

# Natural Living Journal

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

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COUPLE CELEBRATING WITH CANDLE, BY JOYCE C. GERRISH ©

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## **SWEET TALKING YOUR BODY**

**by Lynn Kempf**

For a minute, think about each cell in your body as a separate identity with feelings and emotions. How do you separate it out this way? Compare your body and its billions of cells to the ocean and its billions of drops of water. Or you could think of a large country with billions of citizens. Think whole, but separate. Each cell has its job to do. When all of your cells are doing their job the way they were intended you experience good health and vitality. When something goes wrong, you experience illness, inflammation and degeneration.

Think about how you feel when someone praises you for a job well done. Consider how you feel when you get good food, good rest and adequate exercise. Breathe that in. How we care for our body makes a big difference in our overall health. Praising our body and its parts is very important. Picture your cells as individuals with ears that hear everything you say. They are programmed to support you. This communication gets tricky. You say, "My head hurts." Your cells hear this and believe this is what you want. Change this statement to, "I'm relaxing now and breathing deeply so this headache will go away." Try not to claim illness by claiming it as MY anything. So remember, not my headache, not my cancer, not my arthritis, not my COPD etc. Refer to it as THIS so that you are not making it a part of you.

Learn to praise those parts of your body that are working well. If your knees hurt, instead of complaining, place your hands on them and tell them how much you appreciate them and love them for all of the years they have been carrying you around. Just think of it, day after day your knees support your weight and carry you around. Thank them.

I have heard many stories from people telling how they sweet talk their bodies. For instance, one woman I know energizes her thymus every morning. She taps on it, located behind the breast bone and in front of the heart. Sometimes she also uses an essential oil such as Thieves. While she is tapping she says, "Thank you. Thank you. Thank you for keeping me well. Thank you for protecting my healthy cells. Thank you for warding off dangerous cells and thank you for knowing the difference." She believes that this process





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has caused a reduction in the auto-immune symptoms she has suffered from.

Someone else I know had a skin cancer removed. When the doctor called concerning the biopsy, she was told that the sample removed did not have clear borders and she needed additional surgery. The scheduled surgery wasn't for two weeks. Every day when she cleansed the area and redressed it, she held her hand over the area and said loving words to it and included how much she appreciated her body's ability to heal. When she was in surgery and the first sample removed was sent to the lab to be frozen and checked she remained optimistic. The doctor came away after the phone call from the lab and reported that there were no abnormal cells and she was clear. The doctor was bewildered, but she wasn't. Not wanting to claim all of the credit for the healing, she simply told the doctor she had great prayer warriors for friends.

A very good way to talk to our body and its systems and cells is by using affirmations. Even Dr. David Perlmutter, in his book "Power up Your Brain", recommends to his clients and patients that they use positive affirmations to change their thinking. Write some up for yourself and start off each morning with some relaxed breathing and a few "praise your body statements" that feel right for you. Try some like: "I am healthy, happy and filled with positive energy," "I love my body and know that it supports me always and in all ways," "Each cell in my body is doing exactly what a healthy cell is programmed to do," and "I am free to experience perfect health and unlimited energy." That should give you some ideas for some powerful phrases. Remember to be kind to your body and praise it daily for its endless support and hard work. You will be pleased with the results.

**Lynn Kempf Bio:** Lynn has a B.A. Degree in Liberal Studies. She is a Reiki Master, a Oneness Blessing Giver, and does Intuitive Counseling. She also provides Electromagnetic Physioelectric Energy Balancing (EPFX SCIO Energy Balancing).

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## **HOMEMADE HOLIDAY GIFT IDEA: ESSENTIAL OIL SACHET**

**Contributed by Barbara Bosler**

Choose a piece of felt or fleece fabric in a color that pleases you. These fabrics work well because the edges don't fray.

Cut fabric into a 4" X 6" rectangle

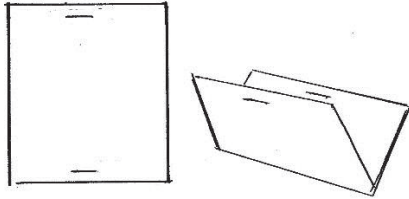
Cut a slit about 1/2" long about 1/2" from each end of the rectangle. (See diagram)

Glue gun or sew the now 3" sides together. This makes a little pouch.

Run an 8" or longer piece of ribbon through the slits. Put lavender buds inside the pouch or a tissue with a few drops of lavender essential oil on it. Experiment to get the fragrance intensity you wish.

Glue or sew closed the remaining open edges and tie a pretty bow with the ribbon. Improvise and have fun. Proportions may be a little different between description, diagram, and photo.

Enjoy giving the sachet to friends and family and perhaps keep one for yourself. Put pouch under the pillow at night and let it help enhance a peaceful night's sleep.



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## FINDING PEACE THRU PURPOSE

By Joyce C. Gerrish, M.A.

Peace can feel elusive sometimes in the midst of life's complexities. We may hold on tight to how we've always been doing things, and hope for the best. Stressful days may follow one after another, and it may begin to feel normal. Is that what we want? Is chronic stress and rush how we wish to spend our days? We do have choices, even though it may sometimes feel that we don't. It's worth exploring in our heart "How do I want my life to feel and flow?" Meditate on that vision of your ideal day and your ideal week. What does it look like? How does it feel? What are you doing? Who is there with you? Who perhaps isn't there with you as much or as close? We have choices. Let's prioritize. Find a piece of paper and write down at the top what are the absolutely crucial aspects of your life. This is, of course, somewhat different for each person. It may be your job, it may be child care for your children or grandchildren. Also write down other essential aspects of your life such as cooking for yourself and possibly for others. This includes grocery shopping, and cleanup. You might say that this list is about your "bottom line essentials."



Next write aspects of your life that you do fairly often, but that are beginning to feel like a burden -- yet you so far have kept doing them. Perhaps you're beginning to wonder why you are doing them. That is very important to be aware of. Now start a column of what aspects of your life help you feel renewed and hopeful. This might include taking walks in nature, or going to church or yoga class, or meditating. Do you find reading helps you relax?

Now start a section of your paper for what you really yearn to do and simply haven't been able to get around to. This is an extremely important part of this exploration. Don't let these yearnings be totally ignored. These may be what you're here on Earth to do. It's difficult to feel peaceful if you are completely shutting out what you yearn for. We're not necessarily talking here about expensive vacations in faraway places. That may or may not fit into your budget. Now focus on inexpensive pursuits that can be enjoyed right in the area where you live.

A deep sense of peace and satisfaction can come from acting from the source of your being -- from feelings held deep in your heart. Profound peace can come from being in harmony with your felt sense of why you are here on Earth. What were you born to do? Please feel that in your heart of hearts. Allow that question to lie there quietly and muse on it from time to time. Pose that question to yourself before you go to sleep, or when you meditate. The answer may not come right away, and it may not come all at once. It may come a little at a time. Be patient with yourself.

Maybe you feel that you are already following your heart call, yet you may still have a vague feeling within that there is more to your heart calling than you have yet moved into. You may sense it now and then calling to you in quiet yet unmistakable ways. You are

needed in that role that is waiting for you to fill. No one else can fill it and meet the need the way that you can. The need is tremendous on planet Earth for each of us to move into the service for which our heart is calling us. Look around you at the confusion and pain in so many corners -- maybe among some of the ones that you personally love. Maybe you are in pain yourself. Many of us are in pain to at least some extent. That is why living a natural healthy life style is so very important. Sometimes it can help lessen discomfort and pain so that we can do what has deep meaning and felt purpose for us. When our heart is open and we are engaged in helping others, there can be experienced deep peace. This has been experienced and documented over and over.

