

Complementary Wellness Group

Complementary Wellness is a group of healthcare professionals and businesses whose mission is to facilitate wellness, by facilitating the full complement of healing modalities, in Metro Denver, Boulder County, the US and beyond.

The group publishes:

Printed - Complementary Healing Guides in Metro Denver, Boulder County, New Orleans Metro/Northshore, as well as Complementary Wellness journals.

Online - the monthly 21st Century Wellness eLetter, the Complementary Healing eGuide to more than 100 Complementary Healthcare modalities, and the Wellness eJournal.

Its website also includes: links to high-quality sites, "How to Find a Practitioner and Business," a discussion group, and many other resources.

Qualifications: Member Practitioners and Businesses have passed the following strict qualifications:

Highly recommended by a practitioner member or three non-related clients

- Properly educated in primary modality, with appropriate credentials
Registered or licensed, as available
Housed in suitable space, at home or in an office building

Members are listed at the website - CompWellness.com/members.htm - as well as in the Wellness Practitioner and Business Directory pullout section inside.

To learn more about Complementary Wellness, how to co-publish a book or journal in your city, join the group, ask a question or order home delivery (\$24 per calendar year): visit CompWellness.com, email Kenton@CompWellness.com or call (303)770-4022. Copyright © 2001, Complementary Wellness educational-professional group; Kenton Johnson, Director/Publisher, Josephine Hehnke, Editor; 7645 South Steele Street, Littleton CO 80122.

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Complementary Wellness

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Inaugural Issue

Four years ago, our group issued its first book in the Denver-Boulder area, the Complementary Healing Guide. Almost two years later, we began our online monthly, the 21st Century Wellness eLetter and the associated Wellness eJournal. We are now proud to launch this, our first printed periodical.

As the journal grows in size and distribution, we invite you to participate:

- Give us feedback: email, phone, letter
Visit and participate in our educational website, CompWellness.com
Patronize the Complementary Wellness Members supporting this journal.

Nutrition - what and how much you consume effects how you feel, how long you'll live, and how you deal with illness and disease. It includes healthy foods, supplements and the all-important water.

Attitude - regular exercise of the mind and spirit effects your mental and emotional state. It also integrates your Fitness and Nutrition efforts.

Professional Healthcare - periodic visits to healthcare professionals who assist you to a healthy state as well as customize your evolving wellness plan.

Complementary Wellness is applying this four-part program using the full spectrum of healthcare modalities - Acupressure through Yoga, including conventional Western Medicine.

The goal is for you and your healthcare practitioners to work together on your wellness plan, using the least-aggressive therapies available to treat injuries and illness, and to assist you with recovery and prevention.

Search our site, CompWellness.com, for "Wellness Components"

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Wellness for the 21st Century

Wellness is a state of high-level health that requires a strong effort to reach and a continual effort to maintain.

The result, however, is the best possibility of good health - now and throughout life.

Wellness has four parts:

Fitness - your body needs 20-30 minutes of exercise at least five days per week. About 60% of US adults do not exercise enough and 25% not at all; for US youth, the numbers are 50% and 15%. (See pullout section on Fitness, inside starting on page A1.)



Complementary Wellness Movement

There is a strong movement in Colorado and the rest of the United States. The press, radio, television and the legislature, as well as companies, unions, associations and insurance companies are beginning to understand that Complementary Wellness is equally effective as exclusively conventional medicine for the majority of our health conditions, with the bonus that Complementary Wellness is usually less expensive.

Doors are opening, information is becoming more public and activity is increasing to accelerate this Movement.

In 1997, the Colorado Legislature passed a milestone bill, HB 97-1183,



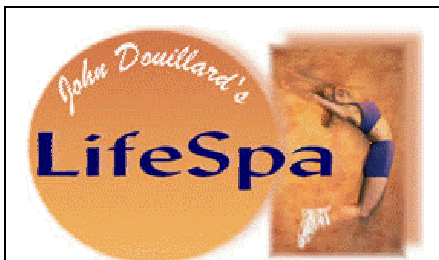
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called the *Alternative Medicine* bill. It allows MDs to practice Complementary Wellness modalities *without* worrying about disciplinary actions by the Colorado Medical Board, solely on the grounds that the MD practices Complementary Medicine. Historically, medical boards in all states have taken aggressive action against MDs practicing outside conventional *standards of practice*.

