

Natural Health Resource Review

Summer 2003 Volume 4, Issue 2

Natural Health Resource Alliance

Chiropractic? For Insomnia?!

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

Can chiropractic help someone with insomnia? Yes!

In my practice, I have had people report that after they start having their spines adjusted their sleep patterns become more regular and their sleep is more restful. I find this to be especially true for children.

Chiropractic is not a "cure" for insomnia. In fact, chiropractic is not a cure for anything. Chiropractic simply facilitates the proper functioning of your nervous system and a free flow of life force, allowing all aspects of your being to work to their optimum potential.

Everything in your body, including sleep, is regulated by a powerful and vibrant life force that flows within you. Your nervous system is a magnificent web of intelligence between your brain and body and is a very important conduit for the flow of life force. "Subluxations" in your spine interfere with the functioning of your nervous system and the flow of your life force. Old layers of stress can also be stored in your spine. All of these layers of stress "lock up" some of your life force. Nerve interference and old layers of stress limit your potential and can lead to pain and disease- even insomnia. Chiropractic adjustments remove nerve interference and help you to integrate these old stresses, making the life force available to you once again.

Chinese Kitchen Corner

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

In Oriental medical terms, sleep depends on the levels of blood and yin in the body. Difficulty sleeping is a very common problem, and it is especially common in menopausal women. The Chinese divide insomnia into various categories and accordingly treat each differently. The first category is difficulty falling asleep, usually attributed to a deficiency of heart blood. The second category is waking up early and not being able to fall back asleep. This is recognized as a gall bladder deficiency. A third category involves waking up many times during the night and is seen as a kidney yin deficiency. The post-menopausal woman may have a condition referred to as kidney and heart not harmonized, which would be treated by a combination of herbs called Emperor's Tea. To some

extent, it is normal to wake early as we age, since qi and blood both decline as we grow older.

The following is a list of food remedies for the menopausal woman. There are four porridge recipes. One can cook black beans with the rice and eat it twice daily or add dried Albizzia flowers and brown sugar to the rice porridge and eat it warm 1 hour before bed. One can also roast sesame seeds and add them to the basic rice porridge for breakfast or add walnuts, lotus seeds and sunflower seeds to the basic rice recipe. Steaming chicken with lycii berries and yam, making tea from chrysanthemum and cassia seeds (drink 3 times daily) or stewing millet with lamb, mulberries and lycii fruit are other options to ease menopausal symptoms.

Sources: The Tao of Nutrition by Maoshing Ni, Ph.D., C.A. (1994); The Book of Jook by Bob Flaws (1995).

Remember: nature designed you to be healthy and vibrant- and to sleep well. You absolutely have that potential. Chiropractic helps you maximize your own natural potential for vibrant health.

Sleep well.

Dr. Mark Cochran is a chiropractor with a unique and empowering approach to chiropractic, health and life. He is available for free consultations in

Visit our Web site

www.geocities.com/cdanhra

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.

Deeper More Restful Sleep Through Rolfing®

Greg Bishop
(208) 659-7303

One of the many benefits of Rolfing Structural and Movement Integration is better sleep. Most clients come to Rolfing for other reasons and find that their sleep patterns improve. For some this means staying asleep longer because they are more comfortable in bed. For others it can mean getting a more restful sleep in a shorter amount of time.

Structurally, if our muscles don't have the room to lengthen and relax no amount of relaxation therapy and/or drugs can create the space they need. Imagine trying to sleep in a box that is one inch too short and one inch too narrow. Could you relax? Of course you couldn't. Every single muscle fiber in your body is surrounded with fascia. If the fascia is shortened due to poor posture or injury your muscles can never relax completely. If your muscles can never relax the tissue around them shortens even more creating less space for muscles to lengthen. It's a terrible cycle. Rolfing can lengthen the fascia allowing the muscles to lengthen and rest. The space created in and around the muscles also allows the body to process the waste products produced in muscle fibers, a natural cycle that is required to rejuvenate the muscle tissue.

