

# Columbus Polarity Center for Integrative Health and Wellness

## Monthly Newsletter: January 2006 Volume III Issue I

### Have you missed our newsletter?

If you have missed any of our newsletters, you can check out all of them at the [Columbus Polarity Center Newsletter Archive](#).

### Please pass this newsletter on to associates and friends. This is greatly appreciated.

If you do not want to receive this newsletter via e-mail, please return with the word "unsubscribe" in the subject line. Anyone can subscribe to our CPC newsletter, which will come out monthly and include current info, articles about health and wellness, current events, classes and seminars.

### Columbus Polarity Center specializes in complementary therapies and holistic healthcare.

There is a wide range of qualified practitioners available for Polarity Therapy, Cranial Sacral, Rolfing, Reiki, Herbal Therapy, Aromatherapy, relaxation massage and Massage Therapy by LMTs. Our practitioners work with an integrative healthcare focus and often will provide the client with various options that will meet their needs. Many of the practitioners work together to provide the best preventive care for the client. Please check our website [www.columbuspolarity.com](http://www.columbuspolarity.com) for more details.

Practitioners at Columbus Polarity are not Medical Doctors, Dieticians, or Mental Health practitioners, nor do they diagnose or treat illnesses or prescribe any type of medications. For medical needs consult your physician.

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## Healthy Tidbits

### Natures Best Germ Fighter Tea Tree Oil

A natural antiseptic, Tea Tree Oil contains 48 organic compounds such as cymones, pinenes, veridiflorene, L-terpineol and allyhexanoate. Many of these cannot be found anywhere else in nature. The complexity of Tea Tree Oil is the reason it has consistent destruction of harmful viruses and bacteria. Tea Tree is a colorless oil with a distinctive aroma with a pungent taste and is effective also in killing yeast cells and mold besides bacteria and viruses. (Try it for nail fungus!)



A very potent Tea Tree Oil is Australian Tea Tree Oil.

#### Info on Tea Tree

- Dissolves easily in small amounts of alcohol.
- Make a mouthwash for treating teeth or gum disease. Use grain alcohol or vegetable glycerine.
- Can dilute Tea Tree in water.
- Use an oil like olive oil. Add 1 ounce of full strength Tea Tree Oil to 4 ounces or more of oil.
- Use massage oil with tea tree to treat tired feet and, aching muscles.
- For Inflammation and inflamed joints add 3-5 drops of Tea Tree Oil to a small amount of baby oil or almond oil and rub into joint areas.
- Great for arthritis, dermatitis, cuts, cold sores and more.

For information on Tea Tree products contact the following: Desert Essence at 818-709-4900 or Thursday Plantation Inc. at 800-848-8966

Reference: Nature's Antiseptics Tea Tree Oil and Grapefruit seed extract. CJ Puotiner.

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## Turn Back the Clock, Live Longer

Dr. Mark Stengler, from Bastyr University, suggests the following to live longer and to feel better.

- A. Take Spirulina, a blue green algae that contains all the essential amino acids and is highly absorbable. It also is high in carotenoids (antioxidants). Spirulina also has antiviral effects and can reduce cholesterol. Take 2-3,000 mg per day.
- B. Eat Berries. blueberries, raspberries, grapes, cherries, which all contain flavonoids (antioxidant activity) which fight heart disease. Eat one cup per day.
- C. Drink Green Tea Daily. It helps protect your liver, prevents cancer, helps with cancer remission, reduces cholesterol levels, fights tooth decay and aids in weight loss. Drink 1-2 cups per day.
- D. Limit Dairy. Milk and cheese contain casein, a very common food allergen. Milk also contains Xanthine oxidase, an enzyme that may increase plaque build up in arteries. No more than 5 servings of dairy per week.
- E. Eat Ezekiel Bread. Uses sprouted grains. High phyto-nutrients, improves auto-immune function. One slice per day.
- F. Take Fish Oil and Evening Primrose Oil. Improves brain functioning and immune system. Reduces heart disease and cancer. Take 3,000 mg - 5,000 mg of fish oil and 1,000 mg of EP daily.
- G. Eat Garlic. Contains allicin which builds immunity and prevents infections. It also reduces risk of colon and stomach cancers. One or more servings of garlic decrease colon cancer risk by 35% suggests one study. Use daily or an odor free supplement 4,000 mg.
- H. Dine Early for better absorption.