When stress tries to move in, stay centered. In the midst of whatever you may be doing focus in awareness of your breath flowing calmly in and out your nose. With real intention and focus conscious breathing can work wonders. As you follow your breath, focus in the center of your chest and send the feeling of love to a few of the people that your care about. Now as you continue to focus your attention in the center of your chest, feel gratefulness. Feeling grateful for the good that IS in your life can calm distress about what may not be in your life. Focus on what you are grateful for as you continue being aware of your breath flowing calmly in and out your nose. Pretty soon you are likely to be feeling more peaceful. To a certain extent inner peace is a choice.

Keep moving in the direction of what you sense in your heart you are being called to contribute to the world around you, no matter how small or large it may seem to be. If it is a big vision, know that you don't have to do it alone. Probably others are sensing a similar vision, and paths can co-ordinate. There are solutions to the challenges on planet Earth today. Each of us holds a piece of that puzzle -- no matter how small or large. We are all needed. That can give a deep sense of spiritual peace to know that we are moving into that sense of purpose that we may have been feeling in our heart for so very long. Peace.

**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, 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

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## **MUCH MORE THAN AN EXERCISE CLASS, TAI CHI IS A WAY OF LIFE!**

**by Martha York**

I was relishing my new role as a grandparent when I made a depressing discovery: I couldn't get up from the floor when playing with my grandchildren. How could my balance, flexibility and agility desert me overnight? Wasn't 60 supposed to be the new 40?

This diminishing physical status put me into panic mode as I contemplated various exercise programs that I could do for the rest of my life, fearing that this physical decline would surely worsen over time.

Then it hit me ... tai chi! I researched this martial art known as "meditation in motion." I discovered the Fung Loy Kok Taoist Tai Chi Society of the USA, an international organization run by volunteers. Taoist Tai Chi® arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than

depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced throughout the body and have a calming effect on the mind. Many people are referred to tai chi for neurological conditions such as Parkinson's disease, arthritis or multiple sclerosis. Classes are comprised of all ages and all levels of physical ability, and are taught by accredited instructors.

After three years of practicing, Taoist Tai Chi® the benefits had affected my physical, mental and spiritual health dramatically that I decided I wanted to help others. Under guidance and training, I became an accredited instructor and started teaching beginner classes, which has been a satisfying experience.

I can't begin to say enough about the Taoist Tai Chi Society®, and anyone looking for a simple and satisfying way to enhance and enjoy their life more should try it. Much more than an exercise class, tai chi is a way of life. And, have you heard that 80 is the new 60?

Class schedule information is available at [www.kentucky.usa.taoist.org](http://www.kentucky.usa.taoist.org) or by calling the Louisville Center at (502) 614-6424. Because of the society's 501c3 status, members are asked to make monthly tax deductible donations. They can attend as many classes per week as desired. (Continued next page)



The advertisement banner features a dark background with silhouettes of people practicing Tai Chi. On the left is a circular logo with a yin-yang symbol and the text "Fung Loy Kok Taoist Tai Chi" and "道家太极". The central text reads "meditation in motion". On the right, a list of benefits is shown: "Improves: Energy, Health, Posture, Balance, Coordination, Stress & much more". Below this, the main title "Taoist Tai Chi®" is prominently displayed, followed by "Classes in Louisville, Lexington and New Albany", the website "www.taoist.org", and the phone number "(502) 614-6424". A circular badge in the bottom left corner says "FIRST CLASS FREE", and a QR code is in the bottom right corner. At the bottom center, it says "a global volunteer non-profit organization".



(Continued from previous page)

**MARTHA YORK BIO:** She has been practicing Taoist Tai Chi® for six years, and is now in her second year as an accredited beginner instructor. She is retired from the Elizabethtown Independent School system and now lives in Louisville to be close to her grandchildren. **Above is photo of Martha York doing Tai Chi**

## ***SLOW COOKER (CROCK POT) SOUP*** ***(Natural Foods Cooking), by Barbara Bosler***

4 cups vegetable broth or chicken broth. (This can be cooking water left from cooking vegetables or chicken. Or it might be a natural packaged broth or bouillon, Watch sodium level.)

15 oz. can diced tomatoes (no salt if possible)

6 oz. can of tomato paste (no salt if possible)

1 medium onion

2 cups chopped fresh vegetables (or frozen)

1 stalk celery diced

1 clove garlic pressed or minced.

½ teaspoon crushed red pepper

¾ teaspoon basil

¾ teaspoon thyme

2 cups cooked beans

Combine all ingredients in a slow cooker and cover. Cook on high 4 to 5 hours. Stir in teaspoon salt and serve. Organic ingredients are encouraged. Enjoy!

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## THE DAWN OF A NEW CHAPTER FOR THE BALD EAGLE PAIR, by Elsa Lichman

I have been following an eagle pair raising their solitary offspring in a nest high above the river. A small group of birders have been enchanted by the sight of this eaglet, which we have named Spirit. One day after this majestic bird has fledged, I admire it standing on the low branch of a tree, gazing out over the river vista, to new worlds just beyond this territory. We watch the young eagle walk on the ground with its waddling gait, curious and exploring. Some folks have even seen it after a heavy rain playing in a puddle. It is thriving, soaring, healthy, a sight that fills the heart with joy. We eagerly await months of watching it learn new skills, as we are filled with awe and amusement.

But it is not to be. The eaglet has been staying in the nest and being fed by parents, rather than exploring. Its flight is low and erratic, and it spends long periods on the ground. These changes are reported to the state wildlife which had banded it months ago. After a sudden turn for the worse, and an immediate arrival of the experts, the bird was taken to a hospital too late. The bird died, leaving an enormous hole.

I arrive with a friend who sits quietly and patiently as I sob, then I get out to walk around on my own. I revisit the low branch where I last saw the bird, admire one feather blowing in the breeze, and see its last whitewash on the grass. A calm comes over me as I reminisce, and I know that a phase of life has ended for all of us, human and avian alike

I decide to hold a rather informal ceremony at four in the afternoon. A friend and I lay flowers at the base of the nest tree, and just then it begins to rain! "That bird loved the rain", she says. Soon more and more folks arrive with photos, flowers, and tributes. I play the song "Spirit in the Sky", which just fits the occasion. I am amazed as more and more people arrive until 8:30! We again comfort each other, but this time it means the end of this nesting and fledging season. We had grown to love that bird and we now realize that it spent its whole life with us, surrounded by our passion and our love.



We worry about the adult pair who are now bereft of both offspring. The younger bird had succumbed to siblicide months ago. I feel that their care for each other will see them through. They are gone for a few days, but one afternoon I arrive in a downpour to see one parent out on the limb of a naked tree, letting the healing rain pour over it, anointing it with grace. From then on, they are only seen sporadically, but one day a birder spots them working on the nest! For hours they carry in branches and



carefully arrange them, working together in harmony.

Weeks pass and it is difficult to find these powerful birds. One dusk the sky turns sky-blue-pink as I sit below their roost tree with a friend. The male is in the tree! The female soon flies in to join him. She lands right next to him and they stay breast to breast and beak to beak for a long time. Soft murmurs of their 'conversation' are audible. After he moves to a lower branch to preen off rain, she remains and also preens slowly, creating unusual shapes as she moves her head, tail and wings.

Then she joins him on his bough where they stand side by side, regal, and looking off in the same direction. Some people feel we unrealistically attribute human emotions to animals, but I call this love.

They disappear for a week and some birders feel they will never return, others are quite sure that they will come back to this their territory after all the hard work they put into creating a solid nest here. We are overjoyed when they both come back in pouring rain, each on a separate tree getting soaked. Then each one takes off flying from tree to tree. The female makes a brief pit stop into the nest and is off again. We have much to learn from the resilience of this pair. After suffering unspeakable losses, they carry on with a piercing yellow eye looking toward the future with hope.

