



Jan - May

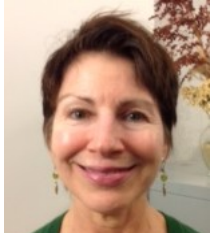
2014

Integrative Health Newsletter

Complementary and Alternative Medicine
302-645-3528

Beebe Healthcare
424 Savannah Road
Lewes, DE 19958

Body and Soul Seminars Breathe - Eat - Move - Pray - Laugh - Love



Roseanne Schneider



Kelly Grant



Susan Drake



Dotty Domingue



Lynn Davis



Cheyenne Luzader



Uday Jani, MD



Keith Goheen

Join us for the Body and Soul Seminars!

We have a talented list of speakers to give us a new perspective on the basics of living healthy lives. Breathing, eating and movement nourish the body while prayer, laughter and love feed the soul.

Breathing Meditations - Roseanne Schneider

Anti-Inflammatory Eating to Prevent and Reverse Disease - Kelly Grant

Superfoods: Beans and Grains - Susan Drake

Five Treasures Qigong - Dotty Domingue

MELT Hand and Foot Treatment - Lynn Davis

Spirituality and Medicine - Uday Jani, MD

Healthy Prayer - Chaplain Keith Goheen

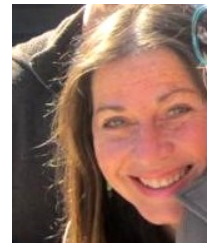
Love the Earth with Laughter Yoga - Cheyenne Luzader

Lessons of Love From the Near-Death Experience - Jayne Smith

Path of Joyous Expectation: Coping with Illness - Deborah Dobias



Jayne Smith

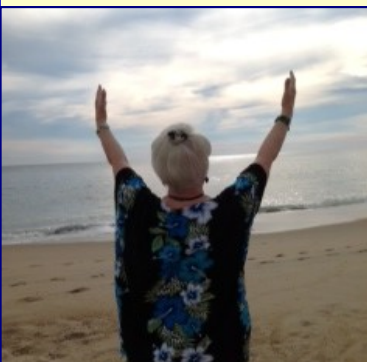


Deborah Dobias

(See page 2 for descriptions and page 3 for the calendar)

Laugh and Love the Earth - Earth Day April 22

Earth Day 2014, Cheyenne Luzader, IH Coordinator and certified Laughter Yoga leader will offer a special Laughter Yoga class celebrating the earth and nature. *(See calendar page 3)* No need to wait for a special day. Go outside, touch the earth and rejoice in the beauty of nature. A new study by Chevalier, Sinatra, Oschman, and Delany in the Journal of Alternative and Complementary Medicine seems to indicate that "grounding" or "earthing" increases the surface charge on red blood cells. This reduces blood thickness and clumping thus reducing cardiovascular risk.



Could it be, with such a high level of heart disease in the US, that our hearts are trying to tell us something? So, take off your shoes and walk or sit in the sand, grass or any conductive surface for half an hour. Leather-soled shoes are conductive, rubber doesn't work. Experience the healing energy of the earth. Notice if your mood, stress, pain or sleep has improved.

Earthing (Grounding) the Human Body Reduces Blood Viscosity—a Major Factor in Cardiovascular Disease
<http://online.liebertpub.com/doi/full/10.1089/acm.2011.0820>

Call 302 645-3528 for Info About Our Other Services:

- Stress-less Surgery
- Inpatient Massage
- Inpatient Acupuncture
- Chiropractic Consultation
- Herb Information
- Stress / Pain Management
- Aromatherapy
- Reiki / Therapeutic Touch
- Guided Imagery
- Acupressure
- Biofeedback
- Music for Recovery
- Audio / Video Library
- Qigong

Qigong: Five Treasures - Dotty Domingue

Dotty Domingue teaches **Qi Gong**, a gentle Chinese practice of aligning breath, movement, and awareness, used for exercise and healing. Its roots are in Chinese medicine and martial arts. It can be practiced standing or sitting. Dotty's teacher is Master Chan Zhang from China. Dotty will repeat Five treasures each month for extra practice. Students may attend any or all sessions. A DVD is available for at-home practice between sessions.

Anti-Inflammatory Eating to Prevent and Reverse Disease - Kelly Grant, RD, NC

Kelly is a healthy eating coach and natural food chef. Kelly, through her nutrition, was able to successfully reverse her own autoimmune disease and remains medication free. She was a former nutritionist at the world renowned health resort Canyon Ranch and is currently the owner of her own business, where she helps thousands of people live healthier lives!

