

Connectives . . . March/April 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.

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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 \$12 to help defray printing and postage expenses. The newsletter is routinely mailed free of charge to *MBSC* members who prefer a hard copy.

March is National Nutrition Month

Have you been making healthy food choices over the past few weeks? March is National Nutrition Month®, a time when the American Dietetic Association's campaign for education and information is highly visible. Locally, we read about the Mustard Seed's promotion of foods without artificial ingredients and avoiding animals that have been fed hormones or given antibiotics. More and more restaurants are offering healthy choice items on their menu. Even McDonalds is planning to eliminate its super-size products from the menu, along with the addition of nutritional fast-food choices. As a matter of fact, we are routinely being encouraged to make more informed and better food choices.

Fad diets simply are not healthy. We are reminded to eat a variety of foods, rather than restricting ourselves to certain foods on a particular diet. It is suggested that our consumption of high-fat foods and sweet desserts be limited. We are reminded of the importance of vitamins and minerals. Who hasn't heard that it is best to choose whole grain foods such as wheat, barley, oats and cornmeal? And, of course, who doesn't know that we should select fruits and vegetables as a routine part of our daily intake?

MBSC recently became aware of a nonprofit organization called "The Vitamins and Nutrition Center". They host an interesting website, so you may find it worthwhile to take a few minutes to visit them at <http://www.vitamins-nutrition.org/>. The website mentions that "thousands of new discoveries are made every single day, and you had better believe that no doctor has the time to keep up with all of the latest research, especially if they are a general practitioner and need to know about all of the body's systems **and** keep up with what the latest drug reports are." That sounds like common sense, doesn't it? Who do you know that has time to read everything that affects our physical health?

Of particular interest on the website is the inclusion of clinical studies. As an example, a Switzerland study published in the *Annals of Nutrition & Metabolism*, 44(5-6):229-34, 2000, says that "A balanced diet of fruit and vegetables will not always help to meet all nutritional standards. A vegan diet can lead to a number of deficiencies of essential nutrients, including vitamin B12." The study showed that the use of a daily supplement to compensate for any lack of nutrients in the diet is strongly advised for vegans.

As long as you are browsing the Internet, you might also type in a search for the food pyramid, just to refresh your memory about what is generally considered healthy. The Food Guide Pyramid was designed as an easy way to show the groups of foods that make up a good diet. Yes, some critics say that there are problems with the existing food pyramid, and it is even up for review. But most of us would agree that the premise of a well-balanced diet makes sense. So, increase your chances of staying healthy: eat a variety of foods. Talk to one of our *MBSC* members who works with food and nutrition, or ask the Cleveland Clinic Foundation to add you to their mailing list for upcoming classes on nutrition.

MBSC is Still Growing...

A special welcome to these new *MBSC* members:

Georgia Awig, Olmsted Township
Mary Kay-Independent Sales

Doris Cohen, Wickliffe
Clinical Consulting Psychologist

Dr. Tanya Edwards, Cleveland
Medical Director

Donna Ferris, Kirtland
Reiki Master Teacher

Lyn Guarino, Akron
Polarity Therapist/Reflexologist

Michael Hoynes, Akron
Wellness Consultant

Michael Pocza, Louisville, KY
Reiki Master/Teacher

Harry Simmons, Cleveland
Physician (Complementary Medicine)

Beverly Singh, Cleveland Heights
Yoga Instructor

Sharon Stephens, Parma Heights
Energy Healing Practitioner

Making a First Impression

Your participation in *MBSC* events helps create a positive image. Here is how we know. One of our new members sent this note concerning the first program she attended on March 3: "Wow, what an interesting evening. I felt I was with so many caring people."

Thanks for making *MBSC* such a worthwhile organization!

Akron Chapter

More than 50 guests attended the Akron chapter program on fibromyalgia on March 10. Guest speaker, Dr. Mark Pelligrini, was very well-received. If you missed the program and have a future opportunity to hear him, Dr. Pelligrini offers a wonderful mix of experience, expertise and humor.

Congratulations to Tajalli Leppla, Programming Chair, and all Akron members who helped the chapter host another successful event.

Speakers Bureau Update

Congratulations to Beverly Singh and Neal Szpatura who have been accepted into *MBSC's* volunteer Speakers Bureau. We now have nine different members who offer nearly 30 different educational topics. Since its launch last October, the Speakers Bureau has proven to be a great way to educate the community about a host of holistic topics. At the same time, our members are given excellent exposure for their experience, knowledge and helpfulness in the field of complementary and alternative medicine.

In mid-March, a second direct mailing to promote the Speakers Bureau was made to nearly 200 nonprofits, libraries, hospitals, schools, and community service organizations. The phone will probably start ringing soon.

Thanks to the following volunteer speakers who offer workshops on auras, the chakra system, color therapy, cancer treatment, dreamwork, emotional healing, feng shui, homeopathy, holistic modalities, hypnotherapy, integrative medicine, medical intuition, meditation, music as therapy, naturopathy, pain management, physical therapy, Reiki, Shamanism, spirit-based CAM, and yoga:

Jane Ehrman, Clinical Hypnotherapist
Dr. Erin Holston, Naturopathic Physician
Tom Ockler, Physical Therapist
Johanna Pockar, Feng Shui Consultant
Karen Raven, Psychotherapist
Beverly Singh, Yoga Instructor
Carol Spears, Reiki Master/Harpist
Dianna Stahl, Biofield Analyst
Neal Szpatura, Shamanic Practitioner

Save the Dates

Are you looking for ways to grow personally and to grow your business? Do you want a host of referral sources so that your clients can be better served? Do you just want to have fun? Then attend *MBSC* programs regularly. Other professionals need to spend time with you in order to understand your services and potential referral opportunities (and vice versa). If you make a point of attending every *MBSC* program possible, you will be making some very important, helpful connections.

