

Connectives . . . January/February 2006

Published for Members and Friends of *Mind·Body·Spirit Connected*, Cleveland, Ohio

Mind·Body·Spirit Connected (MBSC) is a 501(c)(3) nonprofit association that promotes health and wholeness through an understanding of mind, body and spirit connectivity. While many organizations focus on various aspects of holistic practice, *MBSC* strives to bring together all disciplines and to bridge the gap between the holistic and conventional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

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Word of Caution to Practitioners, Perhaps of Interest to All From our Executive Director

During the past month, *MBSC* received two client complaints about practitioners who reportedly "failed to appropriately respect a client's confidentiality". In one situation, there appeared to be a misunderstanding. In the other instance, I heard first-hand a practitioner sharing the names of new clients with whom she was working. At the very least, that behavior is unprofessional. According to Ohio law, it is illegal for a licensed healthcare practitioner.

While there currently may be no licensure for many complementary practices, *MBSC* feels very strongly about the need for all its member practitioners to demonstrate professional behavior and to protect the rights of clients at all times. So, perhaps the simplest message we can convey is, "Don't talk about it—anytime." Unless you have permission from your client **in writing**, do not reveal that you are even working with that person. That means, "Don't tell your spouse, don't tell your best friend."

Most of us are familiar with attorney-client privilege and a similar code of confidentiality between a psychologist and his/her patients. *MBSC* strongly recommends that you extend that same courtesy/right to your clients and prospective clients. We asked Attorney (and *MBSC* board member) Judith Carlin for her observations regarding this matter. She shared these thoughts. "Many holistic practitioners are casual about naming their clients. In my view it is a problem. The concern extends not only to naming names, but also to making cell phone calls to clients (or accepting them from clients) in public, as well as having office discussions about clients within earshot of another client being treated."

Judith goes on to say, "Practitioners need to be attentive to confidentiality. Even when the disclosure or communication is made with the best intention, it affects the basic relationship between healing practitioner and the client. This work with clients is a privilege; we must treat it as such. Whether it is Reiki, hypnosis, reflexology or any holistic modality, the client is entrusting the practitioner with his/her well-being. It is a sacred relationship. For the more secular, it is a fiduciary relationship. The bottom line is the same; the client's trust, whether in the form of information, impression or result, must be guarded."

As an organization, *MBSC* is committed to the highest level of professional behavior. That's why our Code of Ethics includes this language:

MBSC members shall hold as confidential **all** client information, refraining from releasing **any** information to **anyone** without authorization from the client, except as provided for by law...

So, to honor your commitment and respect your client, mum's the word.

Discount from Office Max

Isn't it nice when we can use our collective bargaining power to achieve something good for all of us? Savings for MBSC members from Office Max has gotten even better for 2006. Account cards will be mailed soon for all members renewed as of January 27. You can purchase supplies at discounted prices from any Office Max store, online, or by phone.

Here's what one of our members recently had to say about using her discount on copies at Office Max:

Dear Fellow MBSC members:

My students know me as "queen of the handouts", so I am thrilled to tell you of the savings that we receive at Office Max for making copies. I started using the MBSC CopyMax discount three weeks ago and have already saved the equivalent of the price of my MBSC membership. There have been no problems receiving the discount. MBSC is listed in the printout at the front counter, and all you have to do is tell them you are a member and they ring up the discount. I love paying \$.03 a copy! It's a great service, and I greatly appreciate this benefit of membership.

Sincerely,
Sarah Weiss, Director
SpiritHeal Institute for Healing & Intuition

Welcome New Members

Marge Adler, Pianist/Arranger,
University Heights
Rebecca Bode, Psychologist,
Novelty
Eileen Fertal, Certified Bookkeeper,
Kathleen Franco, Psychiatrist,
Cleveland Clinic
Wayne Daum, Orthopedic Physician,
Westlake
Erwin Jay, Holistic Optometrist,
Highland Heights
Cindy Satterfield, Speech Pathologist
Highland Heights
Susan Snider, Psychotherapist,
Brunswick

Welcome New Members (cont'd)

Sue Stewart-Palmisano, Counselor, Independence
Sharen Thompson, Massage Therapist, North Olmsted
Jody Wainer, Psychotherapist/Jungian Analyst, Beachwood

Sponsor Spotlight

Rod's Web Design has been an incredible resource to MBSC, even prior to our official public launch in July 2002. In order to host a successful first event, Rodney helped build our original bulk mailing list and later spent significant time creating our first website. Last year he redesigned and enhanced the website, and he has been our loyal webmaster for nearly four years now, maintaining and updating the site at no charge. We pay only a discounted monthly web hosting cost. In exchange, we are thrilled to recognize *Rod's Web Design* as an event sponsor for the February 1st program. This article will tell you a little more about his services.

