

Connectives . . . July/August 2005

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

Mind-Body-Spirit Connected (MBSC) is a 501(c)(3) nonprofit association that promotes health and wholeness through an understanding of mind, body and spirit connectivity. While many organizations focus on various aspects of holistic practice, *MBSC* strives to bring together all disciplines and to bridge the gap between the holistic and conventional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

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A Vote for Integrative Medicine
From the National Academies of Science
Reprinted from *Spirituality & Health*, May/June 2005

How nice to see continuing support for CAM from respected institutions! Hopefully, you will enjoy the following article excerpted from the Soul/Body "Research & News for Better Health" section of *Spirituality & Health* magazine.

Acupuncture for knee pain. B vitamins for cardiovascular disease. Meditation and relaxation techniques for high blood pressure. These and other approaches, once considered to be outside the medical mainstream, are increasingly being integrated into our health care system and lifestyles.

According to the Institute of Medicine of the National Academies of Science, about one-third of adults in the United States have used complementary and alternative medicine (CAM). That figure climbs to nearly two-thirds when prayer specifically directed toward health is included as CAM. To address this paradigm shift, the Institute has issued a 368-page report called *Complementary and Alternative Medicine in the United States*, calling for medical care and education that integrates scientifically proven complementary and alternative therapies with mainstream medicine.

"Ideally, health care should be comprehensive, grounded in the best available scientific evidence, and centered on patients' needs and preferences," said committee chair Stuart Bondurant, MD, of the Georgetown University School of Medicine in Washington, DC. "Health professionals and patients should have sufficient information about safety and efficacy to take advantage of all useful therapies, conventional as well as complementary and alternative." In particular, the report advocates developing new standards for regulating dietary supplements as well as research to determine the quality of those products. However, the panel also recommends new approaches to scientific research on CAM, noting that these therapies may not readily lend themselves to mainstream research methods, such as randomized controlled trials, and should be studied using innovative designs.

The report's authors also include such leading healthcare experts as David Eisenberg, MD, at the Harvard University Medical School; Brian Berman, MD, at the University of Maryland, Baltimore; Susan Folkman, PhD, at the University of California, San Francisco; and Harold Sox, MD, editor of *Annals of Internal Medicine*.

Copies of *Complementary and Alternative Medicine in the United States* are available from the National Academies Press at www.nap.edu.

Members “In the News”

In case you missed the July 3rd issue of *Crain's Cleveland Business*, there was a nice article called, “The Alternative Cure: Hospitals responding to interest in non-traditional medicine”. The article highlighted three *MBSC* members.

Dr. Sherri Tenpenny was quoted as saying, “People are sick and tired of having a prescription for every medical symptom out there. We want to find something that makes us well.” Her integrative medicine clinic, OsteoMed II in Middleburg Heights, serves about 7,000 patients on a continuing basis.

Dr. Tanya Edwards, Medical Director of the Cleveland Clinic's Center for Integrative Medicine in Broadview Heights, commented on progress being made at the Clinic. Her center has been moved into the Division of Medicine, giving her broader access to all the Clinic's physicians.

Acupuncturist, Rachel Rizzi, was shown in a photograph with one of her patients, bringing attention to the fact that acupuncture is one of the alternative medicine techniques gaining acceptance by conventional healthcare providers.

Numerous local hospitals, as well as medical schools, are now integrating CAM into their offerings. We are pleased to report that *MBSC* is being asked to get involved in many different ways: brainstorming their integrative approach, training staff, recommending practitioners...

Member is Honored

Congratulations to Donna Nowak who has been named a finalist in the ATHENA Awards, sponsored by “Inside Business” magazine. Board President, Linda Droblich, submitted the nomination, and Donna was honored as one of the Cleveland finalists at a VIP Reception on July 20.

The ATHENA® Award Program “honors individuals who represent

the highest level of business or professional excellence, actively serving their communities and, most importantly, assisting women in reaching their full potential”. Two winners, one each from Cleveland and Akron, will be announced at an awards banquet on August 25.

Donna's recognition is great exposure for *MBSC*. If you are interested in showing your support by joining *MBSC* at its table, please contact Linda at 440-449-4036 or email LDroblich@aol.com

New Member

A special welcome to Bonita Weston, Pulmonary Rehab Coordinator at Southwest General Health Center in Strongsville.

