

Natural Health Resource Review

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Natural Health Resource Alliance

Editor's Note

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Welcome to this quarter's Review. Thanks to Sue Denton for her work as our previous editor. We appreciate her wonderful work with our newsletters. A change in editors (and computer applications) results in a slight change in layout. I trust you'll find it pleasing.

We created the NHRA to share our vision of a healthier world with each other and with you, the consumers of health care who are striving for healthier lifestyles through natural approaches. We share our gifts through our "Review" and our new Speakers Bureau.

The health of our children is so important. As well as their immediate comfort and well being, our focus should be on assisting them towards lifelong health. I'm very excited about this issue and the wonderful, varied, and diverse approaches our practitioners provide in service to our community.

Enjoy the articles and feel free to take advantage of the opportunities for true health care we are offering to you, your family, and your friends.

You may contact me with any comments about the Review at revieweditor@earthlink.net.

Visit our Web site at
www.geocities.com/cdanhra/index.html

CHINESE KITCHEN CORNER

Barbara D. Boss, Ph.D., L.Ac.
(208) 659-9697

With this second quarterly issue of the NHRA newsletter focusing on the topic of children's health, I have chosen to discuss dietary changes that may help build up a frail or deficient child. Such a child would appear to be pale, weak, inactive, and not growing. Soybean products are commonly used in China for infant malnutrition. The best form to use is **tempeh**, which is more digestible and less cooling than other forms. The Chinese have likewise used **spirulina** (a microalgae) for deficiency. Spirulina contains exceptionally high levels of fatty acids (GLA and omega-3 alpha-linolenic acid) needed for growth and development. Mother's milk is the most abundant source of GLA, while spirulina is the next highest source that is whole food.

source that is whole food. Another source of vital fatty acids is **marrow**. The Chinese prepare a broth from broken bones and vegetables. It is best to use organically raised animal bones (poultry is preferred) for this recipe. Try to avoid animals raised where lead has entered the soil from mining, auto emissions or other sources, because lead concentrates in the bones of animals.

Too much raw food can weaken children by reducing their ability to digest. Parasites are also more prevalent in raw foods. Fruits in excess can encourage colds, ear infections and general weakness. One solution is to serve them cooked. Fruit juices should always be diluted and served at room or warm temperatures, since juice is more weakening than whole fruit.

Source: [Healing with Whole Foods](#) by Paul Pitchford (1993)

Announcing our New Speakers Bureau!

Experts from various alternative and natural health care fields are now available through the Natural Health Resource Alliance (NHRA) to speak to clubs, businesses, educational institutions, support groups and other organizations. The mission of the NHRA is to provide information and education on the many natural, holistic, vitalistic and alternative healing arts available to North Idaho's increasingly active, fit and health conscious population.

Coeur d'Alene has a strong and growing alternative health care community. With so many options available, we feel that it is important to provide a first-rate resource that will empower people to make educated decisions about health care and healthy living.

For information about available speakers and topics, contact Dr. Mark Cochran at (208) 664-6359 or by email at TurnOnLife@juno.com.

Rolfing® for Children

Greg Bishop, Certified Rolfer and
Rolf Movement Practitioner
(208) 659-3703

Most people associate Rolfing® with adult injuries or life enhancement for adults. The truth is that children can benefit greatly from Rolfing® for all of the same reasons adults can and more.

In fact the Rolfing® logo is an actual case study of 4 year old Tim Barrett who was diagnosed with Leggs-Perthes disease in 1959. Tim's mother was advised by MD's to put him in a body cast for five years. Even so it was predicted that Tim would be in a wheelchair by the age of 20. His parents decided to try Rolfing®. After several months of work with Ida Rolf, the originator of Rolfing® Structural Integration, Tim was able to grow up without handicaps, win surfing championships in high school and now lives a normal healthy life with his own family in Hawaii. And he's still surfing in his 40s!

Many structural imbalances and movement patterns are inherited or caused by birth trauma or defects. Others may be caused by injury. Many movement and postural patterns are learned through observation. Some are taught incorrectly. The amazing adaptability of the human structure is very apparent in children. Their bodies are resilient and their desire to play motivates them to work around aches and pains that might sideline adults. Sometimes the adaptations we make as kids can become structural problems later in life if they aren't dealt with in childhood.

Rolfing® is especially helpful for children with scoliosis, and other structural imbalances, ADD, and chronic physical and emotional tension. It can also help child athletes excel in their athletic pursuits. Nothing has pleased me more than to have a 9 year-old named Thomas report after his first two sessions of Rolfing®, "I don't fall down as much when I run." Rolfing® can help adults feel more like kids and kids grow into healthier happier adults!

Help Your Kids Reach their Maximum Potential!

Mark Cochran, D.C.
(208) 664-6359

We all want our children to enjoy healthy, happy lives. Chiropractic is an important part of raising healthy, well adjusted children. Chiropractic adjustments for kids, even newborn babies are very gentle and safe.

Kids experience a lot of physical stress to their spines, beginning with the birth process itself. This physical stress can cause *subluxations* in the spine. These subluxations interfere with the functioning of the nervous system and can affect any part of the body. Subluxations often exist even when there are no symptoms present. Correcting subluxations releases a child's natural potential for health and vitality.

