

Connectives . . . July/August 2004

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

Mind-Body-Spirit Connected (MBSC) is a 501(c)(3) nonprofit association dedicated to the education and advancement of holistic practitioners and complementary healing methodologies. 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 traditional healing communities. *MBSC* encourages an understanding of both eastern and western philosophies.

Inside This Issue:

Member News (pg 2)

Alternative Medicine Holds Risks
per World Health Organization (pg 3)

Upcoming Events and Special
Outing to Lily Dale (pg 5)



MBSC's Board of Directors

Donna Nowak, Founder/President
Hank Roth, Vice-President
Linda Droblich, Secretary
Rachel Rizzi, Treasurer

Tedde Abbott
Cliff Berns
Anne Marie Diemert
Tanya Edwards, M.D.
Joan Fox, Ph.D
Elizabeth Grosse
Karyn Pistone
Carol Spears
Anne Stevens
Nancy Strick

23210 Chagrin Boulevard
Suite 211
Beachwood, Ohio 44122
(216) 321-9181
Help@MBSCOnline.org
www.MBSCOnline.org

MBSC's newsletters are posted online at www.MBSCOnline.org. Non-members who would like to receive this bi-monthly newsletter by mail may subscribe for \$10/year to help defray printing and postage expenses.

Mission Statement is Enhanced

At our Board Retreat in June, *MBSC* directors reviewed the organization's Mission Statement. The "rewrite" was further tweaked and then officially approved at the July 6th board meeting. *MBSC's* strategic objective in Phase I was to unite the holistic practitioners. Phase II emphasizes community outreach and education, so our new Mission Statement nicely reflects the current phase of our efforts, while positioning for the future as well. The new Mission Statement is shown below, along with the previous version for your ease in comparison.

New: To promote health and wholeness through increased understanding of mind, body and spirit connectivity. To increase awareness of healing modalities. To provide a gathering place and support network for those interested in complementary and integrative medicine. To increase the effectiveness of holistic practitioners.

Old: To promote wholeness and help the community heal through increased understanding of mind, body and spirit connectivity. To increase the effectiveness and professionalism of holistic practitioners and to increase awareness of healing modalities. To provide a gathering place and support network for holistic practitioners and those interested in complementary and integrative medicine.

Free Business Cards

Seems too good to be true, but according to *MBSC's* newest member, John Heidenreich, the only "catch" is a one line ad on the back of your card, saying, "Business Cards are FREE at www.vistaprint.com!" Select from 30 different styles and receive 250 business cards free. Your only charge is \$5.95 for shipping. Visit www.vistaprint.com to make a selection.

Fall Festival Weekend

On Saturday, October 2, *Balanced Living Magazine* & Trillium Creek will present a Fall Wellness Festival. This will be a great opportunity for the holistic community to explore issues related to health, learn about environmentalism, and celebrate the human spirit!

Over 2,000 people are expected to attend. This will be an outdoor event on the beautiful 30-acre campus of Trillium Creek in Medina. Nearly 100 tents will showcase demonstrations, speakers, kids' activities and a variety of healthy living and environmental products and services. The event will go from 10:00 a.m. to 10:00 p.m.

A full week of activities leading up to the event is planned. At the request of Trillium Creek, Medina Mayor Jane Leavor has declared the week of September 26 to October 2, "Health & Wellness Week" in Medina. During the week leading up to the festival, various organizations and businesses throughout Cleveland, Akron and Medina will host health and wellness events.

(cont'd on next page)

Balanced Living Fall Festival Weekend at Trillium Creek (cont'd)

Your business will find valuable exposure. Exposure through advertising and exhibiting will be invaluable. Every attendee will receive the September-October 2004 issue of *Balanced Living Magazine* in their welcome bag. This might be a perfect way for you to promote your business. Remember also that 30,000 copies are distributed all over Northeast Ohio, so your message will be spread out for miles over the weeks ahead. Take action now because the advertising deadline is Friday, August 6.

Contact Maggie Busser, Editor, at Maggie@BalancedLivingMag.com or 216-226-6094 to discuss *MBSC* member discounts, exhibit space, and sponsorship opportunities. For current ad rates and sizes, please visit the following website address:

<http://www.balancedlivingmag.com/ad%20rates%20&%20sizes.htm>

Members in the News

Congratulations to Corky Larsen, who was featured on the front cover (and page 19) of *Balanced Living Magazine's* July-August issue and to Dr. Erin Holston who had a great article entitled, "What is Naturopathy" (on page 10). Also, was that a new advertisement from Janie Ehrman on page 7? Quite impressive!