MBSC Member Travels “Across the Pond”

Physical Therapist, Tom Ockler (a member of *MBSC's* Speakers Bureau) will be teaching at London Bridge Hospital in London, England on October 22-23 of this year. He will be teaching “Muscle Energy Techniques for the Pelvis, Sacrum Lumbar Spine and Lower Extremities” to an audience consisting of physical therapists, MD's, osteopathic physicians and chiropractors. Tom's local teaching schedule has included classes at Southwest General Hospital and the Cleveland Clinic/Huron Road Hospital, in addition to various courses at his clinic in Willoughby.

According to Tom, “these rare and highly effective techniques are used to correct all types of somatic dysfunction without manipulations”. He developed this course and has taught it many times throughout the USA, including right here in Northeast Ohio. The complete brochure can be viewed at www.tomocklerpt.com by clicking on the seminar button and then clicking on the M1 course.

While in Europe, he and Sherry Battles, Licensed Massage Therapist, will “pop off” to the Scottish Highlands and visit castles in Edinburgh. Who knows, he may just buy a kilt! Bon voyage, good training, and great fun, Tom!

Free Directory Listing Online

Circle of Healers is a website that provides daily news and serves as a resource to the holistic community. Practitioners are invited to include their basic profile at no charge in an online directory located at www.CircleofHealers.com. An enhanced listing is available for a modest fee, but basic information really is free of charge.

If you don't yet have a web site of your own, take a look at their inexpensive and easy-to-use web page service made especially with alternative health practitioners in mind. That website address is www.circleofhealers.com/gold.php.

Remember How Wonderful You Are

By Neal Szpatura

Go after health and healing with as much optimism, courage, hope, energy and focus as you would a beautiful romance, a superb business opportunity, or a great adventure. See the wonderful, positive potential in yourself and in all those involved in your healing work.

Let yourself come to know yourself more truly and more lovingly. Let yourself love yourself and care for yourself openly, honestly, as a little child would ~ your true self, your healed self, your eternal self.

Food for Thought

A Mouse looked through the crack in the wall to see the farmer and his wife opening a package. "What food might this contain?" he wondered. He was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed the warning. "There is a mousetrap in the house; there is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house." The pig sympathized but said, "I am so very sorry Mr. Mouse, but there is nothing I can do about it but pray. Be assured that you are in my prayers."

The mouse turned to the cow. She said, "Wow, Mr. Mouse. I'm sorry for you. But it's no skin off my nose." So the mouse returned to the house, head down and dejected, to face the farmer's mouse-trap alone.

That very night a sound was heard throughout the house like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness she did not see that it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital and she returned home with a fever.

Now everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer's wife did not get well. She died; and so many people came for her funeral that the farmer had the cow slaughtered to provide enough meat for all of them.

So next time you hear that someone is facing a problem and your automatic instinct is to get involved somehow—to help—give yourself a pat on the back. You obviously remember that when one of us is threatened, we are, indeed, all at risk. We are all involved in this journey called life, and it is helpful to keep an eye out for one another and to be willing to make that extra effort to encourage one another.

Codex Commission Adopts Supplement Guideline

From Rome, July 4: The Codex Alimentarius Commission, consisting of 85 of 171 country members (one short of a quorum) adopted without objection the restrictive Vitamins and Minerals Guidelines recommended by its Nutrition and Food for Special Dietary Foods Committee. While expected, the action disappointed American dietary supplement consumer group representatives and observers present. For more information, visit www.citizens.org/priorities/codex/romeupdate.cfm.

Serenity at the Computer Japanese Messages

Since several *MBSC* members have been challenged with computer crashes and the like during the past month or so, these 16 error messages seen on computer screens in Japan seem especially appropriate. You may recognize some as being written in Haiku.

We thought you might like to have them handy in case Mercury in Retrograde wreaks havoc with your technology systems! Hopefully, you'll agree that they're better than the basic error message, "Your computer has performed an illegal operation."

The Web site you seek
cannot be located,
but countless more exist.

Chaos reigns within.
Reflect, repent, and reboot.
Order shall return.

Program aborting:
Close all that you have worked on.
You ask far too much.

Windows NT crashed.
I am the Blue Screen of Death.
No one hears your screams.

Yesterday it worked.
Today it is not working.
Windows is like that.

Your file was so big.
It might be very useful.
But now it is gone.

Stay the patient course.
Of little worth is your ire.
The network is down.

A crash reduces
your expensive computer
to a simple stone.

Three things are certain:
Death, taxes, and lost data.
Guess which has occurred?

You step in the stream,
But the water has moved on.
This page is not here.

