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Jeffrey
Christian, MD

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Sheryl Rachmil, Publisher

RHODE ISLAND FAMILY GUIDE

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sheryl@fullchannel.net

Art: Carizia Paulo



ACUPUNCTURE

ACU WELL 738-9355

Alex Tatevian, D.A., NCCAOM Dipl.
Ac. & C.H., 141 Airport Rd., Warwick.
www.DoctorGetWell.org

**Aishi Acupuncture & Chinese
Herbal Center 954-1829**

Alice Shi, D.A., 1395 Atwood Ave, Ste
106, Johnston. www.aishiacu.com

S. Erin Baldt, D.A. 946-7734

Acupuncture and Wellness Center of RI
1681 Cranston St., Suite H, Cranston.
www.awcri.com

Mark Brancato, D.A 941-5120

Nourishing Health, 90 Warwick Ave.,
Cranston. www.nourishinghealthri.com

**Christopher Carlow, D.Ac.
..... 219-6446**

Acupuncture and Herbal Medicine
982 Tiogue Ave., Coventry.
www.natureshealing.info

**Center for Integrative Medicine
and Healing 434-3550**

191 Nashua St., Prov.
www.cimh.com

Cate Chason, D.Ac 621-7739

Providence.

**Ling Cheng, D.Ac.
..... 846-3487**

170 Aquidneck Ave., Middletown.
www.AquidneckAcupuncture.com

**Domenic D'Addio, D.Ac.
..... 847-8129**

26 Valley Road, Newport.
newportcountyacupuncturecenter.com

ACUPUNCTURE

Acupuncture is the practice of insert-
ing very fine needles into the skin
to stimulate specific anatomic points
in the body (called acupoints) for
therapeutic purposes. Practitioners
might also use heat, pressure,
friction, suction, or impulses of elec-
tromagnetic energy to stimulate the
points. The acupoints are stimulated
to balance the movement of energy -
Qi - in the body to restore health.

**Alex DeMolles, D.A, Dipl.
Ac./C.H. 294-1018**

300 Tower Hill Rd., N. Kingstown.
www.acudocri.com

**Heather Dolan, Dipl.Ac., D.A.
..... 421-8074**

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SO... HOW DOES CHINESE MEDICINE WORK, ANYWAY?

~by Mary Claire Dilks,
Doctor of Acupuncture and
Oriental Medicine

In my 14 years of practice, this is by far the most common question I get from patients. Here's the simple answer. Chinese medicine works with our bodies natural intelligence to alleviate symptoms and treat the root causes of many health problems.

Classical Chinese medical texts from around 200 B.C. write about health as a poetic interconnection of all things. While it may sound esoteric, ancient Chinese medical theory states that all sickness arises from an imbalance of Qi in the body. By understanding the body in a functional way, Chinese medicine takes a holistic approach and restores health.

Qi (sometimes written Chi and pronounced like "chee") is the smallest functional unit in any environment, in living creatures, and in the organs. This vital energy is the foundation of all living things. You breathe and eat to get more Qi, you digest your food using Qi, and you rest to preserve Qi. It provides life-force to all metabolic functions, it helps keep us warm, it can help us fight off infections by providing our immune Qi, and it spreads nourishment to all of our cells. Without Qi, life doesn't exist.

When something throws off our innate intelligence to stay well, we experience symptoms. In the most simple terms, when we get sick, our Qi is out of right relationship. For example, sometimes the circulation is blocked and Qi can accumulate too much in one area. Sometimes the natural direction is disrupted and Qi moves up instead of down. With nausea, for example, Chinese medicine call this symptom "counterflow Qi"

or literally Qi flowing in the wrong direction. In this case, the stomach energy flows up instead of down and makes us feel nauseous or vomit.

More than 400 acupoints all over the body relieve symptoms and restore normal function to our body. The ancient Chinese who discovered and described these points were more interested in function and how the points influence the body overall than the anatomical structure of the point. While there is not a direct western medical translation to acupoint, some acupoints corre-

spond to nerve centers, have been shown to balance hormones, reduce inflammation, and regulate the nervous system.

By stimulating these points with Acupuncture (needles) or Acupressure (non-invasive), we can stimulate our body's ability to regulate itself. These points give our body signals to change something.

When we repeat the signal by stimulating the points, symptoms are relieved. Numerous well-designed studies have shown these points to be effective.

Chinese Medicine also encompasses herbal medicine, massage techniques such as cupping and gua sha, heat therapy, and nutritional and lifestyle advice to bring patients to a state of balance.

While Chinese medicine has its roots in ancient theory, its effectiveness brings welcomed relief to millions of people across the globe every day. ●



Without Qi, life doesn't exist.

ACUPUNCTURE

Emerging Energy Acupuncture 228-8160

Mary Claire Dilks, D.Ac., M.S.T.O.M.
14 Imperial Place, #203, Providence.
emergingenergy.net (See ad page 4.)

Patricia Gilmartin, D.Ac. 886-7636

1130 Ten Rod Rd., N. Kingstown.
www.centerofbalanceri.com

Leon Harris, D.Ac. 1-800-818-8418

www.drleonharris.com
5586 Post Rd., Suite 206, E. Greenwich.

Holistic Health, RI Inc. 398-2933

990 Main Street, Suite 4, E. Greenwich.
www.holistichealthri.com
(See ad page 4.)

Deidre Julian, D.A. 864-0820

22 Water Street, Warren.

Sanford Lee, D.A. 743-9533

148 Waterman St., Prov.
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www.traditional-acupuncture.org

Dr. Liansheng Liu, D.A., L.Ac., MD, Ph.D 332-3860

Acupuncture and Herbal Health Center,
960 Reservoir Ave., Cranston.
www.liuacupuncture-ri.com

Opus Total Health 397-6333

James Lovinsky, DAOM
Linnea Snyder, DAOM
66 Nooseneck Hill Rd., W. Greenwich.
www.opustotalhealth.com
(See ad page 4.)

Dr. Meredith Sabins, D.A. L.Ac. 855-3066

57 Wampanoag Circle, North Kingstown
www.meredithsabins.com

Carol Seng, D.A. 455-0546

144 Waterman St., Prov.
www.providencewholistic.com

South County Community Acupuncture 788-1068

Grayson Wood, D.Ac.
750 Boston Neck Rd., Narragansett
www.shiningsea-acupuncture.com

ACUPUNCTURE RESOURCES:

- ✓ www.acufinder.com
- ✓ www.gancao.net
- ✓ **American Association of
Acupuncture & Oriental
Medicine**
www.aaaomonline.org
- ✓ **American Academy of
Medical Acupuncture**
www.medicalacupuncture.org
- ✓ **National Certification
Commission for Acupuncture
and Oriental Medicine**
www.nccaom.org
- ✓ **RI Society of Acupuncture
and Oriental Medicine**
16 Remington St., Warwick
www.risaom.org

ADDICTIONS

(See page 52.)

ALEXANDER TECHNIQUE

ALEXANDER TECHNIQUE

This is a self-help method of undoing unnecessary tension. Through an Alexander's teacher's hand and verbal guidance, students learn to carry his/her body with less strain and more ease. Helpful for many neuro-muscular problems including back pain, neck trouble, carpal tunnel syndrome, scoliosis, etc.



Mary Derbyshire, M.AmSAT
 418-3905
www.mderbyshire.com

RESOURCES:

- ✓ www.alexandertechnique.com
- ✓ **American Society for the Alexander Technique**
 800-473-0620
www.amsatonline.org

AROMATHERAPY

(See also Essential Oils and Herbs/Herbalists.)



AROMATHERAPY

Aromatherapy is the therapeutic use of plant-derived, aromatic essential oils to promote physical and psychological well-being. It is sometimes used in combination with massage and other therapeutic techniques as part of a holistic treatment approach.

Body-Wise Therapeutics
 848-9825
 575 East Main Rd., Middletown.
 Also Massage, CranioSacral Therapy, and Ear Coning.

Susanne E. Dillon
 644-8118
 Cranston. Distributor of Young Living Essential Oils.
SueDillon4546@gmail.com

Sacred Essence, LLC ... 864-0947
 Renee Katz, LMT, RYI
sacredessenceliving@gmail.com
www.sacredessence.net
 Retail essential oil products for your health and well being.

RESOURCES:

- ✓ **National Association of Holistic Aromatherapy**
www.naha.org

AYURVEDA

Community Ayurvedic Herbalist
 323-4638
 39 W. Broad St., Pawcatuck, CT
www.RIAyurveda.com

Mary Guerenabarrena
 855-3233
 Being Ayurveda. 381 Cory's Lane, Portsmouth.

Sacred Stone Academy of Metaphysics and Ayurveda (SAMA)
 680-3940
 26 Mumford Ave., Newport
www.sacredstonehealing.com (*Ad p.61.*)

Jackie Van Dusen 284-0363
 Hypnosis, Amethyst Bio-Mat, IET Wakefield.
AcornCottageEmpowerment@gmail.com
AcornCottageEmpowerment.com

RESOURCES:

- ✓ **American Institute of Vedic Studies .. 505-983-9385**
www.vedanet.com
- ✓ **Vinayak Ayurveda Research Foundation**
 505-296-6522
www.vinayakayurveda.com

BIOFEEDBACK

(Also see Neurofeedback.)

BIOFEEDBACK

Uses a system of sensitive instruments to monitor the physical condition of the body. The goal is to provide deep relaxation and stress management skills, and ultimately self regulation and control over mental, emotional and physical processes.

Norma Faraone-Ledgard, LCMHC, Ph.D. 241-8368
 Cranston
www.Neuro4U.com
(See ad back cover.)

Applying Ayurvedic Therapeutic Practices in Working with Addiction

The Center for Disease Control and Prevention estimates that at least 72,000 Americans died from drug overdose in 2017. This number does not include people who died from conditions related to alcohol or cigarettes. The same source asserts that 480,000 Americans die each year from smoking related illness alone. The National Institute on Alcohol Abuse and Alcoholism estimates that 88,000 die from alcohol related conditions. It is not known how many Americans suffer from addiction, but these statistics reveal a frightening reality.

Addiction is a disease without a specific cure. Treatment involves managed care. Substance use is now a leading cause of disease and death; and addiction is recognized as a chronic disease. It causes long-term changes in the patterns of neuronal activity.

Most addictive substances cause the brain to release hormones in the body that illicit a feeling of pleasure and, at high doses, euphoria. Addiction occurs when an individual has abused a substance or substances to the point that the brain loses the capacity to naturally generate pleasure hormones, leaving the individual to rely on one or more substances to achieve a feeling of normalcy. In fact, nothing about an addicted brain is normal.

Ayurveda, as a holistic healthcare system, provides a complete maintenance approach to support sobriety with daily self-care practices and routines that promote physical rejuvenation, and mental well-being and reacquire a normal physical state over time. Ayurvedic theory states that all humans naturally seek kama, the pursuit of pleasure and that the avoidance of pain is a basic survival instinct belonging to all living organisms. Ayurveda also understands that the attachment to pleasure and the avoidance of pain can lead to disease if pursued at any cost. This is clearly demonstrated through addiction as the addict will



Ayurveda also understands that the attachment to pleasure and the avoidance of pain can lead to disease if pursued at any cost.

sacrifice nearly everything to feel a high. In the deepest throws of addiction, the addict will sustain a dangerous lifestyle simply to find a feeling of normalcy.

The Ayurvedic practitioner may utilize the conceptual theory of the five sheaths as a founda-

tion for treatment for addiction. The theoretical understanding of the 5 sheaths provides a map of how to access body (annamaya kosha), breath (pranamaya kosha), mind (manomaya kosha), intelligence (vijnamaya kosha) and consciousness (anandamaya kosha) as well a way to understand how these parts are connected or can become disconnected.

Addiction is a disease that takes residence in the body, breath and mind sheaths and creates a disconnect from the intelligence and consciousness sheaths. Disconnection from intelligence results in an inability to discern reality from illusion, causing the mind to become flooded by irrational, obsessive thoughts. These negatively affect the movement of breath and create a state of hyperarousal (feeling of anxiety, fear or anger) or hypoarousal (feeling of depression, lethargy or frozen) in the physical body.

The addict hopes to achieve a feeling of normalcy by using a drug. In fact, the drug is dangerous and it works against this end. When the short-term effect of the drug goes away, the addicted mind is once again overwhelmed with irrational, obsessive thoughts. It is in a physically worsened condition, and the cycle of substance abuse begins again. Addicts might, instead, employ Ayurvedic practices, which may bring stability to the mind and return the body to a state of regulation. Over time, they may re-establish access to innate intelligence. Connection to innate intelligence is crucial to relapse prevention. ●

By Jessica Ferrol, Ayurvedic Doctor, MHC, CYT, PKS

BIOFIELD TUNING

BioFIELD TUNING:

Biofield Tuning (also known as "sound balancing") is a sound therapy method that works with the power of sound and the human biofield to help alleviate conditions such as pain, anxiety, insomnia, PTSD, emotional overwhelm, digestive issues, adrenal fatigue and more. Biofield Tuning is based on the premise that the human biofield - the energy field that surrounds and permeates our bodies - is inextricably connected with our conscious and subconscious mind, including all of our memories. All physical, mental and emotional disorders can be perceived as "dissonance" in our energy fields. Biofield Tuning is able to diminish and resolve this dissonance and in doing so, alleviate and even eradicate the corresponding physical, mental and/or emotional symptoms.

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7 School St., Unit E, Jewett City, CT

RESOURCES:

✓ www.biofieldtuning.com/what-is-biofield-tuning

BODY MAPPING

Jane Murray **595-7676**

Licensed Andover Educator, somatic practitioner. 51 Cedar Lane, Jamestown
www.janoeoboe.com

BODY MAPPING:

Our body map is the mental representation of how we are put together and how we move. Everyone has one, whether they are conscious of it or not.

Your body map determines how you use your body. If your map is off, your movement is off, resulting in potential for pain, injury and/or limitation.

BODY MAPPING is the conscious refining and retraining of the way you move which will be determined by correcting misperceptions about your body and learning the anatomical truth.

