

Healing Horizons Wellness Center

your home for your integrative health care needs

To Your Wholistic Health
Fall '09 Newsletter, Issue 1

2139 N. 12th St. #7 Grand Junction, Colorado 81501 · (970) 256-8449 · april@hhacumed.com · www.hhacumed.com

*My mission and commitment is to provide quality healthcare, including prevention and education, health maintenance, and treatment of energetic imbalances, in partnership with my patients, to create a balanced and healthy lifestyle. I welcome you as we embark together upon our journey of Healing Horizons.
April L. Schulte-Barclay, DAOM, LAc*



Dr Schulte's Corner

Words such as holistic, complimentary, and integrative are commonly used as catch phrases in today's health-minded world. But what do they mean?

Holistic care involves addressing one's health care from a perspective that involves the mind, body, and spirit together, furthermore recognizing that the three are inter-connected and in no way separate. Accepting this as a definition, we can see how disease processes are not limited to where symptoms may be occurring in the body. For example, a musculoskeletal problem such as chronic sciatic pain may be the body's way of sending signals to the person that there may be an emotional disharmony in addition to a musculoskeletal imbalance. Signs and symptoms are part of a beautifully orchestrated system the body utilizes to provide us clues and direction in our lives.

Complimentary care suggests providing health services that are adjunctive to other health care modalities. Most commonly, complimentary care practitioners are providing services in a way that fulfills needs that may not be met by Western allopathic medicine.

Integrative care encompasses the above concepts and takes things one step further. Truly integrating care involves combining the treatment principles and treatment plans by different healthcare providers of multiple modalities in a concerted effort to provide the most beneficial and efficient care possible for each individual client. It emphasizes mind-body-spirit connections, balance, homeostasis, and restoring normal function. Here at HHWC, we strive to help you achieve confidence and peacefulness in your healthcare.

Seminar at HHWC

Integrated Care for Osteoarthritis
presented by the HHWC staff of practitioners.

Date: **October 28th, 2009**

Time: **6:00 pm**

Place: **HHWC 2139 N 12th St #7**

Cost: **\$10** (no credit cards please)

Seating is limited, please phone to RSVP (256-8449).



Yoga at HHWC

You asked for it, and now you have it. HHWC is proud to welcome Danielle Foushee to teach yoga at our center. Danielle Foushee has been practicing yoga for over ten years, and has accumulated over 600 hours of yoga teacher training. She has studied Yoga Therapy with renowned senior yoga teacher Jasmine Lieb, and is currently studying Kundalini and Meditation. She looks forward to teaching new students at Healing Horizons. Classes will be gentle, and will feature breath work and meditation to reduce stress and promote overall healing and health.

HHWC Class Schedule

Monday 6-7 pm Beginning Yoga

Danielle Foushee

Tuesday 5:30-6:30 Tai chi and Qigong

April Schulte-Barclay, DAOM, LAc

Thursday 5:45-6:45 Tai chi and Qigong

Michael Cooper, LAc

Please RSVP as class sizes are limited.

Class Fees:

Yoga: Drop-in \$12, 4 classes for \$40, 8 classes for \$70

Tai chi: Drop-in \$10, active clients \$5

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“So, what is rolfing?”

by Kirk Apt, Rolf Structural Integration, Licensed Massage Therapist

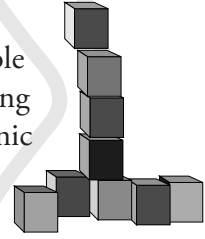
Since recently joining the team at Healing Horizons, I've been asked this question many times.

Rolfing, or as I refer to my work, Structural Integration, is a bodywork therapy that has as a goal of realigning the body so that it functions more efficiently within the field of gravity. Literally, Structural Integration works to integrate the body structure into the field of gravity so that the person is able to utilize the always-present force as a tool for efficient alignment.

