

holistic Times

*How sweet I roamed
from field to field,
and tasted all the
summer's pride.*

—WILLIAM BLAKE



From the Editor

Lately I have been meditating on the old idiom, “Never rest on your laurels.” As I get older I recognize a tendency, at times, to want to rest on the “laurels” I have earned, to kick my feet up a bit, and take things a little easier. Yet, I have discovered that when I give into those “resting” notions, that there is a fine line between resting on one’s laurels and growing complacent — that is not a space I wish to occupy.

“Onward and upward,” seems like a more productive idiom on which to meditate. The words imply motion, having and achieving goals, and never resting for longer than is needed. Having a goal — be it something small like drinking enough water every day, or a huge goal such as earning a PhD in astrophysics — gives definition, purpose, and direction to your life. Sometimes the work required to achieve the desired goal is difficult, challenging, and downright unpleasant, but it must be done to get to the other side, to accomplish the goal.

My goals are simple: take a proper vacation, continue my education, eat less and move more. But I still struggle with keeping myself committed to those goals. How do we all get from where we are to where we want to be?

For inspiration, I turn to my job. As I reflect on the 16-plus years I have been with CCNH, we have seldom paused to rest on our laurels. There is always an initiative, a plan, a project, an institution wide improvement, a goal of some sort that we set for the college. In my days I have seen the college introduce new curriculum, new programs, launch the

newsletter, the Web site, the annual conferences, and receive USDA quality standards certification.

Now the college is focused on a huge goal — accreditation — and the entire staff is working together to see this to fruition. Perhaps the most important aspect of goal-seeking to remember is that no one is an island, and the people with whom you surround yourself can help you meet your goals and vice versa. Part of helping yourself is learning when to ask for help, and if doing so gets you one step closer to where you want to be, then ask. Just do it!

CCNH students are also an incredible source of inspiration not only for the college as we work towards the goal of becoming accredited, but you inspire me on a personal level as I “get to know” more of you through our social networks. You have busy, full, and often complex lives, and yet you still make time to study, to learn, to grow, and to better yourself, your health, and your fortune in life. You motivate me, and you motivate the CCNH staff to keep striving for our goals and to never rest too long on those laurels... as inviting as they are.

Inside this issue of the *Holistic Times*, you’ll find articles that will help motivate and inspire you as you work towards your goals as natural health practitioners and educators. Be sure to drop by the discussion forum in Ning and share your thoughts, tips, and tricks on goal-setting and achieving. Let’s all help one another to push things forward!



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Promoting the Practitioner

Living in the stressful, fast-paced, modern society of today's world, many people have come to realize the benefits that natural health practitioners can offer. As a result, these alternative health professionals have quickly gained recognition in their fields of expertise and are bringing back some of the traditional practices of natural health into the present. Today's modern medical specialists, as well as insurance companies, are also beginning to recognize the benefits of alternative healthcare as well. The integration of alternative health modalities into their practices and inclusion in insurance coverage is validation that mainstream medicine

no denying that health and wellness will continue to be a major global trend for the next 15 to 20 years as consumers' interest in the relationships between diet, physical activity, and disease increases.

This has led to an increased interest in the alternative healing systems, methods, and practices not typically taught in United States schools of medicine, nursing, or allied health professions. As the demand grows, so does the need for qualified educated practitioners. Schools and institutions whose primary role is to prepare



practitioners in alternative health fields such as consultants in the field of nutrition, Ayurveda, naturopathy, herbalism, or homeopathic methods are becoming more prevalent and in demand. This invites many in today's job search to consider the American dream of starting one's own business.

As rewarding as it can be, starting your

and alternative health practices both have a role in maintaining health in our modern day's society.

According to the Bureau of Labor Statistics (BLS), wellness programs are considered to be an important component of employer benefits packages because they offer workers and their families' choices for pursuing healthier lifestyles with less illness, ultimately leading to less costly benefits packages. Some examples of the benefits that may be included in wellness programs are smoking cessation clinics, exercise/physical fitness programs, weight control programs, and nutrition education. There is

own natural health practice can also be overwhelming. There are many details to consider such as location, office and staff expenses, taxes, insurance, and legal regulations. You may have skills that you can incorporate into your natural health business endeavors — tools that may be utilized from past employment, personal experience, or education. Basic business concerns are secondary to the practitioner's personal assets. It sounds simple, but it can be easily overlooked and underestimated. Ultimately though, everything a

practitioner needs to be successful is within his or her reach, but you must reach out to get it.

