

## 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](http://CompWellness.com/members.htm) – as well as in the *Wellness Practitioner and Business Directory* pullout section inside.

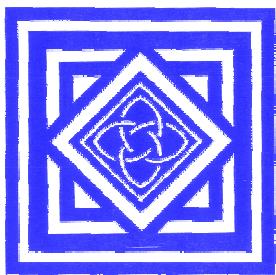
To learn more about Complementary Wellness, how to co-publish a book or journal in your city, join the group, ask a question or order home delivery (\$24 per calendar year): visit [CompWellness.com](http://CompWellness.com), email [Kenton@CompWellness.com](mailto:Kenton@CompWellness.com) or call (303)770-4022. 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

Volume 1, Number 4

Complementary Wellness Educational-Professional Group

July-August 2001

### In this Issue

Article Introductions .....	1
Professional Associations .....	1
Calendar .....	3
Complementary Wellness Group .....	4
<b>Special Features</b> .....	Pullout A
Fighting Cancer as a Team .....	A1
Caffeine and Kids .....	A3
<b>Professional Healthcare</b> .....	Pullout B
Overview .....	B1
The Eyes are the Windows to the Soul .....	B3
<b>Practitioner/Business Directory</b> .....	D

### Fighting Cancer as a Team

This is the story of a courageous spirit who bravely fought the battle of breast cancer for sixteen months before deciding to transition.

In February 2000, Jihan was diagnosed with breast cancer, which had already spread to her liver.

*See full article, page A1*

### Caffeine and Kids

This article may shock you – even anger you. Please understand that no malice is intended, only caution, truth and wellness. Though this article addresses the epidemic of *caffeine abuse by children*, the problem and denial among adults is equally dangerous.

*See full article, page A3*

### Professional Healthcare Overview

You are in charge of your own health, and Complementary Healthcare practitioners are available to help you. The body is a self-healing, self-maintaining mechanism as long as there are no interferences in its ability to function normally. We've all been admonished to follow the

first three components of wellness: eat right, exercise regularly and maintain a good mental and spiritual attitude – very important to any health program.

*See full article, page B1*

### Eyes: Windows to the Soul

Do you want to communicate on a much deeper level with your significant others? Read on.

Professional Healthcare can be conducted in

group settings as well. John McElrath leads workshops on relationships, one of the first areas we can work on our Attitude. He also very strongly advises that his clients work on their Nutrition and Fitness in conjunction with his Counseling.

*See full article, page B3*



### Professional Associations

Continuing our coverage of local websites and organizations, we list here organizations that have or are establishing a close working relationship with Complementary Wellness. Member referrals are available on their websites or by phone.

**Associated Bodywork and Massage Professionals (ABMP)** is an association to provide Bodywork, Massage and Somatic Therapy practitioners with professional services, information, public & regulatory advocacy, and referrals to local Members. See [ABMP.com](http://ABMP.com) or call (303)674-8478.

**Capstone Chiropractic Network (CCN)** is an independent provider organization (IPO) whose members were selected because of their outcome-based practice. Their goal is to provide the best



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possible Chiropractic care available combined with outcome-based treatment plans. This combination helps the patient as well as the insurance companies. Contact Michael Nehring, DC for referrals to CCN members: [MJNehring@aol.com](mailto:MJNehring@aol.com), (303)494-7052.

**Colorado Association of Psychotherapists (CAP)** is committed to the following. Call (303)480-5733; see members list at [CAP-Psychotherapists.com](http://CAP-Psychotherapists.com).

- ◆ Educate the public as to the effectiveness, dependability and affordability of unlicensed psychotherapy.

- ◆ Protect the public's right to choose from a wide variety of traditional and non-traditional therapeutic approaches.

- ◆ Promote innovation in the field of psychotherapy.

- ◆ Provide essential legal, theoretical and practical information and instruction to it members.

**Colorado Chiropractic Sports Council (CCSC)** is a group of Colorado Chiropractors dedicated to promoting Sports Chiropractic and providing Chiropractic services for sporting events throughout Colorado. Recognizing that Sports Chiropractic is a specialized field continuing education is stressed. Contact Robert Nelson, DC for referrals to CCSC members: [BackDocNo1@aol.com](mailto:BackDocNo1@aol.com), (303)205-0501.

**Colorado Massage Network (CMN)** is a group of Massage Therapy centers serving Colorado. Their therapists are all credentialed members of national massage therapy organizations, offering a wide variety of body work and medical massage services. For a list of centers, see [ColoradoMassage.net](http://ColoradoMassage.net) or call Kathryn Stewart at (303)431-5864.

