

Connectives... January/February 2003

Published for Members and Friends of *Mind-Body-Spirit Connected*, Cleveland, Ohio

Mind-Body-Spirit Connected (MBSC) is a nonprofit association dedicated to the education and advancement of non-traditional healing practitioners and holistic methodologies. While there are many organizations that focus on various aspects of holistic practice, *MBSC* strives to bring together all disciplines and to bridge the gap between the holistic and traditional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

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MBSC's Board of Directors

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If you are not an *MBSC* member and wish to continue receiving this newsletter (bi-monthly), you may subscribe for \$12. This is to help defray printing and postage expense. In 2003, the newsletter will only be mailed automatically to *MBSC* members and paid subscribers.

Uncomplimentary Article about Complementary Medicine

Did you read the January 5th Sunday edition of the News-Herald? A scathing article by Robert J. White, entitled "Do not get involved in alternative medicine", attacked complementary care. While the author, a prominent neurosurgeon and medical consultant, was most vocal about acupuncture and herbal medicines, he offered readers this very broad advice, "Do not get involved with Contemporary and Alternative Medicine—it is an old form of pseudo-science."

If you think you might like to share your opinion with the Editor of the News-Herald or with Mr. White directly, a copy of the article can be faxed to you from Rachel Rizzi at (216) 496-3503 or the *MBSC* office at (216) 321-9181.

Institute of Medicine Seeks Input

Nancy Strick suggested that we share the following timely info with *MBSC* members (note February 6th meeting below). The Institute of Medicine Committee on "Assessment of National Institute of Health Centers of Excellence Programs" is seeking input from professional and scientific societies, voluntary health associations, and other interested groups or individuals. The committee has been asked to study of the use of research center grants by the National Institutes of Health, focusing on the criteria and procedures used in deciding to adopt the use of centers, as well as:

- 1) How the centers are designed and administered
- 2) Comparisons with other mechanisms of research support
- 3) Their impacts and costs
- 4) How they are evaluated

Written testimony may be submitted at any time to Rick Manning, at the National Academies, 500 Fifth Street, Room 834, Washington, DC, 20001. In addition, at the Committee's February 6th meeting in Room 206 at that location, an afternoon session will be devoted to oral testimony relevant to this committee's task. Further information and an on-line registration form for individuals wishing to speak can be found at <http://www.iom.edu/centers>

Welcome New Board Members

The *MBSC* Board of Directors welcomes two new members: Carol Spears (Reiki Master/Teacher and Certified Music Practitioner) and Nancy Strick (Certified Healing Touch Practitioner). We also extend our special thanks and appreciation to two directors who resigned from the board after serving us well in 2002: Cheryl Dalton and Mary Schwendeman.

Upcoming MBSC Events

March 12, 2003

5:45-7:30 p.m.

Appetizer Reception

Networking Event

Facilitator Julie Mitchell

April 29, 2003

5:30-8:00 p.m.

Dinner

Joan Fox, PhD - Director of the Center for Integrative Medicine at the Cleveland Clinic

MBSC Committees (continued from article at lower left)

Ethics/Legal	Chris Meyer
Grant Writing/Fundraising	
Marketing/Public Relations	Linda Drobnych
Member Benefits	Karyn Pistone
Member Recruitment	
Newsletter/Directory	Rachel Rizzi
Programming	
Speakers Bureau	Carol Spears

These committees help develop new programs and/or enhance existing ones. Volunteers also help with large mailings or other special administrative projects. We look forward to your active participation.

Membership Directory

MBSC's first printed directory, including the names of all members who paid dues and submitted profiles by January 10, is now being distributed. Members receive one copy free of charge; additional copies are available at \$5 each to cover printing and postage expense. Our website also includes basic information for members, so please visit *MBSCOnline.org* for a current listing.

Member Involvement

Members are encouraged to become actively involved in *MBSC* through attendance at programs, participation in committee work, or service on the governing board of directors. This enhances the value received from membership and increases *MBSC's* ability to provide high-quality services and educational programs.