Relieve Pain with MELT Hand & Foot Treatment - Lynn Davis

Join MELT Method Instructor Lynn Davis for an introduction to the **MELT Hand & Foot Treatment**, a simple technique for rehydrating connective tissue in hands and feet that may aid in reducing pain. Lynn was certified as a MELT Method HAND and FOOT Instructor in 2013 by Sue Hitzman, the creator of the MELT Method.

Breathing Meditation for Pain & Stress - Roseanne Schneider, LPT

Roseann is a physical therapist at Beebe Healthcare and certified yoga instructor. She will guide the group through several breathing meditations found in Dr. Andrew Weil's CD, Meditation for Optimum Health. Dr. Weil is a practicing physician, bestselling author and teacher of natural methods to improve health and well-being.

Superfoods: Beans and Grains - Susan Drake

Susan will host the demonstration class and present delicious ways to prepare grains, beans, and other vegetarian-based, oil free goodies for you to taste and enjoy. Susan is Lead Shopkeeper at Root Gourmet Restaurant, 19724 Coastal Highway, Rehoboth. Class is held at the restaurant. Seating limited.

Path of Joyous Expectation: Coping With Illness - Deborah Dobias

Deborah shares her heart-lifting spiritual journey through the illness and death of a loved one followed by her own challenging illness. She inspires us with her optimism and kind assertiveness while giving us insights on how to better communicate with our healthcare providers to get what we need. Deborah is a holistic practitioner in Lewes.

Medicine and Spirituality - Uday Jani, MD

Dr. Jani will explore the role of spirituality in medicine. Dr. Jani was born in India and completed his medical residency there. He is in private practice at Shore View Medical in Milton specializing in internal medicine and integrative medicine.

Healthy Prayer - Rev. Keith Goheen

Keith Goheen will explore the relationship between spiritual and physical wellness and the role of prayer. He works daily with people from various cultures and beliefs. Rev. Goheen is the Chaplain at Beebe Healthcare.

Lessons of Love From A Near Death Experience - Jayne Smith

Jayne Smith shares insights for living and loving gained from a near death experience in 1952 while giving birth to her second child. She is a member of the International Association for Near Death Studies (www.iands.org) and has been active in consciousness raising studies and speaking. She has been a guest on Oprah Winfrey, CBS Morning News, Charlie Rose Show and People Are Talking.

Love the Earth with Laughter Yoga - Cheyenne Luzader, MS, IH Coordinator

Cheyenne is a Certified Laughter Yoga Leader, Certified teacher of MBSR, Adjunct Professor of Native American studies. In Laughter Yoga, she shares the teachings of Dr. Kataria of India and leads the group in several approaches to therapeutic laughter with special exercises to celebrate Earth Day.

INTEGRATIVE HEALTH 2014 SPRING CALENDAR

Page 3

Classes are free unless stated. Call class location to register :
Cancer Support Community (CSC) (formerly Wellness Community) - 645-9150
3rd fl, Medical Arts Building, Rt 24, 18947 John J Williams Highway , Lewes
Epworth Methodist Church (EMC) - 227-7743 x107 19285 Holland Glade Rd, Rehoboth
Root Gourmet 727-5664, 19724 Coastal Highway, Rehoboth Beach
Lewes Public Library 645-2733, 2nd fl., 111 Adams Avenue, Lewes
Call IH for further information - 302 -645-3528

January

Once a month

Tue

3-4 pm

Qigong: Five Treasures - Dotty Domingue

Jan 21, Feb 18, Mar 18, Apr 15, May 20

Epworth Methodist Church - **645-3528**

28 Tue

3-4 pm

Anti-Inflammatory Eating to Prevent and Reverse Disease - Kelly Grant, RD, NC

Cancer Support Community - **645-9150**

February

4 Tue

3-4 pm

Relieve Pain with MELT Hand & Foot Treatment - Lynn Davis

Cancer Support Community - **645-9150**

11 Tue

3-4:30 pm

Breathing Meditation for Pain & Stress - Roseanne Schneider, LPT

Cancer Support Community - **645-9150**

26 Wed

3-4 pm

Superfoods: Beans and Grains - Susan Drake, Lead Shopkeeper

Root Gourmet Restaurant (see page 2) - **727-5664**

March

4 Tue

3-4 pm

Path of Joyous Expectation - Deborah Dobias

Cancer Support Community - **645-9150**

April

2 Wed

3-4 pm

Medicine and Spirituality - Uday Jani, MD

Lewes Public Library - Register online <http://tinyurl.com/medicine-and-spirituality>

