

# *Natural Living Journal*

**Well-being for Body, Emotions, Mind, & Spirit**

**Vol. 3 Issue 1 READ FREE ON-LINE [www.natural-living-journal.com](http://www.natural-living-journal.com), Feb-March 2018**



**Delicious World of Teas**

**Visualize Your Way To Success**

**Acid-Alkaline Balance for Health**

**Joy-Fillment**

**Holistic Weight Loss**

**Love Is More Powerful Than Fear**

**Benefits of Manual Lymphatic Drainage**

**And What of Love?**

**Healing Through Forgiveness**

**Courage in The Midst of Challenge**

**Homemade Corn Chowder (Dairy or Non-Dairy)**

**Your Health Begins in Your Colon**

**Wintery Moments**

## Table of Contents, February-March 2018

- P.3. Delicious World of Tea., Sophia Boese
- P. 4. Visualize Your Way to Success, Jenny Boise
- P. 6. Acid-Alkaline Balance, Dr Lisa Tostado ND
- P. 8. Joy-Fillment, Maya Griffin
- P. 9. Want To Lose Weight, Danielle House, RN,HN-BC
- P. 10. Love Is More Powerful Than Fear. Gerry Boylin, PhD
- P. 12. Benefits of Manual Lymphatic Drainage, Rebecca Sturgeon, LMT
- P. 13. Wintry Moments, Elsa Lichman, MSW, LICSW
- P. 14 Your Health Begins in Your Colon, Hamri Tsegaye, MHA, LMT
- P. 16. Courage in the Midst of Challenge, Joyce Gerrish, M.A.
- P. 17 Home Made Corn Chowder (Dairy or Non-Dairy), Barbara Bosler
- P. 18. Healing Through Forgiveness, Joyce Gerrish, M.A.
- P. 19. And What Of Love? Ann Hemdahl-Owen, M.A
- P. 20. Angels Among Us. Joyce Gerrish, M.A.

**Let your friends on social media and through your e-mail lists know that they can read Natural Living Journal free on-line at [www.natural-living-journal.com](http://www.natural-living-journal.com).**

Copyright 2017 Natural Living Journal. All copyright belongs to the various authors. Other than for brief quotes, no part of the publication can be separated out from the complete journal and be used in any way without written permission from the publisher. Some images in this publication are from CanStockPhoto.com or Pixabay.com. Some images are provided by the authors of the articles they accompany and belong to the author. The cover design was created by and belongs to Joyce Gerrish. People are encouraged to e-mail out the complete Natural Living Journal to their e-mailing lists. The Publisher's intention is to get the journal out to as many people as possible. People are also encouraged to print off the complete journal and distribute it to friends & clients.

### Mission Statement

Natural Living Journal encourages people to live in harmony with the wholeness of their physical, emotional, mental, and spiritual well-being. We encourage all to live in harmony with each other, with our precious planet and all aspects of nature, and with the Divine. This journal is independent of any organization and is not affiliated with nor advocates any specific religion or political ideation. We support natural holistic health care practices, and we seek to work in harmony with the medical field. Our deep purpose is to foster wisdom, peace, joy, creativity, co-operation, love, ecology and sustainability, inclusiveness, wholesome adventure, stewardship, community service, natural abundance, and the arts.

## Natural Living Journal

P.O. Box 1506, Louisville, KY 40201  
[www.natural-living-journal.com](http://www.natural-living-journal.com)

**Publisher and Editor, Joyce C. Gerrish, M.A.**

The views expressed in this journal are solely those of the authors of the articles and are not necessarily endorsed or verified by Natural Living Journal (NLJ) or the Publisher. NLJ and the Publisher and Editor disclaim any responsibility for them. We encourage highest possible practice of conscious business. The authors of the articles in the journal do not, through this journal, dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician or professional health care practitioner. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional, physical, and spiritual well-being. In the event you use any of the information in this journal for yourself, which is your constitutional right, the authors and the publisher assume no responsibility for your actions. You the reader, must accept full responsibility for your well-being. Ads do not constitute endorsement of the offered products & services by NLJ, its publisher or editor. People depicted in the photographs are models for illustrative purposes only, unless otherwise stated.

### Advertising Rates & Sizes

812-566-1799

	Size	Once	3 Times
Sm Bus. Card	3.5 x 1.25	\$20.00	\$55.00
Bus. Card	3.5 x 2	\$39.00	\$95.00
Oversized Card	3.5 x 2.5	\$47.00	\$130.00
Quarter Page	3.5 x 4.5	\$59.00	\$167.00
Half Page	7.0 x 4.5	\$90.00	\$250.00
Full Page	7.0 x 9.25	\$140.00	

Payment due with ad. Make check payable to Joyce Gerrish.

[natural.living.jouornal@gmail.com](mailto:natural.living.jouornal@gmail.com) or 812-566-1799

We accept: checks and PayPal.

Ad prices presume digital JPG format and camera ready.

### Deadline for all submissions & payments:

15th day of the month prior to publication date.  
 Published 1st day of February, April, June, August,  
 October, & December

### Ad Design Services Available

We can design your ad for you. Prices start at \$25  
 Contact journal at [natural.living.journal@gmail.com](mailto:natural.living.journal@gmail.com)

# EXPLORING THE DELICIOUS WORLD OF TEA

Sophia Boese, Louisville Tea Company

Teas have a multitude of different delicious flavors to enjoy and they are so much healthier for you than soft drinks or coffee. Tea is calming, hydrating, and has many health benefits. There are five different types of tea from the tea plant, plus various herbals and Rooibos. The most popular tea that we sell at Louisville Tea Company is our "Kentucky Morning." It is a black tea with orange peel and cinnamon.

All true teas come from the Camellia Sinensis plant, and the processing after the tea is picked determines the type. The five main categories of tea are Pu-erh, Black Tea, Oolong, Green Tea, and White Tea. Any tea that comes from this plant will have similar health benefits. They are typically high in antioxidants and all of them contain stress-relieving Theanine. If the tea is not from the tea plant, it technically is not a tea. These infusions are usually referred to as herbal tea or tisanes and most often are caffeine-free.

Pu-erh is a fermented dark tea that has a rich earthy taste. It is good for digestion, weight loss, and may reduce cholesterol levels. If you are drinking this tea for its health benefits, the recommended amount is four cups a day. The earthy flavor can be intense for some when starting out. People tend to start with something flavored like our Chocolate Pu-erh tea.

Oolong is a partially oxidized tea that is often twisted or rolled. They typically have a medium body that ranges from green to amber colors. Oolong can also be steeped multiple times and yield a greater amount of brewed tea. Some may find that oolongs can boost your metabolism and give you energy. Not sure if you have tried oolong? It is quite possible that it was the style of tea served at your favorite Chinese restaurant.

Green Tea has been widely regarded as one of the most healthy teas due to its high amounts of antioxidants. It is a popular choice when searching for a healthy beverage. In its traditional form, green teas can taste mildly grassy. If you prefer, there are also flavored green teas available that still have the same health benefits. Flavors like Green Goddess (Pomegranate), Jasmine Pearls, and Cranberry Mist are very popular choices.

\*\*Brewing Tip: Green tea is very sensitive to heat when it is brewed. In order to avoid the tea going bitter, use a lower water temperature and brew for a shorter time.

White Tea is a very light infusion that should not be overlooked. While it is very mild, white teas can have a taste that is complex and sweet. It is well known for its velvety texture and smooth qualities. White tea is also known for having a very high level of antioxidants and can help increase focus.

Rooibos is not technically a tea, but comes from a caffeine free bush that grows in South Africa. It is great for skin health and is high in antioxidants. It has a lovely creamy taste and since it is caffeine free, you can drink it at night. Popular rooibos blends include Bluegrass Blueberry, Orange Dream, and Cactus Blossom.

Peppermint is a caffeine-free infusion that is made only from peppermint leaves. It can be brewed by itself or mixed with your favorite tea. Peppermint not only has a wonderfully relaxing aroma, it can also help with muscle aches, digestion, headaches, and anxiety.

Hibiscus brews a bright red cup of tea and is made from dried hibiscus flowers. It is a very tart tea, it tastes like sour cherries. It is high in vitamin C and can help lower blood pressure.



There are many times when you may want to drink a caffeine-free brew. We carry naturally caffeine free herbs like the ones mentioned above, but we also carry decaffeinated Earl Grey tea and decaffeinated English Breakfast tea. Additionally, it is easy to lower the caffeine level in any tea and still enjoy the full flavor. Just brew the tea for thirty seconds, then throw away that first brew. The second brew is the one

you will drink, just steep for the recommended time on the bag. Because most of the caffeine is released in the first thirty seconds of steeping, the caffeine level will be significantly lower.

All of our teas are loose-leaf, meaning the leaves will need to be strained. Loose-leaf tea is definitely worth the minimal extra work because it is much more flavorful, fresh, and beneficial than its bagged counterpart. All you need to brew tea is hot water, a strainer, and tea leaves. There are also 'make your own tea bags' that are available and very easy to use.

\*\*Brewing Tip: Use fresh filtered water when making your tea and try to avoid using a microwave as it can make the tea taste flat.

**BIO: SOPHIA BOESE** is an avid tea and book lover who manages Louisville Tea Company with her cousin Sarah Boese. Her sister Nicolette Spears and husband Nick Spears founded (Continued on Page 5)

## ***VISUALIZE YOUR WAY TO SUCCESS, by Jenny Boise Business and Life Coach***

If you aren't experiencing the success you'd like to see in your life, try visualization. Often, we think we have to struggle and work hard for success but when we get in the habit of spending 10-20 minutes per day tuning into ourselves and visualizing what we want, things start working out for us with ease. Opportunities present themselves that we couldn't see before.