Starting and maintaining a natural health practice is like any other business, it depends on making the public aware of your qualified services and building a client base. It goes without saying that your services must be needed within the market, but your ability to provide the general public with a good service will never be used unless people know about it. Moreover, you never know from where you might be securing your first, or next, good client. Although, they sometimes come from the least expected places, the best clients often come from referrals, as they



have immediate comfort level and first-hand knowledge of the services provided.

The principle of orienting your practice toward your life is known as integration. To help integrate various skills into a practice is to take some steps in strategic planning. This can be accomplished by clarifying the practitioner's purpose, objectives, and goals. This will help create effective plans for integrating the appropriate skills needed for a successful practice.

In this case, the practitioner would develop a mission statement that summarizes the practitioner's goals and the goals of the practice. Next, it's recommended to make a list of objectives such as statements that reflect the personal values the practitioner would like to incorporate in the practice. Finally, make a list of goals to achieve the practice desired. This can be done by naming specific tasks

that will help to define a pathway to completing the overall professional goals. By setting goals and having a clear method of achieving them in place, the practitioner can fulfill his or her personal and professional intentions and thus have a fulfilling practice.

Many are familiar with the law of attraction and the benefits of visualization. To use this concept, the practitioner will need to visualize the type of practice sought. Once this has been accomplished, he or she will have unlimited access to the resources available for success in obtaining and integrating personal and professional tools into the practice with confidence and direction.

One example is a massage therapy practice. This is an excellent area for the practitioner to use his or her knowledge for recommending water intake and proper food selection. Educating the client on how this affects the body's system to help flush out toxins after the massage session

is a great example of integrating education with practice skill. Another example is a nurse who may want to integrate his allopathic education with a natural health education and be a catalyst for bringing the two healthcare worlds together.

Everyone has personal and professional experiences that will benefit clients and can be integrated into a practice. By using your knowledge, history, and personal experience you can incorporate all of this into a practice and create a "tool kit" of information to educate clients about healthy lifestyle choices and the use of natural healing to maintain health and wellness.

LISA A. BURKE, ND, CTN

Abstract Reality

Jamie L. Krzykowski, a recent graduate of the CCNH PhD program in holistic nutrition, conducted a qualitative research study designed to measure the effectiveness of wellness activities on the lifestyles of freshman college students. This study provides important information regarding the existing lifestyle choices and behaviors of first year college students, as well as their activity levels throughout the first semester of classes. The research by Ms. Krzykowski is an excellent example of an educational intervention designed to impact lifestyle choices, and a survey used to gather data for analysis, presenting results, findings, conclusions, and recommendations based on the study.

EFFECTIVENESS OF STRUCTURED WELLNESS ACTIVITIES AND EVENTS: THE IMPACT ON FIRST YEAR COLLEGE STUDENTS

The incidence of college freshman gaining weight has been recognized, and the contributing factors have been studied for decades. Many researchers have studied the health of college students through surveys and questionnaires, with some institutions implementing programs. Nutrition and physical activity recommendations have been made, and current research recognizes that these two components are critical for improving a person's health. However, few studies have incorporated an intervention involving a structured physical activity regimen.

This study assessed the effects of structured wellness activities and events implemented with an entire freshman class at a private university. Subjects were surveyed on their physical activity and nutrition knowledge, their perceived levels of activity, and actual nutritional habits. Participants were also asked questions relating to overall well-being. Phys-

ical measurements of height, weight, and body fat percentage were taken for objective measures pre and post-test. The post-test survey was matched to the pre-test in order to establish behavioral changes that may have occurred over the semester. Additionally, subjects were asked reflective questions regarding the influence of the wellness program on their activity levels, nutritional habits, and overall well-being.

