

Natural Health Resource Review

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Natural Health Resource Alliance

New Member Update

The NHRA has had some exciting growth in the last several months. We'd like to introduce you to some of our new members.

Dr. Elizabeth Hesse is a chiropractor and Spokane's only board certified clinical nutritionist and sports nutrition specialist. She treats a wide variety of health problems by balancing and nurturing the body with supplements, homeopathic remedies, glandulars and diet. She also utilizes energy work and emotional clearing techniques. She is a graduate of EWU and Life Chiropractic College West. She can be reached at (509) 927-7155.

Susan Zajonc is an RN and licensed mental health counselor, also based in Spokane. She graduated from EWU and is a Reiki master. She specializes in Reconnective Healing, which brings a higher and faster vibration to the recipient, allowing healing to take place. This work is based on Dr. Eric Pearl's book entitled The Reconnection. Susan can be reached at (509) 443-1187.

Barbara McDaniel and Susan Mitchell have opened Reiki Healing Arts in Coeur d'Alene (665-5862). Both have extensive training and experience as practitioners and teachers of Reiki.

Charles Lightwalker and Serena

Chinese Kitchen Corner

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

Traditional Chinese medicine refers to arthritic conditions as bi (pronounced "bee") syndromes. Four general categories of such syndromes exist: cold, wind, damp and heat. It is not uncommon for two or three types to occur at the same time. In such instances, choose foods that aid the group as a whole and are not contraindicated for any one type.

Cold type is characterized by sharp, stabbing pain that does not move and is relieved by warmth. Topical treatments would include garlic or ginger, scallion tea, or rice wine. One can also drink scallion tea, consume a shot of rice wine in the evening, drink grape vine tea added to red wine or make tea from parsnip, cinnamon, black pepper and dried ginger. Avoid cold or raw food.

Wind type is characterized by pain that moves around and is not always present. Food remedies for

this type include non-poisonous snake meat, scallions, grapes, grape vine and mulberry vine tea, black beans, most grains and leafy vegetables. Avoid shellfish, meats, sugar, alcohol, smoking and all stimulants like caffeine.

Damp type is characterized by heavy limbs, stiffness, swelling, and dull achey pain. Food recommendations include barley, mung beans, mustard greens, red beans, millet, sweet rice wine with meals, and cornsilk tea. Avoid cold and raw foods and cow dairy products.

Heat type is characterized by swollen, red, hot and painful joints. Eating plenty of fresh fruit and vegetables helps this condition, along with dandelion, cabbage, mung beans, winter melon, and soybean sprouts. Avoid spicy food, alcohol, smoking, and scallions. Topical poultices of crushed dandelion greens can be used (change every 2 hours).

Source: The Tao of Nutrition by Maoshing Ni, Ph.D., C.A. (1994).

Bats of "The Family of Light."

have joined us as well. They offer a wide range of healing arts for their clients. You may contact them in Rathdrum at 687-3885.

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

Glen Erickson brings together a number of bodywork approaches in his practice. His number in Bonners Ferry is 267-2547.

My Personal Battle with Arthritis

Mark Cochran, D.C.
(208) 676-0561

I've been there!

I know the pain. I know the anger and the despair. I know what it's like to hurt so bad that it seems impossible to get out of bed in the morning. I know the frustration of trying everything under the sun- every pill, every natural remedy, every gizmo, exercise and diet- searching for that magic bullet. Trust me, I have been there!

As you can probably tell from the title of this article, I *battled* arthritis. It was a very long, hard battle. But I was a *fighter* and I vowed to win the battle no matter what it took!

Then several years ago I heard something that totally changed my approach:

"You cannot fight darkness, you must turn on light."

You cannot fight disease, you must turn on life!"

Wow! After hearing that and letting it work on me for awhile, I did the most important thing I have ever done.

I stopped fighting!

Does that mean I gave in and decided to "just live with it?" No way! That is not what I mean at all. I simply stopped focusing on the disease, and started focusing on my life! I became concerned with one thing- releasing my own potential.

You see, human beings are designed to be healthy. We are not designed to have arthritis. Our bodies have a powerful life force that allows us to heal and be healthy. As a doctor I never focus on what is *wrong* with a person; I take care of what is *right*. My most important message to everybody is, "*You are a being of beauty and perfection!*"

Your body is the gift that allows you to express life. Pain and disease are nothing but *diminished life expression- something* interfering with the flow of life force in your body.

As a chiropractor my objective is very simple. I locate, analyze and adjust *subluxations* in the spine. These subluxations can interfere with the functioning of the nervous system, and inhibit the flow of life force within your body. Chiropractic adjustments remove the source of interference and maximize your life expression!

Chiropractic is not a cure for arthritis. (Neither are drugs or surgery). Chiropractic releases your own *natural* potential for vibrant health. It is that simple!

