

CHHA

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

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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.

The Focus and Future of CHHA: 'Optimizing the Eternal Now, NOW !'

by Michael Basso, Ph.D., MBA, President



CHHA has come a long way, and along that winding path we have met many challenges and are now better prepared to face new and exciting opportunities as we move into the future. Some might say that we are 'op-

timizing the eternal now...'

In order to help optimize the CHHA system, it is important to regroup, reassess and rethink our mission, our goals, our objectives and our strategies. Given that framework, we can then be better able to execute our tactics more efficiently and effectively. This past August, the CHHA leadership team met for an all-day strategic planning meeting. As an innovation, the detailed minutes of that meeting (and all future quarterly leadership meeting minutes and bylaws) will be posted on the 'members-only' space on the CHHA website. Those members without computer access will receive mailed versions.

The entire CHHA membership will have the opportunity to vote on significant outcomes from this and related meetings at our statewide annual meeting and 'holiday party,' planned for December 3rd. The primary outcomes to be voted on include new leadership nominations and proposed by-law changes. Carmen Brickner has been nominated as CHHA Treasurer, Diane Reda-West as Secretary, and Joanne Marcinek has been nominated to the board of directors as the leadership focal point for state-wide Public Relations and

Education.

Board members Mike Goupil will head the new 'Oversight' Committee along with the ethics function, and Dory Dzinski will head the new Policy and Procedures committee. Peter Gold will take a leadership role in the new 'Legislative Awareness and Voice' team, while Jessica Dalziel has taken over the Membership Directory function. More details on roles, responsibilities and 'reporting' structure will be made available to all members.

As we move into the future, a heavier emphasis will be put upon broad-based Public Relations strategies and tactics, organizational relationships and overall excellence. CHHA's increasing activities in our schools, healthcare organizations, corporations and a variety of agencies, will continue to enhance the well-being of Connecticut's residents, students and employees. I am proud of the wonderful contributions that CHHA is making throughout the state and beyond!

Keep up the great work!

Namaste, Michael

PS: New Honorary Member: Bernie Siegel, MD, CT resident and author of the very influential book, *Love, Medicine & Miracles!*

EDITOR'S NOTE:

Annual STATEWIDE Dinner, Membership Meeting and Voting

The Annual Membership Meeting of CHHA is scheduled for Friday, December 3, 2004, at Hot Tomatoes in Hartford with the social gathering beginning at 6:30 p.m. Voting will be taking place with regard to new officers and directors, as well as a number of bylaw changes. You will be receiving all of this information in a mailing for registration and review prior to the event. Please reserve the date!

CHHA BRANCH REPORTS

GREATER DANBURY

On September 14, **Case Studies Panel Discussion Using A Holistic Health Model** was a panel discussion about different health treatment approaches: a case history of a female with a potential hormonal related cancer, osteoporosis, stress, heart disease, overweight and fatigue. The other case history concerned a male with abdominal obesity, lower back pain, digestive disorders, hypertension, and headaches. We listened to different practitioners approach these health problems and provide solutions! Panelists included:

Tamara Sachs, M.D. graduated with honors from the Mount Sinai School of Medicine in NYC and did a residency in Internal medicine at St Raphael Hospital and Yale. Dr Sachs is a graduate of the Institute of Functional Medicine. In New Milford, CT, she practices Functional Medicine, which is a patient-centered [not disease centered] approach to healthcare.

Michael Gazsi, ND is a licensed naturopathic physician practicing in Danbury, CT. Having graduated from the National College of Naturopathic Medicine in Portland, OR, Dr. Gazsi co-authored *Self Care Anywhere* and *A Doctor in Your Suitcase*.

David Johnston, D.O. is an osteopathic physician practicing in Ridgefield, CT. Dr Johnston focuses on osteopathic cranial and body manipulation with Dr. Coriella at the Osteopathic Wellness Center.

Loreen Daigle, D.C. a summa cum laude graduate of The University of Connecticut, is a nationally certified chiropractor with 17 years of practice in Middlebury. She conducts study groups, and is an avid hiker having climbed Mount Washington.

Moderator: Thomas Worden, DC is an integrative chiropractor. Having graduated from the NY Chiropractic College, Dr Worden began a 22 year journey towards integrating natural health restoration techniques for his patients. He directs the Worden Chiropractic Health & Wellness Center.

