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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:

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Members are listed at [Members List](#) on the website, [CompWellness.org](#), 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), contact us at (303)770-4022 or [CWJournal@CompWellness.org](mailto:CWJournal@CompWellness.org).

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Volume 3, Number 1

Complementary Wellness Professional Association

January-February 2003

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### The Next Health Revolution: Alkalize Your Body

by Ariel Joseph Aentara, OD

The *germ theory of disease*, promoted by Louis Pasteur, was disproven more than 100 years ago by French scientist Dr Antoine Bechamp, concluding, "all diseases arise from within." Dr Bechamp observed healthy human red blood cells morphologically changing into bacteria, yeast, fungus and mold.

The major determining *morphing* factor was the pH level – degree of acidity or alkalinity – in the blood and tissues. Normal pH of the blood and tissues should be at 7.365, according to Dr Robert O Young, PhD, a modern day scientist who has rediscovered Dr Bechamp's work. **Body acidity causes healthy micro-organisms to change into morbid, disease-causing forms.**

In fact, every form of micro-organism can be cultured from our bodies. It is only when we become out of balance through inverted ways of eating, thinking and living that these micro-organisms turn into their morbid forms and begin to produce conditions and diseases.

Dr Robert O Young boldly concludes, "There is only one disease, the over-acidification of the body leading to the

### The Enneagram: Nine Powerful Ways to Relate

by Russ Hudson, Enneagram Institute

The human potential movement is gaining momentum, and one of the major contributors is the Enneagram, pronounced ANY-a-gram. Now being used by millions of people around the world, this extraordinary system is the most accurate method available for changing the way people relate and work with others.

You may have overheard someone discussing their *number* or *type* – "I'm pretty sure I'm a Four, and Betty says she's a Seven." What people are talking about is a highly sophisticated, yet subtle approach to psychology and personal development called the Enneagram. Unlike other systems that label and put people in a box, the Enneagram illustrates how we can create harmonious, healthy relationships with our self and others.

Both therapists and clients are finding the Enneagram an invaluable source of insight into positive, personal change.

Continued on page 2

**Two-edged Sword:** The FDA recently began allowing more claims on the effects of supplements and foods on disease. See article next issue.

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many symptoms we label ... as cancer, diabetes, fibromyalgia, chronic fatigue, obesity, high cholesterol, hypertension and arteriosclerosis."

Since there is only one disease **there is only one cure: alkalizing the body.** Alkalizing foods are mostly the green vegetables, such as broccoli, zucchini, bell peppers, green beans, peas, kale, chard, wheat and barley grasses. Acid-forming foods are meats and dairy products, sodas and fruit juices. Eat 80% alkalizing foods and 20% acid to stay healthy.

It takes 20 units of alkalinity to neutralize 1 unit of acidity. The standard American diet emphasizes large quantities of acid-forming food and drink, thus the increasing numbers of ill health and chronic diseases.

An old French proverb says, "After 40, you either become your own doctor or become your own fool." Rather than chasing the many expressions of disease with different drugs or numerous nutritional supplements, we can keep our bodies free from all of these challenges by simply maintaining an alkaline state.

Dr Ariel Aentara can be contacted at [asherah@comcast.net](mailto:asherah@comcast.net) See ad, pg A1

## The Enneagram (cont'd from pg 1)

Couples and individuals are able to dramatically improve their relationships. Major corporations, including Boeing, HP and Kodak, are using this process for team building, executive development, communication and conflict resolution.

## What is the Enneagram?

The Enneagram is a geometric system that maps out nine fundamental personal types. Each has its own:

- ◆ Way of interacting with others
- ◆ Set of perceptions / preoccupations
- ◆ Values and approaches to life

Discovering our Enneagram type is the key to unlocking our full potential. It gives us insight into our day-to-day behaviors and interactions with others. It also shows us our path of growth and where real fulfillment can be found. At its deep-

Continued on page 3

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est levels, the Enneagram invites us to look into the mystery of our true identity, revealing that we are much more than our personality. Living out of this realization completely shifts how we see ourselves, others and the world, bringing us liberation, freedom and joy.

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Russ Hudson, a Co-Founder of the Enneagram Institute, is co-author of several books – see [EnneagramInstitute.com](http://EnneagramInstitute.com). He will be speaking in the Westminster March 15-16<sup>th</sup> – "Creating Winning Relationships" – hosted and introduced March 14<sup>th</sup> by Chad Bamrick, 303-550-8987 or [SmartTalks.com](http://SmartTalks.com). See ad, pg D3

## Denver-Mexico Connection

Notice the two new Members with Mexican facilities – pp 4 and A4. An inexpensive flight to San Diego and 30-60 minutes by car or trolley to the border, allows you to cross into fine hospitality and innovative Complementary Medicine. The costs are very reasonable for lodging, transport, food, medicine and treatment, and speaking Spanish is optional.

More on the ins and outs next issue.

## Calendar of Events

**Body Type Seminar**, Sat, Jan 11<sup>th</sup>, 10-12 noon, Sojourn Center, Lakewood, Kim Burnett, \$3 materials, 303-838-1072.

"Living the Ancient Tao in a Modern World," Jan 18<sup>th</sup> \$75, Journey Books, Lakewood or Feb 22<sup>nd</sup> \$100, Colorado School of Yoga, Denver. "The Wonderful World of Essential Oils," Sat, Feb 8<sup>th</sup>, 1-4pm, \$25, Journey Books. Call 303-271-1649, [OptimumChoices.com](http://OptimumChoices.com).

