



# Wolastoqewiyik Healing Lodge Support & Prevention Newsletter



## 5 Common Myths About Addiction That need to Stop Right Now

How hard have you worked to get where you are at in your recovery? If you have some considerable clean time that you can hang your hat on you have worked bloody hard to get where you are right now, and you will continue to put in your work. If you look at your recovery as it is in this moment, what words come to mind? More than likely the words courage, honesty, and insight are often the first that travel from the brain to your lips.

As we all know, all the good that we experience in our sobriety often comes with those things that aren't so good. For example, we have to be constantly vigilant in our [awareness of cravings and what can trigger them](#) in our day-to-day lives. We also need to be acutely aware of the attitudes and behaviors that can lead us down the road to relapse. These obstacles often prove to be frustrating in our respective recovery journeys—but no obstacle can be more aggravating than [the continuing stigma of addiction](#).

Despite the advances in scientific knowledge and the continued shift in thinking of the disease of addiction in more humane terms, long-held views about addiction and addicts still have its nails dug deep in the skin of society. [While the stigma surrounding addiction is slowly lifting](#), there are still myths that surround addiction and recovery as a whole. Unless these myths about addiction are address and debunked, we in the recovery community will continue to face a large uphill battle in addiction to the personal wars we wage against addiction on a daily basis.

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**Resources:**  
[Sober Nation](#)  
[Healthy Place.com](#)

## The following are five myths about addiction that need to stop right now.

### **Addicts are Bad People**

Even though we understand that addiction is a complex disorder that has social, environment and biological components, there are many who still feel that addiction is a moral and spiritual failing and that people who are addicts are weak-willed and immoral beings. It is true—we have done some reprehensible and unconscionable things during our days of drinking and drugging. The changes in brain chemistry and the reinforcement of use in certain sets and setting transformed us into beings who didn't think twice about lying, cheating or manipulating others to get what we wanted.

However, it is important to realize that addiction affects everyone, and that really good people have done really bad things while under the influence. With the proper treatment and care, you have regained your physical, psychological and spiritual health and you are working everyday to make amends, make things right and become an even better person than you were before substance abuse took over your life.

### **Addiction is a Choice**

How many of you woke up one morning, looked yourself in the mirror, and said *you know, I really want to be an addict?*

It is a silly question to ask because nobody asks themselves that question, yet one of the prevailing myths of addiction that still floats some people's boats is that addiction is a choice and a matter of willpower. With increased and more specialized research, we know understand that addiction is a complex disorder of the brain. With chronic use of substances, brain chemistry and function is significantly impacted and with those changes a person's behaviors and actions change.

As stated earlier, drug and alcohol addiction is a complex beast that is birthed in the perfect storm of neurobiological, environmental and social factors. It's true that addicts can exert their willpower to stop taking substances, but merely *plugging the jug* won't make addiction go away. If the underlying factors that allow addictive behavior to flourish aren't addressed, any sobriety that is attained will be short-lived.

### **People Can Only Be Addicted to One Substance**

Another one of the common myths about addiction is that people become addicted to one substance. While people may have their own preferred drug of choice, the fact of the matter is that many people who struggle with addiction are often addicted to multiple substances at the same time. This is known as *polysubstance abuse*, and [it is not uncommon for people to be addicted to three or more types of substances](#). Addicts often abuse multiple substances in order to create a more intense high or to counterbalance the effects of each specific drug. If people engage in polydrug abuse, it becomes much harder to treat.



## Legal Drugs are Different

There are people who are of the thought that legal drugs such as anti-anxiety and prescription painkiller medications are different than illicit drugs when it pertains to substance abuse. Prescribed drugs seem to have less of a stigma attached to them, and there are many who think these drugs are “safer” than street drugs.

