

April 2009 Newsletter

Article of the Month



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

In This Issue

[What is Elemental Reflexology?](#)

[Healthy Tidbits](#)

[Holistic Health Research](#)

[Herbal of the Month](#)

[Educational Program](#)

Quick Links

[Ohio Institute](#)

[Columbus Polarity](#)

Programs at Ohio Institute

[Associate Polarity Practitioner](#)

[Elemental Reflexology](#)

[Total Sensorv Integration](#)

[Reiki](#)

Join Our List

[Join Our Mailing List!](#)

ELEMENTAL REFLEXOLOGY™ "Tend To The Feet, You Tend To The Body"

Elemental Reflexology™, integrates the ancient art of Ayurvedic reflexology with the modern energetic principles of Polarity.

1. Based on the concept of the **interrelationship of the five elements: ether, air, fire, water and earth.**
2. What sets Elemental Reflexology™ apart is its foundation in the assessment and balancing of these five elements.

Presenting the theory of polarity in Elemental Reflexology™ provides for a unique energetic framework for understanding and working with the reflex points on the feet;

1. giving the practitioner information for applying elemental assessment,
2. the means to practice confidently using an integrated, energetic approach.

A New Course Emerges

- **After years of studying Ayurvedic Healthcare, and Ayurvedic Reflexology, a pilot program for Elemental Reflexology™ was developed by Mary Jo Ruggieri PhD. and Judy Tancinco RPP.**
- **Taking energy theories and principles of Polarity Therapy and create a complete program of reflexology on the feet based upon the 5 elements.**
 - **Elemental Reflexology class is a registered certificate course with the State of Ohio Board of Career Colleges and Schools.**



Science of Reflexology

"...THE WHOLE BODY CAN BE REACHED AND BENEFITED THROUGH THE FEET!"

The feet are the negative, water pole, opposite to the fiery, head pole. ...
The whole body is represented in the feet, the water energy, which goes deep and seeks out the foundation of things."

Reference by: Dr. Randolph Stone

Goals of the Elemental Reflexology™ Course

- To learn techniques that will effectively balance the reflex elements.
- Assess where tension is being held in the body according to the elemental reflexology assessment.
- Become skilled at reducing stress and promoting relaxation.
- To educate individuals on holistic and preventive healthcare.
- Teach foot exercises that will promote balance in walking and foot balance.

For more information on classes please go to: www.ohioinstitute.com

Or Contact: Columbus: Letitia Bunge 614-299-9438

Cleveland: Sandy Sorbin 216-226-2912

[Ohio Institute - Elemental Reflexology Program Information](#)

Mary Jo Ruggieri PhD. RPP

Holistic Health Consultant

Satnam170@aol.com

Healthy Tidbits

Wheat Grass "The Complete Food"

What is Wheat Grass?

- Wheatgrass is one of the richest natural resources of vitamins A,C,E and K, the complete B-complex, and Beta-Carotene.
- Wheatgrass is the richest source of Chlorophyll, which is the 'blood' of plants, with a molecular structure that is almost identical to the hemoglobin molecule of human blood.
- Wheatgrass provides the body with the protein building blocks (amino acids) without having to use up energy in breaking the proteins ingested down into the building blocks.



What will it do for you?

1. Drinking Wheatgrass and other green sprouted juices helps your body to build red blood cells which carry oxygen to every cell.
2. Chlorophyll helps wash drug deposits from the body, purifies the blood and organs, and counteracts toxins.
3. Wheatgrass helps remove toxic heavy metals (lead, mercury, aluminum) that have become stored in the tissues.
4. Wheat grass juice helps to increase the enzyme level in our cells, which aids in the rejuvenation of the body.

Adding wheatgrass to your life will be an asset to your health! Remember it is not about the Food in your Life ---- It is about the Life in your Food!!

Six Guiding Principles of Holistic Health

1. **First and Foremost, Do NO HARM.**
2. **Always work an "Integrated Approach". It is not an "Either-OR" Do not just treat symptoms.**
3. **Use as the major focus and the basis of the scope of practice, the Healing Power of Energy Balancing works. Balance Heals.**
4. **Work with the whole person-not just the parts of a person. Mind/Body/Spirit.**
5. **Always take Steps to focus on Prevention.**
6. **Educate people in self-help healthcare. Empower people to Take Care and Take Charge.**



Reference: Columbus Center for Integrative Health and Wellness.

www.columbuspolarity.com

For more information on becoming a Holistic Health Practitioner email l.bunge@columbuspolarity.com or call 614-299-9438

FYI . . Great Links

Holistic healthcare is here to stay. Check out what some businesses are doing to offer Complementary Healthcare to their employees.