Yes, you'll also notice that *MBSC* has been placing ads in *Balanced Living Magazine* since we're finding it a great way to let the public know about our educational programs.

Welcome New Members

Susan Bianco, Brecksville (Business Owner)

Dr. Jeffrey Brown, University Heights (Chiropractor & Holographic Health Practitioner)

John Heidenreich, Cleveland (Board Certified Reflexologist)

Maha Najd, Huron (Reiki Master, QiGong Instructor)

Membership/Donor Levels as of July 1, 2004

Consistent with our goal of expanding *MBSC's* community outreach and a desire to convey our charitable nonprofit status as an educational organization, the Board recently approved a restructuring of membership dues and the additional of several donor categories. Annual dues have been reduced by \$20-25 in all categories, and two different Practitioner categories will now be offered.

NOW is an excellent time to recruit new members. Your friends and colleagues can experience and support *MBSC* for the balance of the year as a member for only \$75-90.

<i>New Structure</i>		<i>Previous Structure</i>	
<u>Members</u>			
Practitioner Patron	\$200	Practitioner	\$195
Practitioner	\$175	Practitioner	\$195
Associate	\$150	Associate	\$175
Student	\$ 75	Student	\$ 95
<u>Donors</u>			
Benefactor	\$250		
Supporter	\$150		
Contributor	\$100		
Friend	\$ 50		

If you are currently a practitioner member who paid the \$195 annualized rate, you will be "grandfathered" in as a patron for the balance of 2004. In December, you'll then have the option of renewing as a Patron (which in essence, includes an extra \$25 gift to *MBSC*), or you can renew your membership at the lower rate of \$175.

Nominations are Invited

A Nominating Committee to identify candidates for election to the Board of Directors has been appointed. The election will be held at *MBSC's* annual meeting on October 5 at Lockkeepers on Rockside Road in Valley View.

Director terms expiring in October include:

Dr. Joan Fox
Karyn Pistone
Hank Roth
Carol Spears

An additional director slot remains open, so the Nominating Committee will be asked to identify five directors to serve three-year terms. The committee will also recommend officers (Board President, Vice-President, Secretary and Treasurer) for the coming year, to be voted upon by the Board of Directors.

Consistent with the vision of our founder, who has remained determined and steadfast in creating a vital and self-sustaining organization, Donna Nowak will be relinquishing one of her hats, i.e., she will step aside as Board President and continue to serve as Executive Director. This will allow further developing of a strong governing infrastructure that will allow *MBSC* to be less reliant on her full-time involvement.

A description of Board responsibilities is available upon request from the *MBSC* office. If you would like to recommend a nominee for Board consideration, please share your ideas with one of the committee members noted below.

Anne Marie Diemert
Carol Krentzman-Perkoski
Corky Larsen
Donna Nowak, Chair
Rachel Rizzi

Note: The Akron chapter will also be electing officers this fall, so share any suggestions you have with Kelly Brown, Akron Chapter Board President (email KBrownJD@aol.com or phone 330-376-1142).

Speakers Bureau is Active and Helpful

Word is spreading like wildfire (well, a good fire anyway) about *MBSC's* Speakers Bureau. It is thrilling to see the kinds of organizations that are now using our practitioners to learn more about a wide variety of holistic topics. Some of the organizations taking advantage of the free speaking engagements offered this spring/summer are:

- Brookpark Library
- Hinckley Library, Medina County
- Hospice of the Cleveland Clinic (six in-services workshops)
- Schnurmann House Community Center in Lyndhurst (Music as Medicine)
- Tri-C Consortium on Aging, Center for Applied Gerontology

The Cleveland Clinic Wellness Program, under the direction of Dr. Tanya Edwards, will also be drawing from our Volunteer Speakers Bureau some of the speakers at their new facility in Broadview Heights.

Alternative-Medicine Holds Risks per World Health Organization

The *Wall Street Journal* June 24th edition included an article by Jane Spencer entitled, "Alternative-Medicine Usage Holds Risks, WHO Reports". Below is the article in its entirety.

