



KUTENAI HEALTH GAZETTE

Cancer NEW Moon, SUMMER 2025

Health Education | Fitness Tips | Wellness Suggestions



 **Wild Heart Therapies Community Health Newsletter** 

A Natural Health Centre in Fernie, British Columbia — On the Unceded Territory of the Ktunaxa Nation (pronounced 'k-too-nah-ha')

"The Ktunaxa name for Fernie is *ɕaqahak*."

Embrace Summer, Embrace Health

Summer is a powerful time for healing — the radiant energy of the sun supports our bodies, minds, and spirits. Let's use these months to nourish ourselves naturally and joyfully.

A Natural Summer Wellness Guide

Reconnect with the Earth:

- Sleep outdoors or lie directly on the earth whenever possible.
- Jump into every cold lake and river you can find! Make this a daily ritual of refreshment and renewal.

Hydration is Key:

- Drink plenty of water with fresh lemon juice. Add a splash of honey and a pinch of sea salt for optimal hydration on scorching days.
- Snack on **watermelon**—it's not just delicious, it's hydrating and full of nutrients.
- **Coconut water** is excellent for balancing electrolytes — and yes, your pets can enjoy it too!

Mindful Moderation:

- Reduce or eliminate **coffee and alcohol**. Watch your energy, mood, and overall health flourish — we dare you!

Garden Goodness:

- Sip herbal teas made from healing plants: *Chamomile, Lavender, Rosehips, Nettle, Hawthorn Berry, Red Clover*.
- Feast on **berries, leafy greens**, and all the vibrant vegetables from your garden or local farmers' market.

Explore & Restore:

- Visit **hot springs, lakes, and oceans** to soak in natural healing.

- **Hike** the mountain trails, **relax** by the water, and let nature be your therapy.
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Practitioners at Wild Heart Therapies

Naturopathic Medicine

Dr. Ashley Romanchuk, ND/NP

Osteopathy

Lynette Hanson, D.O.M.P

Amanda Mori, D.O.M.P

Acupuncture

Patti-Ann Krywulak, R. Ac

Nutritional Counselling

Emily Wadler, M.Ed Nutrition Science

Clinical Counselling

Jennifer Schwientek, MA

Health Coaching & Herbal Support

Elle Raevyn, Nutritionist, Phytotherapist

To Book Appointments:

Call Marina: **250-531-0154**

or

Book Online: www.wildheartTandF.ca

Our mailing address is:

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Wishing you a safe, joyful, and deeply healing summer.

With love,

The Wild Heart Therapies Team

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