

# Connectives... March/April 2005

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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**Donna Nowak**

*Founder/Executive Director*

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## The Right to Choose a Holistic Approach

According to the *Health Freedom Coalition of Ohio (HFCO)*, "Healthcare freedom is being able to choose whatever treatment we think will serve us best as a patient. It may include pharmaceutical drugs, surgery or complementary and alternative therapies like acupuncture, herbs, Reiki or yoga. Healthcare freedom also means being able to choose the practitioner we wish, whether a medical doctor, massage therapist, reflexologist, energy worker or an unlicensed practitioner." Sounds great, doesn't it? But, not so fast!

A piece of legislation is currently in the Ohio House of Representatives. It is called H.B. 117 and is referred to as the "Health Freedom" bill. This legislation is very similar to bills that have passed in four states already and are being considered in 30 more states. *HFCO* says that, "Under current Ohio laws, natural practitioners risk their businesses every day with the threat of legal pressure from existing institutions." Further, they say, "Passage of a Health Freedom bill will not affect licensed practitioners or their scope of practice. Rather, by taking the legal onus away from unlicensed practitioners, complementary and alternative practices will become more available, which will benefit the public." As a result, they are anxious to see the bill get passed this summer. But, there's another side to the story.

The Ohio Chapter of the American Association of Naturopathic Physicians (OCAAANP) is just one of the groups of licensed healthcare professionals who strongly opposes the legislation. They believe that Ohioans would be at risk of serious harm. They fear that the bill would allow anyone who has received a naturopathic degree from a diploma mill, or through a two-week course, to refer to themselves as doctors. Something similar might come to fruition in the area of herbal remedies. A licensed acupuncturist with extensive training in herbs cannot legally recommend supplements, but an unlicensed practitioner would be unregulated.

Sec. 4783.02 of the bill states that, "the regulation or licensure of complementary or alternative health care service providers is inappropriate and unnecessary". That may sound ludicrous as a standalone, but proponents of the legislation quickly point out that the law requires practitioners to be candid and forthright prior to providing their services. For example, the law would require unlicensed professionals to disclose to their clients: 1) the nature of the services to be provided and the theory on which the services are based, 2) their degrees, training, experience, credentials or other qualifications, and 3) a verbatim statement that discloses that they are "unlicensed and that the State has not adopted any educational or training requirements for unlicensed complementary or alternative healthcare service providers". Those in favor of the bill believe that Americans have the right to choose their healthcare services, as well as the practitioner, and they believe that the disclosure statement provides an adequate form of control.

*(Continued on next page)*

## The Right to Choose (cont'd)

How do you feel about H.B. 117? Can you see both the pro's and con's, or do you feel very strongly one way or the other? Maybe you are one of those individuals who feels that this bill may cause the CAM pendulum to swing too far, but appropriate restrictions can be put in place later. Certainly, reasonable people can disagree!

As a 501(c)(3) educational non-profit, *MBSC* is prohibited from lobbying efforts or significant political activity. We are, however, considering the possibility of hosting an educational panel to debate the merits of this legislation. In the meantime, we suggest that you read the bill in its entirety and decide whether you believe it is appropriate and desirable for Ohio's healthcare system. You can either support *HFCO* in whatever way feels right and appropriate for you, or oppose H.B.117 if you believe it is potentially harmful.

To learn more about *HFCO* and the current legislation, please visit [www.ohiohealthfreedom.org](http://www.ohiohealthfreedom.org).

## Why the Health Freedom Legislation is Important to MBSC'ers

### The Issue:

According to the Centers for Disease Control (Advanced Data Report issued 5/27/04), 74.1% of Americans have used Complementary and Alternative Medicine (CAM), with 62.1% using CAM in the previous 12 months. Many of these services were procured from practitioners who are not members of licensed professional groups. These unlicensed groups include most *MBSC* practitioners, whether we specialize in reflexology, polarity, hypnosis, nutrition counseling or energy healing. This means that in the state of Ohio, we could be charged criminally for practicing medicine and other modalities without licensure.

According to *HFCO*, the State Boards that regulate practice do not need a consumer complaint or any evidence of harm in order to take action against a practitioner. This has served to suppress the activities of many practitioners and to make access to them by consumers difficult.