In order to attract what we want into our lives, it's important to have a clear picture of what we want to do, be and have so we can create a clear vision in our mind. When we focus on this clear picture through visualization, our emotions shift. We start feeling the way we would if we were actually experiencing those things, which shifts our vibration. Our vibration in turn attracts the visions we are playing in our mind.

To visualize your success, start with the basics. Begin your visualization by focusing on yourself and how you want to feel. This helps you relax and expand what is possible for you in your mind.

**Happiness.** What makes you happy? Visualize yourself waking up happy, ready to engage with the day. See yourself maintaining your happiness no matter what is going on around you. See yourself handling situations with joy and ease. See yourself choosing happiness above any problem, doubt or concern that may come your way. Choose happiness over and over again throughout the day.

Next, focus on your connection to your Source, Higher Self, God. Connecting yourself with the Divine expands your awareness even more, opening you up to even more possibility.

**Connection to God/Higher Self/Source.** See yourself as whole. Visualize yourself connected to your Source. See your connection as a cord of light that connects you and grows stronger each day. See yourself tuned into your inner guidance, clearly receiving information about where to place your energy and focus. Imagine your trust in yourself and your guidance growing with each passing hour and day.

Then start focusing on the areas of your life that are important to you. Allow yourself to dream here. There is no limitation in your mind. Allow yourself to dream into other areas of your life. I've shared some examples below.

**Perfect Health.** Imagine your body working perfectly! Visualize yourself only attracted to healthy food. See your body healing from any ailment that is in your awareness. Visualize perfect vision. Your digestion system working at optimal function. Your kidneys, liver and heart being regenerated. Your respiratory system fully breathing in



**Jenny Boise**  
Business, Life and  
Wellness Coach

(502) 314-4584

Jenny@createyourlife.coach

www.CreateYourLife.Coach

life. Imagine your nervous system, adrenals and thyroid being restored. Imagine a strong immune system that supports you in every way.

**Healthy Relationships.** Visualize yourself in happy exchange with others. You are being yourself and feel accepted and loved by others. Imagine your energy field healing and strengthening. You have amazing boundaries. You feel great in social situations. You feel so comfortable talking with others and they feel great around you. You make healthy connections everywhere you go. People love you!

**Special Relationship.** Imagine the male and female aspects of you living in harmony with one another. Imagine having a loving relationship with yourself and then see someone showing up outside of you who loves and cherishes you. Imagine all of the things you will do together and how you feel in this person's presence. See both of you being happy, committed, truly appreciating each other. See yourself as

worthy of receiving the deepest love of your life.

**Finances.** See yourself receiving a steady flow of money. Imagine you have zero debt. Your house, your cars, everything you own is paid for. You have plenty of money to travel, to buy what you want and need. Money flows to you effortlessly from multiple streams. You get paid for being yourself. Opportunities constantly present themselves for you to make plenty of money with ease, going at your own pace.

From this more expanded state, see if anything else comes to you. This is your dream and your vision. You get to create anything you want in your mind. There are no limitations. You don't have to know how to attain it, so allow yourself to dream big!

The important thing is to see yourself  
(Continued on next page)





**Reul  
Chiropractic**

**DR. RICHARD T. REUL**  
*Chiropractor*

**3772 Taylorsville Road  
Louisville, KY 40220**

**(502) 458-2559    www.reulchiropractic.com**

## Visualize your Way To Success

(Continued from Previous Page)

being, doing or having whatever it is you desire. Allow yourself to feel more open and expansive which will open you to receiving. You will begin vibrating with what it is that you want. Your feelings and vibration is what creates your life.

Commit to visualizing in this way at least twice per day for 30 days and see what happens. Set your alarm 10 minutes early and visualize before you get out of bed and as you drift off to sleep.

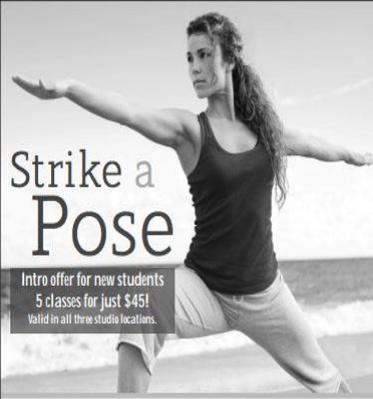
It takes time and commitment to shift your current circumstances so don't give up when your external reality doesn't shift overnight. Shifting your thoughts and belief system is similar to changing your diet. You have to stick with it to see results. But if you remain persistent, you WILL SEE RESULTS. You will usually notice some change in the first few days. Give it a try and see for yourself.

I've recorded this visualization to help you get started. You can find it here. <http://visualizesuccess.createyourlife.coach/>

Happy Creating!

PS. If you have a vision you are ready to create, contact me. I would love to help you develop a clear path to success. [www.createyourlife.coach](http://www.createyourlife.coach).

BIO: Jenny Boice is an Online Business & Life Coach for entrepreneurs who are ready to create money making packages and programs, grow their tribe, and generate consistent income while making a difference in the world. It's time to step up and out. The world needs your specific contribution. Learn more at [www.createyourlife.coach](http://www.createyourlife.coach).

**Strike a Pose**

Intro offer for new students  
5 classes for just \$45!  
Valid in all three studio locations.



**YOGA EAST**

St. Matthews Studio  
115 Wiltshire Avenue  
Louisville, KY 40207

East End Studio  
2226 Holiday Manor Center  
Louisville, KY 40222

Highlands Studio  
1125 E Kentucky Street  
Louisville, KY 40204

502-585-9642 • [www.yogaeast.org](http://www.yogaeast.org)

## Delicious World of Tea (Continued from page 3)

the business in 2012 and invited Sophia and Sarah to join the team in 2016. Louisville Tea Company strives to be your helpful tea shop and we are always happy to educate about tea and herbals. We sell packages of loose tea and people can also enjoy a cup of tea in the shop. We are located at 9305 New Lagrange Road in Louisville, KY. The phone number is 502-365-2516. Each Tuesday we have a Tea Tasting Event that costs \$5.00.

**Editor's Note:** So many people are stressed today. Enjoying some of these non-caffeine or low caffeine teas can help people lower stress, relax a little more, and savor the wonderful flavors of the teas.



## Healing Through Forgiveness (Continued from Page 18)

you wish, pray for their highest good and give them to God. This whole process can be repeated over time as needed

Many people hold a degree of anger at themselves. Forgiving oneself may be some of the most important forgiveness of all. Focus on loving thoughts for yourself. May forgiveness and peace bless us all.

# ACID-AKALINE BALANCE IN YOUR BODY – What You Really Want to Know !

by Dr. Lisa Tostado, ND

Our body chemistry is one of the most important aspects of our health. It is influenced by our genetics, diet, lifestyle, stress levels and mental/emotional outlook -- among other factors. It affects our energy levels, our mood, and whether we develop disease or stay on a path of well-being.

One way to measure this is by looking at the pH of our body. pH refers to the power of hydrogen [H+] and hydroxyl [OH-] ions present. The pH is a measure of alkalinity or acidity based on a scale of 0-14 -- with 7 being neutral. Anything below 7 is considered acidic, and conversely anything above 7 is considered basic or alkaline. We have come to understand that health equates to every part of our body being in their optimal pH ranges -- from our cells, fluids, tissues, organs and body systems.

The pH of our body is under complex regulatory mechanisms that keep it in a narrow range. Even when there are temporary changes in the pH of our body, buffering mechanisms constantly strive to re-establish a balance. For example, the blood maintains a pH range between 7.35-7.45. If the blood becomes too acidic or too alkaline, carbon dioxide (acid forming) or bicarbonate (alkaline forming) is used to neutralize any fluctuations. This is vital because biological processes in our body are largely mediated by substrates (such as enzymes) whose stability and activity relies on specific pH environments. Furthermore, changes in the body that result in a pH that is too high or too low can lead to the degradation of proteins. Proteins carry out many functions in the body. They provide structure, transport materials throughout the body, help the immune system, and act as a source of energy.

Our modern diets have raised concern over how changes in our food are affecting our pH -- more specifically if we are becoming overly acidic. The research is showing that cancer first grows in an acidic environment. It is also believed that acidic environments are linked to the development of certain disease like cardiovascular disease, osteoporosis, diabetes, arthritis and other chronic illnesses.

Since the early 1900's we have been classifying foods as either forming an acidic or alkaline ash once it has been digested and metabolized. In general, foods that are alkaline contain minerals like sodium, calcium, magnesium and potassium. The Standard American Diet is high in processed foods which have been stripped of their mineral content. Furthermore, conventional farming practices can lead to poor soil quality. Pesticides and medications can also cause shifts toward acidity in the body.

Here are some tips for promoting a healthy acid/base relationship in the body.

1. **Reduce intake of acidic foods** - Acidic foods include processed sugars, white flours, chemically treated foods, alcohol, hydrogenated oils, conventionally raised meats etc. When our bodies become too acidic, our body will take from our own mineral reserves such as our bones and other tissues. This can lead to osteopenia or osteoporosis and other degenerative diseases.
2. **Eat an alkaline diet.** Most fruits & vegetables are alkaline forming in the body. Buy organic when possible - especially the Dirty Dozen ([www.ewg.org](http://www.ewg.org)) which contain the highest amount of pesticide. Leafy greens, starchy plants (including beets, turnips & sweet potato), plant proteins (almonds, navy beans, lima beans and other beans), superfoods (spirulina, sea veggies, bone broth, etc.), raw foods and other non-starchy veggies -- including mushrooms, tomatoes, avocado, garlic, ginger, green beans, endive, cabbage, celery, zucchini and asparagus - all increase alkalinity in the body.
3. **Choose sprouted grains, nuts & beans** - soaking and sprouting these foods deactivates anti-nutrient factors such as phytates which lock minerals such as calcium, magnesium and iron in the foods. Minerals are important for neutralizing acidity in the body.
4. **Consume raw, apple cider vinegar regularly** - ACV is wonderful for bringing balance to the body. Although acidic, it has many health benefits. In most cases it is great for those suffering from indigestion and acid reflux.
5. **Drink filtered water** - tap water may still contain chemicals in it that creates acidity in the body. A berkey water filter can be great for eliminating toxins and purifying your water without removing essential minerals. You can also buy purified spring water. If you drink reverse osmosis water it is important to take extra minerals along with it since they have been removed.