Opportunities for physical activity were provided through a program called the Freshman Year Seminar (FYS) games. Freshman students were given a variety of activities to participate in throughout the semester with their respective FYS class. A nutrition seminar was also given mid-semester, and a handout on stress reducing tips was provided during the yoga session.

Sixty-seven participants completed the study appropriately. The study was limited due to self-report data, no true control group, and using bio-electrical impedance for body fat measure-

ments instead of skin-fold calipers, which have been proven to be more accurate. Additionally, 25% of the subjects participated in intercollegiate athletics at the college that could directly influence their participation in the proposed events.

Participants were found, on average, to have a decrease in activity levels, to gain weight, and have an increase in body fat percentage by the end of the semester.

However, 50.75% of the subjects participated in one or fewer activities offered through the FYS Games. Findings from this study led to the conclusion that refining programs such as these are crucial to student interest in physical activity and that instructor involvement was essential to getting students to participate.

Jamie L. Krzykowski, PhD

Jamie Krzykowski, PhD, brings to her CCNH experience a bachelor's degree in athletic training and pre-physical therapy and a master's degree in sports medicine and exercise physiology. With her previous educational background, Ms. Krzykowski has accomplished her work with CCNH by completing the PhD. Her previous experience involves a variety of research endeavors, including roles as primary investigator and co-author in studies involving health, wellness, and sports medicine. She also has extensive experience in the educational and athletic training and exercise science fields. Ms. Krzykowski currently teaches at the college level, with plans to continue her ongoing contributions to post-secondary education and furthering the well-being and learning of college students. She also plans to continue her work of supporting health and wellness for those around her, as well as in the larger community.

Dear Clayton College Students:

Clayton Naturals thanks you for your business over the years — it's been a pleasure serving your herbal/supplement needs. We appreciate the opportunity you gave us as well as the trust you placed in us.

Through the years, we did our very best to bring you products that were of the best quality — certified organic — when available. We refrained from using endangered or threatened herbs and recognized that there is a connection between the health of the environment and our own well being.

The highly competitive nature of the dietary supplement industry, combined with the economic downturn, has necessitated our making some changes. In order to remain a viable business, and be able to continue to provide you with the supplements that you like the most, we have decided to reduce the number of products that we carry.

For years, we have offered the multi-vitamin supplement Optimum and the herbal based Sinus-Ade. These will still be available to you along with the newly formulated Osteo.

Please remember... We all need to do our part to help heal the planet — and each other. Live sustainably, and remember that one person can make a difference in this wonderful world.

We look forward to serving you in the future.



Fill the watering bucket for my recently retired mother and watch as she walks up the yard to water the yarrow lining the back fence. I'm delighted that

one step into her yard quickly deflates my ego. Lush flowers grow everywhere, in flower beds, in pots, along the fence line, even in quirky planters made from

people recover quicker, need less pain medicine, and have a more positive outlook on health when they have a view of nature (Mackenzie, 2006). Innovative

Where the Wild Things

Herb Gardens of Youth: The Benefits of Gardening for Seniors

she enjoys helping me in the herb garden. We both stoop and bend to pick weeds, the resident cat darts up the crooked dogwood tree that overhangs the herb bed, supervising our every move. We enjoy this time together outside, bonding with each other and connecting with nature. It may seem a bit more like chores to



my mother than connecting with nature, but even so, she is outside breathing fresh air, exercising, and providing care for the plants.

I think of my paternal grandmother who was raised in a rural environment. She gardened and ate fresh foods from her land. Though she has lived in suburban areas throughout my life time, she has always kept flower and herb gardens. No matter how proud I may be of my garden at home,

driftwood or even an old bathroom sink. She spends time in her yard daily and her care for the plants shows. This care not only shows in the garden, but also in her. She is still fit, trim, and a sharp thinker. She travels frequently, and nearly 90, she tells me that she drives her “elderly” friends to all of their outings. She is clearly the most active of all of her friends her age.

Gardening is one of the most popular hobbies for my grandmother's age group and it is now being recognized as more than just a hobby. Nursing homes and assisted living facilities are now realizing the importance of gardening and are implementing gardening as therapy for their seniors. Gardening promotes healing, improves mood and boosts the immune system. It can help lower blood pressure, reduce stress, and reduce pain. Even if physical access to a garden is limited, just having a garden view can be beneficial. According to psychologist Roger S. Ulrich,

nursing home designs are now building structures so that each room has a garden view.