Here are the details of upcoming sessions at WestConn:

Oct 12: Networking - Alumni Hall - Member Presenter

Nov 9: Program - Robin Spiegel - Aromatherapy--Warner

Dec 14: Networking - Alumni Hall - Member Presenter

Feb 8: (snow date Feb 9) Naaz Heisson, Your Voice is Your Power, Warner Hall

Mar 8: Networking - Alumni Hall - Member Presenter

Apr 7: Dr. Judith Orloff - [tentative] Ives Concert Hall

Apr 9: 3rd Annual Holistic Health Fair

Jun 14: Homeopathy - Diana Gubbay--Warner Hall

Members are welcome to attend the Board meetings held the first Thursday of each month at 8:45 pm in the Library, second floor Meeting Room on the Mid-town campus in Danbury. **Jeanette Tedesco, PhD Branch Director** j.tedesco@sbcglobal.net

GREATER HARTFORD

The Hartford Branch of CHHA has planned some exciting programs for the fall of 2004. These programs will be presented in the Academic Wing of the UConn Health Center in Farmington, Connecticut. Directions to the meetings can be found on the CHHA website www.cthha.org by clicking

on the link for directions to the UConn Health Center or by going directly to the UConn website: www.uchc.edu/directions/#driving. All meetings will be held from 7-9PM.

The first half-hour of the meeting will be an opportunity for attendees to share information about their practices and network with each other. The speaker will begin at 7:30 and speak for one hour followed by questions from the audience. On completion of the program at 8:45, the speaker will be available for individual discussion until 9PM. There is no fee for CHHA members to attend. The attendance fee for non-members is \$5, per person.

The first Hartford CHHA meeting of the year will be on **Wednesday** night, September 29 from 7-9PM. The program, titled ***Business and Spirituality*** will provide a fun-filled and entertaining interactive exercise about the self-chosen albatrosses hanging around the necks of holistic practitioners! Former CHHA President, Dory Dzinski and Deborah Polydiys will present this program.

Dory is a pastoral counselor and body-centered psychotherapist and energy therapist who is in private practice in Canton. Deborah is a marketing and sales consultant to non-traditional business enterprises. She is the Founder and President of Strategic Management Resources.

The meeting nights for the remaining **meetings** of the 2004-2005 year **will usually be held on the last Thursday night of the month from 7-9PM.**

Please check www.cthha.org for updates.

Karin Nemri, a certified spiritual counselor and Hospice volunteer will lecture on Thursday, October 28. Her program ***Aiiji Healing: How Chakras Relate to Disease and Healing*** focuses on a demonstrative method that helps people to see [what is normally happening invisibly] during an energy healing session. Aiiji Healing encompasses all energy healing methods, such as Reiki, Therapeutic Touch, and others. This demonstration utilizes the expression that *seeing is believing!*

On Thursday, November 18 Greg Coleman will speak on ***Labyrinths: Energetic Healing Tools for Today: New Labyrinth Designs and Ways to Use Them to Enhance Healing for Ourselves and Our Clients.*** Greg will define traditional labyrinths and describe: how new labyrinth designs are created; the roles of intention and attention in labyrinth design and their healing potential; how to use a finger labyrinth and experience its effects; and how to use a labyrinth in your practice.

The Statewide CHHA will hold its Annual Holiday Dinner on Friday, December 3 at Hot Tomatoes Restaurant in Hartford from 6-9PM. Voting on new bylaws and other membership clarifications will be a brief part of the evening. A number of holistic healers will present participative programs for all to experience.

The Hartford CHHA Planning Group meets once a month at Pat Barry's home in West Hartford to discuss upcoming program planning, membership planning, and publicity, corporate outreach, and fund-raising planning. Meetings are open to all Hartford CHHA members. Please contact Branch Director Pat Barry: PatDBarry@AOL.com.

Editorial

REVIEWING THE BASIC PRINCIPLES OF HOLISTIC HEALTH, HEALING & HEALTHCARE

by Dr Tom [Tom Laga, PhD]

Nutrition--Fitness--Stresscare

Rather than “preaching to the choir,” I’d like to remind our CHHA membership that our newsletter and web site are our primary modes of reaching the public to whom Holistic Health, Holistic Healthcare, and Holistic Healing are relatively newer concepts—even if they’ve “heard the terms somewhere.”

So this editorial is mostly for people curious about holism—people smart enough to read our newsletter! [wink]. Perhaps some of what you’ll read will present an approach you’ve never considered before.

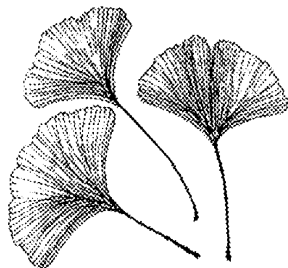
Much of the following summary is from the “Holistic Health” chapter in the critically acclaimed book, **The Illustrated Encyclopedia of Body-Mind Disciplines** published by The Rosen Publishing Group in 1999. I’ve summarized some of the content that was written by Suzan Walter, President of the American Holistic Health Association. [Thank you, Suzan.]

“**Holistic Health** is actually an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the **wHOLE** person and how he or she interacts with the environment. Holistic Health emphasizes the connection of body, mind, spirit.

