

CHHA

The Newsletter of the Connecticut Holistic Health Association, Inc.
Integrating Body-Mind-Spirit Healthcare with Conventional Medicine

Vol. 6, No. 1

www.cthha.org

Winter 2003

Creating Healthy And Productive Partnerships Within and Outside of CHHA

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

Wow! It has been an interesting balancing act being the president of CHHA in this time of growth and transition. This is one of the most diverse and interesting organizations in which I've ever been involved. Our members include traditional healers, holistic nurses, physicians and dentists, psychotherapists, experts in fitness, nutrition, stress management, business leaders, educators, healthcare administrators and many others. Each subgroup has differing needs and viewpoints. My job is to reach a state of balance between productive growth and healthy relationships, within and external to the organization.

As CHHA becomes more ingrained into the mindset and culture of Connecticut's Holistic Health Community, it is important not only to maintain our autonomy and independence, but also to nurture and develop relationships and partnerships with like-minded folk throughout the state and in some cases even beyond the Connecticut border.

Emerging relationships of significance for CHHA include not only those with conventional healthcare, academia, industry and government agencies, but also among ourselves. In order to build and nurture these relationships, many initiatives are under consideration and in process, including ways to better understand member needs.

A needs assessment survey has been developed to better understand the holistic health and business topics which interest us most. With this information we may best assure that CHHA lectures, conferences, newsletter topics and online information are geared to member needs. More opportunities to share information, work and play together [and with others outside of CHHA] will soon be available.

Among the emerging opportunities are re-

gional practitioner shares, online member newsgroups, a new and exciting venue of ongoing regional talks, large scale CHHA healthfairs and conferences.

CHHA-wide healthfairs are among the best ways to get members together, connect with the community, learn from others and do all these things simultaneously. On February 15th we will be leading and co-sponsoring our first statewide healthfair at Quinnipiac University. We are planning to have 12 or more speakers and at least 36 practitioners, representing a variety of holistic health topics and modalities. Several will be from CHHA and others from QU's health science division. This important milestone will support a model of "healthy partnership," cooperation and collaboration. CHHA members may have tables there, at no cost, as a member benefit.

There are several other statewide healthfairs in the works including one in cooperation with St. Francis hospital in the Hartford area, scheduled for April 26th. Another is being planned for the Danbury area. Additional fairs are also being considered.

My recommendation to the board is that CHHA deliver one or two large scale healthfairs per year in each of the major areas of the state where CHHA branches are located. These fairs will provide unprecedented opportunities for members.

We have been invited to collaborate with the Connecticut Hospital Association [CHA] in co-delivering what is becoming an annual spring integrative medicine conference. This year's conference will be broad in scope and is sure to be exciting for all. The event is planned for April 15th and will be held at a hotel in the Wallingford area to accommodate the large group of attendees anticipated, including CHHA and CHA members, representatives from all the state's hospitals and a wide array of practitioners. CHHA members will receive a \$25 admission discount. More information will be available within the next several weeks, including a listing on our website and an email distribution.

(See PARTNERSHIPS Cont'd on page 4)

CHHA Branch Reports: Good Things Are Coming!

In October of last year, **the St Francis Hospital Integrative Medicine Series**--- co-ordinated by **Sharon O'Brien**-- was truly outstanding. "Headliners" such as **Gerald Jampolsky, MD** spoke on forgiveness and **Margie Levine** spoke on "surviving cancer" [also the title of her book on this subject].

Thanks to the generosity of The Alternative Medical Institute via **Dr Rob Silverstein**, **Dr Tom Laga** gave a tee shirt to anyone who would sign his/her name and address on a CHHA form. The form requested membership information. Dr Tom is Chair of the Hartford Branch Education Committee.

Increasing our membership is still an important goal locally and statewide. The CHHA monthly membership programs [also open to the public for \$10] will continue in January {See details below.}

The presentation {10/22/02} by **Rob Silvestein, MD** addressed the holistic aspects of the immune system. The lecture [11/19/02] by **Tom Laga, PhD** was a humorous "lecture" on our identity, the heart of which is contained in this month's editorial.

Since monthly meeting attendance has declined recently, we would like to "hear" from the CHHA, Hartford Branch members. What would bring you to these meetings which offer refreshments, networking and presentations? Please let us know.

Ask yourself how you can serve the membership and how this organization can best serve your needs.

Hartford Branch Meetings in Winter

CHHA Hartford and New Haven are invited to attend a **"Holidaze Party" from 6-9:30**

pm on January 10th at the Rocky Hill Marriot. If you're attending, you need to state your dinner preference. Would you prefer: 1. Brown Rice, Veggies and Fish or Brown Rice, Veggies and Beans? Please email president@cthha.org or postal mail CHHA, PO Box 270477, West Hartford, CT 06127.

CHHA has secured the Chawla Auditorium for our **Hartford Branch meetings at St Francis Hospital** [in Hartford] for the next several months on the **third Tuesday of the month.**

You may want to mark the following on your master calendar or in your datebook. Circle them in red!

