

## Calendar of Events (cont'd from 3)

◆ **"Mapping of Your Body-Mind-Spirit," June 20<sup>th</sup>**, Cindy Engle, Certified Bioenergetic Practitioner.

Tickets are \$15 advance, \$20 at door, \$159 prorated for season (13 in all). See [AwakeningSpirit.com](http://AwakeningSpirit.com) – **Current Events** – or call Michael at 303-635-0140.

◆ **"It Doesn't Have to Hurt" May 7<sup>th</sup> & future dates**, Lakewood, 7pm. Free Lecture/Demo by Neuroenergetic Release® developer Donald Kipp, NCTMB. RSVP: [Body-Awareness.com/intro.htm](http://Body-Awareness.com/intro.htm) or 303-237-1142.

◆ **"Nutritional Education - Local and Long Distance," May 16<sup>th</sup>**, 1574 York Street, Denver, 7:30pm. Char Leberer, ND, CN, CMT, Director, Nutrition Therapy Institute of Colorado, and Susan Sanford of e-education will present the technology for creating on-line classes and its use in Nutritional education. No charge. RSVP: 303-770-4022. More info: [Communications-Gathering.com](http://Communications-Gathering.com) or [CompWellness.org](http://CompWellness.org).

### Other Classes, Denver Metro area:

- ◆ [HeartHealingCenter.com](http://HeartHealingCenter.com)
- ◆ [HealingTouchforAnimals.com](http://HealingTouchforAnimals.com)
- ◆ [SabinahOla.com](http://SabinahOla.com)
- ◆ [HealingTouchHealingYou.com](http://HealingTouchHealingYou.com)
- ◆ [www.Alphacdc.com/justforhealth/](http://www.Alphacdc.com/justforhealth/)
- ◆ [ThePilatesCenter.com](http://ThePilatesCenter.com) – What's New
- ◆ [VitaminCottage.com](http://VitaminCottage.com) – click Lectures
- ◆ Wild Oats Lectures – see stores
- ◆ Whole Foods Lectures – see stores

## Healthcare on the Web

When evaluating health websites, the National Center for Complementary and Alternative Medicine ([NCCAM.HIH.gov](http://NCCAM.HIH.gov)) recommends knowing, at a minimum:

- ◆ What is its purpose?
- ◆ Who manages & finances it?
- ◆ The source of its information?
- ◆ What's collected about you?

Entering **Complementary AND Wellness** into most major web search engines shows CWPA's site at the **top of the list**. This is due to excellent content from the Members, 130 links to other sites and 30 links back to our site. Thank you all!

## Complementary Wellness Professional Association (CWPA) and CW Journal

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, their employers, governments and associations on the full range of mainstream Complementary Healthcare options.
- ◆ Develop and publish information sources on Complementary Healthcare Modalities and Wellness
- ◆ Encourage every local organization 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 [Members List](http://Members List) on the website, [CompWellness.org](http://CompWellness.org), as well as in the *Wellness Practitioner and Business Directory* pullout section inside.
- This journal is for educational, fair, and non-commercial use only, and has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure or prevent any disease.

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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 [CWJournal@CompWellness.org](mailto:CWJournal@CompWellness.org)
- ◆ Visit [CompWellness.org](http://CompWellness.org)
- ◆ Call us at our office: (303)770-4022.

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# Complementary Wellness™

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Complementary Wellness Professional Association (CWPA)

May-June 2002

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## White House Commission CAM Report Bodes Well for the Future

The White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP) Report was ordered by then-President Clinton in March 2000, to recommend public policy that maximizes the potential benefits of Complementary and Alternative Medicine (CAM) to all citizens.

After months of testimonial to 20 reasonably-diverse Presidentially-appointed members of Commission, the March 2002 Report addressed:

- ◆ The training of conventional healthcare practitioners in CAM
- ◆ More access to and delivery of CAM.
- ◆ Research on CAM products

The Commission **validated** the vast potential of CAM by recommending "the [Federal Government] facilitate the integration of safe and effective practices and products into the nation's healthcare system."

This was an expected recommendation from a government commission upon an open review of the facts, however a very far-reaching outcome was the insightful guiding principles established to shape the process (paraphrased):

- ◆ A wholeness orientation of life – mind,

body, spirit and environment – and high-quality healthcare must support care of the whole person.

