



Columbus Polarity. CENTER

Integrative Health & Wellness

Columbus Polarity Center for Integrative Health and Wellness

**Monthly Newsletter: September 2004
Volume I Issue F**

Please pass this newsletter on to associates and friends. This is greatly appreciated.

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

Bad Gums and Heart Attacks

According to Alan Winter DDS people who have had heart attacks or strokes are more likely to have untreated periodontal problems. Bacteria unique to periodontal infections have been found in the coronary arteries of heart attack victims. Basic thought is when periodontal infections are untreated bacteria moves and produces inflammation in heart

arteries, which causes blockage and can, set up a heart attack or stroke. So keep up on getting those teeth cleaned twice per year and Floss!!

Nettie Pots for Sinus Infections

A small ceramic, long spouted, teapot called a Nettie pot can be your solution to any sinus infection. Used in India for centuries, a Nettie pot can be filled with a little sea salt or liquid chlorophyll (a natural antiseptic) and slightly warm water. Then by tipping your head sideways and placing the thin spout into one nostril lift the pot so it pours into one side of the nose and out the other (don't forget to stand over a sink). This flushes the sinuses. It is simple and effective. It completely cleans bacteria from the sinus cavity and doesn't allow it to sit and become an infection. So want to prevent the sinus irritation and a stuffy nose use the Nettie pot.

To see a picture of the pot go to www.columbuspolarity.com to the online store.

Need a New Career?

The department of labor predicts a 26% increase in the number of health care jobs by 2008!! The increase is expected to continue for another 50 years. Holistic Healthcare and Complementary Alternative Healthcare will be at least 30 – 40% of the increase in this thriving market. According to the NIH (National Institute of Health) the number of Americans using Alternative Therapy rose 33% in early 1990's to over 48% in 1997 – 1999!! So Americans are spending their dollars on holistic healthcare, preventive healthcare and alternative therapies.

Need a new career that will give you job security for the next 50 years? Try getting certified in some alternative therapy; Polarity Therapy, Massage, yoga, meditation, you may have a long-term position!!

Get Good Carbs not Bad Carbs!!

Mayo Clinics Woman's Healthsource Information Newsletter June 2004 suggests that the Low Carb craze is everywhere. But the truth is, there are good carbs and there are bad carbs. Fiber ranks among the good carbs and a high fiber diet may reduce your risk of diabetes, high cholesterol, and coronary artery disease.

Two types of fiber

Insoluble fiber: speeds food through the digestion tract and promotes bulky stools.
Examples: whole wheat breads and cereals, bran, nuts, vegetables, and fruits with edible seeds such as strawberries.

Soluble Fiber: forms a gel-like material as it passes through your digestive systems. Absorbs water to promote soft, bulky stools and helps lower cholesterol. Examples: oats, legumes (dried beans), barley, apples, and citrus fruits.

Though you maybe avoiding carbs but for your own health don't forget the fiber!!

Ginkgo Biloba: Like Road Runner for your PC

Clinical studies have shown Ginkgo Biloba to be effective for the following conditions:

- Insufficient blood flow to the brain
- Dementia
- Depression
- Neuralgia
- Premenstrual Syndrome
- Loss of Short Term Memory

According to Dr. Michael Murray, Naturopathic Physician (who recommends Ginkgo Biloba to all his clients over the age of 50!!), Ginkgo helps the cells of the body function optimally.

Every Cell of the body has an electrical charge that maintained by a pump that transports potassium in and sodium out of the cell. Ginkgo has been shown to enhance the activity of this pump leading to a better electrical charge. So Ginkgo stabilizes cell membranes and detoxes the body of free radicals and the effects are most evident in the brain and nerve cells.

Forgetting your friends names, or slow on the draw to remember those things you once had on the tip of your tongue?? Might be time for Ginkgo Biloba. – *Vital communication June 1999*

Black Tea Lowers Cholesterol

Elevated cholesterol may be impacted by the antioxidants in black tea. The properties of black tea may subsequently lower the risk of heart attacks and strokes. – *Daves M.J. at al(2003) (Research on black tea) Journals of Nutrition*

*Organic Black Tea has optimal antioxidants

Grape Juice Linked to Lower Blood Pressure

Drinking a glass of grape juice daily can significantly reduce blood pressure. Studies conducted by Dr. Kevin Mahi showed that using Concord grape juice increased blood flow and improved blood vessel dilation.

For more information on your holistic health care needs go to www.columbuspolarity.com and visit our online store.

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 (two day into classes & CEU's)

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 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!!

Separate level I programs for CEU's. Theory and Basic Principals of Polarity Therapy and of Science of Energy Columbus dates September 25 and 26, October 23 and 24, and November 13 and 14.

FYI

For more information on holistic health education and training for Polarity please visit our new web site at www.ohioinstitute.com and click on the education button, 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)

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

Avoiding the Risk of Serious Heart Condition

by *Charoula Dontopoulos*

- 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, and meditate daily. Chronic Stress may elevate blood pressure levels.
- Get plenty of sleep; eight or more hours nightly. Maintain 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.

For more info on Herbs email Charoula at Charoula@columbuspolarity.com

For more information contact:

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Medicine's Future

by Mary Jo Ruggieri

Complementary alternative health care is here to stay. Or maybe it never left. When our grandmothers insisted upon drinking chamomile tea for an upset stomach, or warm milk with honey for a good night's rest, did they know something we didn't, or have we just forgotten the simple and natural approach to good healthcare?

