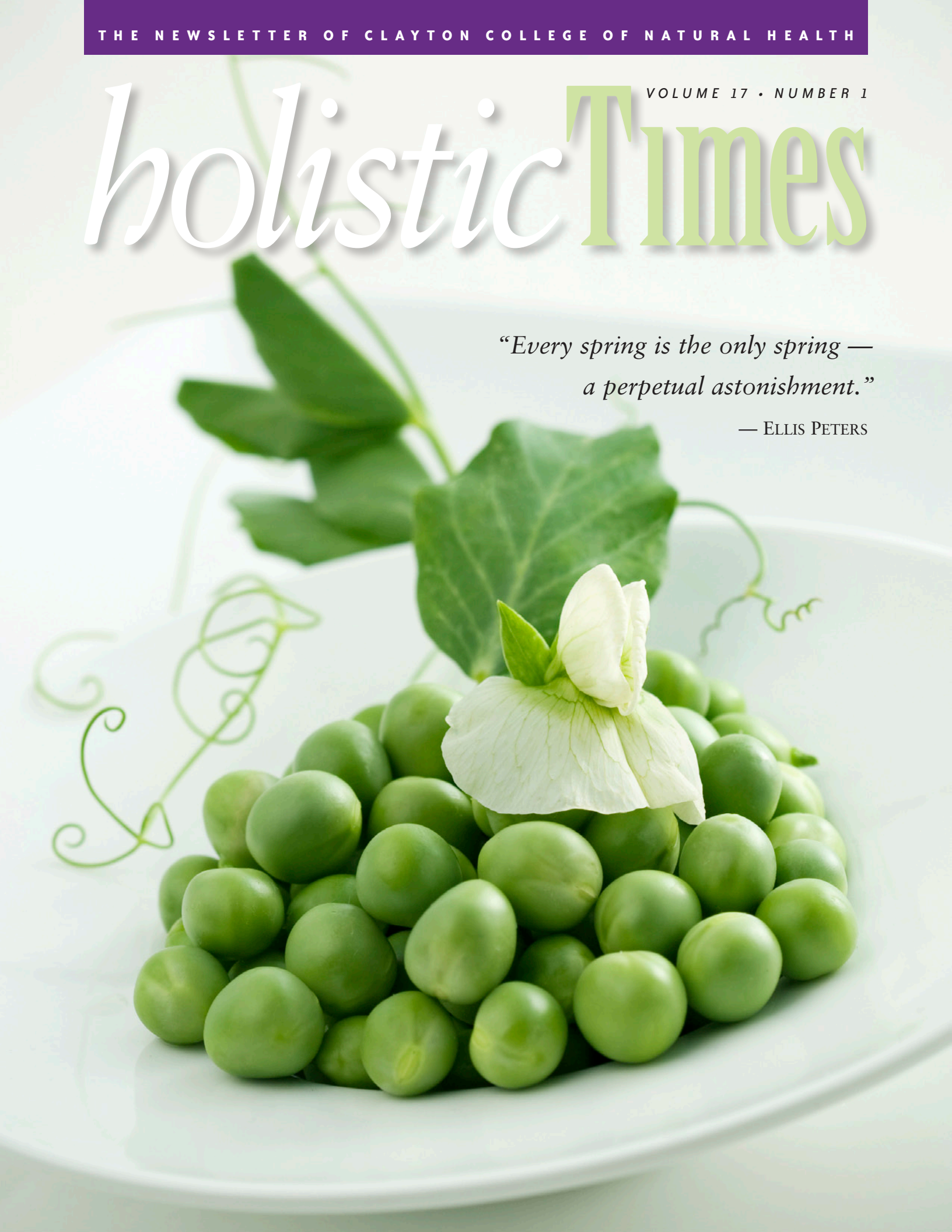


holistic Times

*“Every spring is the only spring —
a perpetual astonishment.”*

— ELLIS PETERS



From the Editor

It's not just another new year, but also a new decade — the teens, 2010, twenty-ten, 2K10 (how will you express it?). This year is a huge year for CCNH because it is also the college's 30th anniversary! Wow! Thirty years of natural health and holistic nutrition education, 30 years of students and graduates, 30 years of evolving and growing with the times — CCNH has been both teacher and student along the way, and we, the staff and faculty, are excited about where we have been and even more excited about where we are going. The traditional symbol for a 30th anniversary is the pearl, and



in many ways CCNH is like a pearl — a grain of sand, an anomaly in the system, that over the years becomes something wonderful.

Thirty years ago in the spring of 1980 the college, known then as The Clayton School of Natural Healing, enrolled its first student. Lloyd Clayton's mission was simple: to teach each student how to be healthy and how to teach others to be healthy. Thirty years later, that mission remains the simple, yet powerful, driving force for the college. From choosing textbooks and developing courses to posting links on CCNH's social networks, the intent to share information and educate others about being healthy is at the heart of every decision.

CCNH is kicking off its 30th anniversary beginning with this issue of the *Holistic Times*. As you can imagine, a college collects quite a stash of historical material over the course of 30 years, so as part of the year-long anniversary celebration each issue of the 2010 newsletter will include a reprint of a classic

early copy of *Holistic Times*. The newsletter has been in publication for 17 volumes now, and so it will be fun to share its humble beginnings with you. That's just one way we are celebrating the college's 30th anniversary, so stay tuned to your newsletter, e-mails, and the Web site for a year of extra special content and features.



Change is inevitable over the course of time, and the newsletter is not excluded from that fact. Elson Haas, MD, will be taking over the "Health in the News" column beginning with the summer issue. This issue features a spring detox article from Dr. Haas. You'll also see more faculty authors, including Phyllis D. Light and Lauren O. Dauro, who will be contributing writers for the herbal and holistic nutrition columns, respectively. This year the *Holistic Times* will also begin regularly featuring student and graduate articles, so be sure to check out the writer's guidelines in this issue and on the Web site if you are interested in submitting an article.

CCNH is excited to have shared the journey with so many of you, and we love that each new day brings new students into the community. It is as much a privilege to share a rich history with CCNH graduates as it is to enjoy reaching new milestones and creating new experiences with the students. Happy anniversary to everyone in the global Clayton College community!

TARA NICOLE BROWN • MANAGING EDITOR

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POLICY UPDATES

Grading

Courses and the related assignments are constructed to measure success in meeting the overall program and course objectives. All tests and exams will receive a numerical grade. The final letter grade will be determined by a combination of the submitted assignments, including progress tests, final exam, projects, and writing assignments. *Retake exams and projects will not be available.*

Extensions

If you are unable to complete your course(s) in the 16 week term, a 30 day extension is applied to the term. When the extension is applied, a grade of I (Incomplete) will be assigned to the incomplete course. At the end of the extension period, zeroes will be assigned to any incomplete assignments and the course average will be calculated.