"The World Health Organization warned that the growing use of alternative medicine poses global health risks, and called on governments around the world to tighten oversight of the natural-medicine industry. Reports of adverse reactions and injuries from alternative treatments have more than doubled in three years, the WHO said, as consumers turn to herbal remedies such as Ginkgo biloba, acupuncture and thermal therapy. The natural-medicine industry is largely unregulated in many parts of the world, and officials cited a range of

concerns, such as herbal products that are contaminated with heavy metals, paralysis caused by unqualified manual therapists, misleading advertising, and herbs that are dangerous when combined with regular prescription drugs.

'Natural doesn't mean safe,' says Ziaorui Zhang, coordinator of Traditional Medicine at the World Health Organization in Geneva, which released the report. 'There are a lot of quality problems with herbal medicines, and many practitioners are not reliably trained or licensed.'

A major nationwide survey published last month by NCCAM (the National Center for Complementary and Alternative Medicine), a division of the National Institutes of Health, found that 36% of American adults use some form of alternative medicine or treatment. In some high-income countries, up to 6% of the population says they have tried it, according to the WHO, an arm of the United Nations. In developing nations, up to 80% of the population may rely on traditional therapies for their primary medical care.

Some countries, including Germany, China, Canada and Australia, regulate at least some herbal products as they do modern medicines, according to the WHO. In the US, however, herbal products are considered dietary supplements, not drugs, which means they aren't subject to the stringent Food and Drug Administration safety and efficacy testing requirements drugs are.

The WHO acknowledged that many types of natural medicines and complementary treatments have been proved effective and offer promising benefits for global health care. But a major concern is the fact that consumers often fail to tell their doctors about the alternative treatments they are using, creating new health risks.

Some herbal-medicine advocates say risks of alternative treatments have been blown out of proportion by a few highly publicized incidents. 'There's an unwarranted and very biased, negative view of herbal medicine in this country,' says Mark Blumenthal, executive director of the American Botanical Council, a nonprofit national herbal-medicine group."

Laughter is Good Medicine

The Washington Post publishes a yearly contest in which readers are asked to supply alternate meanings for various words. Several of these are health-related words, so it seems appropriate to share them with *MBSC* members. And the winners are:

1. Coffee (n.), a person who is coughed upon.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), describes a condition in which you absent-mindedly answer the door in your nightgown.
7. Lymph (v.), to walk with a lisp.
8. Gargoyle (n.), an olive-flavored mouthwash.
9. Flatulence (n.) the emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.), a rapidly receding hairline.
11. Testicle (n.), a humorous question on an exam.
12. Rectitude (n.), the formal, dignified demeanor assumed by a proctologist immediately before he examines you.
13. Oyster (n.), a person who sprinkles his conversation with Yiddish expressions.
14. Pokemon (n), A Jamaican proctologist.
15. Frisbeetarianism (n.), The belief that, when you die, your soul goes up on the roof and gets stuck there.
16. Circumvent (n.), the opening in the front of boxer shorts.

Hints for Healing Yourself

By Lloyd J. Thomas, Ph.D

"The greatest force in the human body is the natural drive of the body to heal itself..." wrote Norman Cousins after he had recovered from a "terminal" illness. Certainly, medicine, professional diagnosis and treatment are important, sometimes vital, aspects of becoming well. But medical science still remains ignorant as to precisely why some people heal and others succumb to disease. Indeed, the healing process itself remains a rather mysterious event.

We do know however, that the individual person has a lot more power and control over his or her own healing than was ever acknowledged before. Here are some "hints" which might help you realize your own power and ability to help you heal.

1. Practice acceptance of your illness. Acceptance of your illness is not the same as resigning yourself to it. Resignation can lead to depression and depression is not a very healing attitude. When you are ill, acceptance of disease as a part of you at the moment, will allow you to create in yourself the atmosphere of caring, tenderness, and love in which your illness is more likely to heal. It also allows energy to be freed for other activities, other interests, other thoughts to remain a part of your life, even while "being sick."

2. View illness not as a loss, but as an opportunity for new growth and development. If a starfish loses one of its "arms", it merely goes about growing another. If a salamander loses its tail, its primitive nervous system begins regenerating another immediately.

Certainly our human nervous systems are more sophisticated than those of a starfish or salamander. When we heal, we grow new tissue, new nerves, and new cells. Why not grow new ideas, new attitudes, new ways of viewing ourselves and the world, and new loves, while you are also healing

physically? If you begin to grow psychologically in response to your losses, you may just not need to have a physical illness in order to evolve or grow.