Special Thanks to Karen Raven,
sponsor for *MBSC*'s August 16th
dreamwork event.

Healing Breathwork for Chronic Fatigue Syndrome, Fibromyalgia and More

(from www.ImmuneSupport.com, 6/29/05, courtesy of Neal Szpatura)

Breathwork Gains Following in the West
by Julie Deardorff, *Chicago Tribune*

Cathy Harvey gets up at 5:00 a.m. nearly every morning to breathe. She inhales and exhales all night, of course. And during the next 24 hours, she'll instinctively take in about 20,000 sips of air.

Yet Harvey, a 31-year-old corporate executive assistant from Chicago, believes the secret to good health is literally right under her nose. Conscious breathing clears her foggy head, fends off lethargy and is her favorite elixir to modern-day stresses.

Part healing technique and part performance enhancer, breathwork has been used throughout the world to help victims of trauma, torture and disaster, as well as addicts and athletes. Now, fueled by the popularity of Eastern traditions such as yoga and tai chi, breath awareness is gaining acceptance in the West as a tool for maintaining good health.

"Conscious breathing breaks up the habit patterns coded in the body and emotions," said Shakta Kaur, a Kundalini yoga teacher in Chicago who leads "breathwalk" classes, which synchronize breathing and walking. "You end up transforming yourself, actually changing your body chemistry."

Increasingly, science offers support for her claims. Still, although breathing is so basic and essential that it happens whether we're knocked unconscious or fall asleep, most people do it incorrectly.

Less than 10% of the population breathes efficiently, according to chronic-pain specialist Ingrid Bacci, author of "Effortless Pain Relief" (Free Press, \$24), which

explores the link between pain and breath patterns. It's not that we never knew how. Infants begin life with enviable diaphragmatic breathing technique. On the inhalation, a baby's tiny chest and abdomen naturally expand and round as air rushes in. On the exhalation, the diaphragm relaxes and the chest contracts.

Then life interferes. Stress builds, and children learn to take shallow breaths into the top portion of the lungs or hold their breath altogether. Instead of drawing in a deep belly breath, they clench or tighten their stomachs during the inhalation.

"It's those times of intense emotion or trauma that cause children to learn to hold their breath," said hypnotherapist Sharon Penchina, co-author of "I Take a DEEEP Breath" (Imagine, \$12.95, a children's book designed to encourage proper breathing). "That type of shallow breathing gets associated with anxiety or nervousness."

Stunted or improper breathing also is what some people believe causes everything from depression to chronic fatigue. The body is designed to breathe in oxygen, which replenishes the cells, and to breathe out waste products such as carbon dioxide.

Belly breathing uses the diaphragm, which allows the body to take in the most oxygen and release the most carbon dioxide. But when the breath is shallow or held, the level of carbon dioxide in the blood rises. "This throws the body into a mild state of alarm, and encourages an adrenalin reaction that increases anxiety," said psychologist Gay Hendricks, who has been teaching breathing techniques for three decades.

Harvey, who felt unusually stressed in college, reconnected with her breath when she attended an Art of Living Foundation workshop in Missouri.

The international humanitarian group, founded by Sri Sri Ravi Shankar, has taught breathing techniques, yoga and meditation to more than four million people throughout the world, including those traumatized by the Sept. 11 terrorist attacks on the World Trade Center and victims of the Asian tsunami last December.

Lila Nagarajan, who teaches creative writing at Columbia College, said she sleeps better after having learned breathing techniques through several Art of Living workshops. She has fewer headaches and neck aches and doesn't get as angry about trivial matters as she used to. "It's almost as though we have to relearn how to breathe and then practice and practice, like with any sport, until we get really good at it."

Three decades ago, many medical doctors would have scoffed at the idea. In the 1970s, when integrative-medicine guru Dr. Andrew Weil spoke of using the breath as a bridge to connect the mind and the body, the medical community reacted with skepticism and even hostility. Now the FDA approves breath training as a recognized treatment for hypertension, and more than 1,000 studies show it relieves anxiety, depression and chronic fatigue without drugs, according to Hendricks, who created "The Breathing Box," a kit that includes a DVD, a CD, a 48-page guidebook and flashcards.

"Even for people with bad lung disease, bronchitis, end-stage emphysema and asthma, the mere effect of focusing on a basic body function like breathing can be restorative," said Michael Silver, a specialist in pulmonary and critical care at Rush University Medical Center.

