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 Dr. Rosemary Barnes, Psychologist 416-466-6544
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If you would like to appear in the next issue of Top of the Carrot News, please contact Karen Johnson at 416-466-6225

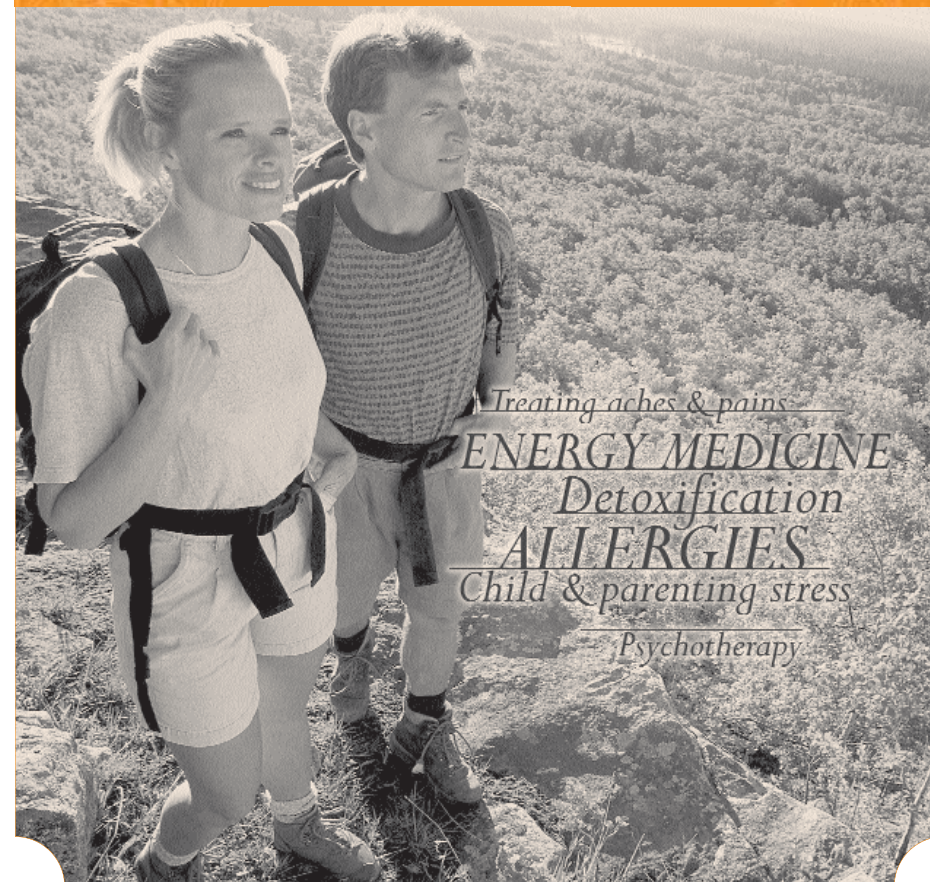


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Top of the Carrot News

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~CHRISTIANE MARTIN, M.S.W., R.S.W., SUITE 204~

BEFRIENDING THE INNER CRITIC

As I put pen to paper, with the idea of writing this article, I find myself repeatedly writing a sentence, then erasing it, convinced it sounds too simplistic or too formal. I know what my inner critic wants. She wants me to produce a great piece of writing, the perfect piece, one that is an exact reflection of my skills and abilities as a therapist. Instead of being highly motivated to reach this goal, however, I feel myself slowing down, uncertain I can measure up. Writer's block settles in.

Ultimately, we want to focus on what is important to us and begin to lead more satisfying lives

In my work, I see that the critical voice is an obstacle for many people. Even though people rarely enter therapy saying that they are experiencing an inner conflict, there is often a sense of an internal struggle or debate. I often hear statements like, "Part of me wants to do this but another part does not", or "I know it is the right thing to do, I just cannot go through with this". In response to constant negative self-evaluation, some people feel guilty, anxious, and depressed; others are uncertain, immobilized, fearful about the future. Still others, shamed by their inner critic, feel embarrassed, weak and inferior.

Self-criticism is helpful when it is constructive. Constructive self-assessment is fair and realistic, and helps one to reach one's potential. Negative self-criticism, however, is not helpful, and is typically judgmental and negative. The difference between the two is like the difference between a parent who harshly pressures a child to engage in an activity by threatening or shaming her/him, and a parent who gently encourages a child to try something new. Our negative self-criticism might not be obvious to us. Thoughts and beliefs about ourselves are sometimes so automatic and quick, or so second nature, that our conscious minds do not register them. Some common refrains can become almost a background chorus in our heads, e.g. "Stupid me"; "I'm so clumsy"; "What's the point"; "I'll never do it".

