



CHHA

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

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Spring 2006

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 Dance of CHHA

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



One of the most interesting and rewarding things I have ever done is take on the presidency of CHHA. In retrospect, I am amazed at the great things that CHHA members and friends of CHHA constantly do throughout the state and even beyond its borders.

Just last week, CHHA played a significant role in an integrative medicine fair/mini conference at the UCONN Health Center. While I had the privilege of emceeding the event, many kudos go to CHHA member, associate professor Mary Guerrero, MD and many others who made this event a huge success, with hundreds in attendance.

Earlier that week, Medical student Louis Graff was presented the CHHA award for student excellence in holistically oriented research at UCHC for his work on "The Effect of Therapeutic Touch on Human Osteoblast Adhesion and Integlin Expression." CHHA was instrumental in the Health Center getting the million dollar grant to conduct the study! A similar award will be presented to a student in the Yale School of Nursing, to be conferred at the Yale University graduation ceremony.

Our upcoming holistic health fairs with UCONN Stamford, Quinnipiac University in Hamden, and Manchester Community College are testimony to the respect and trust our academic institutions have in our members. The professionalism and ethical approach of CHHA members is greatly appreciated, especially in institutions where youth are involved. Of course, the sentiments are mutual and enduring.

But the dance is much bigger and broader than academia. Our relationships with the CT Youth Services Association and the CT Department of Public Health are expected to grow considerably during 06 (the CHHA Year of the Child). Even the Boy Scouts are interested in CHHA as are several communities and elder groups through the state.

Happy Spring, Michael

P.S. The new automated membership system is up and running and the start-up glitches have been addressed. Please note that new and returning memberships will be valid for ONE YEAR from the time of joining or rejoining, NOT from a specific date. Membership renewal can be geared to your most convenient schedule.

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 the **Windsor 75 Diner**, 35 Poquonock Ave. First Friday evening Pot Luck Dinner. Call Jon for details. JON ROE at 860-875-4101 or email Jon.Roe@comcast.net.

CHHA BRANCH REPORTS

GREATER LITCHFIELD

The season of spring welcomes us and invites us into the warming sun of the Litchfield Hills. So we step outdoors to celebrate ourselves, our families, our communities, and yes...our well-BE-ing. We invite you to the following:

10:00 AM-12:00 Saturday, April 8 "Family Weed & Forest Walk" White Memorial Conservation Center, 80 Whitehall Road in Litchfield, CT. Rosemari Roast, herbalist and healer will lead the walk while offering and inviting inspirational observations of nature. This is a great opportunity for children of all ages to experience the natural world that supports and sustains us all in the most amazing ways. FREE & open to the public. Call Rosemari at 860.738.1608.

9:30 AM First Fridays of the month Holistic Practitioners' Gatherings at Hannah's Bakery, 21 Main St. Torrington. Get to know our practitioners and supporters and learn about CHHA membership, events, lectures and more.

In order to enhance CHHA visibility, membership growth, and participation within our Greater Litchfield Branch area, an evening Networking & Social event is in the works for CHHA members and prospects for the third quarter.

To help us nourish our CHHA membership in the Greater Litchfield Branch we invite you, our current members from around the state, to share your motivations for becoming a CHHA member and for inspirations which sustain that membership. Your testimonials will help us grow! Please contact Branch Director Rosemari Roast at 860.738.1608 or walkinthewoods@5pillars.com with your expressions and insights. Much appreciated!

GREATER NEW HAVEN

10 AM to 2 PM on Sunday 26 March at QU's Student Center the Connecticut Holistic Health Association [Greater New Haven Branch] and Quinnipiac University will co-sponsor the **Fourth Annual Holistic Health Fair**. [Operative word: *holistic!*] Drive to the Student Center via the New Road entrance [FYI - "New Road" is the actual name of the **campus** street!]

Reservations of CHHA members as exhibitors

have been numerous! We are looking forward to meeting you - many of you for the first time! Among the committed guests are the University of Bridgeport Naturopathic Medicine Program as well as The Graduate Institute of Milford. If you're one of those procrastinators and you still want to have a booth . . . call Don Levy, Branch Director at 203-248-7935.

Touchstones: An Eclectic Guide to Health is our CHHA New Haven Branch cable TV program which continues to break new ground. We discovered how to help kids cope with fears, work-shopped a hypnotherapy program with CHHA member Donna Kemper and presented an experiential program on reading and writing poetry as a healing modality.

