



CHHA

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

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

The Second Wind

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



Over the summer, I swam the length of a lake that I procrastinated doing for 30 years! As I swam the cool waters, I was reminded of my high school cross country days and the second wind that makes the effort all worth while. The endorphins are flowing and you feel like you can go on forever. Many unconscious factors

are also going on at the same time, including the 'resetting' of many physiological processes. In a way, you/we are giving nature a chance to do what it knows best. The same thing can happen to organization, such as the Connecticut Holistic Health Association [CHHA].

While CHHA is typically slow during the summer, this August was quite busy and many serendipitous things came to be. For example, [thanks to Irene Mardal] at a recent Danbury Branch social event, a potential PR Board member emerged from the crowd. Within a week, we also got a new candidate for CHHA secretary— all out of the blue! Had to be there to experience it!

I also attended the first organizational meeting of the CHHA, Greater Norwich Branch [thanks to Megan Marco], CHHA, Greater Litchfield (thanks to Rosemary Roast) who helped to facilitate the first event in a series planned with the CT Agency on Aging and there's lots going on in the CHHA New Haven Branch (thanks to Don Levy). More will follow about new opportunities with the Yale School of Nursing and Yale New Haven Hospital.

The Second Annual Stress Management Fair with UCONN, Stamford is in the planning stages for the fall and Victoria Wasserman has taken the ball with the Greater Hartford Branch. Many thanks also go to Holly McHealen for all she has done for the Greater Storrs Branch.

So as CHHA takes its second wind, the universe is guiding us into new and exciting ways for refocusing and putting our energies where we can best serve.

Holistic Practitioner Groups

Holistic practitioner groups are an opportunity for area practitioners *to come together informally to network, share experiences and create community.* Send your e-mail address to the contact person to be on the list of your choice.

Groups are easy to set up and require minimum effort to coordinate. If you would like information on starting a group, contact JON ROE, (860) 875-4101. Go to www.mapquest.com for directions from your location. All addresses are stated below.

Here are the current meeting times and co-ordinators. So mark your calendars now while you're thinking about it!

BROOKFIELD - Third Wednesday Breakfast 8-10 AM. Healing Arts Community, 777 Federal Road, Brookfield. Monthly speakers. For Holistic Healthcare Professionals and those interested in networking with them. Sharona Fein 203-775-8332 or RSVP@HACCT.org.

MANCHESTER - First Thursday evening 6-8 PM monthly at the **Center For Progressive Therapies**, 192 Hartford Rd. JIM COWLES at 860-649-9600, info@c4pt.org or visit www.c4pt.org. [Note that this is **the only evening meeting** of the groups listed.]

NORWALK - Healthcare Professionals' Networking Breakfast. First Tuesday 8:30-10 AM monthly at the **Total Life Care Center**, 152 East Ave., Norwalk, just off I-95, Exit 16. RSVP: BETH LEAS at 203- 853-4852 or email TLCCenter@aol.com. [Note: The Norwalk group usually has a speaker.]

TORRINGTON - First Friday breakfast at **Hannah's Bakery**, 21 Main St. 9:30 AM. Rosemarie Roast 860-738-1608, walkinthewoods@5pillars.com.

VERNON - First Friday 9-10:30 AM, monthly at **Charlie's**, 520 Hartford Tnpk (Rte 30). JON ROE at 860-875-4101 or email Jon.Roe@comcast.net. A second networking event will be held every other month at the office of an area practitioner. Location, date and time will vary.

WETHERSFIELD - Third Friday breakfast, 8:30-10:30 AM monthly at **Max Bibo's**, 691 Silas Deane Highway. MARIE MAMMONE, ND at 860-529-1200 or email MarieMND@cs.com.

WINDSOR - Fourth Friday 9:00-10:30 AM, monthly at Dom's Broad Street Eatery, 330 Broad Street (next to Geissler's Supermarket). JON ROE at 860-875-4101 or email Jon.Roe@comcast.net.

