

A Life Dedicated To Organic SKIN CARE.



SHERRY, AGE 76

Let me begin by telling you that I have no official medical training, only a logical mind. I am a self-taught chemist and consider myself an Apothecary Artisan.

I began in my dad's lab in 1960, experimenting with all types of natural botanical oils and natural minerals. I had the benefit of using my father's chemist. He gave me resources I would never have found on my own. Europe to this day is definitely ahead of the USA in the skin care industry. They ban over 1,100 skin care ingredients that the US allows.

My goal is to have all women get away from the harmful chemicals in their skin care

products and to go "organic." Look at the label of what you are currently using. If the first ingredient is water (or Aqua), you are not only paying a lot for water, but you are using an undesirable product. Because the skin care companies need water to mix all those harsh chemicals that none of us can pronounce. We need to avoid contaminating our bodies with those types of sunscreen.

What you put on your skin is more important than what you eat because your stomach acid breaks down what you consume. However, when you put a product on your skin, it gets absorbed directly into your bloodstream (hence the Nicotine and pain relief patches).

I began working with Essential oils in high school. It's been a rewarding experience. Information on Essential oils goes back thousands of years in many cultures. I studied "Ayurvedic" from India. My work and research has resulted in my being issued the only two patents for organic skin care in 2015 by the US Patent office.

All my formulas have been designed to keep your skin cells living healthier and longer. My formulas were based on the study of the "Hayflick limit". Gals who started with me 2 to 3 years ago say they look younger today than when they began their "Sheritul."

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Ageless CONTRIBUTORS



Mariah Wilson is a freelance writer and copy editor based in Central Oregon. After graduating from Oregon State University-Cascades, where she studied literature and writing and earned a Bachelor of Arts degree in American studies, she became a frequent contributor to Central Oregon Magazine, Cascade Journal, Eugene Magazine, and The Bulletin.



Jodi Schneider McNamee is an author, freelance writer and artist. Her favorite place to be is in Sisters where she lives and plays. When she isn't writing, she's teaching watercolor classes for older adults in Bend and Sisters. She enjoys spending her free time walking/hiking with her two rescue dogs in the great outdoors.



David Clewett is a writer and explorer based in Bend. Educated at Oregon State University and New Mexico State University, he publishes prose, poetry, and travel narratives in addition to operating a blog. David is frequently out hiking, biking, kayaking, and fly fishing.



Kimberly Bowker grew up in Central Oregon under the shadow of the Cascade Mountains and between the scent of the ponderosa pines. She currently spends her time guiding and writing, exploring stories of the heart and discovering how our lives intertwine. You might find her sipping a pint of craft beer at a local pub, or out on the trail strolling beneath the sky.



Freelance writer/editor **Ronni Wilde** moved to Bend 2-1/2 years ago with her two sons and two mutts, and loves Bend's active lifestyle and culture. Endless running trails and rivers were the initial draw to Central Oregon, but since then, the ski slopes have become her favorite place. When not working on a deadline or hitting the slopes and trails, her days stay full parenting her lively teenage boys.



Enthusiastic and outgoing, **Bridget McGinn** enjoys meeting new people and sharing their stories. She spends her days working as a marketing and advertising professional, making photos or documentary films and spending time with her family. She may also be seen being dragged along the end of the leash of her adopted beagle.



A native Oregonian with pioneer roots, **Susan Stafford** has called Sisters home for twelve years. Her later life career as a freelance writer includes contributions to The Nugget, Sisters weekly newspaper. With two grown sons in Washington, she shares her home with two kitties. Surrounding ponderosa trees, snow capped mountains, neighboring deer, and backyard creek feed her soul.

THE SKILL OF MOVEMENT



Align Therapy combines body work, functional movement and self-care training.

by Ronni Wilde, for The Bulletin Special Projects / photos by Kevin Prieto

As we age, everyone knows that our bodies require a little more help than they used to in order to keep them doing the things we want and need them to do. But what if we learned how to move in such a way that every part of our day becomes therapeutic, whether we are driving a car, holding a grandchild or planting flowers in the garden?

Aaron Alexander, founder and owner of Align Therapy in Bend, teaches his clients how to do just that. By blending hands-on body work with functional movement techniques and education, Alexander teaches individuals

of all ages to move in ways that correct imbalances, reduce pain and promote longevity.

"Anyone who wants to feel better, have more energy, perform better in their career or relationships or who wants to understand how to make every movement a therapeutic moment in life would benefit by this," said Alexander, who has certifications in personal training and sports nutrition and is a licensed massage therapist. Alexander is also a Rolf Structural Integration Practitioner, which means that he is certified in Rolfing, a holistic system of

body work that uses deep manipulation of the soft tissue to realign and balance the body's myofascial structure (the tissues that surround and support the muscles throughout the body).

Although his approach is unique for each client, a typical series of sessions includes assessment of what is off balance, physically working on the problem area and then educating the client on how to continue to work on the problem at home. When signing up for treatment, Alexander asks clients to commit to a series of 10 sessions.

Treatment begins with Alexander

assessing a client by watching him or her walk and move, and then he applies pressure to the troubled areas of the client's body using his hands, elbows and feet, with the goal of rehydrating the tissues surrounding the area. He said this process helps get the joints organized and balanced by loosening up the areas that feel tight and stuck and that prevent the individual from moving properly.

"This is more than just deep tissue massage. I find the right amount of pressure to apply to elicit the response their body needs using varying

amounts of pressure and vibration, or by asking them to move in a certain way," he explained. "I'm essentially having a conversation with their neuromuscular system. The goal is to get the tissue layers unbound that are bound up, and from there the grand scheme is to get the body balanced from toe to head." This process, he said, is known as "myofascial release."