Therapists are trained to help their clients observe and articulate their negative thoughts. When clients are able to do this, the inner critic can be recognized and transformed. In the words of renowned therapist and researcher Leslie Greenberg, the therapist's task is to, "provide a handle with which clients can hold onto this unwanted baggage so that they can change it. Once the content of the belief has been articulated, it can be inspected, and the role it has played in hampering people's lives can be understood." Ultimately, we want to focus on what is important to us and begin to lead more satisfying lives.

In the case of this article, I was able to come to a friendly understanding with my inner critic. She gave me the space I needed to finish this article. I hope it will motivate you to befriend your inner critic.

Christiane Martin is a psychotherapist and EMDR practitioner in private practice. She also works part-time as a therapist at the University of Toronto Counselling Centre. Her office is in the Carrot Common.

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~RIVERDALE CHIROPRACTIC PERFORMANCE AND WELLNESS CENTRE, SUITE 215~

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The type of conditions successfully treated with ART is very diverse

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The type of conditions successfully treated with ART is very diverse. Some of the more common conditions/injuries are:

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About **Dr. Tzakas** DAc, DC, FCCRS(C)

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WEIGHTWATCHERS - SAFE AND EFFECTIVE

Have you ever considered losing weight? If so, you aren't alone. Over 48% of Canadians are in a position to take that first step of taking control of their health once and for all. With so many options available, the most important questions to research when considering a weight loss program are its safety and effectiveness. Through an ongoing process of scientific review and extensive consumer research, Weight Watchers continuously improves its weight-loss program building on its learnings from the real-life experience of its members and the expanding body of scientific research. Using Canada's Food Guide to Healthy Eating as the backbone of the program, Weight Watchers ensures that its program and plans are healthy, safe, effective and tasty! To prove it, 84% of members succeed in keeping their weight off after two years.

One of the most important aspects of being a Weight Watchers member is the group support during weekly meetings. Meeting

Leaders and Receptionists who have also lost weight with Weight Watchers are trained experts in the program and is committed to your success. Members also benefit from the exchange of tips, recipes and others' practical experience.

Taking the first step is easy. Simply attend a meeting near you. Meetings are held twice a week at 348 Danforth Avenue, Suite 212 in Carrot Common.

WeightWatchers

For information on the TurnAround program, meeting times or further information, please call 905-826-9200 or visit www.weightwatchers.ca - go to Southern Ontario, click "Find a Meeting".



~KAREN JOHNSON, AWAKENING HEART & SOUL, SUITE 202~

ENERGY MEDICINE: YOUR WELLNESS CONNECTION

We live in exciting times! In the world of Energy Medicine we are seeing an integration of eastern and western medicine resulting in a paradigm shift in the healthcare field.

Emphasis here is on eliminating the root of the problem rather than treating symptoms alone. When exploring Energy Medicine, remember, techniques and approaches will vary with the therapy: the one thing that does not change is that they each treat the individual as a 'whole' rather than their isolated symptoms.

WHAT IS ENERGY MEDICINE?

Based upon the principle that the body is composed of various electro-magnetic or subtle energy fields, and that people fall emotionally or physically ill when the energy in those fields becomes out of balance, blocked, congested, or in some way diminished.

As we all know everything consists of energy: our bodies, the environment, our emotions, our food, the weather... it's all energy and impacts us to one degree or another.

Research has established that physical and emotional trauma can manifest in the body and create imbalance. Do toxic relationships cause illness? Does childhood programming cause limitations? Addictions? Stress? Fears? Phobias? Disease?

Energy Medicine also stresses the effect of your consciousness (e.g., thoughts, emotions) on your body. While recognizing that human lives are influenced by many related factors, these techniques create awareness of the connection between an individual's conscious and unconscious mind. The ultimate aim of these therapies is to help people learn to heal themselves.

THERAPIES

There are many safe and highly effective options for those looking to Energy Medicine. How will you know what's right for you? How do you begin? Here are some widely practiced therapies that transform lives every day:

Hypnotherapy: A technique that reaches into the subconscious mind for solutions to problems that the conscious mind has been unable to resolve. The altered state is similar to a state of meditation or deep relaxation and allows you to accelerate your healing process and creates immediate change.