Gardening certainly provides much needed exercise for seniors and can provide several different exercise levels depending on physical fitness. Seniors who are especially fit can participate in digging and planting the beds and can continue with daily maintenance such as watering and weeding. Seniors whose fitness levels are limited may be able to participate in watering by using small watering cans or hoses. Planting seeds support motor-skills and hand-eye coordination. Raised gardens provide good exercise to seniors who are less able to bend and stoop to pick weeds. Raised beds are also helpful to allow access to gardeners who may be wheelchair bound. Creating wide paths and smooth surfaces between beds is an important consideration for seniors who use wheelchairs or canes, or for those with vision issues. Gardens can provide

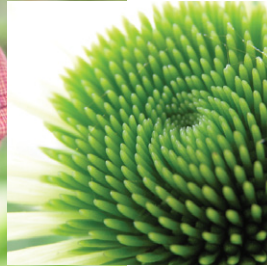
seniors with exercise even if they are not able to actually work in the garden. Slow daily walks through a garden in fresh air can be a wonderful source of light

Grow

exercise and relaxation.

Gardening isn't just exercise for the body; it can also be exercise for the mind. Gardening can help keep the mind sharp. Planning the garden helps stimulate creativity. Seeds and plants must be carefully chosen and decisions must be made about the best areas to place which plants — sunny or shady, dry or moist areas — taller plants toward the back, smaller plants toward the front, etc. Remembering the names of plants and committing new plant names to memory can serve as a good mental exercise. Gardening also provides the gift of hope to seniors as the anticipation of blooms begins to build and provides joy each spring as green plants begin to emerge and rainbows of color appear. According to Rutgers University (2005), sensory stimulation is an important aspect of the gardening experience for seniors. Colors, textures, and shapes exercise the





eyes and larger, bright flowers in bold colors such as red, orange, and yellow, provide a stimulus for the visually impaired.

Gardens shouldn't just be limited to showy flowers; herbs can be especially beneficial to a senior's garden. To get the most out of any herb garden, careful planning is necessary. It is important to plant the herbs that are helpful for individual needs or the needs of a special population group. For seniors, having longevity supporting herbs nearby is especially important. Herbs from the garden may be used in remedy preparations such as teas or may simply be observed for their healing nature.

- Rosemary is a wonderful herb to add to a senior's garden. It helps prevent the

breakdown of neurotransmitters in the brain, supports memory, and stimulates mental activity. It is also used in hair

care formulas to encourage hair growth. Running fingers through its leaves during a stroll through the garden will release its oils and stimulating properties.

- Echinacea is an antimicrobial and has been shown to be effective in fighting infections. An added benefit of its presence in the garden is the anticipation of its large, bright pink blooms in the summer.
- Ginkgo helps stimulate peripheral and cerebral circulation and increases oxygen to the brain. It is useful to promote memory, and is used in the prevention of Alzheimer's disease and dementia. During the fall, its leaves turn a spectacular

bright yellow, making this tree a beautiful addition to a garden landscape.

Each year as I add to my herb garden, I think of the herbs that will be beneficial to me now and in the future. I also think of the herbs that will be beneficial to my mother and I plan accordingly. I'm thankful that gardening has been a part of my family for generations, and can remain a part of my daily activities throughout my lifespan.

AIMEE LANIER

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The field of nutrition is an exciting and budding science. Everyday there are news headlines touting studies with new and extraordinary findings. The days of nutrition being just about carbohydrates,

vascular disease, osteoporosis, and cancer.

Among these physiologically active compounds are phytochemicals. Phytochemicals “provide essential raw materials for suppressing, retarding, even

Nourishing Insights

Holistic Perspective on Cancer and Nutrition

proteins, fats, vitamins, and minerals are long gone. The field of nutrition looks to the future, where researchers are studying physiologically active compounds that are being linked to the prevention and/or treatment of chronic diseases such as cardio-

reversing not just illness but also the debilitating effects of stressful contemporary life” (Beling, 1998). Current research is showing promising results in regards to phytochemicals and cancer. The phytochemicals coming to center stage in the fight against cancer are resveratrol, anthocyanin, quercetin, ellagic acid, and catechin.

