

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.

Holistically Striving for Excellence



by Michael Basso, PhD, MBA
President

As we roll out *more* of the **CHHA Strategic Plan**, there will be many more opportunities for members to be part of initiatives (DIRECTLY through CHHA) involving corporations, schools, hospitals, government and other organizations. To be most successful in these endeavors, high quality standards, personal integrity and professional ethics will remain paramountly important to CHHA.

Among the **most important benefits** of being part of an organization like CHHA is being affiliated with like-minded professionals who are committed to excellence. Personal and organizational wellness are also aspects of this bio/psycho/socio/techno/spiritual quality model.

This winning combination of quality, ethics and personal integrity benefits all CHHA members and affiliates. Paraphrasing the Japanese philosopher/scientist, Dr. Genichi Taguchi, *the quality of any system ultimately impacts the whole of society*. In alignment with the chaos theory notion of a butterfly impacting the weather in the next continent or the 100th monkey affect, *be assured that CHHA has reached a critical mass*. With almost 300 group and individual members and many more connected through affiliations, we are already fulfilling our mission and strategies in a significant way.

CHHA RELATIONSHIPS EXPANDING
Our relationships with conventional medicine, academia, industry and government are **expanding** on a daily basis. CHHA members are continuing to join us from a variety of states. I am also pleased to announce that Andrew Weil, MD has recently joined CHHA as an honorary member! Additional honorary members will be listed in the next newsletter. *As our organization continues to grow (currently exceeding a 60% growth rate!), so do our opportunities for successful, collaborative relationships and partnerships.*

Our collaborative holistic health fair with Quinnipiac University, and **upcoming health fairs** at St. Francis Hos-

pital (Hartford) on April 26th and Western Connecticut State University (Danbury) on May 10th are testimonials to our impact on society in many important ways. An **integrative medicine conference**, in collaboration with the Connecticut Hospital Association, is planned for April 23rd and additional events are in the planning stages.

As we continue to grow, we are sure to experience growing pains. But be assured that CHHA leadership is committed to learning from these experiences and doing the next one better than the one before it.

AN EAST / WEST PERSPECTIVE ON QUALITY

From an **East/West perspective**, one of the most consistent themes in **quality management** is continuous improvement. In fact, you will find continuous improvement ideas among those promulgated by Juran, Cosby, Deming, Isakawa and many other leading quality gurus. *In the CHHA, continuous improvement means a variety of things:* responding to member feedback, developing special interest groups, providing additional opportunities for members and finding ways to help others outside of CHHA.

The results of our recently conducted **member survey** will help to improve the quality of a variety of CHHA processes, including communication, education and integration. Feedback and interest from membership has led to the **formation of special interest groups**: Organizational Wellness, Holistic Nursing, and Spirituality and Health. Others such as Complementary & Alternative Medical [CAM] education and research, Energy Medicine and Holistic Medicine are among those envisioned.

As the **CHHA Speakers' Bureau** continues to grow, we will continue to improve the awareness of holistic healthcare, wellness education, and excellence in organizations of all kinds throughout Connecticut and beyond.

Our "**CHHA Direct**" initiatives are providing information about CHHA and its members (DIRECTLY through CHHA) with hospitals, schools, corporations, HMOs, and insurance companies to date. By eliminating the "middle-person," the quality of transactions is automatically enhanced, while fair market pricing is better maintained. Therefore both the practitioner and the consumer win.

All of these winning combinations are already leading to a high level of continuously improving quality within and outside of the CHHA community.

Yours in spirit, Michael

CHHA BRANCH REPORTS: Good Things Continue Coming!

The New Haven Branch

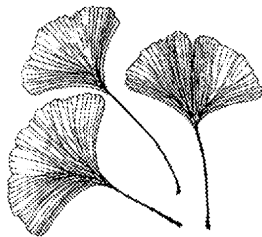
The **Quinnipiac University Holistic Health Fair in February** was a real door-opener for CHHA and a great success. This fair was a true partnership in that the fair was co-sponsored, planned and implemented in collaboration with the university. Several hundred attended from QU, the greater New Haven area and from around the state. Many thanks to those from Quinnipiac U and from CHHA who helped make this fair the great success it was.

