

| October 3, 2013 |



Here at S'eclairer, people often comment that we're not like other mental health or wellness centers. Very few such places have goats. Or geeks. We're blessed with both, and our head Geek Mike has been playing with his techno toys and has supplied us with yet another mindfulness video of barnyard animals in action! If you read last month's newsletter, you saw the chickens, and this month, you can click on the goats above and watch a video IN SLOW MOTION!

While such silliness may seem -- well, silly -- there is actually good reason to be playful. In our busy lives, we need constant reminders to de-stress, and one fast and easy way is just to play.

Another topic that might seem frivolous but has profound healing capabilities is OIL. No not the kind for your car, but Essential Oils from plants. Please enjoy the information in this newsletter to help acquaint you with the healing power of essential oils when used for Anxiety.

And please remember to play! We're not KIDding!

The S'eclairer Staff

Essential Oils for Anxiety

Essential oils are sometimes written off as alternative therapies. At S'eclairer we believe that their use is a complimentary therapy that works together with more conventional methods to promote a more whole and lasting recovery. S'eclairer believes in sustaining recovery with an inner balance that promotes a lifestyle of wellness that fits with our integrative psychiatric practice. Treatments like group therapy, yoga, and essential oils combined with the mental health therapies and medications support inner balance for recovery.

What are Essential Oils?

Our sense of smell is highly linked to our memory and emotional state. If you have every enjoyed the smell of a fresh sliced orange or walked through a field of lavender you have experienced the power of essential oils. These oils are clean and pure, extracted from seeds, bark, stems, roots, flowers, and other parts of plants. They have been used throughout history for their medicinal and therapeutic effects.



PREVENTION AND WELLNESS RETREAT

BRAIN HEALTH: MANAGEMENT OF FATIGUE, MOOD, AND MEMORY

Celebrating Health and Wellness in the Community of Murrysville

We invite you to celebrate your health during this retreat. Our activities will teach you how to take better care of yourself and discover a deeper sense of well being, peace of mind, and inner balance. You will learn how to reduce the stress, distress, and pain in your life. During this retreat, you will find joy in the experience of taking good care of yourself so you can live life more fully, a beautiful gift to yourself!

Faculty:

Safdar I. Chaudhary, MD
Zahida Chaudhary, MD
Melissa Vertosick, AADP
Greta Polo, MA

Newlonsburg Presbyterian Church - Fellowship Hall
4600 Old William Penn Highway, Murrysville, PA 15668

October 19, 2013
10:30am to 3:00pm
Cost: \$30.00
includes healthy lunch

***Benefitting
Forbes Trail
Faith in Action!***

[Get the Flyer](#)

Tomorrow!

The rich smells of essential oils can help people find peace in the present moment. They call us back from the constant stream of anxiety provoking thoughts and images we replay in our mind.

Different scents conjure different parts of our brain and are used for different ailments. For example lavender, lemon, orange peel can help relieve anxiety. Though there are basic principles much of the treatment is individualized so a person should explore which scents speak to them.

The medicinal properties of essential oils are well documented and they can be very effective at the right concentration and application. Many of the oils are highly concentrated and need not be used in large volumes. A small amount can be rubbed into the skin. A drop can be placed on the hands, which are then brought to the face to smell. It can also be used by diffusing the oil into the air to allow a subtle scent to fill a room.

Lavender Essential Oil

Lavender comes from the mint family. It's essential oil is obtained through steam distilled from the flower. Its uses over the course of history have been numerous, supporting that it has definite powerful qualities. It can be applied on the skin directly to reflex points and areas of concern or diffused in the air. It promotes consciousness, health, love, peace, and a general sense of well being. These properties make it ideal for the treatment of anxiety.



Lemon Essential Oil

Lemon comes from the citrus fruit family. The oil is harvested from the rind. It requires 3,000 lemons to produce a single kilo of oil. The cool fresh scent of lemon helps the anxious mind refocus, and it aids to revitalize. Besides its use on anxiety lemon oil has also been used as an anticancer agent, antidepressant, antiseptic, antifungal, and antioxidant.

