



Connectives

May-June 2006

Newsletter of Mind•Body•Spirit Connected (MBSC)

IN THIS ISSUE

Spring Fundraiser, pg 2

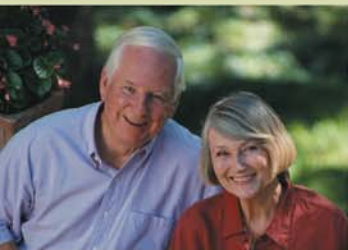
Members In the News,
pg 3

Food for Thought, pg 4-5

Getting Involved, Bit of
Humor, pg 6

Speakers Bureau Letter
from Co-Chairs, pg 7

*It is good to have an end to
journey toward; but it is the
journey that matters, in the
end. Ursula K. LeGuin*



MBSC's newsletters are posted online bi-monthly at www.MBSConline.org. Non-members who would like to receive this newsletter by mail may subscribe for \$10/year to help defray printing, postage and handling expenses. Call 216-321-9181 for a subscription.

Did You Know...

The American Holistic Medical Association (AHMA) has focused on integrating holistic medicine into health care since 1978! Many of us are only now learning about AHMA, yet it is the leading association of physicians and health care professionals devoted to mind-body-spirit medicine. AHMA's mission is "to support physicians in their evolving personal and professional development as healers and practitioners of holistic medicine". The organization also serves as the national voice of physician leaders in the integration of holistic medicine into health care.

This year's annual conference for the AHMA, held in parallel with the American Holistic Nurses Association, is coming up soon, June 7-10 in St. Paul, Minnesota. For more information about AHMA or the annual conference, please visit www.holisticmedicine.org.

FYI: Several MBSC members, both physicians and holistic practitioners, are members of AHMA. In fact, Dr. Ed Miller, who recently agreed to coordinate AHMA members in northeastern Ohio, is a new MBSC member, voted in May by our Board to fill an open director's position.

Shall We Get Physical?

Do you (or does someone you know) hate to exercise but want to be fit and healthy? Well, our exciting panel of speakers will inspire attendees on June 29 with some healthy and fun alternative approaches to fitness.

You will learn about several different possibilities for increasing circulation, decreasing stress, improving balance, minimizing pain and much more. You'll also have a chance to either personally experience or observe, martial arts, neuromuscular integrative action (NIA) dance/fitness, and yoga.

Presenters:

Judi Bar (Yoga)
Angela Huang and Kim Miller (NIA)
Michelle Martin. (Martial Arts)

Location: Wellington Catering, Highland Heights

Time:

5:30 p.m. Registration & Networking
6:00 p.m. Dinner
6:45 p.m. Program and Q&A
8:30 p.m. Socializing



Founder/Executive Director
Donna Nowak

MBSC BOARD OF DIRECTORS

Linda Drobnich, President
Dr. Tanya Edwards, Vice-President
Maggie Busser, Secretary
Ellen Mattingly, Treasurer
Tedde Abbott
André Bryan
Judith Carlin
Jennifer Corlett
Carol Fifner
Dr. Stephen Flynn
Dr. Ed Miller
Carol J. Spears

← Linda Drobnich, Angela Arlow, Gwendolyn Wilkins, May 13th High Tea

Member Loves Office Max

A few members (including MBSC office staff) have experienced a glitch or two when the Office Max computer seemed to “lose” our special pricing. However, mostly, we continue to hear positive stories from members who are using their Retail Connect card to get discounts on printing and office supplies at Office Max.

Here’s a recent note from Marilyn Wise: “I had such a positive experience with Office Max in Solon that I want to pass it on. They not only helped me design some beautiful new cards and printed materials (that I receive many compliments on), but the price due to MBSC membership was very reasonable!”



Movin’ on Up...to the east side...

The recent hire of an Administrative Assistant is freeing up some time for our Executive Director to begin exploring creative opportunities for an office move in 2006. Although we do not currently have the financial resources to rent office space at typical market rates, we believe that another special situation exists, i.e., good location and nice space at a nominal fee! We currently have a really “sweet” deal whereby we pay only \$100/month for rent, plus \$55/month toward phone, fax, and Internet services.