There are different ways to measure the pH of the body including our blood, saliva, and urine. Although there is no single (Continued on next page)



**Dr. Lisa Tostado, N.D.**  
Naturopathic Doctor  
502-410-8009  
*Free 15 Minute Consultation*  
Where Nature Meets Medicine\* Treating People, Not Symptoms  
Website: [www.vitablissnaturopathy.com](http://www.vitablissnaturopathy.com)  
Email: [dr.lisa@vitablissnaturopathy.com](mailto:dr.lisa@vitablissnaturopathy.com)  
Offices: Rainbow Blossom Wellness Center at Springhurst  
Whole Health Associates, 3834 Taylorsville Rd., Ste. B1



# meditation in motion

**Improves:**  
Energy  
Health  
Posture  
Balance  
Coordination  
Stress  
& much more

# Taoist Tai Chi®

**Classes in Louisville, Lexington and New Albany**

**www.taoist.org**

**(502) 614-6424**



*a global volunteer non-profit organization*



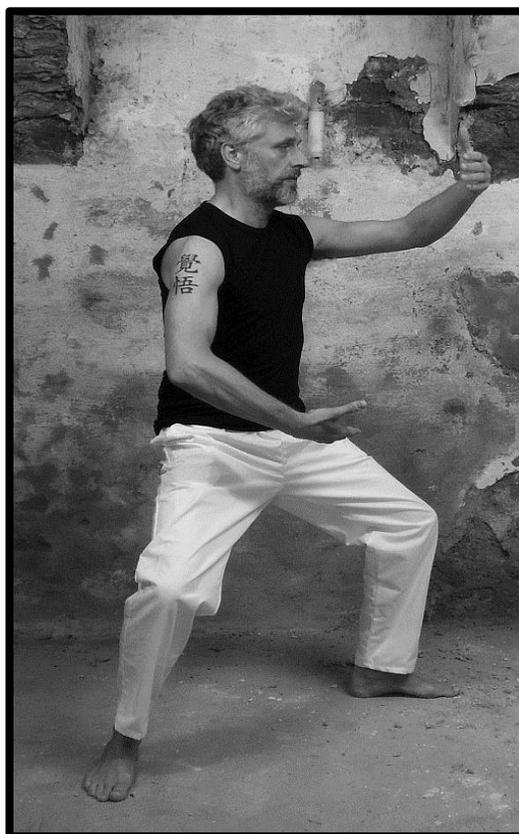
## **Acid-Alkaline Balance** (Continued from previous page)

method that gives us a snapshot of total body pH, they each provide invaluable insight. The saliva and urine can be checked regularly using pH strips that can be purchased at your local natural health food store. My recommendation is to track your values (at the same time of day) for 30 days and get an average.

Although there are several mechanisms in place to support pH balance, the quality of our diet can overwhelm our acid/base control systems. Aim for whole, clean foods and drink about half your body weight in ounces of purified water. I encourage you to engage in an exercise routine and find activities that feed the health of your nervous system and mental/emotional well-being. This will ensure you enjoy vibrant health for years to come!

**Bio: Dr. Lisa Tostado, N.D.** graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in the U.S. Inspired by the early pioneers in whole food nutrition, Dr. Tostado decided to complete the CCWFN program in 2016 with the International that Foundation for Nutrition and Health. She has been a resident of Louisville, KY for the past 8 years. Currently she has two office spaces, one at the Rainbow Blossom Wellness Center at Springhurst, and one at Whole Health Associates, 3834 Taylorsville Rd., Ste. B1.

(Note: As always, check with your health care practitioner)



## **JOY-FILLMENT !** **What is the Difference Between Joy** **and Entertainment?** **by Maya Griffin**

Recently, I read a short paragraph from Joyce Gerrish's book "Secrets of Wisdom" about joy and entertainment - - discussing the difference between the two and the roles they play in your life. Too often, I am looking for the fulfillment that joy provides and trying to satisfy it with the fleeting efforts of entertainment. A great example is after a long work day I come home and want to do something just for me, something to uplift me and bring me happiness. I have a new book I'd love to read, but putting on Netflix just sounds easier and I'm tired. Then the next morning I wind up wishing I'd read my book.

I think the things that bring me joy usually require effort, energy or uncomfotability which is why it's simpler to turn to easy entertainment. Exercising is a great example, it requires all three and yet that fulfilling feeling at the end is always worth it. You feel like you did something for yourself, to better yourself. Joyful things move you forward. Often, they happen to be healthy or beneficial choices. I know that if I make myself a vegetable scramble with a side of fresh salsa and avocado I'll actually feel better than if I just rush out the door with some cereal and grab a banana that I end up not eating.

I have to make time to do joyous things, but the joy usually lasts longer than the elation of entertainment. Often joyful things take more time than entertaining things. Something that is going to make me proud and fulfilled might take planning, work and discipline whereas the things that are easy and accessible are mostly entertaining. Getting lost on the internet and tuning into social media is so readily available it's hard to say no and do something else. I have also found a lot of entertaining things don't often require my participation or they tend to bring me entertainment without having to provide it for myself. Watching TV doesn't require much participating these days, hell they automatically play the next episode without you pressing a button.



When I drink, I am often expecting it to do the work to make me happy, I am searching for joy from a source outside of myself because I'm lazy as opposed to dancing. For me to feel the bliss of dancing, I actually have to do it

Most of the time if I get to a point where I am too tired to do something joyful, it should be time for bed. But often, that is when I start to just want entertainment, because I don't want to be bored, and I don't want to go to bed. Most things that fill the boredom are going to be entertaining. Things I do just to fill space or silence don't tend to bring me much joy.

Joy can be instigated by insight, thoughtfulness or learning. Quality conversation can bring joy because it can be inspiring, it can help expose you to things you are passionate about. Joy usually follows your natural curiosities. What just fascinates you? Read about it, talk about it, go to a museum that studies it, you're bound to feel some excitement.



There is also a sense of childlike excitement that can come from joy. When you get an idea of something you want to do or create that is exciting. You start to think about how you are going to do it and it is fun! Or something that is just purely thrilling can bring joy. It doesn't have to be complex, it could be as simple as a roller coaster, swinging on a swing, or picking a flower for your dashboard. Which brings me to my first exercise from the book: write

down all the things you did as a child that brought you joy. Then, write down all the things that bring you joy now. And lastly write down all the things that bring you entertainment.

Hence my new year's goal: choose Joy first. I look at my list and pick one thing that sounds enticing and do that every day. Sometimes it's thrilling, sometimes it's subtle, sometimes it's annoying but it boosts my self-esteem. I'm doing things for me. Sometimes it means I have to wake up earlier than I'd like to. Sometimes even if I fail at it, at least it brought me fulfillment. But that's when I know it is true joy - joy doesn't care whether I fail or succeed at what I do, as long as I do it with joy.

**BIO:** Maya Griffin is a Louisville -based artist and writer. With her art she specializes in ink portraiture. She has done over fifty portraits of artists, musicians, and family members - - and takes great joy in immortalizing special loved inspiring figures for people! Prints and commissions are available. Framed Original (\$50, Prints (\$10-\$15). [MayaJoyGriffin@gmail.com](mailto:MayaJoyGriffin@gmail.com). (See her portrait of Maya Angelou to left.)



**“Dear Your Holistic Nurse Coach”  
I WANT TO LOSE WEIGHT!  
Column to Answer Your Questions.  
Danielle House, RN HN-BC, NC-BC, HWNC-BC**

Dear “Your Holistic Nurse Coach,”

I am wanting to know what you would suggest for weight loss? My life is busy and I know there’s not a quick fix! I love the way you keep the focus on real solutions for staying healthy naturally. I’ve been waking up to the fact that my physical health is affected by my emotions, mind, energy, and even my soul. I look forward to your help. Thank you,

**“Want to Lose Weight”**

Dear “Want to Lose Weight,”

You are not alone in your quest to find a healthy whole person view for weight loss. There are several factors to consider with weight gain. Even a few changes can leave you feeling better and lose some weight! I would plan a program with Specific goals for each week for the next three months that you will stick with and enjoy, incorporate things that will become a part of your everyday life. Be sure to make the goals Measurable, Attainable, Realistic and Time-sensitive such as “I will go walking in the park by my house every evening after work for thirty minutes on Mondays, Wednesdays, and Fridays starting this Weds.”

Make sure you are spending six to eight hours a night sleeping. When you are super stressed and tired, your body does not want to get rid of anything extra, it wants to hold on to it!

Drink at least half of your body weight in ounces a day to cleanse and hydrate your body. You can also add citrus fruits and certified therapeutic grade oils to your daily regimen that will assist your body in cleansing. I use grapefruit oil as directed on the bottle by the doTERRA company for this purpose!