Today I have no problems at all with arthritis. I am healthy, very active and rarely experience any pain at all. So, what do I do to keep healthy? First of all, I never take any drugs of any kind. I do not even take any vitamin or herbal supplements. I eat a very healthy diet with as many fresh, whole foods as possible. I stay active with things such as hiking, walking, cross country skiing and biking. I practice yoga. And most importantly, I have regular chiropractic adjustments to maximize my life expression

Empower yourself with chiropractic!

Dr. Mark Cochran is a chiropractor with a unique and empowering approach to chiropractic, health and life. He is available for free consultations in person or over the telephone. His practice, The Café 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 email at

TurnOnLife@juno.com. Check out his web site:

www.TurnOnLife.com.

Easing Arthritis Pain Through Therapeutic Massage

Cathy Kraus, LMT
(208) 676-0561

As we age, almost all of us can expect to feel the discomfort and pain caused by arthritis. Arthritis is an inflammatory and degenerative disease of the joints. Arthritis is often quite painful, may cause swelling, and may cause a reduction of function and loss of mobility in the affected joints. Many people take medication to ease the pain, and along with pharmaceuticals, many are turning to the ancient healing therapy of massage to help ease the discomfort. Therapeutic massage can help in many ways. On a chemical level, massage on a regular basis causes the body to release pain relieving substances- endorphins and serotonin, at a higher level, and also reduces the amount of stress hormones that are released (often higher as a response to pain). On the physical level, certain types of massage cause the joints to make more synovial fluid, the natural "oil" that lubricates our joints, allowing for more flexible and pain-free movement. Massage on the affected joint's surrounding muscles, ligaments and tendons can also help to relieve pain and spasms that may be caused by the arthritic condition. Massage also enhances the body's circulation, increasing the oxygen and nutrients to muscles and joints.

"Lymph" massage can help relieve the swelling caused by some types of massage by gently coaxing the lymph fluids out of the spaces between the cells and back into normal circulation routes. Massage is also deeply relaxing and creates better sleep patterns, something that is critical to helping the body make repairs as we sleep. Today, many physicians are referring their patients for therapeutic massage to help treat the symptoms of arthritis.

Arthritis in the Big Picture of Your Health

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

Arthritis can be a terrible, crippling, and painful disease. Did you know that by the time most folks reach age 50, they have some joint space alteration? And yet pain and suffering cannot be predicted by what is seen on an x-ray. Someone may have incredible disruption of their joints and yet have no pain, another may have “normal” diagnostic images and be in excruciating pain. Amazingly, some practitioners tell their patients that the pain is not real just because no abnormal findings show up in their lab tests. I believe it is a problem when the doctor determines that you are ill just because of your films or labs, or that you are healthy just because you have no symptoms. These may indicate whether you have a disease or not, but they have little to do with whether or not you are healthy.

People spend fortunes and lifetimes attempting to control disease. Treatments, including drugs, can have adverse effects. A reported 15,000 deaths a year are caused by “safe” drugs such as aspirin and ibuprofen. The journals of the medical professions report large numbers of injuries and deaths resulting from procedures fashioned to treat and eliminate symptoms. The U.S. spends more per capita on health care than any other country in the world, and yet the health of our citizens rates poorly. It is not my intention to discount the pain and suffering many know, but to put it into a perspective of a bigger picture of how our health is more than a physical encounter.

Your perception of your symptom and your concern changes how you are affected. If someone has a fear about being constricted, of not being able to breath easily, you can imagine that they’ll have

more of a reaction to any physical restriction than someone without that concern. Your experience of your life can change significantly when you feel the ease of your breath.

Obviously we need a new model of health. We can not afford our current system of disease care, and more than ever, we need one that works.

This is a bit of my vision of how that new model would look. Health would be a lifetime focus, people would proactively make choices that support their health and their happiness. I could go a skilled practitioner for enhancement of my health before I had something “wrong” with me. It is so much easier and more effective to work with someone when they are aware of the subtle signals that it is time to make changes for the future than when their body requires immediate change just to survive. The doctor must be much more aggressive when survival is at stake, this leads to expensive, dangerous treatments, which leads to too common injury and death, injuries lead to more treatment and potential legal action, both of which raise costs even more, tying up scarce resources, and in the end has everything to do with disease and little to do with health. It is important to have options available, there are times when those invasive interventions are appropriate, but we mustn’t confuse them with an individual’s strategies of health.

Our studies of Network Care show that someone who is aware of the difference between their symptom and their concern about the symptom will generally be more proactive for their health and not act as aggressively against the symptom. They are making choices of what they want and what supports them in their life, much different from preventive health (making choices focused on quitting what is bad for you, based on an someone else’s opinion).

Isn’t there more to life than our lab tests, a diagnosis of what’s wrong with you, and a treatment to fix it? Health does not come in a pill, nor from any

treatment for a disease. At best, these will get us back to the place in which the disease developed. Health is an all encompassing expression of life (physical, emotional, psychological, and spiritual), not merely the lack of a disease or a symptom. From this foundation, a superficial treatment for a symptom is no longer enough. Has it ever been enough? Don’t you want more? You deserve more than this!