If you know someone with vacant office space that they would like to put to good use, please contact Donna at 216-321-9181. This “someone” might be a landlord whose building has been unoccupied for a long time, or someone who feels strongly about a holistic approach to life and/or complementary therapies who would enjoy supporting the efforts of a non-profit. We recently received confirmation that landlords with vacant space do sometimes make this kind of tax-deductible contribution, so please help us widen our search.

East side is preferable but near west might also be doable. Space for two or three staff members plus storage is needed.

Welcome New Members

Ellen Blike, Massage Therapist, Mayfield Village
Carol Krentzman-Perkoski, Colon Hydrotherapist,
Rocky River
Ed Miller, Holistic Ob/Gyn, Lakewood Hospital
Nancy Strick, Energy Practitioner, Hudson
Barbara Tisi, Owner/A Touch of Serenity, Willoughby

Members who join and send their profiles by 6/15 will be included in the reprinting of our Membership Directory this summer.

Another Great MBSC Event

The May 13th High Tea and Silent Auction was not only an absolutely delightful event, it generated enough profit to pay for six months of our part-time administrative assistant’s salary. Given how critical Administrator Benita Crittle is to MBSC’s success, this alone was good enough reason for the spring fundraiser!

But here are some other highlights that may be of interest:

- 104 guests attended, with nearly half of them wearing delightful hats of many colors, sizes and shapes.
- Every informational packet that we had on display was taken home. Only two membership applications were left behind, and only one schedule of events.
- Approximately half a dozen guests indicated they plan to join MBSC or “become friends”.
- More than 65 auction items were sold, generating about \$5,200 in revenue.
- 14 members donated items, including:
 - Tedde Abbott (hypnosis and necklace)
 - Cliff Berns (yoga classes)
 - Deborah Bookin (calcite crystal sphere)
 - Eileen Coan (designer bags)
 - Debra Davido (massage therapy)
 - Tanya Edwards (integrative medicine consultation)
 - Jerry Masek (photography, hypnosis, two gift collections)
 - Donna Nowak (many items, including cocktail party for 8)
 - Ellen Mattingly (High Tea party, kids gifts, other)
 - Beverly Singh (yoga classes)
 - Carol J. Spears (three CD’s)
 - Jackie Lowe Stevenson (session w/horses)
 - Sharon Ann Taylor (books, CDs, workshop certificate)
 - Marilyn Wise (massage/guided imagery)
- Dr. Tanya Edwards, her 80-year old mom, and two sisters delivered a presentation that inspired many.
- Two of our talented members played music which added much to the ambiance: Jan Patetta on piano, Carol Spears on harp.

MBSC Board President, Linda Droblich, served as chair of this event, superbly orchestrating both the planning and execution. She also showed a creative flare, producing wonderful table decorations. Our board treasurer, Ellen Mattingly, was extraordinary with Silent Auction preparation and table-top display; she also generously donated several hundred dollars worth of auction items herself.

Other volunteers at the event who helped make this our most streamlined fundraiser ever, included: Tedde Abbott, Judith Carlin, Denise Connor, Jennifer Corlett, Rodney Dawson and Elizabeth Grosse.

If you missed out on the fun of planning and attending the High Tea fundraiser, you have a similar opportunity to get involved with our fabulous Masquerade Ball & Silent Auction on October 28. All you have to do is tell us that you’re interested!

Please see photo from the High Tea on front cover, lower left.

Members in the



Carol J. Spears was recently featured on the front page of the *Lake County Business Journal*.

By day, Carol Spears manages Lawnfield, the home of President James A. Garfield. By night, she is a harpist, holistic practitioner, doula and Reiki master. A recent article, entitled "Moonlighting: Doing Business After Hours" was very well written, talking about "go-getters" who have more than one profession that energizes them. "I've always believed in following my heart," said Carol. "The feelings I get when I'm able to help people...are empowering. I know that I'm making a difference."