## Colloidal Silver - Questions and Answers

**WHAT IS IT?** Colloidal Silver is a pure all-natural substance consisting of sub-microscopic clusters of silver, held in suspension of pure ionized water by a tiny electric charge placed on each particle.

**WHAT DOES IT DO?** Colloidal Silver is a powerful, natural antibiotic. It has been found to be both a remedy and a prevention for colds, flu, all infections and all fermentation due to any bacteria, fungus or virus, especially staph and strep which are often found in diseased conditions. It has been reported to rapidly subdue inflammation and promote faster healing. The body needs Colloidal Silver to fight disease-causing organisms and to aid healing. Taken daily, Colloidal Silver provides a second immune system resulting in more energy, vitality, vigor, relaxation, faster healing and reduced bodily toxins. An artificial antibiotic kills, on an average, 6 different disease organisms but Colloidal Silver is known to kill over 650 disease without any known harmful side effects or toxicity. Dr. Harry Margraf of St. Louis says, "Silver is the best all around germ-fighter we have."

**WHY SILVER?** Silver has benefited mankind's health for thousands of years. In ancient Greece and Rome, people used silver containers to keep liquids fresh. American settlers traveling across the West often put a silver dollar in milk to delay its spoiling. Around the turn of the century, doctors prescribed silver nitrate for stomach ulcers and it has been a common practice to put a few drops of a silver solution in newborn babies' eyes to kill bacteria that causes blindness. A silver compound known as silver sulfadiazine has been used in 70 percent of the burn centers in the U.S. It also helps stop the herpes virus. Note: It is not the silver in dental fillings that is harmful but the mercury which is a deadly poison.

**WHAT ARE THE KEY CHARACTERISTICS?** The uses of Colloidal Silver go on and on in medical journal reports. It was widely used 60 to 70 years ago when, among other reasons, the cost became prohibitive - about \$100 per ounce in 1930 dollars. Colloidal Silver, as it is now produced, is a redevelopment of an earlier, more crude product that was first used in the early 1900's. It is now produced in a multi-million dollar facility at a much higher quality, at a fraction of the price.



**HAS IT BEEN MEDICALLY TESTED?** YES! Colloidal Silver has been successfully tested at the UCLA Medical Labs where it killed every virus on which it was tested.

**WHAT DOES FDA SAY?** According to the FDA, Colloidal Silver may continue to be marketed and used as it was originally intended. Colloidal Silver exceeds FDA recognized standards (Sep. 13, 1991 letter written by Consumer Safety Officer, Harold Davies, U.S. Food & Drug Admin.) FDA has no jurisdiction regarding a pure, mineral element.

Reference: Colloidal Silver Report; R. Combs 2004.

For a high grade, effective colloidal, go to [www.columbuspolarity.com](http://www.columbuspolarity.com) and see online products.

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## **Eat More Greens!**

**They contain more vitamin A than carrots**

**They contain more vitamin C than oranges**

**They contain more vitamin E than whole wheat**

**They contain more vitamin B2 than milk**

**They contain high-quality proteins with a good amino acid profile**

Greens provide assimilable essential alkaline minerals such as calcium and magnesium that are found in insufficient quantities in fruit, nuts and seeds, not to mention other more conventional, acid-forming foods. The molecular size of the components of many supplements makes them too large to be absorbed by the body. Plant vitamins and minerals were DESIGNED for our bodies! For a good rundown on what kind and how to get lots more greens into your diet, we recommend Victoria Boutenko's video, "Green Smoothie Revolution." <http://chidiet.com/tapes.htm#v47>.