**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.

PHOTO ABOVE OF TWO EAGLES IS BY FRANK PEACE.

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# **LOVE LETTER TO SQUEEKY**

**by Darrel Joy, M.S.**

A guy at work, by the name of Harry, one day asked me did I have any pets. My answer was no. Then he asked, "You like cats?" I replied, yes. He said, "Want one? We've got a beautiful little kitten that you'll just love." I replied, "Well, I dunno. I got a lot to do. I just don't have time for a cat." Harry went on, "Well, you just think about it for a while, and I'll talk to you later. OK?" I said, "OK, Harry." A few weeks later Harry said, "Darrel, why don't you just let me bring the kitten over and show her to you? Then you can decide for yourself whether you'd like to give her a try." I hemmed and hawed a bit and then said, "Well, OK." And then I gave him my address.

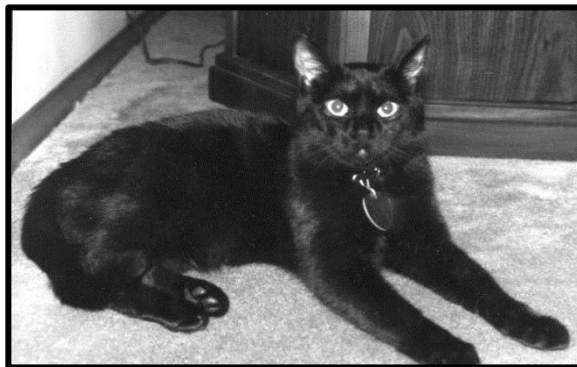
Later that evening after work, my doorbell rang. Harry stepped in out of the cold, holding one hand under his coat, and carrying a brown paper bag in the other hand. He wiped his feet on the rug by the front door and pulled his hand out from under his coat. In the palm of his hand he held a little dark-haired kitten. It was the cutest creature I ever saw, and the ice around by heart melted instantly. From the smile and 'the look' on my face, Harry knew I was hooked. He handed me the paper bag and said, "Cat food."

Over the next couple days, the kitten and I became good friends. Squeeky was very playful as a kitten. In certain ways she was very different. With other cats and kittens, I had when I was young, it was easy to get them to chase even a shadow. I'd stand near a window or by a lamp and wiggle my finger. They would chase its wiggling shadow everywhere. Not so with my Little Girl. She was just the opposite. She had no interest in shadows, but she would chase a light all day long. I could lay down in front of a south-facing door or window on a sunny day, and spend hours getting her to chase the points of light reflecting off my watch. Curious. While Squeeky chased moving points of light, in the years to come, I'd find myself doing a similar thing...chasing "illumination".

Squeeky was good at training me. During the winter, she was perfectly happy to eat breakfast whenever I got up, since I always got up before winter's late sunrise. But when spring came, and summer approached, she was no longer content to wait for me to rise. She expected breakfast at day break, no matter what time that might be (much to my dismay). At first, she resorted to waking me by climbing up the bed spread, onto the bed, and then standing on my chest. If that didn't cause me to stir, she'd "Mew" softly. If still no response from me, she'd walk up my chest to my face and then bite my nose (just a gentle "love" bite). After this occurred several times, I made it clear that this was not acceptable behavior. To my total surprise, she heeded my vocal reprimand and tried something else... she sat to my right and tapped on my shoulder with her paw! This was such a cute and gentle wake up that I was very pleased with the change.

Unfortunately, even though I liked her new behavior, it still took too long to wake me up because I just didn't want to get up before 5:00 AM, so she searched for a better, more effective, alternative.

On week days, it didn't escape her attention that my clock radio woke me up faithfully at 6:10 AM. So, she spent a considerable amount of time studying this strange black box with blue numbers on its face. Then early one summer morning, around dawn (4:30 AM), my clock radio went off, waking me up. I couldn't figure out why it had malfunctioned. Since I was awake anyway, I went ahead and fed her breakfast. Over the next several days, the clock continued to malfunction, waking me up before it was set to go off. Then one morning, I just happened to awaken before the clock went off. What I saw, utterly astounded me. Squeeky jumped up on the bed, jumped the short gap between the bed and the low bookcase that held my clock radio, and walked back and forth across the top of the clock until she stepped on the "snooze" button that turned on the radio. (Sigh) Before the month was over, exhausted from lack of sleep, I fabricated a "roof" 1 inch above my clock (just enough room to slip my fingers in to turn off the alarm) so she couldn't walk on the buttons any more.



Another regular occurrence that she transformed from a chore to a joy was laundry day. When I sat the laundry basket on the bed so I could fold my socks or hang my shirts in the closet (almost straight from the dryer), Little Girl would hop in the clothes basket and make a cozy nest among the warm clothes. If I was changing sheets, she'd spring up on the bed just as I was throwing a fresh sheet over it -- making a "lump" in the middle of the bed under

the sheet. We'd make a game of this and I'd inquire "Where's Squeeky? ... Where's Squeeky?" She'd respond with a louder "Purrrrr." As I finished the third corner and the sheet began to get tighter around her, she'd crawl out near the fourth corner and I'd usually exclaim with 'surprise', "There she is!" Purrrrr!

One of the nicest things about Squeeky was that she was a prime example of a "lap cat". I could hardly sit down anywhere without her hopping up onto my lap. She would turn clockwise in a small tight circle a couple time and then lay down in my lap, usually facing away from me. It made no difference what other plans or activities I might have had ... reading a book, watching TV, working on making a drum, beading, eating a meal, writing letters at my computer, or whatever ... she HAD to sit in my lap! We'd sit together like this for hours. Sometimes my craft projects required that I get up very frequently to get things, and I'd have to gently lift her off my lap onto the floor or to the side of where I was sitting -- but as soon as I returned, she'd be back on my lap. In the winter when the room was a bit cool, this was wonderful. She was my "Little Heater." In the summer when it was hot and muggy, and I was resisting the temptation to turn on my central air conditioning to help conserve energy, she was like a sauna making me sweat profusely. But I tolerated her and loved her anyway. How could I object when everything about her behavior seemed to say, "I love you and just wanted to be near you."

When Squeeky passed away it was a major loss to me. She was so extraordinarily loving. I'm sharing this love letter with you so that the memory of my Squeeky will live on in the minds and hearts of others, even in those who did not know her -- so that the lessons of love that she taught me might find other fertile places to grow.

## ***Massage Therapy Changed My Life. It Can Help You, too*** **by Natasha Wright**

I had a serious injury regarding my teeth in 2006 which resulted in a muscle disease. I was in the hospital and I couldn't move. My body would just contract. My neck muscles and my back would all contract. When I could move somewhat again, I went to the chiropractor because I thought maybe it was that problem. No. I kept going to the gym because I definitely didn't want medicine at all. I worked hard at the gym. Still there was nothing to relieve any of my pain. A friend of mine was going to massage school. She started doing massage for me. At the beginning when she would touch me it absolutely hurt like sunburn. But she kept working with me and relaxing those nerves. Of course, I was still working out and I was drinking lots of water. Then gradually after getting massages with her as well as seeing my doctor, I started feeling a little better. I started thinking "Hey, there's something to this." About a year or two after that, I decided "I want to go to massage school."

I always look at that period as my calling. I got this muscle disease to become a massage therapist. I know how it feels to be in pain. Now that I've been doing massage therapy for a while I LOVE it because not only am I helping other people, it's also helping me. The way I do massage definitely helps me because it keeps my muscles open, and keeps me away from wanting to take pain medication or any type of medicine. It's a give and a take. It's my calling, I love it.