With that legal worry behind, MDs can not only practice complementary modalities, but feel more comfortable discussing and recommending complementary modalities to their patients. It will take some time to see a major change in the attitudes and practices of MDs, but now the door is open. This creates several opportunities on which we can all capitalize:

- ◆ More cooperation between the conventional medical community – MDs, nurses, physical therapists, clinics, hospitals and their journals – and the Complementary Wellness community.

- ◆ More wellness programs implemented in small, medium and large organizations – corporations, unions, associations, school districts and family businesses – which combine conventional and complementary modalities for prevention and cure.

- ◆ Reduced healthcare costs.
- ◆ More insurance coverage for complementary modalities
- ◆ Creative insurance plans covering *conventional* medicine at much lower rates – initially with higher deductibles and co-payments – leaving 50%-60% of normal insurance outlay available for using Complementary Wellness modalities.

See complete article at the *eGuide*:
CompWellness.com/eGuide/intro.htm.

See our online *Wellness eJournal* and
Complementary Healing eGuide.

Calendar

"**Group Breath**," February 24, April 28, June 23, 10am-12:30pm, Raintree Plaza

Continued on page 3

Hotel & Conference Center, Longmont. Tom Goode, ND, leads stress-resolving and energizing Full Wave Breathing workshops. Tuition is \$20; wear loose comfortable clothing; bring a blanket and pillow. RSVP: 303-444-8606.

Inspired Parenting, February 28th, Boulder Bookstore, 1107 Pearl, 7:30pm, 303-447-2074; March 29th, Englewood Borders, 9515 County Line Road, 7:30pm, 303-708-1743. Dr Caron Goode, EdD, will sign her latest book, *Nurture Your Child's Gift: Inspired Parenting*, which describes recent mindbody advances from medicine, sports, psychology and education for developing children's self-esteem, empowerment and wholeness. Contact: 303-444-8606.

"**You are What You Digest**," March 6th, 7pm, Green Mountain Vitamin Cottage Meeting Hall, 12612 West Alameda, Lakewood, Jolie Martin Root, CN: co-author, radio host (VitalCast.com) and contributing web editor at Alternative-Medicine.com. No charge; 303-986-4600 extension 118.

"**Insomnia? Sleep like a Log**," March 19th, 7pm, Green Mountain Vitamin Cottage Meeting Hall, 12612 West Alameda, Lakewood, Jen Allbritton, CN, at Vitamin Cottage. Gift Certificate give-away. No charge; 303-986-4600 x118.

"**Trade Secrets**," March 26th, PBS. Bill Moyers and producer Sherry Jones uncover how our health is put at risk in a groundbreaking investigative report on the chemical industry. See PBS.org.

"**Nature's Virus Killers: Power, Control and Fighting Back**," March 27th, 7pm, Green Mountain Vitamin Cottage Meeting Hall, 12612 West Alameda, Lakewood, Mark Stengler, Naturopathic Doctor, lecturer and author at TheNaturalPhysician.com. No charge; 303-986-4600 x118.

Cooking Classes, Ayurveda CEUs and **Chef's Collaboratives**, Denver and Boulder. Call 303-447-9894 or see **Classes** at TheBalancedApproach.com.

"**It Doesn't Have to Hurt**" Free Lecture/Demo, Denver, 7pm. Call 303-237-1142 or visit Body-Awareness.com/intro.htm.

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♦ Location & Access – convenient to where you work or live, adequate parking available, fitness professional training available in your home

♦ Facility & Equipment (club) – clean and well maintained with enough equipment and space, not overcrowded at the time that you would be using it

♦ Programs & Services – offers the expertise, programs and services for you to achieve your fitness goals

♦ Operational Standards – abide by any set of recognized regulations, standards or guidelines that are accepted as baseline operational standards in the industry. If so, what are they?

