

CHHA

The Newsletter of the Connecticut *Holistic* Health Association, Inc.
Healthcare & Wellness focused on the Body-Mind-Spirit

Vol. 6, No. 4

www.cthha.org

Fall 2003

Supporting a wide scope of holistic practitioners while promoting on-site education for and partnerships with conventional medicine, industry, academia and government agencies throughout Connecticut.

Win-Win Strategies in Holistic Healthcare



by Michael Basso, Jr., PhD., MBA,
President

When I took on the challenge of the CHHA presidency, it was quite evident to me that among the biggest challenges I would face was how to please everyone. Wait a minute, as the song goes, “you can’t please every-

one!” Perhaps not, but the hallmark of ‘holistic organizations’ is collaboration and cooperation. The outcome of this strategy is not only growth and synergy, but, if it’s done right, everybody wins. When everybody wins, the chances of being pleased are much greater!

Well, what has this to do with the rest of the organization? Lots! Never in the history of modern science has such a diverse set of traditions and modern, scientific thought been intermingled as in True Holistic Healthcare. We are dealing with a very real bio/psycho/social/techno/spiritual model. Both reductionism and systems thinking must naturally be connected into a composite model to be effective and comprehensive.

I was very pleased that **Christine Tulis** had agreed to be our speaker/presenter/entertainer at this year’s CHHA Annual Dinner Meeting (see photo). As I looked around the room, it was quite evident that almost everyone was pleasantly entranced by Christine’s Celtic Harp music, singing and recital of the poetry of Rumi. At a deeper level, Christine is also interested in the relationship between sound and health. The ‘psycho/social/spiritual’ system that she presented was made whole by the underlying ‘bio/technical’ model.

Later in this newsletter, when you read about some of the new EDCAM innovations at UCONN Medical School, please keep in mind the comprehensive ‘reductionist-systems’ model which the physician of the future will be forced to deal with. The evolution of potential, composite, degree

programs, including MD/ND, MD/DO, MD/OMD, etc is bound to happen. Society is demanding such innovation from modern holistic thinker/healers and will not be pleased by one-modality approaches. Evidence-based research is already being applied to traditional healing modalities. In this case, everybody wins!

Many of you are experiencing the craving for wholeness of clients who are asking for comprehensive approaches, including nutrition-fitness, psycho-spirituality and emotional/mental wellbeing. We are making concerted efforts to provide not only a broad array of educational presentations, but have strategically planned a variety of multi-modal, panel-based “roundtables”—partly based on case studies.

The future of Holistic Healthcare is rapidly approaching and you as CHHA members will be provided with a variety of opportunities to ride the crest of this new and exciting wave of health and healing via Wellness Education.



We plan to distribute 20,000 copies of our new directory far and wide. And CHHA is now listed in the well-distributed (>10,000) directory of the Connecticut Medical Society! These are just a few of the efforts expected to bring a wealth of new opportunities for CHHA members as well as many wins for communities through-

out Connecticut—and beyond!

The first round of CHHA special interest groups include Holistic Nursing, Spirituality And Health, Organizational Wellness, and Energy Medicine And Biophysics. More to follow my friends! Your Board Of Directors, the Branch Directors and your President realize the desire for more social, networking and fun events and we are working hard to please you so that you may better please others so that everybody wins!

Be Happy and Have Fun! Michael

CHHA BRANCH REPORTS

DANBURY

As a result of the success of our Holistic Health Fair 2003, the CHHA, Danbury was able to donate a \$1,000 scholarship to the Institute for Holistic Health Studies at Western Connecticut State University at our summer luncheon in June. At our July meeting, new board members were chosen: Co-Directors: Irene Mardal and Roxane Slaughter. Also chosen were Treasurer, Membership Chair, Programming/Education, Marketing, Corporate Communications and Hospitality. We feel that these are key positions for a CHHA Branch to include and they also work well for planning a health fair! Speaking of "fair," we want to wish former Co-Director Carolyn Parrs and her family many blessings in Santa Fe, NM. Carolyn, we will miss you! Upcoming networking meetings will feature Brian Jud on **September 16th** How to Promote Yourself on TV and Radio. The **October** speaker has not yet been finalized. On **November 19th**, Robert Moss will discuss Conscious Dreaming. In **December**, we'll attend the CHHA statewide Winter Holidays Party. We look forward to exciting and productive year!

NEW HAVEN

The *new* New Haven branch team is currently forming into a group of can-do leaders and advisors. More on this structure will be announced shortly. The branch is off to a great start with a variety of activities in the planning stages. For starters we present on **Sept 10 7 pm** Jordan Goetz, MD: "Carbohydrate-Based Disease" at Natures Way [Health Food Store] in Stratford. **Oct 8 6:30 pm** Rea Nurmi "The Healing Power of Art" New Haven Public Library. **November to be announce.** 'Movement, Dance, and Healing' under consideration. Check cthha.org for further details. **December 12** Statewide Holiday Party. See cthha.org for details. New Haven Branch members are planning to further investigate opportunities to help special populations in the area such as MS and the mentally ill. A professional health fair is already in the planning stages for **Feb 28, 2004** at Quinnipiac University.