Rod's Web Design provides a full-range of internet solutions including website design, ecommerce solutions, hosting, search engine optimization and more. He has created or redesigned sites for numerous MBSC members as well as his many other clients which range from private practices and small businesses to mid-size corporations. He can easily provide references from those whose business has increased dramatically as a result.

If you are considering a new website and unsure where to begin, Rodney suggests that you ask yourself the following questions:

1. What are my primary goals? Do I want to sell products or services, attempt to receive new referrals, provide information or assistance to visitors?
2. Who is my target audience and how will they find my website?
3. How am I going to process transactions and receive payment?
4. Who are my competitors and how are they using the internet to their advantage? What do they do well and where are they lacking?
5. What are the steps and costs involved? Can I expect a good return on my investment?
6. How does the cost compare with other advertising options and web service providers?

A good website design company will help you answer these questions and realize your goals in an efficient, cost-effective manner. They will listen in order to understand your specific needs. According to Rod, you shouldn't settle for less than your complete satisfaction! Even if *Rod's Web Design* isn't the perfect fit for you, Rodney can help you become more informed about how to get the most from your website and/or design company. Visit www.rodswwebdesign.com for more information, or contact him today for a free consultation: phone 216-262-0317 or email Rodney@rodswwebdesign.com.

Programs Scheduled Through June 2006

The February 1st program, "Alternative Approaches to Pain" may be over by the time you read this newsletter. But, other great programs are coming up! Please note these on your calendar:

March 23
May 13
June 29

Family Health: Nutrition & Environmental Issues
Mother & Daughter Tea
Let's Get Physical (Fun Ways to Get Fit)

A Fun Way to Get Involved in MBSC

We host several events each year that are just plain fun, and it's also fun to serve on the planning committees. So, if you'd like to get involved, contact Linda Droblich at 440-449-4036 to help with the Mother & Daughter Tea in May and/or Judith Carlin at JudithAC@ameritech.net to help with the Masquerade Ball & Silent Auction in October.

Soaring in '06

By Donna Nowak

MBSC's Board of Directors has accepted an exciting challenge for 2006 which will require significant support from our entire membership in the way of generating ideas, participating in programs, recruiting new members, gaining support from sponsors and private donors, etc. Think of it as the year that we soar to new heights!

At our annual meeting I explained that one of our challenges this year would be to continue the transition from an entrepreneurial endeavor (largely dependent on me) to a public nonprofit that can stand on its own two feet. With that goal in mind, I asked the board to help find my successor during the 2006 calendar year. Since the administrative office is currently located in my home, we will also need to find office space, secure additional furniture and equipment, and be in a position to pay for numerous services that I am currently donating. Perhaps most importantly, we need to be able to pay the salaries and benefits for two part-time individuals, an administrative assistant and Executive Director.

The board and I will work closely together so that a smooth transition can be made, and I'm not currently in a rush. Hopefully, that will allow a seamless passing of the baton so that programs and services continue in a smooth and professional manner.

Because our collective energy can be so powerful, I have two requests of you to help manifest a wonderful reality for both the organization and me:

- 1) Send positive thoughts that *MBSC* will easily find all the resources it needs for continued vitality and success.

- 2) Send positive thoughts related to my next assignment, whatever that may be. And along those lines, you may find this to be interesting. About seven or eight years ago, I

felt "called" to some day serve in an executive capacity for the Association for Research & Enlightenment (A.R.E.) in Virginia Beach. I instinctively knew that "then" was not the right time, and I trusted that I would be guided to know when the time was appropriate. Well, late this past year, a series of synchronistic events lead me to believe that 2006 was the time for me to approach A.R.E., whether or not they were even looking for an executive. Interestingly, I soon learned that their president is planning to retire by year-end, and they will be retaining an Executive Search firm by March 31 to begin the search for a new leader for A.R.E. and the Atlantic University.

