



302- 645-3528

Integrative Health Newsletter

Integrative Health
Beebe Medical Center
424 Savannah Road
Lewes, DE 19958

2012
Jan - May

Exercise Your Brain For A Sharp Memory

Stay active and follow these tips from our Integrative Health volunteers (left to right) Marsh Zellhoefer, Jayne Smith and Phyllis Kelly to keep your memory sharp:



- Volunteer! Your help is needed.
- De-stress with music, meditation, guided imagery and laughter.
- Exercise with tai chi, qigong, yoga, walking, biking, swimming and dancing.

The labyrinth at St. Peter's church on Second Street in Lewes is always open for walking meditation.

- Watch your nutrition - be sure to get at least three veggies and two fruits a day.
 - Touch and be touched. Give hugs, pet animals, get a massage or a manicure. Also, many churches have laying-on-of-hands healing services.
 - Drug interactions can dull your senses. Check with your doctor or pharmacist.
 - Tease your brain with puzzles, games or a non-credit class.
- Check out <http://www.doctoroz.com/videos/exercise-your-mind>

And don't forget to sign up for our classes on page 3.

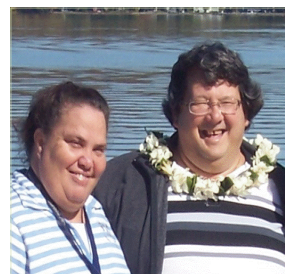
Luzader Licensed As Acupuncture Detoxification Specialist



Cheyenne Luzader, MS, ADS, has been granted a DE license to practice acupuncture detoxification for chemical additions in accordance with the new laws adopted by legislature last year. Acupuncture detoxification (consisting of five needles in the ear) has been practiced in Delaware for more than fifteen years but now requires practitioners to have a license. Luzader has been practicing since 2005. Acudetox is helpful in the treatment of drug and smoking addiction.

Hawaiian Lomilomi Four Day Intensive - May 3-6

This four day workshop intensive is taught by Harry Uhane Jim, author of *Wise Secrets of Aloha*, and his wife Sila. Harry's popular workshops focus on the spiritual aspects of Hawaiian healing and are excellent for nurses, massage therapists or others interested in healing. Continuing education credits are pending for nurses and massage therapists. Seating limited. For more information about the workshop call 645-3528.



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IH Programs

- Stress-Less Surgery
- Smoking Cessation
- Inpatient Care
- Cancer Care
- Healthy Heart Care
- Herbal Website
- Wellness Classes
- Professional Education

IH Services

- Acupuncture
- Chiropractic
- Massage
- Reiki / Therapeutic Touch
- Hawaiian Lulima
- Acupressure
- Biofeedback
- Aromatherapy
- Guided Imagery
- Meditation
- Music / Art
- Tai Chi / Qi Gong



Introduction to Plant Based Nutrition - Dorothy Greet, M.Ed, M.Div

Dorothy is a heart attack survivor and is reversing her heart disease through plant-based eating. (heartattackproof.com). She will talk about disease prevention and reversal. This course is based on the research of Colin Campbell, Ph.D. (Cornell), CHINA STUDY and Caldwell Esselstyn, MD (Cleveland Clinic) PREVENT AND REVERSE HEART DISEASE. Dorothy is retired clergy and holds a certificate in plant-based nutrition from Cornell University as well as other degrees.



Effects of the Near Death Experience - Jayne Smith

Jayne Smith had 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. Her experience was documented in two books and is the subject of a video entitled "Moment of Truth".



Recent Research on Herbs and Supplements - Uday Jani, MD

With new studies published every day, it is difficult to keep abreast of the latest data. Dr. Jani will cover the latest research to help you safely and wisely partner with your physician. Dr. Jani has been appointed as the new medical director of Integrative Health. He is board certified in Internal Medicine and is studying to complete a fellowship in Integrative Medicine with Andrew Weil, MD, at the University of Arizona. He is in private practice at Shore View Medical in Milton.



Ho' o pono pono: Hawaiian Healing and Forgiveness * Laughter Yoga * Reiki Meditation for Stress and Pain- Cheyenne Luzader, MS, Certified Laughter Yoga Leader, Reiki Master/Teacher, Coordinator of Integrative Health

There are many methods from various cultures that can help us heal mind, body and spirit. Cheyenne has studied with Hawaiian healers and has been granted the authority of Kumu (teacher). As such, she shares a traditional practice of hands on healing and forgiveness. She is also a certified Laughter Yoga leader and shares the work of Dr. Kataria of India on laughter yoga. As a Reiki Master/Teacher, she shares a Japanese self-healing meditation based on the work of Master Usui.



Benefits of Chiropractic Care - Douglas Briggs, DC

Most people associate chiropractic care with headaches, neck and back problems. Our interest in the spine is because it houses the nervous system that carries vital communications between your brain and your body. There are many other benefits of chiropractic care.

Dr. Briggs specializes in pain management and acupuncture with an office in Midway in Rehoboth. He is an Allied Health Practitioner with Beebe Medical Center's Integrative Health program.



Sexuality and Intimacy - Steven Berlin, MD

Dr. Berlin leads a discussion to help us understand the challenges of intimacy and sexuality especially as we grow older and face changes physically, mentally and emotionally. He emphasizes the important role of communication and intimacy in health.

Dr. Berlin specializes in obstetrics and gynecology with Bayside Health Association in Lewes. He was formerly medical director for Integrative Health.