I want people to realize that we have 650 muscles in our body. That includes our organs. Our organs are largely muscles, too. If we take care of your muscles and the outer layer of your body and get our massages and our adjustments it will keep our body nice and relaxed. That helps keep blood and oxygen getting into those muscles and removing all those toxins that we put into our body. Drinking lots of water helps that process, too. That has a domino effect and the organs will be healthier and we won't have so many problems

I have clients who come in and get massages and haven't had colds or allergies in a long time. Exercise, stretching, and eating healthy food work hand in hand with the massages. Those support our neurotransmitter serotine which affects our moods and social behavior and appetite. That helps us get good sleep. When we sleep better we are happier and we have a better memory, better sexual desire, we'll do better on our job, and have a better quality of life. We won't have the anxiety and the pain that stress can bring. If we aren't sleeping well, we don't want to get up and we are sluggish. Then we go to work and maybe we're in a bad mood. Maybe we're cussing everyone out on the way to work and that is causing a lot of anxiety. Then we wonder why our body hurts. Well our body may be in fight or flight mode all the time. Zoom, zoom, zoom.

I teach a lot of my clients how to do self-care. I teach them how to stretch. I know that most people are going to have repetition in their life, most of us work. We have to use our hands and fingers a lot. If we sleep in a fetal position, then in the morning we're going to have a little lower back pain. It's all about giving people education, because if you don't know, you don't know. So, I encourage my clients to get a tennis ball. It has to be a tennis ball, not a hard ball. It needs to be something that is going to give back to your body. Lay on the tennis ball while you are in bed or while you are watching T.V. Lay on the tennis ball and let it relax your muscles. Some people have a "trigger point" in their muscles that is swollen muscle fiber. If that trigger point is big, then just lay on the ball and let your body relax around it. Eventually that muscle is going to give up and it will relax. For other people who are just doing maintenance and don't have a trigger point, you can just stand up and put the tennis ball between your back or shoulder and a wall. Then move up and down and around and around to feel better. That ball work against the wall or on the floor. I you are reaching for something, don't walk all the way up to it, reach for it and get a little stretch. That's self-care.



We do a lot of things in the front of our body and that contracts the muscles in the front of our body. We may complain a lot about the back of our body. It's helpful to pull our shoulders back and look up at the sky off and on throughout the day to help the muscles

between our arms and shoulders and our chest to relax. Then stretch. That is excellent self-care. If we have been doing something for thirty minutes, then it is helpful to do the opposite for thirty second. A lot of things that people think are carpel tunnel actually start in the muscles between the arms and the chest. When those muscles contract it starts messing up nerve contractions. When we have muscle contractions, then it is harder for sufficient oxygen and blood to get through to the wrists and hands. To help TMJ we can massage right above the ears and between the eyes on the forehead. That helps reduce TMJ. Our body can heal itself when we give it good self-care. If you have a stalled truck in your muscles, it's going to slow down some traffic in our body functioning. When we get sick and our muscles are contracted, our body then starts to compensate and get interference and doesn't function as well. Massage therapy can help all that.

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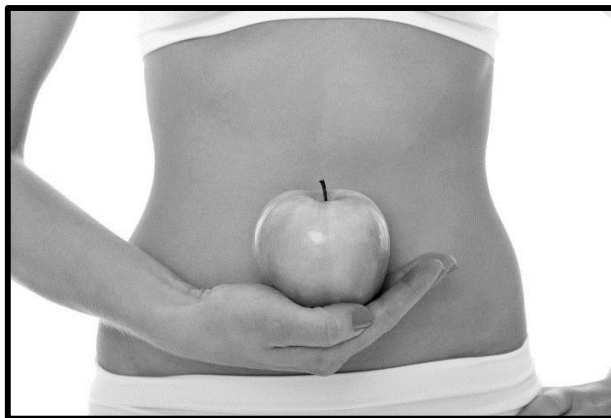
## ***Gluten Sensitivity, & Wheat Allergy, & Celiac Disease, What's the Difference?***     ***Dr. Lisa Tostado***

More and more Americans are adopting a gluten-free diet. Gluten is a protein found in grains like wheat, spelt, barley and rye. It has elastic like properties and is what allows bread dough to take shape. For some people, gluten can trigger digestive issues and other bothersome symptoms that resolve once it is removed from the diet. Adhering to a gluten free diet has become very sustainable for many with the widespread availability of gluten free options, particularly packaged foods like pastas, breads, crackers, chips and cookies. Examples of gluten-free grains includes rice, millet, quinoa and amaranth. My recommendation is to aim for whole food versions when possible. Foods containing processed gluten-free grains are not necessarily healthier and should be avoided or minimized. Be aware of hidden sources of gluten in condiments, dressings, thickening agents and soy sauces!

It is estimated that approximately 6% of the population has a sensitivity to gluten. Celiac disease (CD) is the most extreme form, manifesting as an autoimmune disease where gluten proteins initiate the production of antibodies that damages the villi of the small intestine. This leads to malabsorption and subsequent nutrient deficiencies. Weight loss is a common sign as well as blistering rash (dermatitis herpetiformis), anemia, failure to thrive and lack of muscle coordination (gluten ataxia). Diarrhea is a prominent symptom along with fatigue and a propensity towards osteoporosis.

Wheat allergy (WA) is very different from gluten sensitivity. Wheat proteins include gluten but are not exclusive to gluten. Therefore, gluten free grains may still be problematic, and a food should be labeled as both wheat-free and gluten-free in order to be considered a "safe" food. An allergic response resulting from a wheat allergy leads to the production of IgE antibodies by the immune system. Histamines are released, and this elicits anywhere from mild symptoms (hives, itching and headache) to life threatening symptoms (difficulty breathing, swelling of throat and anaphylaxis) within minutes to hours. Digestive issues may also be present such as cramps, nausea and diarrhea.

Going beyond CD and WA we now clinically recognize another distinct category called non-celiac gluten sensitivity (NCGS). It is estimated that as many as 18 million Americans experience some degree of gluten sensitivity. Those with NCGS can present with intestinal symptoms that resemble both CD and wheat allergy. This includes gas, bloating and abdominal pain. There also tends to be a higher prevalence of non-intestinal symptoms such as brain fog, joint pain and numbness in legs and fingers. NCGS is closely linked to Irritable Bowel Syndrome (IBS), chronic fatigue and autoimmunity. Clinically this is diagnosed based on the exclusion of CD and WA being present. Food sensitivity testing may be a valuable approach



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in detecting gluten sensitivity where IgG antibodies to gliadin (a type of gluten protein) are measured. Although a standard workup has not been established for detecting NCGS, an elimination and reintroduction of gluten is an accurate way to screen for NCGS. This may be a tedious process for those resistant to dietary changes.

The research is showing that a large part of our immune system resides in our gastrointestinal mucosa, from 70-90%. Our overall health and well-being resides in our gut! When our immune system is working correctly it protects us from environmental threats such as foreign invaders. However, toxins from pathogenic bacteria and undigested foods (especially wheat and gluten) can present as a "danger" to our body, mediating reactions that leave us feeling unwell. An imbalance in our gut flora and reduced digestive capacity (low stomach acid, lack of raw enzymes in diet, etc.) can increase our propensity to inflammation and leaky gut. I recommend that if you have CD, WA or NCGS that you have a complete evaluation of your gut health. Most people find it easier to lose weight, increase their energy levels, clear up their skin and resolve digestive issues with a balanced gut.

Dr. Lisa Tostado has a special interest in restoring the health of the digestive system. She offers comprehensive evaluations and functional labs (food sensitivity testing, stool analysis and hair mineral analysis) to help identify any potential triggers -- identifying food triggers like wheat and gluten to toxins from bacteria and heavy metals. If you are suffering from autoimmunity, chronic fatigue, IBS, IBD, or just can't ever seem to get well, you may want to consider consulting with a naturopathic doctor. She is offering a free 15-minute consultation to see if she can help you get to the root of your health issues.

**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 Foundation for Nutrition and Health. She has been a resident of Louisville, KY for the past 8 years.

