

Connectives . . . September/October 2004

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 increased 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 traditional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

Inside This Issue:

Things to Do in Cleveland (pg 2)

Volunteer "Angels" and
Nominating Committee Report (pg 3)

Emotion Linked to Health and
Placebo Effect (insert)



MBSC's Board of Directors

Donna Nowak, Founder/President
Hank Roth, Vice-President
Linda Droblich, Secretary
Rachel Rizzi, Treasurer
Tedde Abbott
Cliff Berns
Anne Marie Diemert
Tanya Edwards, M.D.
Joan Fox, Ph.D
Elizabeth Grosse
Karyn Pistone
Carol Spears
Anne Stevens
Nancy Strick

23210 Chagrin Boulevard
Suite 211
Beachwood, Ohio 44122
(216) 321-9181
Help@MBSCOnline.org
www.MBSCOnline.org

MBSC's newsletters are posted online at www.MBSCOnline.org. Non-members who would like to receive this bi-monthly newsletter by mail may subscribe for \$10/year to help defray printing and postage expenses. Please contact Donna Nowak at the *MBSC* office if you have questions or comments related to the newsletter.

Highlights from September's Program on Homeopathy by Adele Eisner

Those who attended *MBSC's* September 2nd educational program at the Airport Marriott not only enjoyed great camaraderie and networking, a meaningful drumming invocation by Neal Szpatura, a good meal (the fruit plate was abundantly delicious), but also a program that might easily surpass an excellent introductory class on homeopathy and naturopathy. Dr. Len Torok of Ohio Holistic Medicine in Medina, a national expert in the field of homeopathy, and Dr. Erin Holston of Options Naturopathic Clinic in Cleveland Heights, president of the Ohio Chapter of the American Association of Naturopathic Physicians, together presented a thorough overview of these closely related fields.

Dr. Torok began with a salient and clear slide presentation. A long-time, successful former orthopedic surgeon, Torok briefly spoke of his career turning about a decade ago when he became licensed as a homeopathic physician. He wanted to offer a broader spectrum of health and healing to patients--in ways that work *with* the body/mind's natural healing intelligence and in ways that often give permanent relief from even chronic disease processes--without any risk, invasion, or the ongoing costs or toxicities of some other procedures.

Torok explained such basic understandings of homeopathy as The Law of Similars. This law says that whatever substance the body can create, including those that create disease symptoms, such as tearing eyes and runny nose of hay fever, the body can also cure. In other words, embedded in a disease expression or disturbance is the cure.

With a detailed patient evaluation that considers every symptom as a meaningful opportunity, and an exact road map to help strengthen and transform a person's body/mind to one of greater meaning and less resistance to (thus continued susceptibility to) outside forces, a trained homeopath creates and adjusts as necessary, a "simillimum". A simillimum is a homeopathic dilution of the symptom frequencies that can allow the patient a cure.

Program attendees gained understanding of the holistic and efficacious nature of homeopathy as Torok defined "health" in part, as "loss of limitation," and "cure" as "awareness and acceptance." He stated that our bodies have a very intelligent agenda for our whole body/mind's growth toward health, often indicated by symptoms. Symptoms include how hot or cold, thirsty or dry, patient or irritable, etc. a person is. He talked of patient empowerment, how with homeopathic rather than palliative care (which can cause more ongoing dependence and susceptibility) a patient may never experience the same symptoms again. They also often experience some freedoms from such previously unaware, but associated emotions, as guilt, blame or despair.

Dr. Holston continued the evening's presentation by explaining more about homeopathic remedies, the similarities and differences between homeopathy and her field of naturo-

MBSC Member Comments

“When I joined *MBSC*, there was no way I could have known how helpful it would be to me.”

“What a contribution you’re making!”

“Thank you very much for your help. This organization has been very beneficial for me, and I see some great events for me and my business in the future.”

Great Things to Do in Cleveland

Marianne Williamson will be in Cleveland on October 24 at 3:00 p.m. Marianne is an internationally acclaimed author and lecturer, with eight fabulous books to her credit. Her presentation, entitled “Heaven on Earth” will be held at the Park Synagogue in Cleveland Heights. Proceeds will benefit ESTEEM’s Housing Project. The fully tax-deductible ticket price is \$40 for reserved seats and \$35 for general admission. For tickets, call 216-382-1465 ext. 2.