Still, Hendricks said that even without the studies, breathwork would have caught on. "When people notice a positive effect of something, they don't need scientific verification," he said. "It's also a reaction against pharmaceuticals. People want to take more responsibility for themselves, and they're seeking out more natural means."

It won't happen overnight. Hendricks estimates that with ten minutes of daily practice, it takes about one to three months of conscious, consistent focus until breathwork starts to work its magic. But once it kicks in, advocates say, be ready for your life to change in profound ways.
(See Sample "Cleanse" on reverse)

"You have to be careful, because breathing is a powerful thing," said Harvey, who sometimes sneaks into the office bathroom for a few calming, deep breaths. But when you breathe correctly and mindfully, he continued, "things begin to roll off you instead of sinking in and grinding. You just let stuff go."

"Left Nostril Breathing," demonstrated by Kundalini Yoga instructor Shakta Kaur, is a basic breathing technique that has a calming effect on the body. Try it at home by following these simple steps:

1. Blow your nose. (Trust us on this one.)
2. Sit in a comfortable, cross-legged position and close your eyes. Focus on the point between your eyebrows. Rest your left hand on your left knee.
3. Raise your right hand to your face with the palm facing to the left. Instead of wiggling fingers (as in "Nyah, nyah!") keep them together and pointed straight up.
4. Close your right nostril by pressing it gently with the thumb. Inhale a long, deep breath through the left nostril.
5. Exhale through the left nostril. Continue inhaling and exhaling for 3 minutes. Inhale and hold comfortably for 10 to 30 seconds, exhale and relax.

SOURCE: Yogi Bhajan from the Kri International Teacher Training Manual Level 1.

MBSC Practitioner, Carol Baglia, located in Concord, helps people learn to breathe correctly using the Buteyko Breathing Method. Her profile can be read on page 8 of MBSC's member directory.

Sponsorship opportunities are available for the Annual Meeting on October 6. Call 216-321-9181 for details.

It's Summer, and it's Hot, so Here's More Humor...

A magazine recently ran a "Dilbert Quotes" contest. It sought people to submit quotes from their real-life "Dilbert-type" managers. Here are the top ten finalists:

1. "As of tomorrow, employees will only be able to access the building using individual security cards. Pictures will be taken next Wednesday and employees will receive their cards in two weeks." (This was the winning quote from Fred Dales at Microsoft Corp. in Redmond, WA.)
2. "What I need is an exact list of specific unknown problems we might encounter." (Lykes Lines Shipping)
3. "E-mail is not to be used to pass on information or data. It should be used only for company business." (Accounting manager, Electric Boat Company)
4. "This project is so important, we can't let things that are more important interfere with it." (Advertising/Marketing manager, United Parcel Service)
5. "Doing it right is no excuse for not meeting the schedule." (Plant manager, Delco Corporation)
6. "No one will believe you solved this problem in one day! They've been working on it for months. Now, go act busy for a few weeks and I'll let you know when it's time to tell them." (R&D supervisor, 3M Corporation)
7. Quote from the Boss: "Teamwork is a lot of people doing what I say." (Marketing executive, Citrix Corporation)
8. My sister passed away and her funeral was scheduled for Monday. When I told my Boss, he said she died on purpose so that I would have to miss work on the busiest day of the year. He then asked if we could change her burial to Friday. He said, "That would be better for me." (Shipping executive, FTD Florists)
9. "We know that communication is a problem, but the company is not going to discuss it with the employees." (Switching supervisor, AT&T Long Lines Division)
10. One day my Boss asked me to submit a status report to him concerning a project I was working on. I asked him if tomorrow would be soon enough. He said, "If I wanted it tomorrow, I would have waited until tomorrow to ask for it!" (Hallmark Cards executive)

TOXINS – ROOT CAUSE OF DISEASE?

BY KIM BUSHMAN, R. P. P.

If allowed to accumulate in the body, tissues and organs, toxins can make you sick. Toxic build-up is dangerous to the body and some research indicates it can lead to cancer.

According to an "Essential Cleansing" special report from Dr. L. Smith, MD, of Gainesville, Florida, when cells are stressed long enough, either the nucleus, cytoplasm or membrane may respond (malfunction) in reaction to toxicity. If the cell reproduces and makes other cells that malfunction in similar ways, a small growth may form. When a few more form, you may have a carcinoma or minimal cancer. If left long enough, the condition may progress to an undifferentiated, highly toxic cancer.

