

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.

CHHA as a Modern Mystery School {Without the Mystery!}

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



What ??? CHHA as a mystery school? Strange idea, perhaps, but meaningful in a variety of ways. When I first became president of CHHA, I contemplated on how to describe CHHA if someone asked. The first thing that came to mind was that CHHA was a ‘modern day mystery school, only without the mystery.’

The concept seemed intriguing on one hand but I surmised that it might turn off others. However, the idea kept coming back, so I thought this might be a good time to expound upon it for the fun of it!

Holistic [BodyMindSpirit] health is not new, but has been practiced in a variety of forms since antiquity. In fact, ‘mystery schools’, including those in Egypt, Greece, Italy and India, were often run as communities based upon holism at a variety of levels. As the body and mind of the community member became strong and sharp, he [she too?] often delved into areas of “spirit”—more metaphysical in nature, like developing intuition. From there, there were opportunities to explore more advanced areas in the realm of spirituality well beyond the psychic regions. The goal was to manifest beauty, harmony, strength, and integrity in the here and now, while preparing for a deeper perception of the mysteries of spirituality. Successful members of these “mystery” learning centers often brought holistic overviews to the community and formed the basis for a university system, which would later evolve. And I feel a similar evolution in CHHA.

When I reflect over the last year, I am delighted to know with confidence and certainty that CHHA as a collective mass has helped to make Connecticut stronger and more beautiful. Our university collaborations—including those with Quinnipiac U, Western CT State University, Fairfield U, UConn and Yale—are helping today’s students and faculty become tomorrow’s holistic providers and educators. CHHA members have helped to raise public awareness—significantly—within municipalities, including Vernon, Cromwell, Bridgeport and Norwalk. CHHA mem-

bers have volunteered to help bring an awareness of holistic healthcare to a variety of other caring groups, including the American Cancer Society, the MS Society, the Alzheimer’s Association, the Agency on Aging, and many community mental health facilities. Our annual conference with the CT Hospital Association was a huge success as we collectively shared with, and learned from, world-class speakers and representatives from hospitals, universities and private practitioners from our state and elsewhere.

Attendance at CHHA events has risen dramatically over the last year as our learning / teaching organization manifested considerable synergy. Significant focal points have included nutrition, fitness, stress and strain, chronic diseases, the arts and the mid and higher ‘mysteries’, such as psychotherapy, dreams, intuition and deeper spiritual aspects. And that has increased “our numbers!”

Membership is well over 300 and continuously growing into a stronger and ‘more beautiful’ organization! The CHHA Executive Committee and the Board of Directors continue to meet on a regular basis to bring the goal of continuous improvement to life. A variety of innovations, thanks to the membership and directory teams, are making the membership process not only more robust and fool proof, but more productive as well. Innovations in areas of membership benefits, including cards and more member discounts, are forthcoming. The website and newsletter teams continue to thrive as new procedures are brought forth on a regular basis. Automation will help the workshop listings and member information process to grow.

A new and improved speakers bureau and legislative initiatives committee are on the horizon. These teams are sure to add considerable strength and opportunity to CHHA members. At the upcoming strategic planning meeting, our focus will be upon funding, learning and stable growth.

Many thanks to our Board Members and Advisors, VP Whitney Miller, the Branch Directors, Committee Heads and Team Members and to ALL of you for making CHHA a HUGE success as WE continue to take any mystery out of holistic health while continuously learning from each other!
Namaste, Michael



CHHA BRANCH REPORTS

GREATER DANBURY

The second annual Holistic Health Fair on May 1 was an exciting and well attended event co-hosted by CHHA, Danbury and Western CT State University. There was a total of 200 attendees and 60 exhibitors.

Editors's Note: For extraordinary efforts in co-ordinating this second annual Holistic Health Fair, CHHA wants to thank Roxanne Slaughter, outgoing Danbury Branch Director [even as we welcome Dr Jeanette Tedesco as the incoming Director.] Co-director of the fair was Dr Jody Rajcula, Chair of Health Promotion & Exercise Science at WCSU. Roxanne & Jody, you and your team were amazing. Thanks

Local funding amounted to \$4,500 leaving the Branch with \$3,140 to provide scholarships and resources for planning next year's programs. With great appreciation, we thank the sponsors for their generosity: Waterbury Hospital, Union Savings Bank, Take Time Relaxation Center, Danbury Hospital Praxair Cancer Center, Webster Bank as well as Trader Joe's for water and WCSU for pro bono services.

We have set the date for the Third Annual HealthFair for April 9, 2005. **Please contact Jeanette Tedesco @ tedescoj@wcsu.edu if you are interested in being a sponsor or presenter next year.**

Please mark your calendar with these dates:

Sep 14: Panel/Case Studies -Tom Worden, moderator, David Johnson, Michael Gassi, Loreen Daigle

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**

Ed note: Congrats on having done your 04/05 Calendar!

GREATER HARTFORD

The CHHA Hartford welcomes interested persons to join us for two meetings that will be held during July and August to develop plans for new programs for 2004-2005.