DISCOUNTS

Military Discount

CCNH has many students who are connected to the military in one way or another. To say “thank

you” for the sacrifices and service of our military students and/or their family members, CCNH provides a 5% tuition discount for all active duty military, veterans, and reserves. Contact an admissions advisor for further details at 1.800.995.4590.



Tuition Reduction

CCNH alumni and members of the American Holistic Nurses Association (AHNA) are eligible for a tuition reduction. An admissions advisor can provide details regarding this reduction.



EBSCO DATABASES ARE LIVE!

Our two new and exciting databases to support your studies and your research are now available! Alt HealthWatch™ and MEDLINE® with Full Text can be accessed via the college’s Web site. Log in, select the Student Resources menu, and then choose EBSCO from under the Library & Research Services header.

Together the two databases offer close to 5,000 searchable journals. Alt HealthWatch™ focuses on complementary, holistic, and integrated approaches to healthcare and wellness, and MEDLINE® with Full Text provides authoritative information on medicine, nursing, dentistry, veterinary medicine, the health care system, pre-clinical sciences, and much more. Together, these two databases combined with the Natural Standard® database offer unparalleled research and extracurricular education opportunities.

Students enrolled during and since February 2007 have paid a resource fee that includes access to these databases. If you enrolled before February 2007 and do not have Natural Standard® or EBSCO access and would like to gain access, e-mail tbrown@ccnh.edu for details.

Promoting the Practitioner

Today's fast-paced lifestyle can leave even the most organized practitioner feeling depleted and listless, and trying to find spare time to explore additional aspirations in an otherwise frenetic schedule can be difficult. So how does one channel his or her energy and efforts effectively to reach professional



goals, make time to take care of the family and friends, and allocate personal time for a little rest and relaxation? Achieving work-life balance is an issue that is common for many practitioners today. Generally speaking, having a rewarding balance means that actions and priorities remain authentic to not only the practitioner, but to his or

her clients, family, friends, and colleagues as well.

This may seem impossible for some, but is ultimately obtainable by all. However, it requires a frequent assessment of the practitioner's core values to be consistent with his or her daily commitments. Identifying expectations, goals, lifestyle habits, and personal needs is essential to realizing what's important in life, health, family, and career. Making a list and keeping it handy during times of stress will help the practitioner to maintain perspective.

The use of affirmations can help to sustain the practitioner's mental direction. Repeating positive statements on a daily basis can create a perspective that is empowering and purposeful. Words have the power to create emotions and emotions have

the power to create the environment we live in. It is important to remember that although we cannot control what happens around us, we can control what happens within us. Henry

David Thoreau said, "As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."



Creating a pleasing professional environment, while adding a personal touch with family photos or other items will help to remind the practitioner of what he or she is working for. In addition, the practitioner should incorporate exercise into his or her daily routine. Maintaining physical health contributes not only to a productive and successful career, but also to the overall quality of the practitioner's life.

It is recommended that the practitioner seek out and set positive examples when it comes to a work-life balance. As Mahatma Gandhi said, "We must be the change we wish to see in the world." Professional organizations are an excellent opportunity to learn from other successful models in the practitioner's field. You'll reap the benefits of being a member and have the opportunity to meet and develop rewarding relationships with other professionals who can share their experiences with balancing work and life.

Just remember, the dynamics of a practitioner's life are subject to change and there are no quick fixes to achieving work-life balance. Be kind to yourself and recognize that times of imbalance are necessary for growth. Like anything important in life, this is a long-term investment.

LISA A. BURKE, ND, CTN

While people primarily think of herbs as medicinal plants containing natural substances that influence the body's health and metabolic processes, traditionally most herbs have been considered as food. Just as the fruits and vegetables you

juices were medicine that “would prevent and cure this dreaded disease” (Pederson, 1998, p. 3).

Pederson notes, “At one time this use of herbs to cure a disease would have been thought of as medicinal, but now, since we know these plants are sources of vitamin C, we would think of the

Mineral deficiencies are epidemic now in the developed countries, due to food processing and the gradual demineralization of the soil from modern agricultural practices. In the United States, the average woman does not consume the recommended

Where the Wild Things Grow

HERBAL NUTRITION

eat everyday contain a wealth of nutrients crucial to human health, herbs also have easily absorbable nutrients that are important for well-being. In fact, the line between plants that are considered food and those that are considered remedies is often ambiguous and not well-defined.

For example, while citrus fruit and citrus juice is classified as food, up until the 18th and 19th centuries they were used as medicine. At that time, scurvy, a vitamin deficiency disease linked to a lack of vitamin C, was a devastating problem among sailors and others deprived of fresh fruit. As Mark Pederson points out in his book *Nutritional Herbology*, Dr. James Lind, a physician in the British Royal Navy performed experiments in the 1750s that showed lemon or lime juice could prevent and cure scurvy. Dr. Lind noted that these

cure as a nutritional one” (p. 2). In other words, what seems like medicine today frequently turns into tomorrow's nutrition.

MINERALS IN HERBS

As a supplement to a modern diet of processed foods that have had many nutrients removed, herbs can represent a significant source of vitamins and minerals. This is important: many experts believe that the typical American diet is sorely lacking in many micronutrients. That means large numbers of people have nutrient deficiencies they are not even aware of, but which may eventually compromise their health. In a review of the mineral content of herbs, Paul Bergner, director of the North American Institute of Medical Herbalism observes:

dietary allowance of calcium, magnesium, iron, or zinc, and the diet of the average male is deficient in magnesium and zinc (p. 7).

According to Bergner, the herbs burdock and nettles, which are classified as alterative herbs, may “provide significant amounts of calcium, magnesium and potassium, all of which, when deficient, can ‘derange’ the metabolism.” He also notes that herbs like valerian and chamomile “in addition to whatever effect their active pharmacological constituents might provide, are mineral nerve tonics” (p. 7).

CHROMIUM SOURCES

Many herbs are significant sources of chromium, a mineral the body needs in order to form glucose tolerance factor, a natural substance that helps the body regulate its use of blood sugar. In

the physiological processing of blood sugar, chromium must be present for insulin, a hormone-like substance released by the pancreas, to control how much sugar the body's cells take in from the blood stream. When chromium is low, the body may be more prone to become insulin "insensitive," allowing blood sugar levels to climb. That can increase the risk of diabetes. According to researchers at Louisiana State University who have studied chromium, while no one is sure how much chromium the human body needs, "diabetes has been shown to develop because of low chromium levels" (Cefalu, 2008).

Along with helping insulin control blood sugar, chromium also:

- controls hunger;
- takes part in natural processes that protect cellular DNA;
- supports cardiovascular function.

Herbs that contain high amounts of chromium include: saw palmetto, feverfew leaf, yarrow, wild yam, and valerian (Pederson, 1998).

ZINC

Certain herbs may also help supply your body with zinc.