Eat foods in the rawest form as possible. Avoid processed foods. Fresh fruits, vegetables and baked poultry and fish, nuts and legumes should fill your plate four to five times a day (three meals and one or two healthy snacks). You will no longer crave and want the processed foods as you get the adequate amount of nutrition from healthy foods. You want to cleanse your body on the inside, many times we are full of waste and we have pounds of extra stuff sitting in our bowels.

Start an activity three times a week for at least thirty minutes, dance in the living room, take a brisk walk, take a new class such as boxing or yoga! Remember to Celebrate every Success! Working with a health coach is most definitely recommended as when you



**Danielle House RN HN-BC**  
Health, Wellness & Life Coach  
502-552-5769  
www.daniellehousern.com  
daniellehousern@yahoo.com



**Your Holistic Nurse**  
**Healing from the Inside Out!!**  
**Mind / Body / Spirit Health**

are invested in something, you tend to stick with it and see results often!

I’m glad that you like my “whole person” healing approach. Being able to combine nursing with whole person care and even coaching is truly an honor and blessing. I love what I do.

Please submit questions to [dearyourholisticnurse@gmail.com](mailto:dearyourholisticnurse@gmail.com)

**BIO FOR DANIELLE HOUSE:** Danielle is a Board Certified Holistic Nurse, Personal and Community Health and Wellness Consultant and Coach, Reiki Master and Teacher. Danielle assists and supports women in becoming healthy, happy and whole. As a professional nurse coach and leader she partners with communities, businesses, organizations and personal clients to promote health from person to globe. Danielle is actively involved in the shift from a



disease focused healthcare model to a person centered and health promoting model. Danielle creates personalized nursing care-plans for her clients and offers classes, workshops on and offline.

**Retirement Income Planning**

**Jeannie Samdani, MA Econ., CMFC®**  
Chartered Mutual Fund Counselor™  
Investment Advisor Representative

**Kentucky Planning Partners**  
9300 Shelbyville Road, Suite 1310  
Louisville, KY 40222  
Office (502) 394-0400  
Cell (502) 794-9976



Securities offered through LPL Financial Member FINRA/SIPC. Investment Advice offered through KPP Advisory Services LLC, a registered investment advisor. KPP Advisory Services LLC and Kentucky Planning Partners are separate entities from LPL Financial.

## **LOVE IS MORE POWERFUL THAN FEAR, By Gerry Boylin, PhD**

### **One Person's Awesome Inspired Vision of a "Letter From God."**

A few weeks ago, we had a service when we wrote a letter to God. I imagined what it would be like if God answered back. Then I noticed what was happening in my head. I was here, and God was out there. I was sending a letter out there. I lost my focus of God inside me. How quickly even in a sacred exercise like this our thinking goes out there instead of in here. In the movie, Bruce Almighty, God (performed by Morgan Freeman) was asked, "Why is it so difficult to find you? God replied, "You keep looking up!" In the following reply, I do not presume to have God's answer for you, so listen to your own heart.

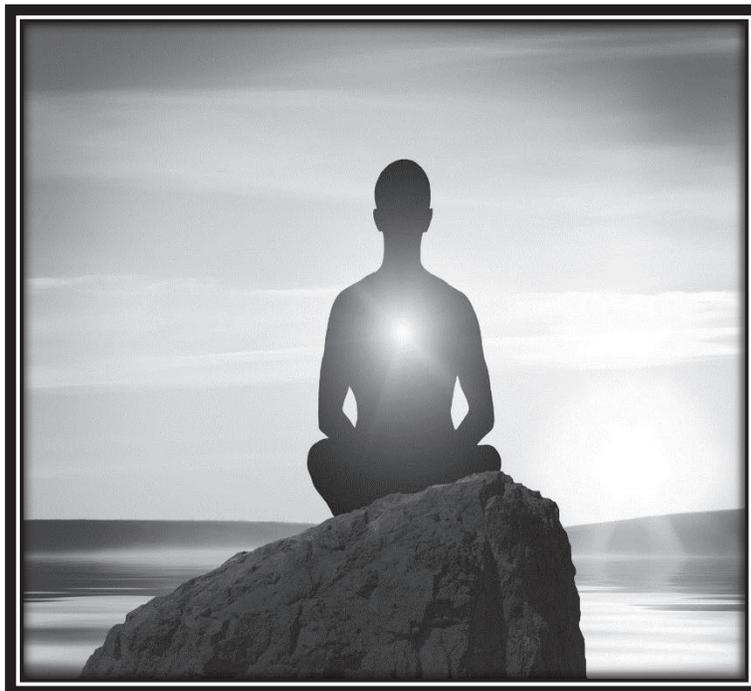
#### **HERE IS MY VISION OF A LETTER FROM GOD**

I am everything real in you. I am not a voice outside of you. I am your heart speaking to your heart, it is an error in perception to think that somehow, I am up here, and you are down there. I am the love in you: everything else is either the absence of love or love unrealized. We are in this together, that is another way of saying we are all One.

You are made from love and you are made to love. That is the ever-continuing story of creation in its briefest and most meaningful form. God within you is also God within your spouse, your children, terrorists, your government, people in the street, people in the news, and those you have never met. It is this God within All Things that answers your prayers.

To set the record straight, I am neither angry or jealous. I don't get irritated or upset, I don't get suspicious or annoyed, I don't get hurt or aggravated - - that's not what I do. What I do is love, that is who I am. I am the creative energy of love and so are you. I am love, and when you say, "God is within me," remember what that means, I am the love in you.

I hear in your letter a prayer expressing the deepest desires of your heart. I want you to know that prayer is NOT a denial of your divinity or your identity. It is an affirmation of the divinity within you seeking to expand and grow. It would be foolish to think that a child at school who asks a question is considered stupid or unworthy. Your asking is an acknowledgment of how you learn.



*Wherever you are on your spiritual journey, you are welcome here!*

Sunday Service: 9:00 and 11:00 am  
Youth Sunday School: 11:00 am

**unity**<sup>®</sup>  
of Louisville

757 South Brook Street  
Louisville, KY 40203 502.583.5559  
[www.unityoflouisville.org](http://www.unityoflouisville.org)  
FB Unity of Louisville

Just ask yourself, "is a person in your life who asks for help weak or lacking, or are they simply acknowledging what they need? Your prayer is the deeper realization that you, in your present state of consciousness do not have a solution to your problem - - and so you let go, you surrender to a force and a power that is greater than your perception - - and open yourself up to that force and that power that you know and believe is inside of you. In that surrender is power, strength, and wisdom.

Here's a little formula one of your teachers created, and you do not have to use it just when you are stuck. "God, I cannot do this. I don't know how to do this - - you do - - show me, help me, guide me. And the profound truth is I cannot change anything your limited perception is trying to control. When you let go to Me you are letting go to the truth and power within yourself. In your freedom, however, you might choose to hold onto this attempt to control, and because I have given you the freedom to choose what you desire, in my love for you, I will not interfere with your choosing.

There is no need to create a perfect prayer. I hear the needs of your heart spoken and unspoken. Your actions along with your yearning are what put our energies together. As Jesus said, "Whenever two or more are gathered together in my name, there am I in the midst of them.". I always take your prayers seriously, and they are always answered - - it is only your attachment to form that prevents you from hearing. Perhaps you pray for world peace and your expectations are that the walls will come down, the bombs will be dismantled, and those who live in plenty will share their wealth with those who have little, wastefulness will cease, and the lion will lie down with the lamb. Those are beautiful and noble sentiments, but when those things do not happen immediately, you become disappointed and you think that I am not listening to your prayers.

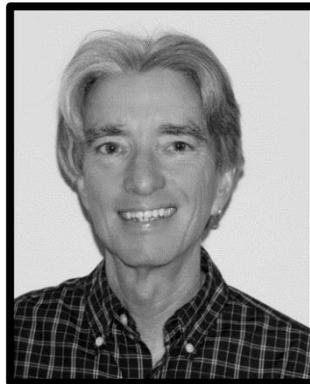
Continue to hold onto your vision, but know that your mortal mind is limited. Let go of how you think the answer will reveal itself. It is so often your thinking mind will miss a beautiful moment or the answer to a prayer because it is so busy looking someplace else. The power of love can only be diminished by the limited way you think it can be manifested. Did you look around at your own city today -- at the injustices that need to be made right -- that you could do something about? You could donate some money or volunteer some time -- pray about it, vision a miracle, affirm the miraculous, you could even demand a miracle, and pray to put our energies together.

Did you look around your home and remind yourself, I could see peace instead of this? You are being reminded that peace and harmony are qualities that can be created and manifested everywhere, and as you pray that these gifts be granted, do not forget to do the work in front of you. Creating peace in your home helps to create peace everywhere. Pray, open yourself to the divine power and love that already flows through you, let that power of God within you express itself as loving action. Prayer is your will and my will becoming one, and I only desire your Good.

I have given you free will and I realize that it can seem like a burden -- it is not always easy to choose the right thing the most loving thing -- but you can continually choose what is good and loving when you recognize the power within you. When in doubt ask yourself, "What would love do?" "Will my actions open my heart or close it?" When you act with an open heart it contributes to openness and love for everyone. What is given in love always contributes to the good of all. The truth of who you are is all around you, yet you run around looking for it here and there. "Maybe it is in that car, in that meal, or in that book. You think that perhaps it couldn't be as easy or as simple as letting the God within you reveal itself, yet the Truth is that effortless.

Here are the secrets that are in front of you always. There is divinity in all things. You only have one duty, one goal, one job -- it is to discover God in all that is. It is to discover love in all that is. Know yourself and you will know God. The ultimate realization is that God and you are one, this is what you travel these many lifetimes to discover.

