



# Connectives

October-November 2007

Newsletter of Mind•Body•Spirit Connected (MBSC)

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MBSC's newsletters are posted online bi-monthly at [www.MBSCOnline.org](http://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 216-426-8045 for a subscription.

## Sharing Our Good News

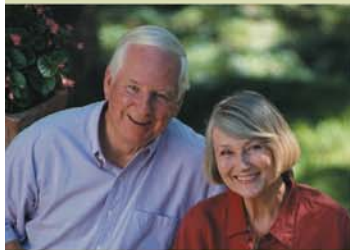
As most of you know from previous letters to the membership (sent by Board President Tanya Edwards early this summer), MBSC is at an important crossroads. Results in the first half of 2007 were disappointing and somewhat puzzling, with attendance decreasing, very few new members joining and a corresponding financial loss of significant proportions. It actually looked like the organization might need to fold.

We are still not out of the woods, but here are some encouraging signs:

- 19 new members in the past 3 months
- Greater number of community requests for information and speakers
- 80 reservations for the 9/20 program (up from 60 attendees in June and only 24 in March)
- Sponsorship support for the September program and a commitment toward November. Sponsors are vital to our success because they help cover printing, postage and operating overhead costs
- Dramatic increase in volunteer hours and energy

The matching funds campaign offered a significant upside, but we were only able to reach 34% of our \$5,000 goal with a total donation amount of \$1,700. We are *especially* grateful to the 10 individuals who sent in contributions which were matched dollar-for-dollar by an anonymous donor. Our inspiration for this campaign came after an extremely generous donation by member Elizabeth Grosse who has been a supporter for several years now. Thank you, Elizabeth!

So what about our future? MBSC's success now hinges on one upcoming event: the Masquerade Dinner/Auction. Last year's Benefit generated more than 40% of our annual revenue, and we need to raise at least \$20,000 on October 27 in order to make up for the YTD deficit and carry us through until the 2008 membership renewal campaign kicks in. We have many wonderful auction items, and a fabulous dinner party has been planned. Now, we await guest registrations!



## More Good News

It may not seem like a giant step for mankind, but it certainly is a sign of progress! The new Yellow Pages (yes, the "Real" one by AT&T) now features a category for Alternative Health. (MBSC started lobbying for this change years ago!) Previously, CAM practitioners and businesses were lumped together in various health categories - or not grouped at all. The MBSC office has already realized the significance of this when we recently received two calls from people inquiring about membership who came across our listing.

**The State of Ohio approved our name change to Mind-Body-Spirit Connection (instead of Connected). For cost reasons, we will be transitioning between now and the end of the year, incorporating the new name as items come up for reprint.**

Executive Director  
Donna Nowak

## MBSC BOARD OF DIRECTORS

- Dr. Tanya Edwards, *President*
- Henry "Hank" Roth, *Vice-President*
- Dr. Edward Miller, *Secretary*
- Deborah Dockery
- Jane Pernotto Ehrman
- Carol Fifer Russetti
- Carol J. Spears
- Lynne Szanyi
- Marilyn Wise

## MBSC Members in the News

Congratulations to **Stephanie Richards**, Registered Dietitian and owner of Wellness Solution, on her new book and for great coverage in the Cleveland Plain Dealer. According to reporter Joshua Gunter “Stephanie Richards, 49, has the body of a teenager--a fit teenager. So when this registered dietitian talks about healthy eating, people can see she follows her own advice. No matter the audience, her message is consistent: Drink lots of water, avoid artificial sweeteners and trans fats, and be vigilant about portion sizes. Stephanie’s book is called “*Holistic Living Guide and Journal*” and is available for \$19.95 at Zagara’s Marketplace in Cleveland Heights and through her website at [www.healthandnutritionwellness.com](http://www.healthandnutritionwellness.com).

**Betsy Muller**, Certified Energy Coach and founder of The Indigo Connection, is pleased to be a contributing author in the newly released book, “*101 Great Ways to Improve Your Health*”. Copies are available for \$14.95 at Inner Harmony in Strongsville, at Betsy’s events, or online at [www.1shoppingcart.com/app/?Clk=2104274](http://www.1shoppingcart.com/app/?Clk=2104274). For more information, visit [www.theindigoconnection.com](http://www.theindigoconnection.com), or contact Betsy at 440-238-4731.

