

Complementary Wellness Group

Complementary Wellness is a group of healthcare professionals and businesses whose mission is to facilitate wellness by **utilizing full-spectrum – complementary – healthcare modalities.**

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 or Business," and many other resources.

Qualifications

Member Practitioners and Businesses have met the following strict qualifications:

- ◆ Highly recommended by a practitioner member or three clients
- ◆ Properly educated in primary modality, with appropriate credentials

- ◆ Registered or licensed, as available
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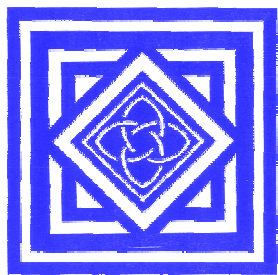
Members are listed at the website – CompWellness.com/members.htm – as well as in the *Wellness Practitioner and Business Directory* pullout section inside.

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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More Solutions to Exploding Healthcare Costs

Our research continues from the last issue reporting more fallout from runaway conventional healthcare costs and insurance premiums, but more Complementary Healthcare programs that reap substantial savings. *See full article, page 3*

How to Live Fully in Traumatic Times

These are troubling times. We are all living with unprecedented levels of uncertainty and fear. Yet there is hope.

Ongoing trauma can be managed to minimize our debilitation and develop our strengths. With a basic understanding of our body's needs and response to trauma, we can lead quality lives.

See full article, page A1

Natural Hormone Therapy

Natural hormones are exactly the same, chemically, as the hormones produced in the body. Many prescription brand hormones are chemically modified versions of the originals and have different effects. *See full article, page A3*

Anxiously *a-Weighting* the Holidays

by Robin Peglow, MA, HHC

Ahh, the holidays. Smiling, we breathe a sigh of relief, "Finally

Thanksgiving is here!" Right? Or is it, "Thanksgiving?! Already? I'm not ready!" Chances are your thoughts center on

money, challenging family events, cramming to complete projects before vacation, fear of gaining weight, etc. The holidays can overwhelm and weigh you down on many levels. Make this year different.

Purpose & Priorities

What are the holidays about for **you**? Different for everyone, our holidays in essence are about celebration, family or observing a significant historical or religious event.

Traditions are important, however don't let them supercede purpose. Purpose first, tradition second.

Do you feel stressed and exhausted before the holidays even begin? If so, it is time to

re-evaluate priorities. Because you have *always* done something a certain way doesn't mean you *must* continue doing it. Be innovative, and do what's right for you and your family, balancing new and old based on your priorities.

Eliminate, Change or Accept

Create two lists of holiday concerns and stresses, one for you and one with your



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Teresa Kappers-Wright, NCTMB

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family. Then eliminate, delegate, modify and simplify items. Some things simply *are*, and cannot be changed. Accept them, release them and focus on what you *can* do. Remember to involve others in the change process, then they will likely be more supportive. Ask for their help and input, and know where you can *not* be flexible.

Explore Healthy "Traditional" Recipes

Do holidays equate to weight gain? This does not have to be, nor do you have to sit around eating carrot and celery sticks while daydreaming about a scrumptious turkey dinner. Replace some butter here, salt and sugar there, and you will still have fantastic tasting, traditional dishes. (A tip: share ingredient substitutions *after* the meal to avoid biases.)

Explore your local bookstore, library or the Internet for meal ideas and food substitutes. You can maintain your weight, have more energy and say goodbye to feeling guilty.

Eliminate Obligatory Events/Gestures

In the end, you can't please everyone, so honor yourself and your family. We are not in a perfect world – we don't all get along. If forgiving and forgetting is impossible, re-evaluate your attendance at some events. Don't go just because you've always gone.

Also, must you drain your savings for gift giving? I think not, for is a gift out of obligation really a gift?

Living Intentionally

Be intentional about your gifts, the events you attend, and the events you offer. If it feels too complicated, simplify! The only way you are going to get the most out of this holiday season is if you feel empowered to *make* it special.

Create new traditions that are meaningful to you and that suit who you are now. Our lives are very different today than they were 50 or 100 years ago – give yourself permission to live in the present.

Continued on page 3

Robin Peglow is a Holistic Health Counselor and Experiential Educator who works with individuals and groups focusing on Nutrition and Wellness for busy people. Contact her at (303)282-1077 or RPeglow@earthlink.net.

More Solutions to Exploding Healthcare Costs

In the last issue, we introduced the idea that many of the solutions to rapidly rising healthcare insurance costs would include utilizing Complementary Healthcare modalities to reduce healthcare costs and therefore insurance premiums.