We'll be developing a new submission process for prospective speakers to complete if they are interested in being a program presenter. **If you're interested in obtaining and submitting the form, please contact me at this e-mail address: PatDBary@AOL.com.**

We look forward to increasing the number of people who participate in the CHHA Hartford Branch Planning Group. Our meetings are really fun and it's a great way to meet new people and share ideas as we continue expanding the Hartford Branch. How about attending one of the summer meetings to experience what happens in these "get-togethers" and to add your recommendations for Branch activities?

Our first fall meeting date will be in late September. The

date has not been chosen yet. We will spend half of the meeting doing some active networking, so bring your cards and brochures. We'll be asking people who do marketing and web site development to speak with us and present new ideas about developing our practices.

Pat Barry, PhD, APRN, Branch Director

GREATER NEW HAVEN

The New Haven Branch has sponsored two lectures this spring. In May, Don Levy, our New Haven branch co-leader and Manager of the Yale Medical Bookstore, lectured on "How to Get Published" and how to have your ideas and techniques disseminated in book form. The audience seemed to appreciate his insights on the processes.

In June, Reverend David Corvini, M.D. spoke on "Healing Body, Mind, Heart and Soul: Holistic Healing from the Standpoint of a Priest and Physician." Reverend Corvini, a non-denominational Christian priest and mystic, discussed the dual physical and spiritual nature of the human being and tied together the perspectives of biological science and mystical Christianity. His lecture emphasized how we can move beyond the things that cause dis-ease and into a place of receiving and giving in vitality and joy.

The New Haven Branch will have a quiet July and August while planning for the fall lectures. **Anyone in the New Haven Branch wishing to get more involved should contact Don Levy or Jenn Krebbs, ND Branch Directors jvkrebs@aol.com.**

SOUTHWEST

It has been a very busy and productive time for the CHHA, Southwest this spring. Most talks have been well attended and innovative in content. Following the very successful Stress Management Fair at Fairfield University, "Ayurveda Day" with Ami Guha, PhD, MA, MPH, at the Greenwich YWCA was a wonderful way to bridge the gap between modern science and traditional medicine.

And culture.... The Indian food was excellent and the audience was wonderfully diverse, with representatives from local hospitals, schools and both traditional and conventional medicine.

CHHA, Southwest was also on the steering committee of the very well attended (about 3000 attendees) General Healthfair hosted by the City of Bridgeport. CHHA, Southwest was also a great hit at the 'run for life' event hosted by the American Cancer Society and was also represented at the Southwest Community Center

Health Fair in Bridgeport. We will be represented at the upcoming fair with the city of Norwak.

The Southwest Branch is looking forward to hosting a panel discussion on Intuitive Assessment in the fall. [See www.cthha.org during July for details.] We're rebuilding even stronger relationships with local Y's, schools and the community at large. We will also be planning the rest of the year's programs this summer. **Let me know if you'd like to participate. Email me: tlccenter@aol.com Beth Leas, Co-Branch Director, Southwest**

Editorial

Obesity/Overfatness: "The Official" #1 Preventable Cause of Death

by Dr Tom [Tom Laga, PhD]
Nutrition--Fitness--Stresscare

Are YOU--a holistic, integrative healthcare professional--overfat or possibly obese? Obesity is an unhealthy accumulation of bodyfat. In a 1977 book titled **Fit Or Fat**, exercise physiologist Covert Bailey suggested that the ideal bodyfat percentage for men is 15% and 22% for women [due to an anatomy designed for childbearing].

Have you ever had your bodyfat measured? You should have it done now at a health spa, gym or in your own home. At stores such as Sports Authority or Bed, Bath & Beyond, you can buy a Tanita Scale which measures both fat and weight for \$50--75. I use mine at least weekly. This week I'm averaging 18% bodyfat.

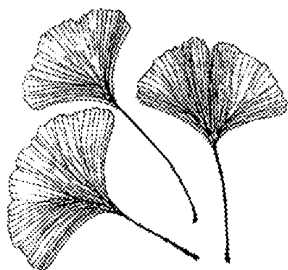
As you age and gravity has its way with you, you'll notice that you must work those abs harder than ever to prevent the southern migration! Android obesity is overfatness largely in the waist and abdomen which is associated with an increased risk of heart disease, hypertension, and diabetes. [There are 9 other types of obesity I've treated in my 30 years of practice.]

But ab work must have the exercise physiological support of weight training [30 minutes thrice weekly, e.g. MWF] and aerobics [30 minutes nonstop at your age-related, exercising heart rate 5--6 days weekly]. Aerobically, walking, cross country skiing machines, elliptical exercisers [such as the Orbitrak] and treadmills top the list in continuity of use [and sales].

The importance of weight training cannot be overestimated. The more muscle, the more fat you burn. So if you don't like gyms, it would behoove you to buy a "universal" weight machine for about \$300--\$400. Mine is in "the attic gym" of my 1890 Victorian home! You could also buy and use "free weights"--barbells, dumbbells, etc.-- as most bodybuilders do. Seems like people are more likely to "stick with" the universal.

