



# Columbus Polarity. CENTER

*Integrative Health & Wellness*

## **Columbus Polarity Center for Integrative Health and Wellness**

***Monthly Newsletter: June 2004  
Volume I Issue C***

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](http://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**

#### **Oncology Discovers CAM**

According to Oncology Issues, a publication of standard oncologists talking to standard oncologists, “CAM therapies work harmoniously with traditional oncology treatment and can relieve some side effects of chemotherapy and surgery, boost the immune system, and relieve stress.” Oncologists of note have also stated that “the majority of oncology

practices are not effectively integrating complementary therapies, despite the fact that doing so can benefit patients and help improve patient satisfaction...

### **B6 in Prevention of Heart Attacks**

“Enough Vitamin B6 Reduces Heart Attacks in America by Seventy Percent”

(J. Hattersley 2002)

A large but generally ignored body of research shows that vitamin B6 possesses important infection-fighting capability. Further, a systemic inflammatory condition explains many heart attacks in clean arteries. B6 antioxidant vitamins appear to help alleviate this.

(L.J. Ignarro, M.D., Nobel Laureate 1998)

### **Coenzyme Q10 Cover-Up**

“Discovery – cholesterol lowering drugs deplete the body of a nutrient vital to a healthy heart and body – Coenzyme Q10.” – M K Salaman

According to Maureen Kennedy Salaman, President of National Health Federation, “Depriving the heart of coenzyme Q10 is like removing a spark plug from your engine – it just won’t work. Low levels of Co-Q10 are implicated in virtually all cardiovascular diseases, including angina, hypertension, cardiomyopathy, and congestive heart failure.”

It’s time to understand the side effects of some of these drugs! Supplementing CoQ10 to offset this potential damage of cholesterol-lowering drugs may be wise.

### **Check Out That Salmon!**

According to Bottom Line Health (Spring 2004), “if you buy salmon at the supermarket, chances are good that it doesn’t come from the sea but from a fish farm!”

And guess what? “Farmed-out salmon is anything but healthy”.

Here’s the scoop:

- Farmed salmon are hatched in plastic trays
- Crowded into unsanitary underwater cages
- Fattened with soybean pellets
- Dosed with antibiotics and pesticides
- Injected with a synthetic dye that gives them their pink color
- Farmed salmon are far fatter than their wild cousins – and contain two-thirds less omega-3 fats
- Farmed salmon contain much higher levels of cancer-causing PCB;s and dioxins than wild salmon.

Well, you can't fool Mother Nature – and for your own health, ask about the fish's origin. I guess there is a reason the salmon struggle to swim upstream – to get far away from the farms!

## **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.

### **Polarity Yoga: As Above So Below**

Become healthier by combining breathing techniques, asanas and meditation through a polarity approach. **Release tension of the body through relaxed postures** while learning how to keep the body balanced and in a neutral state. **Polarity Yoga helps with:**

- Quieting the mind
- Breathing techniques
- Asanas (postures)
- Basic reflexology points
- Self massage
- Relaxation and meditation
- Balancing the elements of life

Join instructor Cynthia Atha, APP, CR, Certified Yoga Instructor, Certified Reflexologist, Polarity Practitioner. Every Thursday evening 7:00-8:30pm at 1253 N High Street. Parking in rear of building. Cost is \$12 per class. All ages welcome and no experience is required. Polarity CEU's available.

## **Educational Seminars**

### **Learn About the Science of Energy**

#### **Certificate Programs: Introduction to Polarity Therapy and Energy Medicine**

Learn how effective Polarity Balancing and Energy work can be! Integrate it into your profession – it can be used in any health care environment.

**Great class for massage therapists, nurses, occupational therapists, physical therapists, allied health practitioners, and mental health practitioners.**

12 Hours of CEU's

Registered with many State Boards.

- A. Learn basic hands on balancing techniques, bio-energetic contact points, balancing the five elements, chakra balancing and reflex points. Learn about meridians and acupressure points.
- B. Learn energy medicine Theory, History and how it influences everything about our health.
- C. Learn Ayurvedic concepts of health care and how to look at health via the Dozha's (Elements): ether, air, fire, water, and earth.

Current Classes Available:

#### **Section I** (3 Mondays 6:00pm-10:00pm)

June 14, 2004

June 21, 2004

June 28, 2004

#### **Section II**

Friday June 11 12:00 pm-6:00pm and Saturday June 12 9:00am-3:30pm

Friday July 16 12:00 pm-6:00pm and Saturday July 17 9:00am-3:30pm

The Intro to Polarity Class is a certificate program with the Ohio State Board of Career Colleges and Schools.

Cost: 12 hour class - \$195.00 and \$25.00 for books and class video.

