

Calendar of Events

Harriet's Health Body and Spirit,"

Talk Radio Show, *Saturdays, Apr 26-Jul 26th*, 6:30-7pm, KHOW 630AM, Harriet Storrs, MNLP, CHT, hosting mainstream, Complementary practitioners and businesses. Listen and call in to 303-713-8255. Harriet is at 303-526-0489.

"**Less is More – Neuroenergetic Release**®," *Weds, May 7th & continuing, 7pm*, Lakewood. Lecture/Demo by NER developer Donald Kipp, NCTMB. Free. Visit Body-Awareness.com/intro.htm or call 303-237-1142.

Qi Gong Series, *Saturdays, May 10, 17, 24, 31, 5:30-6:30pm*, Full Moon Books and Events Center, 6th Ave at Garrison, Lakewood, Susan Horst, \$10 drop in for repeat students. Beginners call asap to set up intro. 303-913-1051.

"**Balancing Blood Sugar**," *Tues, May 13th & continuing, 7-8:30pm*, Denver Tech Center. Matthew Reddy, ND. Free. 303-850-0880.

"**Health Fair, Spring 2003**," *May 17th, 8am-5pm*, Golden, featuring booths and talks by mainstream, Complementary practitioners & businesses. Free. Judy, 303-880-9720 or Alexia, 303-278-7022.

CWPA Free Lecture & Gathering, *4th Thursdays, May 22nd & June 26th, 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. Free. 303-984-9570.

"**The Wonderful World of Essential Oils**," "Living the Ancient Tao in a Modern World," "Open Forum – Taoism Today." *Occasional classes. Tao Discussion Group, 3rd Monday evenings*. Fees. Call 303-271-1649 or visit OptimumChoices.com.

More Denver-Area classes at:

- ◆ SpiritFire.com
- ◆ HeartHealingCenter.com
- ◆ SabinahOla.com
- ◆ www.Alphacdc.com/justforhealth/

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.

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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.

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Survey Winner and Results

Congratulations to the winner of the \$50 gift certificate in our 2003 Survey drawing: Jean L of Littleton is 77 and says she's used Complementary modalities "All my life." **Results**:

- ◆ Articles- Good to Excellent
- ◆ Modalities- Better than conventional, and median use is 4½ years

In this Issue

Superfood: The Gentle Revolution I . 1	
Smoke-Free Denver Restaurants	
Protect Workers and Children	1
Fat and Cholesterol Are	
Acid Problems	3
Calendar of Events	4
Survey Winner and Results	4
Pullout A	
Chiropractic Care II	A1
Lymph: the Missing Factor II	
To Drain or Not To Drain?	A2
Application of Essential Oils II	A3
Warning – Diffusing and Cats	A3
Smoke-Free Communities	A4
Wellness Directory	Pullout D

Superfood: The Gentle Revolution (Part I of VIII)

by Roland Thomas, BS, NC

On the journey towards the discovery of Superfoods, the first step is to **eat organic!** People sometimes say there is no difference. However, common sense says that there must be.

Surely eating food without chemicals and harvested in a more natural manner is better. But is it? The answer is clearly **yes**.

Researchers at Rutgers University intrigued by the emphatic claim that *Organic is Better*, decided to shop around for some answers.

They went to a supermarket and purchased a selection of produce, which they analyzed for mineral content. They also went to a healthfood store and purchased the same products but grown organically, then carried out the same tests.

The Rutgers' team expected the organic produce to be slightly superior in this comparison, but the results were

Continued on page 2



Smoke-Free Denver Restaurants Protect Workers and Children

Denver's Mayor Webb and some members of the City Council have recognized that tobacco smoke is a major health hazard, and are developing an ordinance to make Denver restaurants smoke-free. This may also effect all workplace rules.

Tobacco smoke, like other forms of environmental pollution, effects everyone – the polluter, workers, bystanders, visitors, and especially, the many exposed children forming their organs and tissues.

Those who chose to take care of themselves and their families do not have free access to Denver's many fine restaurants. As in many other communities and states, this will change with your help.

See Anne Mitchell's **excellent article** on page A4. For **accurate information** and **action opportunities**, as well as connections to many other sites, visit SmokeFreeDenver.org.