**National Fitness Therapy Association (NFTA)** is the accrediting organization for the *Professional Trainers Network of America* (PTNA), a select group of Accredited Fitness Professionals throughout the United States that have joined together to provide Post-Rehabilitation Fitness Therapy and

*Continued on page 3*

## Professional Wellness Conference

**August 10<sup>th</sup>**

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Preventive Wellness Services for Individuals, Health Care Providers, Corporations and Insurance Companies. They meet the highest operational standards in the industry. Network members are also qualified to work with special populations and populations with clinically diagnosed conditions. For a list of members, see [NFTA.org/PTNA](http://NFTA.org/PTNA) or call Pat Pine, NFTA Executive Director at (970)726-0697.

See more by searching  
[CompWellness.com](http://CompWellness.com) for Resources.

### Calendar

**Geobiology, Earth Acupuncture and Deva Experiential Workshop**, July 6-8, Boulder, 303-516-1670, see [Seminars at EarthTransitions.com](http://Seminars at EarthTransitions.com).

**Naropa's Spiritual Adventure**, July 27-29, Denver, 800-944-1001, [Eomega.org-Conferences-Denver](http://Eomega.org-Conferences-Denver).

**Healing Touch, Energetic Therapy**, August 2<sup>nd</sup>, Boulder By Design, Cynthia Hutchinson, RN, CHTP/I, no charge, 303-443-2084 for other classes.

**Life-Altering Relationships Workshops**, August 3-5 (weekend) and other dates, Denver, \$795. Contact John McElrath, 303-422-7096.

**"It Doesn't Have to Hurt"** Free Lecture/Demo, Aug 7<sup>th</sup>, Sept 11<sup>th</sup>, Denver, 7pm. No charge. Call 303-237-1142 or visit [Body-Awareness.com/intro.htm](http://Body-Awareness.com/intro.htm).

**"Group Breath,"** August 25<sup>th</sup>, 10am-12:30pm, Solstice Institute, Boulder. Sandra Coutts, MSN, RN, CTB, leads stress-resolving and energizing Full Wave Breathing workshops. \$20. RSVP: 303-494-0130.

**"Module 1: Transforming Your Breathing for Health and Joy,"** September 8-9, Longmont. Tom Goode, ND, leads you on the first step to accelerating and expanding your life. \$400, 888-657-3432, [TransformBreathing.com](http://TransformBreathing.com).

**Other Classes**, Denver-Boulder area:

- ◆ [Alphacdc.com/justforhealth](http://Alphacdc.com/justforhealth) – Classes
- ◆ [CCA.CCCOES.edu](http://CCA.CCCOES.edu) – click choices
- ◆ [ThePilatesCenter.com](http://ThePilatesCenter.com) – What's New
- ◆ [Naropa.edu](http://Naropa.edu) – click choices
- ◆ [VitaminCottage.com](http://VitaminCottage.com) - click Lectures

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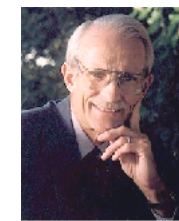


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respiratory irritations that produce colds, bronchitis and asthma.<sup>TCRO</sup>

The best-selling product at grocery stores is soda, which accounts for almost \$12 Billion in sales each year.<sup>TCRO</sup>

Unborn children may be affected by caffeine passing through placental barrier.<sup>CMCSB</sup>

### Research

Like adults, children who are regular caffeine drinkers suffer ill effects when they do not get a regular "shot." In one study, fifth and sixth graders who were deprived of daily caffeine reported having symptoms including trouble thinking clearly, not feeling energetic and getting angry. Even those consuming less than the equivalent of one soda each day felt symptoms. In effect, these children had become dependent on caffeine.<sup>TCRO</sup>

A psychiatric researcher at the National Institutes of Mental Health reported that eight to thirteen year-olds who regularly consumed high doses of caffeine were judged more restless by teachers. Indeed, about one-third were hyperactive enough to meet the criteria for Attention Deficit Disorder with Hyperactivity.<sup>TCRO</sup>

### Solutions

Teach your children that caffeine is a drug that can be dangerous in large amounts.<sup>TCRO</sup>

Experts recommend that children and teens should stay well under 100 mg of caffeine per day, which equals between one and two cans of soda.<sup>TCRO</sup>

Encourage your children to drink **water** and 100% pure fruit juice.<sup>TCRO</sup>

### Sources

<sup>CMCSB</sup> Cumberland Mountain Community Service Board, Cedar Bluff VA, [CMCSB.com](http://CMCSB.com)

<sup>TCRO</sup> The Chiropractic Resource Organization, San Francisco Bay Area CA, [Chiro.org](http://Chiro.org)

<sup>KHC</sup> [KidsHealth.com](http://KidsHealth.com), Wilmington DE.

For a more extensive article in our *Wellness eJournal*, search for "Caffeine and Kids" at [CompWellness.com](http://CompWellness.com).

