

July/August 2019

# Natural Nutmeg

Connecticut's Resource For Essential Living

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## Experience the Amazing Benefits of Cryotherapy: It's Not Just For Athletes Anymore



I have to admit, I've been dying to try this for months now after I first heard of the new cutting-edge, non-invasive therapy called cryotherapy. My first experience at Imagine Float in Avon was really cool – literally! For three minutes, I stood in a chamber with dry, vaporized nitrogen swirling around me. Was I a little apprehensive to try cryotherapy – absolutely! Was it cold? For sure – but no worse than if you quickly ran outside in the winter

and grabbed some snow with your bare hands and rubbed it on your arms and legs. And the after-effects – fantastic! I had boundless energy for the entire rest of the day – and ran my fastest pace on my normal 3-mile run. I'm a fan!

It's actually not a new practice, Whole Body Cryotherapy was developed in the 1970's in Japan by Dr. Toshima Yamauchi for the treatment of arthritis and has been offered in Europe for 30+ years for pain management, athletic recovery, and inflammation. Cryotherapy is the practice of using cold temperatures to promote natural healing and wellness. Whole Body Cryotherapy (WBC) stimulates your body using extreme cold produced by dry, vaporized nitrogen. A three-minute session lowers the skin temperature, causes your nervous system to fire, constricts blood vessels, reduces inflammation and sends blood back to your core for reoxygenation. When the session ends, fresh, oxygenated blood rushes out, carries nutrients and anti-inflammatory proteins to speed recovery. Cryotherapy improves mood and energy, increases fat and calorie burning and decreases muscle soreness and fatigue.

Many people assume this therapy is just for athletes, but it's showing amazing effects for average people with pain and inflammation. Most of us have used an ice pack to reduce swelling of an injury at one time or another. Think of it like taking icing to a whole new level. It's even been shown to improve sleep and reduce the signs of aging. Jennifer Aniston swears by it and she looks pretty amazing these days! I will definitely be back!

*Submitted by Dr. Diane Hayden. Upon opening in the spring of 2019 under the ownership of health enthusiasts Michele Beaulé and Lynne Tapper as the area's first boutique float and wellness center, Imagine Float has invigorated the health and wellness landscape of the greater Hartford market. Find out what's happening now at Imagine Float, make an appointment and fuel your health and wellness by visiting [www.imaginefloat.com](http://www.imaginefloat.com) or call 860.255.7771. The wellness boutique is conveniently located on Route 44 in Avon, CT at 290 West Main Street. Follow us at [facebook.com/imaginefloatct](https://facebook.com/imaginefloatct) and [instagram.com/imaginefloatllc](https://instagram.com/imaginefloatllc).*

## Summer Yoga with Hartford Sweat: A City Life Out-Doors

We can talk endlessly about the practice of yoga for health and happiness, which is all good and works wonders, but first, hey it's summer and let's bring the studio outside!

### Yoga, Barre, Zumba at the Riverfront

At Hartford's Mortensen Plaza, the park space with green grass shaded by trees is the perfect setting for evening yoga with soothing music to calm your mind, release tensions of the week, and bring yourself back to a place with focus and energy. Down below on the stage you can tone and strengthen with RiverBarre, a class inspired by ballet and dance with elements of Yoga and Pilates. As bonus, we have Zumba classes once a month down on the stage!

### Standup Paddle Boarding with Yoga



Put this one on your bucket list with two options: The first is a one-hour SUP yoga on the Farmington River at Collinsville Canoe and Kayak; practice yoga in a large and serene bend in the Farmington river with the mountains and green-scape in the backdrop and the soothing sounds of water, birds, and nature around you. The second is SUP yoga and sunset tour through the Great Island Estuary at Black Hall Outfitters that lasts about 3 hours. After evening SUP yoga in a cove, you will paddle to an island to hang-out, watch the nesting birds, and witness a beautiful sunset on the Connecticut shoreline, then paddle back. Oh, and a cooler is involved too!

### Yoga at the Ballpark



The green grass of center field calls to us for a yoga day at the park! In partnership with the Hartford Yard Goats, we fill center field of Dunkin Donuts Park with yoga mats before a Sunday game in August for a 50-minute yoga practice set to music. Then relaxed, we stay for the game with friends and family. A portion of the ticket price this year will also go toward Connecticut Children's Medical Center.

Hartford Sweat is located at 777 Main in Downtown Hartford, hosting over 40 yoga and fitness classes, 7 days a week. Visit us online at [www.hartfordsweat.net](http://www.hartfordsweat.net) or contact us at [info@hartfordsweat.net](mailto:info@hartfordsweat.net); 860.461.0910. See ad on page 8.

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