

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 recognized credentials

- ◆ Registered or licensed, as required
- ◆ Housed in a suitable business location

Members are listed at the website, CompWellness.org – [Members List](#), as well

as in the *Wellness Practitioner and Business Directory* pullout section inside.

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To learn more about CWPA, how to co-publish a journal in your city, join or support the group, ask a question or order home delivery (\$36 per calendar year): email Journal@CompWellness.org, visit CompWellness.org or call us at our main office: (303)770-4022.

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See Article on Page A1

Dr Drucker leads the research and development team. He works with renowned scientists and physicians from all around the world to produce the finest blends of 100% Organically MicroComplexed™ Trace Minerals, Poly-electrolytes and Metallo-enzymes with natural Fulvic Acid, using his proprietary IntraCELL™ Technology which ensures maximum absorption of the Organics.

In this Issue

Attitude is a Powerful Component of Wellness	1
Articles Inside	1
Healthcare on the Web	2
Calendar of Events	3
Complementary Wellness Professional Association	4
Nutrition	Pullout A
Fulvic Acid: The Missing Link in World Health	A1
The State of US Nutrition	A4
Wellness Practitioner and Business Directory	Pullout D

Attitude is a Powerful Component of Wellness

by Caron B Goode, EdD

Shauna came into my office asking how to *fight* all the psychosomatic symptoms that she started experiencing after having a hysterectomy at 33. She developed allergies, occasional headaches and abdominal cramping.

When she spoke to me about her sur-

Articles Inside

Continuing Nutrition articles open up new avenues for healing and wellness.

Fulvic Acid: The Missing Link

Our foods no longer contain adequate amounts of 100% Organic Trace Minerals. These substances, enriched with *the missing link*, Fulvic Acid, are important to every part of your body.

See full article, page A1

The State of US Nutrition

Find out how what we are up against and what some of the possibilities are in typical American diets, including cancer prevention and general health.

See full article, page A4



gery, she was in an excited state, exhibiting a high-pitched voice and dramatic hand gestures. The clues to her stress were in her language with words such as *fight* and *get rid of*, as well as her general state of agitation.

Shauna was an excellent example of someone whose body was so stressed during her surgery, that her mind and body had difficulty learning to relax again and integrate the trauma of the medical procedure.

In his book, *Waking the Tiger*, Peter Levine describes how the body stores the memory of a traumatic event in the reptilian brain. The emotional associations of the surgery kept returning in Shauna's psychosomatic symptoms.

Shauna had to learn to relax again, change her **attitude** about the event, and allow her body's natural healing to come forward. We worked with the following three attitude concepts.

Embrace rather than *fight*: Shauna chose to change her language when speaking about her surgery, allergies, and cramping. By using the term *embrace*, she was telling her mind-body system that she would no longer try to fight and ward off the symptoms. By embracing, she could relax and observe the symptoms without a stressful reaction.

Invite the body to heal: When Shauna felt a cramp or a headache, she chose to invite her body to communicate with herself. Her openness to experiencing the sensation allowed it to pass more quickly without her body freezing up. Deep breathing into the sensation helped relax her, allowing her body to integrate or release pent-up memories of surgery.

Gratitude: While Shauna was not yet ready to be grateful for the entire surgical episode, she did express gratitude to her body for its amazing recovery. She was able to congratulate herself on having the courage to pursue the surgery for her health. Grateful language and thought kept Shauna in a more relaxed and open mind set, enabling her to reconcile the trauma, rather than hate it.

These attitudes invite the natural ability of the human body to restore balance, which can only be done in a relaxed state of mind and body.

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Dr Goode is currently the Co-Managing Director with her husband, Tom Goode, ND, of the International Breath Institute, an educational and training organization that offers health and lifestyle management seminars and certification. They recently moved from Boulder to Tucson AZ, and are now at (520)886-0538. You'll enjoy their 7-Breath Series at TransformBreathing.com under Simple Breath Exercises.

Healthcare on the Web

The Research Council for Complementary Medicine, UK, at www.RCCM.org.uk is an excellent resource for validating Complementary Healthcare.

See the new *Core Energetics and Facilitation* chapters in the *Complementary Healing eGuide* at CompWellness.org.

Bodywork and Massage that Heals' BodyworkMassageHeals.com just went online designed as a one-page printout.

Georgia Complementary Alternative Medical Association's site, CAMAweb.org is a robust lay and professional resource.

Calendar of Events

"Healing Touch Level 1," Mar 9th & 10th, 8:30am-6pm, Englewood. With Janna Moll, CHTP/I, CSEM, discover the field of energy medicine. Learn techniques for self and others. St John's Hospital; CE's and CME's offered. \$225 plus text, \$30. Jackie, 307-455-3512, or HeartHealingCenter.com – Classes.