Reference: Chi Living Food News.

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## **Have you seen "What the Bleep do we Know?"**

"What the Bleep do we Know?" became a jumping off point for introducing the science of quantum physics as "the physics of possibilities" vs. the old school, mechanistic Cartesian paradigm. It is part documentary, part story, sometimes explained through the use of colorful and elaborate visual effects and animation. The premise is that we live "in a tip of the iceberg world" and that if we venture beyond the surface we will find a world which is undulating and evolving, interconnected and ever changing before our very eyes.



There are over 300 visual effects, shots of the mysterious quantum world, the interior of the brain, shots of the sub-atomic world and how to understand we are truly "molecules of emotion".

Children young and old love the movie! It makes science fun and very entertaining. "What the Bleep do We Know" is a must see, now on DVD at your local video store.

Review Reference: M. Buckley Energy Magazine, [www.polaritytherapy.org](http://www.polaritytherapy.org)

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## Monkey See, Monkey Do!

Don't monkey around! A study indicates that children as young as two are likely to smoke and drink in play to mimic their parents!

### **Three to Five Times more Likely:**

Children were four times as likely to "buy" cigarettes if their parents smoked, and three times as likely to buy alcohol if their parents drank at least once a month. Children allowed to watch non-G rated movies were five times more likely to buy alcohol.

Some children even recognized specific brands of cigarettes based on the brands their parents smoke. Others play acted pouring drinks or lighting cigarettes.

### **"Cognitive Scripts"**

It is believed that the study shows that children have "social cognitive scripts" for adult life, and form beliefs about what behaviors are appropriate at a very young age.

Archives of Pediatrics and Adolescent Medicine September 2005; 159:854-859

Reference: [www.mercola.com](http://www.mercola.com)

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## Protect your Rights, Protect your Health

See Pro-Active Citizen Groups below that help protect you and your environment. Don't sit and wait until we lose our planet and destroy our environment. Go to the following websites!

\* **Rachel's Environment & Health Weekly.** Named after Rachel Carson, this site is one of the oldest monitors of industrial toxins and their effect on human health. Their no-frills newsletter is a reminder that democratic action is the key to bringing polluters to task. ([www.Rachel.org](http://www.Rachel.org))

\* **The Science and Environmental Health Network (SEHN)** SEHN has been a champion of the "precautionary principle" in chemical use. The SEHN web site features access to the groups online newsletter, The Networker. ([www.sehn.org](http://www.sehn.org))

\* **Greater Boston Physicians for Social Responsibility** This watchdog group has brought new attention to how toxins can damage human development and trigger learning and behavioral disorders. ([www.preventingharm.org](http://www.preventingharm.org))

\* **Environmental Health Perspectives** is the journal of the National Institute of Environmental Health Sciences. (<http://ehp.niehs.nih.gov/>)

\* **Our Toxic Times** is the journal of the Chemical Injury Information Network (CIIN) for people with multiple chemical sensitivities. ([www.ciin.org](http://www.ciin.org))

\* **Journal of Pesticide Reform** by the Northwest Coalition for Alternatives to Pesticides.  
([www.pesticide.org](http://www.pesticide.org))

\* **Institute for Children's Environmental Health** offers information on childhood chemical health hazards. ([www.iceh.org](http://www.iceh.org))

Reference: UTNE January - February  
2005 Lisa Rodgers

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## Essential Herbs

### Ask Charoula

*Hello Everyone!*

*Last month's column on how to make oils and salves elicited a lot of interest on how to make one's own preparations. Before we can learn what herbs are needed for what condition, we first must know how to prepare them!*



*Today we will start with the basics, how to make teas. There is an art to making teas, even as simple as it may sound.*

*Teas are the easiest to make of all herbal preparations. Often the simpler we get, the better results we obtain. Herbs are after all, food, they are full of vitamins and minerals, and using them whole in teas is often preferable to concentrated extracts.*