Specialized Kinesiology: Utilizes biofeedback or muscle testing to tap into the body's knowledge. Individual cells hold memories, for example: past actions, physical and emotional traumas, and genetic coding... it's all contained within your own body. This system employs the philosophy and techniques from Applied Kinesiology, Chinese Medicine, NLP (Neuro-linguistic programming), Acupressure, Vibrational Medicine, Bodywork, and the latest in Neurology and Brain research.

Past Life Regression: Focuses on discovery of the 'root of a problem' through a process to access and identify the original source of the problem by witnessing not re-experiencing the trauma. Once identified it is then processed and released.

Emphasis here is on eliminating the root of the problem rather than treating symptoms alone

Psychic, Esoteric and Metaphysical Healing: In this process the healer harnesses and uses energy and acts as a conduit for this energy and a conductor of sources from the spiritual realm. Practitioners work by creating a link with the client and spiritual realm thereby effecting change.

As an Energy Medicine Practitioner I have found the most powerful aspect of healing is witnessing the transformation of my clients. This is the most magical and inspiring element of the work: to witness body, mind, and spirit change in the world.

Karen Johnson, CHt, MHT, founder of Awakening Heart & Soul, a respected Energy Medicine Practitioner, Certified Master Hypnotherapist, Certified Specialized Kinesiologist, Metaphysical and Spiritual Healer.

Her office is located in Carrot Common at 320 Danforth Ave., Suite 202. For questions or to book an appointment call 416-466-6225.

For more detailed information on anything mentioned here or to explore more articles visit www.awakeningheartandsoul.com



~JANE SLOAN, REGISTERED NUTRITIONAL CONSULTANT, SUITE 204~

WHO ME...ALLERGIES?

Headaches, fatigue, depression, irritable bowel, colitis, eczema, asthma, high blood pressure... sound familiar? These are manifestations of an intolerance to some substance – an allergy.

Food and environmental intolerance can affect any part of the body. The symptoms can be as mild as hives or indigestion, or as debilitating as chronic fatigue, celiac disease or anaphylaxis.

Many factors contribute to the incidence of allergies. There can be genetic disposition, nutrient deficiencies, weak diges-

...our immune systems can no longer distinguish between what is good and what is harmful

...tive function or excess stress. But I feel the biggest factor is the overload of toxins our bodies are dealt everyday. We are bombarded with so many pollutants, chemicals, GMO foods, and food additives, that our immune systems can no longer distinguish between what is good and what is harmful.

Luckily there is relief!

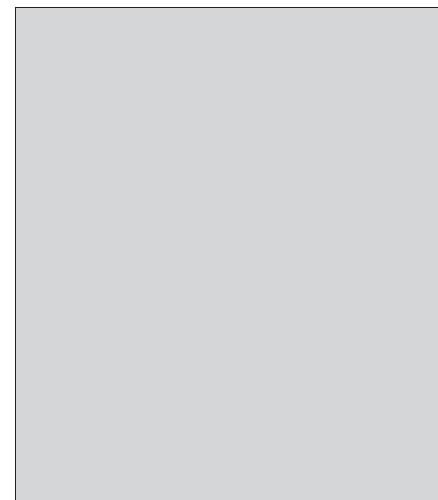
One of the most exciting developments in the battle against allergies is Bioenergetic Intolerance Elimination (BIE). BIE uses electro-acupuncture (without needles) to emit a low frequency into various acupressure points on the body. At the same time, the client is exposed to the allergen contained in a glass vial. During this process, the body's cells are being reprogrammed to recognize the allergens frequency. The result is that the body no longer sees the allergen as harmful and therefore no longer produces adverse effects. This procedure is quick, painless and brings permanent results.

A BIE session should be used in conjunction with nutritional support to be most effective. It's important to balance nutritional deficiencies, heal digestive weakness and to strengthen the immune system.

Whether you know you have food allergies or you suffer from unexplained symptoms, Bioenergetic Intolerance Elimination may be just the relief you have been searching for.

Jane Sloan, RNCP, RbA, is a Registered Nutritional Consultant, Registered Holistic Allergist and Licensed BIE practitioner. She is available for food and environmental sensitivity testing, BIE treatments and nutritional consultations.

For more information or to book an appointment call 416-568-2329.



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ACNE - BEYOND ANTIBIOTICS

The scars and hyper-pigmentation marks produced by acne affect men and women of all ages. Those looking for holistic solutions to acne turn to Ici Paris, Toronto's holistic spa. Only steps away, at 370 Danforth Avenue, Ici Paris has offered effective, holistic treatments for active acne and acne scarring since 1976.

