

*Featured in this Issue:
Boosting Your Energy*

Natural Health Resource Review

Fall 2002 Volume 3, Issue 3

Natural Health Resource Alliance

Network Care Releases

Energy for Your Life

Joel R. Hall, D.C.
(208) 665-2078

While I know most people view tension as a bad thing, sapping their energy, I also know that tension is part of my body's intelligence. It is through coordinated tension that I'm able to walk and talk, its building and release gives me pleasure, and it is one way my body asks me for change. As I learn to pay attention in new ways, new strategies emerge for my health.

In medical practice, there is an agreement that tension is bad and it will be cursed by you and your practitioners for the discomfort with which it is associated. The objective of this kind of care will be to make the tension go away, often at a huge cost.

I celebrate the wisdom of your body! Your body's short-term strategy is to react to challenges, to create tension to survive this moment, and not to look beyond this moment.

Network Care helps you redirect this tension to develop new emerging strategies for your long-term health. Your quality of life will improve as your body learns to convert the tension into fuel, recycling your "wasted" energy.

I look for thriving places in your spine (what we call "Spinal Gateways") and I work with you to enhance their function. The Gateways release a wave of breath that in turn releases the tension that's holding you back. As I coach you in these emerging strategies, you learn and grow with these more effective responses.

continued on page 2, column 1

Chinese Kitchen Corner

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

Our focus for this issue of the NHRA newsletter is on ways to boost energy levels. From the traditional Chinese viewpoint, kidney (especially yang) weakness is often the culprit when Americans feel weak or lack energy. This is thought to be a direct result of our dietary habits. Adrenal function is included in the kidney system, and may also be exhausted. When Kidney yang function is low, a person feels cold and may have weak knees and lower back, low libido, lack will power and/or experience edema. The spleen-pancreas system is responsible for feeding the kidney yang and may itself be the reason for the decline in energy.

Foods that build kidney yang include walnuts (1/3 to 1 oz. daily), lamb, salmon, trout, chicken, quinoa, the onion family,

black beans, soybeans, eggs, lotus seeds, baked tofu, sesame seeds, lentils, and a little wine. Spices that would improve the kidney yang include black peppercorn, dried ginger, cinnamon bark, fenugreek seeds, cloves, fennel seeds, and anise seeds. Remember to avoid cold or raw foods and cold fruits.

A Western herbal formula for kidney weakness that can be decocted and taken daily for three days involves dandelion root (4 parts), parsley root (4 parts), marshmallow root (2 parts), and ginger root (1 part). Simmer one ounce of the herb mixture in a pint of water for 30 minutes and drink one cup three times a day.

Source: Healing with Whole Foods by Paul Pitchford (1993); The Way of Herbs by Michael Tierra, L.Ac., O.M.D. (1998); The Tao of Nutrition by Maoshing Ni, Ph.D., C.A. (1994).

The Natural Health Resource Alliance Presents THE 2002 HEALTH EXPO

Wednesday, November 6th
4 p.m. to 8 p.m.

Spokesman Review Building
608 Northwest Blvd., Cd'A

Free and open to the public

Mark your calendars today. You are welcome to our Health Expo. Meet the participating practitioners and learn about alternative/complementary approaches to health care.

Our health care practitioners will provide important information to help you live a healthier, more energetic life. Some of the practitioners will offer their own drawings for products and/or services they offer.

Recently updated!
Visit our Web site at
www.geocities.com/cdanhra

continued from page 1, column 1

Network sessions help you to optimize your internal healing strategies, as music lessons help you to play more gracefully. As the tension fuels your healing, it is acknowledged to be a blessing, rather than a curse. If I force my way through the tension, I know that it will most likely be a temporary fix. It will come back, asking again for your healing. I'm here to help you learn these long-term strategies for your health.

Research on Network Care has demonstrated that your perceived quality of life improves greatly as you learn these strategies: you'll breathe more easily, sleep more soundly, make healthy changes in your diet and exercise, and have extra energy available for your daily activities. In a time when so many "diseases" result from lifestyle choices, it is so beneficial when healthier choices come from an internal knowing, rather than from a warning label on a consumer product.

Network clients have found a supportive approach to healing, one that gives them the energy they always knew should be theirs. Would you like to feel this in your body? Let's get started towards your new life.

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

Kick it Up a Notch with Massage!

Cathy Kraus, LMT
(208) 676-0561

Boost your energy with massage? How is it possible that something so relaxing can actually increase your energy level and well-being? When you understand how therapeutic massage works on a physiological level in your body, it is easy to see how something that feels so good is actually helping you to live life at its fullest in many ways, from increased wellness and energy, to better sleep and stress relief.