It's easy to get involved. Just call and discuss your area of interest with *MBSC's* Executive Director at (216) 321-9181.

Committees currently underway, along with the members who chair them, are listed in the next column.

Welcome New Members & General Membership Information

It is a pleasure to welcome the following professionals into *MBSC* membership. Learn more about them in our new directory.

Natalie Appeldorn	
Cliff Berns	Healer & Helper
Betsy Brown	Energy Healer, Holistic Counselor & Diabetes Specialist
Ann Driscoll	Acupuncturist
Joan Fox	Director, Cleveland Clinic's Center for Integrative Medicine
Donna Fox	Akashic Records Teacher
Denise Hall	Realtor/Dowser
Andrew Hoffman	Psychologist
Roseann Kasayka	VP of Dementia Services
Carol Ann Killoran	Pastoral Counselor/Psychotherapist
Linda Meyer	Physical Therapist; Student of Massage Therapy
Johanna Pockar	Feng Shui Consultant
Alicia Rocco	Natural Health Practitioner & Educator
Andrea Schlenkerman	RN/Massage Therapist
Sue Stewart-Palmisano	Clinical Counselor
Scott Van Oosten	Chiropractic Physician

Several individuals who were members in 2002 decided not to rejoin this year, but we'd like to thank them for their support of *MBSC* in its start-up. Reasons for non-renewal varied: Some had personal and professional commitments preventing them from active participation; others were uncomfortable with aspects of our philosophy or mission; a few felt we are geared too heavily toward "professionals". Some decided the annual fees were too high, i.e., they didn't feel they received sufficient value or that *MBSC* was the best use of their tax-deductible contributions. Hopefully, we'll see them as guests in the future, even if membership didn't seem to fit like a glove!

Please remember that while there are many benefits you enjoy as an individual joining *MBSC*, we are not a professional league. We are a tax-exempt, educational association. Individuals can make a tax-deductible contribution to *MBSC*, just as they would to a church or other non-profit whose mission they support, or to a place they feel is nurturing and developing them. A dues structure for practitioners, associate members, and students was adopted in recognition that certain individuals may derive specific benefits other than simply making a contribution to further a worthwhile cause. We hope that anyone who values holistic medicine will consider making a tax-deductible contribution to help us further expand our educational goals.

MBSC is dedicated to the education and advancement of complementary healing methods. Education of the public, traditional healthcare providers, and holistic practitioners is our primary mission. Please help us spread the word!

Bibliography of Prosperity Resources

If you missed *MBSC's* January 30th program, entitled "Prosperity Paradigms", you may be especially interested in the following bibliography of reference materials provided by our guest speakers, Ginny Csider and Hank Roth.

Bryan, M. & Cameron, J. (1992). Money drunk, money sober; 90 days to financial freedom. New York: Ballantine Books.

Chopra, D. (1993). Creating affluence: Wealth consciousness in the field of all possibilities. San Rafael, CA: Amber-Allen Publishing & New World Library.

Chopra, D. (1994). The seven spiritual laws of success: A practical guide to the fulfillment of your dreams. San Rafael, CA: Amber-Allen Publishing & New World Library.

Lehrman, F. (1994). Prosperity consciousness: How to tap your unlimited wealth. (Audiotape series). Niles, Ill: Nightingale-Conant. (1-800-323-5552)

Nemeth, M. (1997, 1999). The energy of money: A spiritual guide to financial and personal fulfillment. New York: The Ballantine Publishing Group.

By searching the Internet, you can also find many websites, books, and audiotapes about finding financial freedom (try the *Amazon.com* and *BarnesandNoble.com* websites). Following are several publications that address both spirituality and wealth. The audiotape series by Lehrman is particularly good for entrepreneurs.