RESOURCES:

✓ www.bodymap.org



BOWENWORK

BOWENWORK

A system of touch that initiates a series of responses through stimulation of the nervous, musculoskeletal, and fascial systems and the energetic pathways. Practitioners perform a sequence of small movements on specific points on the body, interspersed with rest periods.

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www.MarkBrodyMD.com

Sheila Frodermann, MS, ND,
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BREAST HEALTH

(Also see section *Women's Health*.)



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1. Lie down in a comfortable, quiet place. Allow yourself to be free from distractions for at least 5-10 minutes.
2. Give yourself a moment to start relaxing your muscles. Seek out places that are holding tension and release it.
3. Inhale deeply, filling your lungs with air. Bring the air into your abdomen, not just your chest. Count slowly to five as you inhale.
4. Exhale deeply, emptying your lungs completely. Again, count slowly to five as you exhale. As you exhale, release tension from your muscles.
5. Continue to inhale and exhale deeply for several minutes, counting slowly to five each time. Concentrate on your breathing and counting. Let your mind take a break from distractions.

BREAST CANCER SCREENINGS:

- ✓ Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- ✓ Clinical breast exam (CBE) about every 3 years for women in their 20's and 30's and every year for women 40 and over.
- ✓ Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s. Some women – because of their family history, a genetic tendency, or certain other factors – should be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than 2% of all the women in the US.) Talk with your doctor about your history and whether you should have additional tests at an earlier age.

For more information, call the American Cancer Society and ask for our document called Breast Cancer: Early Detection. And visit www.cancer.org

BREATH WORK

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71 Edgewater Drive, Blackstone, MA.
www.tonytavares.com

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RESOURCES:

✓ www.barbarabrennan.com

BUSINESS SERVICES, OPPORTUNITIES

(See Holistic Business Services)

CANCER

(See Breast Health, Cannabis, Smoking Cessation, and Women's Health.)

CANNABIS

(See Herbs.)



CHIROPRACTIC

(Note: A comprehensive list of chiropractors - and there are many - can be found in the Yellow Pages.)



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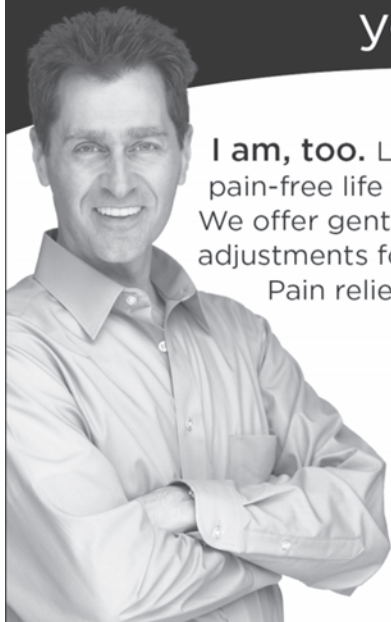
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*(See ad page 11.)***Hoffman Chiropractic****..... 289-2444**

Aaron Hoffmann, D.C.

8 Annoka Ave., Barrington

www.HoffmannChiropractic.com

*(See ad previous page.)***Victoria Malchar, D.C.****..... 826-7600**

33 College Hill Road, Building 30C

Warwick. www.malcharchiropractic.com

Catie McArdle, D.C. ... 383-3400

2220 Plainfield Pike, Cranston.

www.mcardlechiropractic.com

*(See ad page 11.)***Richard Picard, D.C. ... 942-6967**

342 Atwood Ave., Cranston

www.nutritionalhealthnow.com

*(See ad previous page.)***Robert Sedlor, D.C. 383-3400**

2220 Plainfield Pike, Cranston.

www.mcardlechiropractic.com

*(See ad page 11.)***CHIROPRACTIC RESOURCES:**✓ **American Chiropractic Assoc. 703-276-8800**
www.acatoday.org✓ **Int'l Chiropractic Assoc. 703-528-5000**
www.chiropractic.org**COLON
HYDROTHERAPY***(See article next page.)***Between Two Worlds****..... 508-222-7376**

125 Slater Street, Attleboro, MA.

www.BetweenTwoWorlds.info

Jillian VanNostrand 774-487-7092

1732 G.A.R. Highway (Rte 6)

Swansea Ma.

RadicalRemedies.com

*(See article next page.)***COLOR THERAPY****COLOR THERAPY**

Color therapy is based on the concept that certain colors are infused with healing energies. The therapy uses the seven colors of the rainbow to promote balance and healing in the mind and body.

Aura House 294-2297

P.O. Box 12, Newport.

www.aurahouse.com

RESOURCES:✓ **www.colorpuncture.com****CRANIOSACRAL
THERAPY****CRANIOSACRAL THERAPY**

The cranosacral system is comprised of the brain and spinal cord (the central nervous system); the cerebrospinal fluid that bathes the brain and spinal cord; the surrounding meninges (membranes) that enclose the brain, spinal cord, and cerebrospinal fluid; and the bones of the spine and skull that house these membranes. Craniosacral therapy manipulates the bones of the skull to treat a range of conditions, from headache and ear infection to stroke, spinal cord injury, and cerebral palsy.

Robin Barlow, LMT**..... 487-4222**

Therapeutic Touch Massage Therapy

970 Hope Street, Bristol.

www.therapeutictouchtherapy.abmp.com

Reflections From the Inner Coast:

After 20 years of clinical practice in colon hydrotherapy, I have watched this adjunctive therapy head so far into mainstream consciousness, that it's really no longer simply adjunctive. For the first time, most of the folks I take care of are quite healthy, and many more westerners are finally growing a colon consciousness: routinely drawing pertinent connections between their inner life and the state of their gut. Indeed, the month doesn't go by without some new and amazing research demonstrating the immense necessity of keeping your colon healthy. New research was recently announced suggesting a functional link between Parkinson's Disease and intestinal bacteria. This week scientists announced that the bowel can make blood cells using its' own stem cells. Other studies have demonstrated how disturbed or dysfunctional gut biomes contribute to anxiety and depression, drive sleeplessness, and many other common and uncommon imbalances.

It was this last week that a different team of health care providers reported a bowel study measuring transit time of a swallowed lego head! (It's 1.7 days, by the way, although it was duly noted by an intrepid reporter that a duplo could take 1.7 thousand years.)

Since the sequencing of the gut biome, there seems no end to the incredible healing potential of the natural balance that can be consciously engendered there! And finally, many more than ever are interested in upgrading gut hygiene and becoming accountable to the real world as it

passes through them. This is a distinct shift from decades ago, when it was generally assumed that you are the one in charge of passing through the world, and not the other way around. This is a good and timely shift! Reducing the toxic load now and then is an incredible relief, especially when the environment passing through you is becoming more polluted. It has been my experience that one can consciously create a margin for error in diet as well as disease and complications of aging by using regular colon therapy. How often? At

minimum, twice yearly, as in dental hygiene. Once per month is not excessive. Many folks time sessions around travel or integrate it with other health programs. That doesn't mean it cures anything. It simply means you just feel better.

Chances are overwhelming that the extra 2+ pounds of luggage stowed in your colon is something you can put down with great relief in exchange for renewed vitality. The surprise is the sensation of emotional clearance, the distinct sensation of letting

go of all that no longer serves you. Colonic clearance is wonderful for practicing new intentions and turning over a new leaf.

Think of your energy body as a pyramid, and make sure your base is strong! Think about turning over your own new leaf this year. Long awaited, colon therapy is being incorporated at the American Center for Bioregulatory Medicine and Dentistry, in the jewelry district in Providence. Wherever you choose to go for care, you are claiming your birthright to colon hygiene. Drop the puritan shame and get on your best health game in 2019! ●

*Jillian VanNostrand, R.N.
Colon Hydrotherapist*



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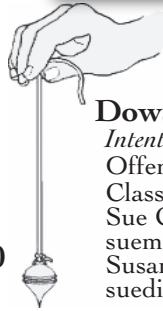
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Recognizing and Holistically Treating Burnout

In today's high achievement, do-it-all culture, it's easy to fall victim to burnout, even when you may have tried your best to juggle priorities effectively.

This is why I encourage people to take a proactive (rather than a reactive), approach to managing stress. When you can recognize and respond to the signs of burnout, you can keep yourself feeling and functioning your best.

What is burnout?

Burnout is a reaction to chronic, long-term stress. It is our mind and body's way of telling you "I need a break," and of conserving resources.

What are the signs of burnout?

Burnout manifests differently for different people. Below are some common indicators:

Physical symptoms: fatigue, insomnia, gastrointestinal issues, headaches, body aches, increased frequency of physical illness, lack of appetite, or increased cravings for sweet, rich, or fatty foods.

Emotional symptoms: anxiety, feeling sad, irritability or cynicism, increased arguments, feeling detached and like you no longer care about things you normally do, lack of motivation, or feeling an increased desire to isolate and spend time alone.

Mental symptoms: worrying, forgetfulness, difficulty with time management or completing tasks, poor concentration and attention, decreased productivity, or being confused or overwhelmed more easily.

(Continued next page.)

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(*See ad this page and previous page.*)

(Preventing Burnout Cont'd)

Preventing and recovering from burnout starts with awareness. That means knowing your warning signs and implementing self-care practices as early as possible. However, taking a proactive approach will help reduce your susceptibility. Here are some simple suggestions:

- **Hydrate.** As a general rule of thumb, you should drink about half of your body weight in ounces of water daily. (example: if you weigh 150 lbs, aim for 75 oz of water daily).
- **Sleep.** Aim for 6-9 hours/night and try to minimize distractions while sleeping.
- **Eat a diet rich in vegetables and anti-inflammatory foods.**



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- **Give your mind a break regularly.** This can be anything from taking a weekly bath, meditating, attending a gentle yoga class, or taking purposeful time away from electronics.
- **Share your feelings** with someone you trust. When we bottle up emotions, they build up and leave us vulnerable to burnout.
- **Learn new coping strategies.** You can do this by meeting with a Coach, investing in some workbooks, or researching strategies online.

Nikolai Blinow is a From Burnout to Balance Coach and therapist. You can reach her at nikolai@ompowermentpsych.com or www.ompowermentpsych.com/from-burnout-to-balance/

Trauma, Grief & Consciousness

By Mark S. McCarthy, M.S. LMT RMT
www.hopevalleymassage.com

Have you ever experienced significant trauma or similar loss in your life? Has a loved one, such as a parent, spouse, child, sibling or dear friend, ever passed away? Have you personally been abused, whether physically, emotionally or sexually? Perhaps you've lost a job, a house or an apartment, or were forced to move somewhere far away from what you considered to be home. If any of these situations apply to you, then you've likely experienced trauma and the pain and suffering associated with it. And if so, how did you work through that? Or perhaps you're still "working through it." For some people this can be a lifetime process. And assuming you did work your way through it, how were you able to accomplish this without becoming identified by it in the end, i.e. the survivor or victim? Can there really be love, joy and peace in victimhood? Is the emotional reward or "juice" experienced in that negative state really worth the cost? Wouldn't you rather be free once more?

Last year I wrote a primer article on spiritual awakening for the RI Health & Wellness Guide entitled, *Consciousness Engineering 101*. In it three fundamental questions were posed: 1) What are you? 2) How does it all (really) work? and 3) What's most important? Sometimes we're shaken to our core following a traumatic life experience. It can cause us pull back into ourselves for an extended period of time in an attempt to discover who we are and what we value most. For some, life is forever changed following such an event. We may even choose to withdraw from others, shutting down our feelings of self-worth and, perhaps, optimism for the future. My mother experienced sexual and emotional abuse as a young girl.

She never fully recovered from it and, as a consequence, passed those emotional wounds and scars onto her five children. Funny how that works! I'm sure if given a chance to do it all over again, she'd choose a path of emotional healing and recovery instead. At least I hope she would. But it's not easy.



"Can there really be love, joy and peace in victimhood?"

For many, a great personal awakening (shift in consciousness) can result from working through a traumatic experience in life. This past year a good friend of mine, Alyson Franz, LICSW, wrote and published her first book, *The Grief Cure*.

Alyson lays out a process for releasing grief and deep personal suffering through the use of Energy Psychology. As she puts it in her book: "The energetic frequency in our body is the foundation of our health. Our body contains energy pathways and centers that are in constant communication with our mind, organs, and cells. Every thought and emotion that we experience causes a reaction in a specific area of your brain."

When choosing to heal from traumatic experiences, and after reaching the end of our proverbial rope, know that the bandages can be safely removed. But those deep wounds and sorrow need to be healed in the light of day and TRUTH. Once we shift our deepest held human paradigm, that these bodies are all we are, and embrace our true identity as eternal spirit beings, our lives begin the real journey of change, growth and love. We are love incarnate! What a stark contrast with everything this world tells us. Alyson's book offers us hope that our lives can dramatically change once we embrace the reality of our existence. It also contains many powerful tools and exercises to assist in the healing process. ●

You can reach Alyson Franz, LICSW, at Paradigm Shift, LLC, in Johnston, RI. If you're interested in experiencing Energy Balancing Bodywork as avenue to physical, emotional and spiritual healing, please contact Mark S. McCarthy, M.S. LMT RMT, at Hope Valley Therapeutic Massage, 401- 222-9824 (see ad page 59.)

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(See also Brennan Healing Science, Reiki and article below.)

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What If You Could Choose Your Death Age?

By Elizabeth Phinney

And, if you could, what age would you choose? My death age is 104. I was inspired by a sculptress, Beatrice Woods, who I came across when she was 104. She looked remarkable and vibrant. I told myself, "I want that!"

Fortunately, I was at the time and still am very involved in fitness, both for myself and my clients. I know what I can do to guide myself towards that goal. And, I have every intention of being just as vibrant as Beatrice was at 104.

Many people ask me why I would like to live that long. Sometimes when discussing their death age, people stop at 80 or 82 and say, that's old enough. Why would I want to live longer than that? My response to them is "Why not?" If you could be vibrant and healthy, why not? Ah, but who's to say that is guaranteed?