I like to use the model of the body as a series of stacked blocks – the feet are the bottom blocks, the lower legs are the next blocks, then the thighs, the pelvis, and so on, to the top block, the head. Through traumas, overuse, habitual patterns of movement, stress, etc., our lives may work to misalign the blocks. Some blocks shift forward while others shift backward. Some blocks may rotate left or right and others may tilt away from horizontal. Over time, the body will adapt to these misalignments by “casting” them. Connective tissue, or fascia, is the material that the body uses to cast or reinforce itself into the misaligned position. Structural Integration works to soften and eliminate this fascia and allow the blocks to realign into a more efficient, vertically stacked position.

As a person becomes more structurally integrated, they are able to function better both physically and physiologically. Physically, they might feel more ease as they move through a greater range of motion. They might feel more energetic

as their structure is better able to support their bodies during activities. Often, chronic injuries will improve. Physiologically, since there is more space in a lengthened aligned body, organ systems can function better. Vital lung capacity can increase, allowing better oxygenation of cells. Improvement of virtually any health issue is possible when the body is better aligned in the field of gravity.



There are two approaches to doing the work of Structural Integration. As the work was originally developed by Dr. Ida Rolf, it was designed as a series of 10 sessions. This is the whole body approach that treats each area of the body, and sequentially works to realign the structure into a more efficient, vertically lengthened body. For those with acute or chronic issues, it is also possible to do a few Structural Integration sessions to address specific problems. Many of my clients originally come to me for a few sessions using this approach. After experiencing the work, and learning more about it, they then decide to do the 10-series.

I'm always happy to talk with you about Structural Integration and answer any questions you might have. Please leave a message for me at the front desk, and I'll get back to you as soon as possible.

Healing Horizons Welcomes...

Nan Keith Frates, LMT

Healing Horizons welcomes Licensed Massage Therapist Nan Keith Frates to our practice. As an avid runner, Keith first became interested in massage as a tool to help her train harder and recover faster. After her first deep tissue massage, she immediately noticed a positive change in her running abilities. She continued running and receiving massages for eight years before attending the Mountain Heart School of Massage in Crested Butte, Colorado. There she completed an 850 hour program in massage therapy, and she continues to receive continuing education on a regular basis. After living for 17 years in Crested Butte, Keith moved to Fruita in 2008. She is enjoying the beautiful Western Colorado scenery as she continues to run 40-60 miles a week on roads and trails, is an avid bike rider, and also pursues Nordic skiing. Keith recognizes the value of regular massage to not only improve athletic training and performance, but to prevent chronic imbalances that can occur through every day living as well. Through the art of massage, Keith enjoys aiding the

body in spiritual and emotional healing as well.

Nicole Fuller

HHWC welcomes Nicole to our treasured support staff to continue our quest to provide superior client services. We asked Nicole to write a bit about herself. I am so pleased to be working at Healing Horizons. I have worked in holistic care now for over three years. I love working in alternative medicine because you get to see people take an active role in their health care. Watching people feel better so they can lead an active healthy life is a rewarding experience. I look forward to being the Office Manager and Marketing Director of this amazing holistic facility. On a more personal note, I have a degree in business administration with an emphasis in management and marketing. I am married to the love of my life, Erik, and I enjoy hiking and camping. I also enjoy being with my husband, friends and dog, Stanley.

Danielle Foushee

As a yoga teacher, designer, and artist who splits my time

between the relatively rural area of Grand Junction and the urban environment of Los Angeles, I am in a unique position to witness and take part in the natural, spiritual, and cultural qualities of the American experience from a variety of perspectives. I work to find the middle ground between seemingly conflicting ideas: wilderness and civilization, simplicity and materialism, stillness and activity, silence and language.

The word “yoga” literally means “unity,” so as yoga practitioners we seek to balance strength with flexibility, assertion with surrender, and action with stillness. When it comes to yoga, I believe that one size does not fit all. I tailor each yoga class to

the abilities of the students who attend. I offer a welcoming, supportive, and non-competitive environment where yoga students of all levels can come to enhance their physical and emotional health. Results of a regular yoga practice include increased self-confidence and independence, stress reduction, and improved bodily function.

At Healing Horizons, I offer a weekly gentle hatha yoga class with breath control techniques and meditation to boost immunity and reduce stress. For more information please visit my website at: www.generousadventure.com or call me at 970-314-7364.