Note: As always, consult your health care provider before making any significant changes in your health practices.

## COMPASSION IN HEALING

by Karen Schellinger, LPAT, LPCC, LLC, U.S. Navy Veteran

Never give up  
No matter what is going on  
Never give up.  
Develop the heart.  
Too much energy in your country is spent developing the mind instead of the heart.  
Develop the heart,  
Be compassionate  
Not just to your friends but to everyone, be compassionate.  
Work for peace in your heart and in the world.  
Work for peace, and I say again  
Never give up.  
No matter what is happening  
No matter what is going on around you  
Never give up.  
~His Holiness the XIV Dalai Lama

The woman arrived alone dressed in a uniform, later a child came down the stairs and sat in front of the woman. It was her arriving alone that caught my attention. I began to unravel a story in my head about her bravery... practicing her religion in church with what appeared to be her child. I remember saying to myself how busy she must be with little time to change clothes. Would I have the same internal conversation had she arrived in street clothes?

The Dalai Lama asks each of us to be compassionate, to "work for peace, no matter what is happening". Was this woman working for her peace? She appeared not to give up! Was she developing her heart? Her uniform was a **military** uniform! The child and mother behaved as any other parent and child in a church setting, was the child aware his mother was a soldier? Might he play less or be more attentive when he saw his mother in her work clothes?

A soldier any soldier from any country male or female is first and foremost a human being. Is it possible to wear a uniform, fight for one's country and develop the heart? The Dalai Lama

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**If you are at peace, you are living in the present.  
Lao Tzu**

believes we can. Might we apply the words of the Dalai Lama to our own lives regardless of what our "work" clothes look like? How does one develop compassion in the United States and never give up developing the heart?

The Dalai Lama says, "A compassionate attitude helps you communicate more easily with your fellow human beings. As a result, you make more genuine friends and the atmosphere around you is more positive, which gives you greater inner strength. This inner strength helps you spontaneously concern yourself with others, instead of thinking only about yourself." This may be a beginning to the teaching: "If you want others to be happy, practice compassion, if you want to be happy practice compassion" ~ The Dalai Lama



Wikipedia definition; "Compassion is often regarded as having sensitivity, an emotional aspect to suffering, though when based on cerebral notions such as fairness, justice, and interdependence, it may be considered rational in nature and its application understood as an activity also based on sound judgment. Difference between sympathy and compassion is that the former responds to suffering with sorrow and concern while the latter responds with warmth and care".

To practice compassion is an action, an awareness of another human being and their suffering, a kind word, a smile, a simple greeting with the wish to relieve their suffering. The Dalai Lama says in his definition of compassion; "...a sensitivity to the suffering of others, with a commitment to try to relieve it." Buddha says, "If your compassion does not include yourself, it is incomplete." Christopher Germer states, "A moment of self-compassion can change your entire day. A string of such moments can change the course of your life."

When you sit with a veteran or active military, remember every soldier is a human being and so are you! *May we have compassion for the courage of the military men and women who have the same human nature and heart feelings as everyone else, yet bravely put duty first even when their heart may be calling them home. May we also have compassion for ourselves for the courage we need to live our daily life wisely in a complicated world.*

**BIO: KAREN SCHELLINGER** is both a Licensed Professional Art Therapist and Licensed Professional Clinical Counselor. After high school Karen joined the US Navy Dental Corps. By the age of 23 she was honorably discharged from active duty and began college. Realizing her passion for teaching adults, she returned to complete her second Master degree at University of Louisville. Karen is currently accepting new clients in her Private Practice by appointment and may be reached at [Schellingerkaren@gmail.com](mailto:Schellingerkaren@gmail.com) or by calling 502-383-4812.





**“Dear Your Holistic Nurse Coach”**  
**A New Column to Answer Your Questions.**  
**by Danielle House, RN HN-BC**

Dear “Your Holistic Nurse Coach,”

I feel like such a mess! I am always busy tending to everyone else, I feel pulled in a thousand directions. I feel like I am falling apart. My body and mind are always all over the place. I would like to lose weight and have more energy. I know I need and want to make some changes, but not sure where or how to start. **Please help and thank you.**

Sincerely, \*Too Busy and Stressed”

Dear “Too Busy and Stressed,”

I hear you say that you are needing some support in making changes that would positively impact both your physical and mental health. Congratulations on taking the first steps towards getting well! You do not have to see and take on the whole staircase at once, just take the first step. Creating a healthier version of you takes time. I know you are busy, however, if you use 15 minutes a day, reviewing everything you are taking in and nourishing yourself with and what energy you are putting out, with a nourishment and activity log you can see which steps to take first. On this daily log, review what it is that you are nourishing your body with, including food, beverage, activity, thoughts, rest and include everything that you normally watch, listen to and how you are spending your time. Notice which foods you are eating that are making you feel better and which ones are not. With writing down your actual intake and output, you will have a greater sense of where to take what steps. You will start to turn off autopilot and start making more nourishing choices that will bring you to front and center and in control of your energy.

Best in health,

Your Holistic Nurse Coach

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.



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## ***Your Chiropractor Needs Your Help (To Maximize Your Healing)*** **by Dr. Richard Reul**

I'm a little biased, but getting under chiropractic care is one of the best things you can do for your health and sense of well-being. I have been a chiropractor for 24 years. I feel privileged to have walked with so many on their journey to health. Only about 10% of the population has ever been to the chiropractor. One reason is lack of education. Many people don't think about going to a chiropractor because they simply never thought about it as a possibility or they have misinformation about what a chiropractor does. In this article, I hope not only to enlighten you about how chiropractic works, but I also hope to give you information that will help you get the most out of chiropractic care.

So, what do chiropractors do? Chiropractors adjust the spine to remove nerve interference so that your body with its own intelligence is in the best position to heal itself on all levels. Chiropractors are trained to locate subluxations. Subluxations are "stucknesses" or blockages in the nervous system flow that alter the normal messages that come from your brain through your spine affecting all parts of your body. Have you ever wondered how we stay alive? Have you ever thought of all the miraculous processes that occur in our body without our conscious awareness? Cells are reproducing, digesting, eliminating, exchanging oxygen, etc. Our immune systems fight infection. Millions of chemical reactions are going on at any given time. We get a new stomach lining every 3 days. Our bones are replaced every 10 years. It is our Innate Intelligence that keeps us alive and in a state of homeostasis. There are external potentially destructive forces which have to be dealt with (heat, cold, radiation, noise, pollution, gravity, toxins, and emotional stress, etc.). If our nervous systems are compromised by vertebral subluxations, our body is in a state of dis-ease. Our body's ability to protect itself and thrive is compromised.

My job as a chiropractor is to tap into an intelligence that is far greater than that of the smartest doctor in the world. I defer my knowledge to your body's Innate Intelligence. I technically do not treat symptoms. I facilitate your body's healing, by helping it to remove nerve interference so that your innate intelligence can express itself more fully. Although I do not treat symptoms, conditions improve with a free-flowing nervous system flow.

So how can you help your chiropractor? The first thing is to educate yourself about chiropractic. Learn about your chiropractor and the technique or techniques he or she uses. I require all of my patients to attend a one time, one-hour patient orientation class or POC. This class is one of the most important things I do. There is no way my patients can know what I know about chiropractic. I was originally taking prerequisites for physical therapy school. My anatomy and physiology teacher happened to be a chiropractor. He asked me if I ever considered becoming a chiropractor. The answer was "No." My only image of



of a chiropractor was someone who "cracked" backs and fixed low back pain. I ended up going to a seminar put on by a chiropractic school. It was only after attending that that I began to understand the far-reaching effects of chiropractic. Not only does chiropractic help with musculoskeletal complaints such as neck pain and back pain, it can also help on an organic, chemical, and emotional plane. Patients who attend the POC understand what they are getting and why I ask them to do the things I ask them to do. We are a much better team as we move forward. I talk about case histories, chiropractic history, philosophy and benefits, treatment plans, etc.