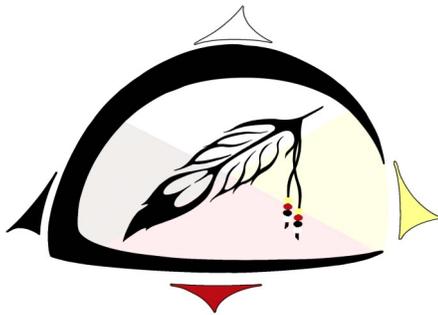
If you look at the [prescription painkiller epidemic](#) that is currently engulfing the country, you know this line of reasoning is both false and dangerous. Legal medications are often abused as much as their illicit counterparts, and they are often more potent. Misuse of these drugs affect the same brain regions as illegal drugs and have a high addiction potential.

## Treatment Will Put Addicts in Their Place

It has taken decades for healthcare professionals and others in the addiction treatment communities to understand that addiction is a progressive and complex disease of the brain. Despite this shift in thinking, there are people who believe that addiction treatment should “put addicts in their place”. For those who look at addiction treatment in this light, they believe that addicts should be made to feel ashamed of their condition.

Whether this opinion is formed by personal experiences or deep-seated stigma, this attitude towards addicts helps perpetuate stigma and can make those who struggling with addiction feel they aren't worthy of help. In fact, [research](#) has shown that shame is one of the leading indicators that a person will relapse. The truth is there is no “right” way to recover; every addict has their own unique and specific needs in treatment. Many drug treatment centers offer a wide range of evidence-based treatment services in well-equipped facilities that are inviting, safe and conducive for recovery. The myths about addiction not only affect the addict and their families, it also affects society as a whole. If we are able to understand addiction as a brain disease and allow people to recover in ways that best suit their needs, we all can make significant strides in addressing drug and alcohol addiction.

**Recovery**  
 It will be challenging.  
 It will also be worth it.  
 You will relapse, and that's ok.  
 (as long as you keep fighting.)  
 You may feel alone in your struggle.  
 You will help others who are struggling.  
 Your loved one may not understand,  
 But you can always explain.  
 You will have good days, and bad days,  
 But the bad days will get fewer.  
 Your problems won't magically go away.  
 But they will be manageable.  
 You might not feel different at first,  
 But when you're done you will be  
 Happier,  
 Healthier,  
 Stronger,  
 and recovered.  
 That's why you have to keep fighting.



**If you want to quit or know someone who does, then get in touch with the Healing Lodge.  
 (506) 273-5403**

**BELIEVE YOU CAN AND YOU'RE HALF WAY THERE.**

## How To Stay Sober

If you have just successfully completed drug treatment, it is an major accomplishment that should fill you with a tremendous amount of pride. Through the times of pain, struggle and uncertainty you have emerged healthy, happy and above all sober. While you should celebrate this major life accomplishment and look forwards the future, the recovery process does not end when treatment ends. [The real work in your recovery begins once you leave treatment](#) and come back to home to resume your normal daily life.



## You Still Have to Put in The Work

In your life after treatment, your focus shifts from learning how to become sober to learning how to stay sober. You have put in some serious sweat equity and endured some trying times in overcoming your substance abuse. Now you have to put in the effort to protect your investment, because temptation is lurking around every corner. The daily stresses of your day to day life along with those triggers that remind you of your addictive past can make you vulnerable to relapse.

You may not want to think about it, but [relapse is a common occurrence in recovery](#) no matter how strong your sobriety game. According to [statistics](#) from the National Institute on Drug Abuse, 40 to 60 percent of people who successfully complete drug treatment will experience a relapse. That may knock some of the wind out of your sails, and you may feel that the deck is stacked against you. While on paper the odds aren't in your favor, you have the power to minimize those odds and flourish in your recovery if you have the right tools at your disposal.

## How to Stay Sober and Strengthen Your Recovery

There isn't a magic potion or some long hidden secret on learning how to stay sober. It takes continued hard work, perseverance, and focusing on the essential coping skills and relapse prevention skills that you were taught during your stay in drug treatment. It's time to put those tools to good use, and the following are the most important ways to stay sober.