### One Possible Solution:

The *Health Freedom Coalition of Ohio* is working toward induction and passage of the Health Freedom bill described in the article on page one. It would require:

*Informed Consent.* Practitioners must provide a consent form including information such as training and qualifications, what the client can expect to receive, and how charges are assessed. A statement that you are not a licensed healthcare professional must be included on the consent form, and the minimum size font that must be used is specified in the bill. This form must be signed by the client before services are delivered. *MBSC* has made this suggestion to *MBSC* practitioners on several occasions. Our Founder, Donna Nowak, even shared a copy of the one she uses in her private hypnotherapy practice. If you are interested in getting a copy now, please visit [www.DonnaNowak.com](http://www.DonnaNowak.com) and review the "Client Bill of Rights" form. Alternatively, you could use H.B. 117's wording now.

*Prohibited Activities.* Unlicensed practitioners cannot: 1) prescribe drugs, inject clients, perform surgery or deliver babies, 2) tell a client to ignore advice given by a medical doctor, 3) willfully administer a procedure or treatment that poses immediate risk or danger to the client. Those of us in the field of hypnosis also know that clinical issues such as depression, anxiety or phobias are reserved for physicians or psychologists. We can, however, coach or motivate, using relaxation and guided imagery techniques that help with sadness, stress, or fears. *MBSC* sponsored a program on Ethics & Legal Issues in Holistic Practice, advising our members and guests of issues such as these.

In summary...Be informed. Also, be active. But most of all, remember that the rights of holistic practitioners to support their clients' healing efforts, and the desire of the public to choose for themselves, must be balanced with the need to uphold the medical oath, "Do no harm".

## Networking Event is a Huge Success

Ninety guests successfully registered for the March 9<sup>th</sup> "Meet the Holistic Community" networking event at Lockkeepers. We say "successfully" because another eight individuals were turned away because we were oversold!

Energy was high and a lot of great connections were made. Evaluation forms from attendees showed that they really appreciated the time and efforts put in by our Programming Committee, so thanks again to Co-Chairs Elizabeth Grosse and Ann Driscoll, along with committee member Marilyn Wise and ex-officio member Donna Nowak.

If you would like to join the Programming Committee, now would be a great time since 2006 planning will begin soon. Contact the office if you are interested.

## Thank You Practitioner Patrons

All but four *MBSC* practitioners who were members last year renewed at the patron level, making an optional donation to the organization for its educational activities. This is a strong statement of support, and we very much appreciate it.

Interestingly, it appears that the majority of new members have opted for the \$175 category instead of the \$200. This probably makes sense since they have not yet had an opportunity to learn about all the wonderful things that we do and benefits to be gained from *MBSC*. But, it's only a matter of time!

## Save the Dates

*Tuesday, April 26*

### **"You Are What You Eat"**

Tanya Edwards, MD, and  
Stephanie Richards, RD

Perhaps your "diet" needs a major overhaul or maybe a few little changes would make a big difference. Get no-nonsense advice from these two *MBSC* powerhouses!

*Saturday, May 7*

### **Mother & Daughter Brunch**

Open to the Public

Bring your mother, daughter, sister, aunt, and/or granddaughter to a lovely "high tea" at the newly renovated Myers University Club on Millionaires Row, Euclid Avenue in Cleveland.

Feature Entertainment: the universal humor of Mary Faktor in "The Six Ages of Woman", PG13.

This is a perfect Mother's Day gift. Only \$30 per person for an afternoon that will create memories for a lifetime. Reserve early.

## Welcome New Members

Matt Cardace, Euclid  
Computer Systems Consultant

Jennifer Carr, Fairview Park  
Thai Massage Practitioner

Steffie Dutton, Bay Village  
Aquatic Therapist

Terrilyn Hatton, Mentor  
Reiki Master

Tricia Lionetti, Cleveland  
Advertising Account Executive

Judy Maruszán, Rocky River  
Reiki Practitioner

Dr. Jeannette Potts, Cleveland  
Medical Urologist

Dr. Sherri Tenpenny, Middleburg Hts.  
Medical Director/Osteopath

Marissa Wilk, Brecksville

## Speakers Bureau Off to a Strong Start

Thanks to *MBSC's* VIP's (Very Important Practitioners) who volunteer as part of the Speakers Bureau, we were able to respond to more than 16 inquiries in February and March. Callers were interested in approximately 30 different workshops. These included an Intro on *MBSC*, Intro to CAM, Feng Shui, Energy Work for Pain Management, Color Therapy, Reiki, Yoga, Aromatherapy, Journaling, and much more. The inquiries came from libraries, assisted living facilities, Tri-C, and senior citizen groups, to name just a few.