Recent research shows that one of the great under-publicized mineral deficiencies world-wide today is a lack of zinc. According to scientists at Oregon State University, over two billion people are zinc deficient; in the United States, it is estimated that more than one in ten people in the general population is lacking zinc and two out of five senior citizens are deficient (Prasad, 1998, p. 542). "Zinc deficiencies have been somewhat under the radar because we just don't know that much about mechanisms that control its absorption, role, or even how to test for it in people with any accuracy," says Emily Ho, an associate professor with the Linus Pauling Institute at Oregon State, and an international expert on the role of dietary zinc (Ho, 2008).

Studies show that the body needs this vital mineral to protect

itself against oxidative stress and to repair its genetic material. Without it, the immune system may falter, making you more vulnerable to infection and possibly more susceptible to cancer. Men may be particularly at risk for prostate cancer from a lack of zinc — the prostate gland contains one of the densest concentrations of zinc in the body. When prostate cancer develops, the prostate's zinc content drops significantly, leading researchers to believe that zinc normally protects it against malignancy. (Prostate cancer is the second leading cause of cancer deaths in U.S. men (Yan, 2008).

Herbs that are high in zinc include ginkgo and gotu kola, an Ayurvedic herb used in India as a nerve tonic. Damiana, a blood purifier that is traditionally considered an aphrodisiac, is also rich in zinc (Pederson, 1998).



B VITAMINS

The B vitamins, which are found in a wide variety of herbs, are vitally important for supporting heart health. For instance, niacin (vitamin B3) has a central role in helping to



lower LDL cholesterol, the kind of cholesterol that blocks arteries. Niacin also boosts HDL cholesterol, the type that keeps arteries clear and may lower triglycerides, blood fats that are linked to heart disease (Zhang, 2008).

Hydrangea, traditionally employed as a kidney herb that acts as a mild diuretic and stone remedy, contains significant amounts of niacin. Ginger, often taken for indigestion, diarrhea, and stomach aches, is also a source of niacin. Gingko, which many people take to boost blood circulation and support brain health, can also supply this B vitamin (Pederson, 1998).

VITAMIN C

While people in the U.S. rarely develop extreme scurvy, many don't consume enough vitamin C to support optimal health. This versatile antioxidant exerts a wide range of benefits: In the skin, vitamin C may help fight sun damage and lower the risk of skin cancer (Duarte, 2007). In the cardiovascular system it may help protect against arteriosclerosis and reduce your chances of heart disease. Researchers, who measure blood levels of vitamin C, have found that people with the highest amounts run the lowest risk of diabetes (Palmer, 2008).

Fortunately, herbs can serve as reliable sources of vitamin C. Bilberry, which is used to support healthy night vision and strong capillaries, contains high amounts of vitamin C. Asparagus root, employed as a blood purifier, laxative and diuretic, also supplies vitamin C. Red raspberry leaf, a traditional female tonic, is a similarly rich source. (In the past, the roots of the raspberry have been a popular dish, eaten the way we eat turnips today (Pederson, 1998).)

Nutritional analysis of herbs shows that they supply a wealth of valuable nutrients that support our health and well-being. So when an herbalist advocates herbs as food, not only is this traditionally accurate, but a large body of scientific evidence supports that healthy notion.

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Celebrating 30 Years



In the ongoing celebration of our 30th anniversary CCNH is tickled to share the Holistic Times' humble beginnings with you. Click anywhere on the image to open up a virtual copy of the very first issue of the Holistic Times newsletter.

Be sure to check each 2010 issue of the current newsletter for a link to a virtual vintage issue of the newsletter!



Whole foods are a core concept of holistic nutrition. Hippocrates stated “let thy food be thy medicine and thy medicine be thy food.” This simple wisdom is at the heart of holistic nutrition. It is the concept that nutrition is one of the most vital constituents

that interact in complex and complementary ways to help support health, wellness, and the prevention of disease. These elements go by many names: phytochemicals, nutraceuticals, phytoamins, bioactive components, functional foods, etc. Research on these elements is ongoing and new



Nourishing Insights

WHOLE FOODS

in achieving, maintaining, and/or restoring health and wellness.

What are whole foods? We hear a lot about whole foods, natural foods, organic foods, and the list goes on. But are these all the same? What exactly is a whole food? How do you, as an educator, navigate the available information and determine what education to provide to your clients?

First it is important to know that the nutritional industry has not defined what whole foods are. There are certain commonalities about what they are both in the natural health arena and the allopathic arena. The whole food philosophy centers on the key concept that foods provide much more than just macro and micro nutrients and vitamins and minerals.

Foods contain not only the building blocks of life; they also contain thousands of elements

information comes out almost daily with regard to the new food component that will provide positive health benefits. As the research is emerging on these elements — food components — one must wonder what all is in food that remains unknown. This is where the practice of consuming a diet rich in whole foods comes into play.

Whole foods are often confused with “organic foods” or “natural foods,” but organic foods and natural foods aren’t necessarily whole foods. However, they share some commonalities such as staying away from the use of chemically assisted agricultural techniques, lack of or minimal processing, and a short shelf life. There are those foods that are unprocessed and unrefined, and/or processed and refined as little as possible before being consumed and in general do not contain additives.

Great examples of whole foods are fruits and vegetables. They are unprocessed, unrefined, and can be eaten without any modifications or additives. So what else is a whole food?

Whole foods can include:

- Fruits
- Vegetables
- Legumes (beans, soybeans, peas, lentils)
- Nuts and seeds
- Milk
- Whole grains
- Meats, chicken, and fish
- Eggs

A few examples and question and answers can help distinguish what is or is not a whole food.

EXAMPLES:

Soup

Whole food: Homemade tomato soup

Conventionally processed: Campbell's® tomato soup

“Naturally” processed: Amy's Organic® Chunky Tomato Bisque

Macaroni and Cheese

Whole food: Homemade with real cheddar cheese

Conventionally processed: Kraft® Macaroni & Cheese

“Naturally” processed: Annie's Home-grown® Classic Mac & Cheese

Virgin Olive Oils

Whole food: Virgin olive oils are obtained by the mechanical or physical method of pressing the olives to release the olive oil. They do not undergo any other treatment or processing outside of washing, decanting, centrifuging and

filtering. Under these conditions the virgin olive oil has not been altered in any way.

So is a whole foods diet the same as a raw food diet?

No. Whole foods are unprocessed and unrefined, or processed and refined as little as possible. This

does not mean uncooked. A whole foods diet could be best defined as a “made from scratch” diet.

If it comes packaged or in a jar is that considered a whole food?

Packing may not reflect if it is processed or not; this is where label reading comes into play. Frozen green beans that have been flash frozen with no other processing or additives would be a whole food.

If food item label says it is “all natural” is that a whole food?