- ◆ Evidence of safety and efficacy
- ◆ A person's self-healing capacity
- ◆ Respect preferences, preserve dignity
- ◆ The right to choose treatment
- ◆ Emphasize health promotion and self-care
- ◆ Teamwork: researchers, patients, and

## Articles Inside

Continuing articles on the **Attitude** Component of **Wellness** open up new avenues for healing and wellness.

### You Have the Power ...

To change your health, create better relationships, find peace of mind, and heal yourself. *See full article, page A1*

### Listening to Your Body

Your body is trying to communicate when you are ill, have headaches or can't sleep. *See full article, page A2*

### The Life Principle of Wu Wei

Work easy not hard using Chinese Wu Wei. *See full article, page A4*

conventional and CAM practitioners.

- ◆ Education about prevention, healthy lifestyles, and self-healing for all health-care professionals
- ◆ Dissemination of comprehensive and timely information
- ◆ Informed consumers must be incorporated in setting priorities for healthcare and research

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Teresa Kappers-Wright, NCTMB

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### Highlights from the Report

**Research.** "Substantially more funding for research is needed to determine the possible benefits ... of a variety of CAM modalities, especially those that are already in widespread use."

*We suggest more funding for existing federal agencies – see [NCCAM.NIH.gov](http://NCCAM.NIH.gov).*

**Information about CAM.** "To ensure public safety in the continually evolving area of CAM, accurate information must be available so that people can make informed choices."

*CWPA, and other information organizations listed at [CompWellness.org](http://CompWellness.org), currently provide such information.*

"The Commission recognizes that Americans want to be able to choose from both conventional and CAM practices and that they want assurances that practitioners are qualified.

"A few community health centers have begun to use the services of CAM practitioners, such as Chiropractors, Naturopathic Physicians, and Acupuncturists. These centers might provide models for other community health centers and public health service programs."

**Health Insurance Coverage** "of CAM services and products varies among purchasers of health plans, but employer-sponsored plans appear more likely than others to offer them.

"National [healthcare] coding systems ... recognize some CAM interventions, but they are currently limited in scope and specificity. More recently, a [CAM-practitioner-generated] coding system for CAM procedures, services, and products – ABCcodes – has been developed and is being used in a number of settings.

*Continued on page 3*

"Any medical or healthcare intervention that has undergone scientific investigation and has been shown to improve health or functioning, or to be effective in treating the chronically or terminally ill, should be considered for inclusion in health plan coverage

"Coverage of and reimbursement for most healthcare services are linked to a provider's ability to furnish services from ... legally authorized, practitioners[, which may be through professional organizations reviewed by the state or Federal Government]."

"CAM practitioners and experts should be included on advisory bodies and work groups considering CAM benefits and other appropriate health benefit issues.

**Health Promotion.** "A healthful lifestyle can promote wellness and prevent illness ..., and many people have used CAM approaches to attain this goal."

**Cost-Effectiveness of CAM.** Several statements were made to encourage verifying the cost-effectiveness of CAM.

Studies have been performed, but more case studies would help. Search for [Solutions at CompWellness.org](http://Solutions.atCompWellness.org).

## Calendar of Events

"**Spring Into Shape,**" May 1<sup>st</sup> - 22<sup>nd</sup>, Wednesdays, 7pm., Cherry Creek Athletic Club, 500 S. Cherry St, Glendale. Jennifer Workman, MS, RD leads off with **Cleansing for the Summer** – a simple one-, two-, or three-day cleanse – followed by Muscular Activation Technique, Exercise and Weight Loss, and Lymph Drainage. \$10, \$7 CCAC members, and includes 3-day VIP pass and door prizes. RSVP to CCAC: (303) 399-3050. Other info: [CherryCreekClub.com](http://CherryCreekClub.com).

"**Awakening Spirit Natural Living Speaker Series,**" May 2<sup>nd</sup> - Nov 7<sup>th</sup> (generally on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays), Full Moon Books, 9108 West 6th Ave at Garrison, Lakewood, 7pm, 303-233-6666.

◆ "Aromatherapy as a Natural Alternative," May 2<sup>nd</sup>, Kathleen Flanagan, Certified Aromatherapist.



