



Columbus Polarity. CENTER

Integrative Health & Wellness

Columbus Polarity Center for Integrative Health and Wellness

***Monthly Newsletter: July 2004
Volume I Issue D***

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

Edible Flowers

Need some extra Vitamin C in your diet? Well, mosey out your back door and munch on some daylilies! Daylilies, marigolds, dandelions, pumpkin flowers, pansies, and nasturtiums are appearing in mainstream food centers. Can you believe it?!

According to Elaine Glusoe in “Petals on a Platter”, many of these petals contain high concentrations of vitamins and minerals, such as phosphorus in dandelions and potassium in pumpkin flowers. She says that the most vibrantly colored types, like nasturtiums and marigolds, boast free radical fighting antioxidants. Press a few posies into soft cheese, put them in salads, or float your favorite blossoms in chilled soup.

Now you have an alternative to popping all of your vitamin pills!!!

Relieve PMS Symptoms

Chaste-Tree Berry

- Helps balance the hormones estrogen and progesterone
- Reduces bloating
- Can be used safely

Reported by M. Castleman

Magnesium

Harvard University Researchers say “the more magnesium in your diet, the less likely you are to develop type 2 diabetes”.

Foods rich in magnesium are:

- Shrimp
- Avocados
- Almonds
- Whole grains

* Taking extra magnesium tablets is also recommended. Taking higher levels than recommended is best!

Two-Minute Stress Buster

- Sit in a straight-back chair, feet resting comfortably on the floor. Close your eyes, and breathe in through your nose in 4 equal breaths. Hold the breaths for a few seconds, then exhale out, through the nose or mouth, with two strong exhales. Repeat four inhalations and 2 exhalations for one to two minutes. Then relax and breathe normally.
- Using your thumb, block off your right nostril and breathe in and out in slow equal breaths through your left nostril only. Reverse the process and breathe only out through your right nostril. Repeat three to four times on each side for 20- to 30-second cycles. Relax breaths, and breathe normally.
- Relax in a comfortable chair and put your feet up on a stool. With your feet hanging, slightly off the stool, draw the alphabet in the air with both feet. Carefully outline each letter – A through Z – using large circular movements.

- Natural face lifts!! (Repeat ten times.) Squint your face, close your eyes tightly, and tighten our jaw – hold for 6 seconds. Then quickly open your mouth wide, open your eyes as far as possible, and stretch your tongue out as far as possible – hold for 6 seconds. Repeat this series four to six times, then relax your face.

Enjoy and use your Two-Minute Stress Busters as often as needed.

FYIs

- “400 IU of Vitamin E and 200 mcg of selenium daily can significantly reduce the incidence of prostate and other cancers.” – S. Marks, MD
- “For digestive problems, chew a fresh slice of ginger or make ginger tea. Eat good organic yogurt daily – it replenishes bacteria in the colon.” – A. Minocha, MD
- Fish that are high in mercury include tuna steak, swordfish, shark, and king mackerel.
- “Women ages 50 to 79 who walk briskly for at least an hour most days have 18% lower risk of breast cancer.” – A. McTierman, MD

Herbal Care for the Month: Healthy Cell

“**Healthy Cell**” by Wiseheart Herbals boosts the immune system, strengthens all immune action in the body, fights infections, and increases energy. A healthy immune system is the core to all quality health!

Healthy Cell is an organic herbal formula by herbalist Charoula Dontopoulous. It contains astragalus, reishi mushroom, osha, garlic, licorice, peau d’arco, ginger, milk thistle, schizandra, echinacea, Siberian ginseng, cayenne, myrrh, horseradish, turmeric.

Use Healthy Cell as preventive healthcare. Take 30 drops of this formula twice per day for 2-3 weeks, then take a week off of the formula. Repeat this cycle twice. The cost is \$18 per bottle, and you can order online at www.columbuspolarity.com or call 614-299-9438.

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.

Introduction to Polarity Therapy – *Certification course for CEU credit!*

- Learn a Basic Energy Balancing Session
- Enjoy some Energetic Exercises
- Discover the Basic Science of Energy
- Gather some Chakra Information
- Review Reflex Points for Stress Reduction

This course offers CEUs for nursing, physical therapy, occupational therapy, and activities professionals, and other fields are pending.

Level I Training for Polarity Certification

Dates: August 7 and 8, Columbus; September 24, 25, and 26, Cleveland

Times: 9:00 am to 5:00 pm

Cost: \$395

CEU Credit: 15 hours of CEUs available!!

Pre-registration is necessary to reserve your space. Call the Columbus Polarity Center or the Ohio Institute of Energetic Studies and Bodywork at 614-299-9438 or email us at energy@columbuspolarity.com.

