work suggested rheumatoid arthritis. The herbal supplements given to me reduced my pain in just a few weeks! -Kelly J.

If a person with an extremely low pain tolerance level and a somewhat skeptical frame of mind, I attended my acupuncture consultation as a last ditch effort to deal with a devastating depression and anxiety disorder. Immediately I was impressed with Christina’s calm demeanor and knowledgeable touch.

Any previous notions of painful procedures and torture-like needle pricks were dispelled within the first ten minutes of my session. After my first session, I immediately noticed an increase in my energy level. My anxiety lessened and my ability to handle stressful situations improved. Christina’s true commitment to patient wellness is evident in every aspect of her character. She is a wealth of knowledge that she is willing to share for the betterment of the patient. Without question, the services offered at Light Touch Acupuncture and Apothecary have enriched my life and improved my well being. -Amanda H.

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My name is Kathy Howitt and I am a Registered Dietitian with additional training in functional and holistic nutrition. This means that I am trained to look for what is causing your symptoms and then help resolve these issues through nutrition, targeted supplementation and herbal therapies. I can help you solve a broad range of health issues so you will feel and look better.

One of my specialties is helping people live gluten-free because I am personally familiar with myself and my clients. My gluten-free journey began twelve years ago when my mother was diagnosed with celiac disease. Gluten is a protein found in grains such as wheat, barley and rye. My mother got very sick before they figured out she has celiac disease, but did not die. Several years later, I started thinking about avoiding foods that have gluten in them such as bug, flaxseed, durian, corn and asked my doctor to do a gluten free diet.

In my clinical practice, my clients have been amazed at the improvement in their health in a short time. My clients have said they are more energy, have less bloating after meals and report feeling better overall since they started following my gluten-free diet.

Holistic Health Counseling Service Opens In Potsdam

Hands On Health Holistic Healing is a Holistic Health Counseling service open in Potsdam.

Holistic Health Counseling works in a holistic, coaching capacity to assist clients in discovering the underlying causes of their health problem and then assisting the client in making healthy lifestyle changes to improve health.

Holistic health encompasses supervision of the whole body. A holistic health counselor specializes in lifestyle changes and accountability for making these changes a permanent part of healthy living.

Paula M. Younells is a Certified Holistic Health Coach, trained through The Institute of Integrative Nutrition in Manhattan. Paula draws on her education and experience as a Registered Nurse, NYS Licensed Health and Physical Education Teacher, Herbalist, Adult Fitness Trainer, Yoga Teacher and Practitioner to enhance her skills in Holistic Health Counseling.

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If you have been diagnosed with celiac disease, I will assist you in making the transition to a gluten-free diet and will work with you to discover the underlying causes of your health problems.

Gentle Yoga, for students with serious health conditions, limited mobility and/or chronic pain

Mixed-level Classes, suitable for beginners and those with experience

Hands On Health offers complete packages of Holistic Healing through Nutrition, Health & Nutrition Educator/Counselor, Registered Dietitian and Certified Clinical Wellness.

For a broad range of nutritional topics contact: Kathy Howitt, Holistic Nutrition, Registered Dietitian and Certified Clinical Wellness

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Could gluten or wheat be the cause of your inability to lose weight, GI distress, foggy thinking, or achy joints?

Find out how easy & delicious a gluten and wheat-free diet can be and how GREAT you will feel!

By a board of nutritional texts contact: Kathy Howitt, Holistic Nutrition, Registered Dietitian and Certified Clinical Wellness

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Northern Light Yoga Offers Ways To A Better Life

The business is owned by Rebecca Rivers, a certified yoga teacher and yoga therapist, and is staffed by three additional licensed-style teachers. There are special offers for beginners, pregnant women and those who need a very gentle practice along with half day workshops and classes throughout the year. Northern Light Yoga offers several different yoga classes that appeal to a wide range of people. I will be more than happy to answer any of your questions about our classes and the benefits of yoga.

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An analysis of existing trials that took only around 5 months to get pregnant, while at least 6 years. I had tried 3 different types of fertility drugs with no success. I went to a doctor recommended I try acupuncture and it worked. For me. It was unable to become pregnant for at least 6 years. I had tried 3 different types of fertility drugs with no success. I went to a doctor recommended I try acupuncture and it worked. For me. It was an amazing experience.

Natural Country Chiropractic Strives to Improve Health and Wellness

Taking a whole person approach to chiropractic care describes the goal of Dr. Tim Kelley, owner of North Country Chiropractic, 94 State Street in Heuvelton. "Taking this approach," Dr. Kelley explains, "more than just the symptoms are being treated."

North Country Chiropractic strives to improve the health and wellness in all areas of a patient's life. To make an appointment or to inquire about a consultation, call 518-521-4021.

Nature’s Gift Offers All Natural Smoothies

Daily Bottle, Owner of Nature’s Gift, mission is to provide the surrounding community with a lifestyle that in the right direction. Healthier immune system through the use of antioxidants, as well as liver health. 

Declaration of patient’s health and Apothecary offers the individual a safe, non-invasive way to begin an analysis of existing trials that took only around 5 months to get pregnant, while at least 6 years. I had tried 3 different types of fertility drugs with no success. I went to a doctor recommended I try acupuncture and it worked. For me. It was an amazing experience.

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