Updates on Fibromyalgia - Christopher Baldt, DC

Fibromyalgia is a disorder that causes muscle pain and fatigue. People with Fibromyalgia have chronic widespread pain that is made worse by even light pressure. It is mainly treated with changes in lifestyle such as nutrition, exercise and stress reduction. However, other therapies can be helpful.

Dr. Baldt, an Allied Health Practitioner with BMC, has a chiropractic office in Millsboro.



Benefits of Acupuncture - Denise Demback, L.Ac.

The Chinese practice of acupuncture is thousands of years old but is new to Western medicine. Some scientific studies are supporting its effectiveness. Ms. Demback will discuss the various disorders that are usually treated by acupuncture.

Ms. Demback is a licensed acupuncturist and Chinese herbalist with a practice in Milton. She is an Allied Health Practitioner with Beebe Medical Center's Integrative Health program.

INTEGRATIVE HEALTH

2012 Spring Programs

Classes are free unless stated. Call class location to register :
Cancer Support Community (CSC) (formerly Wellness Community) - 645-9150
Rt 24, 18947 John J Williams Highway
Epworth Methodist Church (EMC) - 227-7743 x107 19285 Holland Glade Rd

January

24th Tue 3-4pm **Plant Based Nutrition** – Dorothy Greet, M.Ed, M.Div
Cancer Support Community - **645-9150**

February

7th Tue 3-4pm **Effects of the Near Death Experience** - Jayne Smith
Cancer Support Community - **645-9150**

15th Wed 3-4pm **Recent Research on Herbs and Supplements** – Uday Jani, MD
Cancer Support Community - **645-9150**

March

13th Tue 3-4pm **Ho' o pono pono: Hawaiian Healing and Forgiveness** – Cheyenne Luzader, MS
Epworth Methodist Church - **227-7743 x107**

15th Thu 12-1pm **Benefits of Chiropractic Care** – Douglas Briggs, DC
Epworth Methodist Church - **227-7743 x107**

15th Thu 1-2pm **Laughter Yoga** - Cheyenne Luzader, MS, Certified Laughter Yoga Leader
This is part of a co-sponsored program with the University of Delaware, RSVP, Alzheimer's Association and the Cordrey Center. Free registration.
Location: Lewes Public Library 2nd floor. Call **945-3489**

April

9th Mon 5-6pm **Sexuality and Intimacy** - Steven Berlin, MD
Cancer Support Community - **645-9150**

10th Tue 3-4pm **Reiki Meditation for Self Care for Stress and Pain** - Cheyenne Luzader, MS
Cancer Support Community - **645-9150**

12th Thu 3-4pm **Updates on Fibromyalgia** – Christopher Baldt, DC
Epworth Methodist Church - **227-7743 x107**
Cancer Support Community - **645-9150**

May

3-6th Thu 8am **Hawaiian Lomilomi Training** - Harry Uhane Jim
Tuition and Education credits. Call for details - **645-3528**

8th Tue 3-4pm **Benefits of Acupuncture** – Denise Demback, L.Ac.
Epworth Methodist Church - **227-7743 x107**

See Page 2 for class descriptions

CAM News

More News about Low-Back Pain

Two recent scientific articles reported by the National Center for Complementary and Alternative Medicine have shown that massage therapy and yoga are more effective than usual medical care for chronic low-back pain. In the first study, 400 patients received either structural massage, relaxation massage, or usual care. The massage groups saw significantly greater improvements in disability and symptoms after ten weeks compared to usual care. Some benefits of massage persisted for 6 months, but by one year, all three groups had improved evenly. In the second study, 228 patients received either viniyoga-style yoga (emphasizing postures, breathing, and guided relaxation), conventional stretching exercises, or a self-care book. After 12 and 26 weeks, the yoga and stretching groups had greater improvement in function than the self-care group. <http://nccam.nih.gov>

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](#)
Add name of herb or supplement
Print and share with your doctor

302 645-3528

Integrative Health Consultations Available by Appointment for:

Stress-Less Surgery



Stress Management



Pain Management

Save the Dates

Symposium "Brain Healthy Lifestyle"

March 15 from 1-4, Lewes Library 2nd floor Info: 945-3489

Symposium on Parkinson's and Movement Disorders

April 27, 2011, Cape Henlopen High School Info: 644-3465

Integrative Health Welcomes Acupuncturist Denise Demback



Denise is a graduate of the Maryland Institute of Traditional Chinese Medicine in Bethesda, MD and completed the Chinese Herbal Program at the TAI Sophia Institute. She is nationally board certified in both acupuncture and Chinese herbs. Her clinical training included a summer study program at the Shanghai University of Traditional Chinese Medicine, China and practice in the Shanghai hospitals. She has been in practice since 2002. As an Allied Health practitioner with Beebe Medical Center, she will be seeing hospitalized patients who are referred to Integrative Health by their physicians. Her private practice is in Milton.

Massage Clinic for Beebe Staff Decreases Stress and Sore Muscles

Our Massage Clinic for Beebe staff and volunteers is a popular program. Head-neck-shoulder massages are offered on a massage table or in a massage chair for \$1 a minute for 15 or 30 minute appointments. Pre-payment is non-refundable. **Call 645-3528** for an appointment.

Clinic Schedule: Thursdays

Jan 19 3-5 pm

Feb 16 3-5 pm

Mar 15 3-5 pm

Apr 19 3-5 pm

May 17 3-5 pm

Konrad Noebel, Licensed Massage Therapist has been an Allied Health Practitioner with IH since 2003. He has an office at Body-Mind in Rehoboth.

