

Healthy Happenings



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AYURVEDA & Digestion with Kathy

Ayur...what? This is the response I receive when friends and family ask me what I'm up to. The term Ayurveda is derived from the Sanskrit words ayur (life) and veda (knowledge). Originating in India more than 5,000 years ago, Ayurveda is a system of health that focuses on creating a balanced, vibrant, and healthy; mind, body and spirit. It's said to be the sister science to yoga.



Kathy Dickey, Ayurveda Health Counselor

Where yoga nurtures the mind and supports the body, Ayurveda supports the body and nurtures the mind.

Now you may be asking, "Who are you?"

I am Kathy Dickey, a life long lover of the outdoors and wellness.



Ayurvedic medicine

I earned my B.S. in Recreation Resource Management and I thought I would have a career in the outdoors, but upon taking an EMT class

I knew my focus was the human body: how it gets injured, sick and hopefully recovers. I decided then that I wanted to help people, so I returned to school for nursing. I have been working as a nurse for about 20 years, during those years my desire for knowledge has been continually inspired by wellness. This exploration of wellness paths has led me to intuitively living a Ayurvedic lifestyle, I just didn't know exactly what to call it. Now, not only do I know what to call it, I am trained as a Ayurveda Health Counselor.



With excitement, it is time for me to bring Ayurveda's time-honored system of health into my community.

Join me for a FREE workshop to discuss the Ayurvedic term for digestive fire, Agni. You will learn what Agni is, why it's important and ways to take care of it for health, vitality and immune support.

And what perfect timing for the holidays...!!

AYURVEDA & Digestive Wellness Talk Tuesday December 12, 5-6pm FREE Sundari Yoga & Wellness Studio 1105 South US-191 #3 Moab www.sundariyogamoab.com

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It's All in Your Head

By Dr Andrew M.D.

Mary's anxiety and obsessive-compulsive disorder got so out-of-control that she became afraid for her safety. She was paranoid of everyone and everything. If that wasn't bad enough, she was tired for no reason at all. Her doctor checked some basic labs, pronounced her healthy, and prescribed her an anti-depressant. This made Mary feel even worse, so she quit taking it after a month.

Two years later, Mary came to Prestige Wellness Institute. "When did you start feeling bad?" I inquired. "Two and a half years ago." "Isn't that when you told me you entered menopause?" I asked. "Yes. I asked my doctor to check my hormones, but she said she couldn't. This didn't make sense to me. Isn't it a simple blood draw?"

Running a comprehensive panel to identify imbalances and deficiencies, we discovered that Mary was indeed healthy...except that she had a testosterone level of zero. She began hormone pellet therapy and started functioning normally again within days. She no longer worried about losing her job or checking 10 times to make sure she locked her front door.

Limited to what they learned in medical school, it is not uncommon for medical doctors to tell patients something like, "Your labs are normal. I'm afraid it's all in your head. Take this prescription and let's see how you are doing in a couple of months."

While some women experience improvement in their mood after starting antidepressants, these drugs often fail to address the many other consequences of hormone deficiencies, such as fatigue, loss of muscle mass, sexual dysfunction, hot flashes, night sweats, insomnia, brain fog, aches and pains, and so forth. Moreover, antidepressants do nothing to decrease your risk of heart disease, stroke, Alzheimer's, osteoporosis, diabetes, arthritis, or breast cancer.

When doctors say "It's all in your head," they are usually right, at least partially. Some psychological problems originate in the head, such as from head trauma (a single concussion can have lifelong consequences if not treated with an aggressive repair protocol), negative self-talk, unhealthy beliefs, and excessive stress. Other problems originate elsewhere in the body but affect the brain as well, such as infections, toxins, deficiencies, inadequate sleep, and/or immune dysfunction. As in Mary's case, you may simply lack testosterone, not only in your brain, but everywhere else as well. Or you may be lacking in zinc, B vitamins, amino acids, fatty acids, cortisol, DHEA, progesterone, estradiol, or thyroid hormones.

While antidepressants can be life-saving in a crisis, no scientific study has ever demonstrated a human need for these drugs. In other words, there is no such thing as an antidepressant deficiency. Helpful as these drugs can be in the short term, they don't solve the problem in the

long run. Sometimes a little more investigation is required to identify the real culprit. There may in fact be multiple contributing factors. This is especially likely if other symptoms are present, such as unexplained fatigue, insomnia, brain fog, digestive complaints, or skin problems.



Whether you suffer from a mental illness or any kind of physical decline, resist the temptation to assume it's because you're just getting older or it's "all in your head." Ask your doctor for a full evaluation to identify and treat every likely cause of your problems.

Consistent with our own experience, the groundbreaking psychiatrist Christopher Palmer, MD, recently synthesized a large body of research findings in his Theory of Brain Energy. This theory traces ALL psychiatric illnesses—even the seemingly genetic ones—back to one or more forms of mitochondrial dysfunction. Mitochondria are not only the brains, but also the powerhouses of every cell in the body. When mitochondria are unable to produce the energy a cell needs, the functions of that cell

are going to suffer. This leads to diabetes, heart disease, Parkinson's, fatigue, seizures, schizophrenia, depression, anxiety, and so much more. In order to produce the energy a cell needs, mitochondria require several different hormones, oxygen, amino acids, fats or carbohydrates, vitamins, and minerals. At the same time, they need to be free of interference from infections and toxins. In order to reverse as well as prevent the many diseases caused by mitochondrial dysfunction, each of these factors needs to be considered and addressed if appropriate.

Using this approach, Dr. Palmer and many others (including Prestige Wellness Institute) have successfully treated all kinds of depression, anxiety, hallucinations, attention deficit, and other mental illnesses. In the short run, yes, it takes more time and effort to identify and treat the underlying dysfunctions than to simply take a pill. But in the long run, repairing mitochondria affects not just the brain, but every other organ in the body. As a result, it is not uncommon for people to feel and function better overall than they have in decades.

If you are ready to consider the reality that your mental health problems actually have one or more treatable causes, call Prestige Wellness Institute at (435) 210-0184 to schedule a consultation. You don't deserve to settle for "It's all in your head."