As we all well know, there are no guarantees in life. However, if you focus on taking care of your body: eat the right foods – plenty of vegetables

and organic everything, exercise daily for the sole benefit of giving back to your body – not a sport or an activity, drink at least 48 ounces of water each day – pure water and not flavored, get 7 – 9 hours of sleep each night, meditate at least 15 minutes each day, and only ingest into your body healthy things that will not deplete your immune system; there should be no reason why your 80's and 90's shouldn't be just as active and vibrant as your 60's and 70's. Will you have slowed down? Absolutely!! But that is all part of becoming familiar with your body and learning how to communicate better with it.

Thousands of people are living well into their 90's and beyond these days. It's not the quantity of life that is the problem, so much as the quality. So, choose when you would like to die and decide all that you want to do before that and start taking charge of your body and your mind to make the best choices to thrive to 95!! ●



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6 SIMPLE STEPS FOR THE WHOLE FAMILY TO BE HEART HEALTHY

From the American Heart Association



Making time for a heart-healthy lifestyle can seem overwhelming. But the good news is that making a few small simple lifestyle changes can lead to heart-healthy habits that require little thought or effort.

Get creative and work heart-healthy habits into your family's life and daily schedule. Whether you're a single parent or married, a stay-at-home parent or working, here are ways to make more time for the whole family to be more heart healthy:

1. Identify free times for activity.

Keep track of each family member's daily activities for one week. You'll get a snapshot of when you might be able to get the family together for physical activity. It can also help you see which activities you can cut back on.

Pick two 30-minute and two 60-minute time slots for family activity time. Weekdays are usually better for 30-minute activities and weekends are better for 60-minute activities. Try to spread out the time slots. Here are some ideas to get your kids moving that parents can join in.

2. Plan a weekly menu, go shopping and prep your meals.

Keep track of how many times you grab food on the go for one week. Once you find blocks of time when you can do a little planning, it'll be easy to learn healthy preparation methods, fix healthy snacks and eat fewer fast and processed foods.

3. Simplify your family's schedule.

In today's society we're expected to do it all. But this type of non-stop lifestyle isn't sustainable or healthy. Try prioritizing your activities and see what you can do without, so you'll have more time for the things that matter. You can also work on ways to manage stress.

4. Take baby steps, not giant leaps.

If you're the head of your household, making sure that all the heads and hearts in your home are healthy is a lot to handle. The key is to take baby steps. Getting heart-healthy is a journey; you don't have to do everything at once.

5. Ask everyone in the family to do their part.

Depending on their ages, kids can help prepare healthy meals and help around the house. Treat your family like a team and encourage everyone to work together.

6. Live by example.

We all need to do our best to walk the walk. If we want our kids to eat healthy and exercise, we've got to model that behavior. You're not perfect, but if you're determined and persistent, there's not much that can stop you. ●



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FIT FEMALE CREDO

1. Act as if you are a fit female!

Do not wait until 10 pounds from now, start being one now. You must act like one, eat like one, and talk like one, dress like one. When you see what happens when you start acting as if you are a fit female. You will become one before you know it.

2. Get out of your comfort zone!

If you want your bodies to change you have to do what your body is not used to. This may mean taking yourself outside of your comfort zone. This means the food you eat will take some effort to plan and prepare, the training you do will feel challenging, and you will be pushing yourself beyond what you're used too.

3. Fuel your Body to Fabulous!

Eat more often, not less. Becoming fit and fabulous is not about starving yourself and feeling deprived. The key is to get your metabolism revving, fuel your body throughout the day with healthy foods and learn how to enjoy a guilt-free splurge that fits into your healthy lifestyle.

4. Train hard or go home!

A fit female is not afraid of lifting challenging weights and pushing herself in the gym. She looks the way she does because she has muscle.

5. Get hooked on feeling fit, not the number on the scale! Be your own inspiration. Being fit is motivating, and the feeling is addicting!

6. Be an early riser! Get up early and start your day with a workout!

7. Make R, R, & R a priority!

Rest, Relaxation and Regeneration. Take time to do something for yourself! You deserve it! Rewarding yourself will also keep you motivated!

8. Obstacles will arise-anticipate them! You will undoubtedly have obstacles throughout your journey. Successful people see obstacles as opportunities to be challenged and to learn about themselves. Tell yourself you will stay focused and keep yourself on track.

9. Keep a Journal or blog, "A life worth living is worth recording!"

10. Eliminate the Carbs and surround yourself with supportive people! I believe that you should gravitate to people who are doing positive and productive things with their lives.

"To attract attractive people, you must be attractive. To attract powerful people, you must be powerful. To attract committed people, you must be committed. Instead of going to work on them, you go to work on yourself!" Attitude is everything! "If you don't like something, change it. If you can't change it, change your attitude."

Women are so good at finding their flaws but rarely stop and enjoy what they love about their bodies. This is one difference between men and women. Put an end to body bashing. Women are constantly self-deprecating and bashing their own bodies. Tell your piers they look fabulous, and be genuine when you say it, then quickly change the subject. Put an end to the body bashing once and for all.●

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CBD OIL

THE NATURAL ALTERNATIVE

Over the past year or so, I've become very involved with CBD oil personally and clinically. More often than not, we see an initial hesitation with fear of getting high. Without getting too technical, CBD or cannabidiol, is one of many compounds found in the cannabis plant. There are upwards of 85 cannabinoids in the cannabis plant, two being CBD and THC. THC is responsible for the psychoactive, mind altering effects of marijuana. CBD on the other hand is non-psychoactive, and is praised as being a natural alternative for many medical conditions. To go a bit further, the marijuana plant has THC in very high concentrations, and minimal CBD. The hemp plant is the opposite, high concentrations of CBD, which is why CBD oil is sourced from hemp.



CBD assists natural homeostasis or balance in the body, and is helpful to those with sleep issues. The benefits of using a high quality CBD oil can be invaluable, and so much more than this. CBD is used for conditions such as chronic inflammation, arthritis, pain relief, headaches, nausea, stress, anxiety, social anxiety, OCD, PTSD, cancer prevention & treatment, sleep issues (I can attest to this one), asthma, depression, acne, autism, multiple sclerosis, diabetes, Alzheimer's, and autoimmune conditions. CBD is also safe for animals, with obvious difference in recommended doses.

Although studies are showing beneficial results without significant side effects, even among higher doses, it is still recommended to speak with a qualified health professional prior to using.

"CBD ASSISTS NATURAL HOMEOSTASIS OR BALANCE IN THE BODY."

It is important to use an organic product to avoid pesticide residues. I would also advise looking for a product that doesn't use chemical solvents in the manufacturing process. Because organic farming is more expensive, you will typically see organic products with a bit higher price tag. My advice, it's worth the few extra dollars. The hemp plant is being grown for use in a wide variety of products, and so factory farming overseas or in Canada likely use poor quality plants. Do some research on where the Hemp was sourced, before purchasing.

Full spectrum, or whole plant CBD oil is recommended over an isolate. Full spectrum CBD will contain the obvious CBD with all of its amazing properties, but also all of the other cannabinoids, that too have overlapping benefits, producing what's known as an "entourage effect".

Full spectrum does have trace amounts of TCH, up to 0.3%. Legally, hemp has to be tested to contain less than 0.3% THC to be classified as hemp. ●

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Medical Marijuana

Modern medical research has discovered beneficial uses for marijuana in treating or alleviating pain, nausea, and other symptoms associated with certain debilitating medical conditions. Several states, including Rhode Island, permit the medical use and cultivation of marijuana under certain circumstances. Rhode Island's Medical Marijuana Act does not alter federal statutes and regulations prohibiting the possession and use of marijuana.

Rhode Island residents with debilitating medical conditions are permitted to use marijuana if a physician certifies in writing that the marijuana



may alleviate their symptoms and that the potential benefits of using medical marijuana would likely outweigh the health risks to the patient. This means that patients, caregivers, and authorized purchasers who are registered with the Department of Health's Medical Marijuana Program may possess a limited amount of marijuana without violating state law.

What Patients Should Do

Check with your doctor to see if your medical condition qualifies for an application and to see if medical marijuana makes sense for you. If it does have your doctor fill out a Practitioner Form to allow you to apply. Register as a Medical Marijuana Patient using the patient application form.



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Although marijuana has been legalized in several states, it is still prohibited under Federal Law.

For more information ...

Frequently Asked Questions Regarding Medical Marijuana:

www.health.ri.gov/publications/frequentlyaskedquestions/MedicalMarijuanaFAQsForPatientsAndCaregivers.pdf

To Apply Online:

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Emerging New Treatment Options For Autism Spectrum Disorder (ASD)



In the battle against Autism Spectrum Disorder (ASD), one of the latest options is quickly becoming a viable alternative for families desperately searching for relief.

ASD is a neurological and environmental disorder present in 1 in 59 children in the United States alone, according to the Center for Disease Control. The disorder is characterized by differences in language, comprehension, and behavior. Often, low spectrum patients can exhibit difficulty or an inability to interact with society, while high level patients can exhibit violent outbursts, uncontrollable tantrums including acts of self-harm, and seizures.

The current method of treatment for ASD involves pharmaceutical drugs like Ritalin, intended to treat ADD and ADHD, or Ziprasidone, which is an antipsychotic. However, these drugs do not target the specific causes of Autism and can come with their own sets of unwanted side effects.

Parents, in some cases, have reported rapid weight fluctuation, increased hyperactivity and increased aggression while their child is adjusting to or being taken off these drugs.

The first inkling of a new course of treatment came when Dr. Adi Aran, Director of Pediatric Neurology at Jerusalem's Shaare Zedek Medical Center began testing the effects of Cannabidiol (CBD), the non-

psychoactive component of marijuana, as a treatment for epilepsy.

The CBD, thanks to its anxiety reducing and relaxing effects on the mind and body, helped to drastically reduce the number of seizures that patients experienced.

Included in the test were severe autistic patients suffering from seizures as a result of ASD. Reports from their excited parents soon began to roll in: children that had never spoken in their life were suddenly laughing and talking to their siblings. Violent, uncontrollable cases were now docile, and cooperative; they smiled and hugged their parents when a year ago they may have tried to gouge an eye out.

Currently, seven states in the US recognize the use of medical marijuana as treatment for severe childhood cases, including Rhode Island and Massachusetts. While not a cure for ASD, medicinal strains like Charlotte's Web are proving to be an affective alternative treatment and providing positive results and relief for many people.

Consult your doctor if you think medical marijuana and/or cbd could be a viable option in your (or your child's) specific situation. ●

*James Davis is a Budtender at Greenleaf Compassion Center in Portsmouth.
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Do I Need Therapy?!

Do we have the power within to deal with the struggles that ail us? Some say, "Just get over it," or similarly, "Pick yourself up by your bootstraps." Are they right?

The answer is both yes and no.

Yes, deep within each of us is our (best) Self, the part of us who knows we have a right to be well and to live the life we desire, to change from living a life that feels overwhelming with emotion and problems, to living a life that feels manageable and happy.

If you are struggling for change to happen, you must do something differently than you are doing now. And that takes effort. Ongoing and sustainable effort. Sometimes people find authors or public figures who inspire them to challenge themselves. For instance, a couple of my favorites are: Hilary Jacobs Handel, LCSW, who wrote the book, *It's Not Always Depression*, which provides the skills to challenge ourselves to change patterns of behavior to gain access to the (best) Self. I use this book as a guide in my therapy sessions and I highly recommend it if you want the support of a self-help book on your wellness journey. I also recommend Glennon Doyle, bestselling author and lead activist of *Together Rising*, who wrote *Love Warrior*. One of her mottos is, "We can do hard things." Follow them both on Instagram, they never cease to inspire.

Sometimes though, the answer is No, we can't do this change without perhaps (professional) support. (It's too damn hard). We need a person, perhaps a therapist, to guide us in the practice of living our best life, to help us understand how our past is interfering in the present moment. We need a person to help us take responsibility for our own life, despite our past, and to build the resources within ourselves to challenge our problematic behaviors to live the life we truly want. To live our best Self.

Therapy shines a light on which of our behaviors and thoughts are causing problems for us, guides us to understand why we do what we do without judgment,



If you are struggling for change to happen, you must do something differently than you are doing now. And that takes effort. Ongoing and sustainable effort.

helps us to understand the root of our problems, and then challenges us to develop new healthier behaviors.

Often in life, when we are overwhelmed by circumstances, the present and the past are fused, making the present feel even more overwhelming than it needs to feel. When we come to understand our history (or herstory), and work through the pain, we can be more present for what is, and build our capacity to live our best Self.

Make no mistake, challenging behavioral patterns (some conscious, others subconscious), that are problematic is hard work. It takes effort. It is the practice between sessions, by using the skills you learn in therapy, that makes for progress. In my therapy practice, the skills are both body and mind based, and are meant to challenge you to understand how your nervous system acts and reacts, moment to moment, to make new healthier choices.

Seeing a therapist doesn't involve not feeling your difficult feelings, quite the opposite. It's learning that by leaning in to your difficult core emotions like anger, fear and sadness, you grow in your ability to tolerate them, which facilitates living your best Self. Tolerating difficult emotions is how we grow and change, and the good news, this is possible for all of us. The nervous system is neuroplastic, meaning that we are wired for change, and practice makes change possible. ●

My company, GroupsWorks, offers both individual therapy for adolescents and adults, and group therapy opportunities.

Current groups offered are a weekly Adolescent Girls Group, a weekly Women's Yoga and Therapy Group and a monthly Therapist Peer Support Group. If you have any questions, you can reach me, Jane Mizrahi, LICSW at 401.824.4042

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Our Sexual Health

As the New Year is upon us, many of us will be making resolutions to improve our lives. Perhaps that means joining a gym, jumping on the latest diet bandwagon, or giving yourself a new bedtime to get more sleep. One aspect of our health that is often left out of the conversation, however, is our sexual health.

