



Mary Jo Ruggieri, PhD RRP  
Director  
Polarity Practitioner  
Ayurvedic Health Educator  
Ayurvedic Health Consultant

## Careers in Holistic Healthcare:

### You are at the right place at the right time

The healthcare industry according to the Department of Labor is the fastest growing industry in this country. There will be a need for 12 million new healthcare jobs in the next ten years and we will continue to need 12 million new jobs every 10 years for the next 50 years.

Of this growth in healthcare it is expected that 40% will be in complementary medicine, complementary healthcare and complementary therapies such as Polarity Therapy and Elemental Reflexology.

Consumers now are using Holistic Healthcare practices in record numbers. The need for Holistic Healthcare practitioners will be in great demand in the next decade! According to Businessweek January 28, 2008 edition, *"A consumer crunch now seems inevitable and job losses will increase. But there is a surprising force, says Michael Mandel of Businessweek, that could keep the bottom from falling out of the economy."* *"The \$3.5 trillion health and education job machine, which created 640,000 new jobs in the last year alone, propelled by aging baby boomers and rising student enrollments, healthcare jobs and school jobs are rising at a rapid rate while almost everyone else is cutting back."*

**"Health and Education combined according to Mandel, from Businessweek, make up the single largest source of jobs in the US, employing 28 million people, or about 20% of the total workforce!"** Remember, the demand for health-care workers is still rising and is the key stabilizer in a slumping economy.

According to the New York Times, January 27, 2008, *"New Yorkers are cutting back on the essentials, like dry cleaning, restaurant meals, and they are looking critically at their spending."* But it seems, that people cutting back will still get their massages or bodywork sessions because they feel it is part of their self worth!

Consumers today are still seeking out more and more services and therapies, that will help their quality of life, like meditation, yoga, eating more naturally, aromatherapies, herbal medicine and bodywork such as Polarity Therapy!

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**So you are at the right place at the right time!**

**What can you do for yourself?**

1. Get yourself trained from a reputable and certified school that offers an integrated curriculum in a healthcare practice or a holistic therapy of your choice.
2. Become a skilled and competent practitioner! Clients want quality work and they know the difference.
3. Seek out a school that is progressive, has an established reputation, and can help their graduates connect to a community and a good job market.
4. Become well educated in Holistic Healthcare practices so you can help people change the quality of their lives.
5. Be an advocate for healthcare changes and holistic healthcare. **65% of all Americans are now using holistic healthcare.**

**What we can offer at OIES.**

- Ohio Institute of Energetic Studies is a certified and registered school with the Ohio State Board of Career Colleges and Schools and offers 15 years of experience in training holistic healthcare practitioners and body workers.
- Ohio Institute offers training in diverse areas: herbal medicine, living foods, bodywork areas such as Polarity Therapy, Elemental Reflexology, Energy Balancing, Iridology and more.
- Ohio Institute's training prepares you to become a holistic health educator and gives you several bodywork certifications.
- Ohio Institute is ranked nationally and internationally for our high quality and unique education standards and for being able to produce competent and skilled practitioners.
- **OIES has 98% graduation rate and a 92% placement rate.**
- Ohio Institute has a very qualified faculty with medical and naturopathic doctors, PhD's, former teachers and incredible specialists who are very student oriented.

Take a close look at the opportunities you have at your finger tips! **Look into careers in holistic healthcare! The world will open up for you.** Talk to OIES's career counselor for more information.

Go to our website for more information: [www.ohioinstitute.com](http://www.ohioinstitute.com)

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Director, Ohio Institute of Energetic Studies  
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Melanie McCarter  
Director of Education Phone 216-226-2912  
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Mary Jo Ruggieri, PhD, RPP, is the Director of the Ohio Institute of Energetic Studies

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**Healthy Tidbits**

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## Yoga for Depression

Yoga works on the mind as well as the body. Yoga demands more attention to breath and body sensations. Yoga keeps you absorbed in the present moment. All these things according to Amy Weintraub, author of *Yoga for Depression*, are the key ingredients for eliminating depression.