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◆ "Connect with Your Energetic Body and Know Who You Are," May 16<sup>th</sup>, James Pinkel, Holistic Energy Healer.

◆ "From Survival to Thrival: Growing Your Business or Private Practice," June 6<sup>th</sup>, D P Waldman, Business & Life Coach.  
*Continued on page 4*

## The Life Principle of Wu Wei

by Eric Imbody, MA, LPC

How many times do we spend extra energy trying too hard, fretting about the results, or having to go over and over a task because our mind is wandering? Or think that anything valuable requires struggle versus it can be enjoyable and easy? Every day many of us use extra energy that doesn't translate into better results, but instead creates added stress.

An important life principle is the ancient Chinese concept, *Wu Wei*. It can be translated as: *acting without forcing, or to use the least amount of effort to do a task with integrity.*

This principle is found in the Chinese health disciplines of Tai Chi and Chi Kung (Qigong) to allow Chi (*life force or vital energy*) to circulate through the body and benefit the user in a variety of ways. When we remain focused and use only the energy a task requires, we experience reduced stress, more vitality, increased power and greater enjoyment.

We can discover lots of simple but powerful ways to live the principal of Wu

Wei. We can ask ourselves *the Wu Wei question*: "How can I use less effort and still do this task with integrity?"

Perhaps we can use less effort by breathing deeply and relaxing our bodies, cutting out distractions, staying focused on only the essential steps of a task, or by utilizing collaboration or delegation.

We also use less effort when we remain optimistic and focus on the enjoyment of the task versus the result. In other words, *stop and smell the flowers along the way.*

Ask *the Wu Wei question* throughout the day. We already know how we can use less effort but may need a reminder or support to follow through.

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*Mr Imbody owns Transformation Solutions Life Coaching in Denver, and brings 25 years of experience as a counselor, consultant and teacher in mental health, stress/trauma management and employee assistance programs. He is a graduate of CWPA member school, Institute for Life Coach Training in Ft Collins. Call him at (720)941-9848 and visit [TheTransformationCoach.com](http://TheTransformationCoach.com).*

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## Pullout Section

### Attitude



This issue of CW continues exploration of a major component of Wellness – Attitude – featuring *your self-healing power, listening to your body, and the Chinese principle of Wu Wei*. For more information, search for **Attitude** on our website, [CompWellness.org](http://CompWellness.org).

### You Have the Power

by Lanie Vodopich Craig, CR, HHC

Have you ever heard someone say, "Well it's just the way I am," or "I'm too old to change?" The truth is we do have the power to change. We can choose to live healthier, happier lives at age 18 or 81. It's a matter of thinking different thoughts and making different decisions.

If choices and thoughts you've used up to now haven't achieved the results you want, what will it hurt to try new ones? Each time you repeat a thought or action it solidifies the presence of that idea, thing or state in your life.

Constantly thinking things like "there's not enough - time - money - love" produces that in your life. Each time you say to yourself, "this stinks," you are increasing your awareness of aspects of life that may not be what you would like. Your attention is drawn away from the beautiful, joyous aspects of life that make it all worthwhile. Life begins to look increasingly gloomy and you have even more to grumble about.

You have all the power you need to change this pattern. Just as Glinda tells Dorothy at the end of "The Wizard of Oz," "You've always had the power."

### Start Using Your Power

What would you like to change most? ...

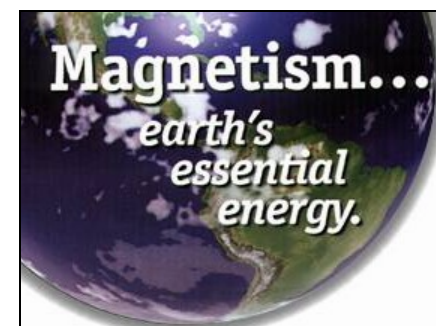
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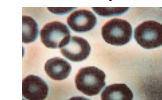
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Do you want to improve your health, create better relationships or find peace of mind? Start noticing your thoughts around those areas for improvement. When your mind starts going down the dark road of "I'm always getting sick" or "I hate this," **think a new thought!**

It can be as simple as "I am whole." Make it something that really resonates with you. A short phrase, easily remembered gives you a simple way to change negative thinking quickly. Where your thoughts go, you will follow. "There's no place like home."

