

Complementary Wellness Professional Association (CWPA)

CWPA is a Colorado non-profit association of healthcare professionals and businesses whose mission is to facilitate the use of mainstream, full-spectrum – *complementary* – healthcare modalities.

Objectives

- ◆ Educate the public on the full range of mainstream Complementary Healthcare options.
- ◆ Develop and publish information sources on Complementary Healthcare Modalities and Wellness
- ◆ Encourage every local organization of offering a healthcare benefit to expand to a full spectrum of healthcare offerings.

Member 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
- ◆ Housed in suitable space, at home or in an office building

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

To learn more about the Association, how to co-publish a journal in your city, join the group, ask a question or order home delivery (\$24 per calendar year): visit CompWellness.org, email Kenton@CompWellness.org or call (303)770-4022. Copyright © 2002, Complementary Wellness Professional Association; Kenton Johnson, Executive Director/Publisher, Josephine Hehnke, Editor; 7645 South Steele Street, Centennial CO 80122-3365.

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Complementary Wellness™

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Complementary Wellness Professional Association (CWPA)

January-February 2002

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More Solutions to Exploding Healthcare Costs

In previous issues, we've reported that solutions to rapidly rising healthcare insurance costs include utilizing Complementary Healthcare modalities. This would reduce healthcare costs and therefore insurance premiums.

We monitor 47 business newspapers

Articles Inside

Continuing Professional Healthcare articles open up new avenues for associated healing and wellness.

A Younger You in 2002!

We all feel the effects of aging, especially during times of emotional, physical or environmental stress. The question is, how can we slow down and prevent degeneration of our body and mind? ... See full article, page A1

Healing Touch for Animals

An energy medicine modality called *Healing Touch for Animals™* enhances an animal's healing process from surgery, illness and behavioral problems. ... See full article, page A3

CWPA Updates

With our conversion to a Colorado **non-profit association**, we added a new logo. Look for it around town and on our updated website, CompWellness.org. The website is cleaner and brighter, has better navigation, and all eGuide modality descriptions are in the upgraded format. Visit us soon, then let us know how you like it. Also see page 4



across the US and have found numerous articles indicating continuing **bad news** about the problem, which you have probably read or experienced yourself.

We've also found some **good news**: there are groups across the US taking action and having successes in laying the groundwork for implementing Complementary Healthcare for everyone. This includes employees and members of organizations, offered as a benefit.

The **steps to success** are:

- ◆ **Advocate** the concept personally and in professional, service or citizen groups.
- ◆ **Legislate** to protect providers and ensure freedom of access to them.
- ◆ **Implement** plans in each organization – profit, non-profit, small to large, and government – through information exchange and cooperation.

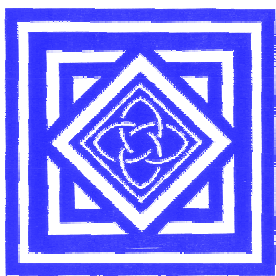
We will focus on **Advocacy** and **Legislation** in this issue, then Implementation in future issues.

Advocate

Our **professional association** obviously advocates a wide use of Complementary Healthcare.

Cascade Policy Institute (CPI at CascadePolicy.org) advocates policies that allow "individuals and families to afford health insurance, enjoy choice among

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Carol Komitor, CHTP/I (303)470-6572
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Carol Komitor is available for Consultations

healthcare providers, as well as ... become and stay financially self-sufficient. CPI's approach to these policy issues emphasizes individual – rather than governmental – control and responsibility." CPI advances "common-sense principles:

- ◆ Individuals must be empowered to make their own healthcare decisions.
- ◆ Competition must be reintroduced into: physicians' services, hospital services and health insurance.
- ◆ Use of the Medical Savings Accounts ... as a way to attain greater patient power and lower healthcare costs."

Legislate

Legislation is an important part of implementation to create the legal space within which to operate:

- ◆ Protect Complementary Healthcare providers from undue action from states.
- ◆ Ensure freedom of access to qualified providers.

Citizens and their legislators must be careful that qualified providers are not excluded through over-bearing political action of one philosophy over another.

A summary of legislation across the US is at the Cancer Cure Foundation's website Cancure.org/legislation.htm.

Note: Legislating health insurance companies to offer Complementary Healthcare coverage creates overhead for both providers and consumers, again raising costs. Instead, we need inexpensive health insurance exclusively for emergencies and life-threatening illness.

Freedom of Access. Government activist Monica Miller's HealthLobby.com reports that:

◆ Florida and now Minnesota have "laws that protect patient access to alternative therapies from all licensed health-care professionals.

◆ Nevada and Texas have regulations that protect patient access to alternative therapies from licensed physicians."