The Speakers Bureau Committee is hosting a Cocktail Party for our VIP's on April 7, as a thank-you for their generosity of time and talent, which helps us educate the community about CAM modalities. Congratulations to the newest VIPs, Rachel Rizzi and Karen Fink, whose applications were approved in March.

If you would like to be considered as a volunteer in the Speakers Bureau, please request an application packet from the office.

## Member Benefits

Only a limited number of members have been taking advantage of *MBSC* member discounts from CopyMax and Viking Office Supply, so let us remind you that your potential savings is HUGE.

Beverly Singh recently discovered that her office could have saved nearly \$300 last year by using the discount on office supplies from Viking. Deborah Bookin was surprised to learn that the cost of two-sided copies would be reduced from \$.14/page to \$.05 at CopyMax. Several other members have calculated their savings on combined purchases of printing and office supplies and learned that their dues get paid for by the cost savings.

Be frugal, be conscientious, or just be smart. Use your *MBSC* discounts! Call the office if you have any questions.

## Our Attention Directs Energy

Spirituality Requires our Attention, by Henry Reed, A.R.E. Newsletter, March 2005

Where we focus our attention functions as a magnet for energy. Focus on the head and you might get dizzy or a headache. Focus on a person's back, and the person may turn around to see who's there. Focusing on our faults is a recipe for depression, while focusing on our opportunities is an invitation to growth. Focus on our senses, and the material world greets us. Focus on our imaginations and feelings, and the spiritual world beckons.

Spirituality, as a lifestyle rather than as a slogan, thrives or withers on the wings of our attention. Spiritually speaking, attention is more than a matter of keeping a positive attitude. It is also a matter of recognizing the intimate relationship between what we attend to and what makes up the reality of our lives. In our physical reality, we are what we eat. But in our non-material reality, the one in which we live spiritually, we are that to which we attend.

What really energizes the creation of our experienced reality is not the wisdom we quote, or the affirmations on our refrigerators, but the felt sense of what we really believe. Saying an affirmation is one thing, but feeling its truth, its effects in the body, is something else. As Edgar Cayce often suggested, it is not enough to repeat an affirmation by rote because the words only awaken the concept. But by using the imagination to step into the reality of the affirmation, to allow the feelings of that reality time to percolate into consciousness, we invoke our innate ability to create or attract our desired reality.

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## Attention Directs Energy (cont'd)

The Biblical statement frequently quoted by Cayce in his readings doesn't say that how a person thinks in the head is what counts but how the person thinks in the heart. Here, the heart means feelings AND the imagination. Try it for yourself and you'll discover the difference.

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*MBSC practitioners can help you and your clients direct attention through the imagination. For example, hypno-therapists Tedde Abbott, Kelly Brown, Barb Clugh and Jane Ehrman use guided imagery in their work. Other practitioners may incorporate imagery into their area of specialization, such as Marilyn Wise, massage practitioner, or Doris Cohen, clinical psychologist.*

*The concept in Henry Reed's article is an important one. Affirmations must be felt in the heart. Thoughts do create reality!*

## Candid Comment from an MBSC Member

At the March 9<sup>th</sup> networking event, one of our associate members had an opportunity to meet a non-MBSC member practitioner. This non-member came across in a very professional manner, had a pleasant personality and offered some interesting services.

But our member's comment to me was, "There's no reason for me to go to anyone other than an MBSC member. Why would I go to anyone outside of the organization? I am comfortable with the Code of Ethics and know enough MBSC practitioners so that I would trust them with whatever they told me."

Wow, what a statement of faith and support. Thank you MBSC practitioners for conveying such a high level of integrity and service.

Note: Many members offer a discount on services to fellow members. Please check page 67 of your directory for a current listing.