### Use Your Power to Heal

Only you can heal yourself. So why spend so much time and money trying to let others do it for you?

Outside help can create the *environment* in which your cells can heal. Blockages and toxins can be removed, bacteria can be killed, the body's self-healing abilities can be stimulated. But, it is up to your cells to heal the damage.

### How can you actively contribute to this process?

Thoughts have far more control over healing than you may have imagined. According to Dr Bernie Siegel, the hypothalamus (in the center of the brain) "regulates most of the body's unconscious maintenance processes. Nerve fibers enter the hypothalamus from [most] ... regions of the brain, so that intellectual and emotional processes occurring ... in the brain effect the body."

Thoughts create tiny electrical impulses that pass through the hypothalamus effecting everything from muscular tension to hormonal levels. What you are thinking and feeling at this very moment is affecting your body from the top of your head to the tips of your toes!

### Think Yourself Well

As you go through the day, notice your thoughts. Watch thoughts like, "I feel lousy today." Consider that you are telling your body how to feel. Then think a new thought like "I choose to be well."

Send a picture of health along with the thought. If you know what causes you to feel poorly, visualize your body sending white blood cells to kill bacteria or see abnormal cells becoming healthy again.

Change may not occur overnight. Be persistent to feel positive results.

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*Ms Craig is a Holistic Health Coach and Certified Reflexologist. Her practice, Yellow Brick Therapeutics, is in Westminster. Call her at (303)809-3082 or by email.*

### Listening to Your Body

How Your Body Communicates

by Robin Peglow, MA, HHC

Our bodies are constantly sending us messages, information, asking for help and guiding us. Be it through cravings, aches, pains or illness, it speaks. When we have a craving, there is a reason. If we crave desserts or *comfort food*, it could be part physical and part emotional. We may be hooked on sugar so our bodies call out when insulin levels are dragging, or we may **really** be craving love, affection, or a high or blissful feeling. This is something we are not finding in our life that is temporarily filled by that mound of Chubby Hubby Ice Cream.

**Consider this:** Wouldn't it be great to understand our cravings and skip right to what we need? It can be done.

Let's take a closer look at our cravings and break them down to their simplest form and see what we learn.

### A Touchy Subject

This may make us angry. Our body is trying to tell us something, if: we are ill, have an inexplicable lump we are ignoring, have headaches, can't sleep, have trouble skin, have gas or stomach discomfort after a meal, have constipation or diarrhea, have **any** persistent pain, get innumerable cavities, et cetera. It is time that we listen to our bodies, and we will

*Continued on page A3*

not find the solution in a pill.

The **answer** – the real long-term solution to fix the problem **forever** – is to get to the root of the problem, make a commitment to addressing it, then take action.

Many of us feel that if we admit to being tired or stressed or ill, we are weak or less of a person. This is so unfortunate. Instead of paying attention to and taking care of ourselves, we continue trying to prove we are invincible.

**Consider this:** Who are we proving our Duracell capabilities to? On our list of priorities, where is our health?

We don't break down or get ill overnight. It begins with a whisper, fatigue, colds, addictions, irritability or anger. If we ignore it, it speaks a little louder. More obvious signs appear: pain, injuries, longer-lasting illness or skin irregularities. And finally our bodies will shout if they need to, hitting us with challenges we can't possibly ignore, calling us to full attention. Do we listen to the whisper or wait for the shout?

### Fear is Crippling

I suggest that we put aside our fear of what *might* happen if we address the *messages* from our bodies. Instead, imagine what it would be like to have the problem solved and to have learned what to do differently in the future. Facing our fears will empower us. The more we allow fear to hold us back from taking action in our life, the more power it gains. Let's begin listening to our bodies now.

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*Robin Peglow is a Health and Nutritional Coach who works with individuals, parents and children, and groups. She emphasizes simplicity, support and an individualized approach. Contact her at (303)282-1077 or by email.*

For more information on [Attitude](#) and other [Wellness Components](#), search our website, at [CompWellness.org](http://CompWellness.org)

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- ♦ Develop and publish information sources on Complementary Healthcare Modalities and Wellness
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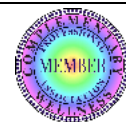
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