

# CHHA

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

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Summer 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.*

## ...A Year In Review...



by Michael Basso, PhD, MBA  
**President**

Last summer's strategic and tactical planning meeting was a great opportunity to hash out new ideas while testing the waters. While most agreed that strategic partnerships were in order, it also became clear that if we're not careful, CHHA

could obtain too much of a "corporate overlay." While there are advantages to facilitating the structure and function of an efficient corporate operation, it was also clear that coziness and a sense of spirit might also get lost in a tight corporate overlay.

Therein the challenge began: *How to improve productivity and efficiency without losing that special sense of humanity.* While we accomplished a lot in CHHA between July '02 and June '03, *the challenge of balanced growth remains for the new officers, directors, advisors and chairpersons. We now need to solidify and build upon the structures that were established last year and make them enduring functional systems.*

For example, we had three professional healthfairs last year and learned a great deal from each unique opportunity including those at Quinnipiac University, Western CT State University and St. Francis Hospital in Hartford. While two of the three fairs had great outside attendance, one fair with less outside attendance provided a great opportunity for networking among practitioners.

During the new "fiscal" year, due consideration will be given to better serve *both* the outside community and those within CHHA. Lessons learned from each fair have already begun to improve the planning process for next year's professional healthfairs.

We also had a wonderful Integrative Medicine conference this year in collaboration with the CT Hospital Association. The newly formed branches in Danbury and Southwestern Connecticut are also rapidly becoming quite successful. What we learned from these experiences will help to make next year's conference an even greater success!

We also learned a great deal about programming needs

from ongoing dialog, surveys and even anecdotal comments along the way. Energy medicine, traditional medicine, nutrition, stress management, business management, spirituality and holistic healthcare are among the topics perceived as most interesting to you. Attendance at our branch meetings was strongly correlated to these interests. During the upcoming year we will work to provide more educational opportunities along these lines.

An emphasis will also be placed on special interest groups in organizational wellness, holistic nursing, spirituality and health. We are strengthening our working relationships with our partners and affiliates, including the CT Department of Public Health, the American Association of Integrative Medicine, the Natural Nutritional Foods Association, the CT Herb Association and hospital and university associates.

Even more special interest groups in the realm of Complementary and Alternative Medicine [CAM] education and research, allied health education, energy medicine, reflexology and community relations are envisioned. New interests in holistically oriented science and technology [including CAM in neuroscience], minimally invasive surgery, integrative pharmacology and molecular biology are also beginning to emerge within the broad based holistic community. In alignment with these new visions and emerging systems, wonderful opportunities will surely emerge for CHHA.

Your efforts in facilitating "CHHA direct" initiatives are paying in many new and wonderful ways. Seeds planted this year are rapidly sprouting to provide more opportunities to work with chambers of commerce, local governments, high schools and corporations, among others. The CHHA website is becoming very well known as corporate information centers and even local libraries, including the large Greenwich library complex, are providing links to our site.

I would like to extend a special thanks (in alphabetical order) to Dory Dyzinski, Mike Goupil, Cris Jacobs, Tom Laga, Irene Mardel, Joanne Marscinek, Christine Mulreed, Sharon O'Brien, Carolyn Parrs, Jon Roe, Catherine Rosich, Daron Sask, Suzanne Shaw, Robert Silverstein, and Joe Woods for consideration and efforts reaching above and beyond expectations. I would also like to extend my gratitude to the many others who helped make this an exemplary year for CHHA! With warm regards, Michael

# CHHA ANNUAL REPORT: JULY 1, 2002 - JUNE 30, 2003

## BOARD

**Strategy Meeting:** The board began its year with a Strategy Meeting in August at the Spiritual Life Center in Bloomfield. This was also the beginning of our first full year with branches. Carmen Brickner facilitated the meeting. Michael presented his Goals and Strategic Plan for the year. He was particularly interested in forming strategic alliances with schools, medical centers and businesses and significantly increasing the number of members.

**Board Meetings:** The Board held six meetings at the UConn Health Center in Farmington this year. Michael chaired the meetings. The board reviewed activities and discussed policy changes. The major focus this year was forming strategic alliances and holding educational health fairs.