Register by emailing [energy@columbuspolarity.com](mailto:energy@columbuspolarity.com) or calling **614-299-9438**. Must register for classes; class size is limited so register early. Classes are held at 1253 North High Street. Certificate will be given upon completion of class.

## **Special Event!**

### **Energetic Assessment**

Join National and International Master Teacher and Specialist Dr. Iva Rae Lloyd ND, RPP; former IBM corporate executive from Toronto, Canada for a 2-day seminar in:

#### **Energetic Assessment**

Topics will include:

- Guidelines for energetically reading the body
- Individual make-up of energy
- Imbalances in the body will create a sign and will be manifested into energetic patterns
- Health concepts relate to energy patterns
- Energetic assessment
- Body as a Hologram
- Steps to Energetic Assessment
- Understanding Energetic Patterns
  - Internal/External
  - Yin/Yang
  - Chakras

Join Iva, a dynamic teacher and practitioner, who runs her own naturopathic center in Toronto, Ontario and sees clients from all over Canada and the US for energetic evaluation.

Learn this system of Energetic Assessment – it's the medicine of the future!!!

Dates:

Saturday June 18, 2004 10:00am – 6:00pm

Sunday June 19, 2004 8:00am – 4:00pm

Cost:

\$185 per day

\$350 for both days

Register Early – class will fill rapidly. Call 614-299-9438 or e-mail at [energy@columbuspolarity.com](mailto:energy@columbuspolarity.com) to register. On the website [www.columbuspolarity.com](http://www.columbuspolarity.com) click on Current Events, under the Check RPP Current Events button.

\* This is a MUST PRE-REGISTER class!

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All classes include a one-hour lunch break; snacks and hot tea provided.  
Check our web site for more information. <http://www.ohioinstitute.com>

## Articles

### Balance That Stress

*by Mary Jo Ruggieri*

The mind and body respond to each other in remarkable ways. Emotional states can alter responses in the immune system, organs, glands, and cells that will physically affect the body's function. In holistic healthcare the body is seen as a whole unit. Body, mind, emotion and spirit are totally integrated. Stress or injury to one part weakens the entire body.

How we recognize and handle stress in our lives is the key to unlocking the door to health and vitality. Realistically making ourselves aware of the symptoms of stress is a must!! Often we run the red lights of life, discarding signals from our body and mind that we are approaching danger.

Do you experience lack of concentration, jaw aches, persistent irritability, inability to catch your breath, difficulty in sitting still and digestive problems? When you are experiencing stress, your breath rate may double, you may get flushed and feel gas pains. How often we complain that we have no energy is a main clue to the state of your health. Illness often starts as a problem with one's energy level!

Identifying stress patterns is also useful. Do you recognize any of the following patterns: rushing in the mornings to get where you need to go, being late for everything, drinking or eating in the car, no quiet alone time, addicted to the telephone or carrying your cellular telephone in your pocket, working on vacation, not taking time to exercise or being preoccupied with over-exercising, and eventually feeling you never have time for family and friends?

Environmental stress also plays a critical role in our healthcare. Research is now linking many illnesses to environmental toxins and pollution. The National Institute for Health reports that there is a strong link between environmental pollutants and cancer.

When we add up the stresses in our lives and couple it with environmental conditions, we have a serious health threat. We are all faced with the challenge of being aware of our patterns that contribute to the disease of stress, and learning how to change the situation. **TAKING CARE – TAKING CHARGE!**

An ounce of prevention is worth a pound of cure. One solution is to identify early where we are holding stress in our body. Individuals have a difficult time recognizing stress in the body, until it becomes a problem, such as severe backache, chronic indigestion, headaches, lack of energy and often depression.

When it reaches the stage of physical and mental imbalances, it has become a problem. Bodywork is one factor that may help us identify where stress is located. It will not only identify stress holding patterns, it will educate the body in returning to balance.

Research has shown that bodywork helps movement of fluids through the system including lymph, blood in the arteries and veins, and removal of toxic waste; increases muscle response, diminishes muscles' fatigue and increases energy.

Bodywork restores our coping mechanisms and allows for physical and emotional balance to occur before it becomes a major problem. There are manual therapies, holistic bodywork and energy alternatives available to us. The 1995 Holistic Health Directory listed more than 135 healing practices. A few of these are:

**Craniosacral therapy:** A procedure balancing the structure and function of the craniosacral mechanism. Very non-invasive, cranial work, used to treat chronic pain, stress headaches and general well-being.

**Massage therapy:** A term for a range of therapeutic approaches. Involves full-body treatment which manipulates muscles and other tissue to restore health.

**Polarity therapy:** An energy-based system of restoring the body's vital energy, creating balance and reducing stress. Through various bi-polar contact points, reflex points and rocking movements, an over-active system will calm and stress will be reduced.

A thought from Shakti Gawain: "In harmony with the whole, we find individual freedom."

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](http://www.ohioinstitute.com)