"Just as daily yoga practice strengthens the immune system against common colds and other viruses, it also strengthens and soothes the emotional body," Weintraub says. She also points out that yoga helps in bringing highs, lows and emotional extremes into balance.

It is recommended that, if you have never had a yoga class, you start out with a basic program. Work at your own level of flexibility and do not rush through the simple postures and yoga positions. If there is a move or a position that hurts or feels uncomfortable, then you may want to try a modified version of that move or opt not to do it.

The breathing exercises, the meditations, and the relaxation techniques are an important part of the yoga experience. Work with these skills until you are comfortable. Yoga means "Science of Life" and as Weintraub's book suggests it can be a very powerful tool for a problem such as depression.

Reference: Amy Weintraub, *Yoga for Depression*, Broadway Books. For more information, resources and newsletter, visit [www.yogafordpression.com](http://www.yogafordpression.com)



## Scents for Winter Blues

Pure essential oils work directly with the brain and can trigger mood shifts, ease tension, and relieve anxiety! The oils can be applied directly as roll-on or used in diffusers in a room. Often massage therapists or Polarity Practitioners use essential oils in their bodywork sessions to help with relaxation.

Treat yourself! Try a bodywork session with essential oils.

The scent of lavender is calming and sweet orange is used to balance emotions. Peppermint will aid in digestion and lemon oil is refreshing and will stimulate your senses. The oils of bergamot and geranium help to calm and alleviate stress. Sandalwood is a very soothing aid.

Yes, something as simple as the scents of essential oils can have a profound effect on your quality of life. I, personally, recommend contacting Gloria O'Neil at Arc Ancient by phone: (216) 458-1444 or email: [arcancientaroma@yahoo.com](mailto:arcancientaroma@yahoo.com). Arc Ancient specialized in various blends of essential oils that are handmade and great quality.

Reference: Mary Jo Ruggieri, PhD, RPP

## Honey - Better Than Cough Syrup!

The December issue of The Archives of Pediatrics and Adolescent Medicine reported research from Penn State College of Medicine which stated that honey can work as well or in some cases better than over the counter children's cough syrups.



This is good news since some of the over the counter medications and cold remedies have been recently scrutinized for their dangerous effects on young children.

Remember when your grandmother made you a mixture of warmed honey and lemon for your cough? She may have known more than we thought about healthcare!

Reference: Mary Jo Ruggieri, PhD, RPP

## Green Tea and Your Weight:

Even Oprah is on the Green Tea Kick!

Researchers from several universities in Switzerland and laboratories in France have reported that Green Tea extract has thermogenic effects which will affect the burning of adipose tissue. The combination of the Green Tea's catechin-polyphenol properties along with a mild caffeine help to regulate fat metabolism and increase energy.



The important issue here is you need to drink at least 4-6 cups of Green Tea daily. Organic Sencha Green Tea is a high quality Green Tea. Many people also like the taste of Jasmine Green Tea.

It is a good idea to exercise 30 minutes per day and not just lounge around sipping your Green Tea! Both will help you shed the extra pounds!

Reference: Dulla, A. G. et al. (2000) "Green Tea and Thermogenics: Interaction between Catechin-Polyphenes, Caffeine, and Sympathetic Activity." International Journal of Obesity; 24(2): 252-8.

## CoQ10: Important for Heart Health

Another reminder! Take your CoQ10!

- CoQ10 powers the heart's energy production
- CoQ10 is found in every cell membrane (affects the cells)
- CoQ10 decreases as we age-can affect the heart muscle
- Low levels of CoQ10 can be corrected by taking supplements



- Statin drugs-deplete CoQ10 levels and can cause alarming heart issues.

What are you waiting for? It is recommended that we need 100-200mg of CoQ10 daily.

