

Did You Know?

(MS) — According to the National Breast Cancer Foundation® (NBCF), a diet high in fat increases a woman's risk for breast cancer because fat triggers the hormone estrogen. Estrogen, in turn, fuels tumor growth. Because exercise reduces a woman's estrogen level, exercising at least 4 hours per week also reduces a woman's risk for breast cancer. While diet and exercise are entirely within an individual's control, other factors that increase a woman's risk of breast cancer are not. Perhaps the most widely known risk factor is family history. Women who have had a mother, grandmother, sister, or daughter diagnosed with breast cancer are at a greater risk than those who haven't. NBCF recommends that any women with a family history of breast cancer have a baseline mammogram at least five years before the age of breast cancer onset in any close relatives. In addition, regardless of family history, NBCF recommend all women see their physician for a breast cancer exam once per year.

Putting Your Healing Therapy in the Hands of a Higher Power

Gwen Steckler, RN, BSN is a Healing Touch Spiritual Ministry Healing Practitioner. HTSM offers a curriculum that springs from the Christian tradition of healing with hands and anointing with oil modeled by Jesus as a major part of his ministry. Built upon a philosophy of caring, it starts with the premise that we are conduits for the healing energies of God.

in the Jane Buckle Clinical Aromatherapy for Health Professionals program. This is the therapeutic use of essential oils for specific symptoms. They are inhaled or applied to the skin. After taking a medical history, essential oil blends are made that are specific to ease or alleviate symptoms.

HTSM is the Christian branch of Healing Touch. Healing Touch is a relaxing, nurturing energy therapy, that works with your electromagnetic energy field to support your body's natural ability to heal itself, physically, emotionally, spiritually and mentally. The first session involves an interview to determine what your needs are, and then you will lie on a massage table while fully clothed, while I use my hands to work with your energy, placing my hands above or on your body. It is safe for all ages and works in harmony with standard medical care.

The healing traditions of cultures for thousands of years have emphasized the importance of using essential oils and working with the energy systems that flow through and around the body, such as healing touch does, to affect health and vitality.

Research supports Healing Touch as an integrative therapy. Surveys indicate patients evaluate it highly. It is used in a wide variety of settings including hospitals, long term care facilities, private practices and hospices. Healing Touch is taught internationally in universities, medical and nursing schools and other settings. HT is endorsed by the American Holistic Nurses Association.

HT and Clinical Aromatherapy may be used in the treatment of stress, depression, grief, chronic pain management including back pain, arthritis, fibromyalgia, chronic fatigue, high blood pressure, enhances preparation for and recovery from surgery and procedures, infertility, menopause, multiple sclerosis, supports cancer care by reducing treatment side effects, migraines, fractures, viral infections, strengthening the immune system, health and wellness maintenance, and other diseases.

Gwen Steckler owns Integrative Healing Center, located at 317 Broadway, Suite 14, Yankton, SD 57078. She can be contacted for private appointments at her office or in your facility, or speaking engagements at 605-661-5724 or emailed at healingservices1@gmail.com.

Gwen also is working on her certification

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LEWIS & CLARK FAMILY MEDICINE, PC





Dr. Jeffrey Johnson and Brandi Pravecsek, CNP, will begin seeing patients in the new clinic on **Wednesday, Nov. 4th**
 Call (605) 260-2100 for an appointment

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Healing Touch and Clinical Aromatherapy

A Holistic Approach to Healing

Offering Alternative Therapies That Compliment Conventional Medical Treatment for:
 Support cancer care by reducing side effects of cancer treatment • Headaches • Fractures
 Depression • Grief • Anxiety • Chronic Fatigue • Fibromyalgia • Multiple Sclerosis • Migraines
 Chronic Pain Management • Arthritis • PMS/Fertility • Stress • Viral Infections & Many Others



"My osteoarthritis pain in my knees has been gone since our HT session 2 months ago and it was a #8 on a #0-10 scale. I can walk up steps without pain now. I have not done anything else to make it better. When Gwen did HT, I could also feel tension go away from my whole body. It was very relaxing and gave me an inner peace. It is absolutely wonderful!"

~ Carol Houtkooper, RN

I had terrible pain due to broken ribs, a collapsed lung and shoulder injury, could not sleep and was exhausted. I finally was able to sleep after my first HT session 5 days ago. I feel so much better now. The HT helped my pain. Now I only need 1 vicodin for my pain to be a #3. Before I saw Gwen for HT, I took 3 vicodin at once to get my pain down to a #7 or 8 on a #0-10 scale"

~ Char Jeske

INTEGRATIVE HEALING CENTER
 317 Broadway, Suite 14, Yankton **605-661-5724**

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