

The Vital Current

Life is Flowing ~ Are You?



Skin Talks!

WHAT IS YOUR SKIN REVEALING?

Dr. Loriann Laugle

Your epidermis is showing! (Tehe) The epidermis is the outermost layer of your skin and is the largest organ in your body. Yes, the skin a living organ, just like the liver, heart, and kidneys, and its function is quite vital. The skin serves as a barrier to the external environment, helps to regulate body temperature, and transmits various sensations, such as heat, cold, and pressure.

The skin also functions as a way out when the body becomes toxic, especially if the liver, lungs, kidneys, and gut are already stressed. It's the biggest organ; so, if the

body needs to get rid of something quickly, it can detox through the skin. This can manifest as various skin conditions, such as a rash, acne, eczema, dry skin, or itchiness.

True health comes from the inside out. What you put IN your body is more significant than what you put ON your body. While natural creams, scrubs, and masks can facilitate radiant skin (please ditch the highly processed commercial skin products!), adequate nutrition and hydration play a far bigger role in creating vibrant skin and a smooth complexion.

Tips for enhancing skin health: drink warm lemon water upon awaking, eat healthy fats (like omega-3 fats, avocados, and coconut oil), minimize processed sugar, gluten, and dairy, consume probiotics, and rhythmic belly breathing.



Flower Wisdom



Bloom where you are planted.

Photo by Dr. Loriann, St. Croix Zinnia



Music Wisdom



Feeling playful?
Check out "Quimbara"
by Celia Cruz!



Elemental Wisdom



The constant nature of water
breaks down even the densest
of rocks over time. What if we
loved like that?

Photo by Dr. Loriann, St. Croix tide pools

Events & Announcements

- **Evening With The Doctors Class**
Thurs. 8/10 ~ Wed. 9/6 ~ Thurs. 10/19
6pm at Williams Family Chiropractic
- **Thriving Child Class: The Well-Adapted Immune System**, Wed. 8/16 6:00-7:00pm

- Dr. L is officially **accepting new patients** at Williams Family Chiropractic in St. Croix!
- New patient **forms available** at www.DoctorLoriann.com
- **Connect** with "Dr. Loriann Laugle" on Facebook for health tips, inspiration, recipes and more!

Special Offers

15% off **Healthy Aging Supplements** in August!



Proper nutrition helps to support healthy:



Eyes & skin
Teeth & bones
Energy levels
Memory

Budding Potential: From Tension into Expansion

Dr. Loriann Laugle

The budding flower just before it blooms. The boiling water that precedes its transformation to steam. Raging rapids before the river expands and calms again. The seed right before it splits open to allow the sprout to escape. Nature shows us over and over again how palpable friction precedes great change and expansion.



Have you experienced this in your own life? What was life like right before that big move? How did you feel before that important presentation? What was happening within you before that pivotal conversation?

Walking through my mother's Indiana garden late last Spring, admiring the abundant beauty, I was reminded of Nature's harmonious flow. Irises. Bleeding hearts. Lilies of the valley. Peonies. Oh and peonies! How expansive are those beauties!

And these too fall away to give rise to the next season's delights. Spring flowers give way to summer buds. The tension. All closed up. Secrets contained. Preparing for expansion for days on end. Then it happens overnight – the release. The next morning, brilliant color and miraculous symmetry prove to be a pure delight to our human eyes. Zinnias. Dahlias. Stargazer lilies. Oh these lilies! (bud and flower pictured)



Pure potential realized, expressed, and enjoyed.

Nature is a reminder for us to allow the same. Be present and patient with the tension; allow it to prepare you for an expansion in which you will delight and marvel. You need it all right up until you don't. It's just the nature of Nature!

Recipe of the Month

Power Passion Smoothie

- 2 C. frozen mango
 - 2 handfuls fresh greens
 - 1/2 avocado
 - 1 Tbsp. honey
 - 1 Tbsp. maca powder
 - 1/8 tsp. cayenne pepper
 - Non-dairy milk & water
- Blend and enjoy!



What People Are Saying...



"I absolutely love seeing Dr. Laugle! Very knowledgeable and comforting. My 5 year-old enjoys seeing her as well!"

-Michelle, age 28

Family Corner

Ever ask your child or spouse "How was your day?" expecting an engaging response, only to hear "fine" or "good?" Desire a more engaging exchange? Try the following!

1. What was great about your day?
2. What made you laugh or smile?
3. What was challenging or frustrating?

