



Connectives

September-October 2006

Newsletter of Mind•Body•Spirit Connected (MBSC)

IN THIS ISSUE

Great Changes at MBSC, pg 2

Women's Retreat & Integrated Therapies Symposium, pgs 4 & 7

Proposed CAM Legislation, pg 5

Members in the News, pg 6

Getting Involved, pg 7

Saturday,
October 28, 2006



Masquerade
Dinner/Dance &
Silent Auction

Acacia Country Club
6:45 p.m. to Midnight
\$125/person

Wear recycled, refashioned,
previously worn or
organic materials

Visit www.MBSConline.org
or call 216-321-9181
for details.

Annual Benefit for
Mind•Body•Spirit Connected

a portion of the proceeds
will be shared
with Earth Day Coalition

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.

Have you heard... about the Largest & Oldest Online Directory?

On several occasions, MBSC has directed its members and readers to an online directory of holistic practitioners, called the Body Mind Spirit DIRECTORY. This is the largest and oldest directory of its kind on the Internet. It is staffed 100% by volunteers, and the cost of advertising is only \$10/year for a 50-word description. You can even upgrade to a picture ad for only \$35 per year. Now is an ideal time to submit a business listing for the 2007 10th anniversary edition.

While this directory is totally separate from MBSC, we think it's a great resource for anyone searching for a provider of Complementary and Alternative Medicine or interested in advertising holistic products/services. Visit www.BodyMindSpiritDIRECTORY.org to review its 200 categories for conscious living.

Did you know... that MBSC is featured on "Plugged-in Cleveland"

Website guru, Dave Stack, of StackMusic and Plugged-in Cleveland, has honored MBSC by naming our October 28th Masquerade Dinner Dance & Silent auction as "Dave's Pick". Don't miss out on the fun this year. We have some phenomenal, ecologically-friendly auction items that have come in from designers all over the country. Sustainability and fashion combined!

You can learn more about some of the truly unique donations of jewelry, clothing and accessories by visiting the benefit blog at www.MBSCfall2006.blogspot.com and the silent auction blog at www.MBSCsilentauction.blogspot.com. Thanks to chair Judy Carlin for creating and maintaining the blogs and for gathering so many really fun eco-auction items!

Year-end Membership Drive

Message from Board President, Dr. Tanya Edwards

I feel honored to be guiding MBSC in the coming year and invite you to join me in recruiting new members. If each member recruits only one other during the next 15 months, we will double our membership. What a great way that will be to celebrate our fifth year anniversary in 2007!



New Executive Director
Katrinka Morgan

MBSC BOARD
OF DIRECTORS

Dr. Tanya Edwards, President
Hank Roth, Vice-President
Maggie Busser, Secretary
Ellen Mattingly, Treasurer
Tedde Abbott
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Judith Carlin
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Carol Fifer
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Donna Nowak
Carol J. Spears

Coming Attractions at MBSC

by Donna Nowak

By now, most of you have probably heard that we successfully recruited an Executive Director to replace me. As MBSC's founder, I am thrilled that we were able to attract the talents of someone as qualified as Katrinka Morgan, who officially takes the reins on October 1. I'll be serving as an advisor behind the scenes for the next month or so, but we're already well into the training process and it is clear to me that MBSC will be in good hands! I have agreed to serve a one-year term on the Board of Directors to help ensure a smooth transition.

Katrinka has 12 years of nonprofit management experience. In her most recent role as Associate Executive Director for the Society for Rehabilitation in Lake County, she was involved in operations management, program development and coordination of client services, and collaborating with other community agencies and writing grants. She has a M.Ed. from Kent State University, graduated summa cum laude from Lake Erie College in 1979, is proficient in many computer programs, and her references were impeccable. Katrinka's genuine interest in holistic practice was the icing on the cake, so I hope you will agree that she is an excellent fit for MBSC.

Hopefully, you'll get to meet her at the Annual Benefit on October 28 or the Annual Meeting/Networking Event on November 15.