Since I now have many years of receiving messages about what I'm supposed to do next, my heart, soul and every fiber of my being says that it is important for me to clear the way so that if A.R.E. is now ready and desires my leadership, I am available. Since *MBSC's* strategic plan last year called for us to find my successor by year-end 2006, it seems that the timing couldn't be better. Let's all open our hearts, minds and physical bodies to the highest possible outcome for *MBSC*, A.R.E. and me. Thank you!

Food for Thought

True healing has more to do with listening and unconditional love than fixing people.
- Gerald Jampolsky and Diane V. Cirincione

Frontline® on Complementary & Alternative Medicine

www.pbs.org/wgbh/pages/frontline/

The website main header reads, "Americans are spending billions of dollars on alternative medical treatments. And major hospitals and major medical schools are embracing them. But do they work?"

Most of us know the answer to that question from our own personal experiences or those of our clients, but you may want to visit the Frontline® webpage noted above, or view their one-hour video which can be accessed from that website address.

After three years, \$45,000, and five attempts at in vitro fertilization, Gil and Christie Goren said, "Enough." Frustrated by their experiences with fertility specialists and modern medicine in general, the Los Angeles couple decided to take a different approach to getting pregnant. Foregoing test tubes and artificial insemination, they placed their hopes and dreams for a child into the hands of a group of traditional Maori healers visiting from New Zealand. The head of the healers, "Papa Joe," has told Christie that following his treatment—which involves deep tissue massage and chanting—she will likely become pregnant within three weeks.

The Gorens are not alone. They are among a growing number of Americans whose disenchantment with modern health care has led them to seek alternative therapies. From acupuncture to homeopathy, herbal supplements to chiropractic, complementary and alternative medicine (CAM) has become an \$48 billion a year industry in America—one that traditional hospitals and medical schools are now eagerly embracing. But do these treatments actually work? Are they safe? And have medical professionals put aside their doubts in the efficacy of complementary medicine treatments in order to cash in on a multimillion-dollar market?

In "The Alternative Fix," FRONTLINE® examines the controversy over complementary and alternative medicine. The one-hour documentary features interviews with staunch supporters, skeptical scientists, and other observers on both sides of the alternative medicine debate and questions whether hospitals that offer alternative therapies are inappropriately conveying a sense of legitimacy to these largely untested and scientifically unproven treatments.

(continued on next page)

Frontline® on Complementary & Alternative Medicine (cont'd)

FRONTLINE traces the mainstreaming of alternative medicine to the halls of Congress and one U.S. senator's allergies. Viewers meet Sen. Tom Harkin (D-Iowa), who recalls complaining to a friend about his terrible allergies. The friend said he knew someone who could cure the senator's allergies using bee pollen.

"I went on this very tough regimen of taking a lot of bee pollen, sometimes as much as sixty pills a day," Harkin tells FRONTLINE. "And literally on about the tenth day, all of a sudden my allergies just left. Well, that's when I began to think, 'We've got to have somebody looking at these different approaches.'"

Harkin, the chairman of the Labor, Health and Human Services, and Education Committee, convinced Congress to allocate \$2 million to the National Institutes of Health (NIH) for the study of alternative medicine. Ten years later, the National Center for Complementary and Alternative Medicine (NCCAM) has a budget of over \$100 million and is funding hundreds of research projects around the nation. Still, hard evidence on whether alternative treatments actually work is hard to come by: large scale randomized controlled clinical trials take years and millions of dollars. Also, some alternative practitioners argue that their therapies are not appropriate for traditional scientific testing. Naturopathy, for example, is a system of medicine which tailors remedies to each particular patient, so two people with an ear infection might receive two very different treatments. It would not be possible, proponents say, to evaluate these individualized treatments in a large scale trial.

So the question remains: Do complementary and alternative medicine treatments actually work? In "The Alternative Fix," FRONTLINE examines the few research studies conducted on alternative

treatments, while also previewing several larger studies currently underway, including one of the largest studies ever done on the efficacy of acupuncture. Yet even if these new studies prove that the treatments in question are no more effective than a placebo, will the legions of consumers who spend billions on them be swayed?

