



Columbus Polarity. CENTER

Integrative Health & Wellness

Columbus Polarity Center for Integrative Health and Wellness

***Monthly Newsletter: August 2004
Volume I Issue E***

Please pass this newsletter on to associates and friends. We would greatly appreciate it. If you do not want to receive this newsletter via e-mail, please return with the word “unsubscribe” in the subject line. Anyone can subscribe to our CPC newsletter, which will come out monthly and include current info, articles about health and wellness, current events, classes and seminars.

Columbus Polarity Center specializes in complementary therapies and holistic healthcare. There is a wide range of qualified practitioners available for Polarity Therapy, Cranial Sacral, Rolfing, Reiki, Herbal Therapy, Aromatherapy, relaxation massage and Massage Therapy by LMTs. Our practitioners work with an integrative healthcare focus and often will provide the client with various options that will meet their needs. Many of the practitioners work together to provide the best preventive care for the client. Please check our website www.columbuspolarity.com for more details.

Practitioners at Columbus Polarity are not medical doctors, nor do they diagnose or treat illnesses or prescribe any type of medications. For medical needs consult your physician.

Healthy Tidbits

Hidden Danger In Your Diet

Hidden fats in cereal, popcorn, potato chips, and fast foods are unseen but deadly! They are found in almost half of all grocery store food including products regarded as “healthy”. These “bad” trans or partially hydrogenated fats also interfere with enzyme activity leading to inflammatory conditions. IF you obtain symptomatic relief from taking any NSAID (non-steroidal anti-inflammatory drug – aspirin, naproxen, or ibuprofen) it is

possible that a fatty acid imbalance is the root of your problem. READ THOSE LABELS! - K. J. Nazar, DC

Feng Shui

Feng Shui (pronounced fung shway) literally means “wind” (feng) and “water” (shui), and is the Chinese name for intuitive, practical art that seeks to bring people and their environment into the most positive relationship. Feng Shui experts are skilled at identifying chi (energy flow) and are able to determine where one will live the most healthy, productive, and prosperous life. Being receptive to the environment the feng shui expert can analyze physical settings best suited to keep you balanced. Feng shui evolved from the simple observations that people are affected by their surroundings, the layout and orientation of their workplaces and homes. - P. Sink
For more information, e-mail Arc Ancient at “arcancient@netlink.net”.

Need To Get The Blood Flowing

Eat a handful of walnuts. A new clinical study from the University of Barcelona shows that walnuts, in addition to lowering cholesterol, improves artery elasticity. Unlike other nuts, walnuts are rich in alpha-linolenic acid, as well as the amino acid L-arginine and vitamin E. - P. Emanoil (*Circulation*, 2004, vol. 109, no. 13)

Sleep Off Cancer

Getting a good night’s sleep may be an important cancer treatment. Recent evidence from the Stanford School of Medicine suggests that female cancer patients who maintain a normal sleep/wake cycle build better host defenses against the disease. (*Brain, Behavior, and Immunity*, 2003, vol. 17, no. 5). Researchers believe that the body’s production of melatonin counteracts free radical compounds and limits the ovaries’ production of estrogen, which can cause cancerous cell division. Disrupted sleep patterns interfere with normal cortisol cycles – the hormone cortisol helps regulate immune system activity including cells that fight off cancer. - S. Toland

Ask Your Doctor!!!

Ask your doctor three questions about medications:

1. Does my age, sex, weight, or height affect the standard dosage of this medication?
2. What are the serious side effects of this drug, and what would need to be done to counter those side effects?
3. Could this medication interact with any other medication I am taking?

* This advice is from C. Dumas, DDS and K. Soden, MD. The resource they recommend for more information on medications is “www.healthsquare.com”.

Miracle Of Vitamin D

According to the Mayo Clinic Women’s Healthsource August 2004, vol. 8, number 8:

- Lack of Vitamin D may be linked to muscle pain
- Vitamin D supplements may reduce risk of multiple sclerosis
- Vitamin D may help prevent rheumatoid arthritis

More specific details next month!

New Wellness Classes

Energy Movement

Energy dance-fun movement to enhance flexibility and strength. **“A Healthy spirit resides in a healthy body.” Dance with your spirit.** Energy movement works with the 5 basic elements of life, **Ether, Air, Fire, Water and Earth.**

Benefits of Energy Movement:

- Spinal Flexibility
- Joint balance
- Muscle Strength
- Release stress and tension
- Balances the Chakras

Join Irina Tatarintseva, MA, APP who brings this new system of energy dance to us from her studies in the Ukraine. Every Wednesday evening 5:30-6:30 at 1253 N High Street. Parking in rear of building. Cost is \$10 per class. All ages welcome and no experience is required. Polarity CEU’s available.