We also owe thanks and Kudos to **Marie Menut, APRN**, and the universe, for saving the day! Just before our **January** branch meeting, the speaker's hospitalized father took a turn for the worse and she was forced to cancel last minute. By a sheer stroke of wonder, Marie was able to take over and the talk went on without a hitch. The title of her lecture was "Introduction to Sound and Touch Healing."

Mearah Marqua's lecture on "Sound and Vibrational Healing" will be rescheduled by the time you receive this newsletter. Please check your email and our website often for this and others meetings / lectures being planned for this Spring !

The Southwest Branch is off and running! This branch covers the area from Greenwich to Bridgeport and inland to include New Canaan, Wilton, Weston, Easton and so forth. To those new members living in those areas, please indicate SW branch on your membership form if you have an older form or are using the form in back of the last printed directory.

In **November**, **Jennifer Weiss, L.Ac.** talked about how Chinese Medicine may be used to enhance vitality, decrease stress, strengthen immunity and increase awareness of our environment and its effects on us. Her informative speech was titled "Acupuncture in the 21st Century: Striving for Balance."



In **January**, **Diana Gubbay, CCH, RSHom (NA), MFA**, enlightened us by discussing basic homeopathic principles and how homeopathy affects our vital force and therefore our immunity and vitality. Her talk was entitled "Classical Homeopathy: A Deep Approach to Healing." We also learned more about some advanced topics, such as "Herring's Law of Cure" and "homeopathic miasms."

In **February** we were delighted to hear about novel ways of "Managing Stress with Art" with art therapist **Tammy Nelson, MS, ATR, LADC, LPC**.

Our **March** talk with **Amala Guha, Ph.D., MPH, MA**, "Beyond the Atom: Ayurvedic Principles of Manas (Psyche)" described an interesting eastern view of body/mind/spirit.

As we move forward this **spring**, there are **many more exciting events planned for the Southwest branch**. These include a lecture entitled "Herbal Medicine and Other Naturopathic Approaches to Healing: A Directive for Nurses and Other Allied Health Professionals" with **Whitney Miller, ND** and an upcoming Energy Medicine Panel in May. Other very interesting activities are in the works. Stay tuned!

Please continue to check the CHHA website at www.cthha.org and your email for more details.

The Hartford Branch

CHHA Monthly Meetings are held on the *third Tuesday* of the month from 6:45--9:00 pm at Saint Francis Hospital. They are usually held in the Chawla Auditorium of the main Patient Care Towers at 114 Woodland Street with parking in the rear "high-rise." Sometimes they are presented across the street at the Health Enhancement Center where there is free parking in the rear. Please check cthha.org for specifics--or email.

In **January**, **Denise Wolf, RN**, delivered an outstanding presentation concerning "*Holistic Nursing and The Mind/Body Integration*." Her psychological insights into the presented case histories were well

done. She used a very contemporary computerized Power Point presentation. Future presenters are encouraged to try this program. Denise is an insightful speaker who also provided excellent printed information.

The **February** meeting followed the massive snowstorm limiting attendance. **Dr. Joxel Garcia, the Connecticut Commissioner of Public Health** spoke at great length on *Preventive Medicine in Connecticut*. He was forthright and encouraging to holistic practitioners. He advised us to become familiar with the state medical structures and to participate in healthcare activities as much as possible.

He was followed by **Linaya Hahn, LNC**, who discussed the importance of *Health and Full Spectrum Light*. She addressed issues such as the premenstrual syndrome and its relationship to light deficiency. Our president, Dr. Michael Basso, is also quite knowledgeable in this area and had a lively conversation going back and forth with Ms. Hahn.

In **March**, "The Art and Science of Energy Healing" was presented by **Dorothy Martin-Neville, MA**, the founder and director of the Connecticut-based Institute of Healing Arts and Sciences. Dot has always been--and still is-- popular with CHHA audiences!