♦ Certifications – have CPR certification and appropriate educational backgrounds and/or fitness certifications from nationally recognized certifying bodies? Is the Fitness Professional Accredited?

♦ New Member Orientation – club orientation or pre-exercise health screen for risk factors, instruction in how to use the equipment and assistance with designing a specific fitness program

♦ Contracts – examine carefully, make sure you understand everything and that any additional agreements are specified in writing.

♦ References – talk to current members, the Better Business Bureau and the consumer protection department of the local District Attorney's Office to see if there are any complaints

To see the full article, Search for [Choosing Quality](#) at [CompWellness.com](#).

Patrick Pine is the Founder and President of the NFTA. He has a Master's Degree in Physical Education and more than 30 years of experience in the health and fitness industry: teaching, coaching, recreational and wellness director, club owner/manager and consultant. Thanks to Patrick, NFTA Accreditation says that the club, its staff or the individual is professional, safe and meets the highest standards in the fitness industry. Visit NFTA.org for lists of Accredited Fitness Facilities and Professionals.

Pullout Section

Fitness

This pullout section is the first of many for the *Complementary Wellness* journal. As one of the four components of wellness described on page 1 in this issue, *Fitness* is vital to the functioning of your body and the support of your *Nutrition and Attitude*.

Search our site, CompWellness.com, for "Wellness Components"

The Forgotten Component of Complementary Medicine

by Glenn Streeter,
Medical Fitness Services

William was diagnosed six months ago with an inoperable lumbar tumor, and had blood work problems and liver challenges. Eschewing the recommended chemotherapy and radiation treatments for five months of consistent exercise, nutrition, bodywork and cleansing, his tumor is now one-third its original size, and his blood work is nearly within normal limits in every category! He is an inspiration and example of taking charge of one's health, choosing one's own healing path.

I share this story to illustrate the possibilities for using complementary forms of medicine with positive outcomes. The rapid growth of complementary wellness in the last five years is a vivid example of the desire for educated consumers to choose the most efficacious path for their healing journey.

With the myriad choices available, it can be a daunting task to educate oneself on every modality from Acupuncture to Homeopathy to Naturopathy! These modalities are examples of powerful tools in the healing process, along with hundreds of others.¹ However, these are mainly *passive* processes where the patient is reliant on the practitioner.

What is missing in most programs is the *active* component: movement patterns that are utilized to create dramatic



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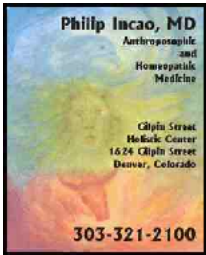


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systemic and cardiovascular changes. This reduces or eliminates sensory motor amnesia,² a universal challenge to all of us whereby we lose the ability to contract our muscles when we want to or need to. This amnesia is a major contributor to back and other orthopedic problems, fat gain, inability to process toxins, and *all* sedentary diseases.

The logical, desirable net result of any relationship with a practitioner is an increase in function! The passive modalities are optimally utilized when they are a component of the healing process, not the end. We optimize our care when we visit practitioners skilled in the passive modes, then visit a qualified fitness professional to improve our strength, endurance and functionality through the appropriate movement patterns.

Examples of the most common movement patterns, compared to the major passive complementary modalities:

Active:

- ♦ Bodywork (facilitated stretching and PNF³)
- ♦ Yoga and Tai Chi
- ♦ Aquatics
- ♦ Weighted resistance
- ♦ Rhythmic cardiovascular activity
- ♦ Explosive training (plyometrics)
- ♦ Sports participation


Passive:

- ♦ Bodywork (certain forms)
- ♦ Chiropractic
- ♦ Acupuncture
- ♦ Naturopathy
- ♦ Herbology
- ♦ Osteopathy
- ♦ Aromatherapy
- ♦ Homeopathy

I do not mean to discount the passive modalities in any way, but they usually have a specific symptom indication. However exercise, appropriately prescribed, is valuable for everyone.

While many conventional and complementary practitioners argue over the best modality for a given symptom or the particular scientific method used to arrive at a conclusion, let's not lose sight of the glorious simplicity and medical value of just *moving*. In addition to positive physiological changes, are improved

Continued on page A3



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immune function, insulin sensitivity, caloric expenditure, mood, well being and sleep patterns.