We are still asking fellow CHHA members to sponsor our *Touchstones* TV show on their hometown cable access systems such as Nutmeg TV.

For the Greater New Haven Branch, **spring** means "takin' a hike!" We'll hike Sleeping Giant State Park so that we can chat/network along the way. Check www.cthha.org for date and time. See you at the CHHA/QU Holistic Health Fair!

GREATER NORWALK

The Second Annual Stress Management Fair with UCONN, Stamford, will have taken place by the time you receive this newsletter. This annual collaborative event is significant in that UCONN administrators and CHHA members are working side by side to assure that the essential holistic health topic of stress management leadership is addressed at many levels, including the public.

This health fair and subsequent planned events will provide considerable opportunities for CHHA members throughout the state. These opportunities for participation will be posted well in advance by CHHA President, Dr Mike Basso, on www.cthha.org and in his email updates.

Our branch of CHHA will also be participating in holistic health fairs with the cities of Norwalk and Wilton this spring. In the Greater Hartford Branch long-time member and former CHHA officer, Jon Roe, is organizing the **third** annual holistic health fair in Vernon.

continued on page 4, see "Storrs"

Editorial

Trusting Media Conclusions

Glucosamine/Chondroitin in NEJM 2/23/06

by Dr Tom [Tom Laga, PhD]

Nutrition - Fitness - Stresscare Counselor

Do you trust the media's reporting on genuine healthcare: holistic, integrative, preventive? Due to at least 30 years of trying to read "the rest of the story," and the interpretation of the results of studies as well as their design, personally and professionally, I seldom trust conventional media—radio, TV, print, online.

I subscribe to two health magazines, a monthly print newsletter, and five on-line newsletters so that when new studies—especially controversial studies—are "reported," I can read a few healthy viewpoints for my own sake as well as for my patients, family and friends. In this editorial, I want to give full credit to Dr Ray Sahelian for guiding us through a research study, supplying variegated "spins" on the same information and then concluding with his own interpretation. To read the whole study, visit www.raysahelian.com.

In Vol.3, #5 of Supplement Research Update Newsletter [3/1/06], Editor Ray Sahelian, M.D. wrote the following headline: "Glucosamine and Chondroitin—One Study, Dozens of Interpretations." A reader had just read a WebMD.com "put down" of glucosamine and chondroitin and wanted Dr S's opinion since those nutrients and MSM benefitted him. The rest of this article is a summary of Dr S's review of the study. "Close to 1600 patients with painful knee osteoarthritis were divided into five groups for a six month study. Group: A 1500 mg glucosamine, B 1200 mg of chondroitin, C got both supps, D 200 mg of celecoxib (Vioxx), and E, a placebo. Patients divided into mild, moderate and severe arthritis pain but majority had mild pain. Up to 4000 mg of acetaminophen [Tylenol] daily allowed as 'rescue analgesia' for additional pain relief. To[Dr S], this could easily confuse/complicate the findings.

Results: *For patients with moderate-to-severe pain at baseline, the rate of response was significantly higher with combined glucosamine and chondroitin than with placebo (79% vs 54%). The fact that 54% of placebo patients had pain reduction says something wasn't right with this study—perhaps the inclusion of Tylenol for pain relief. 54% is too high for a placebo effect and makes one question how well the study was designed.*

The researchers concluded that glucosamine and chondroitin alone or in combination did not reduce pain effectively in the overall group of patients with osteoarthritis of the knee. *Exploratory analyses suggest that the combination of glucosamine and chondroitin may be effective in the subgroup of patients with moderate-to-severe knee pain.*

Now, it appears quite clear that these nutrients were effective even at 6 months. Previous studies of these nutrients indicated that *sometimes it takes a year or two for the*

cartilage in the knees to repair more fully. Why, then, did the media headlines say these supplements didn't work? Is it stupidity, lack of ability to read and interpret the results of a study, or purposeful misleading of the public due to conspiracy with drug companies? Interpretations follow.

NNFA: The National Nutritional Foods Association, a leading trade organization, said: Popular over-the-counter supplements provide significant pain relief. A study published in the NEJM suggesting that two very popular supplements, glucosamine and chondroitin, provide significant pain relief is positive news for thousands of arthritis sufferers.

