

September 2008

Upcoming Events

- ✓ stay tuned for reiki I and II classes later this fall...

Paula's Update

Fall is in the air today! The summer blockbuster movies will soon be giving way to more interesting films, and we have more time for contemplation. I recently discovered a great source of bite-sized inspiration in [Oprah's Soul Series](#) interviews. You can download audio or video onto your computer or iPod for free. I especially enjoyed the interviews with Jill Bolte Taylor and Byron Katie.

I've been reading more about water-powered cars lately and would love input from any of you more technology-savvy folks on its feasibility. Check out these links:

- ✓ The U.S. has created an automobile running on water using electrolysis to run an average car 3,200 miles on a SINGLE gallon of water. See this [Fox News video](#).
- ✓ Japan has just announced an automobile that runs on 100% water using an electric engine. Source is Reuters. This was announced worldwide only a few weeks ago. Check out this [Times of Malta article](#).
- ✓ The [Arizona Republic newspaper](#) ran a front page story on 8/23/08 about major automakers unveiling their hydrogen-powered cars and letting people take them out for a test drive. Ford, GM, Honda, Hyundai-Kia, Toyota, Mercedes-Benz, Nissan and BMW are now all deeply involved in finding ways to work with hydrogen fuel, and creating vehicles that run solely on water.

News on Health & Wellness

It seems like a lot of women I know have low thyroid function, and experience weight gain, fatigue, loss of concentration and even depression. These symptoms often come on at the time of perimenopause and menopause.

I came across this [great article from Women to Women](#) that gives a whole body perspective on our thyroid gland. Did you know that our thyroid is responsible for how we metabolize food, store and use energy, think, talk, sleep and more? Did you know that our thyroid dances the tango, along with



*What we plant in the soil of
contemplation, we shall reap in
the harvest of action.*

— Meister Eckhart

our pituitary, ovaries and adrenal glands, striving for a dynamic balance?

Check out the diagram in this article that shows how stress of any kind — psychological, allergic, infectious, toxic, chemical or otherwise — stimulates the *hypothalamic-pituitary-adrenal axis (HPA)*, the dynamic feedback system between the brain and the adrenal glands. This stimulation has huge implications throughout the body, especially in the gut, brain, adrenals and thyroid.

So even if you're not a biology nerd like me, check out this article for medically-sound, holistic ways to support and balance your thyroid. (The info applies to men, too!)

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