## Holistic News Nuggets

by Tim Warneka, holistic coach, consultant & counselor

Besides being a holistic practitioner, I love to learn. Here are a few news nuggets that the MBSC community might find interesting.

### Use it or lose it

- Researchers at the University of Chicago recently reported that people who stay active both physically and mentally may be at less risk of getting Alzheimer's. Their research indicates that education and exercise may supercharge a broad range of 41 genes. These studies support the efficacy of prevention. (Think about that the next time you practice yoga or tai chi, or ...)

### "Yes, I mind if you smoke!"

- A meta-analysis of over 1,000 studies on the health effects of secondhand smoke released by the Air Resources Board found that women exposed to secondhand smoke have as much as a 90% greater risk of developing breast cancer. (Food for thought the next time you're at a restaurant that allows smoking...)

### WSJ bullish on holistic lifestyles

- The Wall Street Journal reported recent research by the National Institute of Health that shows that, even if lifestyles before the age of 50 were damaging, changes in middle age still can have a dramatic effect on health and longevity. For example, modest weight loss and exercise were shown to cut the risk of diabetes in half among patients at high risk. (This essentially means that holistic practitioners will be around longer to spoil their grandchildren.)

### Laughter – the holistic medicine!

- Researchers at the University of Maryland School of Medicine found that laughter is good for the mind and body. The researchers discovered that laughter seems to increase blood flow by relaxing the inner lining of blood vessels (a good thing), while increased mental stress reduces blood flow by constricting the vessel linings (not a good thing). Quick! Go out and rent that Marx Brothers video this weekend!

**Food for Thought:** Remember, we live in a culture that believes splitting open your chest and cleaning fatty deposits from your heart is "normal", while changing to a healthier lifestyle which focuses on diet, exercise and stress reduction is often seen as "New Age Quackery".

## More Food for Thought

Since April's program is "You Are What You Eat", perhaps these famous scriptures will be helpful as we mentally prepare for treating our bodies in a more loving and healthful manner.

Jesus, in The Essene Gospel of Peace, Book One, (page 31) said, "And when you eat, never eat until fullness." Moses Maimonides (1135-1204), one of the most celebrated of all Jewish healers and spiritual teachers, taught in his Mishveh Torah: "Overeating is like a deadly poison to any constitution and is the principal cause of all disease."

While it is certainly important to control the quantity of food, it will be great to hear Tanya Edwards, MD, and Stephanie Richards, RD, talk about the selection of foods that can create a healthier lifestyle. Co-sponsor Dee Wolk's Weight Solution is your solution to end dieting to lose weight, and The Mustard Seed Market & Café is the perfect place to shop for what you need.

## Immutable Laws of Marketing

Thanks to member Neal Szpatura, we are going to share a few ideas from a book called “The 22 Immutable Laws of Marketing” by Al Ries and Jack Trout. Hopefully, we’re giving enough of a teaser that you’ll decide to buy a copy of the book and implement as many of its concepts as possible, as quickly as possible!

If you’re not a marketing expert and you don’t want to pay big bucks to get professional counsel, then here’s a possible solution.

**1. The Law of Leadership: It is better to be first than it is to be better.** (Who was the SECOND person to fly the Atlantic solo? Our bet is that you only remember Lindberg.)

**2. The Law of Category: If you can’t be first in a category, set up a new category you CAN be first in.** (For instance, the THIRD person to fly the Atlantic was Amelia Earhart. You probably DO remember her.)

**3. The Law of Mind: It’s better to be first in the mind than it is to be first in the marketplace.** (Being first in the mind is everything in marketing!)

**4. The Law of Perception: Marketing is not a battle of products, it’s a battle of perceptions.** (There is no objective reality. There are no facts. There are no best products. Perception IS the reality.)

Imagine learning all 22 of these marketing principles, with additional helpful information from authors, Ries and Trout. Give yourself the gift of “marketing savvy”. Buy the book!

Thank you, Neal.

## Holistic Humor

The Washington Post's Mensa Invitational once again asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition.

Here are some of this year's winners, followed by reference to an MBSC member who might be able to share additional information or insight.