### [Lean on Your Support System](#)

One of the most important things that you learn in treatment is that [you cannot grow your recovery while in isolation](#). You need people in your corner who are 100 percent supportive of your recovery-based lifestyle. These folks provide you the encouragement and motivation you need to keep you eyes on the prize and aren't afraid to speak the truth if you are slipping. Whether it is family, friends, your sponsor or the people in your 12-step or other sober support group, keep them close and contact them often.

TODAY IS A NEW DAY. HIDING FROM YOUR HISTORY ONLY SHACKLES YOU TO IT. WE CAN'T UNDO A SINGLE THING WE HAVE EVER DONE, BUT WE CAN MAKE DECISIONS TODAY THAT PROPEL US TO THE LIFE WE WANT AND TOWARDS THE HEALING THAT WE NEED. -POSITIVELIFETIPS.COM

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## Volunteer and Give of Yourself

Another important lesson that is learned in drug treatment is that in order to learn how to stay sober you must help others. Volunteering and mentoring is an excellent way of strengthening your recovery and is the underlying message of the Twelfth Step of AA and other 12-step based support groups. There are many ways that you can give of yourself such as working at a drop-in center, your local hospital or other charity. You can even volunteer to chair a meeting or visit those in nursing homes or prison who are in recovery. Giving of yourself in this capacity allows you to focus on things that are greater than you and people will appreciate you for what you do.

## Take Care of Yourself

Another important way to stay sober is to [practice excellent self-care](#). When the body, mind and spirit are aligned it makes working a program of recovery much easier. To help keep the recovery machine fine tuned and firing on all cylinders, you need to engage in proper nutrition, take regular exercise and get plenty of rest. There are a myriad of activities that you can pursue such as yoga, weight training and running. If you need help in creating a balanced and healthy diet, consult a nutritionist or other specialist. As far as getting enough sleep every night, it is suggested you get about eight hours every evening.

## Got Hobbies?

When you free yourself from the restraints of substance abuse, you must fill the void with activities that help promote your recovery. A great way to stay sober is to engage in hobbies and other past times that ignite your passions and desires. Maybe you have always wanted to take up a musical instrument, learn another language or learn how to cook—now you can take the time to learn how. Better yet, you can invite family and friends to join the fun.

## Strengthen Your Spirituality

A key to learning how to stay sober is to nurture a strong sense of spirituality. [Spirituality is a broad concept](#) which embraces a wide variety of beliefs and practices, and the the common thread running through all of these practices is there is something bigger than ourselves. While building spirituality can involve practicing an organized form of religion, there are other ways in which you can promote spiritual growth within yourself such as regular yoga practice, meditation and getting out and enjoying the grand scale of nature. However you decide to increase your spiritual awareness, keep an open mind and heart.

## Practice Gratitude

[Gratitude](#) is a powerful emotion in which you express thankfulness, gratefulness, or have a feeling or attitude of appreciation regarding a benefit you have received or are about to receive. Gratitude can remind you of the positive things in your life, and in the midst of the trials and tribulations that life can bring, reminding yourself there are people in your life that support and love you brings happiness. Also, having gratitude can change obstacles and bad things into opportunities for positivity and growth. When struggle comes your way, you can be grateful for the challenges that are put before you because they allow you to grow.

Learning how to stay sober isn't easy, and you will no doubt run into roadblocks along the way. Like anything in life, your recovery is something that you need to continually work on, and you will learn new things about yourself everyday. Use those moments as opportunities to learn and grow.



# Addictions Support Group



Meetings are open to anyone who is looking to continue their healing journey through supportive group meetings.

Beverages and snacks are also provided.

Wednesday 7:00 - 8:00 PM

**Wolastoqewiyik Healing Lodge**  
Located at Tobique First Nation on Tilley Road  
13309 Route 105 E7H 5K1

*For more information about our programs, please give us a call at (506) 273 5403*



## Tobique's Women's Circle

The Women's Circle meets every Tuesday evening at 6pm downstairs at the Healing Lodge

The Women's Circle gathers together for a variety of reasons. To support and nurture each other, learn about culture and tradition, have discussions on various topics, to share each other's creativity. By doing this we create community, banish isolation, and empower ourselves.