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Another way you can help is to be a patient patient! Healing takes time. We live in a society that expects immediate gratification. We look for a quick fix. Chiropractic can have immediate positive results, but more commonly it takes time to heal. Progress can be affected positively or negatively by a number of factors. Age, general health, diet, exercise regimen, emotional stress, length of time that the problem has been developing, and the environment are just some of the factors that can affect progress. Everyone comes into my office with their own "bag of bones." My "bags of bones" has a different stress history than your "bag of bones." We have all endured our share of stress to varying degrees in the physical, chemical and emotional areas. Have we taken care of our bodies? Have we exercised? Smoked? Had a poor diet? Worked in environments with a lot of sitting, standing, lifting? Have we had a lot of emotional stress at work or home? Things that happened in our childhood, even the birth process can have an impact on our "bag of bones."

Chiropractic can only work with the raw material you bring in to the office. Some people go through my whole treatment program and still have problems or complaints. Typically, these complaints are less intense or frequent than when they first came in. This does not mean that chiropractic does not work. It means that there is some limitation of matter. If your gall bladder is removed an adjustment cannot make it grow back. If you have a ruptured disc, spinal stenosis, advanced scoliosis, or advanced degenerative changes in your spine, there may be a limit to how much you can improve. Just to give you some hope, I have seen many people with terrible looking spines, or even people who have had spinal surgeries, who have improved remarkably with chiropractic care. But please allow time before making a judgment about continuing treatment. If it becomes clear that you are not improving, I will be glad to help you figure out your next best step.



Communication helps tremendously. I can't know what you are thinking unless you tell me what you are thinking. If something is uncomfortable or you have any concerns, let your chiropractor know. I always appreciate it when someone discusses a choice to leave care and doesn't just disappear. It's OK. At least you gave it a try. It's a lot more conservative place to start your healing journey than some of the alternatives.

Okay, so now what can you do after an adjustment or in the course of care to help your chiropractor? The first thing is to follow your treatment plan the way it is prescribed. This is your one chance to find out about your potential within chiropractic care. I use the analogy of baking a cake. If you follow the recipe you have to leave it in the oven at 350 degrees for 35 minutes. If after 10 minutes in the oven you have to leave for something important. You realize you can't leave the cake in the oven because it will burn and so might your house. So, you take the cake out of the oven and put it back in when you return for 25 more minutes. How does your cake turn out? Life happens. We have vacations, business trips, family problems, etc. We may progress well despite not following the treatment plan exactly. But you will never know how much better you might have done if you were able to stick to it.

Watch what you eat and drink! There are inflammatory foods that are a part of most people's diets. I'll just name a few to get you thinking: sugar, alcohol, red meats, some vegetable oils (olive oil is excellent), margarine, diet soft drinks, processed meats, MSG, fried foods, refined flour (many breakfast cereals, pizza), dairy (milk, cheese, yogurt, etc.), artificial sweeteners, saturated fats, grain-fed meats, gluten, fast food. Wow.....what's left? You can do some research on the internet to see how these foods can keep you in pain and poor health. I have always been a big fan of moderation in everything, but if you're experiencing a lot of pain and inflammation, this is a great place to start. Also, get evaluated for any allergies you may have to certain foods.

Review your intake of medications. There are many life-saving and essential medications. But I can't help observing the overuse and misuse of medications by some. Medications all have side effects. Do your research. Ask your doctor questions.

Exercise! If you don't use it, you lose it. It's never too late. Your body is thirsting for your attention. Start slowly and build up slowly. Get a personal trainer who understands your current physical status. Running can be hazardous to your health. Make sure that you don't excessively pronate (ankle/foot rolls in) or supinate (ankle/foot rolls out) and that your feet have the right support. Many people end up with chronic musculoskeletal problems just because of their feet. How many people end up with hip and knee replacements? How many people have back pain and surgeries just because of enduring impact from dysfunctional, imbalanced or improperly supported feet. I even found research on the internet correlating patterns of foot pronation with patterns of TMJ or jaw misalignments. Ask your chiropractor if you could benefit from custom-made foot orthotics.

Sleep! Rest! It is vitally important to have enough quality sleep. People who deprive themselves of rest and sleep because of a busy schedule, can pay a price. Your body gets a chance to rejuvenate

and get rid of toxins during sleep. Many people have sleep apnea and don't know it. Avoid sleeping on your stomach. Turning your head on the pillow can pinch on nerves in your neck.

Find quiet time to center and meditate. Our minds can get caught up in this fast-paced world. We are constantly thinking, worried about something we have to do or about something we can't control from our past. Let go and allow yourself to be. Live in the now.

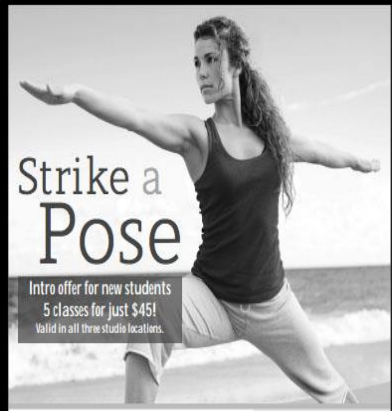
Try to be around positive people. Both positivity and negativity can be contagious. Meditation can help you stay positive.

Be aware of ergonomics. Check your work station to make sure your seat and computer screen are in the best position. Avoid head bent down activities like reading in bed, knitting, quilting, texting, playing video games. (Or find a way to keep your posture fairly erect while doing such activities.) Don't fall asleep with your head bent down in a chair! Be aware of lifting techniques. Avoid twisting and lifting. Use your legs to lift instead of bending at the waist to lift.

These are just a few of the ways you can help your chiropractor. Your chiropractor is part of your health care team. But remember, you are the most important member of that team. You are the only one who can choose how you want to live. Remember that your Innate Intelligence is always at work trying to unleash the healing power that is already there.


**BIO: DR. REUL** has been in practice in Louisville since 1993. He holds a BA in psychology from St. John's University (Jamaica, NY), a Master of Theological studies from Catholic Theological Union (Chicago, IL), and a Doctor of Chiropractic Degree from Life College School of Chiropractic. Dr. Reul has been a speaker at many community events. He participates in health fairs doing posture, stress and headache screenings. For more information on Dr. Reul's practice, visit [www.reulchiropractic.com](http://www.reulchiropractic.com).

**Note:** As always consult your health care practitioner before making any significant changes in your health care.



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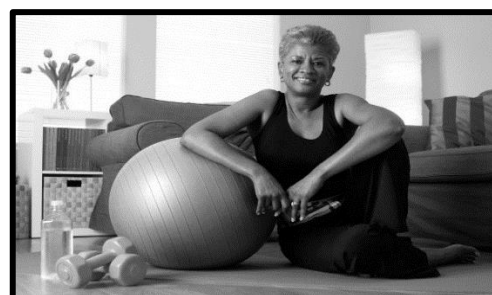
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## FALLING IN LOVE WITH QI GONG

by Ivey Samake

When I first saw Qi Gong I was totally fascinated and captivated. I thought it was so beautiful that I fell in love with it. A year later I started studying at a school in Arizona that taught a Certification Program for Qi Gong. The school had created a wellness program based on Qi Gong that is very holistic, empowering, and helps people maintain health and longevity. I wanted to teach Qi Gong because it helped me a lot in building self-confidence and learning to take better care of my body. I learned a wonderful formula for health and healing, and I wanted to share this with others.