In conclusion, the conscious and subconscious ability to contract any muscle fiber in the body, at any given instant, is the definition of optimum function. This ability may be compromised by injury, surgery or a sedentary lifestyle. To counteract what we call sensory motor amnesia,² employ qualified, degreed, certified, nationally-accredited fitness professionals (such as at NFTA.org) who will:

- ♦ Begin with a fitness, nutrition and structural assessment
- ♦ Understand the medical implications of injuries and rehabilitation,
- ♦ Cultivate a relationship with other practitioners
- ♦ Operate on the treatment team within his or her scope of practice.

Glenn Streeter, ATC, CES, AFP, is a leading Medical Fitness Professional in the Denver area. He has met the highest standards in the fitness community by becoming accredited by the National Fitness Therapy Association (NFTA). For sincere and compassionate care, contact Glenn at Medical Fitness Services, (303)528-6729, MedFit4u@hotmail.com or his site MedFit4u.com.

¹Let us know your story of how Complementary modalities have helped you.

²Somatics, by Thomas Hanna

³PNF is Proprioceptive Neuromuscular Facilitation

Guidelines for Selecting a Health and Fitness Club or a Fitness Professional

by Patrick Pine, National Fitness Therapy Association (NFTA)

Congratulations! You've decided to start an fitness program. In doing so, you will be joining a growing segment of the population who want to gain more control over their health and well-being via with Fitness component of wellness.


This is your guide to selecting a health

Mary Ellen Metke,
MAc, DiplAc
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- ◆ Highly recommended by a Member or three non-related clients
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- ◆ Properly educated in primary modality, with appropriate credentials
- ◆ Housed in suitable space

Members' emails and websites are listed in the [Members List](#) at CompWellness.com

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Bill Goodrich, PhD .. Creative Technology Group .. Englewood 80111 .. (303)488-9649x127

Tom Dotz, Executive Director .. NLP Comprehensive .. Lakewood 80228 .. (303)940-8888

Neuromuscular Therapy

Donna Formell, CMT, CNMT .. Evergreen 80439 .. (303)674-4870

Dona Leiper, BS, RN, CNMT .. Lakewood 80215 .. (303)238-7833

Nursing

Miki Jain, RN .. Golden 80401 .. (303)526-2891

Nutrition

Jennifer Workman, MS, RD .. The Balanced Approach .. Boulder 80304 .. (303)447-9484

Also: Ayurveda | Cooking | Training

Diana Bright, MS, RD .. Golden 80401 .. (303)274-6743

Philip Young, MD .. Greeley 80631 .. (970)352-6278

Toni Muscatello, RN, CMT .. Manetech .. Westminster 80234 .. (303)404-9211

Osteopathic Medicine

Harold Magoun, DO, FAAO, DOEd (Hon) .. Greenwood Village 80111 .. (303)694-1970

PACE

Eleanor Alden, LCSW .. Processing and Cognitive Education .. Denver 80246 .. (303)753-8810

Parenting

Caron Goode, EdD .. Inspired Parenting .. Boulder 80302 .. (303)444-8606

Personal Coaching

Angela Hart, PhD .. Littleton 80125 .. (303)948-1130

Also: Coaches | Creative Process Healing | Ear Candling | Energy Therapies | Meditation | Reflexology | Spiritual Counseling | Voice Therapy

Pilates-Based Therapy

Amy Alpers & Rachel Segel .. The Pilates Center .. Boulder 80303 .. (303)494-3400

Also: Craniosacral Therapy | Deep Tissue Massage | Lymph Drainage | Massage Therapy | Neuromuscular Therapy | Rehabilitation | Training

Polarity Therapy

John Chitty, RPP .. Polarity Center of Colorado .. Boulder 80304 .. (303)443-9847

Products

Merlin Yockstick, Owner .. MerlinWater .. Boulder 80302 .. (303)444-4420

David Tenenbaum, President .. Rocky Mountain Spice Company .. Denver 80216 .. (303)308-8066

Also: Nutrition

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