MBSC Moves to a New Office

Do you think it's a coincidence that the husband and brother-in-law of our new Executive Director own a business downtown that just so happened to have vacant space? By the time you read this newsletter, MBSC will probably have already moved to its wonderful new quarters on the second floor at 3800 Perkins Avenue. Harrington Electrical is our gracious new landlord.

Other Changes are Good, Too

Best wishes to MBSC's administrative assistant who relocated to Florida and a warm welcome to Jan...

Many of you had an opportunity to meet the lady with the lovely Australian accent, Benita Crittle, who became MBSC's part-time administrative assistant in April. When Benita's husband accepted a job in Florida, effective Labor Day weekend, they were concerned that in the slow housing market, their Moreland Hills home might sit for awhile. Well, some might say that it was "coincidence" that Donna Nowak's daughter had previously been unsuccessful finding a home in the Orange school district, but others are convinced that Denise Connor's purchase of (and move into) Benita's home in only three weeks was part of a divine plan!

Another "coincidence" related to Benita's relocation was that a new MBSC member, Jan Lewis, had attended the MBSC

Volunteer Thank-You Party on August 24. She was inspired by several MBSC members who shared stories of significant career changes, and as a result, decided to step away from corporate America and enroll in an 18-month massage therapy training program. She shared her interest in a part-time position with Donna, and two weeks later, she began training as MBSC's Office Manager, replacing Benita.

*Good luck to Linda Droblich on her move to Texas;
Welcome Tanya as our new board president...*

Linda Droblich is a founding board member who has served as MBSC's board president since 2004. Effective October 1, she will be assume the of position of Director of Sales and Marketing for San Jacinto College, Workforce Division, in Houston. She will be selling and marketing training programs in the Bay area of Houston, focusing on the petrochemical industry, NASA headquarters, and the shipping channel.

Stepping in early as MBSC's new board president is Dr. Tanya Edwards, Medical Director of the Cleveland Clinic's Center for Integrative Medicine. Tanya joined MBSC in April 2004, since which time she has been one of our most active members. She has been serving as board vice-president since last October, so a very smooth transition will be possible.

THE CLEVELAND CLINIC



**Named one of the nation's top four hospitals by
"America's Best Hospitals" survey,
US News & World Report.**

**Did you know that the following Cleveland Clinic
physicians/scientists are members of MBSC?**

Wayne Daum, Orthopedic Physician
Raman Dhillon, Family Medicine Physician
Tanya Edwards, Medical Director CIM
Stephen Flynn, Family Medical Physician
Joan Fox, Ph.D., Research Scientist
Kathleen Franco, Psychiatric Physician
Jeannette Potts, Medical Urologist

Welcome New Members

Elizabeth O'Donnell, Ph.D.
Physical Therapist, Westlake
JoAnne Scullin LIDC, CHTP,
Certified Healing Touch Practitioner, Westlake
Liz Cavin, N.D.
Naturopathic Physician, Cleveland Heights
Barbara Tisi
Massotherapist & Reiki Master, Willoughby
Sherri J. Tenpenny, D.O.
Osteopathic Physician, Middleburg Heights

Food for Thought: Fragrance Can Overwhelm

A woman called recently in search of a holistic practitioner. Her mother was going through a second bout of chemotherapy and the daughter wanted to recommend something to help with both pain and anxiety. A previous Reiki treatment had been unsatisfactory; one of the reasons was that the practitioner “wore perfume that was nauseating”. Not only was the client highly sensitive to initial fragrance, but a second scent (eucalyptus for aromatherapy) triggered a variety of negative memories. It doesn’t sound like the client said anything to the practitioner, but she had no interest in a second session.

Aromatherapy is one thing, but perhaps it would help us to be more aware of our own personal use of fragrance. Here are some things to consider. Does your bath soap or shower gel have a fragrance? Do you then coat yourself in lotion with a different scent? Perhaps you add cologne or perfume? Imagine what happens when a dozen individuals following a similar self-care regiment get in the same room.

