

# Lynne Ward, ND MH



## February 2015 Newsletter

Foundations for Health has a new location!

Our new office is located at:  
17111 Kenton Place Drive  
Suite 205B  
Cornelius, NC 28031

Current Office Hours:  
**By Appointment Only**  
Monday: 10am-5pm  
Wednesday: 10am-6pm  
Friday: 1pm-6pm

# Meet Our Associates!

Foundations for Health has teamed up with some wonderful businesses to help you navigate your journey to complete wholeness.



**Christi Ratcliff, Certified Coach**

Christi Ratcliff is a Certified Coach at Christi Ratcliff Coaching who Aspires to Inspire others. She is a Certified Life Purpose Coach through Coaching Centers International®, a PrepareEnrich Certified Marriage Coach, and a Certified Life, Marriage, Leadership and Spiritual Formation Coach through Light University. She is a trained Independent Financial Counselor through Dave Ramsey Financial Coach Masters Series and a Crown Ministry Certified Financial Coach. Christi is also currently finishing her Bachelors of Science in Psychology with an emphasis on Life Coaching at Liberty University.



**Angela Shutt, Spiritual Coach**

Angela Shutt is the founder and principal operator of True Life Exchange, a ministry designed to deliver both grace and truth to individuals in order for them to understand and live out of their identity in Christ. Through her extensive training and experience, Angela works with clients to analyze their specific issues. Then through prayer and the Word of God, Angela encourages those facing challenges and changes how to experience Christ as their life.



**Lynn Groen, Licensed Counselor**

Lynn Groen is a Licensed Professional Counselor Associate at Bridge of Hope Counseling Center. She has a heart for helping and motivating others and is passionate about coming alongside those who are hurting to assist them in finding hope and restoration. She counsels couples, adults, and adolescents that are seeking help with a wide range of life issues. Lynn often treats concerns such as grief/loss, marriage and family issues, self-esteem/self-identity, anxiety, depression, and stress/anger management.

## Recipe Spotlight

### “Nutella”

Inspired by  
[chocolatecoveredkatie.com](http://chocolatecoveredkatie.com)

#### Ingredients:

~2 cups raw hazelnuts  
~1 1/2 tbsp pure vanilla extract  
~1/4 cup cocoa powder  
~1/4 cup xylitol, or sugar, or  
pure maple syrup  
~1/4 tsp salt  
~1/2 cup milk of choice  
\*\*optional: 2 tsp oil (for extra  
smoothness, but it's still very  
smooth if you leave out the oil)

#### Recipe:

1. Roast hazelnuts for 6-8 minutes at 400 F. Rub them together in a paper towel to get the skins off. (It's ok if a few stubborn skins won't come off.)

2. In a Vita-mix or food processor, blend the nuts until they've turned to butter, then add all other ingredients and blend a long time until it's smooth like Nutella! (I think I blended off-and-on for a full two minutes. It's extra-creamy in a Vita-mix, but a Cuisinart food processor works as well.)

## Organic Eggs for Sale!

Organic, Free Range,  
multicolored eggs for sale!  
\$4 per dozen. Contact the  
office for availability.

# Equipment Highlight: **HotHouse**



Please visit our website for details on all of our equipment in the therapy room!

#### Features and Benefits:

~Elevates Body Temperature, which stimulates blood circulation, accelerating the metabolic exchange between the body and blood vessels to relieve pain and help with the healing process.

~Activates the Cells

~Adjusts the Nervous System for Optimum Performance

~Eliminates Fatigue

~Increases Blood Circulation

~Provides Oxygen to the Cells

~Detoxifies the Body

~Helps you Lose Weight

~Improves Stiffness and Pain

~Aids in balancing out sympathetic and parasympathetic nervous system

The HotHouse utilizes Far Infrared Rays (FIR), which are beyond what the naked eye can see. Your body will feel these rays as a gentle, penetrating heat, which is absorbed deep into the body.

FIR has a deep, penetrating power. It can penetrate through the skin into the tissues and thereby improve blood circulation, which improves metabolism and removes toxins and metabolic by-products from the body and improves cellular vitality.

Upon penetrating the skin, FIR transforms light energy into heat energy. The thermal effect within the deep layers of the tissues causes blood vessels and capillaries to dilate, promoting better blood circulations.

# Upcoming Class Information

**Tuesday, March 10**

**6:30-8:00pm**

***“Breast Health Class”***

While breast cancer runs rampant in our society, there are many steps that women can take to maintain healthy breasts! This class is a class for women of all ages, from teens to grandmothers. This class will focus on prevention of breast disease and will be practical instruction on what women can do to take control of their breast health.

**Tuesday, April 14**

**6:00-8:30 pm**

***“Stress, Anxiety and Depression”***

Information about this class coming soon.

**Keep checking the website for new, upcoming class information!**

For more information about classes, or to RSVP, please contact Dr. Ward's office at by email at [foundations4healthnc@gmail.com](mailto:foundations4healthnc@gmail.com) or by telephone at (704)948-0173

## **Contact Us:**

**Telephone:**  
(704)948-0173

**Email:**  
[foundations4healthnc@gmail.com](mailto:foundations4healthnc@gmail.com)

**Website:**  
[foundationsforhealthnc.com](http://foundationsforhealthnc.com)

**Facebook:**  
[facebook.com/foundationsforhealthnc](https://facebook.com/foundationsforhealthnc)

**Twitter:**  
[twitter.com/found4health](https://twitter.com/found4health)

**Pinterest:**  
[pinterest.com/found4health](https://pinterest.com/found4health)

## **New Essential Oil Diffusers for Sale!**

Three different sizes available for purchase! A large humidifier diffuser, a three hour diffuser, and a car diffuser! We've also added the option to buy essential oils for the diffusers. Contact the office or more information.

If anyone has class feedback, or a testimonial they would like to share about working with Dr. Ward to encourage others in their health journey,, we would love to hear from you!  
Please direct all emails to [foundations4healthnc@gmail.com](mailto:foundations4healthnc@gmail.com).

### **Proverbs 3:5-6 NIV**

Trust in the Lord with all your heart,  
lean not on your own understanding;  
in all your ways submit to Him,  
and He will make your paths straight.