

switch. See ColoradoChiropractic.org for more insights and links.

Calendar of Events

"Healthy Body, Mind and Spirit," Talk Radio Show, *Saturdays, through Jul 26th, 6:30-7pm*, KHOW 630AM, Harriet Storrs, MNLP, CHT (see *Hypnotherapy*), hosting mainstream, Complementary practitioners and businesses. Call in: 303-713-8255. Visit KHOW.com and WeightMasteryClinic.com

Qi Gong Series, Saturdays, 4:30-5:30pm, July 5, 12, 19(5-6pm), 26, Aug 2, 9, 23, 30, (not Aug 16), Full Moon Books and Events Center, 6th Ave at Garrison, Lakewood, Susan Horst, CMT, CRM (see *Massage Therapy*), \$10 drop in for repeat students. Beginners call asap to set up intro, 303-913-1051. SabinahOla.com

"Tao Discussion Group," 1st Monday evenings, July 7, Aug 4, Sept 8, 7-9pm. Metaphysical Bookstore & Center, 2178 S Colorado Blvd. Russell Louie (see *Aromatherapy*). \$7. Call 303-271-1649 or visit OptimumChoices.com. (Check for additional classes.)

"Less is More – Neuroenergetic Release®," Thurs, July 10th, 7pm, Aurora & continuing, Lakewood. Lecture/Demo by NER developer Donald Kipp, NCTMB. Free. Call 303-237-1142 or visit his web page, Body-Awareness.com/intro.htm.

"Balancing Blood Sugar," Tues, Jul 15th & continuing, 7-8:30pm, Denver Tech Center. Matthew Reddy, ND. (see *Naturopathy*). Free. 303-850-0880.

CWPA Free Lecture & Gathering, 4th Thursdays, Jul 23rd & Aug 28th, 7-9pm, for practitioners, business owners and the public. Englewood main Library. See CompWellness.org/Comm/gather.htm.

"How Stress is Affecting your Life," last Tuesdays, 7pm, Lakewood. Bela Weiser, DC (see *Chiropractic*). Free. 303-984-9570.

More Denver-Area classes at:

- ◆ VitaminCottage.com - Lectures
- ◆ HeartHealingCenter.com - Calendar
- ◆ SpiritFire.com - Programs

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, wide-spectrum – *Complementary* – healthcare.

CWPA's group **Objectives** are:

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

Member Practitioners and Businesses have met the following strict **Qualifications**:

- ◆ Highly recommended by a practitioner member or at least 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 on the website, 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.

If you believe any material herein contains unrecognized copyrighted material from another source, please notify us immediately.

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), contact us at (303)770-4022 or CWJournal@CompWellness.org.

Copyright © 2003, Complementary Wellness Professional Association; Kenton Johnson, Executive Director & Publisher, Josephine Hehnke, Editor; 7645 South Steele Street, Centennial CO 80122-3365.

ISBN for entire volume: 1-890252-24-7

Businesses...

Call for our Free booklet

(303) 770-1043

"How to Save 50% of your Company Healthcare Costs"

... before your competition does!

CompWellness™

Denver Metro Journal: Complementary, Alternative, Holistic and Integrative Wellness

Volume 3, Number 4

Complementary Wellness Professional Association

July-August 2003

In this Issue

Healing on the Cutting Edge	1
When Will It Be Safe to Breathe in All Denver Restaurants and Small Workplaces?	1
New Tort Auto Insurance Healthcare Coverage	3
Calendar of Events	4
Pullout A	
Essential Oils – Physical Uses	A1
Chiropractic Adjustments and Techniques	A2
Superfood:	
The Gentle Revolution II	A3
Lymph: the Missing Factor III	
Lymph Fluid Dynamics	A4
Wellness Directory	Pullout D

When Will It Be Safe to Breathe in All Denver Restaurants and Small Workplaces?

Last issue we reported that Denver's Mayor Webb and some members of the City Council recognized that tobacco smoke is a major health hazard. The Council Health Committee completed a proposed ordinance, CBO515-03.

It makes small workplaces, as well as all Denver restaurants, smoke-free with exceptions for bars that derive less than 25% of their income from food, and other venues such as cigar bars, bingo parlors and private clubs.

The City Council President, in an unprecedented move, canceled the public hearing on the issue, which may effectively kill the bill and a tremendous amount of work by health activists.

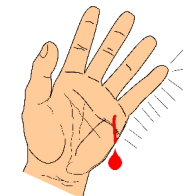
However, the session is not over until July 21st, and there will be other opportunities. **It is time to voice your opinion.**

Continued on page 3

Healing on the Cutting Edge

by Kenton Johnson, Executive Director

"That was really stupid," I said a few evenings ago, doing exactly what I tell my grandchildren **not** to do – cut towards a hand. While cutting the strap on a box, my pocket knife cut deeply into my little finger just below the third knuckle. There was lots of bleeding while washing it with warm then cool water, but it stopped in a couple of minutes with direct compression, Reiki, then a 3" x 1" bandage that kept it tightly closed.



All that remained was some pain and a *worrisome tingling* in the little finger, as if it were half asleep – nerve or blood vessel damage?

So I called a few of our practitioners for their advice. See the *Wellness Directory* in *Pullout D* for more information on each practitioner.

We had just finished editing an article on Essential Oils (see pg A1), which included some possibilities for an insect bite – seemed similar to what was needed to disinfect, sooth and help heal the cut.

The author, **Russell Louie** in a late-night phone call, confirmed they would, then reminded me to only use *therapeutic grade* oils, especially for disinfecting.

I went to find them, but they were only marked as therapeutic grade on the display, *not the bottles*. I chose the more expensive of the two marked therapeutic grade, buying a couple I didn't have in any grade: lavender, as well as lemon for disinfecting and many other uses.