Reference: Mary Jo Ruggieri, PhD, RPP

## The Symptoms of Inner Peace

1. A tendency to think and act deliberately, rather than from fears based on past experiences.
2. An unmistakable ability to enjoy each moment.
3. A loss of interest in judging others.
4. A loss of interest in judging self.
5. A loss of interest in conflict.
6. A loss of interest in interpreting the actions of others.
7. A loss of ability to worry.
8. Frequent overwhelming episodes of appreciation.
9. Contented feelings of connectedness with others and nature.
10. Frequent attacks of smiling through the heart.
11. Increasing susceptibility to kindness offered, and the uncontrollable urge to reciprocate.
12. An increasing tendency to allow things to unfold, rather than resisting and manipulating.

Reference: Author Unknown (but still very much appreciated) from Avatar Journal Vol. IX issue 2

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## Mind, Body, Spirit

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### Let's Meditate

This section of our newsletter "Mind, Body, Spirit" will focus on various meditations and visualizations. It is intended to give the reader a choice of meditation techniques to help with stress reduction and disease prevention. Please try these meditations daily to see how they work for you. Always start with some controlled breathing. Please remember how healing it is to meditate.



### February Meditation: A Midwinter's Meditation:

#### A Midwinter's Meditation:

As winter stretches on in Central Ohio, we look up in the sky, hands raised in exasperation, and wonder, "Where is the Light?" The stars, like the sun, prefer to stay tucked in behind the clouds. We bash the weather in idle conversation as habitually as saying 'hello'. Our minds are often in fast forward, hearts yearning, bodies aching, spirits beckoning- to begin anew with spring.

And suddenly, sunshine on a fresh snowfall in midwinter nudges us - ever so kindly- to wake up and Be Here.

In this time of darkness, invite yourself to spend a few moments each day to just Be. If you are new to the practice of meditation, relax and know that like so many of life's opportunities, there are many forms that meditation can take. And, also like life's opportunities, the most important aspect is to listen to methods that beckon your mind, that you are able to 'sit' comfortably in acceptance with, releasing pressure and expanded expectations. A few deep breaths before rising in the morning or going to sleep at night, repeating a mantra, sitting with an affirmation, sweeping the floor, getting lost in a beautiful song: for an hour or just a few moments, rediscover the Present in whatever form has meaning for you. Release your mind, Breathe, and Be.

Perhaps, through listening on a cloudy winter day, you will find that the Light.

For it dwells inside of you.

**"There are two ways to live your life. One as if nothing is a miracle, the other as if everything is."**

**Albert Einstein**

Laura Ann Bergman, RPP, is an associate at the Columbus Polarity Center. Information on her practice can be found at [www.auramadre.com](http://www.auramadre.com). She can be reached via email at [laura@auramadre.com](mailto:laura@auramadre.com).

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## Essential Herbs

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### Ask Charoula

Hello!

Continuing our last month's information on Seed Buying and sources, this month let's talk about starting different types of seeds.



There are two basic categories of seeds:

- Perennial plant seeds
- Annual plant seeds
- Biennial plant seeds

If you have selected and bought your seeds already, look on the seed packages: the terms "perennial", "biennial" or "annual" should be indicated on them.

We have flowers and herbs that are annual -- they grow, bloom, and die out in one yearly cycle . There are also flowers and herbs that are perennial - they grow, bloom, and come back year after year. Finally, biennials establish their growth in the first year, but only bloom the second year, after which they die.

Some annual flowers: Marigolds, Zinnias, Cosmos, Black-Eyed Susans, Verbenas (the annual type), White Alyssum (the annual Alyssum), Nasturtiums, Calendulas.

Some perennial flowers: Echinacea, Delphinium, Liatris, Violets, Astilbe, Verbenas

(the perennial type), Golden Alyssum (the perennial type).

Some annual herbs: Chamomile, Calendula, Dill, Fennel, Milk Thistle, Cleavers, Passion Flower (except in the Tropics), Chickweed, St. Johnswort, Plantain, Basil.