Not likely, alternative treatment proponents say. "People are fed up with being passive recipients of authoritarian, paternalistic medicine," says noted alternative healer Dr. Andrew Weil. "And many of these systems make people feel they are more autonomous, more in charge of their own destiny." Hester Young agrees. In the past fifteen years, Young has battled breast cancer, rectal cancer, and lung cancer. But after undergoing chemotherapy and other traditional therapies the first two times around, she says she simply couldn't face the debilitating treatments when her doctor diagnosed cancer in her lungs. Although never confirmed through a biopsy, she began looking for alternative cancer treatments.

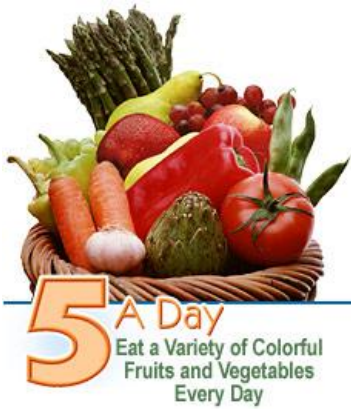
Today, six years later, she credits her survival to a special regimen prescribed by Dr. Nicholas Gonzalez, an alternative cancer specialist who prescribes controversial—and expensive—treatments such as repeated coffee enemas and mega-doses of supplements to cancer patients desperate for a cure. The NIH is currently studying Dr. Gonzalez's claims that nutritional therapy can help prolong life for cancer patients. But if the tests conclude the doctor's treatments are ineffective, Hester Young doesn't want to hear it. "Nothing they could say would make me feel differently," she says, "because I'm feeling well and it's a success as far as I'm concerned."

Despite the lack of positive evidence, some of the nation's leading hospitals and medical centers have embraced lucrative alternative therapies, offering them alongside more traditional treatments. New York's Beth Israel Hospital, for example, now houses the Continuum Center for Health and Healing, which offers such alternative treatments as guided imagery, acupuncture, and homeopathy—despite the fact that some practitioners confess to not knowing how or why their treatments work. In the documentary, viewers watch Beth Israel's Dr. Edward Shalts treat a five-year-old boy's behavior problems with homeopathic pills that contain microscopic amounts of ground up tarantula—a treatment other doctors say can't possibly be effective. The charges don't seem to trouble Dr. Matt Fink, former president and CEO of Beth Israel Hospital. "If hospitals don't get involved in these kinds of programs they will lose patients because patients will go elsewhere," Fink tells FRONTLINE. "So, like any other new discoveries, you can either lead or you can follow."

"The Alternative Fix" also follows the money to examine the big business of herbal supplements. In 1994, Congress passed the Dietary Supplement Health and Education Act (DSHEA), a controversial bill that limited the Food and Drug Administration's power to regulate dietary supplements at a time when the FDA was gearing up to increase its regulation of what has since become an \$18 billion a year industry. Supporters claim that the bill protects the freedom of American consumers to take care of their own health by assuring access to a range of natural products. Critics say the bill was passed at the behest of the powerful supplement lobby, and that without regulation, many supplements are worthless at best, and dangerous at worst.

[Editor's Note: Since this report was first broadcast, the FDA has banned the sale of dietary supplements containing ephedra, ruling that such supplements pose "an unreasonable risk of illness or injury."]

FRONTLINE's report continues on this web site, where you'll find resources for consumers interested in CAM, guides to understanding the controversial scientific evidence on alternative medicine, a report on the history of the tug-of-war between conventional and alternative medical practitioners, and more.



The Sun Maid Way to 5 a Day

5 A Day for Better Health is a national program and partnership that seeks to increase the number of daily servings of fruits and vegetables that Americans eat to five or more. The 5 A Day program provides easy ways to add more fruits and vegetables into your daily eating patterns. The suggestion is that we eat plenty of different fruits and vegetables:

- Diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.

Sun Maid (you may know them best for their raisins) has a great recipe booklet that is free upon request. Recipes have been developed with an eye toward taste, nutrition and convenience. They're packed with fruits, vegetables and grains. Many of the dishes can be eaten as a side dish or enjoyed as an entrée. Ask Tanya Edwards and Donna Nowak about the delicious Spicy Asian Slaw, using broccoli slaw as a substitute for cabbage slaw.