In early October, *The Denver Post* reported "Employers, workers exploring healthcare options." However, only conventional medicine, health insurance and savings account plans were being considered.

Later reports indicated that Medicare patients will be cut out of scores of insurance company plans because the government reimbursement schedules are not keeping pace with conventional healthcare costs.

The **good news** is that more research and activities support integrating Complementary Healthcare into employer healthcare offerings and personal lives:

- ◆ Providence Occupational Health Services of Illinois is working with more than 300 companies to implement **wellness programs** – nutrition, exercise, self-care training – **saving about \$500,000** in one group of 300 employees by reducing absenteeism and workers' compensation claims alone. Call (618)798-WELL or visit ProvidenceOccHealth.com.

- ◆ In a strong movement in conventional medicine, hospitals nationally are implementing the **Wellness Challenge**, developed by Art Ulene, MD, NBC-TV's former medical personality. They host screenings, fairs, seminars and teleconferences encouraging individuals to participate in a wide variety of **healthy activities and programs**. Call (800)255-1066 in California or visit WellnessChallenge.com.

- ◆ CW Member Touro Infirmary, New Orleans LA, has implemented Complementary programs in five large organizations that are **economic success** for all parties. Helen Ruiz, RN, (504)897-8855.

Take action: research, encourage, influence and participate. *More to come ...*

Calendar

"It Doesn't Have to Hurt" Free Lecture/Demo, Nov 14th & Dec 4th, Denver, 7pm. No charge. Call 303-237-1142 or visit Body-Awareness.com/intro.htm.

"Creating YOUR Holiday Traditions!" Dec 2nd. Robin Peglow, MA, HHC will help you look at your purpose and priorities for this year's holiday season while learning to relax and enjoy it fully. "Living Fully in Traumatic Times," Dec 9th. With Maya Kaya, MA, APP, experience your body's power to handle trauma. Both: 9:30-10:30am, First Universalist Church, 4101 East Hampden Ave, Denver. Free. More info: 303-759-2770x49.

"Recommended Essential Oils for Clinical Care," Dec 6th, 9:30am-4:30pm, Lakewood. Laraine Kyle, RN, MSN, Co-Director of the Institute of Integrative Aromatherapy, on a minimum of 10 essential oils and their uses for several conditions. \$85. See Aroma-RN.com – Specialty Workshops or call 303-545-2002.

"Diet and Body Type," Feb 20th. With Char Leberer, ND, CN, discover just what you should emphasize in your diet to give you maximum performance. "Detoxification," Feb 27th, Dr Leberer will show how we become toxic and how to change it. Both: 7-9pm at Colorado Free University, 16th Ave & Josephine, Denver. \$25 Member, \$29 Non. Call 303-399-0093 or visit FreeU.com/WELLNESS.html.

Other Classes, Denver Metro area:

- ◆ Alphacdc.com/justforhealth – Classes
- ◆ CCA.CCCOES.edu – click choices
- ◆ TheBalancedApproach.com – click Cooking Classes and Lectures
- ◆ ThePilatesCenter.com – What's New
- ◆ VitaminCottage.com - click Lectures
- ◆ Wild Oats Lectures – see stores
- ◆ Whole Foods Lectures – see stores

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When cost considerations prevent me from using Triest, I feel the *next best thing* is to prescribe the most potent form, estradiol, as a pill or skin patch. Newer, very low-dose forms are becoming available, and we do have data to show they still provide bone protection.

Progesterone is produced in the second half of the menstrual cycle. During the premenopausal years, fluctuations in its production are one factor contributing to PMS. Later in perimenopause, ovulation becomes sporadic and progesterone may not be present at all. Without progesterone, women often experience symptoms of estrogen dominance, such as depressed mood, fatigue and headache.

Prescribing natural progesterone can relieve many of these symptoms, as well as restoring regular menstrual cycles. For some women, purchasing a low-dose progesterone cream over the counter is sufficient. Many of my patients require higher doses available by prescription.

Testosterone is often overlooked as a component of hormone replacement. In normal menopause, the ovaries continue to make testosterone even after periods have stopped. Hormone replacement therapy can lower levels of active testosterone, and if the ovaries have been removed, levels will be low to absent.

Many women need testosterone for normal sex drive, emotional well being and to maintain bone mass. I very often prescribe it as part of comprehensive hormone replacement at menopause. The doses required are quite low and again, are only obtainable via compounding pharmacies, though one day a patch may be available.