Best solution is to detox, i.e., clean your filters. Healthy fasting is important, so talk to your holistic health practitioner for an effective way to detox. Constant tiredness is the main symptom that indicates a person needs to detox.

A final quote from Dr. Scott-Mancriff, "Health is more than the absence of disease; you need to feel well. It's your choice."

(Continued on next page)

DETOX FOR HEALTH

For a safe cleansing, start simple. First, substitute the following:

Honey for sugar
Herbal green teas for coffee
Water with lemon for pop
Whole grains for processed bread
A little fish for meat

Eat plenty of leafy greens, broccoli, brussel sprouts, cauliflower, and carrots, foods high in antioxidants, vitamins and minerals. Eat small portions of the veggies raw once a day. Sprinkle with freshly grown sprouts for enzyme power.

After one week, try the following drink first thing in the morning, on an empty stomach.

One T olive oil
3 T freshly squeezed lemon juice
A clove of garlic
The juice of a grapefruit

Mix in a blender. Follow with a glass of water, adding the juice of a full lemon. This is called a Liver Balance.

Eat throughout the day a light diet of oatmeal, raw green mixed salads, steamed brown rice or millet, fruit, and herbal teas. You may add small portions of steamed vegetables such as broccoli, cabbage, cauliflower, carrots, sweet potatoes, shiitake mushrooms, and freshly squeezed vegetable juices.

The following week, repeat the Liver Balance 2-3 days in a row. By then you should be feeling clearer, more focused, lighter, and more energetic. If you wish, you can continue for 2 more weeks, repeating the Liver Balance 3-5 days in a row the third week, and 5-7 days of the fourth week. While on this protocol:

- Take Acidophilus and Chlorophyll daily
- Dry brush your tongue and your entire body daily
- Have a Polarity Lymphatic Session once a week
- Take time for meditations.

Cleansing affects the mind as well as the body, and brings higher

awareness!

- Take walks; reconnect with nature

When you feel you are done, break your cleanse gently. Slowly introduce dairy, meats or pasta. Your systems are clear and may need time getting used to these additions. Happy detoxing!

Research: Green Tea's Protective Role in Autoimmune Disease www.ProHealthNetwork.com

Green tea seems to help protect the body from autoimmune disorders, according to a Medical College of Georgia oral biologist. Dr. Stephen Hsu, a researcher in the MCG School of Dentistry, has amassed a large bank of research helping document green tea's health benefits in everything from oral cancer to wrinkles. The benefits spring from compounds in green tea called polyphenols, which help eliminate DNA-damaging free radicals. As an added benefit, a green tea-induced protein called p57 protects healthy cells as polyphenols target cancer cells for destruction.

Dr. Hsu's most recent findings, presented June 17-20 in Atlanta at the Arthritis Foundation's fifth biennial Arthritis Research Conference, target autoimmune diseases. These diseases, such as Type 1 diabetes, rheumatoid arthritis, lupus and Sjogren's disease, inexplicably prime the body's immune system to attack its own tissues, with often disabling and even life-threatening consequences. Adverse effects often accompany autoimmune disease treatment, which mainly focuses on the immune system.

One autoimmune disorder -- the immune system's destruction of glandular cells -- causes dry mouth, or xerostomia. Dry mouth occurs in about 30 percent of elderly Americans, but only in 1 to 2 percent of Chinese seniors. It is one of many health disparities that Dr. Hsu suspected was linked to Asians' frequent consumption of green tea.

Dr. Hsu is probing green tea's role in producing autoantigens. Autoantigens are normal molecules in the body with useful functions, but changes in their amount or location can trigger an immune response. "I wanted to know how green tea polyphenols affect the production of autoantigens," Dr. Hsu said.

He suspected a link because a polyphenol called EGCG is known to suppress inflammation, which results when the immune system mounts a defense to a real or perceived enemy. "If EGCG suppresses inflammation, it should affect the magnitude of the autoimmune response, possibly by suppressing autoantigens," Dr. Hsu said.

To test the theory, Dr. Hsu studied cells in salivary glands and skin tissue. Cells exposed to green tea showed RNA and protein levels indicating autoantigen levels were suppressed in these normal cells, but not in tumor cells. "We were so shocked," Dr. Hsu said of the finding that further highlighted green tea's role in attacking tumor cells while protecting healthy cells.

And because of the low levels of autoantigens in healthy cells, "the immune system now has considerably fewer targets to potentially attack," greatly reducing the risk of autoimmune disease, Dr. Hsu said.