Douglas Pousma, MD (see *Anti-Aging*)



Community Massage Classes

Learn how to give a **great** massage:
individuals and couples

Call about this introductory series and
free pamphlet:
"The Magic of Touch"

Colorado Center for Physical Therapy
(303) 797-0988

2329 West Main Street, Littleton

CurativeTherapy.com

Free booklet: Natural Pet Care

Call Optimum Choices, LLC
303-271-1649



Reduce stress for you and your pet:

Experience the synergy of relaxing
Reiki treatments for people and pets

www.OptimumChoices.com



Chiropractor ♦ Acupuncturist Medical Intuitive

(303) 337-7755

Allergy Therapy ♦ Nutrition ♦ Sinus
Chronic Illness ♦ Migraines ♦ Headaches
Depression ♦ Hormone Imbalance

3140-C South Peoria Street, Aurora

Therapy) concurred with my first aid, then suggested a hand specialist, since hands are obviously critical for computer work and most else. Understanding that there was no finger or hand discoloration, little pain, and minor restriction of movement, he didn't push an office or emergency room visit, but did recommend a tetanus and an antibiotic shot as soon as possible.

The nurses at hand specialists recommended seeing a primary care physician first then coming in the next week, concerned about infection, nerve damage, and by moving the finger, additional tendon damage if it was nicked. An appointment was set, in case the tingling didn't improve. A small splint for a couple of days reduced finger movement.

Matthew Reddy, ND (see *Naturopathy*), agreed with the others to a point. He didn't see the need for a tetanus shot, since the knife was not that dirty, but advised looking out for red streaking away from the wound indicating that infection is starting and spreading. He suggested a calendula salve for smoothest healing, and to have it stitched if it kept opening.

Glenn Streeter, Medical Fitness Pro (see *Fitness*) had made his own investigation after breaking a leg, to determine if he could get by without having major surgery to insert a pin. He went with the surgery since it promised faster recovery. He followed up with special detox soaks to clear out the drug residue from the surgery.

He confirmed the small splint idea to protect the tendon, suggested a call to his office's Naturopath for an antibiotic alternative, and recommended soft laser treatments to regenerate blood vessels, nerves and the other tissues.

Herbert Jacobs, MD (see *Health Coaching*), said that urgent care was immediately necessary. Instead, he said to focus on the tingling in the finger:

- ♦ Elevate the wound.
- ♦ Ice for 12 hours to reduce the edema (lymph fluid build up – see pg A4) which was probably causing the tingling.

Continued on page 3

- ♦ Wrap with an elastic bandage for protection and to reduce the edema.
- ♦ After icing, soak in very warm water 3 x daily to restore circulation.
- ♦ See a hand specialist if more care needed.

Philip Incao, MD (see *Medicine*).

Since the fingernail looked like all the others, indicating no blood restriction, and the finger was not very painful or difficult to move, he advised to let it heal naturally with a little help:

- ♦ Make sure the cut's edges to stay together to prevent an indent and scar.
- ♦ No tetanus shot needed unless the knife had been in the dirt, and no antibiotic shot unless it looked or felt infected.
- ♦ Use an arnica tincture for infection.
- ♦ Nutritional cleanse with lots of water, mostly fruits, vegetables and grains, and very few, if any, animal products.

I've followed most of these suggestions, did not take the shots, and will entertain additional therapies if the feeling does not fully return in a few days.

This article is not intended to give medical diagnosis or treatment advice – it is simply anecdotal and to give an idea of a part of the spectrum of Complementary Healthcare.

If you have comments or a situation you would like researched, please email Cases@CompWellness.org including your name, location and phone number.

When Will It Be Safe? (cont'd)

We interviewed 75 smoke-free restaurants, then helped them generate letters to their Councilmembers. In no case did being or becoming smoke free hurt business – it only increased customer compliments.

Smokers simply went outside, and enjoyed the atmosphere and food inside.

Several **health and business benefits** included:

- ♦ Protects children, all workers and customers from the obvious and known health risks of second-hand smoke anywhere in the restaurant.

- ♦ Adults have a choice, but their children do not.
- ♦ More consistent with a healthy food concept and fine dining.
- ♦ Pregnant workers don't breathe second-hand smoke, lowering fetal risks.
- ♦ Breathing is hard enough being a mile high and in often-polluted air.
- ♦ Doubles the potential market – triple or quadruple for bars.
- ♦ Clean up and maintenance are less expensive.
- ♦ Customers can smell and taste the foods better, ordering more.
- ♦ Fire insurance can be less.
- ♦ Children act better, allowing their parents to stay and buy more.
- ♦ Protects the special atmosphere, created with sweat and dollars.
- ♦ Separate sections leave unused tables and therefore lost income.

Instead of worrying about losing business by becoming newly smoke free, why not spend a little money on a sign or an ad to announce the fact, separating one's business from those that still allow smoking? The City, as well as responsible business and restaurant associations, could do the same.

The only Councilmembers supporting the bill are Allegra 'Happy' Haynes and Susan Barnes-Gelt. Please encourage yours today, or if outside Denver, Councilmember At Large Cathy Reynolds. For contact info, see the bottom left of their website: DenverGov.org/CityCouncil.

For accurate information, action opportunities, and connections to many other sites, visit SmokeFreeDenver.org.

New Tort Auto Insurance Healthcare Coverage

Your healthcare benefits in an auto accident will be effected by the new *tort* auto insurance rates and policies that become available this month.

Notes: the *cheaper* rates will be just that, and there is **no** requirement to

Continued on page 4

Lymph: The Missing Factor III Lymph Fluid Dynamics

by Cory Carter, CND, NMT, MT
and Randy McCormick, NPA

What makes lymph and edema (lymph build up) so tricky? The body is trying to protect itself by making all that lymph. Do we really want to shut that off?

Faithful readers will recall that lymph ends up in the extremities so that the vital organs in the thorax and abdomen have less stress. Try this: Make one hand into a fist. *Tightly* wrap your other hand over the top of it. Now, try to open the fist. It is difficult to do so.

The main lymphatic drain for the chest cavity is the thoracic duct. This is a tube, smaller than your little finger, that follows close to your spine. It is found underneath your sternum (breast bone). This means that manual Massage Therapy alone is not able to reach it unless you allow someone to massage *inside* your chest cavity. (Ouch!)

Fluid pressure is not constant, as far as the lymphatic system is concerned. Just because you push on it 'here' doesn't mean that it is going to do anything significant 'there.' The weaker blockages in the system will have the potential to blow clean, but the more entrenched blockages will not.

The body wants to wash away what is bothering it but can't. So, it performs the next best thing: make much more fluid than usual to try to dilute it or wash it out.

How about toxins and lymphatic issues? Part IV will address toxins.