Hank Roth's workshop, "The 4 T Prosperity Program" (a 12-week program as created by Stretton Smith, available through Unity of Greater Cleveland) is an excellent way to begin to understand and work with your beliefs about money and prosperity. More information about Hank's workshops can be accessed by contacting Unity at 3350 Warrensville Center Road, Shaker Heights 44122 or phone (216) 751-1198.

MBSC's Mailing List Gets Pruned

During most of 2002, *MBSC's* program flyers were mailed to more than 1,300 individuals and firms believed to be in holistic practice or related fields. Locating, and then pulling together, the diverse group of professionals involved in complementary healing has not been an easy task, but the printing and postage expense were deemed a wise investment.

Now that a strong core group of practitioners has been identified, we are reducing the size of our mailing list to include only those individuals who have expressed a specific interest in *MBSC* or whose names have been provided to us by our members. Routine mailings will now only be sent to 350-500 practitioners.

If you know someone who should definitely be included in our mailings, but they have not previously attended a program or contacted our office to state their preference to remain on our list, please let us know. Otherwise, it is unlikely they will receive further notices from *MBSC* regarding upcoming events.

MBSC Slightly in the Red in 2002

During its start-up year (fiscal end 12/31/02), *MBSC* showed a net loss of \$924. Major expense categories included direct program costs of \$5,301, postage \$1,959, office supplies \$841, and printing \$774. The Executive Director was paid \$3,750, although accrued earnings totaled \$6,000. Members who would like the 2002 financial statements are invited to contact Rachel Rizzi, Treasurer, at rswannell@hotmail.com

Never be afraid to try something new. Remember, amateurs built the ark; professionals built the Titanic.

Author unknown

MBSC's Angel Fund

by Linda Droblich

The goal of the Angel Fund is to offer complementary tickets to *MBSC* programs to those who may otherwise miss the opportunity to attend due to financial reasons (*based on their own personal consciousness*). The fund hopes to bring in enough tax-deductible contributions to allow two individuals to attend one educational program per year at no charge. The program is available to both members and non-members.

How is someone considered? An individual submits his/her name and telephone number for consideration no later than 15 days before the program date by calling or emailing the *MBSC* office. There are no embarrassing or cumbersome forms to complete; the person alone decides whether he/she is unable to afford a particular program. Names are chosen at random by the Executive Director of *MBSC*, and individuals are notified by phone. Individuals are eligible for one award per year.

If you would like to contribute to the **Angel Fund**, please send your donation to *MBSC* headquarters. Thank you in advance for your support.

Acupuncture Makes the Cover of Newsweek

From Acupuncture Today, January 2003

The National Certification Commission for Acupuncture & Oriental Medicine (NCCAOM) released the results of a national survey concerning the use of acupuncture in the United States. The survey was part of a public awareness campaign designed to avail Americans of the benefits of Asian healing. The survey found that nearly one out of every 10 adults has tried acupuncture. Adjusting these figures for the total number of American adults reveals that approximately 20 million Americans over the age of 18 have tried it at some time in their lives!

Acupuncture made the cover of Newsweek magazine on December 2, and the cover story, "Learning from China", presented an even-handed view of the effectiveness of Chinese medicine. Anne Underwood said, "Modern science is starting to verify that some of these age-old remedies really work." She added that, "The evidence is promising enough that Western researchers have begun looking to China for potential new therapies.

Alternative Medicine: Newsweek editors devoted 30 pages of its December 2nd issue to a special report entitled, "The Science of Alternative Medicine." One article discussed the rise in the use of complementary and alternative medicine (referred to as CAM), which was documented in a 1993 study by Dr. David Eisenberg. His study found that 34% of all US adults received at least one "unconventional" therapy in 1990. A follow-up study conducted by Eisenberg in 1998 found that CAM use rose an additional 25% between 1990 and 1997. This increase was a driving force behind the creation of the National Center for Complementary and Alternative Medicine (NCCAM), and has led to dozens of large clinical trials designed to assess the effectiveness of certain therapies.