If you have chronic stress that you are unable to let "move through," it gets stored in your soft tissue. Chronic stress means chronic tension in muscles that are meant to move and then rest. The muscles get stuck in a chronically hypertonic state. It's like a never-ending isometric exercise. The nervous system can also begin to see this chronic tension as normal, driving tonal base values higher and higher. In Rolfing we work with the nervous system as well as the soft tissue.

We are like great big, very complex "filters." When we are stressed emotionally and can't allow the stress to "pass through" our body holds on to the stress in our soft tissue. Rolfing can help you let go of that stored stress.

For chronic pain sufferers just being out of pain improves their ability to sleep. Length and balance in the body's soft tissue allows pain free and open movement. Easier movement also allows us to get the exercise your body needs to be healthy and rest.

Rolf Movement is a method of exploring, in a very deep and profound way, our holding patterns and discovering how to let go of chronic tension. Most of us hold ourselves up and together with tension that is unneeded and unhealthy. In Rolf Movement clients and practitioner explore ways to discover free and graceful movement as we sit, stand, walk and even breathe. In Rolf Movement, clients learn to use "tools" that can help them find relaxed effortless movement in their everyday lives.

Rolfing Structural Integration can give your body the room to stretch out and rest. Rolf Movement Gives you the tools to hold on to the space!

Sweet Dreams Through Massage Therapy

Cathy Kraus, L.M.T.
(208) 676-0561

We all know how wonderful and rejuvenated we feel after a good night's sleep. A lot of us also know how terrible we can feel after a night of tossing and turning. What a lot of us don't realize is that, besides feeling poorly after not getting enough sleep, one's health can suffer greatly because of the lack of sleep. People who frequently experience insomnia, and even those who sleep

well but don't get enough hours of quality sleep, tend to have more health problems including diabetes, heart disease, obesity, accelerated aging, and compromised immune systems. This list may be added to as more research is done. Lack of enough good sleep, and the fatigue caused by lack of sleep is epidemic. The health problems listed above are also at epidemic levels, and the high levels may be due in all or part to lack of sleep.

Massage therapy, along with some complementary therapies such as warm water baths, aromatherapy and acupressure can work toward developing good sleep patterns. Massage therapy, done on a regular basis (like exercise), can contribute a great deal towards a good night's sleep. Not only does the massage feel great while you are receiving it: many things are happening on a physiological level that help your body get more quality sleep. Massage can help you learn how to relax-believe it or not, there are many people who don't know how to do this! As your body learns to respond to the massage by relaxing, it will also develop a memory of how to relax. Massage stimulates your body to make fewer stress hormones that can contribute to insomnia and, at the same time, stimulates the body to make more of the substances that help you relax and sleep. Serotonin and endorphins are the body's natural feel good substances and pain killers, and when they are in our body at increased levels we feel and sleep better. In my practice, I offer aromatherapy baths and massage with essential oils that are noted for their relaxing, calming and sleep enhancing properties. There are also acupressure points that may help you achieve a good night's sleep. If you are suffering from insomnia or a general lack of quality sleep, it would really be worth your while to give massage therapy a try-it just might make you live longer!

Energy Kinesiology to Address Insomnia

Debbie Markley, M.S., L.M.P.
(208) 765-0678

There are many natural remedies that can help ensure a good night's sleep. Many of these are designed to reduce the effects of worry and stress, the number one cause of insomnia. They may include relaxation techniques such as meditation and visualization, or massage. A cup of relaxing herbal tea or an aromatherapy soak in the tub before bed may be beneficial. Regular exercise may also be helpful, as well as dietary changes such as avoiding alcohol, caffeine and tobacco before bed. There are times, however, when sleep problems are more severe and these suggestions aren't enough. I found myself in that situation once, when sleep deprivation left me stumbling through my day in a fog. I was desperate for a good night's sleep when I happened to meet a kinesiologist. He was able to determine that my adrenal glands were "out of balance," and precisely which nutrient was needed to bring them back into balance. With supplementation, symptoms improved, and within a short time, I was able sleep normally.

