

A Healthy Choice

FALL 2003

VOLUME 1, ISSUE 3

The Hearts of Women

Charoula Dontopoulos, BS, RPP

The heart is an organ of equal, if not greater, importance than the brain. The heart's electromagnetic current is actually much stronger than that of the brain. **Traditional Chinese Medicine, suggests that the heart is the organ where Shen, our psychospiritual being, resides.** The heart stores *spirit*.

Orthodox medicine is finding that the heart is an intricate network of neurons and neurotransmitters similar to those found in the brain. This makes the heart able to act independently of the brain, to learn, remember, feel and sense. More importantly, **the heart has its own hormone, oxytocin**, which we know as the "love" or bonding hormone.

A recent study has shown that women deal with stress differently than men. Women's hearts also act differently than men's hearts. Slowly the medical community is beginning to respond to this difference by designing specific research applicable to women.

While women pay attention to statistics telling us that breast cancer is the number one killer of women, few realize that the overall number one killer of women is heart disease. This happens because most women's heart attacks are "silent." The symptoms are not acute chest pain as in men, but a dull, aching discomfort which comes and goes with no apparent explanation, which is often misdiagnosed as gastrointestinal problems. **It is vital that women, especially postmenopausal women, be aware of the uniqueness of**

their heart and of the hidden dangers surrounding its health.

According to Dr. Christine Northrup, there is much a woman can do to decrease her risk of a heart attack. *"I've come to believe,"* she says, *"that the best way to protect the heart is to live with passion and joy. Being involved in community with others' keeps our hearts youthful and strong."*

The theory that reduced estrogen levels are the cause of heart disease in women has never been adequately proven. **Recent studies show that estrogen replacement not only does not protect the heart but may also endanger it.** Dr. Northrup tells us that heart disease is associated with eating refined foods and a high fat diet, smoking, and a sedentary lifestyle.

Avoiding The Risk of Serious Heart Conditions

- Avoid foods high in saturated fats. Eat a variety of foods and in moderation.
- Increase intake of **Omega-3 fatty acids**, flaxseed oil. Omega-3 fatty acids reduce triglycerides.
- **800 IU of Vitamin E.** Low levels of vitamin E have been implicated in heart attacks.
- **5,000 IU of Beta Carotene** and **1500 mg** (in 3

doses) of **Vitamin C**, both excellent antioxidants.

- **Do not smoke** or inhale second-hand smoke.
- **Minimize stress.** Avoid chronic stress. Meditate daily. Chronic stress may elevate blood pressure levels.
- **Get plenty of sleep....8** or more hours nightly. Maintain a consistent schedule for bedtime.
- **Engage in a total of 30 minutes of moderate-intensity physical activity**, most days of the week. Activity can be split into 10 minute increments.
- **Drink 6 – 8 glasses of water per day !!!**
- Maintain an ideal body weight.
- **Control your blood glucose level**, especially if you have diabetes.
- **60 mg of CoEnzyme Q10.** This antioxidant enhances the heart's pumping and electrical functioning and improves its energy production.
- Add **400 mcg of Folic Acid & B vitamins** to your diet.
- **400-800 mg Magnesium** is essential to the proper functioning of the heart muscle.
- **2,000-5,000 mg of potassium** may help to control high blood pressure.
- **Calcium** may help to lower stress and high blood pressure. It is nature's own tranquilizer.
- To avoid conflicts with medications prescribed by your personal physician or adverse reactions, always check with your physician.

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SESSIONS AVAILABLE

- Polarity
- Foot Reflexology
- Rolfling
- Lymphatic Healthcare
- Massage
- Cranial Sacral Therapy
- Acupressure
- Stress Management
- Reiki
- Myofascial Therapy
- Energy Balance
- Acupuncture
- Herbal Counseling



The Heart Of It All

Mary Jo Ruggieri, Ph.D., RPP

The foundation of all good health lies within the function and operation of an individual's lymphatic system. Those pesky nodes, when stressed out, will swell in your neck, especially behind the ear, and will make it impossible to swallow.

The lymphatic system, according to the *Lymphatic Anatomy Workbook*, is a series of vessels, structures and organs that collect fluid throughout the body and return it to the main circulation for distribution. The lymphocytes function in the immune process; the fluid draining through the lymphatic system is lymph. The clusters of lymph nodes, almost like a bunch of grapes, are located throughout the lymphatic vessels.