Continuing column. Copyright © 2003, Alt Med Ltd, Rapid City SD. Reprinted with permission.

Dr Cory Carter has been in private practice for 20 years, specializing in Lymphatic Drainage. Randy McCormick is a Certified Instructor in the Carter Technique of Lymphatic Drainage. Contact either at Alt Med Ltd: LymphInfo.com or 605-343-2682. See Ad: pg A3

Next issue: Toxins & Your Lymphatics



Wit's End Guest Ranch Resort & Spa



More Fun and De-Stressing here than anywhere else

Boating ♦ Horseback Riding ♦ Fly Fishing ♦ Hiking ♦ Children's Programs
Candlelight Dining ♦ Exquisite Cabins ♦ Relaxing ♦ 25x50 Pool ♦ Tennis
Wilderness Hikes ♦ Biking ♦ Water Sports ♦ Hayrides ♦ Cookouts ♦ Massage



Durango Area
(800)236-9483
(970) 884-4113

WitsEndRanch.com



Essential Oils – Physical Uses

by Russell Louie, Aromatherapist

The following are some case histories for the physical uses of Essential Oils:

- ♦ Headache – apply peppermint, helichrysum, fir, wintergreen, clove, or valerian to temples and forehead. Use Roman Chamomile, peppermint or lavender on back of neck, temples or under the nose.
- ♦ Insect bites – use basil, lavender, eucalyptus, citronella, melaleuca alternifolia or rosemary cineol for their antiseptic properties. Use peppermint directly on the bite to reduce itching.
- ♦ Hay fever – lavender, roman chamomile or ledum applied to chest, throat and nose to reduce symptoms.
- ♦ Insomnia – apply lavender and chamomile on forehead and temples, clary sage on upper lip, or valerian on temples and back of neck. Alternative: apply all these insomnia oils on the soles of the feet before bedtime.
- ♦ Stress relief – lavender, chamomile, sandalwood, frankincense, cedarwood and balsam fir to forehead and feet.
- ♦ Toothache – apply clove oil on gums for pain. Saturate gauze with melaleuca, clove, naouli and rosemary oils, then hold in mouth around tooth to reduce abscess.
- ♦ Tendonitis – cypress for circulation and lemongrass to regenerate ligaments.
- ♦ Virus infection – clove, lemon, cinnamon, eucalyptus, rosemary, mountain savory, thyme, oregano, hyssop, melaleuca alternifolia, pine, frankincense or ravensara.

Next issue: Emotional Uses

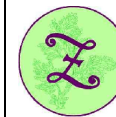
Continuing column on Essential Oils – the powerful blood of plants. Copyright © 2003, Optimum Choices, LLC, Golden CO. Reprinted with permission.

Russell practices Aromatherapy. Visit OptimumChoices.com or contact him at 303-271-1649. See Ad: pg A2

Find previous columns in past issues at: CWDenver.org

Standard Enzyme Company

Professionals – everything patients need to live the healthiest life possible:



- ♦ Specific Nutritional Formulations
- ♦ Homeopathic Detoxifiers
- ♦ Herbal Extracts
- ♦ PhytoHormone Creams
- ♦ Phenolic Isodes
- ♦ Sales, Training and Support
- ♦ Homeopathic Flower Essences
- ♦ Computerized ElectroDermal Screening
- ♦ Informational and Certification Seminars

Over 30 years Experience

StandardEnzyme.com (800) 670-1999

Call for Free Information Packet

Save money while enjoying a short stay in Tijuana, Mexico
(minutes from the San Diego airport)

Alternative Dentistry

Call for free pamphlet:

"Dentistry and Medicine Working Together for Your Health"

CD Juan C Hernandez, DDS

(888) 804-9355

**US-Dentist Trained
Holistic-Dentist.com**



7800 West Jewell Avenue, Unit D
Lakewood

(303) 988-2920

JWQDDS@eCentral.com

"Mercury-Free Dentistry that Looks Good and Feels Good"

Optimum Choices for Well Being

Essential Oils:
More than Aroma!

- ◆ 50 times more powerful than herbs
- ◆ Boosts your body's immune system
- ◆ Affects your physical, emotional & mental body

Essential Oil Treatments
Fruit & Vegetable Supplement
Reiki for People and Pets

All-Natural Super Premium Dog Food

- ◆ No meat by-products or preservatives
- ◆ Shipped fresh to your door



Free information & samples:
(303) 271-1649
info@OptimumChoices.com
www.OptimumChoices.com

Discover the pH Miracle

Alkalizing is
Revolutionizing
our Health

Call for Free tape* hosted by
Anthony Robbins on how to
**Reclaim Your Inner
Terrain:**

(866)8GREENS

*by Dr Robert Young: featured on
"The Early Show"
with Jane Clayson, and in
Sept 10th Women's World

Chiropractic Adjustments and
Techniques

by Bela T Weiser, DC

Chiropractic techniques are the ways in which Chiropractors adjust the spine to remove spinal displacements called *subluxations*.

Some techniques are abrupt and forceful, and sometimes you can hear audible *popping* sounds. Also, Chiropractors use different ways to analyze the spine, including x-rays, palpation and postural distortions.

One of the most common adjusting techniques is called *Diversified*. It uses fast, abrupt movement and twisting of the body frame to move vertebrae. Many times an audible pop is heard.

Blair Upper Cervical Specific technique is a unique and very specific technique that moves the very first bone in the spine, called the *Atlas*. The Atlas, if misaligned, can put pressure on or interfere with the brainstem, causing system-wide imbalances and multiple subluxations in the spine.

Using highly-specialized and accurate x-rays, the Blair practitioner can see these misalignments. Since every person is unique, using these x-rays, the doctor can custom tailor the adjustment to the individual. There is no twisting or turning of the body frame, and it is safe for the very youngest to the oldest patient.

Regardless of which kind of technique you choose, make sure your Chiropractor explains all the examination findings. This provides you the ability to make an informed decision. If he or she does not, do not hesitate to find a doctor that will.

Next: Healthcare for the Next Century

Continuing column. Copyright © 2003, Weiser Chiropractic Family Wellness Center, Lakewood, CO. Reprinted with permission.