HARTFORD

We are sorry to learn that Rob Silverstein, MD is stepping down from his role as Hartford's Branch Director at the end of September. He will continue to be active in CHHA on the Board of Directors on which he has served since the inception of our STATEWIDE association. Thank you, Rob, for meritorious service in that first crucial year of an association with four branches. We shall remember your emails and good spirit with gratitude. **The upcoming events will take place at the UConn Health Center in Farmington. They begin at 6:30 pm. Sept 24:** Colon Cancer Panel with Whitney Miller, ND, Robert Silverstein, MD, and Dottie Martin-Neville, MA. Visit cthha.org for details. and via flyer emailed to membership. **October 23,** Homeopathy To Treat Head Trauma Within A Naturopathic Clinical Practice with Ellie Hershberger, ND, APRN. **Nov 19:** Hypnosis And Related Therapies Panel With Case Discussions, Pat Barry, PhD, Norton Berkowitz, PhD, and Kathleen Wheeler, PhD, APRN. **Dec 12:** Annual Statewide Holiday Party.

SOUTHWESTERN

The Southwestern branch team leaders are Beth Leas, Tammy Nelson and Renuka Kumar. In addition to these very capable leaders, the SW branch has a large and diverse management and advisory team. Lots of cool stuff in the works including a mini-conference / health fair and a variety of networking and sharing events. These activities are planned for the fall: **Sept. 17 7 pm** Melissa Zollo "The Power of Suggestion in Healing." Norwalk Community College. **Oct. 15 7 pm** Nancy Rosanoff, PhD "Putting Intuitive Intelligence to Work" Norwalk Community College. **November to be announced.** See cthha.org for details. "ADHD Panel" under consideration. **December 12 CHHA Statewide Holiday Party.** See cthha.org for details [Local party also being considered.]

A Japanese MD & Metabolic Typing

by Tom Laga, PhD
Nutrition-Fitness-Stresscare

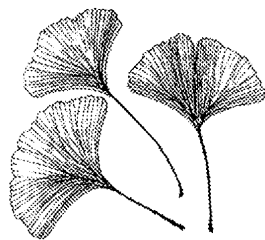
Before we look at Dr Takeda's case history, **let's define metabolic typing. The basic concept of metabolic typing** is that there REALLY is NO ONE DIET which fits everyone-- not Atkins, not Orish, not Sears, not Kushi [macrobiotics / vegetarianism]. **Another tenet** is that you can discover the ideal diet for YOUR Body-Mind-Spirit through metabolic typing-- either predominantly protein or predominantly carbohydrate [complex carbohydrate]. I say predominantly because healthy fats such as flax seed oil, fish oil, Alaskan salmon, and SOME saturated fat mostly from grass-fed bison and ostrich are desirable. Proportions of each protein-fat-carb are very important.

Probably the most intelligent book on the subject is THE METABOLIC TYPING DIET by Will Wolcott. That book prompted a letter to the author which was published on.mercola.com. **Yasumasa Takeda, MD, a chest surgeon in Chiba, Japan** wrote that five years ago he had succumbed to illness of a flu infection and could not work for one year due to his poor physical condition. Not only that. He had also experienced trauma, tinnitus, anorexia, headache, and urinary disturbance and other autonomic imbalances for a long time.

To make a long **case history** shorter, Dr Takeda was disappointed in modern medicine but thought oriental medicine and macrobiotics would help. He stopped all animal foods and milk products. In 2000, he **visited the Kushi Institute, studying there** for three months. He began to feel sick from an increased amount of brown rice. So he increased his vegetables and became mentally sharper but could not gain strength. After reading The Metabolic Typing Diet, he discovered that he is a protein type. **Now he understood** why some people feel great eating brown rice--but some do not. "I learned that I should consume animal protein and fat. No, I MUST consume them...and fish, eggs and flaxseed oil...I feel refreshed and I have no doubt that I was lacking protein and fat. I am not yet in perfect condition, but I am relieved from anxiety and distress. **I believe that I will return to health increasingly.**"

Dr T goes on to note that the Japanese have eaten animal foods from ancient days. People on the seacoast ate oceanic fish, shellfish and seaweed; people in the mountains ate wild game and freshwater fish. All of them have eaten some grains and seasonal vegetables. "But Japan has been westernized and forgotten its traditional diet and Japanese docs play down the role of diet in health."

Dr Takeda's case history is a five year journey for the good doc who is finally on his way to health and healing.



EDCAM Grant Awarded to UConn!

Greetings! I hope this issue finds you well and enjoying the New England weather. As autumn activity buzzes along, so too are many exciting developments under way in Complementary and Alternative Medicine (CAM) education. I wish to share with CHHA's membership [and other readers of this newsletter—in print and online] updates from the University of Connecticut Health Center regarding these matters.