These nodes provide a filtration system for the body. They contain the all-important T-cells that eventually will fight for your life. **It's a well known fact that a highly functioning lymphatic system can handle even the toughest invaders in your body—cancer!!**

It is important to remember that the immune system is your main defense for healing and long-term immunity to diseases. **The immune process and your entire body's defense mechanism is located in the lymphatic system, a system we hardly pay attention to until it's in a state of trauma or stops functioning properly.**

When bacteria, viruses, foreign chemicals and environmental pollutants enter the body, the lymphocytes, the body's "little soldiers," begin preparing for war! **But this war doesn't depend upon a large defense spending.** It is a natural part of our everyday internal healthcare—the Physician within. When these soldiers are activated, they secrete large quantities of antibodies. These antibodies move into the sites of the virus or bacteria or even cancer cells and begin to engulf and destroy the disease or abnormal cells.

It doesn't take much to understand who runs the show in our human biological house. The lymphatic system is a sure bet. It is the only thing that really lets us function and live a normal life in a germ-infested world. The body

houses hundreds and hundreds of lymph nodes, which are located everywhere imaginable. If we are to keep our lymphatic system functioning, we must be aware of its locations:

Head and neck: Under the jaw, behind the ears, back of the neck, base of the skull, around the eyes, side of the cheek, and the floor of the mouth.

Chest: Shoulder area, under the armpits, breast or the mammary glands, clavicle, or collar bone area, along the upper arm extending into the elbow and all along the sternum.

Stomach: Nodes sit on the stomach, the colon and all major organs like the liver and kidneys.

Lower body: Groin area, pelvic girdle and all through the inner thighs. They even go along the spine in many areas.

The lymphatic system functions properly only if it is kept in good working order. Surprisingly, the lymphs are easy to care for, especially if you become aware of how they function.

Exercise is a key factor:

- Walking, biking or any cardiovascular work. Both the cardiovascular and the respiratory system are tied into the lymphatic system.
- Get a mini trampoline and jump on it for five to 10 minutes daily. Great for pumping leg lymphs.
- Sit-ups and push-ups.

Self-help techniques:

- Constantly do self massage - - under your jawbone, under your eyes, behind your ears, squeeze the muscles under your armpits and along the side of your neck.
- If a node is swollen or hard to touch, work around the area, not directly on it.
- Brush your skin. It is good to use a dry vegetable brush daily on your entire body, stroking toward the heart.
- Meditate. Stress suppresses immune function.

Bodywork Energy Balance:

- Polarity lymphatic balance uses key acupressure points to help the body

move fluids and create good energy flow.

- Lymphatic massage manually drains the lymphs and helps promote positive movement.
- Lymphodema, especially after surgery, should be attended to immediately through bodywork.
- Foot reflexology will stimulate certain lymphatic reflexes and help promote positive movement.

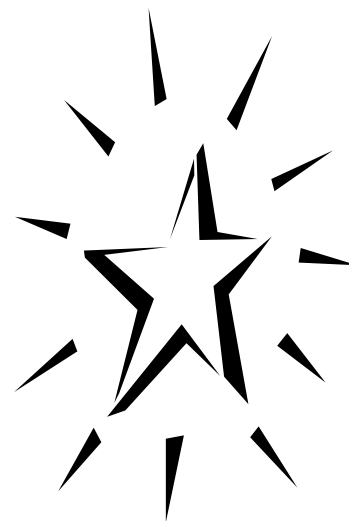
Personal cleansing:

- Fast regularly - - drink green juices or fresh carrot juice which flush the lymphs.
- Do a colon cleanse. Work with a holistic health practitioner to set up a program to cleanse your digestive system.
- Sweat. Soaking in hot tubs helps release fluids/toxins from the lymphs.
- Eat good fats -- avocados, olive oil, almond oil.
- Drink water every hour on the hour.

Specific herbs for immunity:

- Echinacea, golden seal, garlic for surface immunity.
- Ginseng, licorice, astragaluse for deep immunity.

The healthcare of the lymphatic system is truly the "heart of it all." Your Best Defense is a *progressive* Offense: Your Lymphatic System!



Progesterone Versus Estrogen

Judy Boyer, RPP

The symptoms of menopause may be greatly reduced naturally. Women now have alternative, holistic choices.

The fall of progesterone levels at menopause is proportionally much greater than the fall of estrogen levels. While estrogen falls an average of 40-60% from baseline, the decline of progesterone level is twelve times greater, according to endocrinologist Jerilyn Proor, M.D.

What is the important of progesterone?