Sexual health, according to The World Health Organization (WHO), is defined as being more than just the absence of disease or dysfunction, but also includes the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. Furthermore, the American Sexual Health Association adds that having a sexually transmitted disease or infection does not prevent someone from being or becoming sexually healthy. Sexual health, then, is more about having sexual experiences that we enjoy than it is about our physical health.

What might it look like to make a New Year's resolution to enhance one's sexual health, or sexual relationships? Maybe you will resolve to get tested for STI/STD's on a regular basis, or talk to your OB/GYN about trying a new birth control method. Perhaps, you will resolve to make sexuality a more positive, empowering part of your life.

Fortunately for Rhode Islanders, there are local sex therapists that provide individual and relationship sex therapy to help you address how sexuality specific issues are impacting your mental health, relationships, personal health, and happiness. Sex therapy is a form of talk therapy that is designed to help people work through sexual issues, concerns, and/or difficulties they may be experiencing in a



professional, safe, and private setting. Frequently people want a safe space to ask vulnerable questions, address concerns they are having, and/or find ways to enhance their sexual lives. However many healthcare professionals – including counselors and therapists – do not have the training and expertise necessary to ethically and responsibly respond to these concerns.

Individuals come to sex therapy for a myriad of reasons, including (but not limited to): healing after experiencing sexual trauma; enhancing sexual intimacy; navigating difficulties with sexual desire or arousal; managing compulsive or out of control sexual behavior; addressing sexual- or gender-related orientation questions; and more.

So if your resolution for 2019 is to be a better sexual partner, to have more pleasurable and gratifying sexual experiences, and/or to heal from past trauma look for a sex therapist in your area! ●

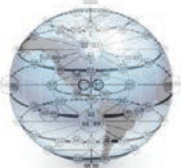
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Schuessler's theory had simple logic – that proper balance of twelve vital minerals was necessary for normal cell function and to maintain good health. When that balance is disturbed, ailments can follow. By providing the body these minerals in an easy to absorb tissue salt form, normal balance can be re-established.

Tissue salts are micro doses of 12 minerals, prepared homeopathically, that are important for the normal functioning of the body. Schuessler would finely grind the minerals and supply them at a minute dose, seeing time and time again through patients that their body seemed to become stimulated to regulate its absorption of minerals via the food they were eating. In addition, because they combine the material properties of each mineral salt with the energetic properties of homeopathic dilution and trituration, tissue salts support balance and well-being.

Minerals create our physical foundations, they are the building blocks of your body, upon which all other

nutrients depend on for healthy absorption and function. If your cell chemistry is deficient and you don't have the capacity to absorb excessive levels of supplements, the bulk of them are excreted without giving you much benefit. The beauty of tissue salts is that they are highly bioavailable, so none is wasted.

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FOSTER CARE

One Foster Child's Experience

... I believe people come in and out of our lives for a reason. Gladys was an individual that helped shape me to become the person I am today. She believed in me from day one and didn't turn away when others insisted I would be a problem child or end up years later repeating the same mistakes my parents have made. We didn't have much but we had each other and that was all we needed. She made me feel like one of her own and showed me that there are individuals out there ready to help with open arms.

She was present and always offered a listening ear. She didn't demand respect but she earned it along with my trust. She was patient with me on days I cried out about missing my love ones and rejoiced despite her true feelings when I had contact with them. She never forced me to call her something I didn't feel comfortable with. She was very confident in her role and helped me keep a safe and healthy relationship with my bio family.

As I matured she was always honest and truthful about my past while staying respectful and protecting my feelings. Gladys sheltered me from things I wasn't ready to face but challenged me to reach new heights.

She advocated for me when I was young, but she taught me to have a voice.

In her care I had a consistent routine, I received praise and consequences which was something I lacked from my bio family. I was able to laugh and be a kid by exploring my imagination rather than worrying about adult situations. I was able to make lasting friendships with friends and join recreational activities which was not allotted by constant moving. I was always encouraged to follow my dreams and was able to feel true acceptance, love, and empathy.

I honestly don't know who got more out of the relationship we formed. Gladys made me feel safe, and was the role-model I needed in my life. Now older, I have a deeper appreciation on what she gave up in her personal life for me. She gave me the childhood I deserved and gave me a chance to succeed and excel. With her guidance, I was the first one in my family to complete high school and go on to secondary education. She modeled what a healthy family system should be and taught me to persevere despite the hardships I faced.

She was not just my foster parent she was my mother, father, sister, my secret holder and my best friend. One foster parent can make all the difference. There are many children just like me out there that just need someone to show them guidance and give them an opportunity. We shouldn't be looked past, we matter. We can be a great contributor to society and we should not be judge on what are families did. We deserve the chance to belong and show the world our own destiny. ●



Communities for People
Families for Children Program



Make an Impact

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Open your home.

Find out more about how to
BECOME A
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1-877-852-1271
recruit@c4p.org

www.c4p.org

Coming Spring 2019 ...

The Rhode Island
SENIOR RESOURCE GUIDE

For folks 60+ looking to create a healthy and exciting new chapter

- **Products:** technology, adaptive devices, safety and security ... things to make life a little easier ... allowing more time for fun
- **Health and Wellness:** resources to keep you healthy and active
- **Finances:** help from managing your money to starting a new business or career
- **Services:** to enable you to live safely and securely at home and in your community
- **Community:** programs, activities, and opportunities to be part of a network of friends and have wonderful experiences

We welcome all product and services businesses that target this growing market to be a part of our exciting new publication

Visit www.rifamilyguide.com for more information

**Because we all need help
sometimes.**

We provide a place for everyone to call when they need help. 2-1-1—three simple numbers, one human connection. United Way 2-1-1 in Rhode Island handles 200,000 requests for help each year, connecting our neighbors to basic needs like housing, food, and childcare. But that's not all. Call 2-1-1 for free tax preparation, services for aging parents, and for help navigating new choices in healthcare.

www.uwri.org



All of our fundraising costs, including this ad, are paid by a trust.



HOSPITAL OFFERED COMMUNITY PROGRAMS IN RHODE ISLAND

Programs offered by the Lifespan Community Health Institute (LCHI)

The mission of the Lifespan Community Health Institute (LCHI) is to eliminate health disparities and promote health equity through healthy behaviors, healthy relationships, and healthy environments. The LCHI envisions a Rhode Island/region in which all people can achieve their full health potential. LCHI coordinates hundreds of programs, events and community service activities that serve between 25,000 and 30,000 southern New Englanders annually.

Service	Description	Contact for more information
Health Screenings and Adult Immunization Clinics		
Glucose Screening	Free blood glucose checks and related information to maintain normal levels.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
Blood Pressure Screening	Free blood pressure checks as well and related information to maintain normal levels.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
Flu clinics	Free flu clinics for uninsured and low-income adults.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
Skin Check	Free skin cancer screening and education offered by the Partnership to Reduce Cancer in RI and collaborators.	ReduceCancer@gmail.com www.PRCRI.org
Health Education for Adults and Professionals		
Diabetes Prevention Program	The Diabetes Prevention Program is a lifestyle change program for people who are at risk of getting type 2 diabetes, helping to prevent or delay getting it.	Ana Almeida-DoRosario 401-444-8069 aalmeidadorosario@lifespan.org
Diabetes Prevention Workshop	This one-time workshop provides information about diabetes and pre-diabetes.	Ana Almeida-DoRosario 401-444-8069 aalmeidadorosario@lifespan.org
Parenting Matters Conference and Workshops	Parents, professionals and caregivers are looking for supports to teach and raise healthier kids.	Robin Zaman 401-444-8009 rzaman@lifespan.org
Conferencia Temás Familiares	Parents, professionals and caregivers are looking for support in their native language to teach and raise healthier kids.	Stephanie Taveras 401-444-8088 Stephanie.Taveras1@Lifespan.org
Avenues of Healing	This free program teaches women about breast cancer prevention and treatment from experts.	401-444-8009 www.lifespan.org/events/avenues-of-healing
Cancer Survivors Day	The Lifespan Cancer Institute and LCHI celebrate Survivors Day each year and raise awareness of survivorship resources and supports.	401-444-8009 www.cancer.lifespan.org

Youth Programs		
Safe Sitter classes	It is important for children to learn how to safely care for themselves and others, especially before young people begin babysitting other children. For those who are between 11 to 14 years old.	Robin Zaman 401-444-8009 rzaman@lifespan.org
Lifespan Community Training Center		
American Heart Association (AHA) Community Training Center	LCHI offers certified and non-certified CPR, AED and First Aid classes. LCHI also monitors and credentials CPR instructors. There is a fee for participating in some of these programs.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
Healthwise	The Healthwise presentation informs students about when to call their doctor, self-treat or go to the emergency department.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
Financial Literacy	The DollarWise course is designed to help the participant manage money more wisely. Presented by Coastway Community Bank.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org
Food is Medicine	This six-week class teaches participants how to prepare affordable and nutritious meals in order to improve their diet, all on a limited budget.	Marianne Stepanian 401-444-8063 mstepanian@lifespan.org

Care New England
Community Education

www.carenewengland.org
CNE offers an array of programs designed to provide members of the community with the information, support and resources they need to make informed decisions about their health and the health of their families.

Residents of Rhode Island and southeastern Massachusetts have convenient access to free health lectures, screenings, lending libraries, support groups, childbirth and parenting classes. Community organizations and employees of area businesses benefit from wellness lectures we deliver on-site.

Lifespan: Women’s
Medicine Collaborative

www.womensmedicine.org
146 West River St., Providence
Committed to helping women reach their greatest health potential in body,



mind and spirit. Includes programs in Lifestyle, nutrition, healthy weight, mindfulness-based stress reduction, yoga (Intro, Chair and Prenatal), massage therapy, acupuncture, chiropractic and more.

Newport Hospital
Community Offerings

www.NewportHospital.org

- **Family and Friends CPR or Heartsaver CPR and First Aid.** Registration and fee required. Call 401-845-1110.
- **Noreen Stonor Drexel Birthing Center education programs** on childbirth preparation, infant care, breast feeding and more. Registration and fee required. Call 401-845-1110.
- **Free Breastfeeding Support Group:** Call 845-1110. Moms and babies meet weekly at the Noreen Stonor Drexel Birthing Center; certified lactation consultant facilitates.

Welcome to Lifespan Physician Group Primary Care *Newport County*

Are you looking for a new medical home?

We have primary care providers accepting new patients at all four of our convenient locations.

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and we will help you find a practice and
a provider who meets your needs.

LPG Primary Care, Newport
LPG Primary Care, Portsmouth
LPG Primary Care, Tiverton
Jamestown Family Practice

All established patients can take advantage of
quick-sick walk-in hours at every practice,
every weekday morning, no appointment
necessary—plus evening and Saturday hours
at our central Newport location.

NewportHospital.org/primary



**Lifespan
Physician Group, Inc.**
Delivering health with care.®

HOSPITALS

(Continued Newport Hospital)

• **Safe Sitter Class:** designed to prepare students in grades 6 to 8 to be safe when home alone, caring for younger siblings or babysitting. Registration and fee required. Call 401-845-1592.

• **Risk Factor Reduction Program.** Monitored exercise and disease prevention education at Vanderbilt Rehabilitation Center. Registration and fee required. Call 401-845-1179.

• **Free Stroke Support Group:** Contact Kathy Bergeron at 401-845-1244.

• **Newport Hospital Community Exercise Programs:** call 401-845-1845.

• **Free Community Walking Program.** Indoor walking program in a safe hospital environment with trained leaders. No cost. Meets every Tuesday and Thursday from 11:30 a.m. to 12:30 p.m.

• **Fitness for Function.** Exercise in a safe environment with experienced leaders. Must be able to transfer to a chair independently. Registration and fee required: \$2 per class or \$24 for a six-week session.

Meets Wednesdays and Fridays from 10 to 11 a.m.

• **Newport Hospital Community Lecture Series**

Our community lecture series is intended to share health tips and medical expertise with the community, and introduce you to clinicians at the hospital. All lectures are free and open to the public, and include complimentary light refreshments and blood pressure or balance screening.

Upcoming topics for 2019 include tips on maintaining a healthy heart; common sleep disorders; treating and preventing migraines, and more. Lectures are held the second Thursday of the month, from 6:30 to 7:30 p.m., with blood pressure or balance screening preceding the lecture at 6 p.m. Check back for dates and details at www.newporthospital.org under Events. Most lectures take place in Newport Hospital's Gudoian Conference Room, just off the hospital's main lobby. Parking is free. No registration is required, but seating is limited. To reserve a seat, call 401-845-1492 or sign up online at www.newporthospital.org.

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Woonsocket
West Warwick
Wakefield



Supporting Opportunities for All Abilities

Seven Hills Rhode Island (SHRI) offers a continuum of services for children and adults with disabilities and life challenges. Our programs are person-centered, fostering individual choice and independence. SHRI is conveniently located and fully accessible to you or your loved one's needs in the areas of:

- **Early Intervention:** Supports for young children who are at risk for, or who are experiencing, developmental delays.
- **Home-Based Therapeutic Services (HBTS):** Specialized, intensive supports & treatments for children with a wide range of disabilities.
- **Enhanced Outpatient Services (EOS):** Help for families of children with behavioral health care needs to make positive changes that enable the children to reach their full potential.
- **Personal Assistance Supports and Services (PASS):** Assistance with daily life skills for families of children with special health care needs.
- **Rite @ Home & Shared Living:** Residential options for adults who cannot live alone & require significant care provided by a family member or caregiver who is not a legal guardian.
- **Contracted Case Management:** Community-based wraparound program for adults with specialized health & behavioral health needs.
- **Community Supports:** Residential, day, & employment programs for adults with disabilities.

To learn more, visit sevenhills.org or call 401.597.6700 or 401.921.1470.



Rhode Island
An Affiliate of Seven Hills Foundation

68 Cumberland St., Woonsocket, RI 02895, 401.597.6700 • sevenhills.org
178 Norwood St., Cranston, RI 02905, 401.921.1470

South County Hospital

www.southcountyhealth.org

Accident Prevention & CPR - Call 401-792-2229 to register.