Another member soon to be in the news is Stephanie Dutton, a Bay Village resident, originally from London. Steffie was recently interviewed and filmed in action by Jennifer Kabatz of MBS (mind, body, spirit) TV, on "What is Watsu?" The show is based on wellness for pregnancy and discusses how Watsu can help relax lower back tension and soothe away pain and stiffness. When moms-to-be are in warm water, the baby is suspended, with more room to move around. Mom also enjoys a feeling of weightlessness, enabling her to connect to her baby how it feels to float freely.

Perhaps you read about Watsu in a recent issue of *Balanced Living Magazine*. According to Steffie, "A Watsu session is a slice of time when one can experience a unique disconnection with the outside world. It is a period when time has no relevance, and the focus becomes inward as external stimuli are removed."

The cable television special on pregnancy will include Stephanie's interview and be aired in June. At the time of this publication, the details were unknown.

Congratulations

to Rachel and Mark Rizzi on the birth of Meredith Grace, weighing in at seven pounds, fifteen ounces on May 20.

A Healing Experience

by Noreen Paradise

I have been a member for less than a year, but membership in Mind·Body·Spirit Connected has enriched my life—there is no doubt about that! I have enjoyed the programs, the socializing and the wonderful parties, most recently the Mother's Day Tea. But I wanted to acknowledge three incredible health practitioners who have saved my health and are directly responsible for me avoiding abdominal surgery recently.

Without warning I became seriously ill with a small bowel obstruction. The pain and suffering was unlike anything I have ever experienced. As I was being treated traditionally in the hospital and surgery was being discussed, I finally got my wits about me and called Barbara Tisi, owner of A Touch of Serenity in Willoughby. Barbara is an incredible healer, employing Reiki, massage therapy, sound vibrational therapy, energy and chakra balancing. As the fates would have it, Barbara had a hole in her schedule at that precise moment and was at my hospital bed within the hour.

The love and energy and support she brought to me were nearly enough, but she worked with me doing visualizations and clearing my chakras. Barbara left me with some homework that I continued through the night. As she left, Barbara suggested that I call my dearest mentor and clinical psychologist, Dr. Doris Cohen, an MBSC member. Doris kicked it all up a notch by prescribing a very specific breathing and visualization program—coupled with prayer and calling on my healing angels. She made a handful of phone calls all in a matter of minutes, and I had advice from a colon therapist, prayers from others, and an appointment in my hospital room the next morning by Diane Kopp, another incredible healer, Reiki Practitioner and Usui Master. Having never met Diane before, I was overwhelmed by her generosity and sense of urgency on my behalf. The healing treatment she gave me was not only soothing, but very much complimentary to my medical diagnosis.

When my doctor left me on Thursday evening, he said there was still some blockage so on Friday we would discuss surgery. On Friday morning, however, I was told by the nursing staff that I was going home! Nothing MEDICALLY had transpired in the interim. No tests, no x-rays—not even a physical exam! I know that all the prayers, energy work and visualizations, along with the tremendous love and healing power of these three incredible women, got me home without surgery.

It is my joy and pleasure to share this good news with other MBSC members. This organization and the professionals it includes are invaluable to me. I urge anyone who is not a member to consider joining this network—and those of you who already are part of the MBSC family, don't take for granted the value of this organization. We are all so fortunate to be in the company of these angels and healers!

I love MBSC and what it has brought to my life.

Steps Toward a Healthier Lifestyle



MBSC's programming theme in 2005 was "Small Change Can Make a Big Difference". Throughout the year we encouraged folks to move toward improved mental, physical and spiritual health by taking small steps. To facilitate that effort, we hosted motivational events such as "You Are What You Eat" and "Change Your Thoughts, Change Your Health".

Similarly, this year's program on "Family Health" gave us an opportunity to again share the importance of a well-balanced, nutritional diet which includes plant-based choices. Since that March 23rd program, many individuals have made one small but very important change, i.e., they are drinking fruit smoothies and/or adding vegetables and herbs to those fruit smoothies.

Since nutrition is critical to everyone's health, we would like to share a couple of complementary (and complimentary) foods pyramids in the following articles.