**Exec Committee:** This committee is made up of officers and committee chairs and carries out the day to day activities of CHHA. No meetings were held this year.

**Treasurer (Jon Roe):** For the past year we had an income of \$50,185 and expenditures of \$37,356 yielding a surplus of \$12,830. See the table for additional detail. Our bank balance as of June 20 is \$15,753. Since our fiscal year doesn't end until June 30 there will be a number of additional expenses that will reduce the surplus. Of note The Alternative Medical Institute (AMI) gave us \$16,000 to publish and distribute their resource guide with money remaining available for our directory and cosponsored programs. We have \$5,116 in that fund which is included in the bank balance.

## COMMITTEES

**Membership (Jon Roe):** In the past year our membership increased by nearly 50% from 212 to 315. By type of membership, we have 280 Regular, 21 Associate, 1 Institutional, 5 Honorary and 8 Affiliate members. By branch, the breakdown is 48 Danbury, 165 Hartford, 63 New Haven and 26 Southwest. The 13 Honorary and Affiliate members are not part of the branches.

**Honorary membership** is given to people in positions that can be supportive to CHHA and include Dr. Andrew Weil and department heads at Western and Southern CT State Universities.

**Affiliate membership** is offered to organizations that agree with our principles and would like to work with us to achieve them. Affiliates include the Integrative Medicine Departments of Hartford and Saint Francis Hospitals, the CT Department of Public Health, the CT Herb Association and the American Association of Integrative Medicine.

Our membership year begins July 1. Renewal, directory and website information will be mailed shortly.

**Membership Benefits:** Much of our communication to members has been by e-mail as 92% of our members use it. This enabled us to save time and money sending meeting notices and items of interest.

Michael conducted a survey of members in December to determine what you would like to see for programs and what changes might be made to draw more members to meetings. About 40 members responded.

**Directory (Elizabeth Swearsky):** Elizabeth created and published the 2002-03 directory which was printed and distributed last fall. CHHA's directory continues to grow as we increased the number of copies distributed to 15,000 with about 140 members participating. Approximately 74% of our members at that time listed in the directory. In the process we increased the physical size of the directory and

added cover art by Leanne Peters.

With branch expansion statewide, we added an index showing the part of the state in which practitioners live. In addition we republished the directory for the Alternative Medical Institute (AMI) with their cover and forward. Copies were mailed to all the medical doctors in the Hartford and New Haven medical associations at no cost to CHHA members. This was a bonus of 4,500 copies printed and distributed for those listing in our directory. Elizabeth also created AMI's directory.

**Newsletter [Tom Laga]** Having years of experience writing for the American Holistic Medical Association and editing other newsletters, Tom succeeded the legendary Jon Roe as newsletter editor this year. Tom has striven to maintain the standards set by Jon and meet the challenges of an association with 4 branches. Each branch director was assigned the role of reporter and asked to focus on upcoming presentations as well as commenting on the immediate past events.

Realizing that the printed newsletter is one of CHHA's major public relations tools, Tom and his able graphic artist, Jan Gyurko, redesigned the masthead and added words which reflect the purpose of CHHA. Tom also innovated the electronic version of the newsletter in pdf format for members as well as making it available on our website.

**Website (Deron Ash & Joanne Marcinek):** The website was expanded this year to include a page for each of the branches. Information is updated regularly on programs. We are adding profiles and members now can have a free listing and link in our directory. Each issue of the newsletter is also now available online. Each month Cris Jacobs gathered and compiled information on classes offered by CHHA members for online distribution. Midyear Joanne picked up responsibility for the website from Deron.

**Grants (Norton Berkowitz):** The committee continued developing plans to submit grant applications that will fund our expansion. We can no longer do all the work with volunteers and need to raise money to pay for staff and perhaps an office.

**Conference (Michael Basso):** In April, we co-sponsored the Connecticut Hospital Association's conference on Integrative Medicine. Michael was involved in planning the event.