The Women's Circle provides a safe and nurturing space to share feelings and experiences with each other, to try new things, and to enjoy each other's company and stories.

# Wolastoqewiyik Healing Lodge January Schedule

## January 2017

The Staff, volunteers and the guests of the *Wolastoqewiyik Healing Lodge* offer the following schedule of Step-programs and Support Groups to community members and guests who desire to strengthen their individual pride and feelings of self-worth.

All events take place at the bottom level of the *Wolastoqewiyik Healing Lodge* (side-door entrance), unless otherwise noted.

**Women's Support Group** Every Tuesday 6:00 – 8:00 pm\*

**\* new time**

**Addictions Support Group** Every Wednesday 7:00 – 8:00pm

**Gamblers Anonymous (GA) Meetings** Every Thursday 6:00 – 7:00 pm

*To make an appointment or to contact any of our Staff directly, please note the following numbers:*

<b>Lorna Paul, In-client Cook</b>	<b>273-5403</b>
<b>Alison Sappier, Prevention (CACII)</b>	<b>273-5425</b>
<b>Tammy Sappier, MOW Food Service Provider</b>	<b>273-5403</b>
<b>Norma Saulis, Manager of Healing Lodge</b>	<b>273-5461</b>
<b>Raymond (Muskie) Sockabasin Sr., Treatment (CACII)</b>	<b>273-5480</b>
<b>Mary Solomon, RSW, Family Wellness (CACII)</b>	<b>273-5541</b>
<b>Robert Brewer, Treatment (CACII)</b>	<b>273-5467</b>
<b>Kristen Deveau, LPN (Treatment)</b>	<b>273-5519</b>
<b>Darla Nicholas, Janitor</b>	<b>273-5403</b>
<b>Tatawnyha Nicholas, Administrative Assistant</b>	<b>273-5403</b>
<b>Vincent Nicholas, Treatment (CACII)</b>	<b>273-5421</b>

**Marilyn Perley, Probation, has an office in the downstairs of our building (side door entrance). She can be called directly at 273-4723.**

For information about any of our programs, please do not hesitate to call our office at **(506) 273-5403**.

**Check out our Facebook Group @  
Wolastoqewiyik HEALING Lodge  
To keep up to date on scheduled  
activities and information**



## Emotional Abuse Test: Am I Emotionally Abused?

Written by [Natasha Tracy](#)

**Emotional abuse** is common among children and many adults, so many ask: "Am I emotionally abused?" Take this emotional abuse test to find out if you're in an emotionally abusive situation.

### Emotional Abuse Quiz Instructions

Carefully consider each question while thinking about yourself and your partner. Answer "yes" or "no" to each question on this emotional abuse quiz.

## Emotional Abuse Test

### Do you...

1. feel afraid of your partner much of the time?
2. avoid certain topics out of fear of angering your partner?
3. feel that you can't do anything right for your partner?
4. believe that you deserve to be hurt or mistreated?
5. wonder if you're the one who is crazy?
6. feel emotionally numb or helpless?

### Does your partner...

1. humiliate or yell at you?
2. criticize you and put you down?
3. treat you so badly that you're embarrassed for your friends or family to see?
4. ignore or put down your opinions or accomplishments?
5. blame you for their own abusive behavior?
6. see you as property or a sex object, rather than as a person?
7. have a bad and unpredictable temper?
8. hurt you, or threaten to hurt or kill you?
9. threaten to take your children away or harm them?
10. threaten to commit suicide if you leave?
11. force you to have sex?
12. destroy your belongings?
13. act excessively jealous and possessive?
14. control where you go or what you do?
15. keep you from seeing your friends or family?
16. limit your access to money, the phone, or the car?
17. constantly check up on you?



## Emotional Abuse Test Scoring

The more questions you answered "yes" to in this emotional abuse quiz, the more likely it is that you are in an [abusive relationship](#).