Therapeutic massage on a regular

basis can have a great impact on your energy level by affecting the intercellular fluids that surround every cell in your body. With increased circulation of these fluids, the blood and lymph move at a greater rate, bringing oxygen & nutrients to your tissues at a faster rate, and by also taking toxins and waste products away at a faster rate. This has a ripple effect on your energy level since your body is being fed and cleansed at an increased level.

Another important way massage boosts your energy levels is by effecting the amounts of hormones and other neurotransmitters that are released into the bloodstream. The hormones most commonly affected are adrenaline and cortisol, two stress hormones. When these hormones are released in appropriate amounts at appropriate times, it helps us to get through times of brief stress, the flight or fight response. Unfortunately, in today's world, a lot of people dealing with the stress of everyday living have these hormones released at high levels at inappropriate times in response to the constant stress. This eventually leads to a depletion of the hormones and an inability to respond appropriately when we need to. Massage on a regular basis actually helps to reduce the release of these stress hormones, thus saving them for the right place and time.

Massage on a regular basis also stimulates the natural feel good substances-- particularly, serotonin and endorphins-- to be released at a higher rate. This higher level results in higher energy levels, better sleep patterns, increased pain tolerance and an overall increase in the feeling of well-being. We become better equipped to deal with the stresses of everyday living. Fewer stress hormones and more good stuff add up to more energy and zest for life.

Another important factor is the frequency of the massage. Similar to exercise, you really don't see any real impact on your health until you exercise on a regular basis for a length of time. The same is true for massage. While it is wonderful and relaxing to have a massage as a treat every 6 months or so, there will not be any noticeable impact on your health and wellness unless the massage is done on a regular basis for several months. Those of us who are interested in increasing our energy level, good health and well-being know that including massage therapy in your schedule and budget is really an investment in yourself and your good health!

We are Energy

Debbie Markley
(208) 765-0678

It is my fervent belief that if we in the western world were to expand our medical model to include energy medicine, then we would see a dramatic increase in the level of our health and vitality. We are more than blood and guts, skin and bones, and biochemical reactions. We are energy! Every system, every tissue, every cell, every compound, all processes, our emotions, our thoughts, our soul- in fact every aspect of our being- has associated energies. It makes sense that these energies should be considered in the evaluation and treatment of our health.

When we are emotionally and physically healthy, we are energetically "in balance." We feel energized. If we are in poor health or stressed, it is reflected by these vibrations. If we've caught a virus, have a backache, an upset stomach or a life-threatening disease (it doesn't matter what the condition or symptoms), there are accompanying disruptions in the electromagnetic frequencies of the body. These electromagnetic disturbances can be an incredible diagnostic tool. For instance, by "reading" the energies it can be determined whether a stuffy sinus is from a virus, a bacteria, or an allergy and what other imbalances are contributing to the condition. More importantly, it can be determined what would help to restore energetic balance and whatever restores energetic balance, restores health!

All natural health providers help to balance body energies. A kinesiologist can read energies to help you decide which therapies might be beneficial. Its time to shift our medical paradigm -- doctors and lay people alike, and see ourselves as energetic beings and embrace the complimentary healing practices which restore our energy and health.

For information on kinesiology sessions or classes contact Debbie Markley at (208) 765-0678

"Those who hear not the
music think the dancers mad."
- Angela Monet

Untapped Energy Supplies Found! Right In Your Own Body

Greg Bishop Certified Rolfer
(208) 659-3703

It's always interesting to me watching people pull themselves into "correct posture" as I explain to them that Rolwing® Structural Integration has to do with alignment of the body. The operative word here is "pull". In the Structurally Integrated body no pulling is required!

In an un-integrated body muscles that were designed for movement are being used to just hold the body upright. When the body is balanced and we learn to find effortless support without chronic tension we can sit and stand for long periods without tiring. Understanding chronic tension habits and patterns and the options for more effortless and graceful movement allows our bodies to be healthier, free of chronic pain, and more energetic.

Effortless movement can't happen until chronic tension is released from the body and balance is achieved in the soft tissue. The soft tissue is a continuous web that provides support for every part of the body. If you removed all of the muscles, bones, organs and fluids from your body you would still have a 360-degree blueprint of every single part.

Rolfers could be considered efficiency experts for the body. Many people have learned to "brace" themselves against gravity and don't understand that "giving in" to the support gravity provides is essential to the health of our whole soft tissue system. This bracing wastes energy that could be used elsewhere. Muscles that are chronically tight and quite strong will test weak in typical muscle testing.