3. See your illness as your body's attempt to redirect your life in a positive direction. Avoid harshly judging your illness and resenting your body for having it. Avoid judging yourself altogether! Your body is always valiantly trying to be well. It has powerful tools in its biochemical, cellular, and nervous repertoire to regain its healthful balance. If you are positive and peaceful about your own ability to be well, then illness just becomes a "redirection" of your life. Someone once said, "Illness is God's way of getting your attention!" Pay attention to that message and allow it to redirect your life.

4. Realize that death is not a disease, and it is not a failure. The death rate for all living beings is still one hundred percent. If staying alive is your only goal, you will most certainly fail at attaining it. Once you begin to accept the inevitability of your own death and realize you only have a limited amount of time to experience being alive, you begin to become aware you might as well enjoy (as best as you possibly can) the moment-to-moment experience of aliveness, including your illness or pain.

5. Avoid making physical wholeness your goal. Nobody exists with a perfect physical body. Our functioning varies from moment to moment and certainly from day to day. A lot of people heal into peace of mind and self-love, without ever becoming physically well. Perhaps making your goals your own inner peace, your own ability to forgive and love yourself just might promote your healing a lot faster than self-hate, self-criticism, and resentment toward your illness. Use your illness as a situation to learn about hope, love, acceptance, forgiveness, peace of mind, openness to living, and mindfulness to the moment. In doing so, you just may make the disease remit in the process.

6. Our bodies respond to self-love and the love sent to us by others. If you send your own body loving messages, and if you are open to receive the love of others, your body's immune system responds with something like "Hey, this person likes being alive, lets get to work and fight for his or her life with all the power and energy we can muster." Negative thoughts produce certain chemicals in our bodies...positive thoughts produce other kinds of chemicals. The latter strengthens the immune system. The former weakens it.

7. Finally, use your body, use the life in your body to love. Loving is the only path to immortality. Your love lives on long after you physically die. If you spend most of your life hating, you spend most of it dying. If you spend it loving, you leave a legacy of peace and development to all those persons you touch with your love--a legacy of love. What a gift to offer future generations! Spend most of your life loving and you will only spend a few brief moments dying.

MBSC Question Corner

Q. Why did MBSC incorporate as a 501(c)(3) nonprofit charity instead of a 501(c)(6) business league?

A. The IRS Code provides for the exemption from Federal income tax for both a 501(c)(3) and a 501(c)(6) nonprofit organization. Private and corporate contributions from donors to a 501(c)(3) are fully tax-deductible, whereas donations to a 501(c)(6) would only be deductible if they are a legitimate business expense.

A 501(c)(3) is "organized and operated exclusively for charitable or educational purposes". Our founder's vision was that MBSC would promote health and wholeness in the community by helping all constituents understand mind, body and spirit connectivity. This includes:

- Education of holistic practitioners
- Education of the public concerning complementary and alternative medicine
- Education of conventional healthcare providers in order to help the world transition to truly integrative medicine

Incorporation as a 501(c)(3) ensures that we will stay on track with an educational focus instead of potentially becoming internally focused as a business or professional league.

Save the Dates

For additional information, visit these websites:

www.MBSConline.org
www.MBSCakron.org

Tuesday, August 31

Laugh Your Way to Health
Holiday Inn, North Canton (in Belden Village)
Dr. Maxine Harper

Thursday, September 2

Homeopathy: How a Natural Approach Can Help You
Cleveland Airport Marriott
Erin Holston, ND and
Leonard Torok, MD

Tuesday, October 5

Annual Meeting and Business Idea Exchange/Networking
Lockkeepers Restaurant in Valley View

Saturday, October 30

Masquerade Ball/ Silent Auction
"Come As You Were"
Fun(d)raiser Event at LaCentre in Westlake

Do You Want to Visit Lily Dale?

A group of *MBSC* members, along with members of The Women's City Club have planned an excursion to the spiritualist community of Lily Dale on August 7 and 8. Participants are making their own travel arrangements, although some people will be carpooling. Ask to stay in the Leolyn Hotel if there are still rooms available. We will meet at 9:00 p.m. in the lobby of the Leolyn Hotel on Friday, August 7, for a welcoming party.

Contact Elizabeth Grosse at 216-433-2234 (days) or 216-566-0925 (evenings) if you are interested.

Exciting Annual Benefit October 30

Plans are well underway for *MBSC's* Masquerade Ball/Silent Auction/Dinner-Dance planned for October 30. There is still time for you to join the planning committee, and we will also need many volunteers the night of the event, so please let us know how you would like to be involved.