This label has very few rules and regulations in place and currently the U.S. Food and Drug Administration (FDA) and the United States Department of Agriculture (USDA) have no plans to define the term. However, the FDA does have a policy regarding the use of the “natural” label. This policy states that a “natural” product is one that has not had any artificial or synthetic substances added to the



product that would not normally be expected to be in the food - including artificial flavors or color additives, regardless of source (Heller, 2008).

Without an industry definition it clearly can leave room for ambiguity and uncertainty. Again, the easiest way to look at a whole foods diet is to think of it as a diet that is focused on home-made from scratch, freshly prepared foods. In making this the focus and by not trying to isolate one food component you reap the benefits of the unknown. It is in the unknown that nature's wondrous, “built in,” synergistic reactions provide the building blocks not only for life, but for health and wellness.

CRYSTAL MCVEY

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The very influential ancient book *Tao Te Ching* is attributed to Lao Tzu, who is usually referred to as the Father of Taoism.

While most people have heard of Tao (pronounced dao,

and purpose to your life, and perhaps even share with others!

For life as we know it in this day and age, the word *busy* can seem to be an understatement. Many, if not most, people today understand that with all

the aspects of one's job or career, family and personal responsibilities, sports, hobbies, or other extracurricular activities, people often feel trapped in the seemingly endless circle of "doing." As

Creating a Healthy Tomorrow

Use Tao — Here's How

and meaning the way), they may not be familiar with what Tao is or represents, or may be a bit xenophobic with regard to learning more about the topic. Tao is considered an Eastern philosophy, sometimes compared with or associated with Confucianism. The material Lao Tzu included in the *Tao Te Ching* became the source for Taoism as it is known today, focuses on principles such as *emptiness* (wu), *non-doing* (wu-wei), and return (fu), and there are two main categories when studying Taoism: one as a religion and the other as a philosophy of life. To a person raised with Western ideals, the Tao can represent viewing life and the world in a radically different way. With an open mind and applying frequent personal reflection, a new appreciation for today's world can occur. What can be more important to natural health than learning new ways to add meaning



*“Something is mysteriously brought into existence
Long before Heaven or Earth is made,
It is silent and shapeless,
It is always present, endlessly in motion
From it like a mother everything living thing has come
I do not know what to call it.
So I call it Tao.”*

Lao Tzu (translation)

represented in the Tao philosophy, the circle of life is one of “being.”

Tao is considered eternal, the transcendent mystery, and by definition is in fact beyond definition. It is unutterable, for words cannot describe its reality. It both “is”

things.” This included not only cooperating with nature and her ways and patterns, but relying on intuition also — honoring your own inner guidance. Since in Tao all things exist and mutually create and sustain one another,

your creativity, you honor the Tao circle of “all that is” and embrace the process of life.

As Lao Tzu noted: “Knowing others is wisdom, knowing yourself is enlightenment.”

With this brief overview of Taoism and a few Taoist ideas, one is now invited to compare these with their current philosophies and see how to apply the simplicity of Tao to help create a better life — one that can be easier, more mindful, and frees time to express your creativity. The important thing to remember is that as you learn more about Tao, even if you find only one thing right now that you find beneficial or meaningful, you have indeed added something special to your life and how you live it. To make a change to something involving a Taoist principle does not mean that you have to give up part of yourself or your current ideals — it means simply that you accept yourself as part of the Tao circle of “all that is and ever will be.”

ANGELA L. VAIL, D.C.

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and yet “isn’t.” The word Tao is just a symbol for what it seeks to represent. It is both prior to, or beyond, and yet manifest in time and space. Tao can be noted as having distinct levels of consciousness which yet are not distinct at all; while the levels may be separated in thought, they cannot be separated in reality. An example of this is water: while it can be seen and experienced as clouds, rain, oceans, and ice, the reality is that it is water. As it goes through the circles of its various forms, it remains “as it is” — water.

Tao as a philosophy considers two areas: a philosophy for living one’s daily physical life, and also a spiritual philosophy. There is a decided and obvious lack of focus on the spiritual portion of life in today’s societies, due in large part to the created demands of the prevalent commercial culture. According to Chuang Tzu, considered to be the second noted teacher of Tao, the spiritual man followed “the nature of

the process of the universe is one of organic growth. By living in harmony with both nature and yourself, and therefore with others too, you exist in the flow of the Tao circle of unity.

While Western society struggles to “make things happen,” “make our way in the world,” and “make things right,” creativity ends up being something that one must actively choose and nurture. It does not have as high a value or priority in our society as it used to or needs to, and many of the ways in which people choose to practice or express their creativity are frowned upon. This then results in stifled creativity and a decrease in the flow of energy. In the Taoist perspective, creativity is a beautiful, spontaneous, natural event, another organic process of “flow” that one can automatically participate in. This creativity can flow forth daily, whether in one’s work, play, writings, discussions, music, artwork, parenting, landscaping — anything! By honoring

ow — Today!

So many problems in Western society come from the overuse and abuse of food and drugs. These abuses and addictions touch almost every person's life. I realize that the development of these habits

gathering of willpower, and the support of loved ones. I have also seen that it is very difficult to change without a willingness to deal openly with emotions and other adversities that may block our way toward healing.

internal healing process as well as with the lifestyle and nutritional guidelines I describe in my book, *The New Detox Diet*, you will begin to move your body and life toward its highest potential. As you develop more nurturing and

Spiritual Renewal and Springing into Life with Cleansing

is multifaceted and as much a part of our social and cultural upbringing as they are responses to dealing with a stressful family, school, work, and the economics and politics of society at large.

I don't want you or your clients to feel bad, weak, or inferior if you or they are presently caught in any of these potentially destructive habits. I know the struggle between light and dark — between picking up that cup of coffee or glass of wine or pack of cigarettes and the desire to stop or to never have started. I also know that it is an incredible challenge to change anything — particularly to clear any habit/abuse/addiction that you have had years to get used to and rely on. However, I know that it can be done, yet it takes greater attentiveness, a

I do want to inspire and motivate you to change. If you can do it, then you can more easily motivate your clients to do the same. The first principle for improving your health is to eliminate destructive habits. Even if you cannot fathom complete abstinence at this time, at least consider an “abuse break.” The Spring is a perfect time to lighten up and feel the inspiration of life. Try a day first, and then a week or more without caffeine, alcohol, or sugar, replacing them with a new habit, such as drinking water, walking, or swimming.

All addictions are eventually self-destructive (some can hurt others as well, such as alcohol and smoking). When you change that dynamic to self-care — through both your

supportive habits — eating good food, exercising regularly, learning to cope with stress, getting good sleep, and developing motivating attitudes — I can promise you will experience greater vitality, more positive relationships, and improved health.