Acne is caused by overactive sebaceous glands that block pores and nurture harmful bacteria. Symptoms range from blackheads and pimples to pustules and abscesses causing scars that last a lifetime if not properly treated.

Discourage acne with a skin care regimen that includes antibacterial cleansing and creams, non-comedogenic makeup, and a balanced diet with plenty of water to flush out toxins. Avoid irritants found in fabric softeners and hair care products, and remember the golden rule: don't touch your face with unclean hands.

If acne appears, act quickly and choose the right treatment. Of the ninety percent of adolescents who suffer from acne, many make wrong decisions that create lifelong problems. Treating acne with antibiotics is the classic error. Antibiotics will combat the bacteria on which acne thrives, but won't heal the scars that acne leaves behind. Likewise, harsh facial scrubs that are popular with adolescents can inflame acne, worsening its appearance and causing scarring.

The lifelong legacy of mistakes such as these can be avoided with an in-depth skin analysis to identify products and treatments appropriate for your acne type and skin type. Ici Paris offers such a consultation. It's detailed, thorough and free of charge.

Acne treatments at Ici Paris include Acne Facials that combine deep pore cleansing with an intense purifying, antibacterial action. Microdermabrasion treatments and Glycolic, Russian and Herbal peels normalize overactive sebaceous glands that cause acne, and exfoliate acne-scarred skin before rebuilding healthy new tissue.

Book your free half-hour acne consultation at Ici Paris. Whether you have active acne, or scarring from earlier acne breakouts, we can help you.



ICI PARIS is located at 370 Danforth Avenue. For more information or to book an appointment call 416-461-1774.

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-INSPIRED LIFE HEALTH CENTRE, COURTYARD-

DETOXIFICATION THROUGH INFRARED SAUNA THERAPY

Reducing the toxic load on the body of heavy metals and other elements, such as chemicals and pesticides, is an important factor in restoring health and vitality, especially in those with chronic illness. More and more research is supporting the reality that our diet and environment play a substantial role in health and sickness.

The use of an infrared sauna has been shown to be highly effective in promoting the removal of toxins in the body and enhancing circulation and healing. Because the skin is the largest eliminative organ in the body, removal of toxins through sweating is ideal as it is more passive and requires less energy when compared to elimination through the kidneys and bowel.

Infrared saunas operate at safer lower temperatures when compared to conventional steam-based saunas, which makes breathing more comfortable. Interestingly, an infrared sauna uses radiant heat which is absorbed by the body to a depth of 1 1/2 inches below the skin and actually helps the body produce two to three times more sweat. This is an extremely important aspect as the body stores toxins in the fat cells and using an infrared sauna allows for detoxification to occur directly through the skin, thus not dumping these toxins back into the circulatory system.

In addition to detoxification, infrared sauna therapy also aids in easing joint pain and stiffness, improves injury healing, can be used for weight management, improves blood circulation, and enhances the skin and immune system.

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-BRENDA HANN, PSYCHOANALYTIC CHILD THERAPIST, SUITE 201-

COPING WITH CHILD AND PARENTING STRESS

As children grow and develop, there are many small and large challenges to be mastered. Parents recognize that normal changes can affect a child: the birth of a sibling, a move to a new neighbourhood, or entering a new school. Other changes—marriage breakdown and divorce, a significant illness or a traumatic event—create emotional distress and can destabilize the whole family.

There are individual differences in children known as temperament that parents notice when their children are infants. Temperament can contribute to children's resilience or to their difficulties in coping with stressful experiences. A child's stage of development also plays a role in adjustment, as does the support available to the child and to the family as a whole.

Psychoanalytic child and adolescent therapists work in partnership with parents to understand the unique personality, vulnerabilities and

strengths of the child. Parent counseling can often prevent the development of more serious

Temperament can contribute to children's resilience or to their difficulties in coping with stressful experiences

disturbance by identifying the kind of structure and emotional support that a child requires.

In direct therapeutic work with children and adolescents, empathic listening, attention to thoughts and feelings as well as reflection about the ways the child is trying to cope are utilized to help strengthen their sense of self.

Psychoanalytic therapy can help children understand their inner world, develop a more positive self-concept, and find more effective ways to solve problems and master the challenges in their environment.

Brenda Hann, B.A., Dip.C.S., is a member of the Canadian Association of Psychoanalytic Child Therapists. She has worked in the children's mental health field for over 25 years.

Her office is located at 320 Danforth Avenue, Suite 201 in the Carrot Common. For further information or a consultation, telephone 416-985-5242.