Healing Foods Pyramid

Many of us are becoming increasingly aware of the direct correlation between what we eat and drink and our physical well-being. The government's interest in our health and nutrition can be seen through its revision of the basic foods pyramid, as well as a variety of health-oriented advertising campaigns. But have you heard about the University of Michigan's Integrative Medicine's Healing Foods Pyramid?

This new pyramid was conceived by Monica Myklebust, MD, and Jenna Wunder, MPH, RD, in their passion for food in all of its beauty, variety, and healing benefits. They suggest that the foods we choose to eat are essential to how we care for ourselves. Choosing the healing foods on their pyramid is a way for each of us to contribute to our own health.

Emphasis of the Healing Foods Pyramid:

Healing Foods

Only foods known to have healing benefits or essential nutrients are included

Plant-based choices

Plant foods create the base and may be accented by animal foods

Variety & balance

Balance and variety of color, nutrients, and portion size celebrate abundance

Support of a healthful environment

Our food, and we in turn, reflect the health of our earth

Mindful eating

Truly savor, enjoy and focus on what you are eating

According to the authors, "The pyramid shape was chosen due to its general familiarity. However, with the complexity of nutrition choices and concepts today, no two-dimensional model can fully convey all considerations. The categories and their placement on the pyramid generally support our intent, which is to emphasize the foundational role of *Water*, followed by the importance of a rainbow of *Fruits and Vegetables*.

Grains emphasize whole grains and include some starchy vegetables that act like grains in the body. *Legumes* are excellent sources of non-animal protein in this plant-based pyramid. *Healthy Fats* emphasizes mono-unsaturated oils and nuts. *Eggs* offer high quality protein, and *Dairy* includes foods low in fat yet rich in calcium. *Lean Meats* complement other foods rather than playing the starring role. In *Fish & Seafood*, fish high in omega-3 fatty acids is emphasized. *Seasonings* include herbs, onions, garlic, pepper, salt and others that add flavor while contributing healing benefits."

Much to the delight of many, the Healing Foods Pyramid includes *Dark Chocolate* as a source of antioxidants, and *Alcohol* because it also has health benefits when used in moderation. A disclaimer is offered, saying "the use of alcohol is to be guided by consideration of one's personal health". *Tea* is recommended as a healthful beverage choice.

To learn more, please visit www.med.umich.edu/umim/clinical/pyramid/index.htm. Thanks to *Balanced Living Magazine* Editor, Maggie Busser, for sharing this info.

Honest Food Guide.org

In addition to the Healthy Foods Pyramid, you might also want to take a look at an "honest" food guide. It includes two charts. One labeled "Disease" lists food items and beverages that cause chronic pain, behavioral disorders, fatigue, irritability, and a variety of other health challenges. The second chart, labeled "Health", shows foods and beverages that ease pain, enhance mental clarity, shorten the recovery period from illness or injury, etc.

One of the footnotes sounds much like what we heard from guest speaker, Janeé Kuta-Iliano, at our March program, i.e., "Eat all the colors of the rainbow". For more information or to print the Honest Food Guide, please visit the following website link: www.honestfoodguide.org/downloads/HonestFoodGuide.pdf. Thanks to Shamanic Practitioner, Neal Szpatura, for sharing this information.

If you want to be healthy and learn more, you may also want to visit these websites: www.HealthSeduction.com, www.HealthRanger.org, www.GroceryWarning.com.

Just when you thought it safe to drink the water...

Bottled May Not Be Better When It Comes to Water

by Gay Frankenfield, RN, *WebMD Medical News*, Atlanta

Raise a glass of good, old-fashioned tap water to toast this news: When it comes to water, bottled may not be better.

Bottled water frequently contains less than the recommended levels of fluoride, which could cause a rise in tooth decay among children. And bottled water is not as pure as many people think, according to a recent report. Experts writing in the March issue of the journal, *Archives of Family Medicine*, say the same standards should apply to both tap and bottled water, because bottled water is more and more often used as a substitute for tap water.

