

EDITION 3 • NOVEMBER 2024

WITH TRANQUILITY

In Spaciousness We Understand

Aloha fam! We hope you are staying well and taking care to enjoy some stillness and space all for yourself.

We are amidst the shortest and darkest days of the year, offering up the inspiration to rest in body and mind, while plunging into the abyss of spirit and consciousness. Perhaps we can soak in just a little more of our restful time before the high and spirited December energy rolls in.

This month feels like a month of in-between, the space between what has been and what will be; the essence of having let go and yet to be created; spaciousness; the void.

We invite you to join us in this time of self-nourishment and release - allowing more guilt-free space to simply rest, contemplate, move slow, and re-discover who you are beneath the layers that have shed.

Let us utilize the last 2 months of 2024 to nurture our lives so that we can bask in this year's end clean and clear! A few examples;

- Keep drinking plenty of water and warm teas, getting those electrolytes in, and enjoying nutrient full soups, broths, and cooked veggies.
- Clean, de-clutter your space, and even make a trip or two to give gently-used items to a local thrift store.
- Schedule those necessary remaining health appointments (dental, eye, chiropractor, acupuncture, massage, etc.).

Wishing you all the best this month. Take care and much love!

Contents

New Products In-Store

Pathogenic Invasion
(A TCM View)

Combatting
Dryness

Oracle Reading by
Sun Sign

New Products In-Store



Lily Joy Reflections

BY LISA PALMARIN

In-store you'll find a beautiful display of cards and notebooks.

Inspired by her own journey of overcoming adversity, Lisa created Lily Joy Reflections; products that encourage self-care, mindfulness, and personal growth.



"My mission is to inspire and empower individuals to prioritize their mental well-being and resilience through the impactful words and messages featured on thoughtfully designed stationery and other products."

LISA

Soothe, Glow, and Flow

BY TRANQUILITY

Our classic bath salts are back with a fresh new look, premium-quality ingredients, and a more sustainable packaging.

Made with the intention of healing and well-being, each jar contains plenty of epsom salt (same as our float tanks), coconut oil, and premium-grade essential oils for one bath.

Each label is printed on eco-friendly paper, and better yet, we now have a jar return program! Simply bring back your empty jar and receive \$2.00 off your next bath salt purchase.

Soothe, Glow, and Flow promotes emotional balance, beautiful skin, pain relief, and systemic flow with this delicate blend of Clary Sage, Jasmine, and Lemongrass essential oils.



Pathogenic Invasion (A TCM View)

Strengthening Wei Qi (Defensive Qi)

It's that time of year where many of us become more susceptible to "getting sick." However, we know that by keeping/building a strong immune system (also known as Wei Qi in TCM), we can prevent or quickly recover from pathogenic invasions.

In Southern Alberta, the main external pathogens during this time of year include wind, cold, and dryness. While dryness is characteristic of fall in general, wind and cold are particularly relevant to our region. Although these elements aren't inherently bacterial or viral, they can weaken the immune system, making the body more vulnerable to illness. Additionally, stress—whether physical, mental, or emotional—as well as poor lifestyle habits related to sleep, exercise, and diet, can further compromise Wei Qi.

It is best to catch those first few signs of illness (scratchy throat, headache, runny nose, stiff sore neck, etc.) and take preventative measures ASAP, so that you can wake up the next morning feeling well again.

Here are our tried and trusted methods for getting right back to well-being:



Warm & Spicy

Drinking plenty of warm broths and teas with a pungent or spicy kick will help strengthen your Wei Qi. Add garlic and onion to broths, or simmer ginger slices in water for about 15 minutes for a powerful tea. Add honey for its' soothing and anti-bacterial properties.

"What that shows on the outside speaks volumes of the inside."

DR. XIANG JUN



Acupuncture Treatment

An acupuncture treatment can be designed to release the exterior, expel wind, disperse cold, and strengthen the Wei Qi.



Infrared Sauna Session

An infrared sauna raises the body's core temperature (similar to a fever) and increases blood circulation which helps eliminate bacterial or viral infection.