Insomnia can have many underlying causes, and likewise many possible solutions. Kinesiology, which identifies energy disturbances associated with physical, emotional/spiritual, chemical, or electrical imbalances, can be used to determine the best

solution. The imbalances show up as broken energy circuits. Whatever substance or procedure reconnects the circuit will bring the body into homeostasis so that it may heal. Sometimes it's simple -- stress causing an over-energized meridian that can be treated with acupressure or an emotional stress release technique. Other times a particular food or nutrient is causing the body to become over-energized. Again, kinesiology can identify and reverse this response. Kinesiology can also be used to determine if nutritional supplementation, for instance particular vitamins or herbs, would be beneficial. It can also identify if glandular imbalances are contributing to disturbed sleep. For instance, the pineal gland which regulates body rhythms including the sleep cycle, or as in my case, the adrenal glands. The glands may have associated nutritional, emotional/spiritual, structural, and/or electrical imbalances. Kinesiology can be used to determine which balancing modalities would be beneficial.

Bringing the body/mind/spirit into homeostasis so that it may heal conditions such as insomnia often requires a unique combination of balancing procedures. Kinesiology is an ideal tool for determining which procedures would be beneficial. I will never suffer from insomnia again!

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

Sleeping Problems?

John Hyatt
(208) 667-6741

Sleeping problems or disorders are a widespread problem, affecting approximately one third of adult Americans during the course of a year. Nine percent to 15% of all people with sleeping problems regard their problem as being severe; it is probably these people who have chronic problems. Approximately 200,000 vehicle crashes occur each year because of drivers' excessive sleepiness. Excessive daytime sleepiness also produces impaired learning and cognition and has been implicated in the occurrence of major catastrophes, such as the Three Mile Island Meltdown (1979), the erroneous launch of the Challenger space shuttle (1986), and the grounding of the Exxon Valdez (1989).

The causes of sleeping problems range from the simple to the very complex. Simply defined, sleeping disorders/problems are the complaint of inadequate sleep quantity and/or quality. They can be from environmental issues such as sensitivity to noises or nutritional issues, such as not getting enough B vitamins. Stress and emotional or spiritual issues can also be causes. Neuropathologies such as from an accident (minor traumatic brain injury), viruses, genetics, etc. are causes that can be identified and corrected. Sleeping disorders can include: difficulty waking in

continued on page 4, column 1

continued from page 3, column 3

morning, not being rested after sleep, frequent waking during the night, sleeping too much, snoring or apnea, night sweats, difficulty falling asleep, physically restless sleep, nightmares (bad dreams), bruxism, restless leg syndrome, menopausal hot flashes during sleep, night terrors, sleep walking or talking, narcolepsy, enuresis (bed-wetting), too busy to go to sleep and others.

Sleeping disorders can sometimes force you (out of necessity for sleep) to deal with them quickly. Your options on dealing with them have been very limited until now. Those options were: one, go to a physician and see if they can find out what is causing the problem and take what they recommend to treat it (they usually have no idea what is causing it and almost always recommend DRUGS); two, LIVE WITH IT and pray it goes away; three, self-medicate with what you can find in "over-the-counter" medication and supplements; and lastly, seek some other "alternative" source for help in finding out what is causing the disorder, and hope to correct it.

We, at The High Performance Shop, have good news! These problems and many others can be corrected! We use the latest in neurological technology that is proven to be the best in noninvasive testing and a Life Energy Kinesiological examination to determine the cause or causes of these disorders. Our comprehensive testing can really pinpoint the

cause(s) of these disorders. Once we know its cause, we can then determine what type of therapy is best used to correct it. We have helped people with chronic bed-wetting, who for years and years had wet the bed: after about 10-15 sessions, complete remission was achieved. With changes like that you have one happy child and ecstatic parents. Bed-wetting is usually NOT a bladder problem, because if it was, it would occur during waking hours. It's a sleeping disorder. Sleeping disorders caused by concussions or blacking out (minor traumatic brain injuries), respond exceeding well to neurofeedback. These, along with most other sleeping problems are of a neurological nature, meaning that a specific area or areas of the brain are not performing their essential functions at the level that is needed. Many times it is the prefrontal cortex of the brain that is not receiving enough blood flow to be performing at an optimal level. The prefrontal cortex is the area of the brain that regulates arousal, amongst many other duties. If it is not performing its necessary functions optimally then there are problems, such as sleeping problems. Many times sleeping problems are the indications of other neurological issues.