**Winter Party (H. Robert Silverstein):** A Winter Celebration Party was held in January at the Marriott in Rocky Hill featuring storytellers Deanna Chvatal and Linda Berkowitz. About 40 people attended.

**Annual Dinner Meeting (H. Robert Silverstein):** Our 2003 Annual Meeting is being held June 27 at The Graduate Club in New Haven. Officers and, for the first time, the Board Directors will be elected and installed. At the June 2002 meeting, the bylaws were changed to require electing, rather than appointing Directors. Dory Dzinski chaired the Nominating Committee.

## BRANCHES

**Hartford (H. Robert Silverstein)**

**Programs:** - Seven programs were presented at the Hartford Hospital Health Center in Wethersfield or at Saint Francis Hospital in Hartford. Dr. Joxel Garcia, Commissioner of the CT Dept. of Public Health, attended our February meeting and addressed members expressing his interest in developing a relationship with holistic practitioners and CHHA in particular.

see *REPORT* p6

*CHHA Newsletter*

# Editorial

## Nutrition: The FDA At It Again Watch The Wording of a New Bill

by Tom Laga, PhD

Nutrition-Fitness-Stresscare



In a recent emailed newsletter of the American Holistic Health Association, the "Update Editor" warns her readers about the wording in potential new legislation. Suzan Walter writes: "In 1994, public access to dietary [nutritional] supplements was assured by passage of the Dietary Supplements Health and Education Act [DSHEA].

We alert you to legislation that was recently introduced into both the Senate [S722] and House [HR724] that appears to provide the FDA with *more authority* over the DSHEA implementation." [Dr Tom's emphasis].

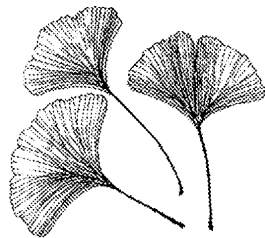
The title of S722 is: "A bill to AMEND the Federal Food, Drug and Cosmetic Act to require that manufacturers of supplements submit to FDA reports on adverse experiences with supplements, and *for other purposes.*"

### OPPOSING A REVISION

Why does a perfectly good act need revision at all? And why after only 7 years of passage? And what specifically does AND FOR OTHER PURPOSES MEAN? Editor Walter states: "Watch for developments offering a better understanding of what the "other purposes" portion of these bills really means."

As you might imagine, industry and health freedom organizations are opposing these bills for specific reasons. If you are genuinely interested in their reasons, I urge you to visit [www.ahha.org](http://www.ahha.org). AHHA Special Updates are archived at [ahha.org/updates.htm](http://ahha.org/updates.htm).

Three organizations opposing the new bills include [but are not limited to!]: the National Nutritional Foods Association, Citizens For Health, and the American Association for Health Freedoms. You should definitely go to [www.ahha.org](http://www.ahha.org) to read their concerns.



### EMAIL OUR ELECTED OFFICIALS

After reading a few of these, I would urge you to write or email our Connecticut Senators Dodd and Lieberman. At the NNFA website, [www.nnfa.com](http://www.nnfa.com), you will find a very convenient and time-saving way to express your opinion via emails to: President Bush, our senators and your representative. [I emailed all four simultaneously.]

In my emails to them, I told these office holders that I would be editorializing on these new bills and that they might be receiving a lot more emails [from you] after the publication of our summer newsletter. Please write!

I hate to say this about any governmental agency...but the FDA [and current EPA which recently contradicted

worldwide scientific studies on global warming] is not to be trusted. So PLEASE inform yourself so that you can intelligently inform--and persuade-- elected leaders and healthcare leaders to STUDY anything the FDA says.

An even more specific organization which keeps tabs on the FDA is the Life Extension Foundation [[www.LEF.com](http://www.LEF.com)] and its monthly magazine *Life Extension*.

### LEF VIEWS THE FDA

For those of you who have provided services in preventive, integrated and HOLISTIC HEALTH [especially nutrition] for 29 years or so as I have, you surely remember the gestapo-like mentality AND actions of the Food & Drug Administration. This agency has consistently broken constitutional law in regard to free speech about health claims for dietary/nutritional supplements. LEF wrote:

**"After years of battling in the courts, the FDA may finally be forced to comply with the law...again."**

The FDA finally acquiesced to judicial pressure and protests by health activists. It created the *Better Health Information For Consumers* initiative, a policy allowing for greater latitude when disseminating information about health foods and nutritional supplements." Backed into a legal corner, the FDA created BHIC to *look like* good-guys.

