



June 2009 Newsletter

Article of the Month



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

Holistic Health Alert Swine flu: Take Care, Take Charge™ What you can do for yourself and your family!

Hopefully you have not missed all the news on the outbreak of the Swine Flu. **From many of my sources, the threat of a pandemic is real and could cause major problems.**

The Himalayan Institute of Holistic Medicine gives a good summary of the Swine Flu Virus:

- Swine Flu is a novel strain of the H1-N1 Influenza virus.
- It is named for its unusual genetic make up which is a combination of traits from earlier swine and avian flu virus strains and not spread through pigs or pork.
- Symptoms are similar to those of a seasonal flu.
- Infection appears to be transmitted between people by respiration.

As the US Center for Disease Control and many other public health organizations monitor the outbreak it is crucial that each of us take precautions against the spread of this disease.

Below are many suggestions on how to build your immune system. I recommend that you stay on a program (whatever you choose or feel comfortable with) for 3-4 months until we see what will happen with this current flu outbreak.

It is recommended for any sign of influenza that you go to your doctor immediately or your nearest medical center.



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What Can You Do?

First and Foremost, Increase Your Immune Response

1. Get enough sleep,
2. reduce stress and do not panic,
3. drink a lot of good fluids,
4. eat fresh, organic fruits and vegetables,
5. go light on heavy foods that are hard to digest such as dairy or meat,
6. wash hands often and stay out of heavily crowded areas.

Ways to Enhance Your Immune Response

Add antioxidants daily to your diet

1. add 2-4 oz of specific juice 2x per day such as Pomegranate, Xango, Goji, Blueberry, or Acai
2. add extra vitamin C 1,000-2,000 mg (Emergen-C packets are easy)



Go Green

1. add liquid chlorophyll to your water 2-4 tablespoons, 1-2x per day (helps as an antiseptic)
2. Use spirulina, chlorella, or barley greens (tablets or liquid) 20 minutes before at least one meal
3. Juice (celery and cucumbers) 8 oz at least 3-4 days a week



Take natural anti-biotic and herbal immune builders

1. **Colloidal Silver** (natural anti-biotic)
 - a. Take 2 tablespoons 2x per day (3 oz).
 - b. Children (under 12) take 1 tablespoon 1x per day.
Take for three weeks, then off for 5 days. Repeat 3-4 rounds.
2. **Healthy Cell** (blend of herbs that boost your

immunity)

- a. Take 30 drops 2x per day in 3 oz of water.
- b. Children (age 6- 12) take 10-15 drops 1x per day.

3. **Oil of oregano**

Take 3 drops of oil in 2 oz of warm water (for 30 days only) before bed. (Can be strong to taste drink water immediately after.)

Call Columbus Polarity 614-299-9438 for the [Colloidal Silver](#) and [Healthy Cell](#) (high quality and value priced). Mention this newsletter and receive 10% off.

Order online at: [Columbus Polarity](#)

Email: 4energy@columbuspolarity.com

Personal Power Things to Do

- Skin brush- using a natural bristle brush, dry brush your skin before showering.
- Use a Neti Pot daily- put 2 oz of colloidal in pot with warm water and run through nasal passage.
- Put colloidal silver in a glass spray bottle. Spray your face and in your throat often throughout the day. (can spray on hands or objects also)
- [Bounce](#) or use mini-trampoline 5-15 min per day. Incredible way to boost immunity.
- Add nutrients: B complex (supports nervous system), Vitamin D3 (immune support), Probiotic and acidophilus (for healthy digestion and absorption)

You can also order Skin Brushes and Neti Pots at Columbus Polarity. [Link to Skin brush & Neti pot](#)

Get Lymphatic Body Work

- The Lymphatic System is a series of vessels that collect fluid throughout the body, and return it to the main circulation.
- All Lymph nodes in the body provide a filtration system
- Nodes contain T-cells that fight disease in your body
- The body houses hundreds of lymph nodes which are located throughout the entire body

Bodywork is crucial to keeping the lymphatic system healthy.

1. Bodywork manually drains the lymph nodes and promotes movement.
2. Polarity lymphatic balance uses key acupressure points to help the body move fluids and create a good energy flow.
3. Foot reflexology will stimulate certain lymphatic reflexes.



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Healthy Tidbits

Take your Vitamin D "always"

- Lack of Vitamin D may be linked to muscle pain!
- People over the age of 50 are at risk of developing Vitamin D deficiency.
- Vitamin D may reduce the risk of Multiple Sclerosis.
- Vitamin D may help prevent rheumatoid arthritis.
- Vitamin D has an influence on the immune system.



The recommended RDA of vitamin D is 200 IU for ages 19-50, 400 IU for those ages 51-69 years, and 600 IU for those 70 and older.

For more information visit www.mayoclinic.com August 2004. *Reference: Mayo Clinic Women's Healthsource.*

Love Your Liver

Your liver is your best friend and should at all costs be pampered! Did you know that your liver performs more than 500 different functions? Your liver filters, and these filters need to be cleaned regularly.

1. Try Caisse's Herbal Tea and/or Try Liver Lover Herbal Balancer by WiseWoman Herbals (both gently clean the liver)
2. Watch the fats .
3. Fresh lemon in water also helps.

Check www.columbuspolarity.com for details on Caisse's Tea and Wiseheart Herbals Liver Lover Herbal Remedy.