According to John R. Lee, M.D., and denoted in his book, "What Your Doctor May Not Tell You About Menopause," the important functions of progesterone are:

- Maintains the secretory status of the uterus's endometrium (inner lining)
- Serves as the natural diuretic
- Aids in fat metabolism for energy

- Serves as a natural antidepressant
- Aids in thyroid hormone action
- Helps to normalize blood sugar levels
- Promotes bone formation and protects against osteoporosis
- **MOST IMPORTANTLY**, progesterone protects the body against the undesirable side effects of unopposed estrogen.

Estrogen, when not in balance with progesterone, increases the likelihood of:

- Fibrocystic breasts
- Uterine fibroids
- Uterine cancer
- Breast cancer

Restoring proper progesterone levels equals hormonal balance and decreased risk of the medical disorders noted above as well as other meno-

pausal symptoms such as hot flashes, insomnia, mood swings, etc. The symptoms of menopause may greatly be reduced without all the side effects that are more commonly experienced by women participating in the standard hormone replacement treatment (HRT). Women now have alternative, holistic choices. Amongst those choices is the option to utilize a natural, balancing cream called PhytoProlief.



Quality Healthcare Products Available at Columbus Polarity

- Easy Access
- Discount Prices
- Designed to meet your needs
- Organic and Specially designed herbal tinctures by Charoula Dontopoulos.

PhytoProlief Cream contains the following phytoestrogenic herbs:

- Black Cohosh
- Dong Quai
- Red Clover
- Licorice
- Chaste Tree Berries
- Ginseng
- Alfalfa
- Evening Primrose Oil

If you are currently on prescription medications or under medical supervision, always consult your personal physician before electing to implement other treatment options. Massage, Polarity Bodywork, Reflexology and Acupuncture are also a great alternative when going through menopause.



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Judy Boyer
Hanna Calef
Barb Arnold
Darlene McCoy*

New Center Hours....!

Mon—Fri 8:00 AM—8:00 PM
Saturday 10:00 AM—2:00 PM
Sunday—By Appointment

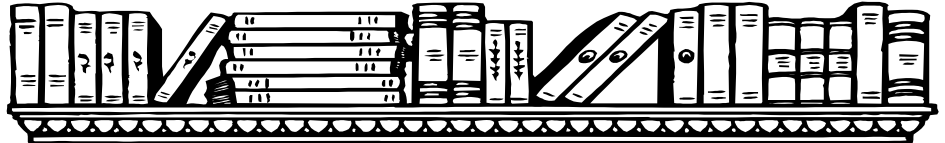


Meet The New Faces at The Center

Barb Arnold, BS, APP, is the new **Director of Education** for the Ohio Institute of Energetics and Bodywork. She is a **Certified Associate Polarity Practitioner (APP)**, and she is registered with the American Polarity Therapy Association (APTA). Barb is also a nationally **Certified Massage Therapist** and will be providing sessions at the Columbus Polarity Center. Barb hails from Wisconsin and holds a Bachelor's Degree in Fine Arts from Cardinal Stritch University, Milwaukee, WI. Barb's interests are in aromatherapy, herbs and organic gardening.

Arlene Richman, BS, APP, is registered with APTA and is a founding member of the Ohio Polarity Therapy Association. She is advancing her training by participating in the advanced Registered Polarity Practitioner (RPP) program at O.I.E.S. Arlene uses Reiki and Reflexology in her practice and has a focus in Ayurvedic nutrition. Appointments with Arlene can be scheduled Monday through Sunday. Arlene served many years as a professional Chef and pastry instructor at Columbus State Community College. Arlene is a Masters swimmer and Certified ToastMaster (CTM).

Sally Collamore, BME, RPP, provides Polarity Therapy and Reflexology sessions at the Center, Monday - Sunday. Sally is a graduate of Baldwin Wallace College and the O.I.E.S. APP and RPP programs. She assists with coordination and instruction of the O.I.E.S. APP program. Sally specializes in working with children, especially those with learning difficulties and specific structural imbalances such as back problems, carpal tunnel syndrome and foot disorders.



Healthy Choice Seminars

Self-care seminars and sessions provided by the experienced Practitioners from The Columbus Polarity Center. Each seminar includes educational handouts and preventive healthcare information. Cost: \$35.00

Classes will be held at 1253 North High Street.

Upcoming Topics, Dates and Times

Foot Care	Carpal Tunnel	Use of Herbs
Wed, Nov. 12	Wed., Jan. 14	Sat., Feb. 7
6:00 - 9:00 PM	6:00 - 9:00 PM	10:00 - 2:00PM

**To Register: Please call 299-9438 or
Email: octavia.sias@columbuspolarity.com**