Cancer Support Groups - Patients & Caregivers

- Breast Cancer - Circle of Friends - 401-788-3850.
- Cancer Caregivers' Support Group - 401-788-3890.
- Conversations about Cancer - ldiebold99@gmail.com or lgrebstein@southcountyhealth.org
- Oral, Head, and Neck Cancer (SPOHNC) - Contact Donna Castricone, 401-788-8568
- Chair Yoga for Cancer Patients and their Caregivers - 401-861-4376.

CPR - Heart Saver Automated External Defibrillator - 401-788-1999.

Cardiac Rehabilitation - 401 782-8020, ext. 3484, to learn more.

Childbirth Education - For information, 401-792-BABY (2229) or 401-788-1225.

Diabetes Support Group (Adult) - April Silvestro, at 401-788-1696. Medication Management - 401-788-3811 to schedule your FREE appointment.

New Moms' Support Group - 401-792-2229 or 401-788-1225.

Nutrition Counseling - 401-782-8020, ext. 3366, to learn more.

Pulmonary Rehabilitation - For more information, 401-782-8020, ext. 3484.

Reiki - To request a Reiki treatment (in patient) call the request line at 401-788-1981.

Peripheral Artery Disease - South County Hospital, exercise-based rehabilitation program covered by most insurances. For more information, call 401-782-8020 ext. 3484.

Pregnancy Loss Support Group - Call Joanne LaBelle at 401-783-3624

Smoking Cessation/Quit Smoking - For more information, call 401-782-8020 ext. 3484.

Home Health Check Sites

South County Home Health (401-782-0500) provides health screening, blood pressure checks and teaching materials as a free service to our community. North Kingstown, East Greenwich, South Kingstown, Narragansett, Jamestown, Hopkinton, Richmond, Charlestown, West Warwick and Westerly locations.

Westerly Hospital

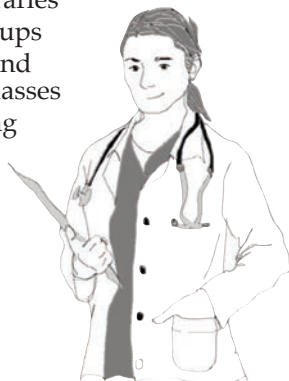
www.westerlyhospital.org
(See ad inside front cover.)

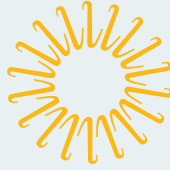
Women and Infants Hospital

www.womenandinfants.org
Women & Infants' Health Education and Community Outreach Department provides women with the information, support and resources they need so that they are able to make informed decisions about their health and the health of their families.

Through the hospital's main campus and its Centers for Health Education at our medical office buildings, women living in Rhode Island and southeastern Massachusetts have convenient access to:

- Free health lectures
- Lending libraries
- Support groups
- Childbirth and parenting classes
- Breastfeeding support services





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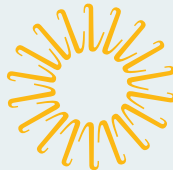
*RIH Ventures d.b.a Lifespan Laboratories

**For a List of Patient
Service Center Locations:**

401-793-4242

800-980-4244

LifespanLabs.org



Lifespan Medical Imaging

**Rhode Island Hospital • The Miriam Hospital
Newport Hospital**

Delivering health with care.®

Tel: 401-444-7770

Imaging.Lifespan.org

Knowing the Risks of Opioid Prescription Pain Medications



In the last several years, we have seen more and more people in Rhode Island and across the country become dependent on opioid prescription pain medications. This has resulted in an extremely high number of drug overdoses, and an extremely high number of deaths.



Opioids can also cause withdrawal, meaning that a person has a need for the opioid and may feel sick if suddenly stopping the medicine. Some

symptoms of withdrawal include nausea, vomiting, diarrhea, restlessness, and agitation. An opioid can also make a person feel drowsy and can affect the ability to appropriately operate any type of motorized vehicle.

From 1999-2017, almost 400,000 Americans died from an overdose involving any opioid, including prescription and illicit opioids.¹ In Rhode Island, overdose deaths increased by almost 90 percent from 2011 to 2017.

It is important to know the basic facts about opioids in order to protect yourself and your loved ones from the potential of opioid misuse/abuse, addiction and overdose.

The Basic Facts

Opioid prescription pain medications are a type of medicine prescribed by healthcare providers to relieve pain. Some of the common names include Percocet® (oxycodone and acetaminophen); OxyContin® (oxycodone); and Vicodin® (hydrocodone and acetaminophen).

These medications are powerful, highly addictive drugs that have the potential to cause long-term dependence. Opioid prescription pain medications do not treat the health issue that is causing a person to have pain. These medications:

- Cause your brain to block the feelings of pain.
- Are very addictive, even in low doses, and even in short durations.
- Increase your chances of accidental overdose, coma, and/or death if taken with prescription medications, including anti-anxiety (Valium®, Xanax®) and sedating (Ambien®) medications, and alcohol.

Signs of an Overdose

Too high of a dose of opioids can cause a person's breathing to slow down or even stop. When a person stops breathing because of opioids, this is called an overdose. An overdose can happen to anyone. The following are symptoms of an overdose:

- Blue or pale skin
- Small pupils
- Low blood pressure
- Slow heart beat
- Slow or shallow breathing snoring sound
- Gasping for breath

The overdose reversal medication, naloxone (sometimes referred to as Narcan®), is an antidote to an overdose. It is a life saver, just like a seat belt or fire extinguisher. It can restore a person's breathing and reverse an overdose.

(Continued Opioids)

People who take a benzodiazepine, such as anti-anxiety medicines like Ativan® or Xanax®, in combination with a prescription opioid are at greater risk of having an accidental overdose.

The same is true with people who drink alcohol while taking an opioid, or for those who are taking sedating medicines, like Ambien®, with opioids. Both alcohol and sedating medicines slow down breathing, and if taken together with opioids, can increase the chances for an accidental overdose.

In these high-risk patient cases, healthcare providers will be co-prescribed naloxone with an opioid prescription. It is essential to have this drug on-hand at all times, including family members and friends, if a person is at high-risk of an overdose.

Know Your Non-Opioid Options

Opioids are the right medicine for certain people in certain situations. For many other people, there are other ways to manage pain much more safely, and more effectively.

(Continued next page.)

Safe Storage and Disposal of Prescription Pain Medications

Protect the people you love from the misuse of prescription pain medications. Follow these three steps:



1. Monitor the number of pills

in prescription bottles; keep track of refills.



2. Secure all medications

in a safe place like a locked cabinet.



3. Dispose of expired/unused medicines

by participating in a local drug take back day, or find a safe disposal location in Rhode Island.

preventoverdose.org/get-rid-of-medicines

 **PreventOverdoseRI.org**



If you or someone you love is struggling with the disease of addiction, call Rhode Island's 24/7 Hope & Recovery Support Line (401) 942-STOP.

(Continued Opioids)

Some non-opioid pain management options include:

- Ibuprofen (Advil and Motrin) and/or acetaminophen (Tylenol®)
- Physical therapy
- Chiropractic care or osteopathic manipulative therapy
- Acupuncture
- Massage
- Cognitive Behavioral Therapy (CBT)

Be sure to ask questions and share your concerns with your healthcare provider if you feel that prescription opioids are not the right option for treating your pain.

Safely Store and Dispose of Opioids

Opioid prescription pain medications should never be shared with anyone. Be sure to store them in a locked location out of reach of children; just one dose can cause an accidental overdose in a child.

If you have unused and/or expired opioid prescription pain medications leftover in your medicine cabinet, be sure to safely dispose of them as soon as they are no longer needed. Safe disposal sites are located across Rhode Island at local police departments and some pharmacies. Visit PreventOverdoseRI.org to find a map of these sites across the state.

If you unable to reach a safe disposal site, unused and/or leftover opioids can be disposed of safely by combining them with coffee grounds or cat litter and placing them in the trash.

Treatment works.
Recovery is possible.

Primary care providers offer
Medication-Assisted Treatment (MAT)
at Thundermist Health Center.

Call (401) 767-4100 to learn more
about our MAT and primary care services.

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HEALTH CENTER

Find Help and Treatment

If you or someone close to you needs help for a substance use disorder, talk with your healthcare provider or connect with these Rhode Island treatment/recovery resources:

BH Link Hotline 401-414-LINK (5465) and the BH Link Walk-In Triage Center

- Access immediate treatment and recovery support services 24 hours a day, seven days a week. Hablamos espanol. **bhlink.org**

Rhode Island Centers of Excellence for the Treatment of Opioid Use Disorder

- Outpatient care offers Medication Assisted Treatment (MAT) options and peer recovery support services. **preventoverdose.ri.org/get-help/**

Providence Safe Stations

- The City of Providence's 12 fire stations have trained staff available to connect people in crisis to treatment and recovery support services. **pvd safestations.com**

1 Scholl L, Seth P, Kariisa M, Wilson N, Baldwin G. Drug and Opioid-Involved Overdose Deaths – United States, 2013-2017. *WR Morb Mortal Wkly Rep.* ePub: 21 December 2018

Non-Opioid Treatment Options

Before starting prescription pain medications, talk with your healthcare provider about the serious health risks.

Discuss these effective, non-opioid options for treating pain.



Exercise



Chiropractic Care



Non-prescription acetaminophen (Tylenol)
or ibuprofen (Motrin, Advil)



Cognitive Behavioral Therapy



Physical Therapy



Massage



Acupuncture

 **PreventOverdoseRI.org**



If you or someone you love is struggling with the disease of addiction, call Rhode Island's 24/7 Hope & Recovery Support Line (401) 942-STOP.

12-STEP RECOVERY IN RHODE ISLAND

Each week thousands of Rhode Islanders meet in fellowship to share their "experience, strength and hope" with each other to solve their common problems and help others recover from a variety of destructive substances and behaviors.

As a hypnotist, I am proud to work with many in recovery from alcohol problems as well as problems with gambling, internet pornography, destructive eating, relationship "addiction", even overspending.

And I routinely invite those clients who think they might have a problem with a seriously out-of-control habit such as these to check out the free support offered by Rhode Island's many 12-step programs.



**Have a Problem
Habit?
You are Not Alone.
There is Help
in Our State.**

Alcoholics Anonymous is the world's oldest 12-step program and there are over 650 AA meetings held in Rhode Island each week. But 12-step recovery support is available for many issues that have nothing to do with drinking. In fact, there are at least 35 popular 12-Step programs nationally. Many of these run meetings regularly in Rhode Island. Others are available in Massachusetts or Connecticut or as on-line meetings. Here are those that currently hold in person meetings in Rhode Island:

- ~Alcoholics Anonymous (650+ meetings)
- ~Adult Children of Alcoholics (2 meetings)

- ~Alanon / Alateen (12+ meetings)
- ~Co-Dependents Anonymous (3 meetings)
- ~Co-Dependents of Sex and Love Addicts (1 meeting monthly)
- ~Debtors Anonymous (3 meetings)
- ~Emotions Anonymous (1 meeting)
- ~Food Addicts in Recovery Anonymous (5 meetings)
- ~Gamblers Anonymous (8 meetings)
- ~Marijuana Anonymous (1 meeting)
- ~Narcotics Anonymous (55+ meetings)
- ~Naranon for families of narcotic addicts (3 meetings)
- ~Overeaters Anonymous (18 meetings)
- ~Sex Addicts Anonymous (6 meetings)
- ~Sexaholics Anonymous (1 meeting)
- ~Survivors of Incest Anonymous (1 meeting)
- ~Sex and Love Addicts Anonymous (4 meetings)
- ~Workaholics Anonymous (2 meetings)

You may have heard 12-Step Programs are spiritual. This is true. But they are not religious. Each member decides on his or her own Higher Power. Please don't let the idea of spirituality discourage you from trying a few meetings. But if any talk about spirituality is like fingernails on a blackboard to you, consider a relatively new program: Smart Recovery. There are 3 meetings weekly in Rhode Island and no Higher Power is required – just the willingness to change.

Look on line and see if one of these peer-led support groups might not be part of the solution you are looking for. Then show up and check out a few meetings. Most of them are available to someone who thinks they simply "might" have a problem. You have nothing to lose and, perhaps, a great deal to gain. ●

John Koenig is a Board Certified Hypnotist and Instructor with the National Guild of Hypnotists. His office is at The Warwick Medical Building. Websites are PossibilitiesHypnosis.com and GreaterRhodeIslandHypnosisTraining.com

HYPNOSIS (DEPTH)

Janet Larson, MA, MS, C-IAYT
..... 932-5558

Jamestown. Also Certified Yoga therapist/teacher. www.westferryyoga.com

Katharine Rossi 924-0567

Depth Hypnosis and Shamanic Practitioner.
194 Waterman St., 3rd Fl., Providence
www.fireseedcenter.com

HYPNOTHERAPY

(See article previous page.)

Rev. Deborah C. Faith

..... 323-7271

The Faith Regression Hypnosis Method and Energy Healing. Warwick.
www.DeborahCFaith.com

Norma Faraone-Ledgard, LCMHC, Ph.D. 241-8368

Cranston
www.neuro4u.com (See ad back cover.)

John Koenig, CHt 374-1890

Warwick, RI & Seekonk, MA.
www.possibilities.nu
(See ad and article previous page)

Thought Alchemy

..... 774-991-0574

www.ThoughtAlchemy.guru

HYPNOSIS RESOURCES:

✓ **American Board of Hypnotherapy** 800-800-MIND

www.hypnosis.com

✓ **The Hypnotherapy Society**

www.hypnotherapysociety.com

✓ **National Guild of Hypnotists**

www.ngh.net

Find a local hypnotherapist.

IRIDOLOGY



IRIDOLOGY

Iridology is the analysis of the iris, which is the colorful area of the eye that surrounds the pupil. By analyzing the iris, a person's level of health and specific areas of nutritional deficiency can be identified.

Marie Bouvier-Newman

..... 305-3585

It's My Health Wellness Collaborative
1099 Mendon Rd., Cumberland.
www.its-my-health.com
(See ad page 58.)