If you feel you are in an abusive relationship, reach out. No one deserves to be emotionally abused by another person, no matter what the circumstance. Remember that you are not alone and there are people available to help you.

## Effects Of Emotional Abuse On Adults

The [effects of physical abuse](#) are obvious – a black eye, a cut or a bruise – but the effects of emotional abuse may be harder to spot. Emotionally abusive husbands or wives can affect mood, sex drive, work, school and other areas of life. Make no mistake about it; the effects of emotional abuse can be just as severe as those from physical abuse.

And perhaps even worse is the fact that victims of [emotional abuse](#) tend to blame themselves and minimize their abuse, saying that it was "only" emotional and "at least he/she didn't hit me." But minimizing adult emotional abuse won't help and it won't hide its devastating effects.

### Short-Term Effects of Emotional Abuse

Short-term effects of an [emotionally abusive](#) husband or wife often have to do with the surprise of being in the situation or the questioning of just how the situation arose. Some emotional abusers don't begin their abuse until well into a relationship. Husbands or wives may find themselves shocked to see the new, emotionally abusive behavior. The behavior and thoughts of the victim then change in response to the emotional abuse.

#### Short-term effects of emotional abuse include:

- Surprise and confusion
- Questioning of one's own memory, "did that really happen?"
- Anxiety or fear; hypervigilance
- Shame or guilt
- Aggression (as a defense to the abuse)
- Becoming overly passive or compliant
- Frequent crying
- Avoidance of eye contact
- Feeling powerless and defeated as nothing you do ever seems to be right (learned helplessness)
- Feeling like you're "walking on eggshells"
- Feeling manipulated, used and controlled
- Feeling undesirable

A partner may also find themselves trying to do anything possible to bring the relationship back to the way it was before the abuse.



## Long-Term Effects of Emotional Abuse

In long-term emotionally abusive situations, the victim has such low self-esteem that they often feel they cannot leave their abuser and that they are not worthy of a non-abusive relationship. Adult emotional abuse leads to the victim believing the terrible things that the abuser says about him/her. Emotional abuse victims often think they're "going crazy."<sup>2</sup>

Effects of long-term emotional abuse by significant others, boyfriends or girlfriends include:

- Depression
- Withdrawal
- Low self-esteem and self-worth
- Emotional instability
- Sleep disturbances
- Physical pain without cause
- Suicidal ideation, thoughts or attempts
- Extreme dependence on the abuser
- Underachievement
- Inability to trust
- Feeling trapped and alone
- Substance abuse

*Stockholm Syndrome* is also common in long-term abuse situations. In Stockholm Syndrome, the victim is so terrified of the abuser that the victim overly identifies and becomes bonded with the abuser in an attempt to stop the abuse. The victim will even defend their abuser and their emotionally abusive actions.

## Dynamics Of Emotional Abuse in Relationships, Marriage

Emotional abuse in relationships, marriage, is sneaky because while abuse is taking place, no physical marks or scars ever appear. Often the only sign that something is wrong in emotionally abusive relationships is just a feeling that something is amiss. Often the victim can't quite put their finger on it, but to outsiders there is often no doubt that emotional abuse is taking place.

Emotional abuse in any relationship, including marriage, has the same dynamic. The perpetrator aims to gain power and control over the victim. The abuser does this through belittling, threatening or manipulative behavior.

## Behavior in Emotionally Abusive Relationships, Marriages

Abusive behavior can be enacted by a female or male and either a female or male can be a victim. (Information About: [Emotional Abuse of Men](#)) And it's important to remember that even though the scars from emotional abuse are not physical, they can be every bit as much permanent and harmful as the [scars of physical abuse](#).

[Emotional abuse](#) is designed to chip away at a person's self-esteem, self-worth, independence and even make them believe that without the abuser they have nothing. Tragically, this keeps victims in emotionally abusive relationships as they feel they have no way out and that they are nothing without their abuser.