For the study, researchers took tap water samples from four processing plants in Cleveland and compared them with five types of bottled water samples, measuring fluoride and bacteria levels in both. Only 5% of the bottled water purchased in Cleveland fell within the fluoride range recommended by the state, and nearly 90% of the bottled water samples contained less than a third of the fluoride recommended.

Not only did 100% of the tap water samples fall within the recommended range, but all of it was within 0.04% of hitting the state's *optimal* fluoride level mark--1.0 mg of fluoride per liter. And while two-thirds of the bottled water samples did, indeed, have a lower bacterial count than the tap water samples, 25% had a whopping 10 times more bacteria. Bacteria in tap water samples varied only slightly.

Even though the EPA recently required that local water systems regularly report the quality of the local tap water to the community, no similar proposals requiring bottled water to report its quality on its label are on the table, researchers note. "Bottled water should have to meet the same standards as tap water," says James Lalumandier, DDS, MPH, a professor of dentistry at Case Western Reserve University in Cleveland. "But the U.S. Food and Drug Administration doesn't require bottled water to contain enough fluoride to prevent tooth decay." Lalumandier says this could cause tooth decay to increase, particularly among children.

"Even though sugar consumption is rising, tooth decay is decreasing," he continues. "And most researchers credit fluoride for the decline. But if more people replace tap water with bottled water, tooth decay is likely to increase."

Lalumandier also says bacterial contamination can cause serious illness, and doctors agree. "In 1993, contaminated city water sickened over 400,000 local citizens," says Fernando Carballo, MD, a gastroenterologist in Milwaukee. "Now it's the first thing people think of if they get cramps or diarrhea. A lot of children and older adults were affected."

Home water filtering systems may be an option if you're worried about bacteria in your tap water but still want the fluoride, although some systems may filter out the fluoride, Carballo tells WebMD.

"Distilled water filtration systems remove a lot of fluoride, but charcoal or carbon systems don't," says Lalumandier. And he

says because fluoride supplements are recommended for kids without fluoridated tap water, "supplements may be a good idea for kids who drink mostly bottled water."



A carrot, an egg and a cup of coffee...



After reading this, you will probably never look at a cup of coffee the same way again.

A young woman went to her mother, telling about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as though just as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she said, "Tell me what you see, honey."

"Carrots, eggs, and coffee," her daughter replied.

Her mother brought her closer and asked her to feel the carrots. Her daughter did, and noted that they were soft.

The mother then asked the daughter to take an egg and break it. After pulling off the shell, her daughter observed the hard-boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently.

The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water, they changed the water.

"Which are you?" she asked her daughter.

That's a good question for all of us. When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?

Getting Involved in MBSC is Getting Easier...

Each of you is invited to participate in one of our many "behind-the-scenes" planning committees. This is a great way to meet a variety of holistically-minded individuals, while brainstorming ideas and implementing programs that will support the important educational outreach efforts of Mind·Body·Spirit Connected.



Below are committee meeting dates and times. Please contact the committee chair if you are interested in learning more about a committee, or want to join it!

Advertising/PR

Wednesdays, 9:00 a.m.

Contact: Jerry Masek 216-267-5827
Meetings held at RTA office, W. 6th Street, Cleveland
June 21
July 26
Aug 23

Benefit (Masquerade Ball)

Sundays, 7:00 p.m.

Contact: Judith Carlin 216-832-3658
Meetings held in Beachwood (23505 Beachwood Blvd)
June 4

Fundraising/Sponsorship

Contact: Andre Bryan 216-221-6050 or
Donna Nowak 216-321-9181

Membership

Thursdays, 9:00 a.m.

Contact: Donna Nowak 216-321-9181
Meetings held at Cleveland Clinic Center for Integrative Medicine, One Eagle Valley, Broadview Hts*)
June 8
July 6 (*may be at new I-77/480/Rockside location)
Aug 10

Programming

Thursdays, 8:30 a.m.