RESOURCES:

✓ **Int'l. Iridology Practitioners Assoc.** 888-682-2208

www.iridologyassn.org

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KINESIOLOGY

KINESIOLOGY (APPLIED)

Kinesiology uses muscle strength and weakness to pinpoint physical, emotional and chemical imbalances throughout the body which can then be treated with various modalities. It is used to alleviate muscle, bone, and joint problems, treat aches and pains, and correct many areas of imbalance and discomfort.

Linda Broadhead, LMT
..... 741-3093
1220 Kingstown Rd., Wakefield
www.lindabroadhead.com

Nancy W. Sherman, M.Ed
..... 294-3944
Donna Eden Energy Medicine Certified.
64 Pleasant St., Wickford.

KINESIOLOGY RESOURCES:

- ✓ **National Academy of Kinesiology**
nationalacademyofkinesiology.org
- ✓ **Touch for Health Kinesiology Association** 919-637-4938
www.tfhka.org

MASSAGE THERAPY

(Also see Rosen Method.)

Aquarian Bodywork
..... 781-264-6929

Linda Nugent, LMT
1099 Mendon Rd., Cumberland
Reiki, Neuro-acoustic Sound therapy,
Astrology. www.aquarianbodywork.com

Healing in Harmony Wellness Center 949-5533
185 Putnam Pike, Chepachet.
www.healinginharmonywellness.com

Heart in Hand Massage
..... 467-9193
422 Post Rd., Warwick.
www.heartinhandmassage.com

L. Marie's Wellness
..... 649-3898
189 Governor St., Suite 103, Providence
www.L-marieswellness.com

Mark S. McCarthy, MS, LMT, RMT 222-9824
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Past-Life Regression. Using doTERRA
Essential Oils. Discounts for students
and when purchasing multiple sessions.
www.amtamembers.com/marksmccarthy
(See ad on page 59 and article on
page 18.)

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..... 450-4172
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Warwick westshorewellness.com

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Space Clearing

By Mary Catherine Volk

For your life to work well it is vital to have a good flow of clear vibrant energy in your home. Space Clearing is a fast and effective way to achieve this. The land holds the energetic charge of everything that has ever taken place on it and very thing that happens in a home becomes imprinted in the walls, furniture and objects. You know the old saying, "If these walls could talk", trust me, they really do have a lot to say. It's the natural result of human habitation and can be described as an energetic "debris" that accumulates at the unseen level in much the same way as dust and cobwebs build up at the physical level. As well as contributing to the subtle atmosphere of the room, these energies also influence us, affecting how we feel and behave, dulling our clarity and vitality, and making us feel like we're constantly pushing against the flow and unable to resolve difficulties.

Space Clearing is a unique process for clearing these stagnant energies. I will first check the flow of energy on your property for imbalances due to underground water, geological fault lines, technology, or emotional 'residue' left behind as a result of a trauma on the land. A Space Clearing consult is as much an educational experience as it is anything else and will leave the home or workplace in a more balanced harmonious state. Differences noticed by my clients include 'more peaceful', 'lighter', 'more relaxed' feeling. Essentially 'Clearing' de-stresses both the environment and the people living in the space. When our environment is at peace, then there is a good chance that we will find peace.



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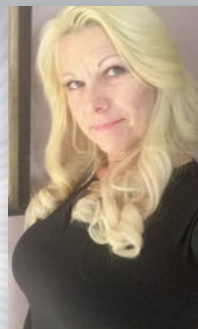
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Native Americans, shamans and indigenous societies recognize that love is eternal, and we are forever connected through the vibration of love. Spirit communication is natural, safe and as easy as breathing in these cultures. We are all born with natural intuitive ability to recognize and communicate with the spirits of our loved ones; yet we are taught not to trust this intuition, and over time it weakens. For many, the death of a loved one reawakens this ability.

Death is not the end – It is just a transition. Our loved ones are not far, and they continue to send us their love and support. Many people will experience a very vivid dream they are reunited with their loved one and they appear healthy again



and doing something they always loved to do. It appears as a dream, but you feel their love and know you were with them and you never forget it. Our loved ones retain their uniqueness in spirit, so each has their own significant sign that is relevant to them. Some send coins or feathers, birds acting strangely, favorite song, a scent of their cologne, lights blink and more.

These signs always appear just as you were thinking or speaking about them. When you experience a sign, make note of the date. Is it your birthday, anniversary, holiday or special occasion for you or for your departed loved ones? When you receive a sign, stop for a moment and ask yourself, "what was I just thinking or talking about? Realize that they are with you at that moment so take a few minutes to receive their love into your heart and thank them for checking in on you.

To learn more about the signs and increasing your own intuition ability; see my book, *Believe In Forever -How to Recognize Signs from Departed Loved Ones* available on amazon and www.believeinforever.today. Mary is an author, spiritual teacher and shamanic practitioner specializing in holistic counseling for personal empowerment. ●

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It's important to first put weight into perspective: it is more likely that we have a healthy weight because we are happy as opposed to being happy because we have a healthy weight. Our weight isn't the totality of who we are; we aren't even only our bodies. Weight is but one part of our health. Health is just one part of our happiness. Knowing the difference between self-image and body-image is the start of a healthy perspective on weight.

Different people can be healthy and happy at different weights. A healthy weight for one may be unhealthy for

another. Of course, the "health at any size" idea may be unhealthy when taken to an extreme. Surely there is a weight that is too low or too high to be healthy for someone.

Similarly, the way we bring our weight into balance will be different as well. Unhealthy weight is a symptom of an imbalance at a physical, mental, emotional, social, environmental, or spiritual level. Weight as a symptom can be treated in the short run with mainstream medicine. Diet, exercise, weight loss medication, and surgery can help minimize the immediate harm of the symptom. Integrated weight loss does not exclude any singular treatment.

But a holistic approach is almost always required over the long run. Many of us "eat over what is eating at us," and therefore we must "face our stuff so we don't stuff our face." Holistically speaking, every pound is a feeling -- and what you feel, you can



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heal. In the end, for stress and emotional eaters, peace of mind protects from piece of cake. Therefore, any modality that helps with mental, emotional, spiritual healing will likely indirectly help balance appetite, eating and weight. Counseling, mind-body medicine, energy medicine, meditation/mindfulness, hypnosis, coaching, and other therapies may be helpful, depending on the individual.

Confusion and controversy surrounds the dietary, nutrition, and eating piece of the puzzle. It is beyond the scope of this article to tell you what to eat. Each of us is like a unique snowflake, with our unique fingerprint. We have unique food needs. In general, less processed foods are beneficial and more processed foods are potentially harmful. Michael Pollan says, "Eat food, not too much, mostly plants." Some foods in some people can act like drugs and be addictive. This is a very important missing piece in the weight loss puzzle. Some foods can also affect our metabolism, but again, this varies by individual. Lastly, there are supplements, vitamins,

minerals and herbs that can be beneficial for a healthy metabolism and appetite.

A truly integrated approach honors our individuality, and benefits from the quality of non-judgment of self and others. We should not judge temporary diets, exercise, medication, or surgery to treat the symptom. Nor should we judge the specific "recipe" we each use to care for ourselves in the long-term. It is important to care for our physical self with nutrition, physical activity, sleep/rest, water, sun, and fresh air, but the specifics are unique for each person. It is important to care for our mental, emotional, and spiritual self in whatever way serves us. This may include professional support as well as daily self-care. In the end, live and let live. To each his own and to thine own self be true. These are helpful guiding principles in integrated weight loss, and general health and happiness. ●

Beth Rocchio, MD is medical director at Integrated Medical Weight Loss in East Greenwich

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Great Nutrition Prevents Injuries and Fuels Success



Nutrition and prevention are critical ingredients for promoting athletic success and curtailing youth sports injuries. Injuries are increasingly common, making it essential to empower aspiring athletes and their parents with information on how to prevent injuries and excel in athletic endeavors; however humble or ambitious they may be. As athletic sports evolve, so does the need for new programs that stress nutrition as a defining ingredient that helps young athletes grow to their fullest potential. Programs are available for young athletes to focus on nutrition that maximizes energy and health to benefit specific areas of the growing body. Delicious new recipes can be combined with past favorites to enhance peak performance in academics and

athletics. Young athletes need to learn how to prepare and enjoy fresh, deliciously satisfying nutrient-dense food that tastes great and leaves a body feeling, well... unbeatable.

Since human beings consist mostly of water, with bones that hold up the skin which holds everything together, hydration is where the lesson begins. The first glass of water each morning is the singularly kindest action we give our dehydrated awakening bodies. Learning to start the day with hydration is the all-important step to regulating the elimination of waste. Dehydration spells constipation which is not good for any competitor. Success before leaving for school in the morning is the beginning of a winning day.

The risk of dehydration increases while working out in heat and humidity. Sweat does not evaporate and cool the body as rapidly as it normally would, putting the athlete at risk for heat injury ranging from heat cramps, heat stroke, kidney stones, and urinary tract infections; due to low potassium and sodium which help transmit electrical signals cell to cell. Low blood volume can cause a severe drop in blood pressure and oxygen levels in the body. Awareness of symptoms is essential. Knowledge is power and vital to prevention.

Athletes need to learn to prepare and load-up on carbohydrates before an event to sustain momentum. They need to learn to make and consume protein-rich food for muscle growth and repair. Young athletes that fuel their bodies with great nutrition prevent injuries and maximize their potential to reach for the stars. ●

Karen Salvatore is the creator of Fit2Cook4Kids, a program offering camps that focus on teaching healthy cooking, fitness, and social skills, and now an opportunity to learn about nutrition for optimal sports performance.



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Local Food Guide



Find locally grown food near you with this database of RI, MA, and CT farms, farm stands, farmers markets, grocers, restaurants, and other businesses sourcing local food.

Powered by Farm Fresh Rhode Island and contributors, the Local Food Guide is a nonprofit initiative designed to strengthen the local food system of Southern New England.

Put Fresh & Local at the Heart of Your Table (byline: Farm Fresh Rhode Island)

The path food travels (the food system) includes everything from growing and harvesting to processing, packaging, transporting, selling, eating, and disposing of food. The more our food system here in Rhode Island relies on local farmers, producers, distributors, and so on — the more we support the health of our own communities and help grow our own economy.

Farm Fresh Rhode Island is a nonprofit Local Food Hub growing our local food system to be sustainable and healthy for both the farmers and eaters of Southern New England. Take advantage of these great resources to put fresh and local at the heart of your table:

- **Local Food Guide** (<https://guide.farmfreshri.org>)

Find locally grown food near you with this community-supported database of RI, MA, and CT farms, farm stands, farmers markets, grocers, restaurants, and other businesses sourcing local food.

- **Farmers Markets** (<https://farmfreshri.org/programs/farmers-markets>)

Farmers markets increase the availability and accessibility of local foods for everyone in our community — offering more places for local farmers and producers to sell their products, and inviting the community to gather over a variety of delicious, fresh foods in their own neighborhoods. Learn more and find farmers markets near you.

- **Market Mobile** (<https://www.farmfreshri.org/programs/market-mobile>)

If you're looking to buy local food in larger quantities, consider Farm Fresh RI's wholesale distribution system — connecting RI, MA, and CT farmers and food producers with wholesale buyers like chefs, grocers, schools, hospitals, farm stands, and buying clubs. Customers can buy from over 70 farmers and producers year-round with one online order form, one delivery, and one invoice. All items are listed by farm and include information about growing practices, packaging, and availability.

- **Harvest Kitchen** (<https://www.farmfreshri.org/programs/harvest-kitchen>)

Visit our Local Foods Cafe in Pawtucket for great breakfast all-day and lunch favorites featuring fresh ingredients from local farms, plus our full line of youth-made products — from applesauces to pickles — created in our culinary training program for 16–19 year-olds involved with the RI Department of Children, Youth, and Families

Right now, 90 percent of the food we consume comes from outside of our region. Join Farm Fresh RI in adopting the New England Food Vision (<http://www.nefoodvision.org>), a collaborative report from Food Solutions New England. The regional plan has a bold goal of building capacity for New England to produce 50 percent of its own food by 2060. Our daily food choices can help make this a reality!

Healthy and Compassionate New Year

The New Year is an amazing time to make a resolution to live a happier and healthier life! Setting a goal of living a vegan lifestyle is a great way to help you achieve these goals. A vegan is a person who does not eat or use animal products or use products that have been tested on animals. A vegan lifestyle has many great benefits to personal health, animals and our environment. A healthy vegan lifestyle can prevent or reverse many of the leading causes of disease and aid in weight loss. It is amazing to know that you are saving animals and doing your part to protect our precious planet.

Veganism is one of the fastest growing lifestyles in the world. You can join the movement towards a healthier, more compassionate and loving planet. Practice compassion and patience with yourself. Although most lifestyle changes can seem daunting at first, over time they become very easy. This could not be more true than about the vegan lifestyle. Community and support is



key to success with any lifestyle change. Rhode Island has an amazing vegan community. Learn more about Rhode Island Vegan Awareness on Facebook or by visiting our website at www.veganawareness.org. You can also sign up for Challenge22 at

<https://www.challenge22.com>.

Challenge 22 is a free 22-day vegan challenge and support system.

Make your New Year amazing by transitioning to a vegan lifestyle. Start by making easy swaps in the kitchen. You can easily replace cow's milk with a variety of plant based options including: almond, coconut, hemp, oat, rice and soy milk. Try a variety to find your favorite. It is also very easy to replace eggs in your cooking, baking and scrambles. The following are few easy egg swaps. Here are a few examples of easy egg replacers for baking: 1/2 mashed banana, 1/4 cup applesauce, 1/4 cup silken tofu, 1 TBSP ground flax seeds mixed with 3 TBSP warm water or 1 TBSP chia seeds mixed with 1/3 cup warm water. All of these options work great or you could purchase a commercial egg replacer such as Ener-G Egg Replacer. Scrambled Eggs are also easily replaced with a delicious tofu scramble or by purchasing Just Egg.