Dr Weiser has a Doctorate Degree in Chiropractic and has been in private practice for six years. He specializes in a precise gentle upper cervical technique. Contact him at 303-984-9570 or visit WeiserChiropractic.com. See Ad, pg A3

Superfoods: The Gentle
Revolution (Part II of VIII)

by Roland Thomas, BS, NC

Superfoods have been eaten by traditional cultures all over the world for millions of years. Cultures have focused on particular superfoods, as they were available in the locale and climate. With advancements in modern food technology, we are now able to carefully dehydrate, freeze dry and store these superfoods for use anywhere in the world.

Superfoods contain large and unique amounts of naturally-occurring nutrients, phytonutrients and antioxidants. Some call superfoods *green foods* – rightfully so, as many superfoods contain extraordinary amounts of chlorophyll – but not all superfoods are green foods.

Did you know that vitamin K, now known to be required for proper blood nutrition, was discovered only fifteen years ago? Up until then, Nutritionists did not know that your body needed this vitamin! There are hundred more nutrients, especially trace elements, yet to be discovered!

Just recently it has been discovered

that certain vitamins are not digested or assimilated into the body without the appropriate naturally occurring *facilitators*. These are catalysts for the proper and complete digestion of certain nutrients.

For example, vitamin C is best assimilated by the body when taken in conjunction with bioflavonoids, which are co-existent with vitamin C in certain fruits and superfoods.

Grasses, algae and kelps all contain extraordinary amounts of vitamins, enzymes, amino acids, completing our protein requirements. Spirulina, one of the most nutritious superfoods, contains every essential and even most of the non-essential amino acids.

In fact, today you can successfully replace every vitamin, mineral and protein supplement on the market with the proper mix of superfoods.

Next: Synergistic Nutrition

Continuing column. Copyright © 2003, BioAge LLC, Littleton CO. Reprinted with permission.

Mr. Thomas founded BioAge for promoting ways to achieve vibrant health. Visit BioAge.ws or call him at 303-539-5321. See Directory Ad, Supplements

Gentle, Specific Adjustments

Conveniently located in Lakewood

303-984-9570 WeiserChiropractic.com

Call for Free Booklet

"Upper Cervical Care for the Most Difficult Cases"



Looking for the Missing Therapy?

LYMPHATIC THERAPY may be your answer!

+ FM reduction of edema

+ Restores flow in the system for accelerated healing

+ Makes Lymphatic Therapy practical and profitable

We have the Technology and Technique for All Applications

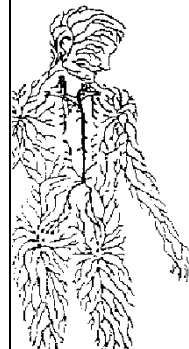
The **LYMPHSTAR PRO**®
A Photo-Harmonic Technology

Phone: 605-343-2682

LymphInfoEquip.com

Info@LymphInfoEquip.com

Both Personal and Professional Use
Arcturus Star Products + Integrity. Service. Innovation.



Retreats

Jim Custer, Owner .. Wit's End Guest Ranch Resort & Spa .. Vallecito Lake 81122 .. (800)236-9483 ..
WitsEndRanch.com
 More **Fun** and **De-Stressing** than anywhere else. **Massage Therapy**. Call for **Free** full brochure. *See Ad pg A4*

Rolfing

Teresa Kappers-Wright, NCTMB .. Dynamic Body Therapies .. Denver 80203 .. (303)420-7223 ..
DynamicBodyTherapies.com
 Clear the Restrictions to Help You Feel Fully Alive. Offering **Cranio-Sacral Therapy**. Also office in **Arvada**.

Schools

Blue Heron Academy of Healing Arts and Sciences .. Gregory Lawton, DN, DC, Founder .. Grand Rapids MI 49546 .. (616)285-9999 ..
BlueHeronAcademy.com
 Acupuncture | Oriental Medicine | Herbology | Massage Therapy | Naturopathy | Tai Chi | Wellness.
Redefining Healthcare, Naturally

Structural Integration

Gustave Boisits, CMT, SI .. Maximum Alignment .. Club USA, 5066 South Wadsworth .. Littleton 80123 .. (303)979-7772 ext 129 ..
MaximumAlignment.com
 Injury Repair Therapy | Myofascial Release | Neuromuscular Therapy | Massage Therapy | Sports Performance Enhancement

Supplements

K Burnett, Owner/Counselor .. Body Type Supplements .. Denver Metro 80200 .. (303)838-1072 / (888)BODYTYPE ..
BodyTypeSupplements.com
 The **Right** Vitamin Supplements & Counseling for **You**, based on the Best-Selling Book by Dr Abravanel.

Ariel Aentara, OD .. Furlong PA 18925 .. (866)8GREENS ..
InnerLightinc.com/asherah
 Alkalinizing is Revolutionizing our Health! Call for **Free** tape on how to **Thrive** in this Revolution! *See Ad pg A2*

Roland Thomas, BS, NC .. BioAge, LLC Littleton 80124 .. (303)539-5321 ..
BioAge.ws

Exclusive Wellness Products and Services:

100% Bio-Active Products that Rejuvenate and Energize Your Future.

Call for **Free** booklet (\$8 value):

"Bio-Algae Concentrates ~ The Michael Kiriatic Story"

See Article pg A3

Therapeutic Day Spas

Phyllis Phillips, Owner .. Beauty Bar Salon & Atlantis Angels Spa, Inc .. 1115 Washington Avenue .. Golden 80401 .. (303)279-6237 ..
BeautyBarDaySpa.com
 One-Stop Body, Mind, Spirit Salon & Spa. Also see *Skincare Shopping*, AtlantisAngelsSpaInc.com

Travel

Josephine Hehne, CTC .. GO-with-JO Travel .. Centennial 80122 .. (303)740-0588 ..
Josephine@CompWellness.org

Retreats | Cruises | Cultural Events

Groups

Therapeutic Day and Overnight Spa Tours

Vision Care

Eva K Strube, OD .. Avenue Eye Care .. 1208 Washington Avenue .. Golden 80401 .. (303)279-3713 ..
Eyefinity.com/EvaKStrube
Holistic Vision Alternatives.