The dynamic duo of Dr. **Tanya Edwards** (MBSC Board President) and **Donna Nowak** (MBSC founder and Executive Director) have been popping up around town, thanks largely to the media expertise shared by member Jerry Masek (Certified Hypnotist). On September 13 Tanya and Donna were interviewed by Ted Henry of Channel 5 for a program date yet to-be-determined. They were also interviewed at the WDOK radio station for the “Cleveland Connection” program which aired on October 7<sup>th</sup> on stations WDOK, WNCX and WQAL. (For a recap see page 6).

MBSC Board Member **Deborah Dockery**, Sonographer at Akron General Medical Center, had an interview with Dr. Tanya Edwards which was published on Cool Cleveland. See the article on page 3 for more details.

MBSC member **Johanna Pockar**, Feng Shui consultant, is intrigued by the balance of color, space, materials, textures and energy in her work. Recently, the *Plain Dealer* found her style of dress intriguing and featured her in the September 28 issue’s column, *Fashion Flash*.

WKYC Channel 3 News featured MBSC member **Michelle Martin** in a July 25<sup>th</sup> segment on helping children with learning disabilities through martial arts. As a psychologist and instructor at Insight Learning and Wellness Center in Cleveland, she teaches Tae Kwon Do to students who have ADHD, autism, Asperger’s Syndrome and she reports having seen improvement in their focus and social skills.

### Take Note!

October 27<sup>th</sup> is National Make a Difference Day. The day set aside to join forces with each other to better your community. **And what better way to “Make a Difference” in our community than by attending the MBSC Benefit on – Oct. 27<sup>th</sup>!**  
For more info.: [www.makeadifference.com](http://www.makeadifference.com)

## MBSC Membership Benefits

We invite people to join MBSC knowing that our collective dollars and energy make it possible to educate the community about Complementary & Alternative Medicine. At our most recent program, 45% of the attendees were first-timers who were hungry to learn more about a holistic approach to their health and well-being. Each of us as members made that opportunity for them possible!

As members, we can feel good about introducing someone with cancer to the beneficial results of yoga, meditation or hypnosis for pain management. We can feel proud of the fact that our fellow MBSC volunteers are going into corporations, libraries, and other nonprofits and community-service organizations to help demystify acupuncture, massage and energy healing. And we are exhilarated when we attend an exciting seminar like the September 20<sup>th</sup> “Pros & Cons of Non-Food Supplements”, as it shared many nuggets of gold for enhancing our own healthcare regimen.

In addition to the satisfaction that members get from helping MBSC educate the public and conventional healthcare providers, many of us are also reaping some interesting personal rewards from membership, such as:

- Wonderful, new friendships and interesting professional acquaintances
- Helpful resources to whom we can make referrals (and perhaps from whom we may even receive referrals!)
- Discounts on a variety of beneficial products and services

Along those lines, one example of a tangible “perk” that our members enjoy is a discount on products and printing from Office Max. A recent report showed that our members saved more than \$13,000 over the past two years using their MBSC discount card. That’s HUGE!

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## Welcome New & Returning Members

Sheri Arnold, WELLthy Living, Concord  
Michelle Cameron, Cleveland Clinic, Painesville  
Janet Carlisle, Gates Mills  
Barbara Cottrell, Lakewood  
Lenore Fritz, Soothe Your Soul, Independence  
Libby Hill, Family Karate, Mentor  
Dr. Arthur Lavin, Advanced Pediatrics, Beachwood  
Emily Mueller, Cleveland Heights  
Andrew Russetti, Seven Hills  
Marla Simon, Educational Options, Cleveland

## Special Staff Welcome

Shakirra Jones has joined MBSC as a part-time administrative assistant. Although the position is only “temporary”, we are both hoping that it is a match made in heaven. She received the Outstanding Student Award from Warrensville Senior High in 1988 and was named to the Dean’s List at Tri-C in 1992. Her three years nonprofit experience in a similar position, along with data processing and accounting support experience, makes her an excellent candidate for MBSC.