At the very least, please see if you can get friends, colleagues, and businesses you know to donate something for the Silent Auction. Dee Wolk, Rose Marie Fantelli, Cindy Jeskey and Tedde Abbott have been especially busy making calls and visiting businesses in order to secure auction items. Over \$5,000 worth of items has been confirmed so far.

MBSC's goal is to generate a minimum \$20,000 profit from ticket sales, sponsorships and auction proceeds. In accordance with the principles of abundance and tithing, we will be donating a portion of the proceeds to "The Littlest Heroes", a wonderful nonprofit organization that promotes complementary medicine to children with cancer and their families.

Please contact Annual Benefit co-chairs Linda Droblich and Gloria Treister for information, or call the *MBSC* office if you have questions or would like to participate.

What is a Benefit?

According to Webster's Third New International Dictionary, a benefit is... n. an entertainment or social event to raise funds for a person, public program, or cause. This broad definition can apply to all kinds of fundraising events, and it includes events ranging from bingo games to fashion shows and dinner dances. Benefits are frequently hosted by not-for-profit and tax-exempt 501(c)(3) organizations as a primary way to raise significant operating funds.

The mission statement and goals of some charitable organizations tug at the community's heartstrings in such a way that corporations and individuals freely provide financial support. This is not really the case with *MBSC*, despite the fact that we are providing a valuable service to the community. We have been relying primarily on practitioner dues, program sponsors, and the generosity of some of our volunteers in order to carry out our aggressive programming efforts. In order to continue, however, we need the help of this Annual Benefit which will generate much-needed funds.

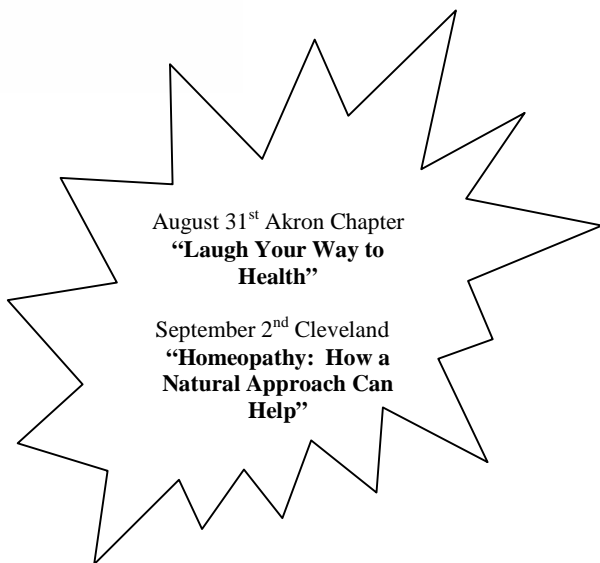
So, spread the word about the fun and exciting Benefit planned by *MBSC* on October 30.

About The Littlest Heroes (For more information, visit www.thelittlestheroes.com)

The Littlest Heroes is the only nonprofit organization dedicated solely to serving Northeast Ohio children with cancer and their family members by offering a broad range of support services, free of charge and delivered to locations of choice. They are committed to delivering a comprehensive system of support that integrates spiritual, emotional and physical healing for children with cancer and their families. They offer many of the services provided by *MBSC* practitioners. Blaze Monaco, Founder/Executive Director, was recognized for her leadership, dedication and commitment through volunteerism as recipient of the 2003 Cleveland Browns Community Quarterback Award. Join us on October 30 to support their efforts in addition to our own!



23210 Chagrin Boulevard, Suite 211
Beachwood, Ohio 44122
www.MBSCOnline.org



Connectives . . . a bi-monthly newsletter for holistic practitioners (Jul/Aug '04)
Available online and free of charge to *MBSC* members; others may subscribe for hard copy (see page one).

Do you have a friend or colleague who would benefit by knowing about Mind·Body·Spirit Connected? We would be glad to send them an introductory packet.

MBSC offers holistic professionals and spiritually-minded individuals the opportunity to:

- ∅ Provide education concerning complementary and alternative (CAM) healing methodologies
- ∅ Exchange knowledge 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.

**Join Now and Take Advantage of a
Special Introductory Rate for 2004 Membership**



Headquartered in Cleveland
Chapter in Greater Akron

23210 Chagrin Boulevard, Suite 211
Beachwood, OH 44122
216-321-9181

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