http://www.wkyc.com/news/local/news_article.aspx?storyid=109960&catid=45

Polarity Newsletter from *American Polarity Therapy Association*

http://www.americannpolaritytherapyassociation.org/Energy_Newsletter_Spring200

[9.pdf](#)

Weekly news clips on holistic health from the "*Health Freedom for All*"
<http://www.healthfreedomforall.org/index.php?nav=How+To+Help>

Columbus Alive explores a commitment to health and how Polarity can help.
http://www.columbusalive.com/live/content/features/stories/2009/01/15/ca_s_skin.html

Holistic Health Research

Health Survey reveals Increase in use of CAM

The 2007 Health Interview Survey reveals significant increases in the use of mind-body therapies since 2002.

- For the first time, the survey also looks at complementary and alternative medicine (CAM) use in children.
- "Among its major findings are that about 38 percent of adult Americans and about 12 percent of American children aged 17 and under are using CAM."

For more details from the survey

http://nccam.nih.gov/news/newsletter/2009_january/nhis.htm

Contributed by:

Heidi Beke-Harrigan MLS, APP hbharrigan@malone.edu or irharp1140@yahoo.com

Herbal of the Month

Elderberry (*Latin name "Sambuccus"*)

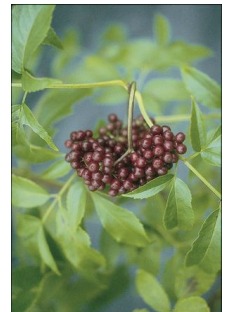
We all know this bushy plant from its famous byproduct, Elderberry Wine! Elderberry bark, leaves, flowers and berries have many other uses?

Here are some:

Leaves, Berries and Flowers:

Strong antioxidant due to their high Vitamin C content and other Flavonoids. Valuable antiviral, both internally and externally:

- **Externally:** leaf tea or ointment applied to the skin soothes and heals wounds, and different eruptions, including herpes conditions.
- **Internally:** as an extract, leaves, flowers and berries are excellent for Viral Bronchitis, and Herpes Simplex. Very safe and effective for children's fevers caused by colds, flus, measles, chicken pox. A touch of Peppermint added to the tea makes it especially easy to use with children. Good also for adult coughing condition. It is an immunostimulant. i.e. it assists the system in strengthening the immune



system, thus preventing disease.

Bark

Good diuretic and purgative. (relieves constipation).

All of the above, make Elderberry an important addition to our First Aid Kit, useful for all colds, flues, fevers, and also to help us weather change of seasons conditions.

Thankfully, it seems to have no known contraindications if used in a manner suggested by your herbalist. Please seek the advice of your health practitioner and herbalist before handling and using any herbs, including safe ones like Elderberry!

Written by:

Charoula Dontopoulos, RPP , Herbalist
wisewomn@gmail.com

This is for educational purposes only. This information is not intended to diagnose, treat illness or prescribe any type of treatment. Consult with your Medical Doctor.

Featured Educational Program

Associate Polarity Practitioner Training

Energetic Touch. . . Body Reflexes. . . Acupressure Points

Curriculum areas of focus:

- Polarity Bodywork
- Theory and energy principles
- Energetic foods (herbals)
- Polarity exercises
- Communication
- Anatomy & Physiology (basic)
- Ethics / Business Practices
- Energetic Anatomy and Assessment



Cleveland

Level I April 25 - 26, 2009

Level II May 30 - 31, 2009

Level III June 27 - 28, 2009

Level IV July 25 - 26, 2009

Columbus

Level I April 4 - 5, 2009

Level II May 2 - 3, 2009

Level III June 6 - 7, 2009

Level IV July 10 - 12, 2009

Program Cost: Tuition: \$2,300 Books: \$175

(*zero - interest financing available for 8-14 month payment plan after application has been submitted. There are a limited number of work study and scholarships available, so apply early.)

\$50.00 application fee [Click here for Application](#)

For personal Interview contact:

Cleveland: Sandy Sorbin (216) 226-2912

Columbus: Letitia Bunge (614) 299-9438

1. National certification through the America Polarity Therapy Association.
2. Certificate program approved by the Ohio State Board of Career Colleges.
3. CEU's for NCBTMB, Nurses, Activities Professional, Physical and Occupational Therapists.

For more information on APP

Ohio Institute of Energetic Studies and Bodywork

Programs registered with the Ohio State Board of Career Colleges and Schools (Reg. # 00-01-1528T)

The information in this email is for educational purposes only. This information is not intended to diagnose, treat illness or prescribe any type of medication or treatment. For medical needs, we recommend consulting your Medical Doctor, Dietitian or Mental Health Practitioner.