"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 two weeks around Easter). Choose from two sites for class meetings: Tuesday evening in Highlands Ranch or Wednesday lunch in Lakewood. \$160. Call 303-346-3809 or see HeartHealingCenter.com – Classes.

Grand Opening, March 15th-17th, Friday, 5pm-9pm, Sat & Sun, 9am-9pm, Sunset Beach Sports, Wellness and Fun Center, 2650 Alkire Street, Golden. Charles Pulcine, Owner, and Glenn Streeter, Medical Fitness Director. Come work out all weekend. Hors d'oeuvres and beverages Friday. Special Membership Rates – No enrollment fees. Contact: Charles at 303-271-1722.

"Financial Alignment," March 21st, 5 - 9 pm, Denver. With Lawrence Quell, DC, learn how to break through your blocks and achieve abundance. 4105 East Florida, Suite 207. \$79, includes materials. More about Quell: Space limited, call early: 303-692-8655.

"It Doesn't Have to Hurt" Mar 26th & future dates, Lakewood, 7pm. Free Lecture/ Demo by Neuroenergetic Release® developer Donald Kipp, NCTMB. RSVP: Body-Awareness.com/intro.htm or 303-237-1142.

Health Month at the Forum. April 7-28, Sundays, 9:30-10:30am, Denver. Presentations on Complementary Healthcare topics, including: "Hypnototherapy for Dramatic Emotional Healing," Greg McHugh, CHt; "Activate Your 12 Personal Powers for Life and Balance," Lawrence Quell, DC; "Darkfield Blood Analysis," Brian O'Connell, NMD. First

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"Mini-Conference on Superfoods," Apr 19th 1pm or Apr 20th 9am, designed for independent healthcare practitioners. BioNutrition, 2329 West Main Street, Ste 211, Littleton. Professor Michael Kiriac, PhD, International Award Winning Biotech Pioneer and Roland Thomas, US representative: the cellular and metabolic nutrition revolution and *superfoods*. 90 minutes, reception follows. More info: CompWellness.org/superfoods. RSVP by Apr 10th to 303-683-8113.

Other Classes, Denver Metro area:

- ♦ VitaminCottage.com – click Lectures
- ♦ ThePilatesCenter.com – What's New
- ♦ HeartHealingCenter.com
- ♦ HealingTouchforAnimals.com
- ♦ SabinahOla.com
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- ♦ Whole Foods Lectures – see stores

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The State of US Nutrition

by Diana Bright, MS, RD

Without an adequate intake of nutrients, our health becomes less than optimal. We may become tired, depressed, less alert and sleepy. Many people ignore what they put into their mouths, not realizing that their health is also a reflection of their nutritional intake. Yet, estimates are that up to 40% of cancers in men and up to 60% in women are attributable to diet. Over 100 studies concur that plant foods play special roles in cancer resistance.

About 100 years ago, carbohydrates, fats and proteins were identified as the sources of nutritional energy. During that century, vitamins and minerals were identified as regulators of metabolism. Phytochemicals – non-nutrients naturally present in the plant kingdom – are now being avidly studied.

Preliminary research suggests that two carotenoids – lutein and zeaxanthin, present in dark green leafy vegetables – protect our eyes against age-related deterioration of the retina, which afflicts one in three people over 75. Today, more than 500 different carotenoids appear to contribute even more than just Vitamin A.

As research delves deeper, more is understood about the importance of eating fruits and vegetables. Many studies are showing a lower risk for cancer when the diet is rich in fruits and vegetables.

Because much of our food is adulterated by mass commercial refinement, people in the US are less healthy despite having the most extensive healthcare system in the world. Natural, wholesome food is converted into chemically-laden, lifeless food. Food additives, colors, dyes and preservatives are added to maintain shelf life, and natural oils are changed to hydrogenated fats.

See more: CompWellness.org – [Complementary Healing eGuide – Nutrition](#).

Ms Bright helps her clients explore dietary and lifestyle modifications based on scientific research. Contact her in Golden at (303)274-6743.

Pullout Section

Nutrition

This issue of CW continues exploration of a major component of Wellness – Nutrition – featuring *Trace Minerals and Fulvic Acid* as well as *Nutrition in the US*. For more information, search for [Nutrition](#) on our site, CompWellness.org.



Fulvic Acid: The Missing Link in World Health

by Richard A Drucker, NMD

For years, we have known that almost all Americans are deficient in 100% Organically micro-complexed trace minerals. Why? Because our foods no longer contain adequate amounts of these unique, essential and life-sustaining Organic micro-complexes.