The article then goes on to examine the latest First Amendment victory *won in the courts* and the FDA's recent capitulation on the issue of dietary supplement health claims. I encourage you to read the April 2003 issue of *Life Extension* magazine starting on page 31 to get a feeling for how the FDA operates and why it needs to be watched.

To come full circle, remember that the above-noted article was published in April. As I write this, it is late June and the AHHA warning [cited in the opening paragraphs] just came through. Hence, I opened with: "The FDA is at it again." Your email to politicians can help.



# Bylaws and Boards

## ANNUAL MEETING MEMBERSHIP VOTING 2003-2004

At this year's Annual Membership Meeting on June 27, 2003 you will have the opportunity to vote for Officers, who will serve for one year, and for the first time you will also elect the Directors who will serve for two years. There are positions available for eleven Directors. In addition there is one minor bylaw change presented. If you will not be present on June 27, but wish your voice to be heard, e-mail your vote to Dory Dzinski, Nominating Committee Chair, at [dorydzinski@attbi.com](mailto:dorydzinski@attbi.com) by June 26.

## OFFICERS

President - Michael Basso, Ph.D

Michael Basso is the current president of CHHA. He holds a dual major Ph.D. in clinical psychology and biomedical systems along with 3 national quality certifications. He has an Executive MBA and an MS in engineering science. He is an adjunct faculty member at UConn, and worked for a Fortune 500 company for 18 years. He is a Reiki Master and is trained in Mari El, along with other energy medicine modalities.

Vice President - Whitney Miller, N.D.

Whitney Miller is a practicing Naturopathic Physician. The scope of her practice and interests are broad based and preventative in nature. Special interests include: women's health, fibromyalgia and chronic fatigue, stress management, herbology, applied nutrition, allergy and asthma, environmental medicine and depression management.

Secretary - Sharon Reilly, BA

Sharon Reilly, independent childbirth educator and doula, has been actively involved in issues concerning childbirth for seven years. A cum laude graduate of Bryn Mawr College, Sharon worked for 10 years as a research analyst for the Center for Social Research, CIGNA HealthCare, and LIMRA International. She is the former president of Friends of Midwives in Connecticut and is currently the state liaison for Citizens for Midwifery, a national organization promoting the Midwives Model of Care™. Sharon is involved with an effort to update midwifery regulations in Connecticut to recognize and license direct-entry midwives.

Treasurer --No candidate

## DIRECTORS \*\* Current Board Members

### Norton Berkowitz, Ph.D.

Norton Berkowitz is a national and international educator, lecturer and facilitator. Over the past 15 years he has been a practicing hypnotherapist specializing in past life therapy. He is educating allopathic practitioners about his therapies via research and is facilitating large group workshops to increase awareness about the healing potential his work can provide. He is a member of the International Hypnosis Hall of Fame, the National Guild of Hypnotists and the Association of Past Life Researchers.

### Dory Dzinski, M.A.P.C.

Dory Dzinski is Past President of CHHA (2001-02) and currently serves on the Board. She has a Masters Degree in Pastoral Counseling, a Certification in Pastoral Counseling from St. Francis Academy, and a Certificate in Spirituality from St. Joseph College. She owns a private, spiritual-education, counseling and healing practice, Ways of Gentle Strength, LLC, and teaches Forgiveness, Who Am I Really?, and chakra studies workshops. She is on 2 State Crisis Teams, and is a Justice of the Peace. She thoroughly enjoys her 2 little girls, who have served as Board mascots for 2 years.

### Michael Goupil, D.D.S.

Michael Goupil is Assistant Professor at the UConn School of Medicine, Department of Oral and Maxillofacial Surgery, as well as Assistant Dean of Dental Student Affairs. He is currently involved in teaching oral surgery, anesthesia, chronic pain management, ethics, and critical thinking. He is certified by the American Board of Oral and Maxillofacial Surgery, and has advanced degrees in Education Administration and Business Administration.