## Fighting Cancer as a Team

by Doug Gibbs, BS, MA, CRMT

This is the story of a courageous spirit who bravely fought the battle of breast cancer for sixteen months before deciding to transition.

In February 2000, Jihan was diagnosed with breast cancer, which had already spread to her liver. Jihan had had breast cancer several years before, but completely cured it using natural therapies.

At this point she had several tumors in her right breast and liver. As a Reiki Master, I set her up for two 90-minute sessions each week. Her Medical Doctor started her on chemotherapy, and estimated that she could live for one to three years. Jihan began weekly sessions with a Healing Touch Practitioner, and started seeing a Chiropractic and Naturopathic Doctor in Boulder twice a month. Also, she incorporated the advice of a Certified Nutritionist.

She had very quickly pulled together a dynamic healing team, integrating both Holistic and Western Medical modalities.

By the end of May, I no longer sensed or felt tumors in her liver – it was energetically clear. This was validated in June by blood tests and a scan by her MD. Also, the tumors in the right breast had been dramatically reduced.

Although the chemotherapy zapped her strength, she kept a positive attitude towards her treatment program and her ability to heal herself of the cancer. Her progress continued to improve rapidly, and by the end of July the MD ran another scan that showed the liver was clear and what showed in the breast was possibly only scar tissue.

In September, her MD switched her to some new drugs to keep the remaining cancer cells from reactivating and multiplying. He also was more positive about her prognosis. Her energy level was back up, her hair was growing back in and her color was normal.

At this point, we reduced her treatments to once a week, and she had stopped



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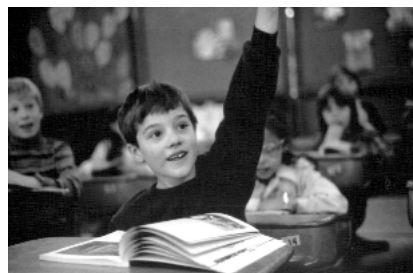
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going to Boulder for treatments. Her right breast had almost returned to normal. The MD now indicated Jihan was so clear that he left her prognosis open-ended.

However, this wonderful news was not long enjoyed. In November, the MD found that the cancer cells had spread to the bone marrow. The healing team started placing emphasis on the bones and bone marrow.

The MD also started her on some other new drugs in an attempt to stem the growth and spread of the cancer cells. Jihan began tiring of all of the drugs and side effects and was now spending most of her time resting in bed.

By January, the cancer had moved to the brain and a scan showed many tumors. We shifted our attention to the brain lobes. This was the beginning of the end. She was now receiving radiation to the brain lobes, and some other drugs.

After a few weeks, her thinking processes and memory started failing, although she somehow maintained her sanity and sense of humor. We had resumed the two sessions a week in November, but as time moved on, all the team seemed to do now was help with clearing the toxins from the chemotherapy, drugs and radiation and assist in alleviating pain.

In June, the doctor gave a prognosis of three to six months and suggested she enroll in a hospice. In the hospice, her mind/body continued to deteriorate.

With acceptance, Jihan decided to transition June 25th. Bless her heart and soul – how she had endured for so long.

One of the most valuable lessons of this experience was that she pulled together and fully integrated Holistic and Western health modalities to maximize her opportunities for self healing.

*Doug Gibbs is a Certified Reiki Master in Arvada who integrates Reiki, Healing Touch, Therapeutic Touch, Magnified Healing and Regenesi, and provides Reiki I, II and Masters classes. Contact: (303)423-6563 or DougLGibb@aol.com.*

*Next Article on page A3*

## Caffeine and Kids

This article may shock you – even anger you. Please understand that no malice is intended, only caution, truth and wellness. Though this article addresses the epidemic of *caffeine abuse by children*, the problem and denial among adults is equally dangerous.



Caffeine is a stimulant, which might cause nervousness, irritability, anxiety, insomnia, and disturbance of heart rate and rhythm. It's also a diuretic, which

increases urination, meaning that both children and adults need to increase water intake.