Highlights in "The Science of Alternative Medicine", included articles on Ginkgo Biloba, CAM therapy research on children, alternatives to hormone replacement therapy, and the power of suggestion. Scientists are examining the placebo effect in order to better understand the connection between the mind and body. Other short articles looked at the role CAM therapies can play in the management and treatment of cancer, vitamins and supplements in preventing cardiac disease, remedies for arthritis pain, and natural remedies for anxiety and depression. The special report concluded with a brief guide on "Yoga and Massage".

In case you didn't see a copy of the December 2nd issue of Newsweek, the magazine has a partnership with the Microsoft Network and NBC that will allow you to view its stories on the Internet via www.msnbc.com. Copies of individual articles, along with interactive features such as online polls and audio clips, are available at the following addresses:

Integrative Care	msnbc.com/news/838318.asp
Learning from China	msnbc.com/news/839161.asp
A Natural Way to Age	msnbc.com/news/839109.asp
Pondering the Placebo Effect	msnbc.com/news/838762.asp

If you'd like to talk locally with a registered acupuncturist, contact one of these *MBSC* members:

Ann Driscoll (Lakewood) 216-221-2632 and Rachel Rizzi (Woodmere and Mayfield Village) 216-496-3503

Ancient Story, Modern Message

From Traditional Chinese Medicine, Vol. 4, No. 2

The Taoist principle of wu wei, or "non-doing," refers to spontaneous, effortless action that naturally arises out of one's deep connection to and alignment with the life flow of the Universe. In contemporary language, we speak of "going with the flow." Such action is not prompted by any sense of separateness, self-interest, or tangible result, but rather is a natural response to circumstances in the moment that serves harmonious balance. By learning to still our minds and listen deeply within and without, we can understand that we are part of a seamless, interconnected whole and begin to let *Life* work through us. In the story which follows in the next column, Master Keng demonstrates this principle very well.

The Crowded Alley (cont'd from "Ancient Story" in left column)

There was once an exceedingly bad-tempered horse tied up by its owner in a narrow alley, blocking passage. The first villager encountering this impasse tried to push past the horse's massive haunches and found himself crushed against the wall. A second tried to jump over the horse's bucking hooves, only to be sent sailing. Another tried to crawl under the horse's belly and was promptly kicked into the dirt. The crowd of villagers grew and tempers flared as one by one they tried to force their way through, only to be thwarted by the increasingly agitated horse.

Suddenly a young child came running excitedly down the alley. Master Keng was approaching from the main road. Surely he would know how to deal with the situation! As Master Keng rounded the corner, he peered down the alley, assessed the situation and smiled as he quietly turned and proceeded to the next alley, continuing calmly on his way.



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C o n n e c t i v e s . . . a bi-monthly newsletter for holistic practitioners (Jan/Feb '03)

If you are not an *MBSC* member and you wish to continue receiving this newsletter, please subscribe for \$12/yr.

New Discounts for MBSC Members

Printing of Business Cards, Stationary, Brochures

Minuteman Press is extending very attractive pricing on raised letter, business cards on 80# white paper; letterhead on 24# white bond, #10 envelopes, and one-color two-sided brochures 8-1/2" x 11". We compared the pricing against Kinko's and Colony (previously PIP) and were pleased with the savings our members can enjoy. If you'd like a copy of the price quotation on the various items and quantities available, please call *MBSC's* office at 216-321-9181.

Discounts on Various Wellness Products/Services

Tom Katovsky of Healthy Referral gives *MBSC* members a supply of Healthy Referral "Well Being" cards (at no charge) for personal use and distribution to our clients. The card offers discounts on a wide variety of wellness products and services, similar to an Entertainment Book.

Healthy Referral has also given us a supply of \$2 discount coupons for the Life Expo to be held at the IX Center in April. You can distribute these to clients, friends, and colleagues as well.

Remember to mark your calendar for the
International LIFEexpo
April 4-6, 2003
Cleveland IX Center

Healthy Referral Foundation
Box 271
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