# The Pros and Cons of Non-Food Supplements at Wellington Catering

*Deb Dockery, MBSC member and contributor to "Cool Cleveland" (online events newsletter), shares her experience at the Sept. 20<sup>th</sup> program with Tanya Edwards*

Focus if you would for a moment on an innovative local group that is providing education about complementary health. Now, I would like to introduce, and tweak your interest in, a pioneering local group, Mind-Body-Spirit Connected. No health topic is more controversial and politically tenuous with the public right

now, than the government control of herbs and supplements and their use by the American consumer. As some might have heard, the purchase of these types of products is a multi-billion-dollar market in the United

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**"50% of American adults are using some type of supplements; it is the fastest growing segment in CAM."**

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States. Fraught with a dizzying array of choices, it is vital that accurate and honest information reaches all of us so we can make wise decisions concerning our health.

Luckily for me, I was one of the attendees able to get a sold-out dinner ticket to hear Tanya Edwards, MD, Medical Director of the Integrative Medicine Department at the Cleveland Clinic, speak Thursday night at Wellington Catering in Highland Heights. Dr. Edwards presented a lecture "The Pros and Cons of Non-Food Supplements" sponsored by Mind-Body-Spirit Connected. Sound like a snoozer? Think again.

In this excellent lecture, Dr. Edwards covered the bases on some powerful ways to help prevent diseases that we all fear and dread including Alzheimer's Disease, Hypertension, Arthritis, Depression, Cancer, Pain and Heart Disease. Laying the groundwork with diet and supplements, we could all stave off these debilitating diseases. Dr. Edwards' informal style coupled with extensive knowledge of her subject, clarified much of the confusion we all get from quick fix advertising.

I had a chance to speak with Dr. Edwards following her lecture, and was able to discuss some of the most important issues she wants the public to know about herbs and supplements.

## Q. "Dr Edwards, What is Integrative Medicine?"

A. "Integrative Medicine, as defined by The National Center for Complementary and Alternative (CAM) Medicine, combines mainstream medical therapies and CAM therapies for which there is some high-quality scientific evidence of safety and effectiveness."

## Q. "So your practice at CCF combines the medical training all physicians undertake, and blends preventive and complementary therapies to provide a wellness approach to care before disease can strike, as opposed to after?"

A. "Prevention is a large part of Integrative Medicine, but even after disease has taken a foothold, lifestyle changes and

complementary therapies can vastly change the course of a patient's long-term health combined with traditional medical therapies as well."

## Q. "The American public has recently been up in arms about FDA regulation of herbs and supplements, can you tell us about new regulations the FDA has implemented?"

A. "The regulations that take effect in June of 2008 are called Current Good Manufacturing Practices/Final Rule. This states that: Supplements must be processed in a consistent manner and meet quality standards; testing will ensure that supplements are free from contamination and are accurately labeled; imported and some domestic supplements have been found to be contaminated and have caused some deaths. It is hard to believe, but heretofore there has not been strict control of the quality and standards of the ingredients in supplements. This is an important step when you see the explosion of this market and the potential exposure to adults and children as well."

## Q. "What do we need in supplementation?"

A. "Each patient needs to be evaluated individually based on their health issues and family history, but as a basis for supplementation, I recommend for adults: a Multivitamin with minerals, preferably one made from whole foods; Vitamin C 250-500 mg/day; Fish oil 1,000-8,000mg/day; Vitamin D (D3 form) 1,000-2,000 units/day."

## Q. "In your lecture you discussed the destructive nature of inflammation to cause disease, can you suggest some ways to stop inflammation that is so damaging to our health?"

A. "This is a topic that could take up an entire article, but some of the ways we can prevent inflammation is by following an Anti-Inflammatory Diet. This would include eating: Fish nuts, seeds, and beans; 8-10 servings of fruits and vegetables per day; Curry (turmeric), basil, rosemary, ginger; Tea (white, green, black); whole grains with the highest fiber content."