Many of the postural models we've been taught are false and actually harmful. One that comes to mind is sucking in our stomachs. This popular habit actually causes tension throughout the pelvis and upper legs, pulls the pelvis out of alignment and puts more stress and pressure on the back, shoulders and neck. The support for our whole upper body that was

available from the pelvis and legs is no longer there. The result may be back, neck, shoulder and arm pain, inhibited breathing, chronically tight legs and feet, and problems with internal organs, elimination and digestion.

One study of elite ultra-marathon runners found that they didn't use nearly the muscle energy one would assume but use gravity and their soft tissue to bounce along! Ernie El's effortless golf swing involves coordination, range of motion and timing more than brute strength. The same holds true of Pete Sampras' serve. And both of these elite athletes use Structural Integration to help them maintain their fluid graceful movement! Other top athletes who use Rolwing include Michelle Kwan, Quadry Ishmael, Charles Barkley and many, many others.

In Rolwing clients are encouraged to explore their patterns of movement and find effortless support and fluid graceful movement. Our goal is to release the chronic tension and pain in the body and educate our clients on how to allow their bodies to maintain themselves by understanding how gravity can be a partner that helps the whole body stay healthy and energetic.

Boundless Energy!

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

Boundless energy! You already have it. It's true!

"But wait a minute!" you exclaim, "I don't have boundless energy. I'm tired!"

The fact is, all of us are blessed with all the energy we will ever want or need. Everything in life: energy, health, happiness, success—everything—comes from within us. It's already there! Whenever we feel a lack of energy, it is because something is interfering with our body's ability to express that energy.

One source of interference is a subluxation in the spine. A subluxation is an area of disharmony in the spine that interferes with the functioning of the nervous system. Your nervous system is a sophisticated, wondrous

web of intelligence! It is the nervous system that your body uses to transmit your vital life energy throughout your body. If there are subluxations in the spine, they can interfere with the flow of energy through the body and make you feel as though you have less energy. Precise Chiropractic Adjustments restore proper functioning of the nervous system, allowing the optimal flow of energy throughout the body. You enjoy more vibrance and energy! It's that simple!

There is no pill, therapy, herb, gizmo, concoction, healer, exercise, diet or anything else that can give you energy. It's true that if you get a good night's sleep, take a nice, relaxing shower, follow it with a great yoga session (or run, or walk, or whatever) and then enjoy a light, healthful breakfast, you will feel energized. But the energy didn't come from outside of you. Those things simply fueled your own physical and spiritual mechanisms that generate your own energy.

Remember, all of the energy you will ever need is already within you. It is yours to bring forth. Always! Chiropractic is one of the most powerful healing arts available to help you express your own vital life energy. Chiropractic Adjustments release your own natural potential for health, vitality and boundless energy!

Dr. Mark Cochran is a Chiropractor with a unique and powerful approach to Chiropractic, health and life. His practice, The Cafe' of Life, is located at 410 Sherman Avenue, Suite 209 (second floor of the Sherman Mall) in downtown Coeur d'Alene. You can reach him at 208-664-6359 or by e-mail at TurnOnLife@juno.com. Check out his web site at www.TurnOnLife.com.

Our 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.

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

UPCOMING EVENTS

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 Puentes 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: \$40 for a four-hour healing workshop, limited to six participants, 11 a.m.- 3 p.m., offered on these Saturdays: 9/21, 10/19, 11/16.

Network Talks: one hour intro to Network offered at no charge, Thursday nights at 6 p.m.: 9/19, 10/3, 10/17, 10/31, 11/14, 11/28.

Cafe of Life, Mark Cochran, Chiropractor. 410 Sherman Avenue, Suite 209, Downtown Cd'A. 208-664-6359.

Take Charge of Your Health! Free lecture offered Mondays at noon and Thursdays at 6:30 PM. Reservations required. Other classes available to your group or organization by special arrangement.

North Idaho College Community Education. Advance registration required. For more information call NIC at 208-769-3333 or Dr. Mark Cochran at 208-664-6359 .

Natural Health Care for Children and Parents-To-Be.

Dr. Mark Cochran. October 23, 7-9 p.m.

New Concepts in Healthcare.

Dr. Mark Cochran. October 9 and 16, 7-9 p.m.

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

You can email our editor, Joel Hall, at revieweditor@earthlink.net.

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

Virginia Ellen, 665-9989

Dentistry

Dr. Curtis Eastin, 667-4844

Feldenkrais Method

Janice Puentes, 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 Puentes, 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

Virginia Ellen, 665-9989

Chris Lovejoy, 667-3813