## Emotional abuse comes in many forms, they include:

- Financial abuse – the abuser does not allow the victim control over any of the finances
- Yelling
- Name-calling, blaming and shaming – forms of humiliation
- Isolation – controlling access to friends and family
- Threats and intimidation
- Denial and blame – denying or minimizing the abuse or blaming the victim; saying that the victim "made them do it"

These emotionally abusive behaviors seen in relationships, marriages, are all used in an attempt to control the victim.

## Signs of Emotionally Abusive Relationships

Signs of an emotionally abusive relationship can sometimes be seen more easily from the inside out. Assessing an emotionally abusive relationship may first start with how you feel about the relationship and then move on to actually dissecting the nature of the abuse.

Signs an emotionally abused person in a relationship might notice are:

- Feeling edgy all the time
- Feeling they can't do anything right
- Feeling afraid of their partner and what they might say or do
- Doing or avoiding certain things in order to make their partner happy
- Feeling they deserve to be hurt by their partner
- Wondering if they're crazy
- Feeling emotionally numb, helpless or depressed

## How to Handle an Emotionally Abusive Relationship

The most obvious way of handling an emotionally abusive relationship is by leaving the marriage or other relationship. In fact, depending on how far the emotional abuse has gone, this may be the only option, no matter how impossible a task it may seem.

In more minor cases of emotional abuse though, other options may be available. Standing up against the emotional abuse and no longer being a willing party to it may lead to a change in the relationship dynamic. More likely, couple's counselling, possibly as well as individual counselling, may be necessary to address the destructive emotionally abusive dynamics in the relationship or marriage.

**If you are being abused seek help from any of the following sources:**

[Domestic Violence Hotline \(24/7\)](#) 1-800-799-7233

[Chimo Help Line](#) 1-800-667-5005

[Fredericton Sexual Assault Crisis Center](#) 1-506-454-0437

[Gignoo Transition House](#) 1-800-565-6878

[Kids Help Phone](#) 1-800- 668-6868

# Healing Herbs, Medicinal Teas for Colds and Flu

Long before the advent of antihistamine tablets and specially formulated cold remedies, cold and flu sufferers turned to herbal teas to relieve their symptoms. Those homemade infusions were rich in vitamins, minerals and medicinal compounds. You can find commercial versions of these old-time remedies in most health food or natural grocery stores, or you can take a page out of the past and make your own. In the herbalist's pharmacopoeia, specific herbs address particular symptoms, so we asked the experts to share their favorite blends.

## Soothe a Sore Throat

A dry, scratchy throat often signals the onset of a cold, and over-the-counter syrups and lozenges just seem to sugarcoat the problem. Fortunately, nature provides some safe and easy-to-use alternatives. "Sore throats are greatly relieved by herbal tea," says Brigitte Mars, herbalist and author of *Healing Herbal Teas* (Basic Health Media, Winter 2006). As a first line of defense, Mars prescribes marshmallow root (*Althea officinalis*), an anti-inflammatory herb that's "wonderfully soothing on the throat." Unrelated to the gooey little campfire confections, this herb has a long, well-documented history of successfully treating irritated mucous membranes.

James Duke, author of *The Green Pharmacy* (Rodale, 1997), recommends two other herbs for throat discomfort: slippery elm (*Ulmus rubra*), an antiseptic and anti-allergic agent that literally slips down the throat, and licorice root (*Glycyrrhiza glabra*). Antibacterial, antiviral and anti-inflammatory, licorice has been scientifically documented to break up phlegm, ease coughs and fight infections. A study at Bastyr University found that tea combining licorice, slippery elm and marshmallow is highly effective for reducing throat pain.

For sore throats accompanied by cold and flu symptoms, Mars suggests drinking stomach-soothing peppermint (*Mentha x piperita*). "It can lower a fever by helping you to sweat and release toxins naturally. It's antiviral and user-friendly," she explains. Mars also likes ginger (*Zingiber officinale*), which is "good for chills and aching muscles, and relieves nausea." For extra measure, she adds elder (*Sambuca nigra*), shown by research to keep flu viruses at bay.