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*Dr. Edwards is also the board president of Mind Body Spirit Connected. This group is unique, and innovative not only in Ohio, but the country. MBSC consistently provides information and programming that takes the "quackery" out of complementary health products and services. Providing the Northeastern Ohio public accurate, up to date information on these confusing, glamorized, and also much aligned health therapies is MBSC's goal. Its purpose is to sort out hype and present facts.*

*Donna Nowak, Executive Director of MBSC is currently heading the organization of Mind Body Spirit Connected's Annual Masquerade Ball, October 27. The theme for this year's event including dinner, dance, and silent auction is "Manifest Your Dream." This event is designed to showcase this local group and it is importance in the healthcare community. Do not miss this opportunity to "masquerade" and dance the night away while supporting a pioneering organization in our region. For More information about Mind Body Spirit Connected, check their website at <http://mbsconline.org>. ☞*

## Education, wealth have different effects on health

By Anne Harding

Source: *Journal of Health and Social Behavior*, September 2007

NEW YORK (Reuters Health) - The more educated you are, the less likely you are to become chronically ill or disabled, but the amount of money you make plays a bigger role in whether your illness progresses, a new study shows.

Based on the findings, the most effective single policy strategy for improving health might be to make higher education more accessible, Dr. Pamela Herd of the University of Wisconsin-Madison, the study's lead author, told Reuters Health.

Instead of focusing exclusively on getting people to lose weight and exercise, she explains, "you can do something earlier in the causal chain to improve people's health outcomes," noting that the more educated people are, the more likely they are to exercise, maintain a healthy weight, and eat a healthy diet.

Most studies of socioeconomic status and health have looked at status, and health, as single dimensions, Herd and her colleagues note. To get a better sense of how socioeconomic status affects health, the researchers looked at the separate effects of educational attainment and income in 8,287 men and women who were followed from 1986 to 2000-2001. Rather than evaluate health as a "unitary construct," they looked at the onset of functional limitations and chronic illness, the progression of both, and mortality.

When the researchers adjusted for income, they found that level of education independently determined a person's likelihood of becoming ill or disabled. People who hadn't finished high school were twice as likely as college graduates to develop functional limitations, while high school graduates who hadn't finished college were at 61 percent greater risk of becoming disabled than their college-educated peers. There was a similar relationship between the risk of becoming chronically ill and educational attainment.

"It is clearly not just the economic resources that come from higher educational attainment that drive the postponement of ill health, in some cases until very late in life," Herd and her colleagues write the *Journal of Health and Social Behavior*.

But level of education didn't play a role in whether people's health would further decline, or in mortality. Instead, the researchers found, income predicted whether people would become chronically ill, whether their illness would progress, and whether they would die during the course of the study. For example, ill or disabled people with incomes below \$10,000 a year were nearly three times as likely as those who made \$30,000 or more annually to have their health condition worsen.

The findings are "really about the way that poverty has negative ramifications for health," Herd said, noting that poor people may live in worse housing, have a more difficult time obtaining healthy foods, and have a tougher time getting health care. And poverty can increase stress levels, she adds, which in itself can worsen health.

"We already know what people need to do to be healthier," the researcher said. "What we talk about a lot less is what kind of structural changes need to be made for people's health to improve."

## MBSC Members Saved BIG

by Rodney Dawson

One of the discounts arranged by MBSC and shared with our members is at Office Max. In addition to discounted prices on many office supplies, we all receive a *substantial* discount on printed services: copying, binding, folding, stapling, etc.

In 2006, members collectively spent just over \$14,000, with a savings of \$2,400, which represented 15% off retail prices. YTD August 2007 we have spent almost \$18,000 and saved nearly \$11,000. That's 38% off regular prices! The reason this year's savings is so significant is because of the very generous discount we get on print services.

I took a sample of 50 of the most frequently used print-related services and found that we spent \$7,000 which was a savings of almost \$9,000 off regular prices. That's a whopping 56% off retail.

If you use office supplies and/or outside printing and have not been using your MBSC retail-connect card, you are *probably* wasting money. If you have questions, contact MBSC's Office Max representative Kelly Bilyeu at 216-898-2400 x 3351 or email her at [kellybilyeu@officemax.com](mailto:kellybilyeu@officemax.com).

## Pathways to Light

(An excerpt from the *12 Pathways to Light* as featured in the Sept. 2007 A.R.E., Cayce Foundation Newsletter)

by Judith Pennington

In these rapidly changing times, it's important to stay grounded in the higher energies of Light. How might we bring about the Aquarian age of peace?