Remember, dealing with some of the emotional issues around habits (where did they come from and how do they support us or help us cope with life, for example) is often essential to making effective change. Oftentimes people seem to be making progress with applied willpower, but after a few weeks or months, emotions and stresses challenge them and they revert back to their old patterns. Soon, they are stuck again with the same body and health issues they were

beginning to transform. You can be even more successful at this transformative, healing process if you can address your physical, mental, emotional, and spiritual dimensions all at once. Begin by believing that you can change and don't be afraid to meet your challenges head on with the renewed capacity to understand them and clear them from your life. And if you need personal or professional support to reach your goals, don't hold back from asking for it. Good luck on your journey.

SPRING CLEANSING

Did you ever wonder how you would feel if you took a break for a week — took a vacation from the foods that drain your energy? Speaking personally, until I did my first ten-day juice fast in 1975, I couldn't make any kind of comparison. Sure, I had days when I felt pretty good, but the rest of time, I tended to walk around in a sluggish, semi-productive state — and I didn't even realize how low my energy was until I began experiencing a more energized and vital way of being.

Fasting and juice cleansing can be a terrific source of vitality and a great healing tool. A good cleanse can remove congestion and toxins, and help you feel youthful. If you work in a high-pressure, fast-paced job, you may find this can give you the competitive edge you need. If your energy is good, but you want to be even healthier, this is a worthwhile

approach to a higher level of health. For those of you who are in mid-life and find yourself slowing down more than you want or having some common health problems, this can actually remove some of the signs of aging. I have many positive personal and patient anecdotes, and I include some of them in my book, *Staying Healthy with the Seasons*. Every year since that first rejuvenating experience, I have fasted for ten days or more coming into spring. Each March/April, I also personally guide a ten-day Rejuvenation Program in a small relaxed, informal group.

The Master Cleanser (MC) program consists of a ten-day (length of time can vary) liquid fast and detox, using a special formula:



THE MASTER CLEANSER FORMULA:

2 Tablespoons of fresh lemon
(or lime) juice

1 Tablespoon* pure maple syrup

1/10 teaspoon cayenne pepper

8 ounces of spring water

**Note — Some people can use more maple for calories if they do not need to lose much weight. Actually, the original formula written by Stanley Burroughs, included equal amounts of maple to lemon, two tablespoons each. My sense and experience is that this is more sugar than most people need.*

Photo credit: Hand squeezing a lemon,
©iStock.com/Fertnig

Ideas to include during MC or any cleansing:

- It is important to drink adequate amounts of liquid. Use the MC formula daily, drinking at least 8–10 glasses, and drink other water or herb teas, especially peppermint or chamomile.
- Keep the digestive tract clean and clear. It's important to keep the bowels actively cleansing with herbal laxative teas or capsules, enemas, colon irrigation, or the "internal saltwater bath." Some form of cleansing bowel movement should happen at least every other day after initial clearing.
- Consider trying the internal saltwater bath. First thing in the morning, drink one quart of warm water with two teaspoons of sea salt dissolved in it. It washes right through you! For people who retain water easily or for those with high blood pressure, the saltwater flush

might be avoided; yet, when it works, it's great!

Some specific and important tips for using the MC program:

- Don't carry your Master Cleanser formula or juice in plastic containers, because the chemicals in the plastic will leach into your drink.
- Also, the lemonade can leach calcium from your teeth (ascorbic and citric acids bind with calcium to make calcium citrate and calcium ascorbate). This can weaken your enamel if there is frequent contact from regular sipping of the lemonade. I suggest drinking one to two glasses at a time and then rinsing your mouth with water so the lemon and maple syrup do not stay on your teeth.
- Exercise! Some other activities important for healthy cleansing and for general health include regular exercise and sweating, and hiking or

spending time in nature. The fasting process helps to make us more attuned to our environment. You may be motivated to support a healthier environment, and reduce pollution. When cleansing, you become much more aware of unhealthy surroundings — chemicals, smoke, and fatty or meat food smells. And you will begin to appreciate more, if you do not already, the aromas of fresh foods and your natural surroundings.

- Spiritual and emotional cleansing. During the transformative process of cleansing your body, the effects spread throughout many areas of life. There is often improved clarity of mind that develops. Emotional cleansing and subsequent insights also happen. Spiritual awareness is sometimes profound. Some folks are more sensitive to subtle vibrations of people, situations, emotions, and nature. Intuition is enhanced and procrastination disappears. With new energy and focus, you may be inspired to clean your room, home, or office. You may even want to reorganize your whole life and work on personal relationships. I often suggest fasting, or juice cleansing, particularly for people who appear in a life



transition zone or who wish to begin a whole new diet approach.

- **Healing.** Fasting is also very useful for a wide variety of illnesses, including colds and flu, bronchitis, allergies, and gastrointestinal problems. I also suggest other healing therapies during a cleansing program. Massage is very beneficial. Counseling therapy, either psychological or career, may help clarify with new directions; and nutritional guidance is very important. Often though, this healing, counseling, and guidance come from within!
- **Enhance your control over your own health.** The self-experience of fasting is a truly inspiring educational experience. Most people need to be guided and supported through a cleanse only once. Then, in the future, they find they are able to do it on their own, as the process is self-teaching. Once you learn a safe and healthy approach to fasting and cleansing, you know how to apply it to your life. Then not only can you use it for personal healing, you may even guide others in its application. I have seen the Master Cleanser program spread through homes, families, and even towns with remarkable effects. Realize also that there are many

milder versions of cleansing and detoxification, from fruit and vegetable juices, smoothies, elimination diets and more, much of which I review in my books.

Also know that fasting is not for everyone. I typically do not suggest fasting for people with deficiency problems — for those with fatigue, anemia, immune weakness, nutritional deficiency, or underweight people. Nor is it suggested for pregnant or nursing mothers, or for youngsters. I only encourage juice cleansing with congestive-type problems, such as frequent colds, allergies and sinus problems, hypertension, constipation, back pains, or headaches. If detoxification is needed, there are other ways to do this through dietary shifts and herbal medicines.

RESOURCES FOR A SPRING CLEANSE

For those interested in fasting, or more accurately, cleansing, you can follow the program in the Spring section of my book, *Staying Healthy with the Seasons*, or in my other books, *Staying Healthy With Nutrition* or *The New Detox Diet*. And for more personal guidance, you could find a local health practitioner with fasting experience.

THE 10-DAY SPRING REJUVENATION PROGRAM

If you are a practitioner, it can be a very rewarding experience to learn to work with groups and guide them in this cleansing and healing detox experience. I have taught this process to practitioners at various seminars in the past years.

Overall, after 35 years of medical practice, I have to say that the fasting/cleansing/detoxification process is the greatest and most effective healing tool I have found. It is an important component for the prevention of degenerative diseases and a key to transformational and evolutionary medicine and healing.

