

## Traditional Hawaiian Healing Intensive With Kahuna Harry Uhane Jim



**Thursday, Sept 24 thru Sun 27**  
9am-5pm, Rehoboth Beach

Nursing credits: 23  
Massage credits: 23

Cost: \$625  
Seating limited  
Non-refundable deposit of \$100

Call 304-645-3528 for info

Kahuna Harry Uhane Jim and his wife Sila return to lead a four day intensive on traditional Hawaiian healing. Harry is the author of "Wise Secrets of Aloha". His one day seminar in May was a great success and people anticipate another learning experience filled with wisdom, healing and laughter. We will learn to create a sacred space for healing, gain experience with the healing HA (breath), and many other aspects of Hawaiian tradition.

## Lessons From The Near-Death Experience with Melvin Morse, M.D., best-selling author and lecturer

Saturday, November 11, 9—12:30  
No charge

Epworth Methodist Church  
Registration required 302 645-3528



Jayne Smith



Melvin Morse, M.D.



Cheyenne Luzader

**Dr. Morse**, a well-respected pediatrician, has researched near death experiences in children and adults since 1980. His books include: **Closer to the Light** which explored the near death experiences of children; **Transformed by the Light** a long-term follow up of these children as adults; **Parting Visions** documents the entire range of spiritual visions associated with death and dying; and **Where God Lives** presents a comprehensive new scientific understanding of how the brain can resonate with energetic patterns of the universe to permit communications with the dead, viewing at a distance with the mind, past life memories and premonitions of the future.

**Jayne Smith** will share her personal near death experience and how it transformed her life. **Cheyenne Luzader, M.S.** is a death education counselor and former hospice social worker.

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#### IH Programs

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

#### IH Services

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

## Integrative Health Cooperative Programs

Integrative Health is collaborating with the following organizations to offer programs at **no cost**. **All programs are Tuesdays from 3-4 pm unless noted.**  
To register, call the organizations hosting the programs.

### The Wellness Community

Located at BMC's Rt. 24 Campus, 18947 John J Williams Highway, Suite 312, Rehoboth Beach (for cancer patients, survivors, family and friends) **Call to register: 302- 645-9150**

Sept 15, **Healing Through Listening – Attending to the Spirit** – Rev. Keith Goheen  
Attentive, non-judgmental listening helps to open our spiritual hearts to those around us. This program offers an introduction to the skills used in creating open-hearted spaces for spiritual and emotional healing

Sept 22, **Reiki Meditation for Self-Care** – Cheyenne Luzader, MS, Reiki Master/Teacher  
Learn a Japanese-based daily self-meditation technique to help with pain and stress. This is designed for people who have little or no knowledge of Reiki

Sept 29, **Drumming Meditation** - Cheyenne Luzader, MS  
Learn the ancient art of drumming to relieve stress and increase energy. Limited number of drums available or bring your own. Cheyenne is a certified meditation teacher and a member of the Sound Healers Association

Nov 3, **Acupressure Self-Care for Stress and Pain** - Cheyenne Luzader, MS  
Based on the principles of Chinese medicine, acupressure uses pressure to stimulate key points on the body that, in turn, activate the body's natural self-healing process. Cheyenne trained with Michael Reed-Gach, Acupressure Institute of America

Nov 17, **Laughter As Medicine** – Cheyenne Luzader, MS, Trained Laughter Leader  
Laughter is fun, contagious and creates a natural state of euphoria. Laughter therapy has grown into an international health phenomenon

Dec 8, **Balancing Your Energies** – Cheyenne Luzader, MS, Certified Energy Practitioner  
Other cultures recognize energy fields that circulate around and within the body such as meridians, chakras, belt fields and more. Learn simple exercises to clear and balance these fields for better health and vitality. Cheyenne bases these practices on Oriental, Native American and Polynesian teachings

### Epworth United Methodist Church

19285 Holland Glade Road, Rehoboth (off Rt. 1) **Call to register 302-227-7743 x107**

Oct 6, **Laughter As Medicine** – Cheyenne Luzader, MS, Trained Laughter Leader (see Nov 17 above)

Oct 20, **Healing Sound** – Cheyenne Luzader, MS, Sound Healers Association  
Class presents an overview of sound healing methods including chanting, singing bowls, flute, drum and more. Cheyenne studied with Jonathan Goldman, author of several books on sound healing

Nov 10, **Drumming Meditation**, Cheyenne Luzader, MS (see Sept 29 above)

Dec 15, **Seven Steps to Stress Mastery** – Cheyenne Luzader, MS  
Learn seven inexpensive steps to manage the stress in your life. You will gain an understanding of stress, become more aware of your stress signals and learn ways to create calm

Sept 24-27, **Traditional Hawaiian Healing Intensive** – Kahuna Harry Uhane Jim, 23 nursing and massage credits.