Resveratrol is found in the skin of red grapes and is a constituent of red wine. It belongs to a larger class of photochemicals, phytoalexins. Phytoalexins are used as a defense against infection by pathogens as they are antibacterial and antifungal.

In 2006, the results of a study (Baur et al., 2006) on resveratrol were published revealing “that Resveratrol counteracted the detrimental effects of a high fat diet in mice.” Several studies (Athar et al., 2007, Jang et al., 1997, & Sale et al., 225) have produced strong evidence of Resveratrol anti-cancer action. Particularly in regards to cancers that it can come in direct contact with such as skin, GI, and colon cancers.

Anthocyanin acts as a powerful antioxidant and can be found in blackberries, black currants, cherries, eggplants, blue grapes, red cabbage and black raspberries. The research surrounding anthocyanin has primarily focus on cancer utilizing black raspberries as a source.

Studies (Jing et al., 2008, Madhujith & Shahidi, 2007, Mulabagal, Van Nocker, Dewitt, & Nair, 2007, Seeram, 2008) found that in relation to the inhibition of cancer of the esophagus and colon, anthocyanin had a positive correlation. These studies yielded good results showing that the esophageal cancer and colon cancer were inhibited by a significant percent. The animal studies



promising outcomes lead to research with human cancer cells. The results from these studies (Feng et al., 2007, Galvano et al., 2004, & Zheng, Wang, Wang, & Zheng, 2003) are highly significant in that they indicate that anthocyanin kill human cancer cells while not affecting healthy cells.

Quercetin is a flavonol and part of the larger class of phyto-



chemicals known as flavonoids. Foods rich in quercetin include capers, apples, tea, onions, red grapes, citrus fruits, broccoli, cherries, and number of berries including raspberries and cranberries, and other leafy green vegetables. It has been linked to the prevention and treatment of cancer, prostatitis, heart disease, cataracts, allergies, inflammation, and respiratory diseases.

A study in the *British Journal of Cancer* (Paliwal, Sundaram, & Mitragotri, 2004) showed that with a combination of quercetin and ultrasound (at 20 kHz for one minute), skin and prostate cancers showed a 90% mortality rate and no visible mortality of

normal cells. In regards to anti-inflammatory abilities, it inhibits both the manufacture and release of histamine and other allergic/inflammatory mediators. A modern study (Shoskes, Zeitlin, Shahed, & Rajfer, 1999) supports the anti-inflammatory action, showing that chronic prostatitis in men is reduced.

Ellagic acid is a polyphenol antioxidant found in raspber-

ries, strawberries, cranberries, walnuts, pecans, pomegranates, and numerous other fruits and vegetables. It looks as if it has anti-cancer properties as it acts as an antioxidant, and in studies (Fjaeraa, Nanber, 2009) has been found to cause apoptosis (cell death) in cancer cells. Further research involving cell cultures and lab animals has shown that ellagic acid can slow the growth of some tumors caused by certain carcinogens (Mandal, Stoner, 1990).

Catechins are polyphenolic antioxidants, flavonoids, with their largest source being teas derived from the camellia sinesis plant. Research (Corti, Flammer,

Hollenberg, & Lusher, 2009 & Fisher, Hollenberg, 2005) has shown that Catechins can reduce the risk of strokes, heart disease, cancer, and diabetes. Research (Katiyar, Elmets, & Katiyar, 2007) continues to yield strong results in regards to the inhibition of skin cancer with stating that catechins help protect the skin from UV radiation induced damage and tumor formation. Dr. Norman

Hollenberg, of Harvard

Medical School, has

even gone as far to say that “they should be considered essential in the diet and classified as a vitamin” (Roberts, 2007).

These promising

results combined with the increasing cost of health care,

the aging population, an increase in personal awareness, and the desire to enhance personal health has increased research in the field of nutrition and has increased consumer demand for this research. With the shifting focus, more and more researchers and studies are looking at fruits and vegetables and their essential raw materials, phytochemicals, in the fight against cancer and many other diseases. The current research indicates that in the fight against cancer an optimal approach for achieving a natural holistic health benefit is from the intake of a varied diet that is rich in plant foods.