I realize that your inner work can sometimes seem confusing, but if you step back for a moment in love, you will see your confusion is only a misperception which comes from a contracted and limited viewpoint. When you recognize your yearning for the truth and call to the light to fill you, the light responds with joy. What happens is that all that is not of the light comes to the surface to be released. I know that it feels terrible, but do not be deceived, as another of my students likes to say, "When it's up, it is on its way out." Do not think, "Oh, no, I asked for the light and all I get is darkness." Not true. You ask for the light and all that isn't of the light comes to you to be released, and I will help you release it, if you ask. Be willing to accept the shadows that walk across the sun. If this world were perfect



## Socially Responsible Mutual Funds

**Jeannie Samdani, MA Econ., CMFC®**  
Chartered Mutual Fund Counselor™  
Investment Advisor Representative



**Kentucky Planning Partners**  
9300 Shelbyville Road, Suite 1310  
Louisville, KY 40222  
Office (502) 394-0400  
Cell (502) 794-9976

Securities offered through LPL Financial Member FINRA/SIPC. Investment Advice offered through KPP Advisory Services LLC, a registered investment advisor. KPP Advisory Services LLC and Kentucky Planning Partners are separate entities from LPL Financial. Investing in mutual funds involves risk, including possible loss of principal.

where would souls go to school? Limitations are there so you can learn to look beyond them.

"Oh," you might say to yourself, "Well, of course, I can choose to see the world lovingly for a few moments, but with all this violence going on, how can I hold that vision of peace for any length of time?" Do you see, you have again fallen victim to fear, and somehow said to yourself and the rest of the world, "Fear is more powerful than love." I tell you, if you can hold that vision for a moment you can hold it forever. If you could but know the truth of it, holding that vision of peace even for a moment is the salvation of the world.

When you feel overwhelmed you can think and feel that the negative energy or the fear or scarcity you are experiencing is more powerful than the God energy inside of you. This so-called negative energy has never been more powerful than the love of God, the love with you. Never. The fearful side of things has never won out even though it would like to convince you it is more powerful. How do we know love is more powerful than fear? How do we know that the dark side has never won? You are still here. Even in the darkest of times you have put one foot in front of the other. You can love, you can experience joy -- you can.

Be at peace. Love and the love in you has always been more powerful than fear. Know this please, the force within you that desires peace is peace itself wanting to grow. The energy in you that yearns to love is the love within you wanting to stretch, the energy within you that years for wholeness is the wholeness already within you desiring to manifest. These gifts and strengths are already here in you. There is nothing to wait for. Believe in yourself. Know that I am with you always and we are one.

**BIO FOR GERRY BOYLAN, PhD:** Gerry began his career as a teacher and retreat leader at St. Xavier High School where he taught Biology, Chemistry and Religion. His undergraduate degree is from Catholic University and he holds graduate degrees in Biology and Transpersonal Psychology, and a PhD in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services.

## ***Natural Benefits of Manual Lymphatic Drainage*** **by Rebecca Sturgeon, LMT, CMLDT**

"My feet are just swollen," she said\*, "I am finding it difficult to get into my shoes every night." My client was a performer, and every night on stage she wore these gorgeous high-heeled shoes. When we had this conversation, it was the hottest part of the summer, and she recently started running again after some months off. She started to notice her legs feeling heavy and her performance shoes pinching in a way she hadn't felt before. It her made her job, which she usually loved, something that she dreaded.



"Why don't we try manual lymphatic drainage? At best, it will help, and at worst you will feel deeply relaxed when the session is over." She agreed, and I proceeded to work gently with both her legs and feet, carefully applying the manual lymphatic drainage protocol with extra attention to areas that felt fuller or more swollen. After her session, when I returned to the room, I found her rocking back and forth from her heels to her toes, smiling down at her feet. "That was amazing!" she said, "I feel totally different, like my feet are suddenly lighter and I can move them more!"

I felt deeply gratified that the work helped her, but not at all surprised. Manual Lymphatic Drainage (MLD) has for a long time been one of the most powerful and gentle modalities I practice.

MLD is a gentle massage technique which works with the lymphatic system. In an MLD session, the skin is moved in a specific direction and a specific order which has been proven to encourage lymphatic flow. MLD is different than lymphatic massage, which you may see advertised. The specific direction and order of techniques of MLD provide a unique and powerful treatment which works with the body's lymphatic system and its functions.

Your lymphatic system is your body's "garbage disposal" system, moving excess fluids out of the tissues and breaking down larger molecules so they can be carried out of the body through the circulatory system.

The lymphatic system also plays a role in your body's immunity, as it transports infection-fighting white blood cells throughout the body. The system consists of vessels, similar to blood vessels, and nodes. Lymph nodes are small, oval-shaped bundles of tissue

### **CONNECTED TISSUE**

**Rebecca L. Sturgeon, LMT, CMLDT**  
**Therapeutic Massage, Oncology Massage**  
**Manual Lymphatic Drainage**

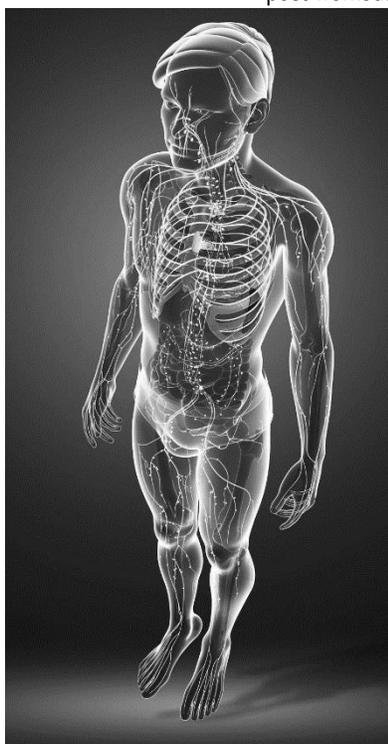
**103 Crescent Avenue, Louisville, KY 40206**

**502-509-6581**

**rebecca.l.sturgeon@gmail.com**

spaced throughout the lymphatic system. The nodes help to filter fluid, or lymph, as it moves through the system. They can become inflamed when you are fighting off a virus or infection. If you've ever felt round, approximately pea-sized lumps in your neck or under your chin when you are sick, you have most likely been feeling your lymph nodes.

MLD is often used after cancer treatment as part of treatment for lymphedema, but it has many benefits for everyone. For example, MLD can help clear chronic sinus congestion, reduce post-workout or post-surgical swelling, reduce injury-related swelling and bruising, and possibly boost immune system function. An MLD session is deeply relaxing, and many clients report an increased feeling of well-being after a session.



This was certainly the case for another person I worked with. He had been plagued with seasonal allergies for "as long as I can remember breathing." He felt a little tired of the chronic dryness in his mouth and throat from the over the counter allergy medications, and wanted to try something different. We talked about MLD, and I suggested a half hour focused on his head and neck. When he came into the session, he was almost fully congested from the excess of pollen outside. At the end of the session, he took a deep breath all the way down into his belly and exhaled with a smile. "I feel great," he said, "when can I come back?"

As we continued to work together, every week during high allergy season, we discovered that for him, one MLD session could alleviate his symptoms for about two days. After that, he still needed his allergy medication, but he reported that he took less of it. Like any the other bodywork modalities I practice, MLD is not a cure-all. It works best as a support and complement to other wellness practices.

I am often asked how often a client should receive MLD treatments. The answer will be different based on each individual's goals and lifestyle. For my clients who are using MLD as part of maintenance treatment for lymphedema, I recommend they receive treatment at least once a week. My clients who use MLD to help with exercise recovery and post-workout soreness, we schedule based on their training schedule. My marathon clients come more (continued on page 15 )

## Wintry Moments

by Elsa Lichman, MSW, LICSW.

The eagle pair, nesting along the river in a tall white pine, have been seen sporadically, at different times of day, and are often absent. The female has been viewed some mornings, carrying grass and twigs from the ground up to the high nest. Once the pair were observed working on it together. I have not seen an eagle for weeks. I actually forgot how huge, elegant, and breathtaking these birds are. One day, I find the male on top of a spruce tree. His head and tail are pure white in the sun, his feet and beak a brilliant yellow. He stares into space, before flying off on powerful black wings. At times one or the other may appear, to briefly check on their established territory. A birder reported seeing four adults in close proximity on tree branches, screaming. I think this was a dispute between an interloper pair and our own eagles.

After a storm, I visit a local cemetery, and see the tips of a poinsettia grave decoration sticking up out of the snow, blood red. There has been a soft rain, and mist mutes the scene in every direction. Boundaries are blurred, and stones are starkly dark in the fore ground. It is eerie and magical, and when I drive around a bend, wisps of mist float across the road in front of me, like clouds on a high mountain pass.

The eagles seem to like the rain. One day I stop by to see if I can see one. There she is, the female in all her glory, larger than the male, on a crooked dead tree. Her head feathers are in disarray. She preens massive wings and tail, and her silhouette forms unusual shapes as she moves. The male watches, almost longingly, it seems, from afar. He attempts to land near her, and the dead bough breaks under his weight! He fall-flies low, helter-skelter, but spreads huge wings, and swoops up to another tall tree across the road. On his next attempt, he lands; some of the branches fall again; but he stays! It is a blessing to see these birds choosing to nest here again, after losing both young eaglets last year. The pink and white decorative flowers I had left for the younger bird, and the bright orange ones a friend had chosen for the elder, are still there. Some birders have observed the pair in pre-mating, 'frisky' behavior!