Some Perennial herbs: Peppermint and all Mints, Lemon Balm, Skullcap, Nettles, Yarrow, Echinacea, Meadowsweet, Feverfew, Rosemary (treated as annual in cold climates), Lavender, Sage, Hops.

Clarification: there is another category of herbs, namely the Roots and Barks. Most of the names recognizable as medicinal herbs belong to this category and cannot be started from seeds. Some of these are: Golden Seal, Ginseng, Siberian Ginseng, Licorice, Black Cohosh, Slippery Elm Bark, White Willow Bark.

Some Biennial herbs: Mullein, Alfalfa, Red Clover.

Some Biennial flowers: Foxglove

Most (but not all-check directions on your seed packet) seeds of annual flowers and herbs are started as late as the beginning or middle of April. They come up very fast and grow to transplanting size by the time the last frost.

Most perennial seeds of both flowers and herbs are started in the late spring, grow throughout the summer, and are planted in the fall. Then they go dormant over the winter and return in the spring to continue their growth.

Most roots are planted any time from late August to late Fall as well.

Biennial seeds are planted as annuals, started in the soil or pot and left to finish their cycle in the next year.

Most of the above plants can easily live in the backyard of a city home, provided the backyard gets a good bit of sun from Spring to Fall.

Some excellent flowers and herbs for the terrace or a sunny windowsill are the Mints, Rosemary, Lemon Balm, Dill, Violets and Sage. Calendulas, Marigolds, Chamomile, Impatiens, and most flowering plants need more sun, but can do well at a southern sunny window.

Start your seeds in small pots, in light soil, like Vermiculite or Sand mixed with a little bit of Compost and some Peat Moss. A little Greensand and a very small amount of Kelp will add enough food for the seeds to do well for the first two weeks of growth. After that, they might need to be repotted before the time comes to plant them outside or in their final containers for the terrace/porch or windowsill.

Good luck, have fun!

- Charoula, Herbalist

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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## Monthly Health Quote

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"Do not go where the path may lead, go instead where there is no path and leave a trail."

- Ralph Waldo Emerson

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## Educational Seminars

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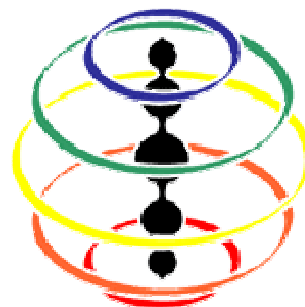
### Associate Polarity Practitioner Program:

New Classes Starting Soon!!

**Cleveland, Ohio:**  
March 29 – 30, 2008  
(216) 226 - 2912

**Columbus, Ohio:**  
April 19 – 20, 2008  
(614) 299-9438

*Call Today To Schedule a Campus Visit!*  
*Or visit our website: [www.ohioinstitute.com](http://www.ohioinstitute.com)*



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### Brunch & Program Information Sessions:

at the Ohio Institute of Energetic Studies & Bodywork

Join us for a light brunch, hear information on training programs and careers in holistic healthcare, & receive a free mini Polarity bodywork session!

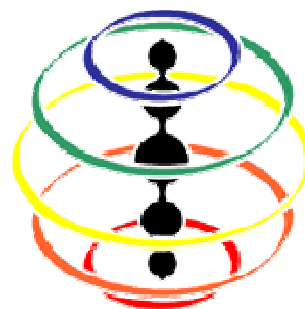
**Cleveland, Ohio:**  
Saturday, March 15, 2008  
Saturday, March 29, 2008  
10:00 AM – 12:00 PM  
(216) 226 - 2912