The goal is to achieve maximal well being.... People accept responsibility for their own level of well being. Everyday choices are used to take charge of one’s health.... The Holistic Health lifestyle is gaining popularity each year, as the holistic principles offer practical options to meet the growing desire for enjoying a high level of vitality and well-BEing.

Holistic Health is based on the law of nature that a whole is made up of interdependent parts. The earth is made up of systems such as air, water, land, plants, animals. If life is to be sustained, these parts cannot be separated, for what is happening to one is also felt by all of the other systems.

In the same way, an individual is a whole made up of **interdependent parts, which are the physical, emotional/mental and the spiritual.** When one part is not working at its best, it impacts all of the other parts of that person. Furthermore, this whole person, including all of its parts, is constantly interacting with everything in the surround-



ing environment.

For example, when an individual is anxious about a history exam or a job interview, his or her nervousness may result in a physical reaction such as a headache or stomach-ache. When people suppress anger at [another person] over a long period of time, they often develop a serious illness such as migraine headaches, emphysema or even arthritis.

The Centers for Disease Control and Prevention report that the key factors influencing an individual’s state of health have not changed significantly.... Quality of **medical care is only 10%**. Heredity accounts for 18% and environment for 19%. **Everyday lifestyle choices are 53%**. The decisions people make about their life and habits are, therefore, by far the largest factor in determining their state of health.

The most obvious choices people make each day is what they “consume”—both physically and emotionally/mentally. The cells in a person’s body are constantly being replaced. New cells are built from what is available. Harmful substances or lack of needed building blocks in the body can result in imperfect cells, unable to do what is required to keep that person healthy. Similarly, on the non-physical level, a person’s mental attitudes are ‘built’ from what they see and hear.

The majority of illnesses and premature death can be traced back to lifestyle choices [alcohol, nicotine, caffeine and other drugs, refined carbs, especially sugar, and negative attitudes]. Combined with deficiencies of exercise, nutritious foods and self-esteem, these gradually accumulate harmful effects.

With time, they diminish the quality of the ‘environment’ within that human being, and can set the stage for illness to take hold. Quality of life, now and in the future, is actually being determined by a multitude of seemingly unimportant choices.

The Benefits of Holistic Health

Holistic Health supports reaching higher levels of holism [the whole is greater than the sum of its parts]. People enjoy the vitality and well being that results from their lifestyle changes, and are motivated to continue this process throughout their lives."



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BRANCH REPORTS CONTINUED...

GREATER NEW HAVEN

Our monthly lecture night has changed from the first Wednesday of each month to the first Thursday of each month. Lectures will still be held at the New Haven Public Library. Jordan Goetz, M.D. will be returning as a speaker this fall with a two lecture series called "Ask the Doctor:" You may remember Dr. Goetz if you attended his informative lecture on "Carbohydrate-Based Disease".

Dr. Goetz will be joined by Jennifer Botwick, N.D., a naturopathic physician who has joined his practice in Branford. Drs. Goetz and Botwick will co-present the lectures which aim at understanding complementary and alternative therapies and their impact upon conventional medical treatment.

Presented at 6:30 pm on Thursday, October 7 the topic will be "Holistic Medicine for Allergies." Drs. Goetz and Botwick will address how autumn allergies can be very disabling and many times complicated by the development of sinus infections. This lecture reviews how and why allergy problems occur, how they can be prevented, and what can be used to treat them with or without prescription medications.

Presented at 6:30 pm on Thursday, November 4, the second lecture is entitled "Winter Stress, Winter Blues: Coping Strategies." In this lecture Drs. Goetz and Botwick focus on how winter can be stressful for many people for many reasons. It also describes how in some people, Seasonal Affective Disorder occurs due to a decrease in light intensity and quality resulting in depression. This lecture will review how these conditions occur, how they can be detected, and what can be done to prevent and/or treat them.

We hope that you will join us for our first two lectures of the 2004-2005 year. The New Haven branch has tentative plans to offer lectures on Yoga, Reiki and much more this winter and spring. Remember the above lectures are held at the New Haven Public Library, 133 Elm Street, in downtown New Haven and are free and open to the public. Use www.mapquest.com for directions. Be well!

Jenn Krebs (jvkrebs@aol.com), Emma Norton, and Don Levy

SOUTHWEST

The Southwest branch had a very successful whirlwind year.

This fall, CHHA members Southwest will start the season by participating in a Holistic Fair at Wild Oats in Westport, on September 10th and 11th.

As "we go to press," our branch schedule has not been finalized for the quarter due to reorganization of the branch. The schedule will evolve during a series of planning meetings. Please visit the CHHA website at www.cthha.org for upcoming events.... Thank you.

Beth Leas (tlccenter@aol.com), Co-Branch Director, Southwest



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