There are three different categories of Qi Gong. There is medical Qi Gong which is the fundamental part of Qi Gong. Then there is the martial arts aspect, and there is the spiritual aspect. My special interest is the wellness part of the medical Qi Gong. I don't feel that I know enough to diagnose people's health condition, but I do feel comfortable in sharing information that I learned about how to maintain your health. This includes gentle stretching movements, how to take care of your joints, focusing in on your internal organs, and much more. It is the internal organs that really keep us alive. Those internal organs house our energy and help the flow of energy throughout our body. I think that it is great to develop the biceps. But people don't die from bad biceps, they die from heart attacks and lung disease and other diseases.

Qi Gong gave me a sense of empowerment that I had never had before. This is especially because I had such a traumatic experience when I was diagnosed with cancer several years ago. I discovered that I knew nothing about my body. It was foreign to me. Learning about Qi Gong helped me to understand how my internal organs function. I learned how I could focus on and connect with the mind, body, and spirit balance. That was an awakening for me, and it made me feel that I had a sense of control that I completely lacked when I was diagnosed with cancer. At that time I had been completely terrified because I didn't know how to help myself. I was unprepared to understand how my body worked. My body was out of synch, and I was terrified. After that process was over, and along with the help of the traditional care that I received, I felt that I could maintain my life better once I understood my whole body -- and Qi Gong did that for me.

In the Qi Gong that I was taught we don't get on the floor. All the movements can be done either seated or standing. There is a lot of focus on the breath, which is the Qi Gong breathing. It is abdomen breathing which teaches people how to detoxify with their breath. This helps people understand that breath work is a major mechanism for releasing toxins out of the body. Also, the skin is an important way to release toxins, and then there is the traditional waste system that we're all familiar with. A lot of people don't realize that as we get older we tend to chest breathe. What that means is that all the toxins that come into our body are not released as well.



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With deep breathing, that helps to move out the air and what needs to be expelled.

Another important aspect of the Qi Gong that I teach is introducing the importance of meditation. The concept of mind-body-spirit can help calm the mind. Meditation has powerful benefits.

The first series of movements I teach during a class or session are called the "Golden Qi Ball" which are the foundational Qi Gong movement program. There are ten different movements. Each movement is synchronized with the breath work. I teach the benefit of each movement. You actually understand the benefit that is occurring while synchronizing movement with the breath. You are stimulating the spinal fluid. Everything looks very simple, but when you try to do these slow movements with the breath, it really is challenging in a good way. It is very safe.

Then there are the movements called the "Eight Pieces of Brocade." It's a little more dynamic and involves actually moving. I incorporate one or two movements at a time from that. It was used hundreds of years ago in China in the military to help them maintain strength of the body. Then I incorporate the "Healing Sounds." According to traditional Chinese Medicine, sound can have a very beneficial effect. I include one or two aspects drawn from "Healing Sounds." So over one or two seasons, I include all of these movements and aspects. Then I interject other learning types of things that will benefit the students when they go through the series.

Qi Gong is excellent for all people and particularly for people with anxiety or stress. With Qi Gong you learn about how to harmonize your life. Try it, you may fall in love with it, too.

**BIO FOR IVEY SAMAKE:** Ivey Samake is a Certified Medical Qi Gong Instructor and trained with Zen Wellness, an organization that has over 30 years of experience in the Eastern Arts. The organization developed a unique Qi Gong wellness program that is easy to learn and practice, get results as soon you begin to practice, requires little time, and everyone can do it. Ivey received her Bachelor degree from the University of Louisville in the field of education and an Associate degree in Business from the University of Indiana Southeast. She trained for ten years in an Arthur Murray dance studio during which time she created a unique self-enrichment movement program based on ballroom fundamentals. Ivey currently serves as Treasurer for the Kentucky Holistic Nursing Association.



# What is Myofascial Release Therapy?

by Sheila L. Kelly, LMT

Myofascial Release has become a recent “buzz” term. I will discuss its meaning and significance to our health. John F. Barnes, PT is considered the father of Myofascial Release discovering its importance over 50 years ago when having difficulty healing from a weightlifting accident. He was frustrated as a Physical Therapist because traditional medicine was not helping him, yet he was determined to find a way to get better. Thus, John F. Barnes Myofascial Release Approach was born. Also known as John Barnes MFR or JFB MFR. There have been many variations of MFR develop in recent years. For the sake of this article I am referring only to Barnes MFR. I am a JFB MFR Therapist and sharing this knowledge and experience is my passion.

What is Fascia and what is JFB Myofascial Release Approach? Fascia is a connective tissue which forms a three-dimensional web wrapping the body from head to foot. The fascial system has a ground substance of fluid that surrounds and nurtures every one of the trillions of cells in our body. Tiny little threads or filaments connect the inside (nucleus) of the cell to the outside of the fascial extracellular matrix. If the fascia becomes solidified or restricted- nutrition, fluid, oxygen, biochemistry and energy that our cells need cannot be absorbed. In other words, a healthy body needs a fluid fascial system!

Physical and emotional trauma, posture and inflammation can create a binding down of fascia resulting in excessive pressure/pain on nerves, muscles, blood vessels, osseous structures and/or organs. JFB Myofascial Release Approach consists of sustained pressure (3 to 5 minutes or longer) into the fascial restrictions. This essential time element differs from other forms of MFR and accounts for the “piezoelectric phenomenon” or charge associated with the Barnes Approach. Interleukins are produced which have anti-inflammatory properties, increase the production of white blood cells, can kill cancer cells and gives your immune system an immense boost! Fascial restrictions and the pain associated with them do not show up in standard medical tests.

I am sharing a few clients' experiences, with their permission, and not their real names. Emily contacted me with symptoms of restricted fascia throughout her body. It was affecting the health of her entire system. She had sought traditional and nontraditional forms of medical treatment for over a year without any results. Here are her words: “It's the day after my second session.... I'm trying to think of a way to describe what I'm feeling.... but really there are no words. I know to you and to most people this might seem trivial, but I was able to make it through an entire 8-hour day of work. I have spent the last year of my life forcing my wrecked, painful body to barely make it through 6 hours, and at the end of those 6 hours I truly felt as though I had climbed a literal mountain. Not today. The consuming exhaustion and overwhelming ache I'm so accustomed to has dissipated. I was able to interact with my patients and really enjoy what I do for the first time because I can say I actually felt 'good'.”



I was treating Tim and upon focusing on his abdomen I asked him if he had ever received a blow to the area. “Yes,” as a child he was “hit by a high-speed soccer ball and a martial arts punch” knocking the breath out of him. Soon after those blows Tim started having asthma and IBS symptoms. “It was becoming increasingly difficult to breathe. I always seemed out of breath. I had been to multiple chiropractors, physical therapists and primary care physicians. The symptoms would go away for a time, but they would always return. This went on for years until I tried Barnes Myofascial Release with Sheila. For the first time, I felt we were addressing the root cause of the problem! I am able to go on long walks, hikes and climbs now...it worked for me.”

JFB MFR connects to the body on a cellular level working intuitively with the natural healing properties of the body. No lotions or oils are used. The therapist sinks and melts into the fascia (as opposed to gliding or forcing). Since the fascial system runs from head to toe your therapist will apply the appropriate sustained pressure to one area. As it releases out or unwinds through the fascial system it will often stop at another restricted area in the body. Your therapist then works from this point until it releases, thus continuing the process throughout your body. The length of a session varies from 60 minutes to an intensive treatment of 15 hours over a 5-day period. Most of my clients prefer a 90-minute session.

We all have experienced physical and emotional traumas during our lifetimes. Old and new injuries, falls, surgeries, dental work, childbirth and emotional traumas all affect the fascia. The sooner one receives treatment after a trauma the more readily the fascia will release. Crying and laughing are examples of releases we can initiate on our own. So, don't hold that cry or laugh within, let it out! If you need help with an old injury that revisits, or any physical or emotional trauma do yourself a favor and visit a Barnes MFR Therapist, your entire being will thank you!