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Superfood (cont'd from pg 1)

	Tomatoes		Spinach	
	Or- ganic	Non- Or- ganic	Or- ganic	Non- Or- ganic
Trace Elements – parts per million				
Boron	36	3	88	12
Manganese	68	1	117	1
Iron	1938	1	1584	49
Copper	53	0	32	0.3
Cobalt	0.63	0	0.25	0.2
Quantities per 100 Grams				
Mineral Ash	14.2	6.1	28.6	12.4
Phosphorus	0.35	0.16	0.52	0.27
Calcium	23	4.5	96	47.5
Magnesium	59.2	4.5	204	46.9
Potassium	148	59	237	84.6
Sodium	6.5	0.0	69.5	0.0

incredible! Some of their results are
shown in the table above.

Notice the amount of iron in the organic
tomatoes and spinach compared to the
non-organic varieties. There is a huge
difference. Many other essential trace
elements are completely absent in the
non-organic foods, whereas they occur in
abundance in the organic varieties.

We believe that eating a predominantly
organic diet and taking the correct natu-
rally-occurring nutritional supplements
when necessary, is vitally important for
your well being and increasing your long-
term vibrant health.

Next: What are Superfoods?

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*Mr Thomas founded BioAge for the
purpose of promoting nutrition and natu-
rally occurring supplements as a way to
achieve vibrant health. Contact him at
303-539-5321 or visit BioAge.ws and
BioSuperfood.com. See Ad, pg D8*

Fat and Cholesterol Are Acid Problems

by Ariel Joseph Aentara, OD

Do you know anyone who is over
weight or has high cholesterol? Do you
want to lose a few pounds or inches?
Today, let's discuss **how acid makes
you FAT and raises your cholesterol**,
and more importantly what you can do
about regaining your health and ideal
weight without fad diets.

Dr Robert O Young has shown that fat
and cholesterol are actually an over-
acidification problem. What does that
mean? The body creates fat cells to
carry acids away from your vital organs,
so that these acids don't choke your or-
gans to death.

Fat is literally saving your life! It is ac-
tually a response from the body to an
alarming over-acidic condition.

The same is true for cholesterol. It is a
protective response of the body to an
acidic condition in the blood. Coating the
arteries and veins with cholesterol pro-
tects the vessels from being damaged.

We've all seen the damage acid rain
does to the environment. The same is
true for our bodies.

The typical American diet is the great-
est endangerment to our health and the
cause of the majority of our acidity. Be-
cause of our fast-paced life and hectic
schedules, we find ourselves eating fast
food, microwaved food and processed
food. It is also, unfortunately, what most
of us are feeding our children.

Dr. Young discovered the essence of
life is derived almost exclusively through
plants, and that every cell in the body
needs the light derived from green plants.
The greater the amount of green foods
consumed in the diet, the greater the
health benefits achieved.

The solution is not counting calories,
fats, carbohydrates or points – **the solu-
tion is to alkalize** the body.

*Dr Aentara focuses on wellness prod-
ucts. Contact him at 1-866-8GREENS or
asherah@comcast.net See Ad, pg A1*



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Smoke-Free Communities

by Anne Mitchell, Author
Give It Up™ Stop Smoking For Life

When a community goes smoke-free, it sends our youth the clear message that smoking is becoming less socially acceptable. It recognizes the fact that second-hand smoke is harmful to workers and patrons alike.

Is a smoke-free community anti-smoker? I don't believe so. Nobody says the smoker can't smoke elsewhere. I was a smoker for a long time, and I know how it feels to have to go outside for a puff. But I recognize that my rights really do end where they infringe on another's rights. In this case, we are talking about a pretty innate right when we talk about having clean air to breathe.

And when folks say, "Well, those people who don't want to be around smokers can just go elsewhere," they are ignoring the workers who may not be able to get work elsewhere. If it were a grill that

belched black smoke, would it be right for the owner to say, "You can just quit if you don't like it"?

Nobody questions that we should clean up our pollution when the city's air gets brown. Nobody suggests that industry should be allowed to do whatever it wants to our air and water. So why the debate over whether or not a community should go smoke-free?

Research shows that going smoke-free does not harm most businesses. *In fact, many places see an increase in patronage.* There's also the financial benefit of not having to clean up the smoke grime.