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It has become apparent that many, if not most, people and businesses are currently going through various levels of transition these days. As noted in an article in the last edition of the newsletter, transition or change can be a very necessary and positive thing — it does not

set good examples for our children, and help take care of our communities, the earth, and our resources. After all, as Buddha stated: “To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear” (www.quotationspage.com). Alter-

to name a few) in very effective ways (Weil, 1995). Alternative care options tend to be more holistic, more likely to address the mental and emotional aspects of a person in addition to the physical component, and more likely to involve the time and attention of the practitioner that tends to

Creating a Healthy Tomorrow — Today!

NATURAL HEALTH: What a Great Change!

have to be a negative or scary experience. Since all things are easier to accomplish when you feel good, have the energy to devote to them, and have a positive outlook, then what better time than now to incorporate some new (or perhaps used-before-but-have-lapsed) natural health options in your daily life? To paraphrase J. A. Spender: Why put off until tomorrow what you can do today? The benefits are many and can end up affecting

natives to traditional medical care are sought for various reasons: first, they are often less expensive — medical and healthcare costs are already higher than ever before, and in today’s society the dollars often need to be stretched further for things like rent/mortgage, food, utilities, and child care. Second, the effectiveness of a healthcare method is an important measure of the general public’s decision-making process. While traditional allopathic care

assist a person in understanding the ‘why’ part of the changes they’re making. An important key to remember is that each category of care is not exclusive of the other — a person who has chosen to use allopathic medicine can often also include modalities such as nutrition, supplements, yoga, chiropractic, acupuncture, and mental health or relaxation therapy in their care plan, either simultaneously or as they progress. A nice change taking place

wellness is much more than the

more “in your circle” than just you!

Natural health is even more important today than ever before: we need to be healthy to manage the multitude of details for our jobs and our families,

is still crucial to have available in certain instances like accidents and emergency care, natural health alternatives address things like allergies, chronic degenerative diseases, most nutritional issues, and acute viral infections (just

currently — for individuals, practitioners, and the economy — is that the conventional and alternative realms are now working more closely together.

With traditional naturopathy’s focus on diet/nutrition, air/

breathing, clean fresh water, exercise/movement, and sleep/rest, natural health then becomes a matter of choice. While it may seem like there might be many changes you could consider making, the first decision, as noted by Louise Hay, is to just agree to allow yourself to change. (Remember, since change is inevitable, let's make it positive!) After that, you might write down a list of the changes you'd like to make, and then prioritize them to a manageable time frame. Getting just one change made can often create the positive and creative energy to go on to more changes, and they usually get easier — to both choose and to implement! If a person finds that his or her list contains more than 10 changes, he or she may feel overwhelmed before even getting started. However, choosing just ONE thing to start with, something simple like drinking more water each day for the first few weeks or a month is a positive boost right from the beginning!

People usually start off being very interested in taking more responsibility for their health,

to help narrow things down and help make the person's decision-making process easier. Greg Anderson, author of *The 22 Non-Negotiable Laws of Wellness* and founder of the Cancer Recovery Foundation, promotes teaching the “fundamental principle that wellness is much more than the lack of physical symptoms” (www.abha.org) and emphasizing the interrelation of three components: body, mind, and spirit. This is a crucial concept for adults to learn and remember, whether they are coping with a current health issue or wish to improve their health to avoid potential future issues. This is also important to incorporate into our children's education — parents can start this at home by being good examples and role models: ‘walking the talk,’ if you will. Adults dedicated to the promotion of natural health, whether they are parents or not, can offer to do talks at local schools, scout meetings, or other gatherings for children that request volunteer speakers. They can also offer to speak at local civic club meetings or retirement homes.

lack of physical symptoms

but become discouraged by the amount of information available on a topic. This is when a natural health consultant can offer education and suggested readings (books, pamphlets, handouts, Web site addresses)

“Going natural” is also good for all involved — people gain more physical health, mental clarity, energy, and vitality for their lives, and they are also empowered, gain more knowledge

continued...



and confidence, and make their decision(s) based on information and research. They also often assist the economy by choosing to use natural products, whether that includes herbs, homeopathic remedies, organic foods, natural practitioners, yoga classes, flower essences, etc. They may find themselves wanting to help educate their children, family members, friends, and co-workers about the benefits of natural health. By spreading all these positives, people's energies are increased, and that in turn affects the Earth in a powerful way — and what could be more appropriate or natural? Yes, change is indeed quite good!

