

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:

- ◆ In print – *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 met 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 –

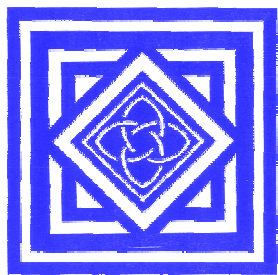
CompWellness.com/members.htm – as well as in the *Wellness Practitioner and Business Directory* pullout section inside.

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. (ISBN for entire volume.)

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Complementary Wellness™

Denver-Boulder Journal: Complementary, Alternative, Holistic and Integrative Wellness

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Complementary Wellness Educational-Professional Group

March-April 2001

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Nutrition Tips

Jennifer Workman, RD & Philip Incao, MD

The following tips should help whether you are a competitive athlete, battling a medical problem, or endeavoring to increase energy or manage weight.

See more and expanded tips at CompWellness.com – search for **Nutrition Wellness Components**.

Ms. Workman's Recommendations:

Eat real food. Go for quality instead of quantity. Go for tasty, as well. Make sure all six of the following flavors are present: sweet, sour, salty, pungent, bitter and astringent.

Eat your main meal at lunch. Your digestive fire is strongest and the body is best set up to digest most efficiently between 10am and 2pm. Have a late-afternoon snack with a little protein, then a light dinner – soups and veggies.

Gas and bloating are not normal – it is your body saying that you are eating something that is not easily digested.

Alternate your grains. Wheat and many of the other gluten grains once every four or five days is probably OK for most. Rice is much easier to digest and is less allergenic.

Drink enough water: one-half ounce plain water per pound of body weight.

Beverages containing sodium or alcohol increase your need for water.

Dr. Incao's Recommendations:

Fresher, more organic and simpler is best for all foods.

Timing foods. Digestion and bodies work better by eating richer and heavier proteins and fat foods before 3 PM, and fruits and sweets afterwards. Vegetables and grains can be eaten most anytime.

Beverages. Vegetable juices are rich, alive, powerful and better than any supplement or vitamin in pill or powder form.

Breads. Rye is preferred to wheat; sourdough is preferred to yeast.

Cereals[grains]: miller, oatmeal and oat groats, brown and wild rice, barley, unroasted buckwheat groats, spelt and bulghur wheat, or tabouli.

Eggs: sparingly before 3 PM

Fruits: fresh, organic; unsulfured dried fruits are better stewed or cooked.

Sprouts: sunflower, broccoli, fenu-greek, radish, garlic, clover, buckwheat and wheat are good.

Meats: fish, chicken or turkey – broiled or baked – eaten sparingly.

Soy and Legumes. Soy is best fermented – miso and tempeh. Soy and other legumes, such as lentils, beans and peas, can replace animal protein. Use tofu sparingly.

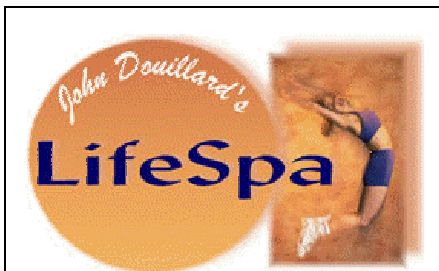
Oils: butter and virgin olive oil.

Seeds: sunflower, pumpkin, sesame, chia and flax.

Seasonings:

chives, garlic, parsley, bay, basil, sage, thyme, kelp, and vegetable seasonings.





Wild Oats Wellness Center
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Sweets: raw honey – not over one-half teaspoon daily.

Jennifer Workman owns and operates *The Balanced Approach*.™ Visit her website, TheBalancedApproach.com, or call (303)447-9484.

Dr Philip Incao has a busy general practice of Anthroposophic Medicine, lecturing around the country. Visit his page, CompWellness.com/mp/incaop.htm, or call (303)321-2100.

For more on **Nutrition**, see the ivory **Pullout Section**, page A1.

Denver-Boulder Wellness Sites

The Denver-Boulder area boasts not only a very active, health-oriented populace, several area organizations have built excellent Internet websites for both local and national users:

Citizens for Health Natural Health (www.Citizens.org): nonprofit, grassroots, consumer advocacy group working to empower individuals to make informed health choices.