### The Path of The Body

The sensory mechanisms in the human nervous system, when serene, are perfectly attuned to the Earth's resonant frequencies and naturally rejuvenate the body, mind, and spirit. We must use all of our senses – sight, hearing, touch, smell, and taste – to fully apprehend the beauty of the physical world. Resonating to harmony, spiritual intuition rises to answer our dearest questions. Clarity speeds the oscillation of our atoms into still-higher frequencies, which resurrects the body into spirit, Cayce said. This is the key to all healing.

### The Path of the Mind

Silent meditation disciplines the busy, thinking mind; awakens us to self, others and God; and evolves awareness as nothing else can. When possible, meditate with others to expand your frequencies of consciousness. Notice how you feel after meditation...as you gain clarity of mind and refine your life.

### The Path of the Spirit

Joining a "A Search for God" study group or going to a church, mosque, or temple geometrically speeds our progress. The more time we spend with coherent, light-seeking people, the more spiritual light we absorb and want to absorb.

Above all, seek the light in yourself, the Light of which you are made. Let nothing get in the way of your communication with this Light, as it is your best and highest guide. It will show you the way to all you seek and need. Purifying and perfecting self to intensify this light is why you are. When it is brilliant and strong, you illuminate the world.

## THE SPEAKER SPOTLIGHT

For more information regarding the MBSC Speaker's Bureau, please visit [www.MBSCOnline.org](http://www.MBSCOnline.org) or call 216-426-8045.

### **Rose Marie Fantelli, MA, PCC**

Rose has spent fifteen years studying many forms of energy healing and mind-body medicine, spirituality, consciousness, quantum physics and metaphysics. She has integrated her studies, heightened her intuition and developed her skills to guide her clients gently into their unconscious, where all the possibilities and potential to heal await. She has developed a method she calls consciousness synchronization that guides her clients to a deepened sensory awareness and expanded state of consciousness that allows them to transform unhealthy patterns into preferred ones at many dimensions of being.

After 20 years as a successful potter, she returned to school to get her master's degree in Community Counseling from John Carroll University. She is a licensed professional clinical counselor, certified in the Reconnection®, EMDR II® and a Reiki Master Teacher. She also has some training with scores of internationally known healers, including Gary Craig (emotional freedom technique), Deepak Chopra, Donna Eden (energy medicine), Carolyn Myss and Christine Page (Navigating the Soul®). Her personal research in vibrational healing led her to the Lambdoma, a sound keyboard developed by Barbara Hero to recreate the harmonics used by Pythagoras to "sound" his patients to health. She collaborates with Barbara on developing applications for the keyboard.

Rose believes that we are here on earth to continually manifest and joyfully experience our true selves. Whenever we feel any stress of being, we have encountered a magnificent opportunity for transformation. As we connect to it, we heal ourselves--from cells to souls.

Her joys are her family, traveling, friends and helping others find their joy.

## THE SPEAKER SPOTLIGHT

### **Michelle Martin, ED.S.**

Michelle is a holistic school Psychologist who maintains a practice that nurtures the hearts and spirits of children and adults. She specializes in the evaluation and treatment of attention, learning and developmental disorders and is the founder/director of the Insight Learning & Wellness Center.

With degrees in education and school psychology, Michelle has provided psychological and educational evaluations and individual and family therapy for 22 years. After much success in utilizing integrative therapies she now considers it her mission to inform parents and other professionals about the many complementary holistic treatments available to them as they face ADHD, autism and other childhood disorders.

A theme of "There is More Than Medication" is found within her talks and is fueled by her love for children as she speaks about the rising rates of autism and childhood obesity and the threat of vaccinations for some children.

Michelle's path includes some 20 years of martial arts training, and her passion to help families is grounded in a philosophy that blends east and west – traditional psychology with a natural methods/no-side-effects approach. Within her practice, she utilizes energy psychology methods such as EFT, Brain Gym, meditation and guided visualization. Michelle also directs a therapeutic program combining Tae Kwon Do, with group counseling.