Grandma Arlen's Cold and Flu Drink



1. Squeeze 1-2 lemons (with some rind) in to a quart of spring water.
2. Add 6-7 chopped cloves of garlic and about a thumb worth of fresh ginger root (lemon and garlic are anti-viral).
3. Add some cayenne (to tolerance), try ¼ tsp. first.
4. Add 2 teaspoons of honey

Simmer for 20 minutes. Drink a large cup-keep sipping throughout the duration of your illness.

Reference: Tools For Flu, MJ Hoven and A Ruhnka, International Energy Currents 2004

For Your Good Health Alkalize Yourself

"Add chlorophyll to your diet."

- All chlorophyll products are alkaline forming.
- Chlorophyll builds the blood and powerfully alkalizes the system.
- Put Chlorophyll into your diet daily
- Type of Chlorophyll available:
 1. Wheat grass is the best
 2. Spirulina, barley grass and alfalfa
 3. Brands: Kyo Green, Light Force Spirulina, Green Magma, Super Blue Algae, Sun Chlorella

Drink 8 oz of liquid chlorophyll in a quart of water.

Reference: Alkalize or Die, Dr. T.A. Baroody, Holographic Health Press 1-800-566-1522

Holistic Health Research

Cooking with Tumeric

There may be a new reason to use Tumeric in your

cooking.

- According to researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University (USDA HNRCA), curcumin, *"the major polyphenol found in turmeric, appears to reduce weight gain in mice and suppress the growth of fat tissue in mice and cell models"*.
- Turmeric is an ingredient in curries and one of its components is curcumin. It isn't known yet whether curcumin affects fat tissue growth in humans.

Source: [Science Daily](#) and [Journal of Nutrition](#)

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More Research Links

Keep up on the latest news in Complementary and Integrative medicine from the [Health Freedom for All News](#)

- Court ordered Chemotherapy
- President Obama's efforts to have CAM as part in healthcare reform.

Reflexology Relieves Symptoms of MS

- Reflexology significantly improves paresthesia, urinary symptoms and spasticity in people with multiple sclerosis.

Study originally published in [Multiple Sclerosis Journal](#), 2003, vol. 9, pp356-361 *Review Massage Magazine*, March/April 2004.

Herbal of the Month

Yellow Dock, Curled Dock (*Latin name "Rumex crispus"*)

One of our most common weeds, growing in the fields and prairies, and quite noticeable by its tall flowering plume. The part used botanically is its bright yellow root, collected in the fall.



Its taste is bitter, which classifies it as a cleansing and detoxing herb. It belongs in the family of:

- Alteratives, or Blood Purifiers herbs that gradually and favorably alter the condition of blood and organs over an extended period of time.
- Tonics because their primary action is to tonify and improve the state of our health.

Yellow Dock primarily acts on the Liver and the Gallbladder, detoxing the Liver, and increasing production and distribution of the bile. Yellow Dock can help:

- Improved digestion:
Reduction of various GI irritable conditions
Bowel regulation
Blood purification
- Skin conditions result from an overly toxic liver
Psoriasis
rashes
eczema
acne
- Liver overload contributing to hormonal imbalance
Menstrual irregularities
Low back pain due to menstrual cramps

Yellow Dock blends well with Dandelion and Burdock Roots, Milk Thistle, and Cleavers. Yellow Dock is safe for use over a prolonged period of time.

Take as a decoction:
one teaspoon of dried root per cup of tea, simmered for about 20 minutes.
3 - 4 cups per day

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Learn more about herbals for your own use and to help others with our [Herbal Education](#) Program beginning in June.

The 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.

Free Seminars

Job Opportunities in Holistic Health - Join Us!!

June 23, 2009 Brown Bag luncheon

Columbus Polarity 11:45am to 1:00pm

(we will provide the tea) 1253 No. High St. (short north area of Columbus)

Become a Certified Holistic Health Practitioner

This is an information seminar about our new program.

- Nationally accredited, state diploma program.
- **Learn the details of our new program we are launching in the fall.**
- Holistic health and preventive medicine are the fastest growing businesses and job opportunities are skyrocketing.

Columbus: June 11, 2008 11:00am to 1:00pm

Cleveland: July 27, 2009 6:30pm to 8:30pm

**Call to reserve your space: 614-299-9438
or email: 4energy@columbuspolarity.com**

For immediate questions email our faculty director:
satnam170@aol.com

Featured Educational Program

Aromatherapy Balance the Senses

Tunina Forks. Aromatherapy. Color Therapy.

Chakras

Level I

Intro, Ayurvedic elements, sacred geometry

Applications of Aromatherapy

Level II

Use of Tuning Forks

Science of sound and healing vibrations



Level III

Chakra balancing

Science of color therapy and gemstones



Level IV

Review, Case Studies

Astrological applications

Total Sensory Integration

Columbus

Level I June 20-21, 2009

Level II July 11-12, 2009

Level III Aug. 15-16, 2009

Level IV Oct. 3-4, 2009

Program Cost:

Tuition: \$1,600 **

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

Manuals / Charts \$110 Tuning Forks \$175

\$200.00 Deposit due with application

[Click here for Application](#)

For personal Interview contact:

Cleveland: Sandy Sorbin (216) 226-2912

Columbus: Letitia Bunge (614) 299-9438

[For more information on Total Sensory Integration](#)

Ohio Institute of Energetic Studies and Bodywork

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

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