Yoga

Bindu Source Johnson, RYT, PRYT, CSMI .. The Yoga Connection .. 5151 South Federal Blvd .. Littleton 80123 .. (303)738-8770 ..
YogaConnection.com
 Offering *Kripalu Yoga: unique way to integrate body, mind and spirit through opening to the wisdom of your body*

Members' **Emails, Webpages & Other Modalities** are in the **Members List** at our **Website**.

Acupressure

Tammra Straub, JSJCP, RYT .. Mindful Motions .. Arvada 80005 .. (303)423-2208

Resonate with the Touch of Healing Hands

Jin Shin Jyutsu (Japanese Acupressure) Treatments
Self-Help Jin Shin Jyutsu Workshops; 18-Style Qi Gong
Hatha Yoga Classes & Private Yoga Therapy

Acupuncture

Ellen Weeks, MAcOM, DiplAc(NCCAOM), CMT .. Wellness with Oriental Medicine .. Old Hampden Holistic Center, 3501 South Corona Street, Suite 1 .. Englewood 80110 .. (303)320-4367 ..
EllenAcu@yahoo.com

Acupuncture Chinese Herbs Massage Classes

Pain Solutions ~ Gift Certificates ~ Free health tips

Increase energy and mobility by eliminating pain

Wenying Lin, MD(China), LAc .. Acupuncture & Allergy Associates .. East-West Health Center, 8200 East Belleview, Suite 280-E .. Englewood 80111 .. (303)694-5757 ..

AcupunctureandAllergy.com

Traditional Chinese Medicine. 5-Element. Auricular Therapy. Free Consultation. 50% off Initial Visit.

Faye M Steuck, DC .. Golden 80401 .. (303)278-3678

Acupuncture (Auricular Medicine), Herbal & Homeopathic Remedies, Nutrition & Therapeutic Diet, Chiropractic - Craniosacral Therapy. 23 Years Experience in Holistic Healthcare. Free Phone Consultation

Member Qualifications:

- ◆ Highly recommended by a Member or three clients
- ◆ Registered or licensed, as required
- ◆ Properly educated in primary modality, with recognized credentials
- ◆ Suitable business location

Paul Murray, MBA, LAc, CNC .. Whole Health Center .. 9370 South Colorado Blvd, Suite A-10 .. Highlands Ranch 80126 .. (303)470-1995 ..
WholeHealthCenter.info
Traditional Chinese Medicine. 5-Element. Auricular Therapy. Free Consultation. 50% off Initial Visit.

Animal Care

Janice Facinelli, DVM .. 4355 Gray Street Wheat Ridge 80212 .. (303)421-5424 ..
HolCare.com
Acupuncture | Homeopathy | Nutrition | Oriental Medicine | Veterinary Medicine | Orthopedic Manipulation

Anti-Aging Therapy

Douglas Pousma, MD .. Highlands Ranch 80130 .. (720)771-4567 ..
OasisWellness.com/drdoug
Clinically-Proven, 100% Guaranteed Anti-Aging and Weight Loss Technology.
Healthcare Professionals: Double your Income.

Aromatherapy

Russell Louie, Aromatherapist .. Optimum Choices, LLC .. Golden 80403 (303)271-1649 ..
OptimumChoices.com
Optimum health: essential oil therapy, fruit & vegetable supplement, all-natural premium dog food, and emotional clearing sessions.
See Ad pg A2 and Article pg A1

Assessments

Matthew Reddy, ND .. 7200 East Dry Creek Road, Suite A101 .. Centennial 80112 .. (303)850-0880 ..
DrReddyND.com
State of the Art Personal Touch. BioMeridian Testing.



Associations

Kathryn Stewart, President .. Colorado Massage Network .. 885 Arapahoe .. Boulder 80302 .. (303)825-1782 .. ColoradoMassage.net
Massage Therapy centers, Metro Denver and Colorado Springs, body work and medical massage services.

Kenton Johnson, MS, Executive Director .. Complementary Wellness Professional Association .. Centennial 80122 .. (303)770-4022 .. CompWellness.org

Healthcare Support & Promotion | Publishing | Marketing, Internet, Business, Sales Consulting | Web Page Hosting, Design and Production | Inexpensive Full-Color Printing | Healthcare Cost Reduction Consulting.

Call for our Free booklet "How to Save 50% of your Company Healthcare Costs"

See Ad pg 4 and Article pg 1

Marjorie Roberts, Executive Director .. Complementary-Alternative Medical Association .. Decatur GA 30037 .. (404)284-7592 .. CAMAweb.org
Committed to education, Advancing CAM, Motivating to take charge of your health and future, and Advocating freedom in health care choices

Lyle Tautfest, MH, President .. Colorado Association of Psychotherapists .. Denver 80250 .. (303)480-5733 .. CAP-Psychotherapists.com
"Dedicated Counseling and Hypnotherapy Professionals United in Excellence."

Katie Armitage, Executive Director .. Associated Bodywork & Massage Professionals .. 1271 Sugarbush Drive .. Evergreen 80439 .. (303)674-8478 .. ABMP.com
Provides Bodywork, Massage and Somatic Therapies practitioners with professional services.

To find **descriptions** of most of these **modalities**, see the [Complementary Healing eGuide](#) at our [Website](#), or enter the modality in our website's [Search](#) box.

Katie Koets, Managing Director .. American Manual Medicine Association Grand Rapids MI 49546 .. (888)375-7245 www.AmericanManualMedicine.com
Promoting Medical Massage Therapy.