Health Net (ColoradoHealthNet.org): comprehensive information on 23 chronic illnesses, holistic therapies, health insurance, pharmaceutical drugs, food safety, women's issues, children's issues, general health library, their school health projects and a news ticker archive.

Associated Bodywork and Massage Professionals (ABMP.com): association to provide massage, bodywork and somatic therapy practitioners with professional services, information, public & regulatory advocacy and a *directory*.

Institute for Integrated Aromatherapy (Aroma-RN.com): five-part diploma program to learn multi-disciplinary methods to optimize holistic healing with aromatic and other botanical molecules, as well as the basics in vibrational healing. Includes a Holistic Nursing Forum.

Professional Trainers Network of America (PTNA.ckt2.com): "A national network of Accredited Fitness Professionals (AFP) in post-rehab fitness therapy."

Continued on page 3



The Pilates Center

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ThePilatesCenter.com

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Deep Tissue Massage ♦ Lymph Drainage
Neuromuscular Therapy ♦ Training

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In future issues, we will showcase other local websites. Click the **Resources** button at CompWellness.com for both local and national sites.

Calendar

Group Meditation, Fridays, April 6, 20; May 25; June 1, 15, 29; July 13, 27, 6:30pm-8:30pm, Denver. Evelyn Altman, RN, will guide or facilitate a meditation, then discussion and sharing. Donations appreciated; classes in Qi Gong and Therapeutic Touch also available for a reasonable fee. RSVP: 720-854-1725.

Therapeutic Dances, April 17th, May 15th, June 19th, 7:00-8:30 pm; Integrative Health Center, Highlands Ranch. "Ecstatic Dance," by Donna Aazura, Certified Breathwork Facilitator, is a contemporary expression of an ancient practice that is a way of healing body, mind and soul. \$20. RSVP: 720-217-5032.

"Group Breath," April 28 and June 23, 10am-12:30pm, Raintree Plaza Hotel & Conference Center, Longmont. Tom Goode, ND, leads stress-resolving and energizing Full Wave Breathing workshops. \$20. RSVP: 303-444-8606.

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

Other Classes, Denver Metro area. VitaminCottage.com - click **Lectures** and NewChoicesPlus.com - **Upcoming Events**

Wellness Practitioner/Business Professional Conference, August 10th, 8:30am-6:30pm; Radisson Stapleton Plaza. National Fitness Therapy Association (NFTA) and Complementary Wellness (CW) are bringing together professionals from multiple wellness disciplines for education, networking and to share ideas and experiences; \$89, \$69 before July 15th. Contact: 303-770-4022 or 970-726-0697; visit: NFTA.org.

See our online *Wellness eJournal* and *Complementary Healing eGuide*, and register for our free, monthly 21st Century Wellness eLetter email newsletter at CompWellness.com.

Mary Ellen Metke, MAc, DiplAc (NCCAOM)

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MSN, CS, CMT

Boulder

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Rehabilitation

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Boulder 80303 .. (303)440-3301**
Also: Deep Tissue Massage | Lymph Drainage |
Massage Therapy | Neuromuscular Therapy |
Nutrition | Products | Therapeutic Touch

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Doug Gibbs, CRMT .. Alternative Healing Arts ..
Arvada 80005 .. (303)931-6827

**Olivia Hall, PT, TTP, CRM .. Energy Works ..
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**Carole Lindroos, MA, LPC .. Boulder 80301 ..
(303)754-7286**

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Schools

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of Aurora | Mind-Body Health Center &
Biofeedback Lab .. Aurora 80230 .. (303)360-4769**

Meditation | Body-Centered Psychotherapy |
Classes | Hatha Yoga

**Jackie Otey, LMT, CRMT .. Cottonwood School of
Massage Therapy .. Aurora 80012 ..
(303)745-3501**

Also: Deep Tissue Massage | Massage Therapy |
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80401 .. (303)279-3713**

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**Roger Trudell, FAAO, FCOVD .. Longmont 80501 ..
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Yoga

Sarasvati Buhrman, PhD, Director .. Rocky Mountain
Institute of Yoga & Ayurveda .. Boulder 80301 ..
(303)443-6923

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 be-
yond.

The group publishes:

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Wellness* journals.