Socializing and informal discussions are encouraged before and after the presentations. Typically, a light fare is served and usually "a good time is had by all!" For your own personal benefit--including both education and networking--your attendance is encouraged for these virtually *prize-winning presentations*. We cordially invite you to participate--in body, mind and spirit!

The Hartford Chapter would like to thank our president, Dr. Michael Basso, for his continuing support, guidance and participation in our CHHA branch development.

If you would *like* to be more involved, you may oversee the CHHA booth or the registration booth, sup-
see **CHHA, HARTFORD NEWS** p3

Editorial

Stresscare: The Environment Indiscriminate Cutting Of CT Trees

by Tom Laga, PhD
Nutrition-Fitness-Stresscare



I had planned to write about a different topic for this editorial. And I may be "preaching to the choir" on this one. But I really wonder how many people *know* the reason for trees in their lives and actually *feel* their presence. And I wonder what they are willing to do in their trees' defense? Let me share a true story with you--*not* "ripped from the headlines."

About two weeks ago, a representative from our "electric company," Connecticut Light And Power [CL&P], knocked at the front door of our 1890 Victorian house here on historic Federal Hill in Bristol. Inviting her out of the cold, I chatted with her in the hallway. "CL&P would like permission to have our subcontractor, Asplundh Tree Service, prune the 2 maple trees in front of your house."

I replied: "I haven't seen any evidence in Bristol --or in any other city-- that Asplundh knows the definition of pruning. At age 12, long before I became an Eagle Scout, Bill Cormier of Adeline Avenue taught me the art or craft of pruning trees--in the trees' best interest. Why didn't anyone teach Asplundh what I learned exactly 50 years ago? Why do they butcher trees?"

"Dr Laga," she said, "They don't butcher trees.... I assure you that I am a college-trained, professional, environmentalist specializing in trees and I would supervise the 3' by 7' cutting here as I have in other neighborhoods."

"So you admit that you are responsible for the massacre of many maples on West Washington Street? You didn't replant after you ruined that once-beautiful, tree-lined street. And now you want to cut a 3 foot by 7 foot gap in my 2 trees for the sake of wires--rather than prune *just enough* for the wires?"

"Yes sir. But they're only trees."

"Young lady: do you have ANY idea what these trees do for me and my wife? They clean the air by absorbing car exhaust; they keep our house cool for about 6 months of the year and they help absorb the sound of ambulances, police cars and other noises keeping them from our streetside bedroom. We *need* them."

"Dr Laga: May we have your permission? Everyone else has granted it on this street."

I couldn't back down. "Until you teach this company how to PRUNE trees and with me supervising the cuts, the answer is no. I sincerely hope that you'll change your procedures." She left and never called again....

And while I sit here typing this story for our newsletter, CL&P's tree service company is butchering one fourth to one third of a hundred year old tree next door to me. Why? Because the 5 dentists--who don't live in that house/dental office--probably told CL&P "to do what they need to do" in order to "protect" their wires. The once beautiful tree is now very asymmetrical and may possibly

uproot itself due to this imbalance.

It will clean a lot less air, its fewer leaves will absorb a lot less sound for the 95 year old lady who lives in the house [and for me next door] and it will provide a lot less shade. But hey! What the hell. "It's ONLY a tree."

Do the planet a favor. When CL&P comes to your front door, tell them that you're not going to take it any more! Don't let them butcher any more trees. Give them permission to PRUNE a small opening for their wires--under YOUR supervision. Otherwise, refuse them. They really need to learn to respect Mother Earth and her bounty of beautiful, beneficial branches.

CHHA, HARTFORD NEWS continued

ply name tags, place posters, etc. at the **Saint Francis Hospital Health Fair** from 8:30 am to 4 pm on Saturday **April 26th**. This Fair IS our April meeting

To demonstrate your skills and represent CHHA, there is a "**Senior Expo**" in East Hartford **May 13th** (contact Lillian Rosenthal at 860-291-7291).

Those interested can sign up for the Town of West Hartford **Tag Sale** Saturday **May 17th**. Call 860-233-6676.

During our monthly meeting in **May [5/20]** we'll all enjoy a lecture on **homeopathy**--not naturopathy.