*Teas are the safest and gentlest way of taking your herbs. They are of course prepared with water and water does not extract those properties that may be on the harsher side. Children and older people take to teas better than they would to tinctures. People who prefer not to deal with the alcoholic content of tinctures may also use teas.*

*Having to make teas with boiled water also ensures that they are free of any microbes or other microorganisms that may be present in the dried herbs, or cooking utensils.*

*Teas are also less expensive form of herbal preparations. They can be made to taste sweet with the addition of a bit of cinnamon or orange peel or honey or the natural herbal Stevia.*

*The main disadvantage of teas is that they cannot be preserved further than 24 to 36 hours in the refrigerator. So make your teas daily and drink anywhere from three to four cups a day, depending on the specific tea.*

*There are two main ways of making teas: infusions and decoctions.*

*We make infusions by bringing the water to a boil, then pouring it over the herbs and letting them steep for about half an hour. The proportions are one teaspoon to one tablespoon of herb matter to one cup of water. Infusions are made with the soft parts of plants: stems, leaves, and flowers.*

*We make decoctions by placing the herbs in a pot of cold water, bringing the mixture to barely the boiling point, then simmering it for half an hour. The proportions are the same as for an infusion. We make decoctions with the hard parts of plants: roots, rhizomes, seeds and the barks.*

*With both infusions and decoctions you can make enough tea to last you one full day, using four teaspoons to four tablespoons of herbs to a quart of water. We use the lesser amount of herbs for a simple pleasurable tea and the higher amount for a stronger medicinal tea.*

*Here are some recipes I have gathered and/or created in my lifetime as an herbalist:*

*Indian Summer (Cindy Parker's) Equal parts lemon grass, lemon balm, lemon verbena, resehops, hibiscus, and lemon and orange peel Evening Repose (Rosemary Gladstar) Mint, lavender, chrysanthemum flower, chamomile, red roses, blue maiwa, lemon verbena, borage, stevia. (Stevia is a natural herbal sweetener.)*

*Charoula's Blends:*

*High Mineral Relaxing Tea - Infusion*

*-equal parts oatstraw, nettles, chamomile. Half part alfalfa, chickweed. One quarter part horsetail. Add one part peppermint for flavor.*

*\*If you have trouble falling asleep, use the high mineral tea, adding a whole part of skull cap and half a part of passion flower.*

*Afternoon Invigorating Blend - Infusion*

*-a handful each of fresh: peppermint, spearmint, and lemon balm . Half a handful of sage and rosemary.*

*Cleansing Bitter Tea*

*-Handfuls of fresh dandelion greens, dandelion root, burdock root, chicory root, cleavers, chickweed. Infuse dandelion greens greens, chickweed and cleaver*

*Decoct roots*

*Mix Together*

*\*Drink for digestion or during a cleansing program.*

*Make your own recipes.....Enjoy!!*

\*For more information on our herbal tinctures, got to [www.columbuspolarity.com](http://www.columbuspolarity.com) and click on online herbals.

**Coming Soon....** A certificate course in Herbal Education!! Endorsed by Ohio Institute of Energetic Studies and taught and directed by Charoula Dontopoulos. This course will be offered Spring of 2006, and will teach all the basics of Herbs, their use, functions and applications for

good health. Six weekend classes at Wiseheart Herbal farms beginning in April. For more information go to [www.OhioInstitute.com](http://www.OhioInstitute.com) and click onto Specialty Classes.

THE ABOVE INFORMATION IS FOR EDUCATIONAL PURPOSES ONLY. PLEASE CONSULT YOUR HEALTHCARE PROVIDER/PRACTITIONER! INFORMATION IN ANY PART OF THIS NEWSLETTER IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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## Herb of the Month

(Ginkgo biloba)

### Background Information

- Common name is the Maidenhair Tree
- Has grown in China for over 200 million years
- Many trees in Europe and China more than 1000 years old
- Originally used by Chinese medicine to treat "brain disorders"
- Imported to Europe in the 19th Century
- Used today as a prescription medication in many European nations
- Specific component used in medicine is in the leaf
- Seeds of Ginkgo Biloba are very toxic