To get your copy of the free booklet, call toll-free 877-415-3397 between the hours of 7:00 a.m. and 7:00 p.m. Central Time, make a request from their website at www.SunMaid.com, or write to Sun-Maid Recipes for Healthier Eating, PO Box 9290, St. Cloud, MN 56398-9290, including your name, phone, and address.

Humor is Good Medicine

We dare you to read this collection of one-liners and stay in a bad mood! Thanks to Carol Spears for sharing them.

- | | |
|--|------------------------------|
| 1. How do you catch a unique rabbit? | Unique up on it. |
| 2. How do you catch a tame rabbit? | Tame way |
| 3. How do crazy people go through the forest? | They take the psycho path. |
| 4. How do you get holy water? | You boil the Hell out of it. |
| 5. What do fish say when they hit a concrete wall? | Dam! |
| 6. What do Eskimos get from sitting on the ice too long? | Polaroid's |
| 7. What do you call cheese that isn't yours? | Nacho cheese |
| 8. What do you call Santa's Helpers? | Subordinate Clauses. |
| 9. What do you call four bullfighters in quicksand? | Quattro Sinko |
| 10. What do you get from a pampered cow? | Spoiled milk |
| 11. What do you get when you cross a snowman with a vampire? | Frostbite |
| 12. What lies at the bottom of the ocean and twitches? | A nervous wreck. |
| 13. What kind of coffee was served on the Titanic? | Sanka |

Now, admit it. At least one of these made you smile J

Winter Wellness Weekend

Saturday, February 11, 2006
10 a.m. – 5 p.m.


Sunday, February 12, 2006
Noon – 5 p.m.

Free with price of admission to the Garden.


Awaken from hibernation this winter.
Join us at **Cleveland Botanical Garden** and venture into a world of discovery that cultivates the body, mind and spirit!

Exhibits, speakers and more!

Presented by



CLEVELAND
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Balanced Living
Your guide to wholeness and well-being

Cleveland Botanical Garden in University Circle
11030 East Boulevard, Cleveland, Ohio 44106
(216) 721-1600

A few vendor spaces are still available.
For more information email info@cbgarden.org
or visit www.BalancedLivingMag.com

Trans Fat on Food Labels: Now You See It, Now You Don't

by Serena Gordon

"New FDA rules allow fewer than 0.5 grams of unhealthy fat to not count"

(HealthDay News) -- When it comes to food labels that list levels of unhealthy trans fats, zero plus zero doesn't always equal zero.

That's because newly implemented U.S. Food and Drug Administration rules on labeling allow foods with less than 0.5 grams of trans fats per serving to claim "zero" grams of trans fats on their labels.

Under these guidelines, which went into effect on Jan. 1, a food with 0.4 grams of trans fats can be listed as having zero trans fats. That means that Americans who consume three or four servings of these foods in a day will have unwittingly eaten an extra gram or two of trans fats.

And that's important because trans fats, like saturated fats, can raise the risk of heart disease as they increase levels of LDL ("bad") cholesterol. Currently, the FDA estimates that Americans consume an average 5.8 grams of trans fats per day.

Barbara Schneeman, director of the Office of Nutritional Products, Labeling and Dietary Supplements for the FDA said the reason the FDA is allowing foods under 0.5 grams of trans fats to be rounded down to zero is that current detection methods for trans fats aren't very reliable below 0.5 grams.

"I don't understand why that's acceptable. It will add up over time," said nutritionist Samantha Heller, from New York University Medical Center.

So, what's a concerned consumer to do? "If you see a food with zero trans fat, check the ingredient list. Look for the words, 'partially hydrogenated.' If you see partially hydrogenated, that means the product contains some trans fats," said Heller.

The FDA adds that products with shortening or hydrogenated oils in their ingredient lists also contain some trans fats, and the higher up in the ingredient list you find those items, the greater the amount of trans fats the product will contain.

Trans fats are created when liquid oils are transformed into solids, a process called hydrogenation. They're prevalent in many processed foods because they add to a product's shelf life and increase flavor stability.