Dr. Jean Houston, a scholar and researcher in human capacities and co-director of the Foundation for Mind Research, will appear at Unity of Greater Cleveland in Shaker Heights on October 8-10. *MBSC* member, Adele Eisner is a friend of Jean’s; and several of our members have participated in the Mystery School, which Jean founded. (The Mystery School is a program of cross-cultural mythic and spiritual studies.)

Activities include: Open lecture preview on Friday evening \$25, All-day Saturday workshop, “Passion for the Possible” \$125, Sunday afternoon workshop, “Social Artistry” \$35. A weekend pass is available in advance for \$150, or each day’s ticket may be purchased as a standalone. For additional information, please call Unity at 216-751-1198.

Program on Homeopathy (continued from page 1)

pathy, which grew out of the homeopathy. She gave a brief history of the various branches of the two fields, and a few examples of how a naturopath might work with a few disease expressions.

She explained that unlike the actively intaken chemistry of pharmaceuticals, a homeopathic remedy begins with naturally occurring substances from plants, animal or minerals. These ingredients are then “succussed” (shaken/mixed) and so highly diluted that no actual molecules of the substance remain, only the frequency. This dilution process is called “potentizing” which though opposite of what one might expect, is a fundamental understanding of homeopathics. A trained homeopath or naturopath carefully controls both the substance and the potency of a custom-made homeopathic remedy. However, if the remedy does not stimulate the body/mind’s own healing, the remedy is adjusted. Because there are no active ingredients present, no harm has been caused.

A naturopath, Holston further explained, uses homeopathics, and often also includes the use of herbs, diet, nutrition and hot and cold packs to stimulate healing. She stated that she often sees the need to prescribe a cleanse to relieve one’s immune system from challenges that are too great.

Both Dr. Torok and Dr. Holston emphasized that there is an intelligent healing force always present in our lives, which can also show up expressed as dis-ease just to point us to greater life wholeness and freedom, and the importance of working with this intelligence, instead of against it. They both pointed out the dramatic fall in numbers of such holistic physicians over the last century, as scientifically fixing and fighting the singular places in the body that are “wrong” took hold. Yet, they both stated the vast importance for allopathic care when it is appropriate, and a great appreciation for the scientific and technologic knowledge traditional medicine brings to health. Now homeopathy and naturopathy, also grown by scientific discoveries, are again getting notice, as they often provide non-toxic, “non-risky”, true whole body/mind cures that have been unable to be attained by conventional medicine alone. We are fortunate to have two such excellent holistic doctors in the greater Cleveland area.

Cleveland Clinic Integrative Medicine Updates

Congratulations to Dr. Joan Fox, former Director of the Center for Integrative Medicine, Cleveland Clinic, for receiving a \$250,000 grant from the National Center for Complementary and Alternative Medicine, an arm of the National Institute of Health. The grant will finance a two-year study of 120 men with localized prostate cancer. The study will be a cooperative effort between the Center for Integrative Medicine, its Glickman Urological Institute, and Ursuline’s Sophia Center.

Just a reminder... Dr. Tanya Edwards, Medical Director of the Center for Integrative Medicine Clinical Practice, is still collecting books from *MBSC* members for the Cleveland Clinic’s new wellness program in Broadview Heights. Send your new or gently used books to Tanya’s attention at: Center for Integrative Medicine Clinical Practice, One Eagle Valley Court, Suite 201, Broadview Heights, Ohio 44147. Mark a note on the outside saying, “Books related to Integrative Therapies.”

Do You Know the Whereabouts of...

We have been asked to contact the following people, but we don’t have their current phone or address. Can you help?

- Dr. Marc Brown
- Dr. John Cady (last known address when affiliated with Meridia Southpointe)
- Sandy Giallanza
- Roger Pulhumer (last known on Emery Road, printer of a holistic directory)

MBSC Angels

If ever there was a time when thanking volunteers was appropriate, now is certainly it. Preparing for our exciting Masquerade Ball/Silent Auction on October 30 has been a huge undertaking. Volunteers have been working on all kinds of tasks, and more than \$10,000 worth of auction items have been collected. Some of the volunteer "angels" are friends or family members instead of MBSC members, so an extra thanks for their big hearts! Here's an idea of what has been going on behind the scenes.