ELSON M. HAAS, MD

Dr. Haas is a practicing physician of Integrated Medicine, and Medical Director of the Preventive Medical Center of Marin in San Rafael. He is also the author of *The New Detox Diet: The Complete Guide for Lifelong Vitality with Recipes & Menu Plans* (2004), the classic preventive medicine text *Staying Healthy With the Seasons* (1981, 2003 Updated Edition) and *Staying Healthy With Nutrition* (1992, 2006 New Edition), plus his diet and recipe book, *More Vegetables, Please!* (2009). Other books are *Vitamins for Dummies* (1999) and *The False Fat Diet* (2000, Ballantine).

See www.elsonhaas.com for more info on detoxification.

I oversee in-school and out-of-school Workforce Investment education programs for the second largest city in New England and 37 surrounding towns. Often, I see youth

personal choices by researching products. Activities help them explore, contemplate, plan and create healthy alternatives after they discover answers to important questions that affect daily

when selecting an MP3 player, computer, or cell phone. The attention to details combined with their research of these products is impressive. This research, combined with how well they articulate product knowledge is seemingly effortless. Be prepared for more than a word or two as they explain the intricacies and benefits of various products and features. You quickly see how much they value these items and the convenience these items add to their life. So how can you harness that same interest and motivation toward healthy eating so youth can appreciate the value of foods they consume? How can learning about food choices be interactive and fun?

As an educator, I have always been intrigued by learning styles and how individuals interpret and process information. It is increasingly difficult to use contemporary teaching styles because youth get bored, easily and quickly. Educators are competing with computer games, television, cell phones, and all the stimulation that accompanies these and other forms of entertainment, which represents a large part of youth's daily lives. There is one fundamental truth, regardless of the type of entertainment preferred, and that is the motivation of a particular subject matter and how much enjoyment youth obtain from it. The same motivation and energy that the young spend on their favorite gadgets is the same motivation

Healthy Food Choices and Increased Performance in Youth

attend programs hungry and tired, and I am concerned about the effect poor nutrition has on their lives, health, daily motivation, the inability to focus and retain knowledge, the inability to be a participatory player, and the inability to maintain decent grades.

Over the years, my studies, observations, and student feedback support the benefits "healthy choices" have on people's lives. In 2004, I was guest speaker to a group of students on this topic and since then provide workshops on healthy foods that improve overall health and performance. I strongly support and work with programs that I oversee to add nutrition education to their curriculum because I believe this knowledge can reduce attrition, increase performance, and stimulate mobility.

Through simple exercises, youth discover the benefits of healthy foods and learn to value

food choices: 1) What is your favorite snack food? 2) Why do you like to eat it? 3) If you look at the back package of your favorite snack do you understand the content of every ingredient? 4) Can you pronounce the ingredients? 5) Do you typically eat something that you cannot pronounce and/or understand? 6) After discovering the content would you eat this product again or choose an alternative? When you pose questions and stimulate thinking, learning occurs. Decisions are contemplated and choices are less impulsive; youth become conscientious shoppers — important because frequently people gravitate toward what is familiar and convenient. The goal is to teach youth to be independent thinkers who have the ability, resources, and knowledge to make their own choices.

It is easy to underestimate and forget the time and energy youth spend as consumers

that will change their way of thinking about nutrition.

Everyone enjoys the taste of food and, therefore, one of the most effective ways to teach nutrition is through the senses.



This combined with an assignment to research food and content on their favorite “toy” — the computer — motivates them to learn, retain, and change current health choices, regardless of the effective practices and distractions consumers use to attract potential buyers to the very products youth now choose to avoid.

One cannot dispute that millions of dollars are spent on marketing products, especially food, to influence consumption. Further, certain foods are made to appeal to the taste buds.

Unhealthy foods that taste good are consumed by many, frequently. Living in a fast paced society combined with the fact that instant gratification is appealing, and unhealthy food choices readily available, may explain why people often purchase the same unhealthy products. Is it any wonder there is an obesity problem in this country, particularly in young adults? Do you think if youth knew the ingredients and long

term affect of foods currently consumed that knowledge could alter their choice to purchase a healthy food vs. an unhealthy product? Do you think teaching youth to be wise food consumers can help them attain and maintain a healthy lifestyle? If so, how can you do this?

Through well planned discussions and exercises youth can 1) begin to appreciate their new awareness of nutrition education, 2) develop a commitment toward ongoing improvements in health choices because healthy foods improve overall health and daily functioning, 3) realize healthy alternatives are cheaper than unhealthy choices currently consumed, and 4) commit to healthy food after they research the content in their former unhealthy food purchases.

I strongly believe and support preventative measures on any topic, particularly health. It is important to ensure programs address youth’s basic needs by providing nutrition education in their curriculum. Anything that improves health and well being can increase capacity to function more efficiently. The end result is longevity and a better quality of life for everyone.

Happy Health!

EDWARD L. GAGNE, MEd

Edward L. Gagne, MEd is currently enrolled in the Doctor of Education in Holistic Health and Wellness program at Clayton College. He is compliance monitor and grants manager of youth programs at the Executive Office of Workforce Development. He can be reached at edwardgagne@aol.com.

2010 Scholarship Recipients

NELLA B. OPPENBORN SCHOLARSHIP

Julie McAllister

Julie McAllister, a family herbalist certificate student, is a volunteer at her local Children's Advocacy Center as well as the prayer chain coordinator for her church. Julie worked as a juvenile probation officer as well as CEO of a non-profit before becoming a stay at home mom when her first son



was born five years ago. Her path to herbs and a natural health lifestyle was forged as her family began a restricted diet due to her sons' multiple food protein intolerances as well as her own allergies and asthma. She grows herbs in her own garden and uses her homegrown herbs as remedies for her family as well as in the healthy meals she prepares for her family. McAllister's goal is to complete all three levels of the herbalist certificates so she can teach others the value of herbs. She believes her background in marketing for non-profits will help her build her herbal consulting business.

PEG CLAYTON SCHOLARSHIP

Lori Legan

A bachelor of science in holistic nutrition student, Lori Legan's life has led her and her family on the path of holistic approaches to health and healing. Through her commitment to a holistic lifestyle, she has found a positive outlook on life and finds relationships more fulfilling. She has a wonderful desire



Left to right: Nella, Peg, and Sarah.

and vision for education and holistic nutrition. Legan's goal is to inspire to others and help them to "find hope and healing through the education and empowerment obtain through my degree program."

Karla Cohen

Although she hasn't yet decided between being a master's in natural health or holistic nutrition student yet, most of Karla Cohen's goals revolve around education. She believes in empowerment by "reacquainting people with the notion that wellness and healing are their birthright." She does not claim to have all the answers, but offers "reflections, possibilities, resources, hope, and support." Cohen believes, "Regaining health for a lifetime requires connecting with the knowledge that one can and has healed oneself." One important way to for this to happen, according to Cohen, is for natural healthcare to be available to all who are interested, rather than something viewed as a last resort. She wants to educate

people about the connection between diet and health, and “the very real possibility of wellness into older age.” Cohen also believes in giving of her time through volunteer work. When her paid position with a non-profit peace organization was eliminated due to budget constrains, she continued to work as a volunteer. Cohen’s plan is to become a “professional facilitator of natural healing and wellness.”