**The Facts** (see footnoted sources at end)

Caffeine is the most widely abused drug in the world.<sup>CMCSB</sup>

Caffeine is an especially poor choice in hot weather.<sup>KHC</sup>

Kids show ill effects of too much caffeine – in body and behavior.<sup>TCRO</sup>

Kids are guzzling more than 64 gallons of soda a year, an amount that has tripled for teens since 1978, doubled for the pre-teen set and increased by a quarter for tots under five.<sup>TCRO -1994</sup>

Twelve ounces of a regular coffee contains about 190 milligrams (mg) of caffeine – more than three times that in a can of Coke or Pepsi (35-60 mg).<sup>TCRO</sup>

Caffeine – totally lacking in nutritional value – does not add taste, texture or color to a soft drink.<sup>KHC</sup>

Children who drink lots of caffeinated beverages may miss getting the calcium they need from milk to build strong bones and teeth.<sup>KHC</sup>

Caffeine can also be harmful to the growing bodies of children. Large doses of caffeine cause excessive excretion of calcium and magnesium, vital elements for the formation of a normal bone mass.<sup>TCRO</sup>

The drinking of caffeinated, carbonated drinks may exacerbate common childhood ailments such as ear infections and

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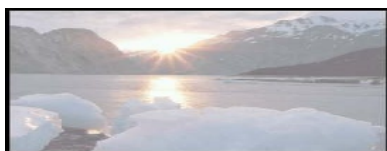
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on our Attitude. He also very strongly advises that his clients work on their Nutrition and Fitness in conjunction with his Counseling. – pub

Have you ever wanted to **know** when someone is lying? Would you like to be able to read people more effectively? Do you want to communicate on a much deeper level with your significant others?

In order to do this, you must first know what **you** communicate to the world. A process is available to help you with that.

The revolutionary process we use in workshops and in Counseling will alter the way you look at both yourself and those around you.

To accomplish this, a process is used that that very precisely pinpoints your eye movements. This is done so that you can know which parts of your brain you access when you search for information. This tells if you actually believe what you are saying, that is, the truth.

*For instance, if someone asks you about the color of your first car, you would access the visual memory part of your brain. If you are right-handed, your eyes would look up, to the left.*

This searching process also indicates how you can sabotage yourself. In the workshop the group acts as your antennae, while in individual Counseling, that is the role of the therapist.

The most powerful ability of all humans is their ability to feel and intuit from feelings. Part of the process is learning how to focus on those feelings and make sense out of them.

We all want a primary relationship that will nourish our souls. Learn how you can get through all the hype to discover who you really are and what you really want.

*John McElrath has been a Counselor for 25 years. He has a Master's Degree in Counseling, and has a private practice in Arvada. He conducts workshops on relationships. Contact him for an appointment or to register for a workshop at [SpiritJohn111@aol.com](mailto:SpiritJohn111@aol.com); 303-422-7096.*

## Pullout Section

### Professional Healthcare



As one of the components of Wellness, Professional Healthcare is very important to guide you through refining the other components.

This issue of CW begins exploration of this fourth component with an Overview and an example of a group setting.

For more information and articles, search [CompWellness.com](http://CompWellness.com) for "Professional Healthcare."

### Overview

You are in charge of your own health, and Complementary Healthcare practitioners are available to help you. The body is a self-healing, self-maintaining mechanism as long as there are no interferences in its ability to function normally.

We've all been admonished to follow the first three components of wellness: eat right, exercise regularly and maintain a good mental and spiritual attitude – very important to any health program.

However, we often do not know what the *right* foods are, what is *optimum* exercise, or how to *gain* a better attitude.

**Complementary Healthcare modalities** help with ailments, but also refine the other three Wellness components. In Denver-Boulder, you will find superior professional practitioners of:

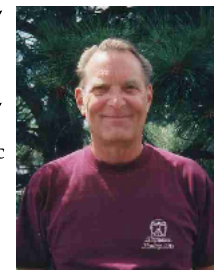
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As you work towards Wellness, you will appreciate the guidance of Complementary Healthcare Practitioners. Expect that these practitioners will encourage you to follow the other components of Wellness. Otherwise, the practitioner will have to continue to "fix" you because you undo his or her work.

Sometimes, what ails you is simply a

*Continued on page B3*

result of *not* practicing the first three components. In other cases, these symptoms mask the root cause of your poor health, hidden underneath normal outcomes of not taking care of yourself. Professional Complementary Healthcare Practitioners are trained to find and guide you through alleviating root causes.

The specific methodologies and techniques used by your practitioners will often help immediately, and for a while longer. However, If you do not eat well, exercise, and work on your mind and spirit, chances are that you will have to return again and again.

Also, stress is nearly unavoidable, minor physical accidents do happen, emotional trauma occurs in everyone's life, and bodies change with time. You can do a good job on Nutrition, Fitness and Attitude, but sometimes re-direction and immediate help are needed for new conditions.

Therefore, plan to see your Practitioners for periodic "tune ups" and guidance for your body, diet, and emotional-spiritual well-being.

### Background

*Complementary* means acting as a complement to, or completing, one another. *Complementary Healthcare* is an *inclusive* term that recognizes the interaction of many modalities in assisting an individual to wellness. It implies a holistic approach that encourages a cooperative spirit among healthcare practitioners and is preferred to the term *alternative*, which creates a separation among healthcare modalities.

See more on this subject at  
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