### Research/Medical Use

- German authorities have deemed Ginkgo biloba as safe and effective treatment for multi-infarct and Alzheimer's dementia as well as peripheral intermittent claudication
- First US trial in 1997 showed that Ginkgo Biloba extract (EGb761) stabilized and sometimes improved cognitive and social functioning in patients with mild to moderate dementia.
- Ginkgo Biloba extract has also been shown to improve cognitive function in healthy elderly patients.
- 1992 - Meta-Analysis of the effect of Ginkgo Biloba on reversing or stabilizing memory impairment in healthy elderly patients. - 8/40 studies considered adequate as RDBPCTs - 7/8 adequate studies showed statistically significant improvement of cognitive function in patients taking EGB761 vs. placebo
- 1999 - Meta-Analysis of the effect of Ginkgo Biloba on improving function in patients with mild to moderate Alzheimer's dementia. - 9 studies considered adequate as RDBPCTs - 8/9 studies showed that EGB 761 is statistically significantly better than placebo in delaying Alzheimer's-related deterioration.

### Research/Medical Use

- 1998 - Meta Analysis of four studies (all deemed adequate) evaluating improvement of cognitive function on Alzheimer's Disease Assessment Scale with use of (EGB 761). - average improvement of 3% on ADAS in patients taking Gingko vs. placebo with delayed onset of deterioration roughly 3 months.
- Multiple studies have shown Egb761 to be effective in treatment of peripheral intermittent claudication, increasing pain-free walking distance by an average of 30 seconds.

### **Mechanism of Action**

- Three active components found in Gingko Biloba: flavanoids, organic acids and terpenes
- Flavanoids and organic acids act as free radical scavengers
- Terpenes are potent inhibitors of Platelet Activating Factor, leading to decreased thrombosis, dilation of arterioles and capillaries, and blockers of chemical mediators from phagocytes.

### **Adverse Effects**

- Mild cases of GI upset, nausea, nervousness - comparable to placebo

### **Contraindications**

- Relatively contraindicated in patients taking blood thinners or NSAIDs due to anti-clotting effects.

### **Correct Formulation**

- EGB 761 (used in all above studies) contained extract standardized to 24% flavanoids and 6% terpenes
- Typical dosage of this extract is 60 mg BID

### **Articles**

- Le Bars et al. JAMA. 1997; 278: 1327-1332
- Hindemarch et al. Int J Clin Pharmacol Res. 1984; 4: 89-93
- Kleinjen et al. British Journal of Clinical Pharmacology. 1992; 34: 352-358
- Ernst et al. Clinical Drug Investigation. 1999; 17: 301-308
- Oken et al. Archives of Neurology. 1998; 55: 1409-1415

Reference: Jacob Conklin, MD. Ohio State University Student previous Intern at Ohio Institute of Energetic Studies.

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## New Wellness Classes

### Energy Movement

Energy dance-fun movement to enhance flexibility and strength. **"A Healthy spirit resides in a healthy body."** Dance with your spirit. Energy movement works with the 5 basic elements of life, **Ether, Air, Fire, Water and Earth.**

Benefits of Energy Movement:

- Spinal Flexibility
- Joint balance
- Muscle Strength
- Release stress and tension
- Balances the Chakras



Join Irina Tatarintseva, MA, APP who brings this new system of energy dance to us from her studies in the Ukraine. Every Wednesday evening 7:00-8:00 at 1253 N High Street. Parking in rear of building. Cost is \$10 per class. All ages welcome and no experience is required. Polarity CEU's available.

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## Educational Seminar

Join Us For Classes Energy Tracing and Polarity Process Oriented Bodywork

- Integrated Elemental Process
- Hands on Techniques to Trace Energy
- Assessment on Transitioning Energy
- Sessions on How to Integrate the Elements
- Advanced Energetic Bodywork

*It's the core of understanding energy movement.*

Get CEU credits, RPP credits and a special certificate in the Polarity Process Oriented Bodywork Model

Sign up for all or part of the workshop!