Dr. Hsu, who has applied for two \$1 million U.S. Department of Defense grants and a \$1.25 million National Institutes of Health grant to further his research, has extended his studies to animal models. He is studying two sets of mice, both programmed to develop autoimmune disease. He is observing one set as the disease follows its natural course. "This model should develop diabetes, dry mouth and dry eyes within 12 to 30 weeks, then die quickly," Dr. Hsu said.

The other set began drinking green tea at age 3 weeks, immediately after weaning. He is anxious to determine whether green tea delays the onset of autoimmune disease or otherwise affects its course. Dr. Hsu, who has helped incorporate green tea polyphenols into everyday products such as gum and skin cream, hopes his latest research will ultimately yield a wealth of findings that can help scientists better understand and treat autoimmune disease.

Annual Picnic... Perhaps the Best So Far

A few people who planned to attend the potluck picnic may have been spooked by the thunderstorms en route on Saturday, July 16, but our Cuyahoga Valley Park picnic site managed to miss the heavy rains. Those who attended enjoyed a wonderful sampling of some terrific recipes, and then most everybody went on a short hike, led by Carol Spears. Those of us who stayed behind--because we had *really* good excuses, of course--helped tidy up while they were gone.

Following the hike, Carol shared highlights of the Perseid meteor shower which will soon be visible, and some other tidbits about asteroids, comets and other neat things to be found in the starry, starry sky. An improvisational volunteer orchestra including singing bowls, chimes and a cardboard box as a drum, helped set the mood for a perfectly entrancing meditation.

Programming Change for October 6th Annual Meeting

The topic for our annual meeting will be "Healing the Healers". Originally, a program using the "Appreciative Inquiry" technique was planned with Anne Marie Diemert as facilitator. Since she is relocating to New Mexico, she will be unable to join us. We extend our best wishes to Anne Marie, and thank the Programming Committee for its help in developing an alternative workshop. Here is the exciting program they are working toward:

Tentative Agenda

- 5:30-6:15 Networking, Registration, Chair Massage/Foot Reflexology* by non-members
- 6:15-7:00 Dinner at Wellington Catering, Highland Heights
- 7:00-7:30 Business Meeting: Election of board; Update on *MBSC* activities (Much is happening as we collaborate with hospitals, nonprofits, etc.)
- 7:30-7:40 Group Meditation
- 7:40-8:25 Presentation by Harry Pepper, Ph.D, and Laura Journee. Both serve as "life coaches".
- 8:25-8:30 Door prizes, closing announcements

The speakers will share helpful information, suggestions and motivation for practitioners (and members in general) to further convey the importance of self-care. This will include ways to find and create balance; ideas for nurturing yourselves mentally, physically and spiritually; and perhaps some example of what happens when we don't). The presenters are also being asked to share a bibliography of helpful reading materials and/or workshops.

Requests of You...

All members:

* Please give us the names of any professionals you recommend we contact for foot reflexology and chair massage during the first half-hour. We want to offer this "treat" as one aspect of our own self-healing.

- This event will be open to members and prospective members only. If you know someone who is considering *MBSC* membership, please encourage them to attend this special evening.

Committee chairs and Board Officers:

- 9/15/05, please submit a written summary for 2005 year-to-date activities in your area of responsibility. A couple of paragraphs will be included from each of you in the annual report.



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Tuesday, August 16
"Dream for a Change"

Thursday, October 6
Annual Meeting &
Networking Event

Saturday, October 29
"Wedding" Masquerade Ball

Connectives . . . a bi-monthly newsletter for the holistic community (Jul/Aug '05)

Please help us save paper/postage by removing your name from the list if you prefer not to receive future mailings.

Do you have a friend or colleague who would benefit by joining Mind·Body·Spirit Connected? We would be glad to send an introductory packet.

MBSC offers individuals interested in a holistic approach to life, and integrative medicine, the opportunity to:

- ∅ Learn more about complementary and alternative medicine (CAM)
- ∅ Exchange knowledge, opinions and ideas through organized activities
- ∅ Improve existing skills and/or develop new ones
- ∅ Network to become familiar with holistic services offered in the community

Whether you are an ***MBSC*** member, a friend or guest attending one of our educational programs, you have an opportunity to learn more about issues in integrative healthcare and to support ***MBSC*** in enhancing the community's awareness of holistic practice. Your involvement and support is appreciated.



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*Promoting health and wholeness
through an understanding of
mind, body and spirit connectivity*