CHHA BRANCH REPORTS

GREATER HARTFORD

CHHA, Greater Hartford is pleased to announce that monthly meetings will be held on the second Monday of each month at 7 pm. Locations will be announced. Please RSVP (860-231-1111 or advantageanesthesia@yahoo.com) no later than noon on the day of the meeting. We will move to a larger space if the number of RSVPs warrants it. Please bring plenty of business cards and brochures for networking. Check www.cthha.org for updates in the fall quarter.

7PM Monday, 11 September at the Bishop's Corner office of Victoria Wasserman, 345 North Main Street, West Hartford, 06117. Meeting Topic: "Connections: Past, Present and Future." There will be ample time to share what is going on in our practices and to reconnect on a personal level. So many of you have indicated a desire to reacquaint that the forum for the September meeting is just that: "Connections: Past, Present and Future." I am personally looking forward to reconnecting with each and every one of you.

Victoria Wasserman APRN,
CHHA, Greater Hartford Branch Director

GREATER LITCHFIELD

The Greater Litchfield Branch recently supported efforts of the Western Connecticut Area Agency on Aging in securing holistic-minded practitioners to participate in their first ever Holistic Fair. The fair took place on Tuesday, September 19, 2006 at the Sullivan Senior Center in Torrington, CT. Seniors had the opportunity to explore, some for the first time, the benefits of massage, reflexology, reiki and other holistic approaches to health and wellness.

Please come help us to plan the fall quarter at one of our meetings or to call the Branch Director if you'd like to chat about how you might contribute AND enjoy the camaraderie.

Remember to join us at our Holistic Practitioner's Gatherings on the first Fridays of every month, 9:30 AM at Hannah's Bakery, 21 Main St. in Torrington. This, our regional forum, is to

gather and share information about ourselves and what we do. This is also our opportunity to share ideas for future collaboration and community education and outreach.

Rosemari Roast CHHA,
Greater Litchfield Branch Director
860.738.1608 or www.cthha.org
or www.cthha.org/litchfield.htm

GREATER NORWALK

CHHA, Norwalk is very involved preparing its major event of the year, the Second Annual Stress Leadership Fair co-sponsored by the University of Connecticut, Stamford this autumn.

Please check www.cthha.org for details in the upcoming weeks.

GREATER NORWICH

I am so happy to be the new Branch Director of the CHHA, Greater Norwich. We held our first gathering in August and had a great turnout, including our featured guest, Dr Michael Basso, President of CHHA! We gave a tour of our healing space, the Stonington Natural Health Center, which offers acupuncture, Oriental Medicine, nutritional counseling and herbs. The feature of the meeting was two spiritual [and fun!] films in our 48-seat movie theater. Please come to any of our events if you'd like to visit us on the coast here in Southeastern Connecticut.

Our meetings will be held 6-7:30 PM on the third Friday of every month: October 20th, November 17th, December 15th. Be sure to check our website for the titles and themes of our scheduled meetings. The locations will be announced on the SNHC website www.snhc.com or call 860-536-3880.

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continued on page 4, see "Branch Reports"

Editorial

Death By Medicine A Life Extension Viewpoint

by Dr Tom [Tom Laga, PhD]

Nutrition - Fitness - Stresscare Counselor

As most of you know, a primary source of my information as a HEALTHcare counselor/coach, speaker and writer is the Life Extension Foundation [LEF] monthly magazine [*Life Extension*] –which bills itself as “the ultimate source for new health and medical findings from around the world.” And it really does exemplify integrative medicine—integrating conventional, mainstream medicine with holistic medicine.



Starting on page 67 of the August 2006 edition of *Life Extension* is an article titled “Death By Medicine” authored by Gary Null, PhD; Carolyn Dean, MD, ND; Martin Feldman, MD; Deborah Rasio, MD and Dorothy Smith, PhD. Notice the credentials of the authors. The article is 18 pages long with 152 references. I will quote only page 67. But I encourage you to buy at least this issue and to read the entire article.