1. Intaxication (n.): Euphoria at getting a tax refund, which lasts until you realize it was your money to start with. *Get help from Hank Roth and the 4 T's Prosperity Course.*

2. Reintarnation (n.): Coming back to life as a hillbilly. *Regressionist Donna Nowak, whose roots are from West Virginia, has lectured on this subject.*

3. Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future. *The environmentally aware Maggie Busser knows all about this.*

4. Giraffiti (n.): Vandalism spray-painted very, very high. *Sounds like a good target for Feng Shui Practitioner, Johanna Pockar.*

5. Sarchasm (n.): The gulf between the author of sarcastic wit and the person who doesn't get it. *Anyone who knows Neal Szpatura or Lorna Richman will agree they are good choices to help someone with sarchasm.*

6. Inoculatte (n.): To take coffee intravenously when you are running late. *Tanya both drinks coffee AND occasionally runs late, so she is our resident expert on this!*

7. Osteopornosis (n): A degenerate's disease. (This one got extra credit.) *Non-traditional physical therapist, Tom Ockler, or Sheldon Strauss would be your best bet here.*

8. Karmageddon (n.): It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer. *Run, don't walk to Spiritual Leader, Barbara Hribar, Unity of Medina.*

9. Decafalon (n.): The grueling event of getting through the day consuming only things that are good for you. *Wellness Consultant JoAnna Knauf, is this in the Olympics yet?*

10. Beelzebug (n.): Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out. *Talk with Carol Ann Killoran, Doctoral of Pastoral Counseling, or Doris Cohen who does depossessions.*

11. Caterpallor (n.): The color you turn after finding half a worm in the fruit you're eating. *Rose Marie Fantelli knows all about the influence of color. Give her a call before you turn blue.*

## Signal Discovery? A Los Angeles scientist says living cells may make distinct sounds, which might someday help doctors "hear" diseases

Article by Mark Wheeler, Smithsonian Magazine

Kids, lawn mowers, planes, trains, automobiles—just about everything makes noise. And if two California scientists are right, so, too, do living cells. In recent experiments using the frontier science of nanotechnology, the researchers have found evidence that yeast cells give off one kind of squeal while mammalian cells may give off another. The research, though still preliminary, is potentially "revolutionary," as one scientist puts it, and a possible, admittedly far-off medical application, is already being pursued: Some day, the thinking goes, listening to the sounds your cells make might tell a doctor, before symptoms occur, whether you're healthy or about to be ill.

(continued on next page)

## Signal Discovery (cont'd)

The founder of the study of cell sounds, or "sonocytology," as he calls it, is Jim Gimzewski, a 52-year-old UCLA chemist who has contributed to an art museum's exhibit on molecular structure. The cell sounds idea came to him in 2001 after a medical researcher told him that when living heart cells are placed in a petri dish with appropriate nutrients, the cells will continue to pulsate. Gimzewski began wondering if all cells might beat, and if so, would such tiny vibrations produce a detectable sound. After all, he reasoned, sound is merely the result of a force pushing on molecules, creating a pressure wave that spreads and registers when it strikes the eardrum. He also reasoned that although a noise generated by a cell would not be audible, it might be detected by an especially sensitive instrument.

Gimzewski is well suited to tackle the question, being both an expert at instrumentation—he has built his own microscopes—and comfortably at home in the world of the infinitesimal. A leader in nanotechnology, or the science of manipulating individual atoms and molecules to build microscopic machines, Gimzewski previously worked at IBM's research laboratory in Zurich, Switzerland, where he and his colleagues built a spinning molecular propeller 1.5 nanometers, or 0.0000015 millimeters in diameter. They also built the world's smallest abacus, which had, as beads, individual molecules with diameters less than a single nanometer. If nothing else, the feats, which garnered considerable acclaim, showed that nanotechnology's much-hyped promise had a basis in reality.

For his first foray into sonocytology, Gimzewski obtained yeast cells from biochemistry colleagues at UCLA. (He "got looks," he recalls, when he explained why he wanted the cells.) Working with graduate student Andrew Pelling, Gimzewski devised a way to test for cellular noise with a nano-

technology tool called an atomic force microscope (AFM). Usually, an AFM creates a visual image of a cell by passing its very tiny probe, itself so small its tip is microscopic, over the cell's surface, measuring every bump and hollow of its outer membrane. A computer converts the data into a picture. But the UCLA researchers held the AFM's tiny probe in a fixed position, resting it lightly on the surface of a cell membrane "like a record needle," says Pelling, to detect any sound-generating vibrations.