Data entry of 700 names to create a special database

Kelly Griffith
Therese Stadul
Klissa Threat

Stuffing, labeling and sealing more than 3,000 party invitations

Tedde Abbott
Denise Dawson
Anne Marie Diemert
Tanya Edwards, her two children, and Ron Tatsumi
Linda Droblich
Rose Marie Fantelli
Cindy (Jeskey) Gages
Kelly Griffith
Donna Nowak
Rachel Rizzi
Carol Spears
Anne Stevens
Laurie Stewart and two of her students from LifeSkills
Gloria Treister
Volunteers arranged by Blaze Monaco of "The Littlest Heroes"
Dee Wolk-Orum

Designing and creating table decorations

Barb Clugh
Ginny Csider
Val Hornyak

Do you Want to Get Involved in MBSC?

Committees for 2005 are now gearing up. If you would like to be involved in one of the regular, ongoing committees (this is a great way to get to know other members better), or if you prefer a special, short-term project, please let us know your area of interest.

Save the Dates

Saturday, October 30

Masquerade Ball & Silent Auction

"Come As You Were" Fun(d)raiser Event

LaCentre Conference & Banquet Facility, 25777 Detroit Road, Westlake

Thursday, December 2

"Prosperity in Action"

Holiday Party & Networking Social

Members and their significant other or guest

Lockkeepers Restaurant, 8001 Rockside Road, Valley View

Welcome New Members

Maggie Busser, Lakewood
Magazine Co-publisher, Editor,

Bob Perkoski, Lakewood
Magazine Co-publisher,
Art Director

Lina Sbrocco, Richmond Heights
Naturopathic Medicine,
Acupuncturist

Nominating Committee Report

The 2004-05 Nominating Committee is pleased to propose the following slate of directors for member election at our Annual Meeting and Business Idea Exchange on October 5.

Nominees for the five 3-year director terms include:

Kelly Brown
Maggie Busser
Lorna Richman
Carol Spears

The new board will elect its officers after reviewing the following recommendations of the Nominating Committee:

President	Linda Droblich
Vice-President	Dr. Tanya Edwards
Secretary	Maggie Busser
Treasurer	Anne Marie Diemert

Our sincere thanks to Joan Fox, Karen Pistone, and Hank Roth, who will be fulfilling their director terms in 2004. And special thanks to the Nominating Committee for its conscientious work in preparing a solid slate of directors for member consideration:

Anne Marie Diemert
Carol Krentzman-Perkoski
Corky Larsen
Donna Nowak, Chair
Rachel Rizzi

Programming Theme Set for 2005

The theme for next year's educational programming will be based upon Larry Terkl's new book, entitled "Small Change". *MBSC* workshops will help you see how the little changes in life can add up to BIG, life-altering changes.

January 20 - Larry Terkl sets the stage for powerful transformation

March 9 - Exciting networking event allowing the public to meet holistic practitioners

April 26 - "You Are What You Eat" with Dr. Tanya Edwards and Stephanie Richards

August 16 - "Dream for a Change"

October 6 - "Getting to Know Me" Networking Event & Annual Meeting. Facilitator Anne Marie Diemert will introduce the concept of Appreciative Inquiry.

December 8 - "Change Your Thoughts, Change Your Life", based upon Louise Hay's powerful book, "You Can Heal Your Life" - Val Hornyak presenting with Janie Ehrman

Community Outreach to Children

MBSC's Speakers Bureau is expanding its programming so that some of our volunteers will be presenting workshops to children at private and Montessori schools in 2005. Do you have skills, experience and an interest in helping kids gain exposure to, and understanding of, holistic practice and various CAM modalities? If you are not yet part of the Volunteer Speakers Bureau, please request an application package from the office by calling 216-321-9181 or emailing Help@MBSConline.org.

Emotion Linked to Health: "Brain Check" Article in Newsweek

"Scientists are mapping the pathways that link emotion to health," says *Newsweek*. "The challenge for the rest of us is to put the discoveries to work." You may want to read this very interesting article by Herbert Benson, MD, Julie Corliss and Geoffrey Cowley. "In the span of a few decades," they said, "mind-body medicine has evolved from heresy into something approaching cliché." *Newsweek* devoted its Health for Life report to the mind-body connection because the relationship between emotion and health is turning out to be more interesting, and more important, than most of us could have imagined.