Then in mid **June**, we'll all be ready for our statewide **Annual Dinner Meeting**. If all goes as planned, the presenter will be a humorous speaker. All members will be notified by email AND postal mail. It looks like the date will be Friday the 13th!!!

The Danbury Branch

At our January meeting, the editor of The New Times spoke to us on "How To Get Your Business Written Up In The Newspaper." It was very informative and enjoyable.

At the February and March meetings, we began with the excitement of planning the first CHHA, Danbury Health Fair in conjunction with Western Connecticut State University. WestConn is a great place for our monthly meetings. This Health Fair is scheduled for 10 am to 4 pm on May 10, 2003. We are happy to report that plans are running smoothly.

Our next networking meeting will be Tuesday April 15. Nancy Rosaoff, author of *Intuition For Dummies* and *Intuition Workout* will speak. On Tuesday, June 10, author Alan Seale will lecture on "Soul Vision, Life Mission."

We look forward to the promise of spring. Breathe peace. Love, Irene Mardal, Danbury Co-Director.

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"Studies show that computer users don't get enough exercise, so we've made our mouse larger and harder to push."

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The Diet Dynasties VS Metabolic Individuality

by Tom Laga, PhD

When I first became involved in nutrition counseling, **Adelle Davis**, America's most popular nutritionist had just revised [1970] **Let's Eat Right To Keep Fit** written in 1954. The overview was whole foods [with supplements as necessary] emphasizing high protein, high fat and moderate carbohydrate.

In 1974, **Nathan Pritikin**--with Leonard and Hofer--published **Live Longer Now**, a "breakthrough in humankind's continual quest to extend its lifespan" via diet and exercise. The dietary components were 10% protein, 10% fat and 80% *complex carbohydrate--legumes, whole grains, vegetables and fruit*. Unfortunately, unroasted, unsalted nuts and seeds, the best sources of good fat [outside of fish]] were excluded.

In 1977, in a book titled **Fit Or Fat, Covert Bailey**, MS confirmed the low fat theories of Pritikin and declared war on fat--the percentage of it on your body and the dietary percentage you put in your mouth!

Bailey continually emphasized the role of aerobic exercise and how you might be getting fatter [body fat percentage] versus the weight which the scale showed.

After reading his book and hearing him lecture, I never again used the terms overweight and underweight! Even today, I use a scale which measures body fat percentage!

The Heirs Apparent

The heir apparent to the Davis dynasty of high protein, high fat, low carbs is **Robert Atkins, MD** author of **Dr Atkins NEW Diet Revolution** [1992, revised 2002] and nine other books.

The heir apparent to the Pritikin and Bailey extremely low fat with towering complex carbohydrates is **Dean Ornish, MD** who wrote **Eat More, Weigh Less** and other books--one on reversing heart disease.

In between the two extremes represented by Dr Atkins and Dr Ornish is **Barry Sears, PhD** who wrote **The Zone**--and other books focused on "zone" technology. Dr Sears tries to control insulin, keeping this hormone in a tight zone. Why? Elevated insulin makes you fat and keeps you fat.

Metabolic Individuality

But in spite of the gurus who vigorously argue their viewpoints, there are some voices in the wilderness who cry out the case for biochemical or metabolic individuality. They say that the percentages of protein, fat and carbohydrate are based on your metabolism--the rate at which and how-- you "burn" your food. That leads to a lot of variables.

One lab I've used for my patients determines whether a person is a fast or slow metabolizer--with each category having 3 subcategories. The food recommendations and approximate percentages of protein, fat and carbohydrate are based on the results of a tissue mineral analysis.

CHHA ANNUAL AWARDS

Joxel Garcia, M.D., Connecticut Commissioner of Public Health, received the annual CHHA Award for **Excellence in Preventive Medicine**. Congratulations to Dr Garcia who presented a stimulating and challenging lecture to members of the Connecticut Holistic Health Association at St Francis Hospital and Medical Center, Hartford in February.

Deborah Lacy, an outstanding student at the **University of Connecticut Medical School**, received the annual CHHA Award For Excellence in Holistic Medicine Research. Keep up the good work, Deborah!

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