Educational Seminars

Cranial Sacral Therapy

Basic Level Certificate Training!

Join us for a three-day training program in the techniques of cranial sacral therapy.

- This course is designed to assist the practitioner to gain the non-manipulatory, palpatory and clinical Cranio-Sacral skills necessary to practice and enhance their work in the cranial field.
- This concept allows the educated practitioner to support the human system in its exploration of moving from inertia to health.
- In addition to learning the applicable skill base, the curriculum includes relevant anatomy and physiology and exploration of the cranial nerves.

Certificates are given on completion of the class.

Instructor: Shila Wilson, RPP, RCST, is a nationally certified biodynamic cranial sacral therapy faculty member. She is a 25-year veteran of Ayurvedic medicine and is a former faculty member at Kripalu.

Dates: July 30, 31, and August 1

Times: 9:00 am – 5:00 pm

Cost: \$395 for tuition and \$18 for materials

**** Add Cranial-Sacral Therapy to your practice!***

Check the detailed brochure on the web site at the Current Events Button: go to www.columbuspolarity.com

Register by emailing energy@columbuspolarity.com or calling **614-299-9438**. You must register for classes since class size is limited – please register early. Classes are held at 1253 North High Street. Certificate will be given upon completion of class.

Articles

Wonder Drug

by Mary Jo Ruggieri

Steep it, boil it, use it as a cream. It prevents tumors from forming, reduces high cholesterol, helps digestion, inhibits the growth of prostate cancer, enhances the function of the immune system, and even promotes weight loss. It has thousands of years of use without any adverse effects and is one of the most researched substances in modern medical history! It comes from the camellia sinensis plant and its anti-carcinogenic effects come from the group of polyphenols called catechins.

If you haven't a clue what "it" is by now, read on.

Long used in China as a medicine, this wonder drug called **green tea** has been a source of great health benefits for centuries.

The monk Eisai who founded Zen Buddhism in Japan in 1211 wrote a book on the wondrous benefits of drinking green tea. He believed that green tea was a miraculous medicine with extraordinary power to heal and prolong life.

Thousands of years later, medical research centers, including The Ohio State University, have lined up their grants and research teams to study every possible aspect of the healing qualities of green tea. The major focus is how the "catechins" in green tea prevent cancer. Imagine cancer prevention in a tea cup!

In 1990, the Japanese Journal of Cancer Research reported that consumption of green tea lowered the risk of colon cancer. Other studies have clearly shown that two or more cups of green tea per day decrease the risk of pancreatic cancer by 60 percent. Laboratory studies reveal that the flavonoids of green tea (polyphenols or catechins) are primarily responsible for green tea's antioxidant properties. Green tea's antioxidant activity – more effective than the combination of vitamins C, E, and beta carotene – is the key to all the cancer prevention data.

Nadine Taylor, in her book *Green Tea*, explained ways in which the catechins in green tea may prevent cancer:

- Lowering the toxicity of certain carcinogens, reducing their cancer-causing potential.
- Interfering with the binding of cancer-causing substances to the DNA of healthy cells
- Antioxidants protecting the body against free radical damage

- Working with antioxidants and enzymes in the small intestine, liver, and lungs to prevent tumors from starting or activating.

The May issue of *Alternative Therapies in Health and Medicine* included an extensive research review on green tea. In this review, evidence was derived from data indicating that long-term consumption of green tea is without any adverse effects and may be associated with significant health benefits.

Because of its popularity, finding green tea is not a problem. Becoming a well-informed connoisseur of green tea is another story.

- Higher quality teas preserve their polyphenols. Choose one that includes tea leaf tips or whole leaves. If the leaf fragments are broken, the quality of the tea declines.
- Most high-quality green tea is yellow-green in color. Light green tea may have a more mellow taste.
- Specific names for specialty teas are Hyson, Gunpowder and Dragonwell. Sencha is a common green tea from Japan. Using organic tea eliminates any pesticides and toxic qualities.

Brewing a good pot of green tea is an art and essential to the quality of the process.

- Start with fresh, cold spring or bottled water and bring the water to a high boil.
- Place one teaspoon of loose tea per cup of water, or one tea bag, in a warmed tea pot.
- Pour the water over the leaves. Steep two to three minutes.
- When using a tea ball, only fill it half way; the leaves will swell during steeping.

Don't throw the used tea leaves away! Place the leaves around your plants, use as a mulch, for washing your face, as a disinfectant for minor cuts, soaking your feet, or, in your spare time, make a mixture of green tea and organic cream for facials.

For places to purchase high quality organic green tea, e-mail energy@columbuspolarity.com!

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