CBS News (AP): Two hot-selling supplements used by millions of Americans are of little help to most people *with mild arthritis*, concludes a large government study that is part of an effort to scrutinize unproven health remedies. For most arthritis patients with aching knees, *the health food store supplements* glucosamine and chondroitin sulfate turned out to be no better than dummy pills. *People who had more acute knee pain seemed to show some benefit.*

Press Release: Leiner, a vitamin company: Results of an NIH study published in the 2/23 issue of NEJM found that taking glucosamine and chondroitin in combination, is *more effective than pain medication, Celebrex®, in treating moderate to severe osteoarthritis knee pain ...an alternative to expensive pain meds.*

AP: Despite Tests, Consumers Swear by Remedies: Last week, major government-funded research indicated that two wildly popular arthritis pills, glucosamine and chondroitin, did no better than dummy pills at relieving mild arthritis pain. While most people taking the arthritis pills in the study got no significant benefit, *the pills did appear to help those with more severe pain.*

NEJM Editorial: An actual editorial published in the same journal that found these nutrients helped with moderate to severe pain, says: *On the basis of these results, it seems prudent to tell our patients with symptomatic osteoarthritis of the knee that neither glucosamine hydrochloride nor chondroitin sulfate alone has been shown to be more efficacious than placebo for the treatment of knee pain.*

My Interpretation: *I just don't understand how the NEJM editorial can make a statement that contradicts the findings of the study. Is it because their advertising dollars come from drug companies? The NEJM does not have ads for arthritis 'supps' but they have ads for arthritis drugs. Case closed. If someday the NEJM starts publishing ads involving arthritis supplements, you will likely see a more positive spin by the editors. Money influences opinions whether in Washington or the editorial office of a medical journal.*

I think this is a positive study and deserved a more positive spin than what the major media reported. I wonder why the researchers allowed the study participants to use *acetaminophen since this drug may damage cartilage tissue, is not very effective in osteoarthritis pain, has liver toxicity potential and may have masked the pain relief obtained by glucosamine and chondroitin.*

Nevertheless, this and dozens of previous studies that support the use of these nutrients for osteoarthritis, continue to convince me that they're a great addition or a good alternative to current NSAIDs, Cox 2 inhibitors or acetaminophen."



Dr Tom Laga

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GREATER STORRS

6:30-8:30 PM, Wednesday, April 5 Mansfield Public Library [54 Warrentville Road in Mansfield]. CHHA, Greater Storrs and the Mansfield Public Library are co-sponsoring: **“Children’s Wellness: A Body-Mind-Spirit Approach.”** This is a thought-provoking, informative panel discussion about physical, mental, emotional and spiritual aspects of children’s well-being. Great for parents, educators, childcare/health professionals.

Facilitators: Judy Stoughton, MLS (Children’s Librarian), Susannah Everett, PhD (Ashford School Psychologist), Rev. Dr. Kenneth Ferguson, LPC (Pastor, Storrs Congregational Church), Ruth Ettenberg Freeman, LCSW (Positive Parenting Consultant), Shoshana Levinson, MS, CNS, DN (Nutritionist/Wellnes Consultant) and Fran Storch, ND (Naturopathic Physician). FREE! Refreshments served. Need more information? Call 860.301.2808 or CHHASTorrs@cthha.org.

Two Networking Potlucks for Holistic Health Practitioners: These comfortable gatherings offer opportunities to network, socialize and briefly present your work. Bring business cards and a dish to share. RSVP: Toni Vicalvi: 860. 429.2471 or tintinabulation@sbcglobal.net.

6-9 PM Thursday, April 20. Host: Dr. Norton Berkowitz, 2 Cider Mill Road, Tolland 06084. Vegetarian dishes only at this event please!

6-9 PM Monday, June 5. Host: Jeri Burke, 830 Cedar Swamp Road, Coventry 06238

6-9 PM Thursday, May 18, 667 Chaffeeville Road, Storrs. **“Growing Your Holistic Practice”** includes 1] Principles And Resources for Creating a Solid Financial Structure 2] Marketing; Networking, Right Success, Building Your Business Through The WWW 3] Spirituality In Practice, and more! Facilitators: Jon Roe (Founding Publisher, “The Door Opener”), Carmen Brickner (CLEARbrick Inc.), Bob Hager (SCORE/ Greater Hartford), Aaron Winborn (Culture Fix Web & Graphic Design). Plenty of networking time! Refreshments. Prepaid by May 15: \$10/ members, \$15/others (walk-ins add \$5). Checks payable to CHHA; mail to: Holly McHaelen, 19 Autumn St., Manchester CT 06040. Info: CHHASTorrs@cthha.org or 860.301.2808.

*If not You...WHO?
Read compelling letter inside!*



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