Cleveland area – Visit www.MBSConline.org for additional information

April 14 "A Holistic Approach to Gardening" (Jennings Center, Garfield Heights)
May 20 "Integrative Medicine Update" by Dr. Tanya Edwards, Cleveland Clinic's
Medical Director, Center for Integrative Medicine (Highland Hts.)
July 24 Members only potluck picnic-joint with Akron (Cuyahoga Valley
National Park, Boston Twp.)

Akron area – Visit www.MBSCakron.org for additional information

April 22 "Bridging the Gap Between Traditional Healthcare and Holistic Practice",
Dr. Joan Fox, Cleveland Clinic, Director, Center for Integrative Medicine
May 6 Members only – Potluck social and labyrinth walk
July 24 Members only potluck picnic (joint w/Cleveland)

Members in the News

Our heartiest congratulations go to charter member, Therese Stadul, who has been inducted into the Alpha Sigma Lambda Honor Society. Congratulations also to Cameron Plagens who received The Saint Hildegard of Bingen Award for Excellence in Therapeutic Creativity at Ursuline College (Masters in Art Therapy and Counseling Program). The award goes to one student in the masters in art therapy class, and the recipient is chosen from faculty of the department. As you can imagine, this is quite an honor!

MBSC Question Corner...

In order to help you “get inside our heads” and better understand why *MBSC* does things the way we do, we are pleased to answer at least one member inquiry in each issue. In this issue, we will address the subject of speaker selection for our educational programs. Please email your suggestions for future issues to MBSChelp@cs.com

Q: If there are two qualified speakers, one who is an *MBSC* member and one who is a non-member, who would *MBSC* choose to be a presenter at one of its programs?

A: The natural response might be to assume that *MBSC* would give its own members priority consideration, but such is not the case. One very important consideration is a legal one. When filing our application to become a 501(c)(3) nonprofit, the IRS made it quite clear that if we behave like a professional league instead of an educational organization, they are more than willing to pull the plug on our non-exempt, charitable status. If we show preferential treatment to members as speakers for the public educational programs, our credibility could be questioned.

The Programming Committee established criteria suggesting we look outside first for speakers (as a default policy) so that we will not become too internally oriented and so members will not use a speaker platform to promote themselves. Additionally, we know that active members already have various opportunities to expose *MBSC* members and guests to their way of thinking, through informal networking at each event, sharing brochures/notices of seminars, our bi-monthly newsletter, etc. And equally important, we want to present outside speakers to the membership because part of our educational purpose is to expand everyone's horizon. The educational programs we put together are an attempt to give members something a little different than they might find elsewhere.

Some members join without ever having attended any programs, or maybe only one, and they immediately offer to speak at one of our events. Sometimes the topic is so narrow that it would appeal to only a small target population. In those cases, it may be that their intentions are internally driven. We feel most comfortable asking someone to speak after we've gotten to know them and vice versa, and in most instances, we want to make sure that one of the Programming Committee members or Board members has already heard them speak.

Certainly, there have been and will be exceptions. When it is in all our best interests to invite a member to be a presenter, we will do so.

Note: When we make referrals, we also include non-members. If we only referred to our members or could not demonstrate "why" the member was recommended vs. a non-member, again the IRS could hit us hard. As a result, the *MBSC* office includes documentation of referral requests and always try to give three names, at least one of whom is a non-member.

Food for Thought

Monk: “I have just entered the monastery: please give me some guidance.”

Master: “Have you eaten your rice gruel?”

Monk: “Yes, I've eaten.”

Master: “Then go wash your bowl.”

Zen Mondo

And ponder this... Today is the tomorrow that you worried about yesterday. Was it worth it?

Springtime: A Time for Fresh Ideas

If you want to try an organic approach to your lawn this year, consider calling Good Nature Organic Lawn Care at 215-351-9830. Be sure to tell them *MBSC* referred you!

Member Benefits

Paid members should have received their annual directory and 2004 membership packet, including an OfficeMax copy center discount card and summary of other benefits by now. If you have not received your materials yet, please call the office immediately at 216-321-9181, or email MBSChelp@cs.com.

Member Involvement

Approximately 35 members are currently volunteering to help *MBSC* behind the scenes. Some help at programs, some edit and proofread printed materials, others assist with direct mailings. Many more are involved in committees covering such areas as programming, membership, sponsorship, the Speakers Bureau, chapter activity, and much more. A brand new committee to plan a major fundraising event for *MBSC* has also been launched.

If you want to get involved, it's only a matter of letting us know your area of interest. It's a great way for you to get to know other members and to put your talents to good use.

April 15th Tax Time

After less than two years in operation, *MBSC* must file income taxes for the first time. That, of course, means time, energy and the cost of an accountant. However, tax filing is good news for us because it means that we've grown successfully enough to generate revenues at a level that require this additional government reporting.

Thanks for helping make *MBSC* a success!

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**Special Thanks to
our Sponsors:**

**April 14 – Good Nature
Organic Lawn Care**

**May 20 – Green Tara
Yoga & Healing Arts**

Connectives . . . a bi-monthly newsletter for holistic practitioners (Mar/Apr '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:

- ∅ Help educate the public concerning complementary and alternative (CAM) healing methodologies
- ∅ Exchange knowledge through organized activities
- ∅ Improve existing skills and/or develop new ones
- ∅ Network with other members and become familiar with holistic services offered to 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.



Headquartered in Cleveland
Chapter in Greater Akron

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Dedicated to the education and advancement of holistic practitioners and complementary healing methodologies.