In January, Denise Wolf, MSN will present "The Art And Science of Holistic Nursing With Practical Applications For Home And Selfcare."

In February, Linaya Hahn, LNC talks about "The Importance Of Light In Prevention, Performance and Holistic Healthcare."

In March, Dottie Neville, MSN lectures on "The Art And Science Of Energy Medicine For Professionals And Laypeople."

Because things beyond our control sometimes happen between our newsletter deadlines and the scheduled event, we ask you to **check our website www.cthha.org and/or read your email faithfully** --especially those emails from CHHA which will be distributed regularly.

New Haven Branch Meetings

The New Haven branch is surging with holistic energy! There has been a high interest in programs and support in

the area of holistic healing. The October meeting with **Leonard Fourhawks** was a huge success. His talk about Native American Medicine and spirit was enlightening and stimulating.

He allowed the audience members to take their own personal journey to the spirit world to experience their essence.

In November, **Kim Davis, ND** spoke about naturopathic approaches to stress management. Her novel and useful approaches were most welcomed by the audience in these times of high stress and overwhelm.

Upcoming Events New Haven

Dates and times will be announced on www.cthha.org and via email distribution. So be sure to read your email!

In January, Mearah Marqua presents "Vibrational Healing And The Human Energy Field."

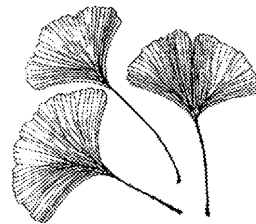
In February, a Holistic Health Fair is planned at Quinipiac University. There is still space for additional

members or practitioners to set up a table to display their process or product or set up a demo area-- e.g. massage therapy.

This big health fair is an excellent way to promote your business or your modality. If you're interested in the possibilities, **please contact Todd Angelucci:** Toddangelucci@aol.com or President Basso: president@cthha.org.

In March, Barbara Schafer, MSN presents "Energy Medicine Modalities With Applications For Selfcare And Professional Settings."

...



Editorial

Who Are We?

Would A Rose By Any Other Name...

Editorial by Tom Laga, PhD

In my first editorial, I'd like you to know that I've written and edited a variety of newsletters, articles, special reports and booklets in my 28 years in holistic healthcare and wellness education.... You can read the details under the heading "Media" by visiting: www.drmlaga.com.

I'd also like you to know that I'm a stickler for the denotation {dictionary definition} and the connotation of words. As the imprisoned Sir [and Saint] Thomas More once said about a document from the king: "It will mean what the words say it means." {A Man For All Seasons by Robert Bolt}

With that statement in mind, I want to tell you what bothers me about the inaccurate writing of people who should know better and care more about saying what they mean and meaning what they say.

An example of word abuse [and therefore confusion] is discovered in the words which describe our field. Let's start with the term Complementary Medicine as coined about 20 years ago by Dr Jeff Bland, a PhD nutritionist who founded a company called Health Comm in Gig Harbor, WA.

Working with a variety of doctors {MDs, DOs, DCs, NDs, PhDs}, Dr Bland noted the barriers between conventional, allopathic physicians {mostly MDs} and "everyone else." He reasoned that we should extract the best from all specialties and have them complement each other. Hence the term: Complementary Medicine {and Complementary Healthcare}.

Meanwhile, Dr Andrew Weil {no relation to Dr Mean} expressed dismay about the word complementary because it sounded free! He wanted to integrate the specialties. So he coined the term: Integrative Medicine. Dr Weil heads the Integrative Medicine Program at the School Of Medicine at the University Of Arizona in Tucson. Note that both Hartford Hospital and St Francis Hospital have programs in Integrative Medicine in which some of you participate.

So Integrative {or Complementary} Medicine integrates the best of Conventional Allopathic Medicine {drugs, surgery, radiation, emergencies/trauma} with Alternative Medicine--meaning specific alternatives TO conventional medicine. There are three primary examples.

1. **Preventive Medicine:** Conventional preventive medicine deals with vaccines, shots, etc. Alternative preventive medicine focuses on the whole person. A great local example is the work

of Rob Silverstein, MD in Hartford, a CHHA member serving on our Board Of Directors.

2. **[w]Holistic Medicine** states that the whole is greater than the sum of its parts. Try to remember that holistic means BodyMindSpirit. I feel that this is the best term among those mentioned here because it is the most specific and the most meaningful.

3. **Traditional Medicine** encompasses the known, great traditions before the advent of Conventional Medicine. E.g.: Ayurveda, Chinese, Native American, etc. Never say "traditional" when you mean conventional --an often cited mistake.

Even the **NIH's** Office Of Complementary and Alternative Medicine [**CAM**] is a misnomer because CAM is researching the effectiveness of alternatives to conventional medicine.

For similar reasons, **UConn's** Complementary, Alternative, Integrative Medicine group [**CAIM**] should choose Integrative as its designation--a good tie to both Hartford and St Francis Hospitals. Otherwise the CAIM designation seems indecisive--as if the three words of Complementary, Alternative, Integrative are there to be all-inclusive.