The third part of his treatment plan involves teaching the client how to replicate his hands-on work at home with the use of equipment such as foam rollers, balls and bands. Although the equipment is somewhat standard, Alexander said he teaches his clients how to use the items correctly to achieve the desired goal. The equipment can be purchased independently, or from Alexander, who sells a "Self-Care Kit" he created.

Alexander said that his development of Align Therapy evolved after his early years as a bodybuilder, which he said he got into at a young age as a way of dealing with emotional insecurity.

"Bodybuilding was a byproduct of me trying to guard myself with muscle," he said. "But my body started breaking down. I was huge, but on a neuromuscular level, I was physically dumbing myself down. Then I realized I had to get restored and put the parts back together again, so I went to the Rolf Institute." Since then, Alexander's path has ultimately led him to Bend and to the creation of his practice.

"Align Therapy will serve an Olympic weightlifter in the same way it serves an 80-year-old woman picking up a tea pot," he said. "Coming here is the readjustment to the compass; then they go and do the work. I want people to get consumed by the feeling of movement and develop the skill of movement. Then, when they get fluent in the language, they can jump in and explore."

"The focus is on proper mechanical alignment," said Ellen Waterston, 69, a Bend author and founder of the Writing Ranch, which offers workshops and retreats for writers. "Aaron is keen on clients leaving one or a series of sessions with a toolbox full of ways to maintain that alignment on a daily basis."

Waterston says she enjoys all athletic activities, particularly hiking, biking and both alpine and Nordic skiing. Time and conditioning permitting, she participates in Nordic Masters competitions. She said she first sought out Align Therapy due to an old shoulder injury that was bothering her.

A typical session with Alexander, she said, included him observing her walk to assess posture, alignment and body mechanics, followed by a discussion about her athletic activities since the previous visit and any troublesome spots.

"That would be followed by Rolfing-style adjustments and body work including myofascial release, as well as demonstration of toning and strength-



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play for life



ening exercises to do on my own," she said. "Thanks to my work with Aaron, I was inspired to acquire a riser for my computer so I can work either standing or sitting, a chin-up bar to keep my shoulder both stretched and strong, and various rollers to maintain myofascial health and spine flexibility," she said.

"This all sounds very clinical, but Aaron's enthusiasm and skill as a practitioner didn't leave me much choice except to take seriously what he advocates," added Waterston. "So long as I do what he recommended, I notice real improvement."

Anne Morrison, 58, said she is walking straight for the first time in 25 years after just five sessions with Alexander. As a registered nurse and nutritional therapist, Morrison said she had knee and foot issues for many years. She has two dogs she likes to take for runs and walks, but had been debilitated prior to beginning Align Therapy.

"Chiropractics took me to a certain point, then Aaron took me to where I

know I am going to be healthy the rest of my life," she said. "That I have the ability to run at all at this stage in life is shocking to me. I'm working on running a little more on trails and hills. It's a miracle. If I had gone the traditional path in medicine, I would have had surgery on my knee and foot."

Morrison said she met Alexander at a health fair, and that he had an impact on her from the start.

"He is an example of what he practices. I would absolutely recommend this to others," she said, adding that Alexander's determination to educate others on how to take care of themselves impressed her.

Educating others and empowering them to integrate healthy lifestyle changes is indeed a primary goal and motivation for Alexander. Although he sees clients three days a week in his Bend office, much of his time is spent teaching Align Therapy classes all around the world, conducting seminars and posting educational materials



online, including free podcasts he airs from his website, www.aligntherapy.com. He has also written a series of books on the subject, and offers "Align Therapy, 10 Best Self-Care Practices" as a free download off his website. By expanding his model this way, Alexander said he can connect with thousands of people rather than just a few at a time.

Jan Hansson, 62, completed his Align Therapy treatment in 12 sessions after hearing about Alexander three years ago from a friend who is an elite tennis player. Hansson is a professional woodworker born in Sweden who has been working in Central Oregon since 1998.

"Through the wood carving, I found I was getting back problems and sore shoulders, so I started adjusting myself," said Hansson. "I thought I had figured some things out, but when I went to Aaron, he immediately saw that I pulled my right shoulder up unconsciously instead of standing up straight."

During his treatment, Hansson said each session built on the previous one, and he received a complete work over on his body.

"Align Therapy is about educating and breaking bad habits," he said. "I had some habits that were very ingrained. It raises your consciousness of how you move, how you stand and where your body positions are. Now, I

am aware of where my shoulder is." For Align Therapy to really work, Hansson said the techniques have to become automatic, so that movement is fluid and natural.

"This takes practice. It's not a spa treatment. It's work. Otherwise, results won't be long term," said Hansson. "It takes a commitment. I do a daily routine. The homework is where it's at. Now, when I fall into old habits, I catch myself and can reset myself. Before, I didn't even know that I was doing things that were hurting me; my awareness wasn't there. I really am in charge of my well being."

Since his treatment, Hansson said he is getting as much accomplished as he did before Align Therapy, but feels relaxed in the process.

"I take a little longer to do things, but I am consistent. I don't get tired in the afternoon."

Alexander said that although he has treated well-known professional athletes such as surfing legend Gerry Lopez and Olympic bicyclist Adam Craig, his favorite success stories are those of his everyday clients who continue to practice what they learned from him and visibly reap the results.

"When I see clients a year later and see that their whole demeanor and approach to life has changed, and I see vitality and brightness in their eyes, it's very fulfilling," he said.