**Connecting with Your Heart and Soul**, Feb 13<sup>th</sup>, 7-9 am, Businesses Honoring Spirituality, Mile Hi Church, 9079 W Alameda, Lakewood. Donation, 303-282-0819 or [ConnectingHeart.com](http://ConnectingHeart.com).

More Denver-Area classes at:

- ◆ [SpiritFire.com](http://SpiritFire.com)
- ◆ [HeartHealingCenter.com](http://HeartHealingCenter.com)
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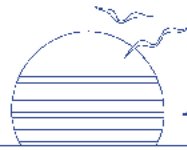
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### Resolutions That Stick

by Anne Mitchell, Give It Up<sup>TM</sup>

If you have an addiction, whether it's to cigarettes, sodas or drugs, you have probably told yourself "I really need to quit this stuff – it's killing me."

Think about which part of you wants to quit and which part of you is not yet ready. Let's call the part of you that wants to quit your *higher self*.

Your higher self intuitively knows what is good for you, and you were born with the capacity to tap into that wisdom. The little voice that keeps telling you to quit is coming from this center of self-knowledge and self-interest. When you are in harmony with the needs of your higher self, you are filled with peace and serenity.

Deciding to quit is an act of surrender. You are surrendering to the demands of your higher self. You are not resolving to quit something as much as you are moving toward health and well-being. It's an affirmative act, a positive act. You are not going without; you are becoming whole.

If the act of quitting is viewed as a battle of will, the desire is probably not coming from your inner core. One way to tap into this inner strength is to alter your self-talk. Add these phrases to your repertoire of self-talk, to access the power of your higher self.

- ◆ I choose to surrender to the needs of my higher self.
- ◆ I can now let go of my addiction.
- ◆ I crave freedom and a healthier life.
- ◆ I have more patience. I feel calm.
- ◆ I am worthy of success, and I will succeed. I choose life.

You came into this world addiction-free. You will be addiction-free again.

**Next issue: Dealing With Cravings**

*Continuing column on Addictions. Copyright © 2002, Anne Mitchell, Evergreen CO. Reprinted with permission.*

Anne authored the book and audio CD, **Give It Up<sup>TM</sup> Stop Smoking For Life.** Visit [LovetoGiveItUp.com](http://LovetoGiveItUp.com) or call 1-866-GiveItUp. See listing: **Health Coaching**



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\*by Dr Robert Young: featured on  
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by Russell Louie, Optimum Choices

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- ♦ Increase atmospheric oxygen and produce negative ions – inhibit bacterial growth to purify air and neutralize odors.
- ♦ Increase the uptake of oxygen and ATP, the fuel for cells – shown to promote hair growth and speed healing.
- ♦ Stimulate the amygdala gland – releases stored emotional trauma.
- ♦ Contain limonene – research shows it aids in the prevention and slows the progression of cancer.

**Reference:** *Essential Oils Desk Reference*, Essential Science Publishing, 2002.

**Next issue: Application and Protocols for Essential Oils**

*Continuing column on Essential Oils – the powerful blood of plants. Copyright © 2002, Russell Louie, Optimum Choices, LLC, Golden CO. Reprinted with permission.*

*Russell practices Aromatherapy using Essential Oils to boost your immune system, stabilize emotions and release mental blocks. Contact: 303-271-1649 or via [OptimumChoices.com](http://OptimumChoices.com). See ad: pg 2*

*Sign up for Russell's newsletter at his site*

## Watch Out – Get Help!

by Herbert L Jacobs MD, FACOG, FACS

We are seeing a revolution take place in herbal and botanical medicine – an *Herbal Renaissance*. Most of us in the US are amazed to find out that herbal medicine is the primary global medicine.

In Germany, 70 -80% of the physicians regularly prescribe herbs. St John's Wort is prescribed 20 times more frequently than Prozac, for treatment of depression. In Italy, the herb Saw Palmetto, is prescribed 10 times more frequently than medicines, for an enlarged prostate.

As the population ages, there are significant changes in our liver metabolism, kidney function, absorption of nutrients and other bodily functions. Many of us are looking for the *fountain of youth* as chronic diseases and health issues become of paramount importance.

**Providers.** Requests and expectations of finding the *magic bullet* are always there. However, I prefer to consider your healthcare providers as *gardeners* who provide the **guidance** and nourishment that encourages your body to heal itself.

**Remedies.** The spectrum of herbal, vitamin and supplement dosages, which were once mild are now possibly **too potent and interactive** with the prescribed or over-the-counter medications.

**Help.** It is difficult to find authoritative and practical information to guide us through the maze of information compounded by the lack of standards in the industry. Healthcare professionals and consumers need guidance on **how** to select safe and effective herbal medicines for maintaining health, preventing and treating disease.

It is up to you and your primary healthcare providers to **study** reliable information and distill it into a safe, customized health plan. This column and *journal* will help.

*Dr Jacobs speaks on herbs to practitioners and the public. Contact him at 303-399-0022 or [HLJacobs@Qwest.net](mailto:HLJacobs@Qwest.net).*

**See listing: Speaking**

*Learn more from Dr Jacobs in next issues*



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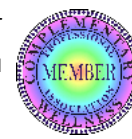
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(Chiropractic continued next page)

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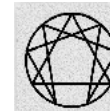
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