Gui Zhi Herb (Cinnamon Twig)

Cinnamon twig releases exterior and warms and facilitates the flow of Qi (vital energy) through the blood.

Combatting Dryness

Our climate is typically dry, and in fall / winter it is especially dry. Dryness is also a pathogenic factor, in which it invades through the nose and mouth, affecting the Wei Qi (immune system/defensive vital energy) and Lungs. In TCM, there is external dryness (caused by the environment) and internal dryness (caused by imbalance in the individual). Here, we will focus on treating external dryness.

When the body is dry, the integrity of the skin and mucous membranes are compromised - two important systems of protection from illness. So, if you needed some extra motivation to hydrate and moisturize for beauty's sake, here it is, you're boosting immunity! Dryness can also impair the Lung's ability to function optimally. The Lungs play an important role in the generating and circulating of Wei Qi.

Symptoms of external dryness are dryness in the mouth, nose, and throat, thirst, constipation, and dry skin. Read below for methods to combat dryness and look and feel your best!



Humidifiers

Run a humidifier in your home and workspace (if possible)



Mineral Water

Drinking plenty of water is key. If possible, buy a mineralizing water filter. Mineralized water contains electrolytes that help your body absorb the water more efficiently. Side tip: if you find you have to go to the bathroom a lot while drinking a lot of water, add 0.5-1 tsp. of Himalayan Salt to your morning cup of water.



Wet Foods & Broth

Eat wet foods like pears, squash, watermelon, soups, and broth often.



Goji Berry

Goji berries moistens the lungs and brightens the eyes.



Moisturize Skin

Beyond skin cream, you can add any kind of oil to a warm bath, or smother your skin in body oil after a shower and before bed for incredibly moisturized skin.



Saline Nasal Rinse

A nasal rinse will moisten the sinuses and remove harmful bacteria. NeilMed Sinus Rinse works great.

Oracle Message by Sun Sign

"What is my personal magic this month?"

Scorpio

I am transforming and evolving. I am becoming the next incredible version of myself. My life is changing and my direction is unfolding clearly, because of who, what, and how I am becoming.

Sagittarius

I am understanding life and its' unfolding from a grander perspective, beyond the everyday cause and effect. I am seeing the divine orchestration and synchronicity in happenings.

Capricorn

I am speaking, being, and acting in ways that align with my true self. Authenticity is becoming my normal state, and I am showing up as who I've come to be. In being my truth, I am free.

Aquarius

I am choosing my thoughts and beliefs effortlessly and wisely. I am in alignment with my higher self and divine inner calling. Each step, every day, and every moment is guiding me into the life of my dreams.

Pisces

I am expressing myself authentically. I am speaking my truth where normally, I would choose to be quiet. I am allowing others to see more of who I really am. I have let go of holding my breath and filtering my self-expression.

Aries

I am seeing what was once hidden from my understanding. I am able to see circumstances for their deeper meaning and reasoning. I can see beyond personas and understand people's true intentions. I am awakened to more than what is seen.

Taurus

I am living and perceiving from a place that cannot be described nor explained. My inner wisdom is where I am. I am all of me.

Gemini

I am lit. My creativity, passion, inspiration, and charisma is flowing. I am giving my life a fresh overhaul through energy, new projects, and feng shui. I am creating beauty and substance.

Cancer

I am undergoing a deep physical, emotional, mental, and spiritual evolution. I am taking care to nourish my body and allow myself more rest. I am treating myself with love and compassion while I become the upgraded "me."

Leo

I am a mother to the parts of me that do not align with the future of my soul's calling. I am loving and understanding the thoughts and perspectives that I have outgrown, yet still persist. I am a bridge between the old and future realms.

Virgo

I am embodying my shamanic, earthly side. I am listening to nature, the wind, and animals intrinsically. I am aligned with the natural part of me, and thereby holding space for others to touch the magic of unseen reality.

Libra

I am bringing both the best of the old and future ways into the here and now. I understand where our world has been through the ages, and I see our bright and quite unimaginable future ahead. I am stepping through.