Men and women alike report that often when they attend a public event, it is difficult to breathe with attendees all around them wearing different fragrances. Sometimes more is not better!

**Thanks to Bob Kovacevic for donating
2,000 “Save-the-Date” postcards
for MBSC’s Annual Benefit**

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**“When it comes to business communication services,
they’ve got it covered.”**

Holistic Health Providers Directory

For four years MBSC has published a directory of its complete membership. Beginning in 2007, our printed directory will only include the profiles of holistic practitioners, integrative healthcare providers, and holistic health service providers. The MBSC website will continue to include a comprehensive roster of all members (contact information and area of specialization), unless the member requests not to be listed.

Any MBSC members who are hands-on practitioners, integrative clinicians, or holistic service providers will be included in the directory once they have submitted the following items, all of which are due by January 31: 1) completed directory profile, 2) signed Code of Ethics, 3) \$35 payment. Anyone who wishes to advertise in the directory may do so, whether they are an MBSC member or not.

Balanced Living Magazine:

MBSC’s Friend, Your Valuable Resource

“Advertising in *Balanced Living Magazine* has truly helped my practice grow. I have been advertising in *Balanced Living* for over two years now, and more potential clients have come to me through my ad there than any other publication. Now, it’s the only place I advertise.”
Jane Ehrman

“I would like to formally let you know that being involved with *Balanced Living*, as a columnist, as well as an advertiser, has brought significant attention to my practice (both in Family Medicine, as well as Integrative Medicine). I don’t have exact numbers, but several new patients per day tell me they read about me in *Balanced Living*. I have become convinced that this is a major source of new patients for me and am thankful for my affiliation with such an outstanding magazine. I will continue to write and advertise in BLM, and encourage others to do so as well.”
Dr. Tanya Edwards

MBSC Membership:

How some members decide their level of support

“I am doing very well in my practice and choose to share my abundance by contributing to MBSC at the \$250 Supporter Level. For me, it’s the right thing to do.”

“I was asked to serve on MBSC’s board of directors. That commitment requires me to be a Benefactor level member at a cost of \$500. It was an easy decision because MBSC is a great organization, doing really good things, and I want to continue helping the Cleveland area move toward an integrative healthcare system.”

“I’ve got to watch my pennies right now, so I’m joining at the \$100 friend level. In the future, I hope to contribute more, but this is what feels good for me now.”

MBSC appreciates ALL of its members:

Friends \$100
Contributors \$150
Supporters \$250
Benefactors \$500.

The Top Five Foods for Healthy Skin

by Jessica Fraser

Key concepts: water, skin care and healing foods.

The U.S. cosmetics industry raked in more than \$32 billion in 2004, with sales of skin care products bringing in the largest share—more than \$8 billion. Americans are shelling out big bucks for expensive cosmetics to treat skin problems such as acne, wrinkles and dryness, but most consumers are overlooking the cheapest, safest and most effective remedies: healing foods. A host of healthy, natural foods offer potent

(article continued on back) 3

The Top Five Foods for Skin (continued)

healing and preventative powers to remedy a wide range of skin troubles. These foods can dramatically improve skin for a fraction of the price of costly cosmetics or dermatologist visits:

Green Tea is rich in antioxidants that reduce inflammation and protect cell membranes. It has been proven to reduce the damage of sunburns and overexposure to ultraviolet light, which in turn reduces the risk of skin cancer. Green tea is also high in polyphenols--compounds that eliminate cancer-causing free radicals. Recent research by scientists at the Medical College of Georgia shows that the polyphenol most abundant in green tea--EGCG--also acts as a "fountain of youth" of sorts for skin by reactivating dying skin cells. In addition to its skin-healthy properties, green tea is also high in vitamins C, D and K, as well as riboflavin, zinc, calcium, magnesium and iron.

Salmon, along with other fatty fish, walnuts and flaxseed, is high in healthy fatty acids that are key for achieving healthy skin. Essential fatty acids such as omega-3s help keep cell membranes healthy by keeping out harmful substances as well as allowing nutrients to enter cells and exit with waste products. Omega-3s also reduce the body's production of inflammatory agents that can damage the skin.