There are also screech owls living here. Since they are night hunters, and the eagles and local hawks are day birds, they can

quite happily share the same territory. In the late afternoon, I see a tiny red morph screech owl sleeping in a tree hole, in plain view. Its eyes are closed, plumicorn feathers pointing straight up, its white belly resting against the bottom of the hole. It is not disturbed by human chatter, or folks walking up

to the tree. This hole is at least twenty-five feet above the ground. I often stop by several holes where these small owls have been sighted, in hopes of spying one of this elusive species. I am stunned by the difference between looking at an empty hole, and finding it occupied by one of nature's most amazing gifts. Their trilling calls at night give them their name, and give untold pleasure to our ears.

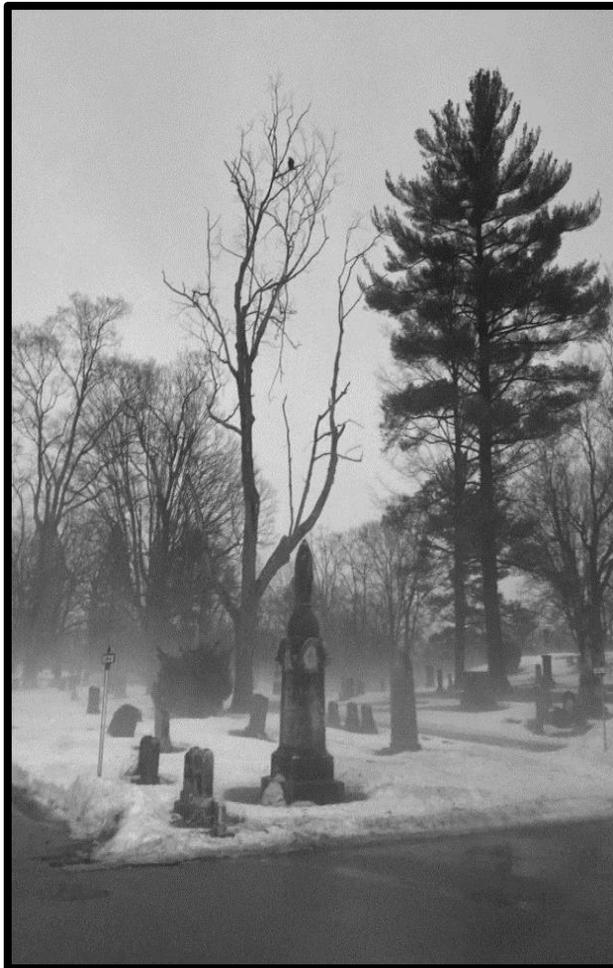


Coming in from the beauties of winter nature outside, I decide to plant paper-white narcissus bulbs as a reminder of the change of season ahead. At first they stay clumpy and green in the pot, but a friend advises me to put them in really warm sunlight. I give them a special table in the bedroom, where they remain in front of the window, growing fast, almost before my eyes! These plants are now about two feet tall, with clusters of flowers atop delicate stems. Their sweet and spicy aromas are subtle, but every time I enter the room I encounter a whisper of spring.

**BIO:** Elsa Lichman is a retired social worker who studies voice and sings in a chorus. She is now part of a major improv production, in which she both sings and acts. She has studied art and music in a variety of cultures, and has traveled extensively to swim with wild dolphins and whales. She writes poetry and prose for her local newspaper and a variety of publications. While travel and adventure are exciting, she has found that

opening her heart to nature in her own environment has proved equally thrilling

**NOTE:** Photo above of Misty Winter Scene was taken by Elsa Lichman. Notice the eagle up in the top of the tree with bare limbs.



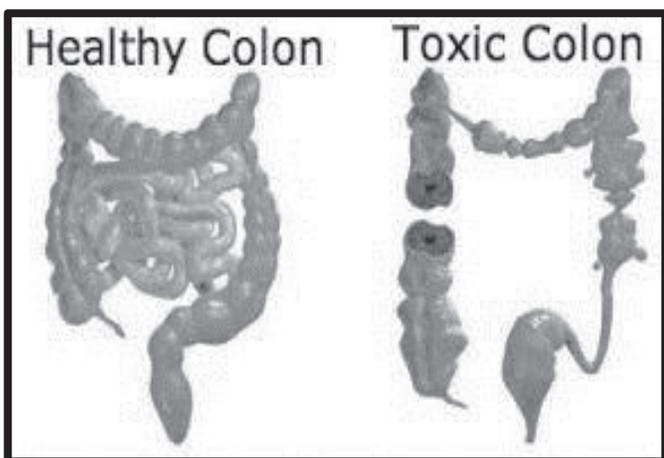
## YOUR HEALTH BEGINS IN YOUR COLON!

### The Amazing Truth!

by Hamri Tsegaye, MHA, LMT

#### WHAT IS COLON HYDROTHERAPY? (Also known as Colonics)

Having colon hydrotherapy is like taking your GUT to the GYM. Everybody benefits from colon hydrotherapy. I am sure you have heard this phrase before: "our health begins in our gut." A toxic colon leads to an unhealthy gut which in turn affects our total wellbeing. Colon Hydrotherapy, also referred to as a colonic, colon cleansing, high colonic, or colonic irrigation is a safe and effective method of removing wastes and toxic build-up from the colon, without the use of drugs or supplements. Warm filtered water flows gently and easily into the colon area, softening fecal matter and other wastes and stimulating the colons natural peristaltic action, to assist in detoxification, and cleansing years of excess mucus, fecal matter, gas, environmental or food pollutants, medication and other harmful toxic substances. True health in our body requires us to have a healthy digestive system in order to maintain proper daily function in our lives. **Ask yourself: how often do you take your car to get the oil changed and tuned up?**



In the image of the toxic colon above you can see how the passageway through the colon has become extremely distorted and difficult for the food residues to pass through. The image of the toxic colon has a cut away section to show how the colon has become severely lined with old compacted fecal matter,

With colon hydrotherapy we cleanse the colon, and in turn this decreases the toxic load on the body's other elimination organs, thereby helping to cleanse the entire body. We are exposed often to toxins everywhere – from the air we breathe, to the foods we eat, even as a result of metabolism. These toxins may cause irritation, constipation, and inflammation throughout our body. Colon Cleansing is an effective means of detoxing our body.

If any of the five elimination organs functions below the norm, it places an extra burden upon the others in the body's effort to get rid of its metabolic waste material. When the major elimination organ, the bowel (also known as the colon) is overworked, it places extra work on the skin, lungs, kidneys and lymphatic system. This can lead to: bloating, indigestion, acid reflux, constipation, diarrhea, low

#### COLON HYDROTHERAPY IN LOUISVILLE

HAMRI TSEGAYE, MHA, LMT

ADVANCED LEVEL I-ACT CERTIFIED Colon Hydrotherapist

Hamri's Health & Wellness, LLC

4010 DuPont Circle, Suite 518, Louisville, KY 40207

Colon Hydrotherapy

Ionic Foot Detox

Infrared Sauna

Aromatherapy

Cupping Therapy

Office 502-893-2006

Cell/text: 770-912-1204

Email: [contacthamri@gmail.com](mailto:contacthamri@gmail.com)

[www.colontherapyinlouisville.org](http://www.colontherapyinlouisville.org)

[www.lillianholliger.com](http://www.lillianholliger.com)

**YOUR HEALTH BEGINS IN YOUR COLON!**

energy levels, fatigue, heartburn, headaches, aches and pains, weight problems/difficulty with weight loss, insomnia, facial and body acne, endocrine disturbances, irritability, parasites, abdominal distension, candida issues, allergies, difficulty concentrating, immune and circulatory problems, arthritis, skin conditions such as psoriasis and eczema, backaches, anxiety, irritable bowel syndrome (IBS) and food sensitivities.

Constipation is a big problem today in our society – it's when you have to strain to have a bowel movement, have hard stools, infrequent or incomplete bowel movements, discomfort, or a perception that bowel movements are different from usual. In a healthy colon, bowel movements occur two or three times a day – you should have a bowel movement following each and every meal as it is extremely important to keep regular in order to have a clean system.

Colonics (Colon Hydrotherapy) is a great way to eliminate constipation, detoxify the major organs of elimination and restore normal bowel function. Dr. Bernard Jensen, DC and PhD states: "Poor bowel management lies at the root of most people's health problems. This is because the poisons back up in the system polluting our inner environment. We call this autointoxication or self-poisoning."

**Does our colon really need to be cleaned?** If we lived in a perfect world, no. The colon is designed to be self-cleansing. But with the overload of toxins in our food, in the air, and in the things we put on our skin -- it really is a must! The colon is one of the most important ways our body detoxes itself. When the colon isn't cleansed it puts more strain on the other elimination organs as well – liver, kidneys, skin etc. So in cleansing the colon you are helping to cleanse the entire body.

**Did our great grandparents do colon hydrotherapy, or is this a new trend?** This has been practiced in one form or another for thousands of years. It is an ancient modality, which was started by the Egyptians back in 1500 B.C. It amazes me every day to learn how much people are unaware of this alternative therapy

**Does it hurt?** It doesn't hurt at all. It's an odd feeling that takes some getting used to – you basically feel like you have to "go" to the bathroom but you can't go; but at the same time, you are really

being said, some people experience no cramping at all; each person's experience is unique and different.

Is it embarrassing? Does it stink? Is it messy? No, No, No. There is no odor from the bowel movements in either the "open" or "closed" system, and your dignity is always maintained with proper draping in a private room. - - And It is NOT messy at all either!!! *All the equipment is 100% sterilized and the tubes and speculum are disposed of after each colonic.*

How will one feel after a colon hydrotherapy session? Colon cleansing has a "relieving" effect. There may well be a feeling of lightness and internal cleanliness. People are often energized following a colon cleanse. Many clients have reported clearer skin. Once the colon has been thoroughly cleansed - - then diet, exercise and other health programs will become many times more effective. Make sure you drink plenty of liquids, avoid raw vegetables, and reduce consumption of meats for a couple of days. Steamed vegetables, fruit and soups are recommended.