### Irene Mardal, LMT

Irene Mardal is the mother of two fabulous children, Christina 19 and Thomas 17. A licensed massage therapist and owner of Take Time Relaxation Centers™ in Bethel and Newtown. Irene specializes in massage through labor, and chronic pain management using massage and Reiki with breathwork. A Reiki Master and certified infant massage instructor, Irene incorporates these teachings along with Buddhist principles in her classes for all ages, from grade schools to senior centers, corporations and colleges. She's an original member of the CHHA Danbury Branch and Co-Director of CHHA, Danbury.

### **Robert Silverstein, M.D.**

Robert Silverstein, M.D. is board-certified in internal medicine and cardiology, and is a Fellow of the American College of Preventative Medicine. His primary areas of practice are preventative medicine, holistic health, primary care, internal medicine and cardiology, with a specialty in cholesterol control. His focus is on the simultaneous prevention and reversal of multiple diseases. He works in a positive and supportive fashion to change the five basic human activities (breathing, drinking, eating, exercising and thinking) to prevent--and reverse where possible-- the common diseases of our times.

### **DIRECTORS \*\* New Nominations**

#### **Reneka Kumar, MBA**

Renuka Kumar is the founder of Core Radiance, a healing arts practice based in Ridgefield, CT, offering yoga, energy healing, meditation guidance, aromatherapy, Reiki certification, self discovery workshops and corporate stress management programs. All services are offered in a simple, practical manner, customized for the individual or group. Renuka is originally from India, where she obtained a degree in Biology. She also has an American college Master's degree in Business Administration and fifteen years experience in the corporate workplace, where she used the practices that she now offers to stay in balance. She blends East and West by preserving the authenticity of the Indian culture in her practice within the framework of western life.

#### **Beth Leas, RM**

Beth Prins Leas founded of the Total Life Care Center, Norwalk, CT in 1997. The TLC Center has over 40 members, including medical doctors, naturopaths, massage therapists, nutritionists, chiropractors, reflexologists, psychotherapists, energetic healers, and hypnotists. They all share a common goal – to heal and empower the whole self through working together in an integrative manner and in partnership with their clients to promote wellness and healthy lifestyles. Beth is a Reiki Master/Teacher/Practitioner and Jin Shin Jyutsu Self-Help Instructor.

#### **Jeannette Tedesco, Ph.D.**

Jeanette Tedesco has a background in nursing, counseling, education, administration and kinleining. She is an emeritus professor at Western Connecticut State University where she taught a variety of health-related courses, supervised school and community health education majors, and served as the director of the Institute for Holistic Health Studies. She is the Past President of the CT Association for School Health, the Sex Information and Education Council of CT and has served on numerous state and national committees. Dr. Tedesco earned her Ph.D. from The University of Connecticut. Her post-doctoral research has concentrated on the study of esca, a unified theory which focuses on viewing the “moving power” within each human being from a holistic (mind-body-spirit) perspective. She has maintained a private kinlein practice in Waterbury since 1987.

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### **THANKS FOR THE MEMORIES**

The Connecticut Holistic Health Association would like to offer a **special thanks to those Officers and Board Directors** who are stepping down at this point: Jeanne Zuzel, Jon Roe, Cris Jacobs, Carolyn Parrs, Barbara Schafer, and Kimberly Davis. We wish them well in all their future endeavors and offer them the continued support of CHHA. Of special note, Carolyn Parrs, who has co-directed our Danbury Branch, will be moving to Santa Fe (which means “holy faith”) to continue her studies and deepen her work. We ask that many blessings go with her on this journey, and we thank her for the leadership she has demonstrated in expanding and broadening the Danbury Branch of our association.

### **BYLAW CHANGE**

#### **IV 4 Classes of Memberships**

We currently have three classes: Individual, Student and Institutional.

It is proposed that **Individual be renamed Regular**. The description remains the same.