Increasing consumption of omega-3 fatty acid-rich foods such as salmon will help keep the skin supple and youthful. A 1:1 ratio of omega-6 fatty acids to omega-3s is ideal, but the ratio in the typical American diet is more like 20:1, so boosting consumption of salmon and other oily fish can help bring that ratio closer to 1:1. Salmon is also rich in protein, potassium, selenium and vitamin B12.

Blueberries are considered by many experts to be the highest food source of antioxidants, which target free radicals that can wreak havoc on skin cells. The antioxidants and phytochemicals (plant sources of nutrition) in blueberries neutralize DNA-damaging free radicals, reducing cell damage. When skin cells are protected from damage and disintegration, the skin looks younger for longer. Blueberries are also an excellent source of soluble and insoluble fiber, vitamin C, manganese, vitamin E and riboflavin.

Carrots are an excellent source of vitamin A, which is a required nutrient for healthy skin. They also contain high levels of antioxidants, which prevent free radical damage of skin cells. Vitamin A is required for developing and maintaining skin cells, and a deficiency of the vitamin can cause dry skin. Carrots are also a superior source of fiber, biotin, vitamins K, C and B6, potassium and thiamine.

Water (plenty of water, at least your individual minimum intake) will help keep your skin young and healthy-looking. Water in caffeinated or sugary beverages does not count; water intake must be from pure, clean water, which rejuvenates skin cells. Water both hydrates cells and helps them move toxins out and nutrients in. Nutrition expert Liz Lipski, PhD, CCN, says when the body is properly hydrated, it

sweats more efficiently, which helps keep the skin clean and clear.

In addition to consuming therapeutic quantities of green tea, salmon, blueberries, carrots and water, consumers should avoid certain foods that trigger bad skin reactions. Such ingredients include sugar, white flour, saturated fats and fried foods, which are especially bad for the skin, since they can trap oil and bacteria beneath the skin, causing acne and other skin ailments.

The skin is considered the outside indicator of inside health, and putting expensive creams, lotions and treatments on the outside of the skin can't alleviate problems that stem from inner nutritional deficiencies. Consuming the right foods and avoiding the wrong ones can reveal beautiful, youthful-looking skin without the high price tag of expensive cosmetics.

Note from Mike Adams, Natural Health Reporter: An important "overlay" factor on all this concerns raw foods versus cooked foods. Raw food juicing is the surest way to healthy skin, and I recommend juicing fruits, vegetables and nuts (soak them first) in a Vitamix to create superfood smoothies. People who drink raw juices on a daily basis have skin that absolutely glows. On the other hand, those who eat mostly processed, refined or cooked foods have skin that ages rapidly. So be sure to include raw food smoothies in your diet on a daily basis if you want great-looking skin!



**Cuyahoga Valley
National Park
Association**

Women's Wellness Weekend

Paid Engagement for MBSC VIP's on October 20-22

Have you ever noticed that good things come back to people who do nice things for others? It's the law of cause and effect, or reaping what you sow.

Here's an example. When the Cuyahoga Valley National Park Association (CVNPA) wanted a partner for their women's wellness retreat, they chose MBSC. As part of the collaboration, they wanted us to help them retain paid services from qualified speakers, so our first choice recommendation was volunteers in MBSC's Speakers Bureau. (We call these members VIP's, or "Very Important Practitioners").

Participating in the instruction of an exciting weekend on October 20-22 will be Judi Bar, Doris Cohen Jane Ehrman, Karen Fink, Michelle Martin, Carol Spears, and Neal Szpatura. For more information or to register for the wellness weekend, visit www.cvnnpn.org, or call 800-642-3297.

To find out how you can participate in MBSC's Volunteer Speakers Bureau, request an application packet from the office.