Orange Essential Oil

Orange comes from the citrus fruit family like the lemon. It is prepared similarly and has similar properties. In addition to being used for medical conditions such as scurvy it has been used for anxiety reduction. A scientific study was done that determined the scent of orange oil being diffused in a dental office helped patients reduce their anxiety. Like the lemon the fresh scent of the orange oil gives the mind new energy to overcome worries and fears.

Psychiatric Grand Rounds Friday, Nov 1

Fascia - "The Conduit of the Mind/Body Connection"

with David Lesondak, KMI,CSI,
LMT, SST
1 pm at S'eclairer

Long regarded as mere "packing peanuts" for the important stuff, recent discoveries point in the direction of how your fascia can effect not

Psychiatric Grand Rounds

Legal Aspects of Disability with Vincent Quatrini, Esq. and Michael Quatrini, Esq. 1 pm at S'eclairer

Learn the basics of the Legal Aspects of Disability Insurance from two legal experts.

People suffering from mental and psychological conditions qualify for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) if their condition prevents them from working. As in cases involving physical disabilities, in order to qualify you must have been employed for a certain amount of time prior to filing and must present medical documentation regarding your condition. Many first time applicants for SSD and SSI are denied, but an experienced Social Security Disability lawyer can help strengthen your case.

Distinguished Greensburg-based lawyers Vincent Quatrini, Esq. and Michael Quatrini, Esq. will discuss the various issues that mental health professionals, clients and interested family members should know to successfully navigate the legal labyrinths related to Disability Insurance and Mental Health.

[Please RSVP here for this Free event.](#)

THIS SATURDAY! *A Retreat in the Garden of Beauty & Wisdom:*

A Retreat Among Friends: Cultivating an Awake and Caring Life

Art, Dreams, and Movement Meets Clinical Science. Creating Beauty, Adventure, and Play for Health.

This retreat offers an emergent experience with mindfulness,

only your body's pain and performance issues but your overall health and even psychological well-being.



David is the CIO (Chief Instigation Officer) of fascialconnections.com. He is a member of the Allied Health Professional Staff in the Department of Family and Community Medicine at University of

Pittsburgh Medical Center. David keeps his practice at UPMC's Center for Integrative Medicine in Shadyside and iYoga in Sewickley, PA. He specializes in chronic pain and performance issues and has been in private practice in the greater Pittsburgh area since 1992.

**SAVE THE DATE:
MAY 2, 2014**

An Integrative Medicine Conference

A group of local Integrative Medicine Professionals and community leaders organized by Dr. Chaudhary will be producing a **one-day Integrative Medicine Conference on May 2** of next year.



Dr. Lewis Mehl-Madrona

The Conference will focus on local doctors and professionals bringing you the latest science of Integrative Medicine and wellness, including Narrative Healing, Traditional Chinese Medicine, Herbs, Supplements and Nutrition.

The keynote speaker will be **Dr. Lewis Mehl-Madrona**, author of several books on healing and modern medicine from his Native American perspective. He was the first Medical Director of UPMC Shadyside Integrative Medicine Program in the 1990s, and continues to have a loyal following locally.

Stay tuned to this newsletter for more information!

Stay In Touch

Our goal is not only healing you but educating you as well, as to how to live the most happy and healthy life possible. To do that, we reach out to you on the website and also all our social media outlets. Be sure to visit regularly for Event updates and the latest news and videos from our staff.

Sincerely,

S'eclairer

art, sleep-dreams, and movement wherein, you will learn tools to foster your personal well-being and your relationships.

[Click here for a PDF flyer.](#)
[Click here to RSVP.](#)

Unable to come to our office for Counseling or Psychiatric advise?

Too far away, or have no means to travel?



S'eclairer now offers services **via web** using established telepsychiatric tools to connect you with your therapist or doctor.

Call 724-468-3999 to see if you could benefit from this service.

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