If you hear that your community is thinking of going smoke-free, support the effort. **You have the right to breathe clean air wherever you go.**

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Anne authored the book and audio CD, *Give It Up™ Stop Smoking For Life.* Order at LovetoGiveltUp.com or 1-866-GiveltUp. See Listing: **Health Coaching**



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Chiropractic Care II

by Bela T Weiser, DC

Chiropractic philosophy is a simple one. Only the body can heal the body. Chiropractic states that if the body is running at an optimum level, then the body is healthy.

Chiropractic deals with the body as a whole, whereas conventional medicine seeks to break things down to an atomistic level. Conventional practitioners look at the body as parts that malfunction, and treatments are prescribed to change the physiology of the body, force chemical changes or alter the body physically by surgery.

Chiropractors **do not** treat diseases. They specialize in detection and correction of misalignments of the spine that interfere with the normal transmission of nerve impulses, what are called *Subluxations*.

Since the body and the brain are in constant communication with each other, any interference – a subluxation – can result in lost messages. These subluxations rob the body of the proper precise control that is needed for perfect balance and homeostasis.

Subluxations in the body cause weak or faulty signals. This interferes with the precise communication that the brain needs in order to allow proper function of all organs and tissues.

Though most people initially see a Chiropractor for pain, many see that after a few weeks of treatment, other symptoms may start to disappear, and overall, they are healthier.

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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 email WeiserChiro@attbi.com. See Ad: pg A3

Next Issue: Adjustments and Chiropractic Techniques



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*by Dr Robert Young: featured on
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Lymph: The Missing Factor II To Drain or Not To Drain?

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

Lymphatic Drainage can seem irrelevant to some. After all, if we can go to the bathroom, isn't water and lymph moving? Regular visits to the bathroom should not be confused with a free flowing lymphatic system.

A histamine-like response is not unusual in an illness situation. Our body is designed to keep excess fluid with its irritants away from our vital organs.

The problem is that the fluid ends up in places such as arms, ankles or pillows around the knees. For some, this is worse than the injury or disease. But it temporarily keeps the *front line* of defense localized.

Lymphatic congestion will gradually move your focal point of attack in the wrong direction. Congestion means limited or no circulation. Dead cells and other *stuff* can create a physical blockage in the lymphatic lines.

Blindly ignoring such an obvious body signal as lymph build up – *edema* – is ridiculous. So with few exceptions, drainage seems to be the answer. However, we need to move lymph in the right direction at a pace the body can tolerate.

We must find out what is *causing* the excess lymph build-up, or we end up with the ultimate *government job*: drain the lymph, wait for more to build up, the drain it again – repeating *ad nauseum*.

Learn the causes this vicious cycle, and how to fight against it, in Parts III & IV.

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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 1-605-343-2682. See Ad: pg A3

Next: Lymph Fluid Dynamics

Application of Essential Oils (Part II of II)

by Russell Louie, Optimum Choices

Essential Oils are 50 times more powerful than herbs, so don't use a lot. Start using one drop once or twice a day. If needed, work up to 3-4 drops.

Which oil to use? The **Essential Oils Desk Reference** is an excellent guide. (see **Reference** below.) Listen to your body – if the scent is pleasing, your body wants that oil. Exception: If your body is not ready to process the released emotions or too much detoxifying will result, you may temporarily dislike the scent of that oil but your body may still need it later. You can use muscle testing, a dowsing pendulum or just your intuition to test. Check in with your body often.

There are approximately 260-300 drops of Essential Oil in a 15 ml bottle depending on the oil's viscosity. If one needed four drops/day, there would be approximately a 75-day supply in a typical \$25 bottle. That's only \$10/month.

Safety advice: First-time users of therapeutic, Grade A Essential Oils or people with sensitive skin should always

dilute the Essential Oils with a mixing (vegetable) oil. This is especially true for the *hot* oils of oregano, thyme and peppermint. Always start with a 25% dilution mixture for children and pets.

If Essential Oils are accidentally introduced into the eyes, **never** use liquids to dilute, always use mixing (vegetable) oil.

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

Next Issue: Essential Oils – Physical 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 Russell@OptimumChoices.com or call 303-271-1649. See Ad: pg A2

Warning – Diffusing and Cats

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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.

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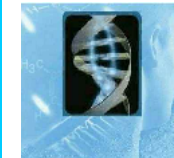
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