More Food for Thought: Silver

Author Unknown

In the Old Testament of the Bible, Malachi 3:3 says: "He will sit as a refiner and purifier of silver." This verse puzzled some women in a Bible study group, and they wondered what this statement meant about the character and nature of God. One of the women offered to find out the process of refining silver and get back to the group at their next Bible Study.

That week, the woman called a silversmith and made an appointment to watch him at work. She didn't mention anything about the reason for her interest beyond her curiosity about the process of refining silver.

As she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest as to burn away all the impurities.

The woman thought about God holding us in such a hot spot; then she thought again about the verse that says: "He sits as a refiner and purifier of silver." She asked the silversmith if it was true that he had to sit there in front of the fire the whole time the silver was being refined.

The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed.

The woman was silent for a moment. Then she asked the silversmith, "How do you know when the silver is fully refined?"

He smiled at her and answered, "Oh, that's easy -- when I see my image in it"

If today you are feeling the heat of the fire, remember that God has his eye on you and will keep watching you until He sees His image in you. "Life is a coin. You can spend it anyway you wish, but you can only spend it once."

Update on House Bill 117

At MBSC's special membership meeting on August 24, one of our members brought up a piece of new business. He was very concerned about opposition to House Bill 117, since he views the legislation as giving Ohioans the right to make educated and informed decisions about their own healthcare.

MBSC does not take an official position on HB 117. However, as an educational organization in the area of CAM, we have on a couple of occasions provided some basic information via this newsletter so that members are at least aware that there is a bill proposed in the state of Ohio related to regulation of CAM practitioners and therapies. At the time this article was prepared, the Bill was in Committee in both the House and Senate.

Under the leadership of Daryl Kulak in Columbus, the Ohio Health Freedom Coalition (www.ohiohealthfreedom.org), seems to be the most vocal in support of the legislation. An interesting overview in favor of the legislation can also be seen at www.healthy.net/scr/news.asp?Id=7673.

The Ohio State Medical Association declared its opposition more than a year ago, and, the Ohio Occupational Therapy Association posted an Action Alert in May, opposing a sub-bill that establishes a registry, or list of CAM providers, within the Department of Commerce. Visit these web addresses for information published by groups expressing concern about the legislation: www.osma.org/files/public/HB117_revised.pdf and www.oota.org/website/actionalerts.htm. In Cleveland, some CAM practitioners, such as licensed acupuncturists and naturopathic physicians, also believe that the Bill poses a potential risk to the public.

MBSC urges its members to read the proposed legislation, reach your own conclusions and take immediate action if you feel strongly one way or the other. With the legislature returning from summer break, HB 117 will be back up for discussion. Those of you who are opposed may want to write to your politicians now in hopes of at least creating a delay. Those of you in support of HB 117 need to be aware that if the legislation does not pass by the end of 2006, Committees will get reshuffled and the effort will likely be starting pretty much at "square one" next year.

Following are some excerpts to give you an idea of what the bill includes:

Sec. 4783.02. It is hereby declared to be the public policy of the state:

- (A) That the provision of complementary or alternative health care services enhances the health and welfare of the residents of this state;
- (B) That the regulation or licensure of complementary or alternative health care service providers is inappropriate and unnecessary.

Sec. 4783.03. (A) No individual other than a licensed health care professional who provides complementary or alternative health care services shall do any of the following:

- (1) Perform surgery or any other procedure that punctures the skin;
 - (2) Perform a chiropractic adjustment of the articulation of the joints or spine of any individual;
 - (3) Use or recommend any procedure involving ionizing radiation as defined in section 4773.01 of the Revised Code;
 - (4) Willfully provide diagnosis of an allopathic disease;
 - (5) Willfully provide diagnosis or treatment of a physical or mental health condition of any individual that directly poses to the individual diagnosed or treated a recognizable and imminent risk of significant and discernable physical or mental harm;
 - (6) Willfully counsel any individual to disregard the instruction or counsel of a licensed health care professional;
 - (7) Willfully counsel any individual to discontinue use of any dangerous drug, drug, or therapeutic device prescribed to the individual by a licensed health professional authorized to prescribe drugs;
- (article continued on back side)*

- (8) Administer or prescribe any drug or medical oxygen;
- (9) Hold out, state, indicate, advertise, or otherwise imply to any person that the individual is licensed by this state to practice as a health care professional.

