



Boulder Hot Springs

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P.O. Box 930 ❖ Boulder, MT 59632 ❖ (406) 225-4339 ❖ bhs@boulderhotsprings.com ❖ www.boulderhotsprings.com

Following is an article from Nancy Aagenes' last newsletter. She is a naturopathic physician in Helena, who has given permission to share it with others. Thanks, Dr. Aagenes! All of us at BHS wish you a speedy recovery from your knee surgery.

Water is the Best Healer

by Nancy Aagenes, N.D.

Survey of anti-inflammatory pills in contrast with hydrotherapy in facing the inflammation in my knees, I did my own single patient science. Which anti-inflammatory strategies are most effective? I first tried various naturopathic anti-inflammatory products. Some patients find them helpful for inflammation in the small joints of the hands and feet. For my knees they just did not work. I had prescriptive access to Vioxx, Celebrex, Mobix and Bextra, and over-the-counter (OTC), tried aspirin, ibuprofen, acetaminophen and naproxen. The science says that the prescriptive Cox-2 inhibitors are no better than OTC remedies for decreasing inflammation. The hope was they would be easier on the digestive system. Most are now being removed from the market because they cause heart attacks. In my own experience with them, they did decrease inflammation well enough. However, they did bother my digestive system. The reason I

stopped using them entirely is that they made me tired. I could take one a week, but when I started using more, they left me too exhausted. Maybe the knees felt better, but everything else was worse.

In our stomachs, normally there is a mild useful inflammatory reaction in the lining of the stomach that protects it against the body's own digestive juices—the acids and enzymes that break down food so it can be absorbed into the blood stream. The stomach is the most acidic place in the body. Without some protection from that acidity, our juices would literally digest the stomach lining. We need the bit of protection the anti-inflammatory drugs take away. The OTC remedies left me with alternating constipation, diarrhea and indigestion. I gave those up too.

Then I turned to the water at Boulder Hot Springs. The best thing about the set up for women at Boulder is that it offers both the hot and the cold plunge. What do we do with injury to decrease inflammation? We ice it. Getting in the hot water relaxes all the tensed up muscles and allows full movement of our joints. My achy knees do not hurt when swimming in warm water. But the therapeutic part is the cold. The hot pool at Boulder is about 104 degrees; the cold pool is 62-64 degrees. I usually

stay in the hot pool for about 20 minutes. Then I go to the cold water. It works best for me to just dunk all the way under and get that initial shock over. Then my goal is to be as relaxed in the cold water as I am in the hot.

To get the maximum anti-inflammatory effect, do three repetitions. Then warm up, either with a quick warm shower after the last cold plunge or, on colder days, in the hot pool. I have been doing this every three or four days for the past few months. No drug has helped more with my inflamed knees. And all the side effects are good ones. I'm clean and relaxed. My digestive system improves. My sleep is deepened. My energy is bright and clear, my mind works better.

A caution: If you don't have experience using hot/cold contrast baths, go easy at first. Cold water on our eardrums can alter balance. As your vitality gathers and strengthens, you will tolerate longer times in both the hot and the cold water.

Ancient healing texts suggest that when we are advanced enough, water in its many forms and uses will be all we need for our healing. It's astonishingly powerful therapy — better than the drugs in every respect.

THE ARTS AT BOULDER HOT SPRINGS

Helena Native Displays Paintings

Art Display July 19 - October 17

Artist Reception August 14th Noon to 3 p.m.

Marcy Bergmann is a native of Helena who spent 20 years traveling with a military husband and 2 children. Marcy started to paint in 1998, soon after established C'eM studio with Cindy Rose. Marcy serves as a Board Member and current president of the Helena Art Center. She has received art instruction from Carol Novotne, Mona Rose, Jim Stevens and Patty Rambo, members of the Helena Art Center. Those influences and the many years of living in Europe, appear in her artwork. Paintings are currently showing at Dan's Fire Side Coffee shop, Dr C. Anderson's office in the Maria Dean Center and Allie's Pizza in East Helena. Marcy's Motto is "Art has not only taken over my house but my life. I can not imagine a day without something artistic being in it, or ever stopping the growth I have begun" Marcy began painting in watercolor and recently has started to branch out into oils, both of the mediums having their own challenges and enjoyments. For more information call Boulder Hot Springs at (406) 225-4339.