I was in a minor car accident in 1993, where I suffered a minor whiplash. After the accident, my sleep patterns changed dramatically. I would take anywhere from 2- 4 hours to fall asleep. I would only sleep 2- 4 hours, continually tossing and

turning the whole time. After about 15 neurofeedback sessions later, I was falling asleep in about 15 minutes and sleeping the whole night through! What the neurofeedback sessions did was allow the blood-flow in the prefrontal cortex of my brain to return to an optimal level, thereby letting that section of the brain work as it is designed to. I was literally exercising the area of my brain that had been bruised. By increasing my brain's activity (in the area that needed it), as displayed by the computerized neurofeedback equipment, more blood flowed to that area of my brain. It is our steadfast belief that we should work with the body and brain, thus letting the brain heal itself, when it is given the opportunity. Therefore, allowing it to perform as it is designed to. "For the life of the flesh is in the Blood!"

At The High Performance Shop, we take the time that is necessary to comprehensively test and evaluate, and then explain our recommendations and teach the patient and/or parents the step-by-step procedures for the therapies that they can do themselves at home. Of the different therapies that we recommend, the neurofeedback therapy is the only therapy that is performed at The High Performance Shop. We are willing to take the time to answer all the questions you may have.

Should you have any questions about correcting sleeping problems or to schedule an appointment for testing, please contact John Hyatt at: (208) 667-6741.

Insomnia and Your Health

Joel R. Hall, D.C.
(208) 699-7986

Our amazing bodies respond wisely to our perception of our environment. This includes relaxation and sleep at night, restful digestion after a meal, and fight or flight when we perceive a threat. Each is healthy when appropriate in its time and function, and may result in disease when it's not.

You may lose your natural rhythms when you react to something other than what's really happening, often through prejudging the experience based on what's happened before. Your body's wisdom may use a symptom to bring this disconnection to your attention. Treating the symptom to make it go away without addressing the underlying situation is like putting tape over your car's warning lights and turning up the radio when you hear a rattle under the hood. If your mechanic suggested that, you'd fire him, but it seems to be what we expect of our health care system.

I work with each person towards healthier rhythms in their lives. My clients are very excited when they realize they've accessed new inner resources when faced with a challenge- that with the realization that they were out of a rhythm, they had the ability to reconnect. With gentle contacts on your spine, I help you find safety in your

body, revealing new options, leading to healthier choices, and resulting in healing in your life, not just reducing your symptom. This learning can occur whether you have symptoms or not.

Many in Network Care come to recognize a bigger picture, to know that a symptom is not their life's context, only a portion of its content. In the wellness-illness continuum (as defined by Dr. Donald Epstein, the developer of Network Care), wellness is when a symptom is content- it doesn't rule your experience of life. Illness is when everything is defined through the symptom- when your disease's diagnosis and treatment become the context for your life.

As one moves toward wellness, a symptom moves from being a curse to revealing a treasure. A story to illustrate this- two men got some stones in their shoes as they walked down a path. They walked for some time until the discomfort finally motivated them to stop and do something. One cursed his bad luck as he threw the pebbles away without thought. The other took the time to look at the pebbles, curious about where they had come from and what they were. He found that the source of his annoyance was several nuggets of gold. His "curse" turned out to be his treasure, having only required that he take the time to examine what was creating his

symptom- something that was there whether he looked at it or not, but offered its riches if he did.