Contact: Jennifer Corlett 440-442-4160 ext. 239
Meetings held at Panera on 82 or Jennings on Granger
June 15
July 20
August 17

Speakers Bureau

Please see the letter enclosed with this newsletter.
Contact Kathleen Calby 216-297-0739 or
Ellen Mattingly 216-932-8232 if you are interested in joining the planning committee.
Contact the MBSC office 216-321-9181 if you want to apply to be a volunteer speaker.

Veterinary Medicine at its Finest

A woman brought a very limp duck into the office of MBSC member, holistic veterinarian Nan Decker. As she lay her pet on the table, Nan pulled out her stethoscope and listened to the bird's chest. After a moment or two, Nan shook her head sadly and said, "I'm so sorry; your Duck Cuddles has passed away."

The distressed owner wailed, "Are you sure?"

"Yes, I am sure. The duck is dead," Nan replied.

"How can you be so sure?" the client protested. "I mean, you haven't done any testing on him or anything. He might just be in a coma or something."

Nan rolled her eyes, turned around and left the room, and returned a few moments later with a black Labrador Retriever.

As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked at the vet with sad eyes and shook his head. The vet patted the dog and took it out, returning a few moments later with a cat.

The cat jumped up on the table and also sniffed delicately at the bird from head to foot. The cat then sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked compassionately at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck." Then Nan turned to her computer terminal, hit a few keys and produced a bill, which she handed to the woman.

The duck's owner, still in shock, took the bill. "\$150!" she cried. "\$150 just to tell me my duck is dead!!"

Nan shrugged, saying "I'm sorry. If you'd taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

Prepare for Your Annual Physical

I went to the doctor for my yearly physical, and I could not *believe* what happened! The nurse starts with the basics. "How much do you weigh?" she asks.

"115," I say.

The nurse puts me on the scale, and it turns out that my weight is 140. The nurse asks, "Your height?"

"5 feet 8," I say.

The nurse checks and sees that I only measure 5'5". She then takes my blood pressure and tells me it is very high.

"Of course it's high!" I scream. "When I came in here, I was tall and slender! Now I'm short and fat!"

Board of Directors

Linda Droblich, President
Dr. Tanya Edwards, Vice-President
Maggie Busser, Secretary
Ellen Mattingly, Treasurer

Tedde Abbott
André Bryan
Judith Carlin
Jennifer Corlett
Carol Fifner
Dr. Stephen Flynn
Dr. Ed Miller
Carol J. Spears



P.O. Box 22751, Beachwood, OH 44122
(216) 321-9181, www.MBSCOnline.org

Founder/Executive Director: Donna Nowak

Advisory Council:
Laura Chapman
Dr. Joan Fox
Neal Szpatura

May 29, 2006

Dear MBSC member:

We want to invite you to entertain a possibility. Imagine that you walk into a grocery store or, better yet, a bank, and you hear people talking about Reiki and crystals and yoga. What would be your first response?

Well, you might think that you were dreaming, but in fact, you have the opportunity to make that a reality. How? As part of MBSC's mission, we incorporate a Speaker's Bureau as one of our means of service. We currently offer presentations to the community at no charge to educate people about the many modalities of healing and complementary medicine available. Increasing the understanding of the mind, body, spirit connection is MBSC's mission.

Now, we are looking to expand both our presentation offerings and our audiences. We invite you to become a volunteer speaker to increase the interest in these offerings and to broaden the selection of topics available. We welcome having more than one presenter on a particular topic, and many subject areas are currently not covered. Join us in building this valuable resource! Providing diverse, multiple options demonstrates MBSC's depth and allows organizations to choose the speaker or topic best-suited for their group's interests.

To meet our goal of expanding our audience reach, we are reviewing venues beyond our current public seminars with churches, schools, and non-profits. We are looking at ways that we can do more with the medical community and the corporate sector. With respect to these two, we are examining appropriate fee structures. This is a new area of exploration for us, and we would appreciate your comments, referrals and support.

To advance MBSC's mission by offering a presentation, please contact the office by phone or email to request an application packet. Perhaps, one day soon, you will be in a grocery store when...

Sincerely,

Ellen Mattingly and Kathleen Calby
Co-Chairs, MBSC Speaker's Bureau