



Women's Way

Bringing Women to Ideas and Ideas to Women

Lisa's Way

Change is inevitable, Growth is optional. This has been one of our favorite "Quotations" over the years. I believe it and view myself as a person who likes change every so often, just to keep things interesting. Change can be thrust upon us or we can seek out as a way to add interest and variety to our existence. Some people avoid it at all costs, opting to stay in the same job, home, community and relationships. Others, like myself like to "shake it up" now and then to see where the ride takes us. Personally, I find Life more interesting and 3-dimensional when I experience many things. I have made a career as a Professional Dancer, Horse Trainer, Teacher, Dental Assistant, Mother and entrepreneur. My retirement plan has definitely suffered, but my view on the World has blossomed. I am living amidst many changes in my Life currently. I have changed where I attend Church, and my Husband and I are moving our Family a little further into the Countryside to enjoy living in a more open space. It means leaving our Community and Schools as well as selling our current home. Through all the anxiety and stress and unknowing however, I believe our chance to grow and learn will exceed all the sleepless nights. As my life requires professional changes, I will be putting Women's Way on a back burner to simmer for a while, not knowing exactly where the road will lead but trusting that it is the right road for me. This last year and a half has been an incredible journey of learning. The privilege of meeting so many unbelievable Women who have made our World a better place has been worth all the effort. I have been humbled by the support and "Thanks" I have received as I was able to bring these unique and gifted Women into your Lives. Please keep in touch with me as I make my changes and remember, we only get one chance at this Life so let's make it count. The growth that comes with change is well worth the pain.



Sincerely,

— *Lisa*

Lisa Precht

Director-Founder/Women's Way

Community Events:

Join Sally Tamplin-Registered Homeopath as she teaches "**Homeopathy Medicine for the 21st Century**"

Saturday December 4th 9-5p.m.

The Sound Mind and Body Healing Center, Eagan, MN

Workshop fee \$30.00 Lunch \$5.00

Register at 612-836-1424 or 651-688-2469

The Vision

Women's Way was created to fill a need in the community by bringing interesting, wise and insightful speakers to tell their stories, provide encouragement, and educate women. These ongoing events cover topics of interest which will address many of the needs and issues we experience as women.

*Newsletter
November/
December 2004*

Reader's Way —

Dryer

We had so many conversations with
the door shut.
We laughed together every morning.
Your hot breath lifted,
The laundry curtains up.

Now you gallop and roar,
About as subtle,
As the launch of a space shuttle.
I shut the door.
Leave you alone.

Silent now,
I find myself wrinkled,
Watching puddles grow,
Under hanging clothes.

Miss the vibration of life,
When you made summer.

Doesn't seem fair does it?
That after twenty years,
You end up in the junkyard,
with your mouth hanging open.

by Sue Kunitz of Chanhassen, MN.

www.womensway.us

Women's Way offers Readers Way in order that you can submit your own thoughts, stories, poetry etc. on womanhood.
Submit your entries by the 15th of the month.

Contact information; Lisa Precht, Director • 13274 Maryland Ave. S. • Savage MN 55378 • 952-895-0592 • info@womensway.us

Sally Tamplin's Homeopathy Corner:

Apis Mellifera, the honeybee.

Here is a useful homeopathic remedy that you can use in first aid situations. It can be purchased from Valley Natural Foods. Look for the 30c potency.

Apis is useful in situations when a **family member** or a **pet** have been bitten or stung by an insect or a bee and when the symptoms present in the following way:

- **BURNING, DARTING, STINGING PAINS**
- **BETTER WITH COLD APPLICATIONS**
- **WORSE WITH HEAT OR IN A WARM ROOM**
- **SWELLING THAT COMES ON SUDDENLY**
- **REDNESS**
- **URTICARIA (HIVES)**
- **RESTLESS, IRRITABLE**
- **THIRSTLESS**

APIS is also indicated when you develop hives from eating shellfish or after violent exercise. However, the above PICTURE should FIT. It can be used in cases of anaphylactic shock, on the way to the hospital, when the above "PICTURE FITS."

In acute situations give every 5 or 10 minutes for the first few doses. As soon as you see improvement do not repeat. The remedy easily dissolves under the tongue; you can also put them in water and sip, or if the patient is unconscious simply place the remedy in their hand.

Sally Tamplin DSH MARH is a registered classical homeopath. She practices at The Homeopathic Medical Clinic in Richfield.

Tel: 612 – 836 – 1424

Valley Natural News

Turkey Scented with Lemons, Olives & Garlic

This simple way of enhancing the flavor of a turkey can also be used the next time you roast a chicken.

Ingredients

- 3 lemons
- 1 large garlic bulb, cloves separated
- 15 large brine-cured black olives
- 1 Tbsp (20g) salt (sea salt if on a corn-free diet*)
- 1 tsp (4g) freshly ground pepper
- 4 sprigs rosemary, needles removed

Directions

Thinly slice the lemons. Coarsely chop the unpeeled garlic. In a medium-size bowl, combine all ingredients. Place half in the cavity of the turkey. Stuff the remaining under the skin.

Cook the turkey. Before serving, remove lemon slices and garlic from under the skin. Combine with pan juices and add a cup or two of stock.

Simmer juices in a small pot over medium heat for 10 minutes. Strain through a fine-mesh colander. Thicken with a Tbsp or so of cornstarch if you desire.

Season with salt and pepper, and use as a light sauce for the turkey.

• Allergy notes: People following a corn-free diet should avoid iodized salt since it contains dextrose, which should be avoided by those allergic to corn.

Recipes from Valley Natural Foods, your community-owned co-op located on the corner of McAndrews and Co. Rd. 11 in Burnsville. Our doors are open to everyone! For more great recipes like this one, access our website at www.valleynaturalfoods.com <<http://www.valleynaturalfoods.com/>> and select the HealthNotes icon at the bottom left of the page. There you will find recipes, food facts and well-research articles on health issues.

VALLEY
natural foods

"Think Skin"

To cleanse is human, to exfoliate, divine

Since the days of traveling apothecaries, people have brushed their bodies clear of dead skin cells with exfoliates. Methods from days of yore were very intrusive, ranging from treatments with fire that lightly seared skin to concoctions of urine and pumice (yikes!)

Well, no one recommends that you start playing with fire or using any bodily emissions. Fortunately, body exfoliates now have a softer side, leaning towards polishing rather than punishing.

When most people hear the word "exfoliate," they often think of abrasive products that need to scratch at skin. But exfoliates can range from physical ingredients (like rice bran or grains that slough off dead skin) to chemical I ingredients (like enzymes and lactic acid that eat away at dead skin), and usage depends on individual needs. Whichever way you go about it, you need to help your body cast away skin cells that are holding on and bringing your body down. Helping your skin's natural process of ditching cells that are hanging on can improve your body skin from head to toe.

Refresh, Revitalize, Renew at Face Appeal Skin Care Center

Located 1/2 mile east of Burnsville Center on County Road 42 and Nicollet Avenue.

Call for information or to schedule your free skin analysis
(952)898-2250

Special Thanks

Thanks to all of the great businesses/people who continue to support Women's Way:

- Phoenix Physical Therapy
- Touch of CounTree
- Coffee news
- Face Appeal Inc.
- Savage Kreations
- Burnsville Counseling and Healing Center
- Valley Natural Foods
- Eagle Creek Chiropractic
- Glendale Elementary School
- Prior Lake Natural Healthcare, P.A.
- DMW Financial in New Prague
- City Perks Coffee House in Prior Lake
- "Family Times Publication" for Advertising our events
- <http://www.down-pat.com/> Web Designer/Desktop Publishing ... for the newsletter