Even Healthy Kids Need Chiropractic...

Please understand that Chiropractic Adjustments do much more than address what is *wrong* with a person. More importantly, they take care of what is *right!* Everyone, *especially children*, should have their spines checked for subluxations as a regular part of a healthy lifestyle. The International Chiropractic Pediatric Association (ICPA) recommends that during the first year, *at a minimum*, you should have your baby's spine checked at these *six critical stages* of development:

1. Immediately after birth.
2. On holding up his or her head.
3. When able to sit alone.
4. When starting to crawl.
5. When standing alone.
6. On taking his or her first step.

Important Tips for Proper Development

Do's

Let your baby develop at his or her own pace. He or she will sit, crawl, stand, potty train, etc., at *exactly* the right time for himself or

exactly the right time for himself or herself.

Let your baby crawl as much and as long as he or she wants. Crawling is important for skeletal and neurological development. It is necessary for properly developing the curves in the spine, and for developing motor skills and coordination.

Have your child's spine checked regularly!

Don'ts

Never throw your baby up in the air and catch them. It might be fun, but it's also dangerous. This activity causes stress to a child's neck that is similar to a whiplash injury.

Don't let your baby spend too much time in the mechanical swing, carrier, jumper or walker. Babies need to spend time pushing-up, sitting, crawling, and learning to stand on their own. These are important parts of their development.

Don't push your baby to walk before he or she is ready. Again, babies need to progress at their own pace for proper spinal and neurological development.

Chiropractic for children is safe, natural and effective. It can help them achieve their peak potential in health and life. Give your kids the Chiropractic advantage!

Dr. Mark has a passion for taking care of children and is a member of the International Chiropractic Pediatric Association (ICPA). He is an excellent speaker and is available to speak to your group about natural, drug-free health care for children and pregnant mothers. For more information about Chiropractic for kids, check out his web site at www.TurnOnLife.com. Call 664-6359 for an appointment or a free consultation.

"A friend is someone who knows the song in your heart and sings it back to you when you have forgotten how it goes." unknown author

Healthier Children through Network Care

Joel R. Hall, D.C.

(208) 665-2078

Any lifelong pursuit is enhanced by an early start. Parents know that starting Suzuki violin lessons at age 4 (or even earlier) is a great way for their child to develop musical appreciation and skills. Network Care similarly provides children with a lifelong appreciation of and strategies for health.

Violin students learn that the tension and tone of the violin's bow and strings will change its voice. I can help a child (as well as an adult) learn to perceive the subtle tonal qualities of their body and find a stronger sense of self and a richer voice for their life. This is profound for kids as peer pressure to do unhealthy things is less influential when a child is more empowered.

Many of us view "getting healthy" as getting back to where we were before we had an accident or a pain started, but health is more than that. Health, like sports, requires a proactive approach. We would never have heard of Tiger or Michael if they hadn't prepared for their future by practicing the basics of their games as children and young adults (and they are still practicing today!). We need to prepare for our future health now, not waiting until a disease or symptom comes along to force us to try to regain our health. It is so much more effective to take care of ourselves before we become ill than as a reaction to our symptoms.

Many of today's diseases are lifestyle related. That means your choices can literally kill you (55% of deaths in the U.S. are due to lifestyle choices). I believe we can not only reduce serious health challenges later, but enhance our current experience. Preparing a happy, healthy, response-able, flexible body with which to face school stresses, sports activities and injuries, growth spurts, busy schedules, etc., enhances life.

Let's teach our children about health: not just about rule-based ideas regarding the separate pieces

ideas regarding the separate pieces of health (diet, risk reduction, exercise, etc.), as important as they can be, but of how to have an awareness of their bodies that will facilitate better choices. Having an internal knowing from which to make positive lifestyle choices is so much more powerful than a "cookbook" of what to do.

When a child gets off one of my tables after a Network session and its gentle touches on the spine, they are usually smiling, relaxed (sometimes sleeping), and happy. Even if they hadn't wanted to get on the table to start with, they want to get right back on. Enhancing what works, rather than trying to fix what appears to be "broken," is a positive approach that feels good. And if there was an area of discomfort (an alarm clock awakening us to our healing?), it usually experienced with a greater sense of peace and wholeness.

Imagine all the energy you've spent in your life fighting against pain or dysfunction- and now imagine that all that energy had been invested, from childhood, into healing and maximizing your life experience. Wouldn't your life be even more amazing? Give your children, and yourself, the gift of powerful lifelong strategies that will make for happier, healthier living.

Joel R. Hall, D.C. is available for consultations and appointments for children of all ages. Joel has studied Network Care for the last decade and has been a facilitator at Network seminars for the last five.

Camp Indigo

Several NHRA practitioners are involved every summer with Camp Indigo for the children of our area. Here is some information about the camp and the new project of School Indigo.

Camp Indigo returns to Cd'A for a 3rd summer, after two successful summers teaching our children vitally important skills.