When it comes to cheese, your vegan options are endless. Experiment with using nutritional yeast in your recipes or sprinkle it on top of your favorite

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foods for an added cheesy flavor and nutritional boost. Buy a commercial cheese or make your own. Vegan cheese brands include but are not limited to: Follow Your Heart, Miyoko's Creamery, Barrett's Garden (Locally Made), Daiya, Chao, Treeline, Kite Hill, Go Veggie, Violife, Punk Rawk Labs and Heidi Ho. Use Google to find delicious vegan cheese recipes made from cashews or veggies.

Many of the items you have in your kitchen, have a vegan version that is available at most supermarkets. These items include, but are not limited to: ice cream, yogurt, butter, coffee creamer, cream cheese and sour cream. There is even delicious vegan mayonnaise. My personal favorite is Vegenaise by Follow your Heart. Look for brands such as Beyond Meat (burgers & sausages) and Gardein (chick'n, burgers, beefless crumbles, fishless filets and more).

Get creative in the kitchen. Try making homemade veggie burgers, lentil loaf, falafel or meatless meatballs. One Green Planet is an excellent website for finding delicious vegan recipes. Try buffalo cauliflower for a tasty and compassionate treat. Throw together a quick chickpea "tuna" salad recipe from the Happy Herbivore using chickpeas, celery, relish, onion powder, nutritional yeast, soy sauce and vegan mayo.

Make a resolution to go vegan. Replace your favorite kitchen staples with a vegan version. Stop by your local grocery store and try something new. Search online for exciting new recipes. Visit a local vegan friendly restaurant. Vegan options are everywhere and Rhode Island Vegan Awareness offers a local vegan dining guide free on our website. A healthy vegan diet includes a large variety of vegetables, fruits, whole grains, legumes, nuts and seeds. Your options are endless! Happy New Year! ●

*By Laura Barlow, President
Rhode Island Vegan Awareness
Elite Miss Rhode Island 2019
Instagram: rivegan*

Marcie Millar, RD, LDN (Holistic)
..... **782-6800**

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NUTRITION RESOURCES:

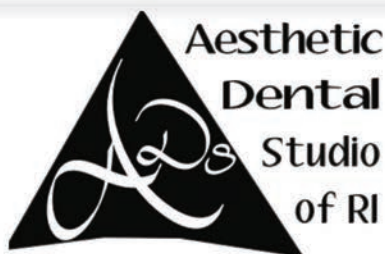
- ✓ **Organic Links**
www.linksorganic.com
- ✓ **Rhode Island Dietetic Association** **368-9484**
PO Box 6892, Prov.
www.eatright.org
- ✓ **Rhode Island Vegan Awareness** **919-2058**
www.veganawareness.org
Box 6786, Warwick, RI 02886

ORAL HEALTH (See next page.)

PAIN
(See *Addiction/Recovery - Including Opioid Alternatives, and Cannabis Section.*)



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Could Mercury Toxicity Be Causing Your Symptoms?

Mercury is the most poisonous, non-radioactive, naturally occurring substance on our planet. Mercury present in dental fillings is harmful for the human body. In fact, toxic mercury vapor is continually being released from amalgam fillings, 80% of it enters and accumulates in the body, it may take many years to manifest its damage.

According to the International Academy of Oral Medicine and Toxicology, studies show the potential risks of mercury fillings on human health.

"Adverse health effects from mercury exposure can be: tremors, impaired vision and hearing, paralysis, immune dysfunction, fatigue, anxiety, insomnia, emotional instability, developmental deficits during fetal development, and attention deficit and developmental delays during childhood. Recent studies suggest that mercury may have no threshold below which some adverse effects do not occur."

<https://iaomt.org/wp-content/uploads/Fact-Sheet-Dental-Mercury-and-Human-Health.pdf>

There is no safe level of mercury. Mercury is the most toxic naturally occurring substance on the planet, yet, according to the EPA, there is currently over **1,000 tons** of mercury from amalgam fillings in the mouths of Americans. Over 67 million Americans exceed the exposure of mercury vapors considered "safe" by the EPA because of the presence of amalgams in their teeth.

Why Should You Worry?

Because mercury levels can build up in your body, causing health problems, being aware of your current dental situation and creating a

holistically healthy lifestyle that contributes to your total wellness is very important. Most integrative practitioners would agree that there is a correlation between a diseased organ or illness and amalgam fillings.

This issue should be addressed by removal of existing amalgam fillings with special techniques to avoid the potential negative outcomes of mercury exposure.

SMART is a recommended technique that follows the highest protection against mercury exposure for the

patient.

The biohazard effect of the amalgam fillings is increased with the slightest friction on an amalgam filling such as brushing the tooth and chewing warm food. Toxic mercury vapors in the form of methyl mercury are then released and absorbed in the body. The release of these vapors has an estrogen disrupting effect.

Amalgam is interchangeable with numerous other filling materials including resin composites. In fact, the mercury-free alternatives are so advanced that entire nations, such as Scandinavian countries, have stopped the use of amalgam. It is very important that you consult with a Biological dentist that is associated with professional organizations that support mercury free dentistry.

Dental Holistic Sites for you:

<http://holisticdental.org/>

<https://iabdm.org/>

<http://www.hg-free.com/db/dentist.php?dentist=2620&zip=02911&radius=10&type=iamfd>

DentalWellness4u.com

*From Candida Castillo, DMD
Aesthetic Dental Studio of RI*

Poop, stool, potty--

call it what you will--is a really important indicator to our dog's health and we should all be paying closer attention to it. How often does your dog have a bowel movement in a day? Is it voluminous? Is it firm? Is it more the consistency of soft-serve ice cream? All of these factors are indicators that we should not ignore as responsible pet parents.

But what does their poop show me?

That's the easy part--once you know what to look for, that is.

● Did you know that if your dog has consistently soft-serve type poop--there is a high possibility that his/her anal glands are not getting released appropriately, if at all. The non-elimination of these glands, which are normally expressed during a firm bowel movement, can cause problems for their body and frustrate us with the famous "rug scoot" or inappropriate smelly expression that always seems to occur on our favorite lounging spot. (Of course determining the cause of why they are having loose stool should also be addressed.)

● Does your pup have several, large bowel movements in a day? This means that his/her body isn't assimilating the nutrients from their food properly. Rather than their body utilizing their food for energy and good health, it is moving through their body with little absorption and ending up as an unwelcome large mess you later have to pick up.

● Do you see a mucous-like film surrounding your dog's stool? This most likely means that they have some inflammation going on in their lower GI tract and that monitoring what they eat and their next poop is going to be important to ensure that all irritation subsides. (Take caution about introducing new treats or food during this time as the inflammation needs to resolve itself.)

How can I fix it and get my dog's stool firm and small? Understand that the canine body was brilliantly designed and it heals itself. We can't

fix the problems our dogs have, but we can assist their body in healing and correcting itself. Our role is to give their bodies the tools it needs to maintain homeostasis.

First and foremost, always feed the highest quality food you can and in the correct quantity to ensure you don't overload your pup's system and contribute towards their dis-ease. Secondly, pay attention to their poops every single time they go (or when you go out to pick it up!) Lastly, when you see signs that something isn't right, you can try the following:

Soft Stool:

If your dog suffers from soft-serve stool, one way to help their body correct itself (so anal gland expression happens naturally and at the appropriate time) is to add organic, unsweetened apple sauce to their food. In only a few days time, you will notice firmer stool. Make sure to only use organic and unsweetened apple sauce as any sugar or residual pesticides from the fruit skin may worsen the issue.

Large Amount of Stool:

Are you feeding too much per meal for your individual dog? Try increasing the amount of times you feed while reducing the quantity you feed at each meal. Is your dog over 3 years old? Try adding plant enzymes to help your dog's body breakdown the nutrients and assimilate them for use in their body. Not only will the poops get smaller, but your dog's overall health will improve just from this one addition alone! (However, I highly recommend the inclusion of this product for all dogs over 1 year old.)

These are just a few examples--there are many more ways your dog's poop can communicate their state of health to you! So keep your eyes open and look for poop! ●

Johnna Devereaux is the Owner of Fetch RI, a Certified Canine & Feline Nutritionist and herbalist.

**This is not intended to be taken as medical advice and any medical concerns should be discussed with your veterinarian.*

PET WELLNESS CARE (HOLISTIC)

(See article previous page.)

Sharon R. Doolittle, DVM
..... 349-2668

357 Putnam Pike #6, Smithfield.
www.holisticanimalvet.com

Wolf Rock Animal Health Center
..... 294-0102

Elizabeth Hassinger, DVM
710 South County Tr., Exeter.
www.wolfrockanimals.com

RESOURCES:

- ✓ **American Academy of Veterinary Acupuncture**
www.aava.org
- ✓ **American Holistic Veterinary Medical Assoc.**
..... 410-569-0795
www.ahvma.org

PHARMACIES (COMPOUNDING)

(See resources this page.)

PILATES

(Also see Fitness.)

PILATES

Pilates is a form of strength and flexibility training that can be done by someone at any level of fitness including people who have limited movement or who use wheel chairs. Pilates promotes a feeling of physical and mental well-being and also develops inner physical awareness. Since this method strengthens and lengthens the muscles without creating bulk, it is particularly beneficial for dancers and actors. Pilates is also helpful in preventing and rehabilitating from injuries, improving posture, and increasing flexibility, circulation, and balance.



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www.jbcompoundingpharmacy.com

Phusion Rx 823-0000
Coventry. Ecompoundingpharmacy.com

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www.ripilates.com

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Body Dynamics, 1099 Mendon Rd.,
Cumberland. www.bodydynamicsri.com

Pilates RI 273-2639

Providence, Bristol, RI and Seekonk,
MA locations. www.pilatesri.com

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Dolores Cannon's method of hypnosis, QHHT, involves inducing an individual into the Somnambulistic state of trance through visualization, allowing access to experiences of past lives they have lived. It was also exploring with clients in this state that she discovered an infinitely knowledgeable and powerful aspect of each individual that can be contacted and communicated with.

Elizabeth Desrochers, Certified
QHHT Therapist 447-3671
www.ancientwiz.com

RESOURCES:

✓ www.DoloresCannon.com

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Way of the Dragon 435-6502

373 Taunton Avenue, East Providence
www.waydragon.com

RESOURCES:

✓ www.NQU.com

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Elizabeth Desrochers, Certified
QHHT Therapist 447-3671
www.ancientwiz.com

Susanne Dillon 644-8118
Cranston/Hope
SueDillon4546@gmail.com

RESOURCES:

✓ www.infinite-wellbeing.com



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RESOURCES:

✓ www.TheReconnection.com



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..... 714-5722

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www.happyfeetreflexology.com

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Reflexologist.

www.earthoceanherbals.com

Feetflow 578-3870

Bugsy Armitage, Middletown.

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(See ad this page.)

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(See ad below.)

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..... 533-2860
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www.IntegrativeTherapiesByLorna.com

Linda Menard 305-3585
Certified Reflexologist at It's My Health,
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www.its-my-health.com

Paivi Murphy 742-1663
Certified Reflexologist at Path 2
Harmony, 133 Old Tower Hill Rd.,
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www.footprints-reflexology.com
(See ad previous page.)

Carolee Anna VanCoughen
..... 523-9311

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REFLEXOLOGY RESOURCES:

✓ **American Reflexology
Certification Board**
..... 303-933-6921
www.arcb.net

✓ **Reflexology Assoc. of
America** 980-234-0159
www.reflexology-usa.org

✓ **Reflexology Assoc. of RI**
www.reflexologyri.com
(See ad page 79.)



REIKI

REIKI

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

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www.morningdewhealing.com

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185 Putnam Pike, Chepachet.
www.healinginharmonywellness.com

John LaCross 258-8058
373 Taunton Ave., E. Providence
www.healingwithheavenslight.com

Sharon McMahon 742-2354
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The Newport Reiki Center
..... 846-3422
Katherine Harrop, B.S., Middletown.
www.reiki-jin-kei-do.com

Cris McCullough, MA, Community Shaman
..... 293-5655
www.soulwisdomtarot.com
Northern Lights Holistic, 204 B Clock
Tower Plaza, Portsmouth
(See ad page 62.)

Myra Partyka 792-4852
Wakefield. www.reikiriworks.com

Positive Touch 822-0107
Gail Larkin, 111 Doolittle St., Coventry.

Marg Tudino Reiki 822-3153
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www.Earth-way-studio.com
(See ad previous page.)

RESOURCES:

✓ **The International Center
for Reiki Training**
..... 800-332-8112
www.reiki.org

✓ **The Reiki Center**
www.reiki.com

ROLFING/ STRUCTURAL INTEGRATION

(See article next page.)

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www.gregknightrolfing.com
www.uprightbody.com

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100 Lafayette St., #207, Pawtucket
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Rob Martin LMT, BCSI
..... 860-617-1234
www.rolfbodyworks.org
(See ad and article next page.)

Kerry McKenna ... 301-359-5064
Providence.

Jim Tucker, Certified Rolfer
..... 404-0206
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Structural Integration

Structural Integration is a hands-on approach to creating balance and awareness in one's body. It is process-oriented work that releases tensional patterns in the structure allowing the opportunity for more efficient movement and most importantly the awareness of that free movement. Dr. Rolf felt that as a species, we had evolved as much as we could unconsciously. She felt that in order to grow more, we needed to participate in the process. Through application of the 10 series she was able to change one's structure so dramatically, that it also changed how the client perceived the world. It is from that newly emerging awareness that Dr. Rolf felt we could move towards a greater expression of our human potential. Clients would often return for the following session exclaiming that the pain in their back was gone. Dr. Rolf would say not to pay attention to that, as it is only a secondary result of the work and not your primary concern.

Ida P. Rolf (1896-1979) was born in New York City. She attended Barnard College, graduating in 1916. By 1920, she received a Ph.D. in biochemistry at Columbia University and became an associate professor at Rockefeller Institute. She started her inquiries into the nature of connective tissue

www.joerolf.com



almost by accident. She began to see people who no one else could help because she believed that with yoga, stretching, and manipulation she could correct structural difficulties. As her work grew more successful she realized the need to teach her work to other practitioners and so by the late 1950's, she developed the "recipe" of ten sessions.