Colorado and ten other state laws only protect physicians.

Please join us to **take action** now: be an example, research, encourage, influence and participate.

Calendar of Events

"It Doesn't Have to Hurt" Jan 8th & future dates, Denver, 7pm. Free Lecture/Demo by Neuroenergetic Release® developer Donald Kipp. RSVP: 303-237-1142 or Body-Awareness.com/intro.htm.

"Group Breathe," Jan 9th & future dates, 7:30pm, Full Moon Bookstore, 6th Ave Frontage Rd and Garrison, Lakewood. Donna Aazura, CBF, will help you to breathe life into what you choose to manifest this year. \$20. RSVP: 720-422-0655.

Cooking Classes, Jan 14th and 23rd, Denver, 6-8pm. With Robin Peglow, MA, HHC, start the year right with recipes that are fast, tasty, energizing, low fat and wheat/dairy free. \$25. Call 303-282-1077.

"Energy Medicine: The Scientific Basis & HT Research," Jan 24th, 9am-4:30pm, Adams Mark Hotel, Denver. Jim Oschman, PhD, will explore scientific evidence for the existence of energy fields within and around the body, and Cynthia Hutchison, RN, CHTP/I, will present current research summaries. \$80. Full *Healing Touch International* conference follows Jan 25-27, \$360. Call 303-989-7982 or visit HealingTouch.net.

"Financial Alignment," Feb 16th, 9am-1pm, Denver. Lawrence Quell, DC, will show you how to use your *12 Personal Powers* to break through blocks, then achieve personal/financial abundance. \$79. Register: 303-692-8655 by Feb 1st.

"Diet and Body Type," Feb 20th. With Char Leberer, ND, CN, discover just what you should emphasize in your diet to create maximum performance. **"Detoxification,"** Feb 27th, Dr Leberer will show how you 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.

"Healing Touch Level 1," Jackson WY, Feb 23rd & 24th, 9am-6pm; Englewood, Mar 9th & 10th, 8:30am-6pm. With Janna Moll, CHTP/I, CSEM, discover the field of

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"Cutting The Ties That Bind," starts March 12th (Tues) or 13th (Wed). Janna Moll will conduct a six-week course that meets once a week (except 2 weeks around Easter). Choose from two sites for class meetings: Tuesday evening in Highlands Ranch and Wednesday lunch in Lakewood. \$160. Call 303-346-3809 or visit HeartHealingCenter.com.

Other Classes, Denver Metro area:

- ◆ ThePilatesCenter.com – What's New
- ◆ VitaminCottage.com – click Lectures
- ◆ HeartHealingCenter.com
- ◆ HealingTouchforAnimals.com
- ◆ SabinahOla.com
- ◆ HealingTouchHealingYou.com
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clear the energy body. It works by releasing endorphins to establish a deeper relaxation and state of being, allowing the body to function at a greater level. By allowing muscles to relax, circulation is increased, sending more oxygen, nutrients, and hormones into the body to support healing. HTA/KHM works on all levels: physical, mental, emotional and spiritual. These techniques allow the animals to come into a deeper instinctual presence and knowing of their body.

The energy-based techniques of HTA/KHM can help with wound and fracture healing, pain control, personality disorders, anxiety reduction, arthritis, skin problems, cancer, kidney problems, disease prevention, and general well-being. The techniques enhance the healing process, but do not replace conventional veterinary healthcare.

Since 1996, HTA/KHM has been taught throughout the United States, Hawaii, Alaska and Canada. The workshops are attended by Veterinarians, Veterinary Technicians, animal health care practitioners, owners and trainers, and anyone with an affinity for animals.

HTA/KHM training begins with a Level 1 workshop. In a group setting, you'll experience hands-on healing work with animals. An introductory four-hour session demonstrates basic energy concepts. You can register for either or both of the following one-day sessions:

- ◆ For the Canine Workshop, you may bring your own well-behaved dog.
- ◆ The Equine Workshop teaches how to approach and safely work around horses, even if you've never ridden or been around large animals.

In either session, you'll learn to apply the therapy to any small or large animal, including birds, mammals, reptiles, aquatics and exotics.

Carol Komitor is a Certified Healing Touch Practitioner and Instructor, a Certified Massage Therapist and Certified Hospital Based Massage Therapist. Carol has been teaching Healing Touch nationally since 1991. Visit HealingTouchforAnimals.com or call 303-470-6572.