Montana Native Shares Her Art

Art Display October 19, 2005 - January 5, 2006

Artist Reception October 23rd Noon to 3 p.m.

Patty Rambo, a native Montanan, thoroughly enjoys her art and life-long involvement with people, nature and animals. Her favorite subjects are animals and people. Capturing their "spark", their uniqueness, their attitude, their whimsy and sometimes their quiriness is what inspires her work.

Patty grew up on a small farm in northwest Montana, surrounded by cattle, horses, rabbits, geese and chickens plus unlimited wild life (herds of whitetail deer bedded down in her dad's hay fields which necessitated running off would be poachers on a regular basis!) Drawing her entire life, Patty was introduced to oil painting at age ten by her aunt. While he was never able to explore his capabilities until later in life, her father was very talented as well. Having been on horseback since the age of four, Patty is a horse advocate with an interest in the mind and physical make up of the speed horses. She has been around race horses since her very early teens. She has been involved with the Helena track for over twenty years in various capacities from cleaning stalls on the backside to being President and public relations liaison for Queen City Horse Racing through 2000.

Patty taught art in the public school system (Grades 4-12) before completing her commercial art degrees. With three degrees in art, she has been creating as a graphic designer, as well as a fine artist, for over thirty years. She works in pencil, oil, watercolor and clay. Examples of her fine arts are in private collections in the U.S., Canada, Japan and Germany. Presently headquartered in Helena, Patty continues to teach drawing classes in collaboration with the Helena Art Center. She is one of the featured quick draw artists at the annual Westmont Harvest Days Black Tie Dinner & Festival which benefits The Farm in the Dell in Helena.

BUFFETS

Buffet guests may plunge and swim FREE

Call (406) 225-4339 for Reservations



\$18.50 Adults, \$15 Seniors,
\$7.50 Children ages 5-12

SUNDAY BUFFETS - Noon to 3 p.m.

Aug. 7 - Northwest Salmon Buffet

Aug. 14 - A Taste of Greece

Aug. 21 - Montana's Finest Prime Rib

Aug. 28 - Montana Organic Pork Roast
w/ Trimmings

Sept. 4 - Wild Salmon Fillets & Combinations of the Northwest's Finest

Sept. 11 - Traditional Country Ham

Sept. 18 - Montana's Finest Prime Rib

Sept. 25 - A Traditional Greek Feast

Oct. 2 - Gourmet Fish Dinner

Oct. 9 - Southern Pork Roast w/All the Trimmings

Oct. 16 - Montana's Finest Prime Rib

Oct. 23 - American Indian Feast

Oct. 30 - Gourmet Greek Buffet

Nov. 6 - Gourmet Seafood Buffet

Nov. 13 - Montana's Finest Prime Rib

Nov. 20 - Thanksgiving Turkey & Trimmings

Live Music Saturday Nights! 6 to 8 p.m.

Plan to come to one of these events:

July 30 - Summer BBQ

Folk Music by Sweetgrass & Bitterroot

Sept. 24 - Antipasti & Traditional Italian Fish Stew

Folk & Rock Music by Abby McMillen of Super G

Oct. 22 - East Indian Feast

Classical Guitar by Sam Drukman

We use organically grown meats, grains, fruits & vegetables when available, and as locally grown as possible. Our intention is to provide high quality, wholesome and tasty food prepared and served

UPCOMING GROUPS AND EVENTS

July 25-29: Reiter Family Reunion

July 26—Senior Women's Luncheon

July 29-30: Judy Fjell Workshop

See information below.

July 30—31: Senior Rodeo

Overnight packages & Saturday Night BBQ 6 to 8 p.m.