Dr. Rolf's contributions to the field of somato-therapy include not only her use of connective tissue manipulation, but also her recognition of gravity's effect on body structure and function. Her basic premise is that if gravity can get flowing appropriately through the body then, spontaneously, the body can heal itself.

Presently, there are over 20 schools teaching the concepts and methods of Dr. Rolf's work around the world. The International Association of Structural Integrators, was created in 2006 to create a site that could easily provide the public and potential students with information about Structural Integration. If you are curious about receiving the work or would like more info on training programs go to www.theiasi.net. ●

Rob Martin, LMT, BCSI

ROLFING RESOURCES:

- ✓ **The Rolf Institute**
..... 800-530-8875
Boulder, CO. www.rolf.org
- ✓ **Guild for Structural Integration** 800-447-0150
www.rolfguild.org

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Kerstin Zettmar, LMT
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Mira Holistic Services, Box 424,
Newport. www.zettmar.com

RESOURCES:

✓ **The Rosen Institute**
www.rosenmethod.org



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(See ad below.)

SHAMANISM

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Northern Lights Holistic, 204b Clock Tower Plaza, Portsmouth
www.SoulWisdomHealing.com
(See ad page 62.)

Sarah Whitehead 270-5443
18 Imperial Place, 6A, Providence.
www.theprovidenceinstitute.org

Mary Catherine Volk .. 741-3478
Narragansett.
www.marycatherinevolk.com
(See ad page 62.)

SHIATSU

(See article below.)



Karlo Berger, AOBTA, LCMT
..... 477-2845

Shiatsu Massage Therapist
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www.KarloBerger.com

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nancywebinnerwisdom.ncbcertified.com
(See article below.)

SHIATSU RESOURCES:

✓ **Shiatsu Society**
www.shiatusociety.org

Global Healing

The Eastern Approach to Bodywork

By **Nancy Web ABT, LMT, RYT, BFA**

Global healing involves a balance and flow of energy between the body, mind and spirit. To stay healthy, the physical body needs oxygen, water, a diet of natural, nutrient rich food, sleep to regenerate, movement to assist circulation and muscle strength. The mind needs to be filled with positive thoughts, clarity, peace, consciousness and knowledge. The spirit needs to experience love, a sense of purpose and belonging, joy, growth and transformation. Fun and relaxation are essential for harmony and renewal. Participating in activities that are inspiring and resonate with your personal truth help to open the heart, connect to the soul and set the spirit free. Healing involves a shift in energy to bring about homeostasis on all levels.

Asian bodywork therapy (Shiatsu and Acupressure) is based on this theory and the aim to create harmony and promote global health. Treatments are done wearing comfortable clothing and include gentle rocking, rotations and

stretching along with working muscles, meridians and acu-points. This approach to massage is more 3 dimensional. The focus is on strengthening your natural ability to heal, easing the nervous system, relaxing tension and balancing energy, which allows the negative effects of stress on the body/ mind to dissipate. It encourages better overall health and resistance to disease. Each treatment is unique and geared toward individual needs.

Treatment protocols are based on the holistic mindset that everything in the body is interconnected; the parts are the sum of the whole. The body, mind, and spirit are inseparable and must all be treated together for overall health and healing. Emotion and mindset are visually revealed in posture and body structure. Every area of tension reveals a story of the condition of the energy flow. Utilizing a fusion of techniques facilitates a release of habitual restrictions in the body tissues, thought patterns and nervous system. This helps to create a space of tranquility that promotes inner healing, health and happiness. ●

Stop Smoking Programs & Info.

(See also Hypnotherapy.)

American Cancer Society's Complete Guide to Quitting
..... 1-800-ACS-2345
www.cancer.org

American Lung Association of RI 421-6487
Freedom from Smoking Program
www.lungusa.org

CDC's Useful Resource to Quit Smoking
https://www.cdc.gov/tobacco/quit_smoking



Smoke Free
<https://smokefree.gov>

Rhode Island Dept. of Health

Visit www.QUITNOWRI.com to find information on cessation

resources available to all Rhode Islanders, including free tobacco addiction treatment counseling by phone and free nicotine replacement therapy (NRT) gum, patch, and lozenges - while supplies last.

Call 1-800-QUIT-NOW
(1-800-784-8669)

Campaign for Tobacco Free Kids
www.tobaccofreekids.org

Some of the reasons to quit smoking are very small.

Amanda, age 30, Wisconsin

A TIP FROM A
FORMER SMOKER

A woman with long dark hair, wearing a maroon shirt, is holding a small photograph of a newborn baby. The baby is lying in a hospital bed, looking towards the camera. The woman's expression is serious and contemplative.

You can quit. Call
1-800-QUIT-NOW.
(1-800-784-8669)

The logo for the Rhode Island Department of Health, featuring a stylized figure with arms raised inside a circle, with the text "RHODE ISLAND DEPARTMENT OF HEALTH" around it.

The logo for the U.S. Department of Health and Human Services, featuring an eagle with wings spread, and the "CDC" logo.

www.QuitNowRI.com

Citing Harmful ‘Epidemic’ of Addictive E-cigarette Use Among Teens, FDA Undertakes New Enforcement Strategies to Prevent Illegal Marketing and Sales to Youth



In recent years, children and teens used e-cigarettes at epidemic rates and more than any other tobacco product, according to national statistics from the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA). More than two million middle and high school students were current users of e-cigarettes in 2017, addicting a new generation of nicotine and tobacco users while lit cigarette smoking among young people have dropped to all-time lows in most parts of the United States. In Rhode Island, approximately 1-in-4 high schools teens reported using a tobacco product of some kind, with e-cigarettes being the most used, according to the state's 2017 Youth Risk Behavior Survey.

In recent months, FDA Commissioner Scott Gottlieb, MD, publicly characterized the widespread use of e-cigarettes by children and teens as reaching “epidemic proportions,” based in part on the agency's most recent enforcement steps taken nationwide, as well as sales trends, news coverage, increased concerns among kids, parents and educators, and newer data to be finalized and released in coming months. The FDA has also cited kid-friendly, candy-like flavored varieties of e-cigarettes as a chief concern and contributing factor

to the widespread problem.

Use of e-cigarettes—also known as vaping or “Juul-ing,” after one top-selling brand—is especially concerning to public health scientists and prevention specialists because the developing adolescent brain is most vulnerable to nicotine addiction and certain health risks. High doses of nicotine, found in most e-cigarette products, can harm brain growth during the adolescence development period, which lasts until a person's early to mid-20s. While long-term health effects of e-cigarettes over the lifespan is not yet known, short-term health risks have been widely reported, including illnesses affecting the lungs and cardiac system. Moreover, known cancer-causing particles have been found in some e-cigarette aerosol emissions in national studies, such as lead, cadmium, and nickel.

To reverse this disturbing trend of selling, marketing, and vaping among youth, as of September 1, the FDA had inspected 978,290 retail stores, issued 77,180 warning letters for violating federal law, and initiated at least 18,560 civil penalty fine cases. The FDA also demanded that top-selling e-cigarette brands JUUL, Vuse, MarkTen XL, Blu e-cigs, and Logic submit plans for restricting youth access and stopping underage sales. The FDA has also begun the process for restricting most types of kid-friendly, candy-like flavored e-cigarette varieties.

Meanwhile, many states, cities, and towns have updated public no-smoking laws to also include all electronic nicotine delivery system devices, and/or to increase the minimum legal sales age to 21 for all tobacco products, including e-cigarettes. In Rhode Island, as of December 2018 the minimum legal age for tobacco sales was still 18 for most communities (except in Central Falls, where it's already 21). However, Rhode Island's no-smoking law for most workplaces and other public places now bans use of e-cigarettes or vaping.

(Continued next page.)

SMOKING CESSATION

For all school properties, Rhode Island's statewide law is even stricter—banning use and possession of e-cigarettes and vaping devices for both students and adults alike, indoors and outdoors, at any time.

To report illegal sales of e-cigarettes and other tobacco products to minors to the FDA, please visit:

www.accessdata.fda.gov/scripts/ptvr/index.cfm

To read the complete statement by FDA Commissioner Scott Gottlieb, MD, regarding youth e-cigarette use, please visit:

www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm624657.htm

Call 1-800 QUIT NOW
(1-800-784-8669)

Smokers can get free telephone counseling and free NRT gum, patches, and lozenges (while supplies last).

Spanish-speaking smokers may call 1-800-8-DEJALO (1-800-833-5256).

QUITWORKS-RI

Patients' doctors can refer them for free telephone counseling and free two-week supplies of NRT (while supplies last). Healthcare providers who wish to participate can visit quitworksri.org for information.



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The Human Heart as a Barrier and Catalyst to Love, Creativity, Passion, and Purpose

Are you ready to step into the living, breathing edge of your life's potential and open to new pathways of creativity, passion, and purpose? Have you considered that your human heart, that which nourishes your life force, also carries inherited burdens that block you from manifesting the magical life you desire?



We all want our everyday life to be meaningful and to reflect back to us that we are living our purpose, in the flow of love, and connected to joy and wholeness. Many of us, however, experience a yawning gap between our inner desires and outer reality. Too often, we wake up to the call of our heart, and as life unfolds, we seem to mysteriously activate what stands in our way.

How come when someone expresses a readiness for a loving relationship, out-of-nowhere comes a big, fat rejection? Or when we create the time in our schedule to write the book we have spent our life preparing for, we sabotage the use of that time? Why at every turn when we lift up our head's and lead with our heart, we are confronted by our biggest fears and worst blocks as if they were lying in wait for us?

In our experience, whenever a person declares their intention, they literally activate its resistance from within not only their own consciousness, but that which is inherited and shared among their lineage. For example, someone who declares, "There's more for me to be and do in this lifetime," calls in the ancestor within the lineage who shared the same feeling but failed in the quest. The partner who attempts to love and be loved calls in the ancestor who died feeling rejected, unloved, and alone.

Science is now corroborating that trauma is passed through the generations. The unfinished business of your parents, grandparents, and great grandparents lives on and presents as the unmovable problems in your life, your family's lives and those of your children. We cannot effectively clear the resistance that confronts our desires without working through the heartbreaks, tragedies and abandonments from generations long ago that we inherited along with our genetic characteristics.

Except for scientific-technological societies, all people on Earth in all times lived in relationship with the consciousness that remains after physical death. Maintaining a healthy, active relationship with spiritually vibrant ancestors was an ordinary part of daily life. How it became lost is a complex story, but the consciousness of ancestors remains active regardless of our beliefs.

We may not be able to restore the ancient practices, but we can learn to cultivate a relationship with our ancestors and together unlock the door of resistance blocking us from fulfilling our greatest desires. Learning to see with your heart heals inherited family dysfunction, transforms patterns of pain and abuse, and reclaims the power to create an inspired life. ●

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For more information, visit www.seeingwithyourheart.com

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(See article previous page.)

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(See ad below and article previous page.)

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(See ad below and article previous page.)

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www.nqa.org

✓ **International Taoist Tai
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www.taoist.org



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www.bluedragonflyri.com
(See ad this page.)

The Center for Counseling and Wellness 398-8944

3285 South County Trail, E. Greenwich
thecenterforcounselingandwellness.com

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www.Concordiaesl.com

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www.healingartspros.com

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CHAIR YOGA

Did you know that 86% of American workers sit all day at their job? The effect of sitting for prolonged periods can cause strain on the neck and shoulders, back, hips, and legs. In addition, prolonged sitting is linked to diabetes, heart disease, high cholesterol, high blood pressure, muscular imbalances, and premature death. In fact, according to the World Health Organization, physical inactivity is the fourth-leading risk factor for death in people around the world. Scary? Yes.

Too many of us live sedentary lives working at a desk job; commuting by car, bus or subway; watching TV; dining at home or out; flying with the addition of long waits at the gate. Even when reading for pleasure, you are sitting. It's impossible to escape sitting, but you can lessen the health risks of sedentary behavior by adding a gentle chair yoga pose here and there throughout the day.

Chair yoga is just what it sounds like, simple yoga poses and exercises you can do sitting down. You don't need a mat, you don't need to wear workout clothing, and you don't have to stand. When you break away from your routine and spend a 5 to 10-minutes a day doing a few chair yoga poses you will activate and energize the breath, the body, and the brain which helps focus your mind. You will start to feel better, sleep better, and eat better. Overall your health, happiness, and wellbeing will improve physically, mentally, and spiritually.

EAGLE ARMS:

Try eagle arms when you need some wrist and shoulder relief.

1. Sit tall at the edge of your desk and take your arms out to the sides at shoulder height palms open to the ceiling.
2. Wrap the right arm under the left arm as high up as you can, then double cross the forearms and try to press the palms together. If you can't touch



your palms, press the backs of the hands instead.

3. Hold five to eight breaths, release the arms and repeat on the other side.

CHAIR TWIST:

Strike a twist whenever you need to gain a new point of view, feel stuck in your thinking, have tightness in the torso and back, want to give your oblique muscles a good workout.

1. Sit at the edge of your seat. Take your right hand behind you to the top of the chair and your left hand to your right knee.
2. On and inhalation extend up through the spine, on the exhalation twist deeper to your right. Continue to lift and twist for five to eight breaths.
3. Come back to center and repeat on the other side.

ANKLE TO KNEE POSE:

Try it when you need to relieve tension in the hips and buttocks, if you're feeling lower back discomfort, when you've been sitting in one position for too long.

1. Sit tall at the edge of your seat.
2. Place your right ankle over your left knee with the right knee opening to the side.
3. Fold forward until you feel a stretch in the outer right hip and thigh. Hold five to eight breaths.
4. Repeat on the opposite side.

Kristin McGee is celebrity yoga and Pilates teacher and author of "Chair Yoga: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You" (HarperCollins, January 17, 2017.)

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Be Well.

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