**Columbus, Ohio:**  
Saturday, March 15, 2008  
Saturday, April 5, 2008  
10:00 AM – 12:00 PM  
(614) 299-9438

**Limited Space Available. Register Now to Reserve Your Space.**

**For more information contact:**

**Melanie McCarter @ (216) 226-2912 or [m.mccarter@clevelandpolarity.com](mailto:m.mccarter@clevelandpolarity.com)**  
**Patricia Stout @ (614) 299-9438 or [patricia.stout@columbuspolarity.com](mailto:patricia.stout@columbuspolarity.com)**



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## Specialty Class:

### Energetic Structural Integration™ - Polarity Carpal Tunnel Balance

- Concepts of Carpal Tunnel/Shoulder Problem Areas
- Energetics of Carpal Tunnel Problems/Shoulder
- Related Preventive Exercises
- Energetic Evaluation and Assessment of Carpal Tunnel

Date & Time: Sunday, March 30

8:30 AM - 12:00 PM

Location: OIES - Cleveland

at Fairview Hospital's Wellness Center

Rocky River, Ohio

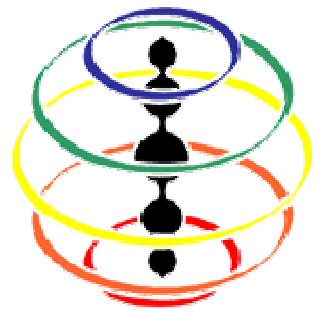
Cost: \$95

*For More Information & to Register, contact:*

Melanie McCarter

(216) 226-2912

Email: [m.mccarter@clevelandpolarity.com](mailto:m.mccarter@clevelandpolarity.com)



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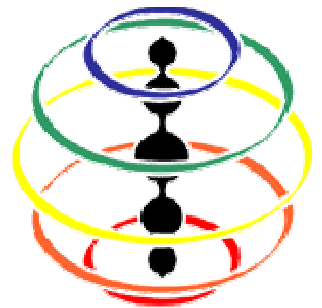
## Specialty Class:

### Energetic Structural Integration™ - Polarity Back Balance

- Sacred Sacrum
- Polarity Energetic Back Balance
- Polarity Exercises and Prevention for Back Health
- Healthy Back Focus
- Spinal Yoga Balances

Date & Time: Friday, April

9:00 AM - 5:00 PM



Location: OIES - Columbus  
1253 N. High Street  
Columbus, Ohio 43201

Cost: \$115

*For More Information & to Register, contact:*

**Melanie McCarter**  
(216) 226-2912  
Email: [m.mccarter@clevelandpolarity.com](mailto:m.mccarter@clevelandpolarity.com)

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## **New Program at the Ohio Institute of Energetic Studies & Bodywork**

### **Elemental Reflexology™**

**Elemental Reflexology™** is a 100-hour approved certificate program in the State of Ohio and can be completed in 4 months of classes & practice sessions.



I would like to encourage you to think about taking this special class in Elemental

Reflexology. It is a new program and will culminate in a 100 hour certificate in Elemental Reflexology. We have designed new charts with all the elements mapped and we have a great easy to follow and fun curriculum. Learning the incredible details and skills of Elemental Reflexology is truly an art. And, I might add, is a very important competency to have under your belt.

I personally have 30 years of reflexology and have mastered the fine skills of finding details out about a person through their feet. I will share this with you and give you protocols and Elemental Reflexology history and details that will be cutting edge.

- Mary Jo Ruggieri PhD., RPP Director, Columbus Polarity Center of Integrative Health and Wellness and the Ohio Institute of Energetic Studies:

#### **\*Training is completed in 5 Levels:**

**Level I** - Basic Introduction, Elemental Reflexology™-foot mapping, History and Philosophy, Elemental Techniques.

**Level II** - Ether/Air, Elemental Reflexology™, Element identification, assessment, Protocols and Techniques.

**Level III** - Fire/Water, Elemental Reflexology™, Element identification, assessment,

Protocols and Techniques.