Saturday February 4, 2006

9:30 AM - 5:30 PM



Sunday February 5, 2006

9:00 AM - 4:00 PM

Monday February 6, 2006

8:30 AM - 5:30 PM

**COST:**

\$450 for Entire Seminar

\$185 for Full Day

\$95 for Half Day

\$20 for materials and manual

Faculty:

Dr. Damon Fazio, NMD, RPP  
Specialist and Master Teacher  
From New Mexico

**Pre-Registration Required**

CALL 614-299-9438 Visit our new website at [www.ohioinstitute.com](http://www.ohioinstitute.com)

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**Health Freedom Comes to Ohio**

Protect your rights as a consumer to choose the type of healthcare you want. For more information please visit our website at [www.ohiohealthfreedom.org](http://www.ohiohealthfreedom.org), call 614-841-7700 or email [pampopper@msn.com](mailto:pampopper@msn.com).

\* [See the new video on Health Freedom.](#)

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**ARTICLES**

**RELAX - RENEW - REJUVENATE**

**EXPERIENCE MASSAGE**

Below is a guide to several types of therapeutic massage.

- **Lymphatic Massage** is a technique designed to accelerate drainage and filtration of lymph fluid through the lymph nodes and circulatory system. It supports the immune system and reduces swelling caused by poor circulation. LM is most often used when a client is suffering from a cold or immune-related condition, upper respiratory allergies, or to relieve edema following surgical removal of lymph nodes (e.g. breast cancer surgery). The massage therapist uses firm long strokes over the skin in the direction of the lymph circulation which assists the body's natural flow of fluids.
- **Deep Tissue Massage** is a technique for releasing severe and/or chronic tension in the muscle and connective tissues of the body. It involves deep focused pressure on specific

points to release tension, followed by deep kneading and friction of the muscles to flush metabolic wastes. It improves circulation and eliminates toxins in the body. Deep tissue massage is often used by athletes, people whose occupations involve heavy physical labor, and for those who prefer a deeper massage technique for relaxation.

- **Relaxation Massage** is a standardized full-body treatment designed to promote relaxation and relieve stress. The pressure used can vary from very light to moderately deep. Clients often a relaxation massage as a way to unwind after a busy week or to regulate stress during a busy time in their lives. Anyone of any age can benefit from a monthly or weekly relaxation massage as a way to manage stress and enhance the body's circulatory and immune functions.

## **Benefits of Massage**

You've lived with arthritis for over a decade. You've learned to tolerate this chronic joint condition with physical therapy, regular exercise and nonprescription pain relievers.

One more step you might consider is having periodic massages. Massage is one of the oldest forms of therapy. This hands-on treatment of finding increased favor as a way to reduce chronic pain and stress, and can aid in healing.

Massage was used in numerous ancient cultures. Early medicine in the US relied heavily on massage and herbal treatments. But over time, hands-on medicine was largely set aside in favor of advances in medications and technology.

Today, there's growing interest in the benefits of massage and other Bodywork modalities used in conjunction with conventional medical treatments, and when used as a preventive measure to avoid injury. Massage uses positioning, hands-on pressure and movement to promote relaxation and to loosen and increase motion in muscles. As cited by Mayo Clinic Health Letter, the benefits include:

- Improved circulation, which can be helpful in wound healing after surgery, in improving blood pressure and in relieving fluid buildup (edema) in arms or legs.
- The release of stress-reducing hormones, such as endorphins, which can increase energy and reduce the risk of illnesses caused by chronic stress.
- Reduced pain which can promote muscle relaxation and healing of muscles.
- Improved range of motion, increased flexibility, reduced risk of injury and improved performance when appropriate stretches are included in the massage technique.

## **Did you know**

According to Researcher Tiffany Fields from University of Miami, one hour of bodywork like polarity or massage is equal physiologically to walking 7 miles briskly!