ANGELA L. VAIL, D.C.

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Fare Thee Well, Linda Powell

“She has left an indelible mark on the college.”

Truer words could not be said about Linda Powell, CCNH's former director of academics. Linda, a former nurse and nurse manager and educator, joined Clayton College as a faculty adviser in 1998. Linda's innate leadership qualities and her personal interest in and passion for natural health made her an ideal director for the college's diverse and talented academics department that began to organize in the late 90s. “CCNH has experienced tremendous growth and numerous changes in the past 10 years, and Linda has been one of the main architects and driving forces behind that growth and change,” says CEO Kay Channell.

One of Linda's greatest gifts is her ability to think operationally and to see the “big picture.” Combining her visionary outlook with her natural ability to form strong, collaborative relationships, Linda oversaw the implementation of many of the procedures, policies, and practices the academics department now depends on for day-to-day smooth sailing. She has been involved in implementing WebCT® and has been an avid, vocal proponent of its use as the college's primary academic content delivery plat-

form. She has also been a key player in advancing the use of technology in the college's curricula by creating a committee of interdepartmental leaders to find innovative ways to use existing and emerging technologies to enrich the curricula with value added online learning activities and student resources. Linda has also overseen the implementation of several key student services including the relationship the college shares with Ed Map, its academic textbook partner.

Perhaps one of her most public contributions is the annual natural health conference. Linda and Director of Herbal Studies Phyllis Light were the catalysts for the first conference back in 2001, and not only has Linda helped coordinate each conference since then, she has been the “face” of the conference for many attendees. Linda has attended each conference and met hundreds of students and graduates. With her big smile and short, sassy haircut, Linda has become a warm, friendly face that attendees seek out year after year. The college's photographic archives feature countless pictures of Linda with students, graduates, and presenters at conferences through the years, as well as photographs of her meeting excited students

and graduates at trade shows. As director of the academics department for so many years, Linda's name has been almost synonymous with the college, and she finds it exciting to meet new people, and she enjoys sharing CCNH's mission and philosophy with the natural health community at large.

When she had her first grandchild she experienced what most of us do, which is to fall in love with that sweet grandbaby and want to be around the child as much as possible. When Linda learned that she had a second grandchild on the way, she made the decision to be more present in their lives and to embark on a semi-retirement from CCNH. A person of high integrity and with a huge personal and professional commitment to CCNH's continual institutional improvement, Linda graciously agreed to stay with the college through months of recruiting a new Chief Academics Officer, Teresa Nichols, and a departmental reorganization.

Assistant Director of Academics, Holly Cowan, has worked closely with Linda for many years, and has come to regard her as much more than a coworker. "Linda is, to me, a second mother, a friend, a leader, a visionary, and an optimist," says

Cowan. "She looks and thinks outside of the box."

Now working just two to three days a week, Linda enjoys spending her free time with Jones and Crawford, her two grandsons. She remains with Clayton

she discovered in the past few years and shared with her coworkers and friends by creating unique pieces of art for us.

"The past 10 years with CCNH have been some of the most exciting times of my life,"



Kay Channell, Holly Cowan, and Linda Powell.

College as an administrative associate, serving on various committees and continuing to make valued contributions to the college. Although Linda plays a different role at the college these days, her presence can be felt throughout the academics department as well as other departments where offices are accented with pieces of her pottery, a passion

says Linda when asked about her tenure at the college. "Each person and each experience has made me a better person," she continues, "and I have learned so very much about life, myself and the world."

Linda, CCNH sends you off to semi-retirement with gratitude and love.