Insight Learning & Wellness Emery Place  
Suite 112, Cleveland, Ohio 44128  
Phone: 216-765-4470 Fax: 216-765-4471  
[www.InsightWellness.org](http://www.InsightWellness.org)

### **CAMshare News for Our Speakers: Tri-C to offer 9-week class on "Alternative Therapies"**

Tri-C has asked MBSC to coordinate speakers for a nine-week class entitled, "Alternative Therapies". These college speaking engagements will first be referred to members of the MBSC Speakers Bureau since their skills and commitment to MBSC's CAM educational initiatives have already been demonstrated. Opportunities may exist for others as well. If you are interested, please send a fax to 216-426-8049 or email [donna@MBSCOnline.org](mailto:donna@MBSCOnline.org) with a paragraph description of the topic(s) you think would fit well in an introductory CAM series and which you feel most qualified to teach.

This program is still in development, so specifics are yet to be determined. A very modest stipend will be offered by the college, mostly to cover gas mileage and say "thank you".

This opportunity came about as a result of three workshops that our Executive Director presented at the Eastern campus, Westlake and Parma locations in 2004 and 2006. This was part of an ENCORE program, introducing seniors to MBSC and CAM therapies. Class size ranged from 60-100 students.

## Oxford Journal looks at The Immune System and Complementary & Alternative Medicine

The following information has been excerpted from the full text by Edwin L. Cooper. To access the full article, please go to:  
[http://ecam.oxfordjournals.org/cgi/content/full/4/suppl\\_1/5?etoc](http://ecam.oxfordjournals.org/cgi/content/full/4/suppl_1/5?etoc)

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Some may wonder why a comparative immunologist would knock on the door of the controversial field of complementary and alternative medicine (CAM). The field is replete with problems associated with beliefs, disbeliefs, shaky concepts and ill-defined experimental approaches at solving fundamental questions. Yet there is a measure of order in that miniscule, infinitesimal corner of phenomena that begs for clarification and solid attempts to create order from the chaos. Such was the world of comparative immunology in the early 60s when the parent field of immunology was budding into the giant sequoia of a discipline that it is today. There was essentially one model--the eternal mouse whose spleen seemed to provide the essence of immunology! How did it all get started and how did that somewhat fortuitous birth provide succor for a field that could approach CAM?

Issues addressed include:

- **Are There Really Linkages between Immunity and CAM?**
- **Early Roots of Immunity: Planting the Seeds for CAM?**
- **Arrival at the Door of CAM: Immunology Has The Key?**
- **Perspectives and Admonitions**

### Want to Share?

**Information and stories are wanted for a book on natural, alternative and home remedies for physical and mental ailments of all kinds.**

Special interest in stories about ancient or old home remedies that Grandma or Great-Grandma used. Example: Did you know that baking soda mixed with water into a paste, wrapped with a band-aid 2-3 times a day, will cure a wart? It works much better than Compound W for lots less money! Do you know of a remedy(s) like this?

For more information contact [info@arborvitaepress.com](mailto:info@arborvitaepress.com).

## 2008 Programming at a Glance

MBSC's educational focus next year will include:

- Expanded distribution of a **holistic healthcare directory** to physicians and other clinicians
- **CAM "WellFairs"** (1/2-day seminars at area hospitals, with booths/exhibits staffed by CAM practitioners)
- **Speakers Bureau** outreach to children, with continued education offered to nonprofits and corporations
- **Collaboration** and **networking** with other organizations
- **Referral service**

In addition to three or four CAM WellFairs at various hospital locations, our general programming calendar might look like this:

Feb/Mar	“Meet the CAM Community” networking event
May	Mother's Day Tea
June-Aug	One or more collaborative programs
Oct	Annual Benefit
Nov	Annual Meeting & Membership Mixer

A new Programming Committee is in formation. If you are interested, please contact Donna at 216-426-8045. Meetings are held from 9:30-11:00 a.m. at the Artefino Cafe' in the Tower Press Building located at E. 21st and Superior.

## MBSC Radio Interview Recap

On October 7, radio stations WDOK, WNCX and WQAL made it possible for listeners to learn more about MBSC and its educational services related to Complementary & Alternative Medicine. Board President Dr. Tanya Edwards, along with Founder & Executive Director Donna Nowak, were interviewed by WDOK News/Public Affairs Director Jim McIntyre on the program called “Cleveland Connection”. On Monday morning Jim called to ask more about the book Donna mentioned on-air, “You Can Heal Your Life” by Louise Hay, saying that six callers wanted more information. (We received calls too!)