Personally, I'm glad that our organization chose--and stayed with--the word [w]holistic which will always convey the concept of BodyMindSpirit.

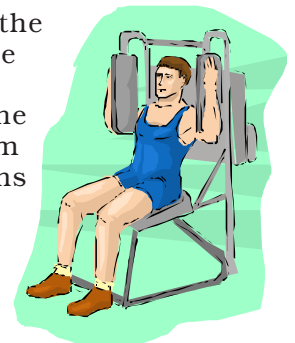
Bodyfat vs Bodyweight: Does It Really Matter? Yes! or No!

It really irks me [Dr Tom] when health and medical practitioners discuss over-weight [relatively meaningless term] instead of over-fat which is quite meaningful in terms of a patient's health status.

It also motivates the next logical question: "What is his bodyfat percentage?" "Oh! 24%? So let's set a goal of reducing that to 18% in about 6 months via a Personal Wellness Program. Let's start with 40/30/30 fat-burning foods, supplements, stress management training and exercise--flexibility, endurance and strength building. Weekly consultations and, if possible, a weekly group meeting would be ideal for the patient's progress."

Now the patient knows the problem, the solution and the expectations. He is being treated as a whole person--the whole is greater than the sum of the parts. [w]Holistic means BodyMindSpirit--indivisible. All of that "good stuff" came about just because the right word was selected!

...



Officers:**President**

Michael Basso, MBA, PhD

Vice President

Jeanne Zuzel, RN, BS

Secretary

Open

Treasurer

Jon Roe

Directors:

Todd Angelucci, RN

Norton Berkowitz, PhD

Kimberly Davis, ND

Dory Dzinski, CSH

Laura Dzurec, PhD, RN

Mike Goupil, DDS, MBA

Cris Jacobs, MBA, CET

Irene Mardal, MT

Carolyn Parrs, BS

Marcia Rothwell, RN

Barbara Schafer, MSN

Eric Secor, ND

Robert Silverstein, MD

Committees:

Conference - Open

Directory - E. Swearsky

Education - Tom Laga

Grants - Norton Berkowitz

Membership - Jon Roe

Newsletter - Tom Laga

Programs:

Danbury - I. Mardal

Hartford - M. Rothwell

New Haven - T. Angelucci

Public Relations - Open

Website - Deron Ash

(PARTNERSHIPS Cont'd from page 1)

The possibility of delivering another CHHA conference in June or over the summer is doable and is being considered. To be sure that we cover the topics in which you are most interested, please be sure to get your needs surveys back to us ASAP.

Hope to see you at our Winter Celebration on January 10th at the Rocky Hill Marriott. Please visit our website often for more information on this event and about other CHHA activities. Creating Healthy and Productive Partnerships" {Part 2} will follow in our next newsletter.

Yours in Spirit, Michael

Danbury Branch Meetings & News

The Danbury Chapter started this fall monthly meetings with national speakers. The networking meetings began at the Danbury Library, and we are now having them at the Brookfield Commons. With speakers from the National Speakers Association, we were very happy with the presentations: Jon Barb, "Doing What Works," Judy Bush, Ventriloquist of the Year, "Self Care" and Jeremy Nash "The Networking Game."

Our "birth" as the "Alliance for Wellness" four years ago was started by Dr. Jules Sanna. His vision and commitment has brought us together, and although we are happy for him on his retirement, we will miss him in our group. Dr. Sanna will be working with Dr. Tom Worden (Danbury area chiropractor for 20 years) who has taken over the corporate contact position. Another original member of the Alliance has changed her involvement. Beth Martin, our treasurer, will continue as a member, but not on our board. She is very busy with family and her growing business. Roxane Slaughter, Certified Feng Shui Practitioner, will be taking over for Beth at our monthly Board Meetings.

We are looking forward to the new year. Our next networking meeting will be in February 2003 at the Brookfield Commons. The Editor of the Danbury News Times will be presenting "How to get your business in the paper." One of our goals is to produce a Health Fair for the public in the spring.

With each month, we are fine tuning our organization, and increasing our openness to creativity. The new year is full of possibilities and we are all very excited to be moving forward. Warm wishes for healthy holidays and a peaceful new year. Breathe Peace. Irene Mardal, Danbury Branch Co-Director.

Our Newsletter's Future

About 90% of our membership is on line and capable of receiving this newsletter electronically probably sent in PDF format. About 10% of our membership is not on line and prefers the printed copy to arrive via the Postal Service. In order to save the association money to be spent on other events such as top-notch speakers and bigger or more frequent health fairs, should we email the newsletter to the 90% online...and continue to postal mail it to the other 10%? What do you think/feel? **Please send your response to:** CHAA, P.O. Box 270477 West Hartford, CT 06127 or email it to: President@cthha.org.

CT Holistic Health Assoc., Inc.

P. O. Box 270477

West Hartford, CT 06127-0477

(860) 258-6010

Return Service Requested

PRSR STD
U.S. POSTAGE
PAID

VERNON, CT 06066
PERMIT NO. 59