Very few things in life are remembered centuries later when the objective was to just get back to where we were before a challenge. The American revolution is an example of taking a challenge and forging something new. George Washington could have just replaced the King of England had he chosen, but he was committed to something new: democratic government. Einstein said that we can not solve a problem from the consciousness that created it. Our challenge, and opportunity, is to take the next step towards wholeness through healing when we feel something we formerly would have just thrown away.

Allow me to help you find those nuggets of your wealth, your health, and your wisdom through your body. I can help you make a shift that you'll remember, and benefit from, the rest of your life. I will assist you in developing habits of success through your body, your breath, and your movement. Insomnia, or any other symptom, can be your reminder to listen, and to heal.

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 699-7986 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: 7/19, 8/16.

Network Talks: one hour intro to Network offered at no charge, Thursday nights at 6 p.m.: 6/26, 7/10, 7/24, 8/7, 8/21.

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 and Barbara McDaniel: July 11, 12, & 13.

Friday 7- 9 p.m., Saturday 9:30 a.m.- 4:30 p.m., Sunday 9:30 a.m.- 12:30 p.m.

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

Free Wellness Seminars offered Mondays at noon and 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. July 24 and 31, 7-9 PM

Natural Health Care for Kids and Pregnant Moms. 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, L.M.T.- 676-0561

Acupuncture

Barbara Boss, Ph. D., L.Ac.- 659-9697

Bach Flower Essences

Sue Denton- 755-6901

Chiropractic

Mark Cochran, D.C.- 664-6359

Joel R. Hall, D.C.- 699-7986

Elizabeth Hesse D.C., C.C.N.- (509) 927-7155

Lucia Thompson, D.C.- 667-7514

Counseling/ Spiritual Growth

Veronika Beck, M.A.- 765-5085

Jeffrey Douglass, M.S.W., C.S.W.- 667-8387

Virginia Ellen- 665-9989

Charles Lightwalker- 687-3885

Laura Watkins, M.A., L.C.P.C.- 762-3979

Susan Zajonc, M.S., R.N.- (509) 443-1187

Dentistry

Curtis Eastin, D.D.S., N.D.- 667-4844

Energy Kinesiology

Debbie Markley, M.S., L.M.P.- 765-0678

Feldenkrais Method

Janice Puente, G.C.F.P.- 664-3994

Herbal Medicine

Barbara Boss, Ph. D., L.Ac.- 659-9697

Anna Vamvakias, (509) 220-1293

Holographic Structural Alignment

Glen J. Erickson- 267-2547

Immunotherapy

John Hyatt- 667-6741

Massage Therapy

Serena Bats- 687 3885

Victoria Dickinson, M.A., L.M.T.- 667-5702

Glen J. Erickson- 267-2547

Pearl Ko Fleck, L.M.T.- 765-0678

Cathy Kraus, L.M.T.- 676-0561

Medical Intuitive

Virginia Ellen- 665-9989

Charles Lightwalker- 667-1378

Myofascial Release/

Craniosacral Therapy

Greg Bishop- 659 7303

Janice Puente, G.C.F.P.- 664-3994

Virginia Taft, O.T., P.T.- 664-2901

Naturopathy

Curtis Eastin, D.D.S., N.D.- 667-4844

Todd Schlapfer, N.D.- 664-1644

Network Care/Network Spinal Analysis

Joel R. Hall, D.C.- 699-7986

Neurodevelopment

John Hyatt- 667-6741

Nutrition

Elizabeth Hesse D.C., C.C.N.- (509) 927-7155

Debbie Markley, L.M.T.- 765-0678

Reiki

Serena Bats- 687-3885

Sue Denton- 755-6901

Pearl Ko Fleck, L.M.T.-765-0678

Barbara McDaniel- 665-5862

Susan Mitchell- 665-5862

Rolfing

Greg Bishop- 659-7303

Tai Chi/ Qi Gong

Karl-Eric Andreasson, Ph.D.- 683-7504

Vibrational Healing

Barbara McDaniel- 665-5862

Susan Mitchell- 665-5862

Susan Zajonc, M.S., R.N.- (509) 443-1187

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