Here are a few comments that came in from MBSC members and friends who listened to the interview:

“My wife and I listened to the entire hour, and one thing that immediately struck each of us...you are both wonderful spokespersons for the organization -- both in knowledge of the topic, and in the way you present yourself... Great job.” J.M.

“What a great interview you gave this morning. You both were very articulate and spoke well in sound-bite fashion. You represented MBSC well!” J.E.

“How nice to hear my integrative doctor and you on the air as my husband and were driving to church. Great interview!” L.B.

“You guys did a terrific job. Both of you were extremely professional and effective. Your positive energy clearly came through.” L.N.

**If you missed the interview, you can still listen to it by visiting our website and clicking on the NEWS/EVENTS tab.**

***“The art of healing comes from nature. Therefore, the physician must start from nature, with an open mind.”---Philipus Aureolus Paracelsus***

## Integrative Healthcare Symposium

*The Integrative Healthcare Symposium (formerly CAMEXPO) will be held at the Marriott Marquis in New York City, January 17-19, 2008. Once again, the conference will combine top-notch speakers with exhibitors representing the latest in integrative medicine.*

You'll gain a whole perspective with full access to the most up-to-date, scientific and clinical applications in integrative medicine from top-notch industry experts including: conference chair Woodson Merrell, MD; Jeffrey Bland PhD, FACN, CNS; Alejandro Junger, MD; Nan Lu, OMD, MS, LAc; David Perlmutter, MD, FACN; Bernie Siegel, MD; Julie Silver, MD and many more. Plus you'll take away practical advice to help you integrate what you've learned into your current practice so you can improve patient/client care immediately.

This CME activity is jointly sponsored by the NYU Post-Graduate Medical School and Beth Israel Medical Center's Continuum Center for Health & Healing, New York, NY. CEU credit for Nurses, Acupuncturists, Doctors of Naturopathy and Dieticians is pending approval by other accreditation bodies.

**To register, and for more information, please visit [www.ihsymposium.com](http://www.ihsymposium.com).**

### **THERE'S STILL TIME!**

**The deadline for the Masquerade Benefit Dinner Dance & Silent Auction has been extended. You can still register if you call by Monday, October 22!!**

□  
*Please consider attending this very significant fundraiser for MBSC.*

*Success of this event will enable us to continue our work of CAM education in the community.*

### **MBSC Annual Meeting & Membership Mixer**

Date: Wednesday, November 14

Time: 6pm - Appetizers & Socializing  
7pm - Meeting

Location: Dante (formerly Lockkeepers)  
8001 Rockside Rd., Valley View  
*East of I-77 & 480*

*East of I-21 Brecksville Rd.*

RSVP: Tuesday, November 6

### **SAVE THE DATE – Wed., Dec. 12**

#### ***MBSC Program:***

#### ***Sound and Healing & Holiday Party***

Speakers: Deforia Lane, Ph.D.

Baba Jubal

Location: Rivers Edge

3430 Rocky River Dr., Cleveland, Ohio

Time: TBD

### **October is...**

- Health Literacy Month
- Breast Cancer Awareness Month
- Physical Therapy Month
- Diversity Awareness Month
- Eat Better/Eat Together Month
- Lupus Awareness Month
- Spinal Health Month
- National Chili Month
- National Pizza Month
- National Popcorn Month
- National Cookie Month
- National Seafood Month
- National Dental Hygiene Month
- Animal Protection Month
- Crime Prevention Month
- Liver Awareness Month
- Depression Education Month

### **November is...**

- American Diabetes Month
- Alzheimer's Disease Month
- AIDS Awareness Month
- Adoption Month
- Vegan Awareness Month
- Healthy Skin Month
- National Peanut Butter Lovers Month
- National Fun With Fondue Month
- National Georgia Pecan Month
- National Hospice Month
- International Drum Month
- Bone Marrow Awareness Month
- National Men Make Dinner Day (4)
- National Fig Week (4-10)
- Children's Book Week (18-24)
- World Kindness Day (13)
- National Family Week (18-24)