It is proposed that **Student be renamed Associate** with the following description change:

Current: **Student members** shall be any person who does not qualify as an individual member but in all other respects is committed to the Corporation's purposes and applies to the Corporation for membership. A student member may not serve as a Director or Officer of the corporation or advertise in any corporate-sponsored publications or vote.

Proposed: **Associate members** shall be any person, including a student, who does not qualify as a Regular member but in all other respects is committed to the Corporation's purposes and applies to the Corporation for membership. An Associate member may not serve as a Director or Officer of the corporation or advertise in any corporate-sponsored publications or vote.

*REPORT continued from p2*

**Officers: 2002-2003**

**President**

Michael Basso, PhD, MBA

**Vice President**

Jeanne Zuzel, RN, BS

**Secretary**

Open

**Treasurer**

Jon Roe

**Directors:2002-2003**

Todd Angelucci, RN

Norton Berkowitz, PhD

Kimberly Davis, ND

Dory Dzinski, CSH

Laura Dzurec, PhD, RN

Mike Goupil, DDS, MBA

Cris Jacobs, MBA, CET

Irene Mardal, MT

Carolyn Parrs, BS

Barbara Schafer, MSN

Robert Silverstein, MD

**Newsletter Editor**

Tom Laga, PhD

drtom@drlaga.com

www.drlaga.com

**Web Masters**

Deron Ash

Joanne Marcinek

info@cthha.org

www.cthha.org

**Fair:** In February a holistic health fair was held jointly with Saint Francis Hospital in Hartford. Even though the weather was poor, it was a good day of networking for members.

**Education:** Cris Jacobs coordinated a series of talks and demonstrations by CHHA members this spring at three of Ovation's nursing home facilities in Avon and Plainville.

**UConn Health Center (Mary Guerrero):** CHHA presented its third Annual Integrative Medicine Student Research Award in February at UCHC's awards dinner. We also sponsored one of their I/CAM student interest group meetings.

**New Haven** [Todd Angelucci]

This branch was off to a strong start in the fall under the leadership of Todd Angelucci, but when Todd had to gradually reduce his involvement as a new job took more and more of his time no one stepped in to lead. Hopefully members will get more involved next year.

**Programs:** In October a program on Native American spirituality with Leonard FourHawks was held at the Yale Peabody Museum. Additional programs were held in November and January at the Edge of the Woods health food store in New Haven.

**Fair:** A holistic health fair was held in February with Quinnipiac University in their student center. CHHA members set up tables and gave talks throughout the day. It was quite successful and we have been invited back next year.

**Danbury** [Irene Mardal]

At the January meeting, the editor of the New York Times told us how to run our businesses [and by extension, our CHHA branch!]. In February and March, we excitedly planned the first CHHA, Danbury Health Fair with The Institute For Holistic Studies at Western Connecticut State University[WCSU]. On a beautiful sunny, May 10th at the WCSU campus, it happened! We had 50 exhibitors and a variety of workshops and demonstrations. By all accounts, it was super successful! In spite of all the work that goes into it, we hope to do it again next May.

In April, Nancy Rosaoff, author of Intuition for Dummies and The Intuition Workout spoke. In June, Alan Seale, author of Soul Vision, Life Mission, talked to us on that very topic.

We love being part of the Connecticut Holistic Health Association!

**Southwest** (Michael Basso)

This is our newest branch which held its first program in November and has sponsored five additional talks at various locations in lower Fairfield County from Greenwich to Norwalk. Membership is currently at 26 and is expected to grow when our upcoming membership drive will include practitioners from that area of the state for the first time.

**New Honorary Members:**

**Ellen Beatty, Ed.D., MA** (Associate VP Academic Affairs - Southern Connecticut State University)

**Ginny Verhoff, Ph.D.** (Chair Health Sciences - Western CT State University)

**Andrew Weil, MD** (World renown authority on Integrative Medicine; Chair of the Program in Integrative Medicine, University Of Arizona in Tucson)

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

**CT Holistic Health Assoc., Inc.**

P. O. Box 270477

West Hartford, CT 06127-0477

(860) 258-6010 [www.cthha.org](http://www.cthha.org)

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