What is offered at Hamri's Health & Wellness, LLC? It is a wellness center that provides a variety of detoxifying services, with Colon Hydrotherapy being our major and main service. We have both systems of Colon hydrotherapy devices (Open and Closed systems). This makes us a unique wellness center as being the ONLY in the State of Kentucky currently having both Open and Closed systems.

Coffee Enema??? Do you use regular drinking coffee beans for a coffee enema? Why would one choose a coffee enema over colonics? We don't! We use a coffee specifically made for coffee enemas - it is 100% organic and higher in caffeine and palmitic acid - this increases its ability to remove toxins from the liver. They both have so many benefits (colonic vs coffee enema) - colonics in essence cleanse the entire body - coffee enemas are very specific to the liver.

How do I know my therapist is reputable and certified? When looking for a colon hydrotherapist in your area, always check the International Association for Colon Hydrotherapy (I-ACT) website and search for a therapist in your area under the referral tab. I-ACT is the largest association that governs colon hydrotherapists nationally and internationally.

How did you get into this line of work? The path and the reason that I got into this line of work back in 2003 was and still is a calling. Most people ask me why I do what I do and also wonder why I LOVE what I do so much. Here is how it started... between the years of 1993 to 2002 (almost for ten years), while attending undergraduate and graduate school, I used to suffer from Migraine headaches. Almost each week I would pay a visit to a Western medical doctor due to my migraine attacks. At each visit I would come home with a new prescription medicine that just came on to the market for migraines. I tried them all out of desperation, of course, as I knew nothing better at that time. BOY, did the damage outweigh the benefits.



The turning point was, after completing my graduate school with a Masters in Healthcare Management, I decided to continue education and do something different. Since most people used to tell me that "I have good hands," I decided to go to a Massage school that was a year-long program in California. This experience changed my life completely. I was introduced to other alternative health

modalities. I then started incorporating herbs, Chinese medicine, acupuncture, massage, and colon hydrotherapy to undo all the damage to my body, digestive tract and overall health. Since then, my health has changed completely for the better. That was when I realized there is an alternative way of healing our body.

That is when I decided, if this is how my health was helped and got better, I should help and educate others. I continued to broaden my scope of practice, and I enjoy and love so much of what I do daily to this day. It is a blessing and so rewarding to help others in such a way. What I hear from my clients daily, such as "you are a blessing to my health" keeps me moving and motivated. To be able to share what I know and help people is a really incredible feeling.

## **Lymphatic Drainage** (Continued from p. 12)

often in the weeks leading up to after the race, then may switch to a longer period between treatments as they resume a lighter running schedule.

In general, MLD is a safe treatment for most people. If you are fighting off a respiratory illness or infection of any kind, you should not receive MLD until the illness is resolved. I often incorporate MLD into a massage session, depending on the goals the client has for that particular session. For allergy-related congestion in particular, MLD for the head and neck has proven a very popular and effective part of massage.

\*All identifying details about clients mentioned in this article have been changed.

BIO: Rebecca Sturgeon, LMT, CMLDT, maintains a private practice at 103 Crescent Avenue in the Crescent Hill neighborhood. She specializes in oncology massage and manual lymphatic drainage. She recently moved back home to Kentucky after living in Chicago for many years. When not at work, or volunteering with Gilda's Club or Hesperus, she can be found walking or running in one of the parks she missed so much while living away. She looks forward to talking with you about how MLD and massage can be a part of your overall wellness routine. Feel free to call: 502-509-6581

Editor's Note: As always, check with your health care practitioner before making any major changes in your health care practices.

## ***COURAGE IN THE MIDST OF CHALLENGE***

***Joyce C. Gerrish, M.A.***

Life presents challenges to us all now and then. That is inevitable, like it or not. It is a part of living in a physical world. The important thing is to not allow challenges to throw us off center. May we keep our consciousness uplifted and not allow our self to go into a state of depression. May we use all our tools for staying calm and centered. These may be prayer, meditation, affirmations, going to church, listening to uplifting music, doing yoga, taking peaceful walks in nature, or other centering uplifting practices. Sound familiar? These are some of our time-honored tools for raising our consciousness and experiencing peace in the midst of adversity.

The reason it is so important to keep our mind and spirit uplifted is that "like tends to attract like." If we allow our heart to become really heavy and let fear or worry fill our mind, it may attract more of the same or similar. May we do everything in our power to work our "tools" and stay clear. Keeping our consciousness clear like a beautiful calm pool of water allows us to stay open for helpful insights to help solve a dilemma.

Where do these solutions for possibly improving a difficult situation come from? Do they come from our mind and what we learned in school, or in a work place, or through our reading, or watching educational television? Maybe. Perhaps they come from talking with trusted wise friends or acquaintances. Maybe they come through internet research. All of these can be helpful. An additional very valuable source is the higher spiritual level of our consciousness which is in touch with the wisdom of the universal higher mind. The universal higher mind is referred to by various names. Sometimes we call it intuition, or poets may call it their "muse." In essence it is composed of the wisest most profound thoughts and insights of people throughout human existence - - and Divine Wisdom that hasn't yet been accessed on this planet. Those wise thoughts and insights are held as energy thought forms at high spiritual levels. In some way they could be compared to computer information being stored in so called "clouds."

On the other hand, the planetary mass mind of humanity tends to be composed of myriads of jumbled confused thoughts



Enhance Your Peace & Goals. Heal Old Wounds or Trauma.

**LIFE COACH, ENERGY HEALING, COUNSELING**

**JOYCE GERRISH, M.A.**

[www.joycegerrish.com](http://www.joycegerrish.com)

812-566-1799, Louisville Office



Master's Degree in Human Development  
Reiki Master Teacher and Practitioner  
Graduate of National Institute of Whole Health  
Sliding Scale Reasonable Fee. 30 Years Experience. Heart Centered.

and emotions. Most people kind of get used to focusing in the mass mind and think that it feels normal. This can limit one's possibilities and perhaps incline one to make choices based on what masses of people have done over time. It doesn't necessarily help create new improved opportunities.

A lot of us have had somewhat difficult challenges recently.

We must not allow them to pull us down. May we hold our consciousness high and visualize positive solutions. May we pray and at the same time take steps to bring us through to an even greater good ahead. May we keep the faith and never give up! May we believe in ourselves, support each other, and know we can do it!

It is important to mention that as we open to higher spiritual energies through spiritual practices such as described earlier in this article, it may over time initiate the releasing of some old heavy stuck feelings and energies in our consciousness and aura. It is good to let go of them, though it may very temporarily feel a little uncomfortable as they move out. If you suddenly feel discomfort in a part of your body for no reason, you may suspect that it might be old stuck energies trying to move out. Old negative energies trying to move out of our body and aura can feel like pressure. You might want to consider energy healing along with checking with your medical health practitioner for medical guidance. Often old stuck energies can move out fairly readily with the help of a trained energy healer. Over time, spiritual practices can help you let go of considerable heavy stuck old energies that may have been weighing you down.

(Continued on next Page)

# **HOME MADE CORN CHOWDER (DAIRY or NON- DAIRY)**

**Natural Foods Cooking,  
Barbara Bosler**

8 – 10 Servings (Half or Quarter this Recipe if desired)

30 minutes on stove top, 8 – 10 hours in crock pot.

## **INGREDIENTS**

- 10 Oz. bag frozen corn.
- 1 small or medium onion chopped
- ½ cup chopped celery
- 6 medium to large potatoes diced
- Parsley to taste.
- Several cloves of fresh garlic chopped or crushed
- Salt and pepper to taste. Add herbs of your choice if desired.
- Add milk of your choice to cover (could be regular or low-fat cow's milk, or evaporated milk, or non-dairy "milk" such as soy or oat or your preference)

**WITH CROCK POT:** Combine all ingredients in crock pot or slow cooker. Milk should cover. Cook 8 – 10 hours in crock pot on low or 4 hours on high. After cooking add a tablespoon of olive oil for each serving

**ON STOVE TOP:** Cook all ingredients (except milk) in enough water to almost cover. Cook until as soft as you prefer. Quarter the recipe and it will cook much faster on stove top. Then pour about 2/3 of water into a container and save\*. Add "milk" so liquid just covers the solid ingredients. Heat the soup until the milk is well heated. After cooking add a tablespoon of olive oil for each serving (approximately). This recipe takes about 30 minutes with the stove top method, that includes chopping time (if you quarter the amounts of ingredients).

## **OPTIONAL VARIATION:**

**Clam Chowder:** Add chopped precooked clams.

## **BE CREATIVE WITH YOUR COOKING**

Add whatever you have on hand that you think would taste good in it. Adjust the amounts to your preference. If you are using non-dairy milk, check the protein content per cup. You may wish to consider options for increasing the protein level for the meal, such as peanut butter or nut butter or seed butter on raw vegetable sticks. A person needs about 45 to 50 grams of protein each day. \*The cooking water that you may pour off the soup, save in a container in the freezer and use as base for a vegetable soup later.



## **COURAGE IN THE MIDST OF CHALLENGE**

(Continued from previous Page)

If a part of your body seems to have a stuck feeling, as you breathe in your nose imagine you are breathing light into that part of your body. As you breathe out your nose, imagine you are breathing out whatever needs to be and is ready to be released and let go of. You may wish to keep doing that off and on. Let it be a part of your day. Combine that with meditation or other spiritual practices. Seek out energy healers or learn energy healing yourself such as Reiki. Reiki energy healing is performed by nurses in hospitals and by millions of practitioners around the world in chiropractic offices, physical therapy offices, health centers, exercise centers, and elsewhere.