**Level IV** - Earth Elemental Reflexology™, Element identification, assessment, Protocols and Techniques. Review Case Studies

**Practicum 40 hrs.** - Practice Sessions to be completed by student

*\* Basic body energy balancing techniques will be part of the program. All classes will be taught by Mary Jo Ruggieri.*

**Class Dates & Schedule:**

Class Hours: 9:00 a.m. to 5:00 p.m.

***\*Columbus, Ohio:***

Level I: ***May 3-4***  
Level II: ***June 28-29***  
Level III: ***July 26-27***  
Level IV: ***August 29-30***

***Cleveland, Ohio:***

Level I: ***September 20-21***  
Level II: ***October 18-19***  
Level III: ***November 15-16***  
Level IV: ***December 13-14***

*\*Tele-conference class/review, 6/1, 7-9 PM*

**Program Costs:**

**Tuition:**           \*\$1,600 (\$200 deposit due at registration)

**Books & Charts:** \$ 125

*(\*zero-interest financing available, 5-10 month payment program)*

[Click here for more info & to register.](#)

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**More Articles**

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## **Nutrition as Protection for the Busy Person**

**By Candace Corson, M.D.**

If you knew...Would you add two things to your daily food intake that would make a world of difference for your quality of life and longevity?

There are two big things that would make that kind of difference, for all people: greatly increasing your fresh fruit and vegetable intake (to about two-thirds of your plate), and increasing your GOOD fat intake.

**1. Why GOOD fats? (Are there any good fats?)**

These are called the essential fats (your body MUST have them, to build the brain and

every cell in your body; since you cannot make them, you must consume them, but very few people today are getting the needed kind to make cells that actually work properly). You may have heard of the omega-3's, or Omega-3 Essential Fats. Sources: deep-sea fish (like salmon, cod), walnuts, flax seeds, sea vegetables, AND land animals that eat green food rather than grains and corn, e.g. "free-range" (as they were designed to do originally). This allows them to produce their fat as omega-3. It is grain-feeding (in large part) that has unfavorably altered the good fat to bad fat ratio in our systems over the past decades, leading to a host of serious, long-term health problems, including more inflammation.

So...Start eating Flax-seeds (found at the health-food store; flax is a very economical source of good fats and excellent fiber), walnuts, deep-sea fish (NOT farm-raised; they will not work the same), and free-range (preferably organic) eggs and chickens, if you do eat meat.

### **What is the worst fat? Trans Fats (or "partially hydrogenated" fats).**

These are to be totally avoided, and in the beginning, it will take you glancing at all your processed food labels to know that these are everywhere, just for "shelf life". Remember, in general, the longer the shelf life of your food, the shorter YOUR life!

Our long-term health problems today, are now known to have inflammation as the basis for much that has gone wrong.

**Bottom line: the good fats are anti-inflammatory and promote normal brain function. You will think better, and feel better!**

## **2. Why Fruits and Vegetables? "Quenching the fire"**

You can eat all the good fats in the world, only to have them immediately become harmful ("lipid peroxides") in your body as they are rapidly oxidized (damaged) by the normal process of burning your fuel in the absence of a protective shield ("anti-oxidants") against that burning process (oxidation).

Fruits and vegetables are the mandatory source of our "anti-oxidants"...that's the protective shield against cell breakdown due to the "smoke" we are obliged to produce by having to burn our fuel (food) at the cellular level, to produce the energy of life. The damaging "sparks" produced in burning fuel, cause what is called "oxidative stress", at the rate of some 10,000 damaging, oxidative strikes on each cell, every single day. This causes early aging and degenerative disease, when it is not quenched by the mandatory source of our damage control: fresh, raw fruits and vegetables! (NOT vitamin pills; these do not contain the cofactors required by the body, and they simply do not have the same protective effect; this is now well established by science all over the world).