HB 117 would put into law something that MBSC has proposed that holistic practitioners do voluntarily, i.e.,

An individual providing complementary or alternative health care services who is not a licensed health care professional shall do all of the following:

- (A) Prior to providing complementary or alternative health care services, disclose to the recipient of the services in a plainly worded statement the following information:
 - (1) The nature of the services to be provided and the theory on which the services are based;
 - (2) The degrees, training, experience, credentials, or other qualifications held by the individual with regard to the services to be provided;
 - (3) A statement, printed clearly in not less than eleven-point font, that reads verbatim:
"I AM NOT LICENSED BY THE STATE OF OHIO AS A HEALTH CARE PROFESSIONAL. THE STATE HAS NOT ADOPTED ANY EDUCATIONAL OR TRAINING REQUIREMENTS FOR UNLICENSED COMPLEMENTARY OR ALTERNATIVE HEALTH CARE SERVICE PROVIDERS."
 - (4) A statement that describes the following:
 - (a) Any agreement or other arrangement between the individual and another provider of complementary or alternative health care services or between the individual and a licensed health care professional whereby the individual derives a financial or other benefit;
 - (b) The nature of any benefit resulting from an agreement or arrangement described in division (A)(4)(a) of this section.
- (B) Obtain from the recipient of the services a written acknowledgement that the recipient has been provided the statement described in division (A) of this section;
- (C) Provide the recipient of the services with a copy of the acknowledgement described in division (B) of this section;
- (D) Maintain for at least two years the acknowledgement described in division (B) of this section.

MBSC Members in the



The Plain Dealer printed a very nice article on September 7, entitled "Alternative Medicine Goes Mainstream". In the spotlight were two MBSC members, **Dr. Tanya Edwards** and **Judi Bar**. Way to go!

Congratulations to MBSC member **Joan Fox, Ph.D.**, of the Cleveland Clinic Foundation, who was appointed to the National Advisory Council for Complementary and Alternative Medicine (NCCAM) a few months ago. The Council serves as the principal advisory body to NCCAM, a component of the National Institutes of Health within the Department of Health and Human Services. The Council, which meets three times a year, is composed of physicians, scientists,

licensed alternative and complementary medicine practitioners, and representatives of the public who contribute their time and expertise over a four-year term. Council members offer advice and recommendations on the prioritization, conduct, and support of complementary and alternative medicine research, including research training and disseminating health information derived from NCCAM's research.

Cleveland Clinic physician and MBSC member, **Dr. Jeanette Potts**, also known as "Dr. Tango". was back in the musical spotlight. On August 31, she and her mobile dance team were stationed downtown on West 6th Street, outside Johnny's restaurant, as part of Sparx in the City's Street Beat performances. Rumor has it that they were also seen doing the tango "hit and run" that evening at other outdoor Warehouse District locations. FYI: Sparx in the City is the down-town Cleveland marketing initiative that stimulates commerce and vibrant street life by featuring the talents of regional artists.

Reiki Master and Therapeutic Harpist, **Carol Spears**, also donned her dancing shoes in a dance competition at Embassy Suites in Independence, September 21-23. Her performances included a variety of ballroom dances (waltz, tango, foxtrot and Viennese waltz), as well as a variety of American rhythm dances (cha-cha, rhumba, bolero, salsa, mambo, samba and more). We're pleased to report that she took *numerous* second and third-place prizes!

Congratulations to **Sandra Anne Taylor** of Starbringer Associates on the release of her new book published by Hay House, entitled, *Quantum Success: The Astounding Science of Wealth & Happiness*. Sandra will be speaking at the Hay House Publishing, "I Can Do It" conference in Orlando, Florida, in October. Also released this past year were: *Drawing on Your Intuition*, *Working with the Masters* CD, and *Openings* CD. Sandra's identical twin sister, **Sharon Klingler** (also an MBSC member), recently released a new CD entitled *Divine Connections*. To learn more about these local authors visit www.starbringerassociates.com.