***** THIS IS A HAPPENING EVENT!!! *****

Educational Seminars

Polarity Therapy Training

POLARITY & ENERGY CERTIFICATION PROGRAM: ASSOCIATE POLARITY PRACTITIONER TRAINING

*Professional CEUs available for Physical Therapists, Occupational Therapists,
Chiropractors, Activities Professionals, and Nursing!*

Learn the Basics of Energy Medicine plus:

- Acupressure Points
- Stretching Techniques
- Gentle Rocking
- Stress Release Work
- Pressure Sensitive Touch Based on Energy Flow
- Element Balancing within the Body

Columbus Classes:

Level I: August 28 & 29
Level II: September 18 & 19
Level III: October 16 & 17
Level IV: November 20 & 21
Level V: December 11 & 12
Level VI: January 15 & 16

Cleveland Classes:

Level I: September 24, 25 & 26
Level II: October 22, 23 & 24
Level III: November 20 & 21
Level IV: December 17, 18 & 19
Level V: January 21, 22 & 23
Level VI: March 4, 5 & 6

Cost: \$395 per level; materials extra

If you wish, you can just take Level I as an individual seminar!!

For more information, please visit our web site at www.ohioinstitute.com, or call us at the Columbus Polarity Center or the Ohio Institute of Energetic Studies and Bodywork at 614-299-9438.

* Courses registered by the Ohio State Board of Career Colleges and Schools (Reg. #00-01-1528T)

Special Class:

Energetic Food Awareness, Ayurvedic Nutrition Concepts

LEARN HEALING COOKING TECHNIQUES

Join Shila Wilson, RPP, RCST – Master Ayurvedic Teacher, former Director of Kripalu for Ayurvedic Nutrition Management.

Saturday, September 11, 2004 10:00 – 5:00 (1 hour lunch)

Sunday, September 12, 2004 8:00 – 4:00 (Cooking Ayurvedic/Indian Healing Meals)
(11:30 – 3:30 will be lunch)

Cost: \$350 for both days
\$15 for materials

RPP Hours and CEUs

Learn:

- Ayurvedic principles of nutrition
- Concepts of health building
- Concepts of detox
- Polarity concepts of the elements and related foods
- Food qualities
- Integrative energetic food awareness with clients
- Food preparation

LEARN THE ENERGY OF FOODS!!

Polarity and energy training schools under the Ohio Institute of Energetic Studies and Bodywork in Ohio are registered by the State of Ohio State Board of Career Colleges and Schools (Reg. #00-01-1528T). Call us for more information on how to become an Energy Practitioner!

614-299-9438 • www.ohioinstitute.com

Articles

Rolfing: It's All About Change!

by Michael Lucas

Change in life and in our bodies is inevitable. Every second in the human body, 80 million cells are regenerated and replaced by new cells. We have a completely new and totally regenerated body every seven years. The question is how can we create a positive body image as we change?

Humans change and develop based on what happens in their lives, this change creates our body's shape and patterns. From a mechanical perspective, the remarkable plasticity of the body and the connective tissue that envelops the muscles, organs, and bones, is responsible for the way our bodies take shape and are molded. The primary force of body shaping comes from a genetic code and repeated lifestyle patterns. On top of this we have many life experiences, such as accidents and traumas, physical, emotional and psychological, which also affect the shape of the physical body. All of this over time can move the body away from feeling comfortable.

A body that becomes unbalanced creates potentially destructive responses. On a purely physical level it loses mobility and range of motion. The whole body can then be compromised and will compensate by creating pain on a daily basis. Also physiologically, our lymph, circulation, nerve impulses and breathing systems, can become restricted as we become more unbalanced, all contributing to a spiraling affect of poor health. The range of problems that result can be mild physical discomfort, aches and pains in the body, to life-threatening diseases.

One of the ways that we can change to help bring us back into balance is through a bodywork modality called Rolfing, which is structural integration, named after Dr. Ida Rolf, its founder. Rolfing is a series of bodywork and movement education sessions designed to bring an unbalanced body back into balance using gravity. By doing so you can often get rid of chronic and acute pain in the body as well as improve the overall health and vitality of your body. There are 10-15 sessions in a basic series.

For more information contact:

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SPONTANEOUS HEALING

by Mary Jo Ruggieri

The mind and the body are not separated and emotions influence physical health. Thoughts or self-talk set the stage for how the body will perform. “Our minds possess the power of healing pain and creating joy. If we use that power along with proper living, a positive attitude and meditation, we can heal not only our mental and emotional afflictions but even physical problems”, says Tulku Rinpoche, a Buddhist scholar.

Within the actual process of living – we automatically heal.

The healing system is always one step ahead: it is always there and will clearly operate, determined to restore balance. All we have to do is become aware of our own internal healing capabilities.

Our system will repair itself whenever it becomes damaged and actually does a good job in covering up the affects of most traumas.

We also have an internal system of rejuvenating our bodies. If we become fatigued from fighting a cold, or have gone through chemotherapy, for example, our physical body will correct the problem.

Nerves will regenerate, poor vision can often be corrected given the proper stimulation, a broken bone will mend itself and your immune system packs a mighty punch when needed.