Pullout Section

Professional Healthcare



This issue of CW continues exploration of the fourth component of Wellness – Professional Healthcare – about *aging and animal therapies*. For more information,

search for “Professional Healthcare” on CompWellness.org

A Younger You for 2002!

by Diane Spindler, ND, PhD

We all feel the effects of aging, especially during times of emotional, physical or environmental stress. The question is, how can we slow down and prevent degeneration of our body and mind? Our body is an amazing vessel that can be supported through tissue, organ and glandular revitalization with proper supplementation, diet and exercise.

What causes aging? The human body is amazing in its ability to rebuild, fight off infection and compensate to the very end to protect the major life-sustaining organs. We take for granted the miracle of what our physiology is capable of. Our state of health depends on our constitution, and on what we feed our system in the way of food, vitamins, minerals, enzymes, etc.

“We are what we eat” is a nice saying, but the food available to us is not of the quality it used to be, and the lifestyles most of us live are definitely high on the stress level.

The state of tissue repair, organ and glandular health, enzyme production and hormone balance are all part of the game of staying young. There are ways to strengthen and support our physiology through nutrition and supplementation.

One example would be to strengthen



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our adrenal glands. When under stress the "fight or flight" reaction takes over, our adrenalin kicks in, and we send out hormones to our brain center, liver and pancreas that cause an increased heart rate, increased respiration, decreased digestive function, a rise in blood sugar and ultimately the kind of upset that takes cellular repair to correct and return to our physiological equilibrium.

This reaction is natural in a life-threatening situation. But if it becomes habitual from excess adrenaline or an inability to cope with stress at work or home it can take its toll on our health.

The point is that we can strengthen our adrenal glands both with nutrition and by protecting them through relaxation techniques and developing new ways to cope with a perceived stressful situation.

One way to approach an anti-aging program is to do a metabolic work-up through blood chemistry analysis with a qualified health professional. This will determine specifically how to balance, strengthen and cleanse one's system through suggested dietary and lifestyle modifications, detoxification programs, and orthomolecular therapy: vitamins, minerals, amino acids, herbs, Homeopathic remedies and enzymes.

Biochemical individuality is the key ingredient in understanding how to reach optimal health physiology and reduce aging. When you are feeling optimal in health, the body's inherent ability to take care of itself is at its peak. Just as we all have genetic uniqueness, we are also unique in how we adapt and cope with our world.

Strengthening and supporting our physiological health and coping mechanism can go a long way to preventing health degeneration.

Dr Spindler is a licensed and board certified Naturopathic Doctor through Washington DC, as well as a licensed Holistic Health Doctor by the Federal Intermediary Council on Alternative Medicine (FICAM). She has been practicing her Mountain Holistic Health business for five

Continued on page A3

years offering Nutrition Consulting and metabolic balancing through blood chemistry analysis, Iridology and Kinesiology. Her services can reduce aging. Dr Spindler can be reached at (303) 697-1736 or SpinRipp@att.net.

Healing Touch for Animals Bio-Field Energy Medicine

by Carol Komitor, CMT, CHTI, CHBMT

A lame cutting horse who underwent surgery followed by Healing Touch, recovered more quickly than expected and then won the PCCCHA Futurity. Also:

- ♦ Dogs in Cincinnati overcame their trauma of enduring the city's deadly tornadoes in April 1999.

- ♦ A purebred coon hound no longer suffered from the phantom pain of his amputated leg and became a more devoted family companion when he understood that his job was no longer to hunt.

These healing scenarios were accomplished through the use of an energy medicine modality called *Healing Touch for Animals™* (also known as the *Komitor Healing Method™*).

HTA/KHM enhances an animal's healing process from surgery, illness and behavioral problems. I developed this modality in 1996 by combining 13 years experience in the veterinary field and private practice with studies in other energy modalities such as Healing Touch, Energetic Healing, Craniosacral Therapy, Reiki, Light Body and Massage Therapy.

The HTA/KHM techniques expand on the basic principles of the energy-based modality of Healing Touch for humans, which has been recognized throughout the international medical community since 1989 and used by more than 50,000 health care practitioners worldwide. With a chakra system like humans, animals are equally open to healing through energy modalities – animals show an accelerated response because of their instinctual nature.

HTA/KHM uses *bio-field therapies* – recognized by the National Institutes of Health (NIH) – to integrate, balance and

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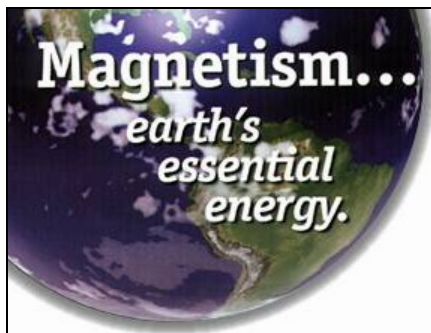


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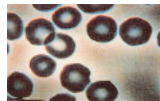
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