“Every ailment, every sickness and every disease can be traced back to an Organic mineral deficiency.”
– Linus Pauling, two-time Nobel-Prize winner, at the 74th US Congress.

Linus Pauling explained that 100% Organically-complexed trace minerals are indispensable to every organ, gland and muscle in the body. Without them, life cannot exist, because they are both the stimulus and the *spark* that single-handedly produces all life functions.

This article focuses on 100% Organic trace minerals, which are naturally enriched with a unique and 100% Organic polymer known as *Fulvic Acid*. *Organic* is capitalized throughout indicating that it means *living material that contains carbon*, rather than the uncapitalized word meaning grown in a chemical-free environment.



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Organic versus Inorganic Minerals

Our latest research continues to indicate several important scientific points.

100% Organically-complexed trace minerals are unquestionably the *missing link* in the world's health problems, and are the key to preservation of life on earth for many centuries to come.

In contrast, colloidal trace minerals have been sold around the world for decades. Unfortunately, the colloids are primarily *inorganic* substances – both dead or synthetic – from rocks or other non-living matter.

Thus, much recent scientific evidence indicates that *inorganic* trace minerals may actually accumulate inside our body over time and may eventually become a toxic focal point of disease or pathology. Why? Because our body has a difficult time breaking down and eliminating *inorganic* materials.

Moreover, *inorganic* materials tend to accumulate and are permanently stored in the form of a potentially deadly toxin in specific areas of the body, such as fatty tissue, extra-cellular space and interstitial fluids. Over time one may become systemically toxic or physically sick with a chronic illness or disease.

Fulvic Acid

Scientists believe that Fulvic Acid bridges the gap between inert (*inorganic*) trace minerals and 100% Organic trace minerals derived from pure Organic plant matter. We also believe Fulvic Acid directly participates in the *spark of life* itself because Fulvic Acid contains latent solar energy matter as well as remnants of plant photosynthesis.

Fulvic Acid appears to be the end product of nature's Humification Process, which is involved in the ultimate breakdown and recycling of most once-living plant matter. It contains most of the photochemical and protective (anti-aging / anti-oxidant) substances from the original living Organic plant matter.

Thus, Fulvic Acid has been highly con-

Continued on page A3

centrated, refined, transformed and enhanced over hundreds of years, by the actions of innumerable and microscopic Organically-complexed plants. Even the smallest strands of RNA, DNA and Organic plant photosynthetic materials still remain intact.

Because the complex naturally contains Organic carbon, the molecular size is ultra tiny and the weight is extremely low. Therefore, the particle sizes are much smaller than the sizes and weight of most colloids. Thus, they are exceptionally absorbable and beneficial at the cellular level providing innumerable energizing, detoxifying and metabolizing benefits.

Several noted *health benefits* include: rapid skin healing of scars, burns, acne, visual anti-aging and anti-oxidant qualities. Athletes and sports professionals have appreciated its ability to instantly replace 100% Organic electrolytes during physical or strenuous activities. Some of the physical results appear to be increased cellular oxygenation, endurance, energy, strength and stamina while reducing muscle cramps, muscle pulls or injury.

Future Articles

In future issues of CW, we will discuss additional components of Organically-complexed trace minerals for maximizing absorption of most nutrients needed by our body.

Dr Drucker leads the research and development team at Drucker Labs, Plano Texas. He works with renowned scientists and physicians from all around the world to produce the finest blends of 100% Organically MicroComplexed™ Trace Minerals, Poly-electrolytes and Metallo-enzymes with natural Fulvic Acid, using his proprietary IntraCELL™ Technology which ensures maximum absorption of the Organics. Call (972)881-2344 or toll-free to 1-866-DRUCKER, or email RichardDrucker@DruckerLabs.com, or visit DruckerLabs.com

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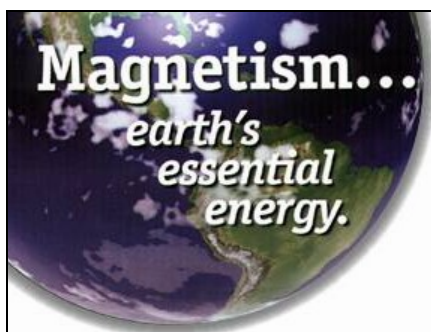


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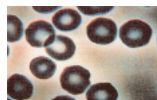
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- ♦ Encourage every organization offering a healthcare benefit to expand to a full spectrum of healthcare offerings.

Member Practitioners and Businesses have met strict **qualifications:**

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