In response to the concerns of our world and the challenges our children face as they enter into the

complexities of the 21st century and a global society, Camp Indigo offers a rich, loving, and supportive environment where adults and children come together in a collaborative effort to access their greater potential, both as individuals and as members of a universal humanity.

Their well credentialed staff assists the children in exploring a wide spectrum of arenas which include both the world within and the world without. The focus is on teaching healthy ways to resolve issues and conflicts, establishing a code of ethics for the children which comes from the heart, as well as a presentation of holistic awareness of the environment.

Camp Indigo is a safe place where children are given a wide variety of opportunities to develop skill in and an appreciation for:

- conflict resolution
- peacemaking strategies
- communication using "I Care" language
- academic excellence
- developing personal boundaries (inner and outer)
- respecting and understanding diversity
- creating safe and quiet spaces within
- developing inner guidance
- journaling/creative writing
- art, music movement
- relaxation
- understanding our environment
- hiking, swimming...

The Camp Indigo staff will be opening School Indigo in the fall, starting with Grades 1 and 2. This will be an extension of the Camp with integrated curriculum and an emphasis on understanding diversity. All teachers and staff will be trained in Love and Logic- a method of teaching children responsibility for their actions.

The ratio of adult camp counselors to campers is 1 to 4, allowing for a personalized

continued on page 4, column 1

experience for each child. It is the goal of Camp Indigo and its staff to provide a safe, secure, and academically integrated learning environment.

More curriculum information is available on Camp Indigo's web site (www.campindigo.org).

Call Judie Brown at 664- 2029 for tuition and scholarship information.

Donations are tax deductible. Donated scholarships are gratefully accepted.

"Behold, my brothers, the spring has come. Every seed is awakened. It is through this mysterious power that we too have our being." Sitting Bull

Life Center Therapies, 1319 Government Way, Cd'A. Call (208) 667-3813 for more information on classes and workshops.

Yoga Classes: (all levels): Mondays 5:30 to 6:30 p.m.; Tuesdays & Wednesdays 6:00 to 7:00 p.m.; Thursdays 7:30 to 8:30 a.m., 11 to noon.

Group Meditation: 1st and 3rd Saturday of every month, 10:00 to 11:30 a.m. Readings, introduction to sitting and walking meditation and group discussion.

Tree of Life Center, 1125 N. 3rd Street, Cd'A, Call Janice Puente at (208) 664-6996.

Awareness through Movement®: Mondays, 7:00 p.m.

Pilates: Tuesdays 9:00 a.m. and Wednesday evenings 6:30 p.m.

Joel R. Hall, D.C., 1802 North 15th Street, Cd'A, call (208) 665-2078 for information. Please R.S.V.P. for events

Somato Respiratory Integration (SRI) healing workshops: a four-hour healing workshop, limited to six participants, 11 a.m.- 3 p.m., offered on these Saturdays: 6/29, 7/20, 8/17.

Network Talks: one hour intro to Network offered at no charge, Thursday nights at 6 p.m.: 6/13, 6/27, 7/11, 7/25, 8/8, 8/22.

NHRA Practitioner's Directory

The Natural Health Resource Alliance (NHRA)

was formed to bring practitioners of holistic or complementary health care together to serve as an educational resource for the public and ourselves, and to advocate freedom of choice in health care. Here is a list of who we are and our specialties.

Visit our web site for additional healing resources:
www.geocities.com/cdanhra/index.html

Acupressure
Cathy Kraus, 676-0561

Acupuncture
Dr. Barbara Boss, 659-9697

Bach Flower Essences
Sue Denton, 772-6432

Chiropractic
Dr. Mark Cochran, 664-6359
Dr. Joel R. Hall, 665-2078
Dr. Lucia Thompson, 667-7514

Counseling
Jeffrey Douglass, 667-8387

Dentistry
Dr. Curtis Eastin, 667-4844

Feldenkrais Method
Janice Puente, 664-6996

Herbal Medicine
Dr. Barbara Boss, 659-9697

Holistic Kinesiology
Debbie Markley, 765-0678

Hypnotherapy
Marjorie Snelling-Carter, 664-5529

Immunotherapy
John Hyatt, 667-6741

Massage Therapy
Naomi Brown, 676-8147
Victoria Dickinson, 667-5702
Lorrie Downs-Cary, 667-3813
Pearl Ko Fleck, 765-0678
Cathy Kraus, 676-0561
Chris Lovejoy, 667-3813

Myofascial Release/
Craniosacral Therapy
Greg Bishop, 659-3703
Lorrie Downs-Cary, 667-3813
Janice Puente, 664-6996
Virginia Taft, 664-2901

Naturopathy
Dr. Curtis Eastin, 667-4844
Dr. Todd Schlapfer, 664-1644

Neurodevelopment
John Hyatt, 667-6741

Reflexology and Magnetics
Leslie Custer, 765-5726

Reiki/Healing Touch
Sue Denton, 772-6432
Pearl Ko Fleck, 765-0678

Rolfing
Greg Bishop, 659-3703

Tai Chi
Karl-Eric Andreasson, 769-5914

Yoga
Chris Lovejoy, 667-3813