That is why the current recommendation of 5 - 9 fresh fruits and vegetables, every single day, is now being revised upward to 9 -13 servings a day! (aiming for 5 CUPS of fresh produce, of many differing kinds, which form a network of anti-oxidants that are synergistic, working together powerfully). This is what it is actually known to reduce cancer and heart disease risk. Is it worth it to you? If you cannot get this variety of fresh produce into your meals every single day, it is extremely smart to add a high quality whole-food concentrate, rather than fragmented "vitamins" from the lab. There is now a well-researched way of accomplishing this.

***Bottom line: eating a wide variety of fresh, raw fruits and vegetables every single day, protects you against heart disease, inflammation, toxicity, premature aging, and cancer... and extends your energy supply. Everybody can add these simple concepts to enhance their approach to their well-being, actually protecting their OWN health and that of their family.***

Candace Corson, M.D.  
Community-based Family Practice Physician past 20 yrs. Past Director of The Healing Arts Center on the River, in Mishawaka, Indiana, USA. Wellness Educator on whole-food nutrition, National Marketing Director with National Safety Associates, Inc., based in Memphis, TN. Contact at: [Candace@CorsonWellness.com](mailto:Candace@CorsonWellness.com) or [www.CorsonWellness.com](http://www.CorsonWellness.com)

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## Heidi's Fact Finders

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### Choose to Be Uplifted

By Heidi Beke-Harrigan, MLS, APP

I already had a segment written for this month, but it will keep. Instead, I would like to simply focus on positive inspiration. The media would have us believe that nothing good is newsworthy and gloom reigns. However, there are good things happening every day and people whose life choices and positive intent are a testament to the human spirit. Be inspired, be hopeful, be empowered and know that one person can make a difference.



If you have read something inspiring lately, share it. Here are some of my recent favorites:

#### Inspirations

- **Three Cups of Tea** by Greg Mortenson - Greg founded the Central Asia Institute [www.ikat.org](http://www.ikat.org) and has built over 55 schools in the forbidding terrain of Pakistan and Afghanistan to bring a balanced education to the poorest of students.
- **Waking: A Memoir of Trauma and Transcendence** by Matt Sanford - After a car accident left him paralyzed from the waist down at 13, Matt Sanford rebuilt his life to become a yoga teacher and founder of a nonprofit. In this heart opening memoir he explores what it truly means to live in a body.
- **Let Your Life Speak: Listening for the Voice of Vocation** by Parker Palmer - A life-long educator, Palmer explores ways to create the conditions that allow the soul to speak and "living the life that wants to live in me." He has also inspired the Center for Courage and Renewal [www.couragerenewal.org](http://www.couragerenewal.org) where people can reconnect what they do with who they are.
- **It's a Long Road to a Tomato** by Keith Stewart - A big city dweller who left the bright lights to become an organic farmer and steward of the land explores the sometimes not so simple life.
- **Yes!** Magazine published by the Positive Futures Network - Through inspiring profiles and informative articles this nonprofit focuses on building a just, sustainable and compassionate world. It can be done! [www.yesmagazine.org](http://www.yesmagazine.org)
- **International China Concern** - At 19, David Gotts gave up his job as a junior banker in England to found ICC and bring hope to China's abandoned and disabled Children. For thirteen years ICC has not only created a home for these children but provides training to Chinese nationals, which empowers them to

carry on the work. [www.chinaconcern.org](http://www.chinaconcern.org)

Is there a topic you would like me to research for a future article? Send in your questions.

Heidi Beke-Harrigan MLS, APP is a polarity practitioner and an academic librarian. She specializes in health education and nursing, counseling and consumer health research. She can be reached at [hbharrigan@malone.edu](mailto:hbharrigan@malone.edu) or [iharp1140@yahoo.com](mailto:iharp1140@yahoo.com)

**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. 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. **To subscribe**, visit our website at [www.columbuspolarity.com](http://www.columbuspolarity.com).

Columbus Polarity Center specializes in complementary therapies and holistic health care. There is a wide range of qualified practitioners available for Polarity Therapy, Cranial Sacral, Feldenkrais Method, 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, Dietitians, 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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