As many of you are aware, over the past several years we have been successfully **integrating CAM curricula into the current medical school offerings at the University of Connecticut School of Medicine**. Because of such endeavors and ongoing support from CHHA as well as many CAM practitioners, I and my colleague, Karen Prestwood, M.D., were able to submit a successful application to **secure grant funding for CAM curriculum development at our state's medical school**.

We are pleased to announce that the University of Connecticut School of Medicine was selected as one of the top three [of fifteen] osteopathic and allopathic schools in the country to be awarded the Educational Development for Complementary and Alternative Medicine (EDCAM) Project Grant. This four-year (2003-07) national pilot program is funded by the National Institutes of Health's National Center for Complementary and Alternative Medicine and it is directed by the American Medical Student Association Foundation.

The mission of the Project is to further develop and foster *the integration of CAM curricula into mainstream medical education so that it becomes more of a requirement than an elective*. Such developments will take place over all four years of medical students' training as well as across and within the different disciplines. The intention is to eventually disseminate successful curricula to other schools of medicine at the national level. [Three additional schools will be selected this fall to complete the pilot program.] The two other EDCAM awardees are the University of Massachusetts School of Medicine and the University of California School of Medicine, Irvine. We plan significant inter-institutional collaboration with UMass.

Dr. Prestwood and I will serve as co-Principal Investigators to direct the Project along with an Advisory Panel composed of medical school faculty, students and local CAM leaders. Michael Basso, Ph.D., is currently serving as a member and representative on behalf of CHHA.

The success of our application directly reflects the outstanding support we have received from the community as well as from the leadership at the University of Connecticut Health Center. Thank you for your ongoing support of Complementary, Alternative, Integrative, Holistic Medicine as we all work toward the evolution and improvement of our current *healthcare* system.

Best regards,

Mary Guerrero, M.D., Associate Professor, Dept of Family Medicine, Co-Principal Investigator, EDCAM Project
Visit www.amsa.org/humed/cam/index.cfm for further details on EDCAM.

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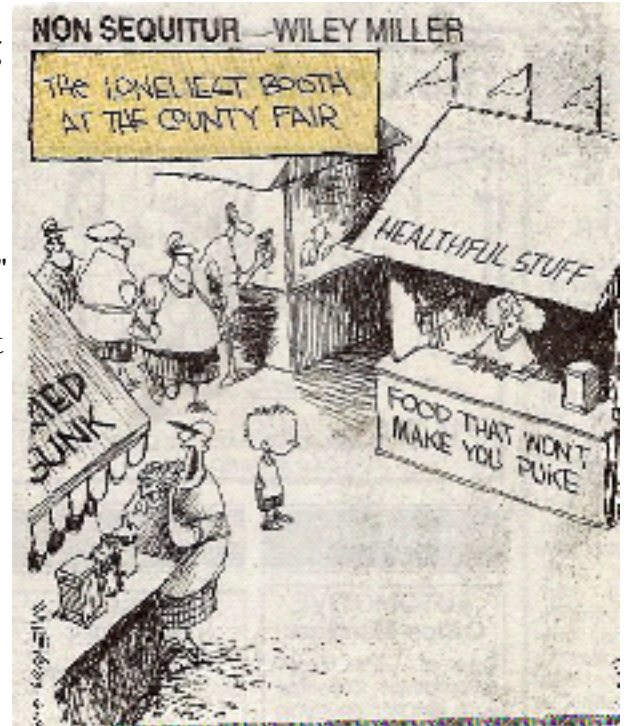
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The Loneliest Booth at the County Fair

is the title of the cartoon on this back page. Also notice the claim [not FDA approved] of the sign on the booth itself: "Foods That Won't Make You Puke!" Pretty strong language. But did you ever notice that there is a certain percentage of fair-goers who cannot "stomach" the "food" they've eaten? So what *should* you eat when you attend a county or state or regional fair?

According to many nutritionists, everyone is entitled to one "junk food day" per month. Some even say per week. So you could do that and eat your annual cotton candy or fries or candied apples, etc. Or...you could eat well--even if differently than usual for you. Examples: If you've always liked roast beef but you're

gradually heading toward a more vegetarian diet, you could eat a roast beef sandwich with coleslaw or a bratwurst with sour kraut. Even better, enjoy a



turkey or chicken or tuna salad sandwich. A baked potato? Veggie and fruit salads are both available. Even veggie burgers are available! So you CAN eat well and probably not - uh - er...

New Honorary Members:

Thomas Duffy, DM
Deputy Dean
Yale School of Music

Elenore Hershberger, ND, APRN
Assistant Dean
University of Bridgeport
School of Naturopathic Medicine

Kathleen Wheeler, Ph.D., APRN
Professor, Fairfield University
School of Nursing

Welcome to the four branches of the Connecticut Holistic Health Association!

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