Businesses Honoring Spirituality .. 9079 West Alameda Avenue .. Lakewood 80226 .. (303)838-1072
Speakers, networking, business development - includes breakfast. Mile Hi Church Comm Center, Thurs 7:15am

Brain Integration Therapy

Yvonne Buck, OTR .. Heal-Thy-Self Unlimited .. Aurora 80014 .. (303)257-5925
Enhance Learning Ability by minimizing/eliminating Dyslexia, ADD, Handwriting & Coordination Problems, and Associated Learning Problems

Cancer Support

N Sullivan, BSN, MAM/HROB, Executive Director .. QualLife Wellness Community 1741 Gaylord .. Denver 80218 .. (303)393-9355 .. Qualife.org
Support & Educational Programs, Cancer & other Life-Challenging Illnesses

Centers

Helen Ruiz, RN, Director .. Touro Infirmary Alternative Therapy Center .. 3434 Prytania Street, Room A131A .. New Orleans 70115 .. (504)897-8855 .. Touro.com
Acupuncture | Chair Massage | Classes | Massage Therapy | Retreats | Hypnotherapy | Wellness | Yoga | Weight Loss | NIA

Cory D Carter, ND .. Alt Med, Ltd .. Rapid City SD 57702 .. (605)343-2682 .. LymphInfoEquip.com
We have the Technology and Technique for All Lymphatic Therapy Applications. Call for Free information.
See Ad pg A3 and Article pg A4

Personal Coaching

Patrick Williams, EdD, President .. Institute for Life Coach Training .. Ft Collins 80521 .. Info@LifeCoachTraining.com .. LifeCoachTraining.com

International Distance-Learning School for Helping Professionals to be Masterful Life Coaches

Free 1-hour Teleconference Class:
Intro to Life Coaching for Helping Professionals

Jul 2nd & 16th, Aug 6th & 20th, Sep 3rd & 17th

Email or call (888)267-1206 to enroll

Chad Bamrick, President .. Smart Talks® .. Mead 80542 .. (303)550-8987 / (970) 353-7711 .. SmartTalks.com .. Chad@SmartTalks.com

Enneagram Seminars & Workshops
Discover the truth of your highest potential!

Call or email for a schedule and Free booklet:

Advanced Leadership through the Enneagram

Physical Therapy

Erma Pacheco, PT, CNMT .. Colorado Center for Physical Therapy .. 2329 West Main Street, Suite 211 .. Littleton 80120 .. (303)797-0988 .. CurativeTherapy.com
Blending the Best of Holistic Healthcare with Cutting Edge Science & Technology. DBC Active Spine Care. See Ad pg 2

Pilates

Amy Anderson, PRT .. Colorado Center for Physical Therapy .. 2329 West Main Street, Suite 211 .. Littleton 80120 .. (303)797-0988 .. CurativeTherapy.com
Blending the Best of Holistic Healthcare with Cutting Edge Science & Technology. DBC Active Spine Care. See Ad pg 2

Products

James Hawver, NMD, Director .. Standard Enzyme Company .. Bremen GA 30110 .. (800)670-1999 .. StandardEnzyme.com
Professionals: Everything patients need to live the healthiest life possible. 30+ years Experience. Free Information Packet
See Ad pg A1

Donna Rabbitt, Owner .. Footopia Z-C@iL .. 611 East 22nd Street .. Denver 80205 .. (303)291-0854 .. Footopia.us
The Pain Relief Shoe – Reduces Pain & Impact to the Body + Adds 50% more Energy. Free Presentation at office or club.

Diana Goldsberry .. Greenwood Village 80121 .. (303)761-9637 .. Goldsberry.MyPharmanexUSA.com
Applying pharmaceutical science to dietary supplements and to bring out the best in natural products of proven safety and efficacy

Psychotherapy (see Counseling)**Reflexology**

Marla J Swanson, BS, CNHP .. Healthy Offerings .. Lakewood 80215 .. (303)233-5939 .. HealthyOfferings.Isagenix.com
Iridology | Healing Touch | Dried Blood Cell Analysis | Reams Testing | Cleanse, Detoxify, Replish, Revitalize - Call for Free Tape

Rehabilitation

Doug Olmsted, OTR .. Denver Tai Chi Academy .. Englewood 80110 .. (303)761-4626 .. DougOlmstedOTR.com
Combine Western Physical and Rehabilitation Medicine with Oriental Systems. Many insurances.

Reiki

Margaret Auld-Louie, BA, CRM .. Optimum Choices, LLC .. Golden 80403 (303)271-1649 .. OptimumChoices.com
Optimum health: Reiki treatments and Bach Flower Remedies for people and pets, all-natural premium dog food, and fruit & vegetable supplement.

See Ad pg 2

Midwifery

Anne Walters, CNM, MSN .. 3555 S
Clarkson St, Suite 500 .. Englewood
80110 .. (303)761-8358
*Complete Women-Centered Healthcare
for Your Full Life. Free Women's Health
Consultation*

Naturopathy

Matthew T Reddy, ND .. 7200 East Dry
Creek Road, Suite A101 .. Centennial
80112 .. (303)850-0880 ..
DrReddyND.com
*State of the Art Personal Touch.
BioMeridian Testing. Free Paper on Anti-
Inflammatory Medicinal Foods.*

Diane Spindler, ND, PhD, HHD ..
Mountain Holistic Health .. Indian Hills
80454 .. (303)697-1736 ..
MountainHolistic.com

*Board Certified. Craniosacral Therapy,
Immune Restoration & ionCleanse Foot
Bath.*

*Metabolic Balancing: Blood Chemistry
Analysis, Iridology, Anti-Aging Therapies.*

Brian E P B O'Connell, NMD, CNM, CNC
Mountain Area Naturopathic Associates
4964 Ward Road .. Wheat Ridge 80033 ..
(303)996-6262 .. AskDoctorUB.com
*Acupuncture | Counseling | Fitness |
Massage Therapy | Nutrition |
Homeopathy | Hypnotherapy |
Herbology | Live Blood Analysis | Cancer
Support & Treatment | IV Therapies |
Reflexology | Oxygen Therapies |
Photoluminescence | Infra Red Sauna |
MS/CFS Treatment*

Neuroenergetic Release®

Donald W Kipp, NCTMB .. Body-
Awareness® Institute and Wellness
Center .. 1675 Carr Street, Suite 212-
South .. Lakewood 80215 .. (303)237-
1142 .. Body-Awareness.com
*Advanced Non-Invasive Manual Therapy
for: Pain Relief, Injury Care, Health
Enhancement.*

Neuromuscular Therapy

James Pacheco, CMT, CNMT .. Colorado
Center for Physical Therapy .. 2329
West Main Street, Suite 211 .. Littleton
80120 .. (303)797-0988 ..
CurativeTherapy.com
*Blending the Best of Holistic Healthcare
with Cutting Edge Science & Technology.
DBC Active Spine Care. See Ad pg 2*

Nursing

Lynn Bakken, RN, C-PNP, MSN, HTP ..
Options for Healing .. 1301 Arapahoe
Street, Suite 2 .. Golden 80401 ..
(303)250-7703
*Healing for Your Body, Mind & Spirit.
Healing Touch, Reflexology,
Hypnotherapy.*