What is described above can be extraordinarily freeing over time. It can help open us to greater clarity and readiness to move into the next step of our life purpose. It is a matter of letting go of old constricted feelings and ideas in our being and opening to higher consciousness. This is the great work calling each of us today! Each of us has a crucial role to perform to help heal and lift our family, neighborhood, city, state, and beyond. It starts with healing our self. It is possible. All together we can help create peace and joy and wise solutions for planet Earth.

**Bio:** Joyce Gerrish has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. She has extensive training and decades of experience teaching numerous natural healing modalities including Reiki. She is author of the book "Secrets of Wisdom - - Awakening to the Miracle of You" and is publisher/editor of the Natural Living Journal. She is a Holistic Life Coach, Counselor, and Energy Therapist. [www.joycegerrish.com](http://www.joycegerrish.com). 812-566-1799

## ***HEALING THROUGH FORGIVENESS, by Joyce Gerrish***

We all feel hurt now and then. It is a part of life. Sometimes someone else does something that is harmful to us and we may suffer. It may be gossip that isn't true or is distorted. Sometimes we may feel hurt because someone else doesn't agree with us on an issue that seems really important, at least at that moment. It may be that neither person intended to hurt the other, but it was simply a difference of opinion. This can feel painful nevertheless. Maybe one person in a couple wants to travel to visit relatives and the other person doesn't. This can enflame strong feelings. On the other hand maybe there is a difference of opinion as simple as deciding at which restaurant to eat or what movie to watch. How do we keep our center of balance in this world of differences of opinion and apparent acts of unkindness - - whether they are intended or unintended. It is a complex subject. This world needs all the peace it can get. Peace starts with each of us in our own life.

What does forgiveness mean? Openness to forgive means being willing to take time to at least look at the other person's vantage point, to look at the situation through the other person's or group's eyes. Forgiveness does not necessarily mean going along with what someone else wants if it is not for your best interest, or for the highest good of others involved. Just talking calmly and quietly about the issues at hand can be very helpful.

To enhance forgiveness, it helps to take a few long slow breaths. If time has passed since the incident, a deeper form of relaxation may be valuable in order to give healing insight a better chance. Sometimes a long walk in nature is helpful, or listening to uplifting peaceful music can create a beneficial mood. Meditation gently lifts the mind above the issue in question. Whatever works for the individual to raise the consciousness is good. It is easy to let the mind get stuck in a groove, like a car tire getting stuck in a snow bank. The wheels can turn and spin and not get anywhere, causing serious wear and tear.

Forgiveness is not weak, it is powerful. Forgiveness can free us to move ahead in our life. Anger or hate can taint one's heart and sour one's openness to the ongoing adventure of life. The crucial thing is to stay open to one's heart and Soul.

There are numerous ways to look at forgiveness. It is possible to "agree to disagree" on certain subjects if neither person is injured by the issue in question. The two people can simply not talk at length about that issue and each retain their

own views without needing to get angry. In some situations, this approach can preserve peace and harmony.

Some issues affect the people involved on a very deep level and can't be ignored. Sometimes within a family or beyond there is serious abuse physically or emotionally. This goes on more often than we would wish to believe. For the moment, we will look at abuse from past childhood events. For people who experienced abuse as children, there may have been little to do but endure it. But many people grow up into adulthood with having numbed rather than healed the deep wounds in their psyche. Forgiveness work may be profoundly helpful to begin to restore peace, well-being, and wholeness. It is a gradual process. Regarding abuse, forgiveness doesn't mean that it is O.K. that the abuse happened. It can simply mean that one is ready to let go of the trauma so it is not weighing one down. In order to forgive it helps to allow some of the feelings to resurface just a little at a time. It's valuable to have a safe way to express some of these feelings that may have been bottled up a long time. Feelings can be expressed in a letter that won't be delivered, in simple drawings, or by talking to a trusted friend or healer or counselor. The important thing is to give the old repressed emotions some way to be acknowledged and honored. These principles apply equally to past trauma from adult life as well. Anyone currently experiencing abuse may do well to seek professional support.

One major key in forgiveness work is to pray and ask the Divine to heal these old traumas into the light of God. Old emotional pain is held in one's consciousness and body as energy blockages. These energy blockages affect our emotions subconsciously if not consciously. They affect our physical health by interfering with the free flow of life energy throughout our body. So it is of great value to begin to clear them.

I sometimes think of "for-giveness" as "giving-forth" the pain to God rather than holding it within any more. Keep any wisdom that may have been learned from it, such as how to set boundaries and protect oneself. Pray to God and the Healing Angels to heal and free one from those old traumas. Pray and believe it is so. Breathe in Divine Light and breathe out old heavy feelings. Let them go. One may begin to feel somewhat lighter. Thank the Divine. Ask the Divine to transmute your old feelings of pain, fear, depression or anger into peace and confidence. Then it is good to do something uplifting such as reading spiritually inspiring passages or listening to uplifting music. When ready, bring to mind the person(s) who caused the trauma. Know that person was probably deeply wounded him/ herself. If

(Cont. on P. 5). See information for Joyce Gerrish on P. 16.& 17

**AND WHAT OF LOVE?  
One Woman's Insights on Love & Marriage  
Ann Hemdahl Owen, M.A.**

Two long marriages, the first of almost 20 years ending in divorce and the second almost as long ending in death, and still I explore the nature of love.

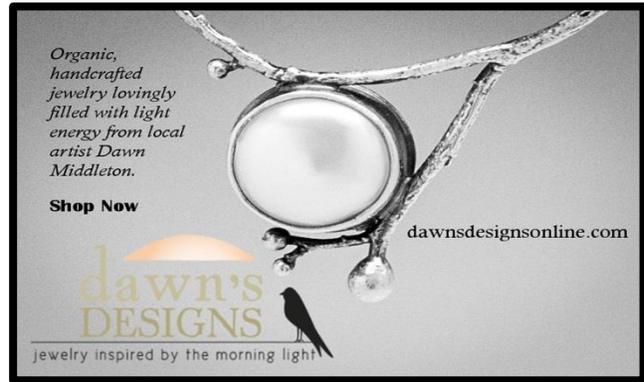
The first marriage began with much bubbling romantic hope. I was nineteen, naive, immature, pregnant almost immediately, dependent, wanting very much to please, and most of all wanting to escape parents and everything that symbolized my growing up years. Just now, I smile when thinking of love. I was soon trying to love three young children when I did not know how to love myself or my partner. It was a time of trial and much error. Actually, there were wonderful, exciting times with many travels

to Mexico and protests during the 60s in California. The children and I managed to grow up. After more classes, I got a teaching certificate and a real job. I began the joy of a small and growing independence. Yes, independence and respect are important aspects of love for me; but I had to struggle to find that for myself.

My second marriage brought different lessons. While slowly piecing myself together after a divorce, and within the safe context of working on a graduate degree in counseling and a challenging opportunity of teaching at a community college -- I met an exciting man. The immediate problem for both of us was that his wife had recently committed suicide. The first night we met he proposed and offered to take me anywhere in the world. He worked for the air lines. I waited six months before we got married. Together, we worked through his addictions: alcohol, tobacco and food. He had become diabetic but slowly he conquered it. We did travel the world. An important lesson on love I learned with him was the Serenity Prayer.

**Serenity Prayer**

**God grant me the serenity to accept  
The things I cannot change.  
The courage to change the things I can,  
And the wisdom to know the difference.**



I learned again that I needed foremost to take care of myself, love myself. I was responsible for myself.

Two marriages and I was not looking for another. Yet, there seemed to be more lessons for me concerning love. I am now in a five-year relationship. We are both Aries...he is April 8<sup>th</sup> and I am the 9<sup>th</sup>.... headstrong, independent, but respecting each other and supportive when needed. We are very different. Both of us are head strong in many ways. We are different politically and socially; these are very difficult lessons and hurdles. Yet, we are both good listeners and lovingly supportive much of the time. Except when it comes to checkers! This is very competitive, all else is good love.

**BIO: Ann Hemdahl-Owen, MA,** MFA, Certified Hypnotherapist, Reiki Master, and many other modalities. [annhemdahlowen@gmail.com](mailto:annhemdahlowen@gmail.com)

**WHAT IS YOUR WISDOM ABOUT LOVE?**

Would you like to possibly share your insights on what has helped your marriage or long-term relationship be deeply meaningful for you and your partner? Share your wisdom.

**DO YOU HAVE A FAVORITE NATURAL FOOD RECIPE ORIGINAL OR VARIATION?**

To submit a sharing to be considered, type it in Microsoft Word or Compatible. Up to about 400 or 500 words. See page two for more details.



## ANGELS AMONG US

ANGELS MOVE AMONG US FREELY, OCCASSIONALLY RECOGNIZED AS IN THE BIBLE OR BY SAVANTS - - USUALLY THEY ARE NOT NOTICED.

IT IS WELL KNOWN THAT THEY HELP US IN MANY WAYS.

SOMETIMES ANGELS SMILE FOR THE LOVING CARING WAYS OF HUMANS.

OTHER TIMES THEY WEEP FOR HUMAN CRUELTY.

THEIR HYMNS AND PRAYERS REACH HIGH INTO THE HEAVENS, AND ALL AROUND THE PLANET.

“LORD, OPEN THE HEARTS OF ALL HUMANITY TO LOVE ONE ANOTHER, AND LIVE IN PEACE.”

MAY WE ALL JOIN IN PRAYERS FOR PEACE.

Joyce C. Gerrish