- ◆ Online – the monthly *21st Century Well-
ness eLetter*, the *Complementary Healing
eGuide* to more than 100 Complementary
Healthcare modalities, and the *Wellness eJour-
nal*.

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

Membership

Membership has many benefits for qualified
Complementary Healthcare Practitioners and
Businesses:

- ◆ Discounted marketing materials
- ◆ Inexpensive advertising
- ◆ Internet/business consultation
- ◆ Cross-referrals
- ◆ Informative email newsletter
- ◆ Publishing opportunities
- ◆ Group networking gatherings

For complete information, visit our site
CompWellness.com and Search for
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Acupressure

**Tammra Straub, JSJCP .. Mindful Motions ..
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Massage Therapy | Neuromuscular Therapy |
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(303)421-5424**

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**Gary Arbuckle, DC .. Denver 80246 ..
(303)399-5117**

Also: Chiropractic | Meridian Therapy | Nutrition |
Temporomandibular Joint (TMJ) Disorders

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Vicki Opfer .. Arvada 80004 .. (303)456-5095

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Hydrotherapy | Deep Tissue Massage | Essential
Oils | Herbal Medicine | Massage Therapy |
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Member Practitioners and Businesses have met the following strict **qualifications**:

- ◆ Highly recommended by a Member or
three non-related clients
- ◆ Properly educated in primary modality,
with appropriate credentials
- ◆ Registered or licensed, as available
- ◆ Housed in suitable space

Members' **emails** and **websites** are listed in the **Members List** at CompWellness.com

Chiropractic

Dan Williams, DC .. Broomfield Chiropractic .. Broomfield 80020 .. (303)439-7777

Also: Craniosacral Therapy

Mary Mich, RN, DC .. Denver 80218 .. (303)860-0411

Also: Craniosacral Therapy | Nursing | Massage Therapy

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Colon Hydrotherapy

Barbara Overton, CCT .. Colon Hydrotherapy .. Wheat Ridge 80033 .. (303)202-1779

Dentistry

James Kennedy, DDS, FAGD .. DentoCranial Therapeutics, PC .. Denver 80209 .. (303)399-4558

Also: Nutrition | Temporomandibular Joint (TMJ) Disorders

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Also: Massage Therapy | Reflexology | Classes

Homeopathic Medicine

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Also: Chiropractic

Susan Mallamo .. Natural Healing Alternatives .. Lakewood 80228 .. (303)989-7743

Also: Animal Care | Diagnostics | Herbal Medicine | Home Healthcare | Trauma Therapy | Women's Health

Iridology

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Also: Acupuncture | Allergy Therapy | Chiropractic | Nutrition | Reiki | Sinus Therapy | Temporomandibular Joint (TMJ) Disorders | Trauma Therapy | Women's Health

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Also: Hypnotherapy | Light Body Work | Psychotherapy | Relationship | Reiki | Spiritual Counseling | Classes

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Nutrition Therapy | Enzyme Therapy | Biological Terrain Assessment | Food Analysis | Meal Planning

William Betzner, PhD, NMD, Commissioner .. Federal Intermediary Council on Alternative Medicine (FICAM) .. Littleton 80128 .. (303)616-5968

Promoting the Safe and Effective Practice of Traditional Naturopathy

Steve Colton, NMD .. Littleton 80128 .. (303)933-3479

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Also: Massage Therapy

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

Nutrition

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

Combining Ayurveda, the Zone and your Blood Type for Perfect Balance

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

Nutritional Therapy | Classes

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Jaqueline Susmark, NT .. Inner Harmony .. Lakewood 80226 .. (303)988-2099

Also: Homeopathic Medicine | Hypnotherapy

Christina Veselak, CN .. Parker 80134 .. (303)888-9617

Denver/Parker Nutrition and Emotional/Mental Well-Being

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

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

Order his new book, *Structured Healing*, on Osteopathic Manipulative Medicine (OMT)

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

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Also: Nutrition

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Gurattan .. Nederland 80466 .. (303)641-8612

Also: Breathwork | Reflexology | Kundalini Yoga

Rebirthing in the Complementary Wellness group is not a restriction therapy. Quite the opposite, it is a freeing and energizing therapy using Breathwork.

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