SARAH SHELTON SCHOLARSHIP

Gail Hanscom

Gail Hanscom and her husband have used natural healing methods for the last 30 years, and as a licensed counselor (psychology), she can now continue her education in the EdD in holistic health and wellness program, adding not only to her knowledge base, but also to her ability to offer information and assistance to clients. Hanscom began her journey in learning about natural health 30 years ago, after an unfortunate incident when a prescribed pharmaceutical resulted in damage to her immune system. She discovered William Rea, MD, who works with people who have chemical and/or electromagnetic issues from environmental exposure. Dr. Rea’s care significantly helped her healing process and also influenced her thesis topic for her master’s degree from Prescott College, which she received in 2007. Hanscom plans to continue networking with the healthcare professionals who have helped her not only with her holistic health, but also with her education, in order to offer natural support for body, mind, and spirit to those who have experienced neurotoxic changes.



GRADUATES

Fourth Q

CCNH is proud to congratulate the graduates for the fourth quarter of 2009 (October, November, December).

This list is based on diplomas ordered during the period specified. It does not necessarily reflect exact graduation dates. If your name has been left off this list, please e-mail Tara Nicole Brown at tbrown@cch.edu with your name and graduation date. You will be included in the next listing.

BACHELOR OF SCIENCE IN NATURAL HEALTH

April Druskovich
Kristin Marie Daniels
Laura Deck
Berjoui S. Devejian
Susan Fickes
Paulette Ann Hahn
Susan K. Hines
Kathleen Ann Layden
Charlotte Maguire
Margaret McQueen-Allen
Renee Peach
Sharon Ann Shavers
Sue Sleder
Heather Smith
Tiffany Tolsma

BACHELOR OF SCIENCE IN NATURAL HEALTH

*with Herbológy
Concentration*

Julie Likens

BACHELOR OF NATURAL HEALTH STUDIES

Rebecca Johnston

BACHELOR OF SCIENCE IN HOLISTIC NUTRITION

Miriam Amselem
Susan Bridge Carr
Carol M. Brown
Michael R. Buron
Julio R. Castellanos A.
BreeAnn Christiansen
Kelly Clemensen
Debbie Cohen
Stefanie Deddo-Evans
Louise Desmond
Lucy Hartlove
Stephen W. Jones
Jennifer Marie Larson
Rosaline Lipe
Michelle Makhoul
Jenny Mamone
Alexa McBean
Valarie McGee
Hilda Nunez
Stacie Pate
Katelyn Perkins
Michelle L. Santucci
Jonathon Shortmeyer
Sharon Snively
Dominic Tarinelli
Colleen Vogel
Diann Walpool
Hisami Zauner

BACHELOR OF SCIENCE IN HOLISTIC NUTRITION

*with Herbológy
Concentration*

Freda M. Tewell

BACHELOR OF HOLISTIC NUTRITION STUDIES

Wendy Merrill
Anneliese Sepaniak
Sherry Sherman
Marcella Smith

MASTER OF SCIENCE IN NATURAL HEALTH

Maggie Bloom
Pamela Anne Byers
Janet Figueroa
Carol Iverson-Scrol
Albert Kohen
Russell Leavitt
Mergen Mittleider
Connie Pennza-Hatley
Brigid Piccaro
Robin Reichert
Jean Marie Snipes

MASTER OF SCIENCE IN HOLISTIC NUTRITION

Charlene Betz
Gail J. Billingsley
Dana Lynn Bochte
Karen Yvonne Bowers
Claudia Cleary
Rachel L. Crawford
Marcela Manon De Lamadrid
Heather J. Deakin
Patricia Fierle
Daniela Giordano
Leora L. Meek-Dappen
Carol R. Morrissey
Karen B. Noreika
Brigitte Pleitgen
Patricia Siedal
Norma Jean Stark
Pareen Tauhida Zaman
Jodi Ziskin
Kathy Zubich

DOCTOR OF NATUROPATHY

Charles W. Allen
Desmond Chan
Michael Chouinard
Victor Lee Francis
Dena Johnson
Jean Larson
Annette-Joy Lessie-Sanderson
Christine J. Martin
Julia Mclean

DOCTOR OF TRADITIONAL NATUROPATHY

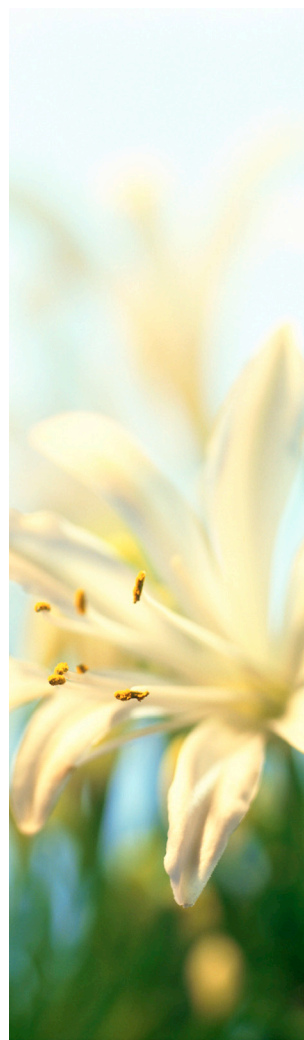
Sandra Znidar

DOCTOR OF NATUROPATHY FOR HEALTHCARE PROFESSIONALS

Peggy Hicks
Janet Svaral

DOCTOR OF NATURAL HEALTH

Florence Akinwumiju
Mary E. Bowles-Cook
Cynthia Hausman
Beatriz Sugarman
Robert L. Tucker



DOCTOR OF PHILOSOPHY IN NATURAL HEALTH

Jodie Lee Freeland
Vera Anita Vargas Fonseca
Lucille A. Stubbs

DOCTOR OF PHILOSOPHY IN HOLISTIC NUTRITION

Jayson Bernard Calton
Frieda P. Fontaine
Martha Andree Lewis
Richard Dean Melton
Elizabeth J. Morrison

THE FAMILY HERBALIST CERTIFICATE

Jeri M. Campbell
Shri Jerrene Drake
Diana Druga
Lucy Hartlove

THE CONSULTING HERBALIST CERTIFICATE

Beryl Judith Bardsley
Damiana Corca
Shri Jerrene Drake
Victoria L. Yeager

THE NATURAL WELLNESS CERTIFICATE

Sheri L. Desmond
Donna R. Allen
Dennis R. Faber
Eileen Gonzalez
Cynthia A. Graham
Lillian Zedalis

HOLISTIC CARE FOR COMPANION ANIMALS

Pamela Susan Rhoades

IRIDOLOGY THEORY AND PRACTICE CERTIFICATE

Paulette Hahn
Lillian A. Hebert
Mgr. Katerina Konradova

CONTINUING EDUCATION

Susan Claxton
Mary Carrier Hoodack

READY TO RE-ENROLL?