Nov 11, 9–12:30 **Lessons From The Near-Death Experience** - Melvin Morse, MD

## Much Thanks To Our Volunteers For All Their Work And Dedication!



These are the folks that do the work behind the scenes. If you have attended our classes and conferences, you will have seen them. When you see them again, be sure to thank them for helping to make Integrative Health run as smoothly as it does.

**Phyllis Kelly** - Left  
**Margaux St John** - Center  
**Dr. Melvin Morse** - Right

## Research Spotlight

**Study Indicates Cranberry Juice Does Not Interfere with Two Antibiotics (amoxicillin and cefaclor) Women Take for Recurrent Urinary Tract Infections** <http://nccam.nih.gov/research/results/spotlight/081009.htm>

### Acupuncture for Chronic Low Back Pain

In a study published in the *Archives of Internal Medicine*, acupuncture or simulated acupuncture treatments fared better than usual care in managing low back pain. <http://nccam.nih.gov/research/results/spotlight/062109.htm#>

**Study Finds Benefits of Therapeutic Massage for Chronic Neck Pain** <http://nccam.nih.gov/research/results/spotlight/051809.htm>

**The Ginkgo Evaluation of Memory (GEM) Study** The dietary supplement *Ginkgo biloba* was found to be ineffective in reducing the development of dementia and Alzheimer's disease in older people, according to a study published in the *Journal of the American Medical Association*. <http://nccam.nih.gov/news/2008/111808.htm>

**Laughter Is Good For Your Heart** according to a new study at the University of Maryland Medical Center. <http://www.umm.edu/news/releases/laughter.htm>

## Fibromyalgia Support Group

Integrative Health sponsors a support group with a positive approach to help with lifestyle, exercise, cooking and networking. The support group meets at Lewes Senior Center in Nassau on the 1st Friday of each month from 1 to 2:30 pm. Contact Sherry McGoldrick for more information at (302) 644-8181.

**There is no charge.**

**Learn more about Fibromyalgia at** <http://nccam.nih.gov/health/pain/fibromyalgia.htm#research>

## Integrative Health News

Cheyenne Luzader, MS, has completed a nine day Sound Healers training with Jonathan Goldman (picture right). She is now a member of the Sound Healers Association.

Sound has been an integral part of healing from ancient times. Scientific studies of the effects of sound on health show the benefits of stress reduction and relaxation. A **Healing Sound** workshop will be held on Wednesday, Oct 20 at Epworth United Methodist Church. Chanting, toning,, singing bowls and more will be explored. The **Balancing Your Energies** workshop will also include some sound techniques.

The workshops are free but registration is required. See page 2 for details.



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

**Phone: 302-645-3528**  
www.beebemed.org

**Integrative Health (IH) at Beebe Medical Center** provides *Complementary and Alternative* services and information for

PREVENTION, SELF-CARE, EDUCATION and RESOURCES.

Established in 1997, IH provides services to inpatients, outpatients, staff, students of Beebe School of Nursing, physicians, healthcare organizations and the community.

IH offers self-help classes on healthy lifestyles, cooking, and alternative health practices which are listed in the IH newsletter. Other programs offered by the department include the Stress-Less Surgery program, Smoking Cessation, Cancer Care, and Heart Health. Services include Acupuncture, Massage Therapy, Guided Imagery, Biofeedback, Aromatherapy, Reiki, Therapeutic Touch, Music, Art, Tai Chi / Qi Gong, Meditation, Fibromyalgia Support and the Herbal website.

IH participates in local health fairs and conferences and sponsors an annual Integrative Medicine conference.

For additional information call:

Cheyenne Luzader, MS, Program Coordinator at **302-645-3528**.

Visit our

## Herbal Website



Go to: [www.beebemed.org/html/serv\\_integrative-health.cfm](http://www.beebemed.org/html/serv_integrative-health.cfm)

Scroll down and click on [www.naturaldatabaseconsumer.com](http://www.naturaldatabaseconsumer.com)

Enter herb or supplement

Print and share with your physician

Contact our Herb Information Specialist at 302-645-3528

## Spotlight on Konrad Noebel, MCAT, LMT

Konrad is a nationally licensed massage therapist on the Allied Health staff at Beebe Medical Center. He works through the Integrative Health department to serve the patients and staff at Beebe. Konrad recently completed a training course entitled "Medical Massage for Cancer Patients" at Memorial Sloan-Kettering Cancer Center in New York. There is growing research that massage can have a positive effect both on the symptoms of cancer and the side effects of treatment.

Konrad is also a practitioner of Zero Balancing, a non-invasive, hands-on body-mind system of therapy that balances the relationship of energy and structure within the bones and tissues of the body. This promotes a sense of balance, well-being and clarity.

Outpatients can now visit Konrad at his regular office in Rehoboth or at his second office on Nassau Road. Call 302-226-8833.

**Inpatient massage** is available to inpatients at Beebe Medical Center by physician referral.

**Save the Date:** *Families, Individuals and Community Conference*  
Friday, May 7, 2010