Dona Leiper, RN, BS, CNMT .. 1391 Carr,
Suite 203 .. Lakewood 80215 .. (303)238-
7833
*Neuromuscular Therapy. Lack of
Exercise, Poor Diet and Bad Attitude
Cause Pain. Pick up the Phone.*

Nutrition

Shari Hale, CN .. Colorado Springs 80904
(719)460-6776
*Nutritional Therapy, Public Classes and
Darkfield Microscopy Blood Analysis*

Jaqueline Susmark, NT .. Inner Harmony
60 Allison Street .. Lakewood 80226 ..
(303)988-2099 .. Susmark.com
*Cellular Nutrition to Empower Your
Energy Flow: Increase Energy, Think
More Clearly, Enhance Natural Abilities*

Toni Muscatello, RN, CMT .. Mannatech ..
Westminster 80234 .. (303)404-9214 ..
MannaPages.com/HomeTouch
*Serious Research and GlycoScience:
Optimize Health. Free Report on
Glycomics - top 10 Emerging
Technologies.*

To find a practitioner, business or
product in your part of the Metro area,
search the [Members List](#) at
CompWellness.org, or call one of the
Members or our office for a referral.

Chiropractic

Homer Wall, DC .. 7878 Wadsworth
Blvd, Suite 200 .. Arvada 80003 ..
(303)463-9395 .. HomerWallDC.com
*Fast Effective Weight Loss, Pain Relief,
Injury Recovery.
Applied Kinesiology | Products | Wellness
21 years Experience.
Call for Free Special Report:
"What You Should Know if You are in a
Car Accident"*

David Friedman, DC, DiplAc(NCCAOM) ..
Arapahoe Chiropractic .. 6881 South
Holly Circle, Suite 207 .. Centennial
80112 .. (303)221-3600 ..
ArapahoeChiropractic.com
*Oriental Acupuncture | Massage
Therapy: Deep Tissue &
Neuromuscular | Nutrition | Physical
Therapy | Pilates*

Bela Weiser, DC .. Weiser Chiropractic ..
7585 West Arkansas Ave, Suite B ..
Lakewood 80232 .. (303)984-9570 ..
WeiserChiropractic.com
*Call for Free booklet: "Upper Cervical
Care for the Most Difficult Cases"
See Ad pg A3 and Article pg A2*

Robert Nelson, DC .. Nelson Chiropractic
84 Garrison, Suite B .. Lakewood 80226
(303)205-0501 .. DrRobertNelson.com
*Acupuncture | Kinesiology, Applied |
Massage Therapy: Deep Tissue &
Neuromuscular | Nutrition.*

Colon Hydrotherapy

Barbara Overton, CCT .. Colon
Hydrotherapy .. Wheat Ridge 80033 ..
(303)202-1779 .. BarbaraOverton.com
*Highly qualified, certified, caring &
professional - 25 years BY2experience.
Also serving Arvada, Lakewood &
Golden.*

CWPA is a Non-Profit Association of healthcare professionals and businesses.
Mission: to facilitate the use of mainstream, complementary health-care modalities.
See our Objectives in [About Us](#) at our [Website](#).

Counseling

Nancy R Harris, MSS ..
Holistic/Intuitive Counseling .. Denver
80222 .. (303)758-5318 ..
TakeTwoCookies.com
*Holistic Psychotherapist/Author -
Spiritual Approach, NLP and Energy
Therapy
Quickly Release and Re-Program
Anxieties, Fears & Traumas ~ Discover
Your Spiritual Life Purpose ~ Learn How
to Connect and Live in Your Loving ~
Enjoy more Inner Peace*

WORKSHOPS
*"Happiness At Your Fingertips" - A quick
and easy way to release fears and
anxieties
Call for more information*

Karen Turner, MA, LMFT, DAPA .. 1776
South Jackson, Suite 616 .. Denver
80210 .. (303)300-4502 ..
KTurnerOnline.com
*Spiritually-based Psychotherapy with
Individuals & Couples. In person, by
phone or email.*

Kerensa Meadows, MA, MS, CCHt ..
Connecting Heart Counseling .. Denver
80210 .. (303)282-0819 ..
ConnectingHeart.com
*Specialize in: issues of Highly Sensitive
People; Dealing with Obstacles in your
Life*

Abigail Buchanan Casey, Intuitive
Imagineer, Director .. Focal Point
Productions™ .. Greenwood Village
80111 .. (303)694-6869 .. Focal-Point-Productions.com
*Print-Out of your Custom Storyboard to
Take Charge of Your Life and Health*

Kim Burnett, CRMT, OM .. Bear Paw 13 ..
Pine Junction 80470 .. (303)838-1072 ..
BearPaw13.com
*Individual or Group Counseling &
Seminars for Your Physical and Mental
Well-Being. Reiki Master and Ordained
Minister.*

Craniosacral Therapy

Cathy (Watts) Jones, CMT, CST .. 750 East 9th Avenue, Suite 105 .. Denver 80203 .. (720)312-4627 ..

CathyMJones.com

Whole-Body Education, Prevention and Healing. Nervous System Relaxation, treating Trauma and Stress. Massage and Neuromuscular Therapies.

Maya Kaya, APP, SEP .. Embodied Resolution .. Foothills Healing Arts Center, 12477 West Cedar Drive, Suite 101 .. Lakewood 80228 .. (303)507-3583
Multi-Modality, Body-Centered Resolution of Blocked Energy at the Cellular Level.

Deep Tissue Massage

Michael Moschel, CMT, Director .. Bodywork and Massage that Heals .. 1441 York Street, Suite 305E .. Denver 80206 .. (303)521-5735 ..
BodyworkMassageHeals.com
Joint Mobilization. Treat the Root Cause of Chronic Pain, Injury and Trauma. Call for Free pain analysis.