A new term starts every two weeks, and students may re-enroll once they have completed 75% of the components of their current term. Just follow these five easy steps for re-enrollment:

1. After deciding on your next courses with your program advisor, contact Lou Barbeau, the re-enrollment advisor. He will discuss enrollment preferences, like our Annual Enrollment Plan or one of our other tuition options. For your convenience, you may complete the online form.
2. You will receive several e-mails — including your Enrollment and Tuition Contract e-mail and your EdMap authorization e-mail. You will retain the same program advisor throughout your CCNH experience.
3. Sign and return the Enrollment and Tuition Contract as soon as possible. You will not re-sign a Student Handbook and Independent Study Policy form.
4. Order your books and study guides from EdMap with the authorization code you'll receive upon re-enrollment.
5. On the term start date, complete the Course Selection Form to have your courses added to your WebCT account.

Abstract Reality

This research endeavor was presented for the doctoral dissertation by Joseph E. Bosiljevac, Jr., MD, PhD, a 2010 graduate of the CCNH's PhD program in natural health. His study sought to investigate the use of complementary and alternative methods in a case study of breast cancer, and to evaluate the place of Complementary and Alternative Medicine (CAM) in the management of this condition. In addition, Dr. Bosiljevac's study sought to present a possible scientific basis for these methods through linking scientific and theoretical literature.

THE USE OF COMPLEMENTARY AND ALTERNATIVE METHODS IN THE TREATMENT OF BREAST CANCER

There is an increasing acceptance and use of Complementary and Alternative Medicine, particularly among women with breast cancer. A detailed review of CAM modalities used by the patient in the case presentation fails to reveal a “magic bullet.” However, the same can be said for most allopathic treatments. Instead, the information gathered supports a holistic approach. Providing the body with the necessary substrates leads to healing using innate physiological pathways. Biologic plausibility can be seen even if solid scientific evidence is not established at this time. Much of this results from an incomplete knowledge of complex physiological pathways, including the hormonal axis. The same criticism used as far as lack of scientific evidence for CAM can also be applied to the current use of Evidence Based Medicine. Many approaches used by the “health care industry” suppress curiosity, observation, and experience, which are considered basic tools used by the clinician-scientist to advance scientific knowledge.

JOSEPH E. BOSILJEVAC, MD, PhD

Joseph E. Bosiljevac, Jr., MD, PhD, earned his MD degree from the University of Kansas in 1975, completing a rotating internship at Charity Hospital, New Orleans, and five years residency at Wesley Medical Center in Wichita, Kansas, in general, thoracic, and vascular surgery. He has worked in his surgical practice for 29 years, and served in many leadership capacities in professional medical organizations, including serving as president of the American College of Surgeons, Kansas Chapter. He is also widely published in peer-reviewed scholarly journals. Upon completion of this recent phase of his education, Dr. Bosiljevac is actively pursuing his goal of creating a complementary and healing practice. He plans to use the integration of his medical experience and CCNH education to prolong health and longevity, and to work with underlying causes rather than symptoms. He expresses his belief that the human body is designed to last “one hundred good years...if personal responsibility and discipline are used.”

COMPILED BY JANICE E. MARTIN, EDD, ND, LPC • PROFESSOR OF GRADUATE RESEARCH

Holistic Times Submissions Guidelines

CCNH accepts article submissions from students and graduates for publication consideration in the Holistic Times newsletter and/or in the accompanying blog.

Submissions must meet the following criteria:

- Microsoft™ Word count from 1000-2000 words
- Microsoft™ Word (.doc) or Rich Text Format (.rtf)
- Written in English.
- Articles must be formatted using American Psychological Association (APA) style.
- Figures: Images, charts, graphs, etc. should be supplied in an electronic format at a resolution of 300 dpi. Please do not submit photos or other images that you do not own the rights to or have written permission to reprint.
- Must include an accompanying brief biography of 250 words or less.
- Articles should be in keeping with the college's mission and educational philosophy. Please visit www.ccnh.edu/about/mission/naturopathy.aspx to learn more about CCNH's educational foundation.
- Topics should be in the natural health, holistic nutrition, or herbal studies arenas. CCNH is not interested in articles on diagnostic machines, self-promotional pieces, or articles that seek to build one's distributorship, etc.
- Articles should adhere to Clayton College Model of Empowerment for the Natural Health Practitioner, which focuses on using educational language while refraining from any diagnostic or prescriptive sounding communication with the client. To understand the function of the empowerment model, the practi-

tioner must first grasp the philosophy of always coming from the perspective of client education.

- Medical professionals may be exempt from this requirement by including their credentials in their biography.
- Articles that were previously published must have permission to be republished.
- Send submissions to communications@ccnh.edu.

ADDITIONAL INFORMATION

- Articles submitted to CCNH will become the property of the college and will not be returned.
- You will be notified if/when your article is chosen for publication in the newsletter or blog.
- CCNH retains the right to refuse publication.
- CCNH does not offer any compensation for articles. CCNH provides the opportunity for publication and the potential exposure as a service to its students and graduates.

Sinus-Ade

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End Notes

When people travel long distances, they usually go by plane or car. However, one of the other methods, traveling by train, is no longer taking a back seat to arriving at one's destination.

There are many benefits to traveling by train. First and foremost, with the increasing gas prices and economic downturn, riding the train is less expensive than other modes of transportation. Riding the train provides a wonderful opportunity to view the countryside in style, and there is a level of comfort and freedom that comes with rail travel. There is ample leg room and most trains are equipped with sleeping and sightseeing rooms. And if you just have to have that movie and bag of peanuts, well, most trains provide these benefits as well.

But for those who are cash cautious and carbon committed, you'll love the environmental reasons. More people are riding the railways instead of flying the friendly skies or riding the roadways because trains use 17 times less fuel to travel the same distance as an aircraft and five times less fuel than a car. They pollute less, rarely suffer the inconvenience of weather delays and passengers won't suffer from jet lag. According to the UIC, a Paris-based international organization of the railway sector; train travel averages three to 10 times less CO₂-intensive when compared to air and road transportation.

If you believe it's all about the journey and not the destination, then take a train ride and save some cash and carbon emissions along the way. Happy trails.



LISA A. BURKE AND COURTNEY GRAMMER

www.cnn.com/2010/TECH/01/10/green.trains/index.html

www.trainchartering.com/casestudies_environmental.html

Photo credit: Train in downtown, ©iStock.com/egdigital