Symptoms can be physical anchors to our concerns in life, the opportunity to delve deeper into who we really are as human beings (mothers, sons, friends, sisters, husbands). A hallmark of Network Care is that our clients come to a realization that their concerns are linked to a loss or a fear in their life, and this may be initiated through some physical awareness or symptom. My approach with Network helps people make this life connection between previously unconnected events, and actually use the symptom as the key to unlock their healing. The symptom becomes a blessing that inspires their healing. This healing may or may not change the physical symptom, but most believe it is more beneficial to them for me to assist them in aligning their life with their purpose than ridding them of the motivation they have to do so. More important than fixing your past traumas is using them to fuel new strategies to meet future challenges with grace.

Our primary relationship in this life is with our body. We often treat our bodies with disdain and judgment that we’d never accept from a friend. Our diseases are not curses, but part of the landscape along our journey to who we really are. It is an exquisite life, I invite you to live it.

Dr. Joel R. Hall is available for consultations and appointments for people of all ages. Joel has studied Network Care for eleven years and has been a facilitator at numerous international Network seminars for the last six years.

UPCOMING EVENTS

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

Somato Respiratory Integration (SRI) healing workshops: \$40 for a four-hour healing workshop of connecting to inner rhythms, limited to six participants, 11 a.m.- 3 p.m., offered on these Saturdays: 3/15, 4/19, 5/17.

Network Talks: one hour intro to Network offered at no charge, Thursday nights at 6 p.m.: 3/20, 4/3, 4/17, 5/1, 5/15, 5/29.

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

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

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.

Reiki Healing Arts, 1620 B Northwest Blvd., Suite 103, Cd'A. Call 665-5862 for registration and information.

First Degree Reiki Class with Susan Mitchell: April 4, 5, & 6.

Friday 7- 9 p.m., Saturday 9:30 a.m.- 4:30 p.m., Sunday 1:00 p.m.- 5:00 p.m.

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

Free Wellness Seminars offered Mondays at noon and Thursdays at 6:30 p.m. Reservations required. Other seminars available to your group 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.

A New Vision in Health Care. April 10 and 17, 7-9 PM, July 24 and 31, 7-9 PM

Natural Health Care for Kids and Pregnant Moms. April 16, 7-9 PM, August 7, 7-9 PM

NHRA Practitioner's Directory

The Natural Health Resource Alliance (NHRA)

was formed to bring practitioners of holistic and 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.

Acupressure

Cathy Kraus, 676-0561

Acupuncture

Dr. Barbara Boss, 659-9697

Bach Flower Essences

Sue Denton, 667-3516

Chiropractic

Dr. Mark Cochran, 664-6359

Dr. Joel R. Hall, 665-2078

Dr. Elizabeth Hesse, (509) 927-7155

Dr. Lucia Thompson, 667-7514

Counseling

Jeffrey Douglass, 667-8387

Virginia Ellen, 665-9989

Charles Lightwalker, 687-3885

Susan Zajonc, (509) 443-1187

Dentistry

Dr. Curtis Eastin, 667-4844

Feldenkrais Method

Janice Puente, 664-3994

Herbal Medicine

Dr. Barbara Boss, 659-9697

Holistic Kinesiology

Debbie Markley, 765-0678

Holographic Structural Alignment

Glen J. Erickson, 267-2547

Hypnotherapy

Marjorie Snelling-Carter, 664-5529

Immunotherapy

John Hyatt, 667-6741

Massage Therapy

Serena Bats, 687-3885

Naomi Brown, 676-8147

Victoria Dickinson, 667-5702

Lorrie Downs-Cary, 667-3813

Glen J. Erickson, 267-2547

Pearl Ko Fleck, 765-0678

Cathy Kraus, 676-0561

Chris Lovejoy, 667-3813

Medical Intuitive

Virginia Ellen, 665-9989

Charles Lightwalker, 667-1378

Myofascial Release/

Craniosacral Therapy

Greg Bishop, 659-7303

Lorrie Downs-Cary, 667-3813

Janice Puente, 664-3994

Virginia Taft, 664-2901

Naturopathy

Dr. Curtis Eastin, 667-4844

Dr. Todd Schlapfer, 664-1644

Neurodevelopment

John Hyatt, 667-6741

Network Care/Network Spinal Analysis

Dr. Joel R. Hall, 665-2078

Reflexology and Magnetics

Leslie Custer, 765-5726

Reiki/Healing Touch

Serena Bats, 687-3885

Sue Denton, 667-3516

Pearl Ko Fleck, 765-0678

Barbara McDaniel, 665-5862

Susan Mitchell, 665-5862

Rolfing

Greg Bishop, 659-7303

Tai Chi

Karl-Eric Andreasson, 769-5914

Yoga

Chris Lovejoy, 667-3813

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