July 31-August 2: Organic Growers/Kamut

August 16-17: Shakespeare in the Park

August 23-25: MT Coalition Against Sexual & Domestic Violence

September 9-10: MT Tech Learning Center

September 10-11: NAWS

September 16-18: Celebrating Women

Contact Shaun Phoenix at (406) 580-0562

September 23-25: MT Hadassa

October 1-2: Naturopathic Physicians

October 14-16: MT People's Action

October 21-23: Yoga Retreat with Heidi Goldman

See information below.

October 29—November 4: PVHC Intensive

The purpose of an Intensive is to provide an experience in the Living in Process® approach and community while confronting the addictive process. This work is not therapy, nor is it based on the scientific model out of which therapy comes. It is an alternative. Intensives are a door into a new paradigm. Living in Process® work was developed by Anne Wilson Schaefer. People who are in the Training with her are now facilitating Intensives here and throughout the country. For more information call (406) 225-9171

November 4-6: Changing Woman

Contact Shaun Phoenix (406) 580-0562

December 2-4: Changing Woman

Contact Shaun Phoenix (406) 580-0562

Many of these events are open to the public. For those that are, a contact person is listed. If you are interested in attending, call the person listed for further information.

Please contact Barb Reiter to schedule a meeting, workshop or retreat at Boulder Hot Springs (406) 225-4339.

Yoga Retreat with Heidi Goldman

October 21-23, 2005

Come relax, revive and rejuvenate with a weekend dedicated to restoration and well-being.

The price of \$267 for a single room or \$235 per person for double occupancy includes room, healthy & delicious meals, 4 yoga classes and use of the pools. Registration is from 4-5 p.m. and first yoga class 5-6 p.m. on Friday; the retreat will end after lunch on Sunday. Call (406) 225-4339 for more information & registration.

Heidi is founder of The Yoga Equipoise System, which blends Iyengar Yoga with core strengthening movements like Pilates, and uses Fitball to create "Equipoise" (balance).

Heidi is a certified Iyengar Yoga instructor. She has taught Pilates since 1979 and is a massage therapist. Heidi was director of Yoga Vacations at the Feathered Pipe Ranch for 10 years and has spent 28 summers teaching and taking classes at the ranch.

Summersing Shindig

July 29th, 2005 at 7:30 p.m.

All Women

Come out and enjoy a concert by Judy Fjell and Beth Youngblood followed by country western two-step and line dancing led by " Fargo " Olsen.

Then treat yourself to an overnight stay at BHS.

Music Tickets \$16 per person—includes, concert, dance and soaking

Music & Meal Tickets \$26 per person—includes dinner, concert, dance and soaking

To purchase tickets or make overnight reservations,
call Boulder Hot Springs at (406) 225-4339

Special Events at Boulder Hot Springs ...

- ❖ *Friday, July 29:* Summersing Shindig (see pg. 3 for details)
- ❖ *Sunday, August 14:* Artist Reception with Marcy Bergmann - Noon to 3 p.m.
- ❖ *October 21- 23:* Yoga Retreat with Heidi Goldman (see pg. 3 for details)
- ❖ *Sunday, October 23:* Artist Reception with Patty Rambo - Noon to 3 p.m.
- ❖ *Saturday Buffets:* July 30 - Summer BBQ
September 24 - Antipasti & Traditional Italian Fish Stew
October 22 - East Indian Feast

*Visit our wonderful, newly designed website -Please refer
friends & family to it as well! Thanks
www.boulderhotsprings.com*

Relax, Revive and Rejuvenate in the geothermal waters of Peace Valley!

PO Box 930 ❖ Boulder MT 59632 ❖ (406) 225-4339



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OUR POOL AND PLUNGE HOURS

April - October (Summer)

10 a.m. to 9 p.m. 7 days a week

November - March (Winter)

Noon to 8 p.m. Fri, Sat, Sun & Mon.

4 p.m. to 8 p.m. Tues, Wed & Thurs.

Pool Prices

\$6 Adults \$5 Seniors 60+

\$3 Children 3-12



Boulder Hot Springs Mission Statement

To be present here, to offer protection and healing to individuals, communities, these sacred waters, this land and this building for present and future generations and all our relations so that the possibility of healing, recovery, community and connection with the creator and all creation is here.