If you haven't yet seen the article, perhaps you'd like to read it at:

<http://www.msnbc.msn.com/id/6038621/site/newsweek&&CM=EmailThis&CE=1>

Please Pass the Sugar...with a grain of salt

From National Geographic, August 2004, by Joel Achenbach, submitted by Carol Spears, *MBSC*

One of the world's greatest wonder drugs is not a drug at all. It's a placebo—a sugar pill or perhaps an injection of saline solution. There is no pharmacological component whatever in a placebo, but darned if it doesn't kill the pain, revive the spirit, cure what ails us.

Placebos even take the form of surgery. Arthroscopic knee surgery is a remedy for arthritis, but researches have matched its effectiveness with a sham operation. They sedated patients, nicked their knees, woke them up, and told them the operation was success. Two years of follow-up showed that pain relief and improved function were the same for placebo patients as for those who had real operations.

How do we explain the placebo effect? Some might say, "It's all in your mind." But the mind-body distinction isn't sharp. It's better to say that the mind can affect how the body copes with a problem.

In a recent study, 50% of Parkinson's patients showed improved motor function after receiving a placebo—a saline injection. This improvement was not something the patients imagined. Parkinson's symptoms are typically caused by the failure of brain cells to produce dopamine, a neurotransmitter. Brain scans confirmed that just anticipation of relief was sufficient to trigger dopamine production. Thinking they'd get better caused patients to have a real chemical response with a real effect.

Tom Wager, a psychologist at Columbia University, led a recent study in which test subjects were told that one skin cream would reduce pain while another would not. Wager put the creams on two spots on the subjects' arms and then applied heat to produce a burning sensation. Brain scans and verbal reports indicated that subjects perceived less pain with the cream that "really worked," even though the creams were identical.

The opposite of the placebo effect also happens. This is called the "nocebo" effect. More than one out of five patients given a placebo reports unexpected adverse side effects. These patients have headaches, they can't sleep, they feel nauseated.

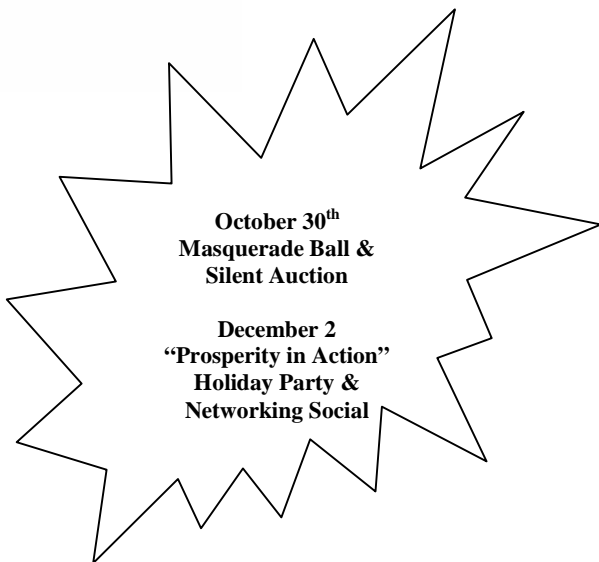
In one drug trial, some of the patients receiving a placebo were told they might experience gastrointestinal irritation. The subjects who heard the warning experienced more distress and were six times more likely to drop out of the trial altogether.

Placebos don't work for heart attacks or tumors. There are limits to the powers of suggestion. But much of medicine revolves around relatively subjective forms of distress: chronic pain, upset stomach, and so on. That's where a sugar pill works its magic. "Our beliefs," says Wager, "have powerful influences on our experiences."

So the next time you feel under the weather, try the simplest cure first: Imagine yourself healed.



23210 Chagrin Boulevard, Suite 211
Beachwood, Ohio 44122
www.MBSCOnline.org



Connectives . . . a bi-monthly newsletter for holistic practitioners (Sep/Oct '04)
Available online and free of charge to *MBSC* members; others may subscribe for hard copy (see page one).

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

MBSC offers holistic professionals and spiritually-minded individuals the opportunity to:

- ∅ Provide education concerning complementary and alternative (CAM) healing methodologies
- ∅ Exchange knowledge 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.

**Join Now and Take Advantage of a
Special Rate for 2004-05 Membership**



23210 Chagrin Boulevard, Suite 211
Beachwood, OH 44122
216-321-9181

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