22 Tue

3-4 pm

Love the Earth with Laughter Yoga - Cheyenne Luzader, MS,

Certified Laughter Yoga Leader

Lewes Public Library - Register online <http://tinyurl.com/love-earth-laughter-yoga>

29 Tue

3-4 pm

Healthy Prayer - Rev. Keith Goheen

Beebe South Conference Room, Lewes - **645-3528**

May

7 Wed

3-4 pm

Love: Lessons From The Near Death Experience - Jayne Smith

Lewes Public Library-Register online <http://tinyurl.com/lessons-from-near-death-experi>

Healthy Eating Perspectives: Seeds

People who are trying to eat a healthy diet often forget about the potential benefit of including seeds in their meals. Seeds come in all sizes, shapes, and colors, but technically they are simply the embryo of a plant coated by a protective layer.

Flax: Flax seed and ground flaxseed meal can be found at supermarkets and health food stores. Flaxseed contains a great deal of fiber, which may be good for lowering cholesterol. "A 2009 review of the clinical research found that cholesterol-lowering effects of flax were most apparent in postmenopausal women and in people with high initial cholesterol concentrations" (<http://nccam.nih.gov/health/flaxseed/ataglance.htm>). In another small trial, dietary flaxseed had a strong blood pressure lowering effect. The findings were somewhat limited, but increasing flaxseed consumption is inexpensive and has limited negative side effects. (NEJM Journal Watch 12/12/13 December 9, 2013)

Chia "Chia is gaining attention for its wide range of cardiovascular benefits, including anti-inflammation properties. A study at the University of Toronto showed that regular intake of chia lowered blood pressure, improved coagulation factors and reduced inflammation. Other research showed chia can also reduce LDL cholesterol levels and triglycerides." Chia is a rich source of omega 3 fatty acids, which makes it a super antioxidant shown to benefit a healthy inflammatory response and improved cardiovascular, brain and immune system support (<http://www.nutraceuticalsworld.com/issues/2013-10/>)

Quinoa - The High Protein Superfood

The year 2013 was named by the United Nations as the "International Year of Quinoa". Quinoa (keen-wah) is a seed, not a grain, and it originates in the Andean region of South America (www.un.org/News/Press/docs/2013/ga11341.doc.htm). Quinoa contains all the essential amino acids, trace elements and vitamins, but no gluten. Its protein content is "higher than brown rice, potatoes, barley, and millet" (<http://en.wikipedia.org/wiki/Quinoa>). Quinoa is versatile: it can be used in soups, stuffed mushroom caps, cold pilaf salads, or as a hot cereal.

For more information and recipes go to Cooking with quinoa: <http://www.cookinglight.com/food/recipe-finder/cooking-with-quinoa-00412000073996/>

Have A Question About Herbs Or Supplements?

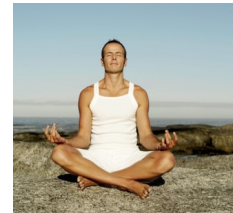
Call our Herb Information Specialist
302 645-3528

Explore Our Herbal Website:
www.beebemed.org
Go to the Integrative Health page link to [naturaldatabase](#)

302 645-3528
IH Consultations Available by Appointment for:
Stress-Less Surgery
Stress Management
Pain Management

Beebe Auxiliary Gift Shop
Now selling CDs, DVDs *and more*

Yoga
Qigong
Meditation
Sleep
Pain
Relaxation



Insurance Coverage for Licensed CAM Practitioners

For years people have asked "Why is my state licensed chiropractor, massage therapist, acupuncturist or acupuncture detox specialist not covered by insurance?" Times are changing! As of January 1, 2014, PHSA Section 2706 of the Affordable Care Act prohibits discrimination against health care providers acting within the scope of their license and state laws. <http://www.dpc.senate.gov/healthreformbill/healthbill05.pdf>

Two insurance companies, Aetna and Blue Cross/Blue Shield (for federal employees) are already changing coverage. <http://www.forbes.com/sites/teconomy/2014/01/10/aetna-ceo-embraces-alternative-healthcare/> and <http://www.chiroeco.com/chiropractic/news/14751/52/aca-ddvocacy-results-in-dcs-expansion-of-coverage-under-bcbs-federal-employees-plan/>

Check with your insurer for changes!

The E-mail Newsletter Is Here

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For people who don't use the computer, we will still mail the newsletters.