Heller said that most foods containing trans fats are foods you should eat in moderation anyway. She said they're often found in deep-fried restaurant foods, doughnuts, cookies, cakes and muffins.

Both Heller and Schneeman emphasize that trans fats are only part of the picture. "You can't look at trans fat alone. Some manufacturers might have eliminated trans fat by using products that are high in saturated fat," said Schneeman. "What we encourage consumers to do, to help lower their cardiovascular risk, is to look at trans fat, saturated fat and cholesterol levels. A product can have zero grams of trans fat, but what is the amount of saturated fat?" She also said that consumers should check food labels to see how much cholesterol a product contains.

"Trans fats are bad for you. Minimize them as much as possible. But be careful, because many companies are replacing trans fats with saturated fats," said Heller. "Just because something has zero trans fats doesn't mean people can eat as much as they want. We don't want to repeat the 'Snackwell Syndrome' when people thought they could eat a whole box of cookies because they were fat-free."

To learn more about trans fats, visit this address (US Food and Drug Administration): <http://tracking.whatcounts.com/t?ctl=10A746A:47CEB2B>

SOURCES: Barbara Schneeman, Ph.D., Director, Office of Nutritional Products, Labeling and Dietary Supplements, U.S. Food and Drug Administration, College Park, Md.; Samantha Heller, M.S., R.D., Senior Clinical Nutritionist, New York University Medical Center, New York City.

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Toxic Pesticides Found in Umbilical Cord

Shared by Neal Szpatura

MBSC's March 23rd program is entitled, "Family Health: Nutrition and Environmental Issues". The following information can help us all see why it is so important to understand how environmental issues affect our health and well-being.

In a study by the Environmental Working Group (EWG) in collaboration with Commonwealth, researchers found twenty-one organochlorine pesticides—including DDT, chlordane and other substances banned in the U.S.—in umbilical cord blood from ten babies.

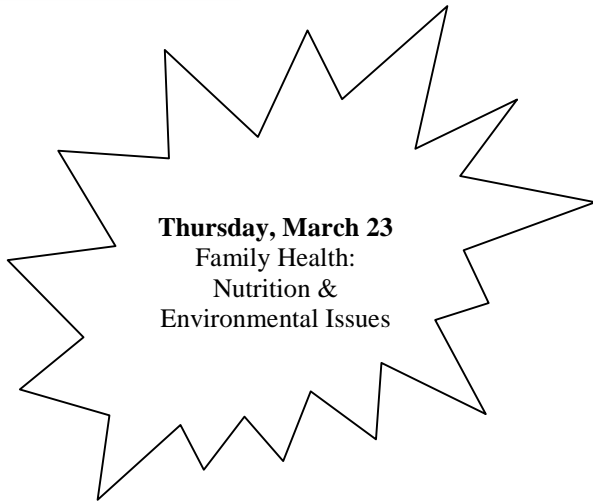
The samples were taken in August and September of 2004 in U.S. hospitals. The study found an average of two-hundred industrial chemicals and pollutants per sample and revealed a total of 287 chemicals in the entire group. The blood, collected by the Red Cross after the cord was cut, also contained consumer product ingredients, as well as wastes from burning coal, gasoline, and garbage.

According to EWG, 180 of the detected chemicals are known to cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests. The dangers of pre- or post-natal exposure to this complex mixture of carcinogens, developmental toxins and neurotoxins have never been studied.

The full report can be found at: www.ewg.org/reports/bodyburden2/execsumm.php.



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Co n n e c t i v e s . . . a bi-monthly newsletter for the holistic community (Jan/Feb '06)

MBSC offers individuals interested in integrative healthcare and a holistic approach to life, the opportunity to:

- ∅ Learn more about complementary and alternative medicine (CAM)
- ∅ Exchange knowledge, opinions and ideas through organized activities
- ∅ Improve existing skills and/or develop new ones
- ∅ Network to become familiar with holistic services offered in the community

Whether you are an **MBSC** member, a friend or guest attending one of our educational programs, you have an opportunity to learn more about issues in integrative healthcare and to support **MBSC** in enhancing the community's awareness of holistic practice. Your involvement and support is appreciated.



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*Promoting health and wholeness
through an understanding of
mind, body and spirit connectivity*