**BIO: SHEILA KELLY** is a Licensed Massage Therapist, a John Barnes MFR Therapist, a Cranio-Sacral Therapist and Reiki Practitioner. She enjoys meditation, Qigong, nature, hiking, painting and the Arts. Her passion is helping others!

**Sheila L. Kelly, LMT**

**Myofascial Release & Sports Therapist**

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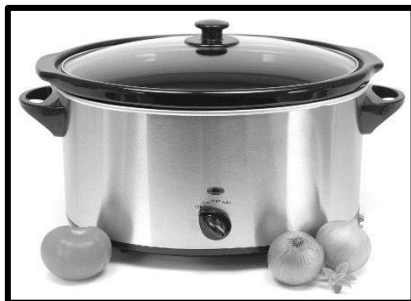
## **BEAN BASICS** (Natural Foods Cooking)


by **Barbara Bosler**

Use this recipe as a guide to slow cook organic dried beans in a crockpot (electric slow cooker).

Simply cook in plain water, or if you want more flavor add onion and/or garlic and bay leaf. When finished, you'll have cooked beans ready to include in a recipe.

1. Measure out the amount of dried beans you wish to cook. ¼ of most kinds of dried beans will cook about a serving for one person. It is helpful to cook dried beans for several meals, so you have them ready in the refrigerator in include in a recipe. Always sort through the dried beans to remove any occasional bit of something. Then rinse.
2. Soak beans in enough water to cover (plus an inch or two) for 8 hours or boil beans for 3 minutes and then set aside for 2 to 4 hours. If you soak the beans overnight, some sources suggest having them in the refrigerator during that time.
3. Discard the soaking water and rinse. This helps make the beans easier to digest.
4. Place rinsed beans in a 5-6 quart slow cooker/crockpot. Add onion and garlic (fresh if possible). Add water to cover (6 to 8 cups water for about 3 cups beans). Cover with lid and cook 8 to 12 hours on high. Larger beans take longer to cook than smaller ones. If you cook beans on the stove top, you'll need to set timer and monitor well to avoid burning.
5. When the beans are soft, cool and use them in a recipe of choice. Store the remainder in the refrigerator for two days to enjoy with other meals and recipes. Some beans you may wish to freeze in 2 cup amounts to use in the future within 3-6 months.
6. Larger beans take longer to cook than smaller ones. If you cook beans on the stove top, you'll need to set timer and monitor well to avoid burning.
7. When the beans are soft, cool and use them in a recipe of choice. Store the remainder in the refrigerator for two days to enjoy with other meals and recipes. Some beans you may wish to freeze in 2 cup amounts to use in the future within 3-6 months.





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# HOPE FOR TOMORROW

by Joyce Gerrish, M.A. (A Short Story)

Crystal is gazing at the sky on a clear cold Saturday. The sun is shining and there isn't any wind, so she feels warm in her down jacket and mittens and her favorite blue knitted beret. She thinks to herself, "I love a sunny winter day, it makes me feel so alive!" She pats her dog Buzzy, and says to him, "What do you think, Buzzy? You like it too, don't you?" Buzzy wags his tail, wiggles, and turns a quick circle in his excitement. "We both love our walks, don't we?" Buzzy makes a little yelp of agreement. "Buzzy, we'll go meet Janis and Nallie and we'll go for a nice walk around the park." Buzzy wiggles, turns another quick circle, and off they go.

Crystal and Buzzy start off at a good pace. Crystal thinks to herself, "It really helps me feel clear when I walk briskly and get a rhythm going with my walking. My breath deepens, and I feel like I can exhale old stuffiness from my lungs - - and stuffy thoughts, too! Yeah! In a little bit Crystal pauses a moment to ring her eight-year-old, "Hello Precious, been having fun? - - You're making a beautiful shiny angel for our mantle? Cool! Alright, I'll come pick you up in about an hour and a half. We'll read together tonight and make some banana bread, O.K.? - - Good! Bye, Amy." Crystal jogs for a while, and she and Buzzy soon arrive at Janis's house. Janis is in the front yard practicing basketball shots with her son Ryan and his best friend. Janis exclaims, "Good one, Ryan! You two enjoy yourselves! I'm going to take a walk with Crystal and Nallie. See you in a little bit. Ryan, remember that your Dad is going with us to the Music Festival tonight after dinner. It's special that your sister is singing with her school chorus. She has a solo part!" He responds, "Sure, it'll be fun."



Just then Nallie pulls up in her car. In a moment she and her dog Max are jumping out. The women hug and the dogs sniff eagerly. Nallie says, "I'm all bundled up warm as a toast, and ready to get the kinks out of my body. It's been a rough week. Let's go!" Janis exclaims, "The park's just two blocks from here."

The three women start out walking quietly at first. They focus on breathing more deeply and on just being aware of how good it feels for their body to be moving freely. "Wow, I really needed this," says Nallie, "It's been a rough week, to tell you the truth. Teaching isn't always easy, you know?" Her friends sigh in agreement. Crystal says, "Yeah, that's true. I tell myself - - a job worth doing is probably going to be challenging sometimes. It keeps me on my toes, but can be exhausting sometimes, too." Janis joins in, "The kids are just as affected by all the trauma going on around the country and the world as I am. I think that it's weighing on all of us to some extent. As the counselor in my school I really have an increased load of kids coming in right now. These teens are feeling deeply all the changes in the world and the extreme weather, the drugs, and all the potential violence and uncertainty in people's lives. Even if they don't talk much about it, I know that they are feeling it. My son and daughter and I have been talking. They have some pretty deep questions and insights. It's complicated, you know? I say, hopefully it won't always be quite like

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this. We need to stay focused on what is good in our lives and in the world around us. Hopefully we can try to be a part of the solution, not part of the problem."

"Right on," says Nallie, "My sons are asking me questions like was it like this when I was growing up? I tell them that it's kind of different, exciting in some ways and challenging in other ways." Janis looks quietly at the sidewalk and the dogs for a few moments as she continues walking, then speaks, "I am searching my heart every day to feel for the best possible ways to talk with the students and my own children. It's certain that these are complex times, and I don't think

that it's going to get much easier very soon. The solutions of the past generations don't seem to really work very well any more. Some kids and adults are turning to drugs or alcohol or other stuff to try to bury their feelings. If parents try to be rigidly strict, the kids may rebel. It can't just be a matter of discipline to help protect young people. What seems to be needed as far as I can feel it is to also take time to be there for everyone in our life in as real ways as possible. Take time to listen to each other, take time to talk in depth about what is going on in our own life and feelings, and encourage others to share to the extent they're

willing. I feel we're all kind of relieved when we can share our concerns - - even somewhat. It can be a helpless feeling to try to hold it all inside and pretend nothing is going on."

Janis continues, "If there are young people in one's life - - and really for everyone in one's life - - demonstrate in your own life by speaking from your heart about your feelings and concerns. Be real about life, not rigid. New challenges may require new solutions. Don't try to keep yourself or young people so busy that it's stressful. That only masks the issues and buries them under stress." Crystal shares, "It helps me to express my feelings in painting. I encourage Amy and the students in my art classes to talk with me and to share some of their feelings in their art projects." Nallie adds, "What I keep coming back to is to search in your heart for what you love to do and what helps you feel hopeful. When you find that, follow it - - and somehow share that hope and joy with the world around you - - and pray. That's my hope for tomorrow.

**Bio for Joyce C. Gerrish:** Life Coach, Energy Therapist, Counselor. Graduate of National Institute for Whole Health. Reiki Master, Master's Degree in Human Development. Louisville Office. 502-572-4871. [www.joycegerrish.com](http://www.joycegerrish.com) .



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By Joyce C. Gerrish, M.A.