Healing Horizons Highlights...

Cheryl Schoch

In this edition of Healing Horizons Highlights, we'd like to shine light on Cheryl Schoch and her remarkable wisdom to use her inner strength for guidance and healing. Throughout her process of recovery from a pinched nerve in her neck, which caused her near paralysis of her left arm, Cheryl has been able to heal not only her physical self, but also used this experience as guidance in her life. We asked Cheryl to write a bit about her experience. Congratulations Cheryl, and thank you for sharing your experience with us!

PATHS TO HEALING

After several days of recurring neck pain, I awoke one morning unable to find the strength to lift my left arm. Thoughts raced through my mind and fear ran rampant as I imagined everything this “could” be. For me, life always comes quickly into focus when I am faced with what I now call “divine interruptions”.

After the initial panic wore off, I considered my options. I quickly made an appointment with my primary care physician for the following day (all the while hoping this painful inconvenience would just go away overnight). I knew the medical community could provide one path to healing; the scientific path of isolating the symptom and giving it a name.

The second path to healing I sought was that of intuitive self-care. I immediately called April who just happened to answer the phone that morning. As we talked, her caring words were “Come, I can help with this”. As I walked into Healing Horizons that day, a peace came over me that told me that this is where I needed to be. I still remember April's words “You're going to be okay”.

The third path of healing for me was spiritual. Through prayer, divine guidance, meditation and reading, I was able to see the purpose of this “divine interruption”, that good could come from this and that a bigger plan for my life was evolving. Every acupuncture session with April, and every Roling session with Kirk, confirmed that healing comes on many levels. As April said “it's like peeling off layers...the journey to healing is not always a straight path...”

As I traveled these parallel paths of x-rays, lab work, an MRI and EMG, physical therapy treatments, acupuncture and Roling, I noticed that I had a part in the healing process too! While in the MRI machine, I was lead to a place of vision, peace and guidance that I had never experienced before. While in acupuncture or Roling treatments I was able to do my own healing work from within.

I am still on the path to healing, but I now know that the true gift from this divine interruption has been received.

The AOM 101 on H1N1

By April Schulte-Barclay, DAOM, LAc and Michael Cooper, LAc

We have been asked by several folks regarding our recommendations regarding the H1N1 virus. From an Acupuncture and Oriental Medicine (AOM) perspective, viruses, along with bacteria, fungi, and other toxins, are called “external pernicious influences”, or EPIs. To avoid falling ill when exposed to EPIs, it is important our wei qi (also called defensive qi) is up to par so that it may resist pathogens and properly reflect signs and symptoms that there is a pathological condition. The wei qi can become weak through irregularity of sleep and diet, overwork, or emotional upset. In addition, environmental factors such as change of season or being exposed to strong yin influences such as rain, damp air, and drafts can circumvent and impair defensive qi.

There are several ways to insure that our wei qi is up to snuff. First, acupuncture is known to improve immune function. This is true whether we are treating tennis elbow or a challenged immune system. For example, stimulating two specific points are known to boost immune function: Stomach 36 below the knee or Lung 9 on the wrist. Secondly, Chinese herbs are available to both strengthen our wei qi and act as anti-viral and anti-bacterial agents. With the change in the current season, schedule your acupuncture appointments to maximize your adaptation to the Metal qi of Fall. In the event of onset of cold or flu, keep in mind that an acupuncture treatment combined with cupping and gua sha (both techniques are used to move stagnation and toxins out from tissue), and an appropriate herbal prescription, can dramatically improve symptoms, modulate your immune response, and shorten the course of the illness.

Basic Recommendations to Prevent the Spread of Pathogens

- Wash your hands- at least 20 seconds each time
- Keep your hands out of your mouth and nose
- Hydrate
- Eat 5 servings of fruits and vegetables daily
- Have your doctor check Vitamin D levels – low levels hamper antiviral immunity
- Exercise
- Get enough sleep
- Dress appropriately for cooler and windy weather

Website Design by: Lylamae Chedsey

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