Dr Frey is board certified in Obstetrics and Gynecology as well as Holistic Medicine, specializing in holistic women's healthcare in Highlands Ranch. She has been an MD since 1986, and in private practice for 12 years. Call (303)346-5895 or email GretchenFrey@aol.com.

For more details, search for "Hormone Therapy" at CompWellness.com.

Pullout Section

Professional Healthcare



This issue of CW continues exploration of the fourth component of Wellness – Professional Healthcare – with *Trauma and Hormone Therapies*. For more information, search CompWellness.com for "Professional Healthcare."

How to Live Fully in Traumatic Times

by Maya Kaya, APP, SEP

These are troubling times. We are all living with unprecedented levels of uncertainty and fear. Yet there is hope.

Ongoing trauma can be managed to minimize our debilitation and develop our strengths. With a basic understanding of our body's needs and response to trauma, we can lead quality lives.

Following are some concrete things you can do.

Listen to Your Body

It is important to understand that the trauma you experience occurs in your body's nervous system, rather than in the event itself. Your body knows exactly what you need to do to cope with the current trauma.

Learn to listen to your body's sensations, for they hold the keys to unlocking trauma. Notice the sensations themselves – tightening in the chest, nausea – rather than your interpretations of them: fear, anxiety etc.

Spend lots of time with people or in places where you can express your feelings and feel your body. Developing your felt sense and allowing your body to "speak" discharges shock and keeps you from becoming increasingly traumatized.



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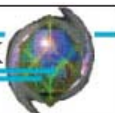
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Find Things to Help You Feel Calm

Trauma, by its nature, grabs our attention, and we must take steps to focus on other things. Learn to *actively* shift your attention towards the positive. Even with all the horror and fears, there is still good all around us. Take notice of it.

Remember, and remind others, that in the present moment you are safe, supported and have your basic needs met. Bring your attention to the present and away from fears of the future as much as you can. Surround yourself with people you love. Do your favorite things often – make time for hot baths, long walks and whatever else helps you relieve stress.

Keep Active

Activity is a tremendously valuable way to cope with a feeling of helplessness. We can manage the trauma in our own bodies by actively participating in any helpful activity. Our nervous systems do not care **what** we do, simply that we do something that is empowering.

Helping another person in need is one effective way to do this. And as always, a good physical workout will help relieve stress and tension.

Limit Exposure to Traumatic Images

All of us have been traumatized by the recent events and are being traumatized by our repeated exposure to them. Use the media to stay informed, but take breaks from it – actively notice the beauty in the world around you. When you receive troubling information, take time to digest it. Notice your body and acknowledge how you feel. Pretending that everything is okay, allows trauma to deepen.

Initially, you may wish to seek out healthcare practitioners who use body-centered therapies to help you practice these skills.

Reference: Foundation for Human Enrichment, *Emotional First Aid*, 2001, at TraumaHealing.com.

Maya Kaya has been working successfully with all types of trauma for over five

Continued on page A3

years. She is a certified Polarity Therapist who has recently completed her certification in *Somatic Experiencing*, a body-centered therapy for resolving trauma. Contact her at MayaKaya@earthlink.net or (303)507-3583.

Natural Hormone Therapy

by Gretchen Frey, MD

Natural hormones are bioidentical hormones – they are exactly the same, chemically, as the hormones produced in the body. Many prescription brand hormones are chemically modified versions of the originals and have different effects.

The types of natural hormones I prescribe replace or supplement the **three types** made by the ovaries: estrogen, progesterone and testosterone.

Estrogen is made throughout the menstrual cycle, but dominates in the early part, just after the period.

The most commonly-prescribed commercial estrogen, *Premarin*, is not bioidentical. It is made from the urine of horses and contains compounds chemically different from natural estrogens.

The vast majority the studies of “hormone therapy” that show increased breast cancer risk and questionable cardiac disease protection, have been done on patients taking *Premarin*.

Until they are studied, we really don't know what impact natural hormones will show on breasts or the heart, though we expect the results to be better.

When my patients want the most *natural* possible form of hormone replacement, I prescribe *Triest*, a combination of all three types of estrogen: estradiol, estrone and estrinol. The aim is to replace these three compounds in roughly the same proportions and amounts as were present before menopause. This is appealing theoretically, and in practice often seems to produce less troubling side effects than more standard hormone replacement. *Triest* must be made by a compounding pharmacy, and the cost is around \$30 a month.

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