Andrew Weil in his book *Spontaneous Healing* cites several basic activities of the healing system:

- **Healing is an inherent capacity of life**
- **The system operates continuously and is always on call**
- **The system is diagnostic and will recognize damage**
- **Damaged structure will be removed and replaced with normal structure**
- **The system will direct moment-to-moment corrections that maintain normal structure and function.**

Advances in mind-body medicine in the past decade have been enormous. The power of positive thinking as coined by Norman Vincent Peale was just the tip of the iceberg. His famous process for building a sound life on a positive mental attitude was a model for future mind-body science. Further study opened the door to the wonderful world of meditation, visualization and affirmations. Yoga, self-esteem classes, biofeedback, cranial-sacral balance, Gestalt Therapy, and Process-Oriented Polarity Therapy directly relate to the understanding of how the mind influences healing.

Many cases have been reported on the nature of what is now being called Spontaneous Healing. The medical profession often uses the term spontaneous healing when it cannot

explain the nature of a sudden cure that was impossible to heal through current medical science.

The role of the mind in healing is profound. Once the mind-body connection is absolutely accepted by medicine there will be no limits placed upon the potential of true healing. Western medicine has just begun to understand what ancient healing systems have known for centuries – **why the mind is so important in healing!**

Daniel Goleman edited a book called Mind/Body Medicine that makes the scientific case for the connection between mental and emotional states and people's physical state.

Goleman concludes that our emotions affect our physical health as well as our psychological health.

Here are a few basic tidbits of information for focusing the mind to heal. **Develop concentration, visualize clearly, be mindful in your daily activities, learn the artful law of detachment, resolve negative thoughts and whenever possible, breathe deep and meditate. This may be a good time to enroll in that yoga class you've always wanted to take!**

As the Buddhists say, the journey of one thousand miles begins with the first thought. Realizing that you have billions of cells in your body that are capable of generating mountains of healing energy – so enjoy!

Glossary

The Glossary is a tool for educating people who wish to make informed choices about Holistic Health care.

***Compiled by the Art of Well Being. info@artofwellbeing.com**

ACCUPRESSURE

is a form of bodywork in which the practitioner uses thumbs, fingers, and/or palms, and elbows to energize points along the Chinese energetic meridians of the body. The touch can be light holding to direct energetic, point-specific work. Popular forms include shiatsu, jin shin do, and polarity.

ACUPUNCTURE

is an ancient Chinese system of healing that views health as the balance within an individual's healing energy, or chi. Acupuncturists help chi move along pathways, known as meridians, that connect various organs and systems within the body. The uninterrupted and balanced flow of energy along these meridians contributes to one's overall health. However, blockages and imbalances of chi result in pain and illness. The acupuncturist inserts very fine, sterile needles at specific acupuncture points along the meridians to redirect and reposition the flow of energy. Instead of or in addition to needles, small rolled-up cones of moxa, the dried leaves of the mugwort plant, are often placed on the point and burned until heat is felt.

ADVANCED STRAIN AND COUNTERSTRAIN

is a Myofascial release method for smooth (involuntary) muscle tissue using specific positioning and directional pressure from the therapist. Through ASCS it is possible to directly affect and improve conditions caused by autonomic nervous system disorders.

ALEXANDER TECHNIQUE

uses hands-on guidance and verbal instruction by the practitioner to teach simple, efficient ways of moving. This is a means of improving balance, posture and coordination, and relieving pain. It was developed by actor F. M. Alexander after he concluded that his poor posture was responsible for his own chronic voice loss.

AROMATHERAPY

Aromatic oils from plants are used on the skin, inhaled, or mixed into bathwater. Specific oils, or combinations of oils, are employed to give specific effects such as calming, pain relief, or energizing.

ASTROLOGY

charts the interrelationships between an individual and the heavenly bodies in order to understand the cosmological influences on individual fate. In a Natal, or Birth Chart, the astrologer takes one's date and time of birth as the starting point. The configuration of the planets and stars at the moment of birth determines one's basic life story – inclinations, strengths, and weaknesses. The resulting chart is used to understand and better respond in general life issues as well as particular situations.

ART THERAPY

uses art-making processes to engage emotional and psychological issues. Both the physical act of making and the image/content of the work can express and heal trauma and visualize desired outcomes. Oftentimes creating art allows a much more direct access than words to uncomfortable feelings, memories, and ideas.

AUDIO NEUROTECHNOLOGY

Recorded soundtracks of soothing music are combined with specific frequencies of pulsed binaural sound (a different frequency into each ear via headphones). It modifies the brainwaves to create meditative states.

AYURVEDA

is the ancient traditional healing system of India. More than 5,000 years old, Ayurveda is the science of developing health, vitality and harmony within our body and environment. Ayurveda teaches how to keep the physical body healthy, and how this health relates to our spiritual journey. The results of diagnostic procedures, such as mind-body typing (pitta, kapha, vata) and pulse analysis, are employed to develop an optimized lifestyle of dietary habits, herbal supplements and physical and meditative practices.

* More to come each month!