Dentistry

James Kennedy, DDS, FAGD .. DentoCranial Therapeutics, PC .. 22986 East Smokey Hill Road, Suite 200 .. Aurora 80016 .. (303)400-4TMJ (4865) ..
CompWellness.org/DCT
Nutrition | Temporomandibular Joint (TMJ) Disorders

Jack Quigley, DDS .. 7800 West Jewell Avenue, Unit D .. Lakewood 80232 .. (303)988-2920
"Mercury-free Dentistry that Looks Good and Feels Good" See Ad pg A1

Robert McFerran, DDS .. 2290 Kipling Street .. Lakewood 80215 .. (303)237-3306 .. MileHiSmiles.com
Cosmetic and Biological Dentistry. Free Cosmetic Exam.

C D Juan C Hernandez, DDS .. Alternative Dentistry .. Tijuana BC MEXICO .. (866)443-4226 .. HolisticDentist.com
Save Money while Enjoying Tijuana, Mexico. Call for Free pamphlet, "Dentistry and Medicine Working Together for Your Health" See Ad pg A1

Energy Work

Suzanne Schartz, CQTP, VWI .. Aurora 80014 .. (303)766-1030
Certified Practitioner and Video Workshop Instructor endorsed by Dr Noman Shealy MD, PhD. Call for Free introductory audio tape.

Janna Moll, CHTP/I, CSEM .. Heart Healing Center .. Highlands Ranch 80130 .. (303)346-3809 .. HeartHealingCenter.com
Practitioner/Instructor for Healing Touch, Energetic Healing and Cutting the Ties that Bind

Essential Oils (see Aromatherapy)**Facilitation**

Sinda Jordan, CHEP, CFT .. Lakewood 80226 .. (303)986-8079 .. SindaJordan.com
Spiritually-Oriented Facilitation providing Clarity and Awareness of Creative Nature

Fitness

Glenn Streeter, ATC, CES, AFP .. Medical Fitness Services .. Golden 80401 .. (720)231-9605 .. MedFit4U.com
Post-Rehab Fitness Therapy from a Medical Fitness Professional

Healing Touch

Sue Hovland, RN, BSN, CMT, CHTP/I .. Healing Therapies .. Denver 80224 .. (303)759-8966 .. AnatomyForHealers.com
Also: Axiatonal & Allergy Treatments. Classes include "Anatomy for Healers: An Energetic Approach"

Health Coaching

Herbert L Jacobs, MD, FACOG, FACS .. Global Dynamics, LLC .. Denver 80246 .. (303)399-0022
Supplement Assessment | Nutrition in Medicine | Credentialing Consultant. Speaking: "Herb's Blurbs on Herbs"

Anne Mitchell, President .. Alyeska Press, LLC .. 1153 Bergen Parkway, Suite M, PMB No 275 .. Evergreen 80439 (720)271-2097 .. LovetoGiveItUp.com
Stop Smoking for Life: Superior Seminars and Popular Book/CD: Give It Up!™

Healthcare Cost Reduction

Kent Johnson .. Profitable Wellness .. Centennial 80122 .. (303)770-1043 .. ProfitableWellness.com
Small businesses ...
Save 25%-50% on your healthcare costs
Call today for Free educational pamphlet ...before your competition does!

Hypnotherapy

Steve Axtell, CHT, PhD .. Lakewood 80215 .. (303)523-0874
Empower Your Unconscious Mind to Reach New Levels in Your Life

Harriet F Storrs, MNLP, CHT .. Weight Mastery Clinic - Miracles of Healing .. 1901 Kipling, Suite 250 .. Lakewood 80215 .. (303)526-0489 .. WeightMasteryClinic.com

Hypnosis and NLP for Lasting Weight Mastery Results

Call for Free Booklet:
"Techniques to Survive Holidays and Special Occasions"
Credit Cards Accepted

Donna Aazura, CHT .. Life Alchemy Systems™ .. 1675 Carr Street, Suite 212-South .. Lakewood 80215 .. (720)260-2445
Call for brochures, articles and schedule for upcoming classes and workshops

Magnetic Therapy

Bob Kirschbaum, BS .. MagnetiCare .. 6630 East Exposition Ave .. Denver 80224 .. (303)388-1227 .. RxMagnets.com
Creams, Water-Soluble Supplements & Solid Magnets
Revolutionary ~ Patented Liquid Magnet Tom Martino's Troubleshooter Referral List
Eliminate Fine Skin Lines ~ Relieve Pain ~ Stimulate Healing ~ Reverse Aging
Free pamphlet on "The Latest on Magnetic Therapy"

Massage Therapy

Susan Horst, CMT, CRM .. Sabinah Ola Spirit Touch .. 750 East 9th Avenue, Suite 240 .. Denver 80203 .. (303)913-1051 .. SabinahOla.com

Bodywork | Energy Work | Hawaiian Huna | Lomi Lomi Massage | Reiki | Qi Gong

Get Healthy and Stay Healthy in a Stressful World
Unique Style - Gift Certificates

Dynamic Combo: Hawaiian Bodywork & Energy Work

Ann B Stahl, CMT .. TimeOut Therapies .. 3318 East Second Avenue .. Denver 80206 .. (303)810-2702 .. TimeOutTherapies.com
Stress Relief and Pain Resolution from Minor Injury and Muscle Strain

Bill Pleau, CNMT .. Massage and Manual Therapy .. Lakewood 80228 .. (303)902-2790
Integrative Manual and Cranial Therapies | Sports Massage. Uncover the Source of Pain . Call for Holiday Specials.

Medical Intuition

Thomas A Garlock, DC .. Aurora Life Chiropractic Center .. 3140-C South Peoria Street .. Aurora 80014 .. (303)337-7755
Specialties: Acupuncture, Nutrition, Allergies, Sinus, Chronic Illness, Migraines, Headaches, Depression & Hormone Imbalance See Ad pg 2

Medicine

Lucy Summerville, Business Manager .. Advanced Women's Health Institute .. 210 University Blvd, Suite 500 .. Denver 80206 .. (303)321-2255 .. AdvancedGYN.com
Michael L Moore, MD and Thomas J Waliser, MD. Call for Free package: "Minimally Invasive Surgery"

Philip Incao, MD .. Gilpin Street Holistic Center .. 1624 Gilpin Street .. Denver 80218 .. (303)321-2100 .. PhilipIncao.com
25 Years Experience treating the Whole Person, the Whole Family

Remove staples to separate pullout sections for filing and sharing

This document was created with Win2PDF available at <http://www.daneprairie.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.