

# Integrative Health Newsletter

Complementary and  
Alternative Medicine  
302-645-3528

Beebe Healthcare  
424 Savannah Road  
Lewes, DE 19958

## Dr. Uday Jani Teaches Two New Classes

Dr. Uday Jani completed his Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine created by Andrew Weil, MD in 2000. Dr. Jani is the first primary care physician in Delaware to complete the program.



Uday Jani & Andrew Weil

Integrative Medicine is healing-oriented medicine that takes into account the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative. Since the completion of his fellowship, Dr. Jani has taught many classes on various topics.

This spring, he will be introducing two new talks:

**Functional Medicine** addresses the underlying causes of disease, using a systems- oriented approach and engaging both patient and practitioner in a therapeutic partnership.

**Natural Detoxing for Health** teaches natural methods to rid the body of toxins.

Join Dr. Jani for these informative sessions. See page 3 for details.

## Intuition and Health



Anna Toyna

Are you listening to your own intuition? Anna Toyna will help you learn how to enhance your intuition for wellness.

Anna has been working in the field of mind research since the early 70s. Using the parapsychology studies done at Duke University, Anna went on to obtain a degree in psychology and Art Therapy.

As one of the first graduates of the Edgar Cayce Foundation, ARE "Intuitive Intensive Training," Anna worked with Carol Ann Liaros of Project Blind Awareness and Henry Reed, PhD, of Princeton University.

While pursuing advanced training with Carolyn Myss, Anna has become one of about 200 Medical Intuitives practicing in the country today.

Anna has been writing a column for Health Quest, a local newspaper for about 4 years and has recently been published in two other papers by the same publisher.

She has appeared on television and has hosted her own radio program on Libertyworks Radio Networks™ nationwide and WCBM™ in Baltimore and in 1995 founded Health Line Consultants, Inc.™

See page 3 for details.



Integrative Health  
1997-2016

## The Sound of Healing for Earth Day - April 22

Celebrate Earth Day with a sound healing meditation connecting with earth, water, wind and fire. While we invest in personal healing, we often give little thought to the healing of nature, the planet and all its inhabitants. Join Cheyenne Luzader and Joshua Vervin for an evening of meditation, imagery, music and sound healing.

Cheyenne is a certified meditation teacher and sound healer. She leads a monthly healing circle inspired by a spiritual healing experience in the abbey on the Scottish Isle of Iona over 20 years ago.

She is featured on a guided imagery for stress CD with musician Kevin Roth which is available on the web.



Joshua & Cheyenne

Joshua, an Eastern Shore native, is a professional Hollywood film composer, screenwriter, published author, member of the National Recording Academy of Arts and Sciences, and a proud member of THE GRAMMY AWARDS. He is a two-time featured classical violinist with the Baltimore Symphony Orchestra. His latest music operatic project THE GIFT was on the 2015 Grammy Awards Voting ballot.

He has worked as a professional remix collaborator with Indaba Music and Disney for the film, Tron Legacy, as well as being a featured voice in the score to the film Batman: The Dark Knight Rises.

This event is free of charge. See page 3 for details and registration.

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

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