## Breathe Easy

"When I have a difficult time breathing, I go for oolong because it opens up my lungs," says Sara Martinelli, tea blender and owner of The Boulder Dushanbe Tea House in Boulder, Colorado. Indeed, black tea like oolong contains powerful expectorant compounds that help clear mucus from deep within the chest. The caffeine it packs is also a powerful bronchodilator. To take the edge off the caffeine, Martinelli mixes in calming chamomile (*Matricaria recutita*), touted for its anti-inflammatory, antibacterial, antifungal, antiseptic and antispasmodic properties. She also adds liberal portions of rose hips (*Rosa canina*), which, she says, "are high in vitamin C and taste great." For a respiratory remedy that relies just on herbal ingredients, Martinelli concocts a brew of thyme (*Thymus vulgaris*), rosemary (*Rosmarinus officinalis*) and eucalyptus (*Eucalyptus globules*). Thyme has antiseptic properties that help heal infections, while rosemary contains disease-fighting compounds and eucalyptus cools inflamed tissues and eases congested lungs. She suggests sipping the tea or making a vapor tent by placing a towel over your head and breathing in the healing vapors.

## Do-It-Yourself Blends

Want to create your own cold and flu teas? To get a sense of a herb's individual flavor, begin with a simple tea steeped from a single herb such as echinacea (*Echinacea* var.), which Martinelli notes "is best used as a preventive before a cold strikes." Place two teaspoons in a tea ball or strainer and add to one cup of hot water; steep for 10 to 15 minutes and stir in honey. For more of Martinelli's tea blends, check out [www.boulderteahouse.com](http://www.boulderteahouse.com).

## Recipes

### Cold & Flu Fighter

(formulated by Brigitte Mars)

This spicy tea relieves swollen nasal passages and calms an upset stomach. Place an inch of the herbs in a quart jar. Fill with hot water and steep for two hours. Strain and refrigerate. Reheat whenever you need relief.

- 2 parts peppermint leaf
- 2 parts elder flower
- 1 part elder berry
- 1 part ginger root

### Respiratory Rescue

(formulated by Sara Martinelli)

Congested lungs will love this aromatic breath of fresh air. Place two teaspoons of the mixture in a strainer, add one cup hot water and steep for 10 to 15 minutes.

- 2 parts oolong tea
- 1 part rosemary
- 1 part chamomile
- 1 part rose hips

### Sore Throat Soother

(formulated by Deborahann Smith)

Steep two teaspoons of this soothing herb blend in a cup of hot water for quick throat relief. Licorice root also adds a sweetening effect.

- 1 part slippery elm
- 1 part licorice root
- 1 part marshmallow root
- 1 part anise (*Pimpinella anisum*)
- 1 part wild cherry (*Prunus virginiana*)



Read more: <http://www.care2.com/greenliving/healing-herbs-medicinal-teas-for-colds-and-flu.html#ixzz3rNRhu1cc>



## **Wolastoqewiyik Healing Lodge Support & Prevention Program**

Alison Sappier - Prevention - 273-5425

Mary Solomon - Family Wellness - 273-5541

### **Services available in Prevention and Support include:**

Day Program

After-care for Clients graduating from Treatment

SASSI Assessments

Referrals for entering Treatment / Detox

Out-patient Services

Reiki treatments

Auricular Acupuncture Treatments

Prevention Programs offered in schools

Community Workshops

### **Family Wellness:**

Anger Management

Healthy Relationship Building:

Conflict resolution

Problem solving and decision making

Discovering our Differences: Male & Female perceptions

Healing Shame

Handling Jealousy

Communication styles and How to communicate difficult feelings

Intimacy within a partnership relationship

Stress management

Understanding anger in ourselves and others

Sharing responsibilities in a committed relationship

Violence and Abuse Prevention Program offered in Middle School and High School

Community Workshops