Pick up a magazine at any bookstore or supermarket and you will see, flashing before your eyes, every healthcare topic imaginable: Amazing New Discovery Stops Arthritis; Rebuild Your Joints With Glucosamine, Use Antioxidant Vitamin C, E and Beta Carotene to Combat the Effects of Aging.

The reality is that consumers are using alternative therapies, holistic and integrative health care, homeopathic, herbal remedies and mind/body practices in overwhelming numbers. The consumption of organic foods, and the use of some grassroot therapies such as Bach flowers, aromatherapy and essential oils have reached an all-time high.

The increased use of complementary and alternative healthcare practices, I am sure, is not just a passing fancy. In essences, they work, and there are no invasive side effects involved. **Complementary and alternative healthcare along with alternative medical techniques will reshape healthcare in the 21st century.**

On July 13, of 2000, former President Clinton announced the appointment of Dr. James Gordon, director of the Center for Mind-Body Medicine, as the chairperson of the White House Commission on Complementary and Alternative Medicine (CAM) Policy. This commission provided a report to the president on legislative and administrative initiatives, in order to maximize CAM healthcare to all Americans.

“Almost half of all Americans implement some form of complementary and alternative healthcare,” said Gordon. **He noted that 69 percent of cancer patients are using these therapies and 74 percent of cancer patients are interested in learning more about them, he added that within five to ten years, complementary therapies will be part of the care in every major hospital and clinic across the country, and our definition of medicine will be larger than it is today.**

Imagine, for a moment, coming out of a surgery with soft harp music being piped into the recovery room, vitamin C being added to the intravenous drip while your massage therapist or your polarity practitioner begins slowly working specific points on your sore feet. Add a gentle aromatherapy scent, designed to help you wake up, without feeling nauseous, and you may have an idea of what is coming in the future.

Another group concerned about understanding the wide use of CAM therapies was the 11th International Conference on Woman's Health Issues. Surveys and research project,

presented at this congress pointed out that most women who have breast cancer seek alternative therapies. One study found that more than 70 percent of breast cancer patients combine traditional medicine treatments with alternative therapies like acupuncture, herbs, bodywork, prayer, and nutritional supplements.

The study also found that only about a third of the women surveyed shared their alternative treatment choices with the physicians. But, almost all women discussed their medical treatment choices with their alternative practitioners. Women said they felt that either their doctors weren't interested in their alternative treatment choices or they were afraid that their doctors would respond negatively.

As we look into the future of our total healthcare system, we can predict, without question, that more centers will emerge that are completely dedicated to a complementary and integrative approach to wellness and healing. More organizations such as the Center for Mind-Body Medicine will surface, providing educational tools dedicated to reviving the spirit and transforming the practice of medicine. Programs that combine the best of modern science and ancient wisdom- many of which are currently in place- will emphasize self-help care, empowering people to understand their own capacity for healing, encouraging them to look to more natural healing choices, and teaching how to use non-invasive therapies as a preventive tool. **Yes, complementary alternative healthcare is here to stay.**

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**

BIOFEEDBACK

Uses electronic devices to monitor and to assist learning to control involuntary body processes, including blood pressure and pulse rate, as a way of modifying emotional states such as anxiety or depression. Galvanic biofeedback measures the skin's electrical conductivity while brainwave biofeedback monitors the different wavelengths of brain activity.

BIOFIELD

The electro-magnetic field created by all living organisms. Referred to as "animal magnetism" by Franz von Mesmer, an Austrian physician who investigated and popularized energy healing in the late 18th century.

BIOFIELD THERAPEUTICS

Healing science, healing touch, SHEN therapy, therapeutic touch, and "medical chi gong".

BIO-MAGNETIC TOUCH HEALING™

Is a simple, hands-on healing technique in which practitioners use the first two fingers of both hands to lightly touch specific points on the body. The light touching of the correct points enhances the body's natural healing ability. This simple, easily learned technique complements other health care programs, and is effective from the first time one uses it.

BIO-MECHANICS

Is a gentle yet powerful form of bodywork that results in the proper alignment of the body's sacrum. Since the sacrum is the center of gravity of the body, this can in turn result in total body alignment. Additionally, this can unblock base chakra energy and release stored traumas and toxins from the body.

BIOSONIC REPATTERNING™

A branch of energy medicine that uses music and sound modalities (tuning forks, toning, mantras, chanting, music and improvisation) to promote healing. It is the process of tuning into and aligning our natural rhythms with our "LifeSound". The principles of BioSonics are used to interface with and enhance Cranial Balancing.

BODYWORK

Encompasses many practices that utilize manual manipulation of the body. Techniques include massage, acupressure, energy work, movement, structural work, deep tissue massage and other therapeutics to induce relaxation, increase circulation, treat pain and stiffness, and to break up chronic patterns of muscular tension.

BOWEN THERAPY

Bowen Therapy employs gentle manipulation of tendons, nerves and muscles, releasing a cascade of neuro-muscular responses, resulting in a rebalancing of the whole body.

BRAIN GYM

Is a system of developmental movements that reduces stress and integrates the hemispheres of the brain to enhance and accelerate the learning process. When the mind-body connections are integrated, academic performance improves, confidence and self-esteem increase, and behavioral problems are reduced or eliminated. Brain Gym can help children learn to read, write, and otherwise function effectively in the classroom. The program is also used effectively in business, sports, and the arts.

* More to come each month!