For more information on massage or to schedule for a massage call Columbus Polarity at 614-299-9438. All massage therapists at Columbus Polarity are LMT's.

## **Bodywork for the mind**

### **Fighting stress means taking care and taking charge** By Mary Jo Ruggieri

The mind and body respond to each other in remarkable ways. Emotional states can alter responses in the immune system, organs, glands and cells that will physically affect the body's function. In alternative and holistic healthcare the body is seen as a whole unit. Body, mind, emotion and spirit are totally integrated. Stress or injury to one part weakens the entire body.

How we recognize and handle stress in our lives is the key to unlocking the door to quality health and vitality. Realistically making ourselves aware of the symptoms of stress is a must. Often we run the red lights of life, discarding signals from our body and mind that we are approaching danger.

Do you experience lack of concentration, jaw aches, persistent irritability, inability to catch your breath, difficulty in sitting still and digestive problems? When you are experiencing stress, your breath rate may double, you may get flushed and feel gas pains. How often we complain that we have no energy is a main clue to the state of your health. Illness often starts as a problem with one's energy level!

Being aware of our own "self-talk" is another barometer of stress. Make a check list to see if the following apply: being critical of yourself, feeling powerless, not having choices, nothing feels right, and expecting the worst from people.

Identifying stress patterns is also useful. Do you recognize any of the following patterns: rushing in the mornings to get where you need to go, being late for everything, drinking or eating in the car, no quiet alone time, addicted to the telephone or carrying your cellular telephone in your pocket, working on vacation, not taking time to exercise or being preoccupied with over-exercising, and eventually feeling you never have time for family and friends?

Environmental stress also plays a critical role in our healthcare. Research is now linking many illnesses to environmental toxins and pollution. The National Institute for Health reports that there is a strong link between environmental pollutants and cancer. There is evidence to link pesticides in our foods, excessive hormones in our dairy products, high quantities of chemicals in our drinking water and unclean air to cancer.

When we add up the stress in our lives and couple it with environmental conditions, we have a serious health threat. We are all faced with the challenge of being aware of our patterns that contribute to the disease of stress, and learning how we can change the situation. Taking care-taking charge!

An ounce of prevention is worth a pound of cure. One solution is to identify early where we are holding stress in our body. Individuals have a difficult time recognizing stress in the body, until it becomes a problem, such as severe backache, chronic indigestion, headaches, lack of energy and often depression. When it reaches the stage of physical and mental imbalances, it has become a problem. Bodywork is a factor in helping us identify where stress is located. It will not only identify stress holding patterns, it will educate the body in returning to balance.

Research has shown that bodywork helps movement of fluids through the system including lymph, blood in the arteries and veins, and removal of toxic waste; increases muscle response, diminishes muscles fatigue and increases muscle energy; restores vital organ function including respiration and circulation; increases neural activity benefiting balance in reflex patterns; and restores energy to balance stress. It works!

Bodywork restores our coping mechanisms and allows for physical and emotional balance to occur before it becomes a major problem. There are manual therapies, holistic bodywork and energy alternatives available to us. The Holistic Health Directory listed more than 135 healing practices. A few of these therapies are:

**Accupressure:** An ancient Chinese technique using finger pressure on specific points along the body. Useful for body tension, muscular stress pain, or arthritis.

**Craniosacral Therapy:** A procedure balancing the structure and function of the craniosacral mechanism. Very non-invasive, cranial work, used to treat chronic pain, stress headaches and general well being.

**Massage therapy:** A term for a range of therapeutic approaches. Involves full-body treatment which manipulates muscles and other tissue to restore health.

**Polarity Therapy:** An energy-based system of restoring the body's vital energy and reducing stress. Through various bi-polar contact points reflex points and acupressure points and rocking movements, an over-active system will calm and stress will be reduced.

When was your last bodywork session? Be preventive and catch the problems before they become serious. Take Care and Take Charge.

A thought from Shakti Gawain: "In harmony with the whole, we find individual freedom."