Better yet, subscribe to the magazine. You could visit www.lef.com to subscribe and/or to research the latest on a variety of diseases and how to approach them with an integrative protocol. The annual fee is \$75 which buys you 12 issues of the 108 page magazine and a 1500 page book titled *Disease Treatment And Prevention*. The fee also buys you discounts on state of the art nutritional supplements—always accompanied by the research and benefits of the products, usually on a full page ad, which is something I appreciate. I hasten to add that I am not compensated by the LEF Foundation nor is it a pyramid or multi-level type of organization.

Without further detail, here is the first page of the article [page 67].

"Something is wrong when regulatory agencies pretend that vitamins and [other] nutritional supplements are dangerous, yet ignore published statistics showing that government-sanctioned medicine is the real hazard.

Until recently, Life Extension could cite only isolated statistics to make its case about the dangers of conventional medicine. No one had ever analyzed and compiled ALL of the published literature dealing with injuries and deaths caused by government-protected medicine.

A group of researchers meticulously reviewed the statistical evidence and their findings are absolutely shocking. These researchers have authored the following article titled “Death By Medicine” that presents compelling evidence that today’s “health care” system frequently causes more harm than good.

This fully referenced report shows the number of people having in-hospital, adverse reactions to prescribed drugs to be 2.2 million annually. The number of unnecessary antibiotics prescribed for viral infections is 20 million per year. The number of unnecessary medical and surgical procedures performed is 7.5 million per year. The number of people exposed to unnecessary hospitalization is 8.9 million per year.

The most stunning statistic, however, is that the total number of deaths caused by conventional medicine is nearly 800,000 per year. It is now evident that the American medical system is the leading cause of death and injury in the USA. By contrast, the number of deaths attributable to heart disease in 2001 was 699,697, while the number of deaths attributable to cancer was 553,251.

Life Extension has decided to publish this article in its entirety to call attention to the failure of the American medical system. By exposing these gruesome statistics in painstaking detail, we provide a basis for competent and compassionate medical professionals to recognize the inadequacies of today’s system and at least attempt to institute meaningful reforms."

*Stress comes from focusing on problems,
relief comes from focusing on solutions.*

Stress makes you "uptight."

Solutions make you calm.

*Go into meetings -- of all kinds -- seeking
solutions.*

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"Branch Reports" continued

GREATER STORRS

While it has been an honor to serve as the Director of CHHA's Greater Storrs Branch and a member of the Board for the past year, I feel that it is time for me to step down. I took on the position before knowing that I would be home schooling my daughter long-term, and have found that, combined with my other family, community and work commitments, my efforts in service to CHHA have been greater than I can sustain for another term.

As Branch Director, I've focused over the past year on building CHHA's presence in the Greater Storrs area through events for both practitioners and the general public. I've expanded the Branch's email list from four members to over 100 (not all of whom are members of CHHA), and I've initiated preliminary conversations with the Holistic Health Practitioners of Northeast CT, a pre-existing local organization with similar goals and membership, regarding collaboration and the possibility of reciprocal membership. Obviously, there's a great deal left to do, but I feel that the past year has been a good start.

At this point, there are at least two CHHA members who have expressed preliminary interest in the possibility of taking on some level of leadership in the Storrs Branch, and whom I would recommend for the position. I will be happy to forward their contact information to the Nominating Committee upon request, and to work with my successor(s) to facilitate a smooth transition.

Thank you for the opportunity to be of service. I'm available by phone at 860 301-2808 or by email at whoopskaboom@juno.com if I may be of assistance.

Respectfully submitted,

Holly McHaelen

Update from Holly: Unfortunately, the two people I mentioned in my letter who had initially expressed interest in taking on leadership in Storrs have declined, but I have suggested a couple other individuals to the president.

Editor's note: The CHHA Board of Directors and I want to thank Holly for her truly meritorious service and wish her well in her new challenges and responsibilities. We also appreciate your beautiful letter.



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