Best wishes to newlywed **Dr. Erin Holston Singh** who is relocating to Shreveport, Louisiana. Her husband's position there is supposed to last three to five years, after which time they plan to return to Cleveland. Yes, Erin is keeping Options Naturopathic Clinic in Cleveland Heights. Joining that practice is Elizabeth Cavin, ND, who has relocated from Portland, Oregon, so we extend a very special welcome to Liz who is not only a new naturopathic physician in Cleveland, but a new MBSC member, as well as a VIP in MBSC's volunteer speakers bureau.

Note: MBSC members are invited to attend an Open House from 5-8:00 pm at Options Naturopathic Clinic on Thursday, October 5. This will give you an opportunity to meet several new staff members at Options and to say "good-bye" to Erin.

Special Thanks to these Supporters

Academy Graphic Communication for printing, labeling and mailing of the invitations for the October 28th Benefit.

Bob Kovacevic of Minuteman Press in Middleburg Heights for printing the "Save the Date" postcards.

Bob Perkoski of Perkoski Design (and *Balanced Living Magazine*) for graphic design of both the "Save the Date" cards and invitations for the benefit.

Dee Wolk of Dee's Weight Solution for paid sponsorship of the Masquerade Dinner/Dance & Silent Auction.

Share the Fun

It's easy to support MBSC while inviting your friends, family and co-workers to have a blast at the October 28th Annual Benefit. Please consider who you know that might enjoy our spectacular fundraising party. A group of friends, neighbors or colleagues sitting at your table provides a unique opportunity for camaraderie.

Here's an email message received from one MBSC member: "Of the 10 invitations I hand-delivered to co-workers today, three said YES and two said MAYBE...and two others were not in... One of the workers has a wife who is a doctor for the Clinic, and they are environmentalists, so they may go as well."

We will be glad to give you a quantity of invitations for personal distribution, so just give us a call at 216-321-9181. If you'd rather give us the names/addresses, MBSC's office staff will be glad to send invitations out on your behalf.

With a reservation deadline requested as October 13, however, time is flying by. So, be sure to extend your invitations soon!

Getting Involved in 2007

It's not too early to start thinking about how you might like to be involved in MBSC next year. The Board of Directors will soon be appointing current or previous members of the board to serve as committee chairs for 2007. As an MBSC member, you will then be invited to participate on a committee which interests you:

- Annual Benefit (October Masquerade & Silent Auction)
- Fundraising & Sponsorship
- Membership
- Mother's Day High Tea & Silent Auction
- Programming
- Speakers Bureau

Please contact Jan Lewis, Office Manager, if you are would like to join a planning committee next year.



Integrated Therapies: Blending the Past with the Present

Balanced Living Magazine and *Mind-Body-Spirit Connected* will be exhibiting at this symposium on integrated therapies. In addition, several MBSC members will be presenters.

When Friday, November 3, 2006
Where MetroHealth Medical Center
Scott Auditorium, 2500 MetroHealth Drive
Cleveland
Time 8:00 a.m. to 4:30 p.m.
Cost \$80 for registration received by 10/20; \$90 thereafter

Note: Includes parking, lunch, refreshments and course materials. For information, call 216-778-7707.

Speakers

Integrative Medicine: The Big Picture
*Tanya Edwards, MD, MEd

Medical Intuition
*Sarah Weiss, MA, LMT

Guided Imagery: A Proven Tool to Decrease Stress, Pain and Enhance Coping Skills
Diane Tusek, RN

We Are What We Eat: The Role of Nutritional Supplements
*Paula Vetter, RN, MSN, FNP

The Evolution of Consciousness
Vince Lisi, MA

Yoga for Health, Awareness and Serenity
Karen Allgire, MFA, RYT

* Denotes MBSC members



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