The pair found that the cell wall rises and falls three nanometers (about 15 carbon atoms stacked on top of each other) and vibrates an average of 1,000 times per second. The distance the cell wall moves determines the amplitude, or volume, of the sound wave, and the speed of the up-and-down movement is its frequency, or pitch. Though the volume of the yeast cell sound was far too low to be heard, Gimzewski says its frequency was theoretically within the range of human hearing. "So all we're doing is turning up the volume," he adds.

The frequency of the yeast cells the researchers tested has always been in the same high range, "about a C-sharp to D above middle C in terms of music," says Pelling. Sprinkling alcohol on a yeast cell to kill it raises the pitch, while dead cells give off a low, rumbling sound that Gimzewski says is probably the result of random atomic motions. The pair also found that yeast cells with genetic mutations make a slightly different sound than normal yeast cells; that insight has encouraged the hope that the technique might eventually be applied to diagnosing diseases such as cancer, which is believed to originate with changes in the genetic makeup of cells. The researchers have begun to test different kinds of mammalian cells, including bone cells, which have a lower pitch than yeast cells. The researchers don't know why.

Few scientists are aware of Gimzewski's and Pelling's sonocytology work, which has not been published in the scientific literature and scrutinized. (The researchers have submitted their findings to a peer-reviewed journal for publication.) Word of mouth has prompted skepticism as well as admiration. A scientist familiar with the research, Hermann Gaub, chair of applied physics at the Ludwig Maximilian University in Munich, Germany, says the sounds that Gimzewski believes are cellular vibrations may have other origins. "If the source of this vibration would be found inside the cell, this would be revolutionary, spectacular, and unbelievably important," Gaub says. "There are, however, many potential [sound] sources outside the cell that need to be excluded." Pelling agrees, and says that he and Gimzewski are doing tests to rule out the possibility that other molecules in the fluid bathing the cells, or even the tip of the microscope itself, are generating vibrations that their probe picks up.

Ratnesh Lal, a neuroscientist and biophysicist at the University of California at Santa Barbara who has studied the pulsations of heart cells kept alive in a dish, says that Gimzewski's nanotechnology expertise may be the key to establishing whether cells produce sound. "The ultimate hope is to use this in diagnostics and prevention," says Lal, adding: "If there's anybody in the world who can do it, he can."

Gimzewski acknowledges more work needs to be done. Meanwhile, the findings have caught the attention of his UCLA colleague Michael Teitell, a pathologist specializing in cancers of the lymphocyte, a type of white blood cell. He's subjecting human and mouse muscle cells and bone cells to drugs and chemicals to induce genetic and physical changes; Gimzewski will then try to "listen" to the altered cells and distinguish them by their sounds.

Teitell says the thought of detecting cancer at its earliest cellular stages is exciting, but whether the technology will work as a diagnostic tool remains to be seen (or heard). He doesn't want to oversell the idea: "It could turn out that all these signals will be such a mishmash that we won't be able to clearly identify one from the other."

Gimzewski hopes the work will have a practical application, but he's thrilled as much by the hunt as the catch. "Whatever the outcome," he says, "I'm primarily driven by curiosity and excitement at the phenomenon of cellular motion—what inspired nature to create such a mechanism and to really understand in depth what these beautiful sounds mean." The mere possibility that he's discovered a new characteristic of cells, with all the intriguing questions that raises, is, he says, "already more than enough of a gift."



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**Tuesday, April 26**  
"You Are What You Eat"

**Saturday, May 7,**  
Mother & Daughter "High  
Tea" with comedienne,  
Mary Faktor, currently  
seen on HBO and PBS.

**Connectives . . . a bi-monthly newsletter for holistic practitioners (Mar/Apr '05)**

Please help us save paper/postage by removing your name from the list if you prefer not to receive future mailings.

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

***MBSC*** offers individuals interested in a holistic approach to life, and integrative medicine, 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*