An option is a machine such as The Bowflex or The Total Gym. Check Consumer's Guide for evaluations. One you can use with videotapes is Windsor Pilates--and of course hatha yoga to increase strength and flexibility.

So as a healthcare professional who walks the talk and models a healthy lifestyle for your patients, be sure that nutrition, fitness and stresscare are part of your Personal Wellness Program. [Stresscare includes spirituality.]



HOLISTIC PRACTITIONER GROUPS

Holistic practitioner groups provide an opportunity for area practitioners to come together informally to network, share experiences and create community. Most groups send e-mail notices of events; so send your e-mail address to the contact person to be listed. Groups are easy to setup and require minimal effort to coordinate. If you would like to start a group in your town, contact Jon Roe, (860) 875-4101 or anopendoor@aol.com, for suggestions.

COLCHESTER - The last Saturday of each month: Jun 26, Jul 31, Aug 28, Sep 25. This is a new group with its first meeting in June. Group will meet from 1:30 - 4:30 p.m. at The CT Center for Human Growth & Development, 244 South Main St. The center's number is (860) 537-3977. Contact Jan Loomis at (860) 402-1928 or resourcing@sbcglobal.net.

DANIELSON - The first Thursday of each month: Jul 1, Aug 6, Sep 2 at Sunflowers Natural Food & Cafe, 630 North Main St. from 8--10:00 am. Contact Linda Wojcik at (860) 779-7555 or lwojcik@rcn.com.

MANCHESTER - The first Thursday of each month [evenings], Jul 1, Aug 6, Sep 2 at the Center For Progressive Therapies, 192 Hartford Rd. from 6 pm - 8 p.m. Call Jim Cowles at (860) 649-9600 or info@c4pt.org.

NEW LONDON - The second Tuesday of each month: Jul 13, Aug 10, Sep 14 at Greene's Books & Beans, 140 Bank St., from 8 to 10 a.m. Call Kathie Valentine at (860) 434-2997.

NORWALK -The first Tuesday of each month: Jul 6, Aug 3, Sep 7 from 8:30 to 10 a.m., Total Life Care Center, 152 East Ave., Norwalk, just off I 95, Exit 16. RSVP: (203) 853-4852 or TLCCenter@aol.com.

TORRINGTON - The first Friday of each month: Jul 2, Aug 6, Sep 3. Hannah's Roast, 21 Main St., from 9 - 10:30 a.m. Call Rosemari Roast at (860) 738-1608 or walkinthewoods@5pilars.com

VERNON - The first Friday of each month: Jul 2, Aug 6, Sep 3. Charlie's at 520 Hartford Tnpk (Rte 30) from 9 to 10:30 a.m. Call Jon Roe at (860) 875-4101 or anopendoor@aol.com.

WETHERSFIELD - The third Friday of each month: Jul 16, Aug 20, Sep 17. Max Bibo's, 691 Silas Deane Highway from 8:30--10:30. Call Marie Mammone, ND at (860) 529-1200 or MarieMND@cs.com.

WINDSOR - The fourth Friday of each month: Jun 25, Jul 23, Aug 27, Sep 24 from 8:30 to 10:30 a.m. at Centre Coffee Bar, 20 Union St. Call Sharon Reilly at (860) 688-4703 or sharon.reilly@comcast.net.

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STATE-WIDE ANNOUNCEMENTS

- The CHHA student award for academic excellence in holistically oriented research or clinical project was extended to Yale School of Nursing. Congratulations to this year's recipient, Dr. Pamela Potter.
- Welcome to our newest Honorary and Affiliate Members:
John Diamond, MD, Author, Lecturer, Holistic Psychiatrist
Director of the Diamond Center & Institute for Music and Health
James Gordon, MD, Founding Director, White House Commission on CAM; Director, Center for Mind-Body Medicine and Professor at Georgetown University
Stephen L. Schensul, Ph.D, Associate Professor, Director Community Medicine Program, UCONN Medical School
Howard Spiro, MD, Professor Emeritus, Humanities in Medicine, Gastroenterology, Yale School of Medicine
Robert O. Young, ND, Ph.D., Nutritional Biochemist, International Diet Expert,
International Feng Shui Guild, Connecticut Chapter
- Membership Year: The CHHA year will run from Jan 1st. – Dec 31st. Current memberships will be valid until Dec 31st of 04 and new memberships may commence Jul 1st and will be valid until Dec 31st 05. Renewals and new memberships may be completed any time. Tell an eligible friend.
- The CHHA directory will now be printed twice yearly. Deadlines for inclusion are January 1st and July 1st. A membership benefits package, including cards, wall certificates (possibly), discount info (car rentals, healthfood stores...), etc will be available soon. To serve you better, automated processes will make the CHHA membership system more useful than ever!
- A stronger emphasis will be placed upon our legislative issues to the benefit of all CHHA members.



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