In case you haven't already heard the news, CCNH is in the application process with an accrediting agency that is recognized by the United States Department of Education (DOE). Although the application process is lengthy and detailed, CCNH is

experience richer. We recognize that change can be uncomfortable, and we want to make this change a positive and exciting experience for you because it is an exciting time for the college.

In 2008, CCNH was awarded the United States Distance

self-paced format — a term. The term format consists of 16-week terms in which students enroll in two to four courses per term. The benefits of earning your degree following the term format are numerous. Terms offer a clearly defined timeline towards comple-

The Next Chapter in CCNH's History II



enthusiastic about our potential to become accredited. At this time the college is not permitted to disclose more specific information because the agency with which we are applying has rules and regulations that prevent us from doing so until the accreditation process is complete. As we move through the accreditation process, we believe that all students will benefit from it because we are adding more student services and resources to make your learning

Learning Association's Quality Standards Certification, which required a stringent self-evaluation report, USDLA review, and site visit. This was a valuable experience for the college, and CCNH recognized that seeking DOE recognized accreditation was the next natural step in its 30 year history.

As the college progresses through the application process, we have made a few changes to meet the requirements of the accrediting agency. Please know that CCNH will continue to support all students in the programs in which they enrolled. As always, we encourage you to communicate with your advisor if you have questions about the changes.

As most of you are aware by now, CCNH has transitioned from offering distance education degrees in a self-paced format to offering courses in a modified

tion, and they can help students set clear, achievable goals. This format also lends itself to more interaction between students and the college. CCNH is pleased that the academic term format allows us to coordinate and deliver additional opportunities for communication, motivation, and "checking in" from faculty and program advisors.

Another change that is a result of the college's application for accreditation is the retirement of some of our degree programs. CCNH no longer offers the doctor of naturopathy, the doctor of natural health, the doctors of philosophy in natural health, traditional naturopathy, and holistic nutrition, or the doctor of naturopathic medicine degrees. Rest assured that this change in the degrees offered by CCNH does not represent a shift in our mission or philosophy. The tenets and

philosophy of traditional naturopathy are still the foundation of all our degree and certificate programs, both old and new.

WHAT DOES THIS MEAN FOR YOU AS A CURRENT STUDENT?

It means more choices for you. Most importantly, you can be assured that CCNH will continue to support students in



all degree programs and in the format in which they are currently enrolled. Active students who are currently pursuing degrees that have not been retired have the option to continue working in the self-paced program in which they enrolled, or they can explore transitioning to academic terms with their advisors. Students who are currently working on a degree program that has been retired may not transition that retired program to term format. However, these students may choose to explore transitioning to a 2009 term curriculum program.

Many of you have already contacted the college and inquired about switching from the self-paced format to the term format. We are here to help you make the decision that best suits your goals. If you are curious about transitioning from your program to the

term format, the following information provides an overview of that process.

- The self-paced format will be replaced by 16-week terms. *Once a student has changed his/her program to the term format, he or she will not be permitted to revert back to the self-paced program.*
- Students who wish to have possible transfer credit applied must have all relevant transcripts on file with CCNH.
- CCNH believes that previously completed courses in a self-paced program will be applicable to the term program outline.
- It is important that all students requesting to transition to the 2009 curriculum, in term format, carefully read the new **CCNH Student Handbook**. There are significant changes to the new handbook that will affect a student's educational experience. The CCNH Student Handbook is required reading for the orientation course ORT100, which is mandatory for all students who transition into the term format.

CCNH is committed to keeping you informed throughout the application process. Please be sure to read the quarterly *Holistic Times* newsletter as well as the monthly student e-mail for the most current information available. Clayton College appreciates the patience, cooperation, and support you are demonstrating during this process.
- Students who transition to the term format will be expected to enroll in a minimum of two courses and a maximum of four courses per 16-week term. All work **must** be completed within this time frame. Courses which are not completed within the term will be assigned a failing grade.
- Once all coursework has been completed for the 16-week term, the student will be eligible to register for the next available term.
- Students who choose to proceed with the transition will be subject to both a registrar's and an accounting evaluation to determine eligibility for the term format.
- Additional tuition may be due in order to complete the transition.

GET WITH THE PROGRAM: Online Testing at CCNH

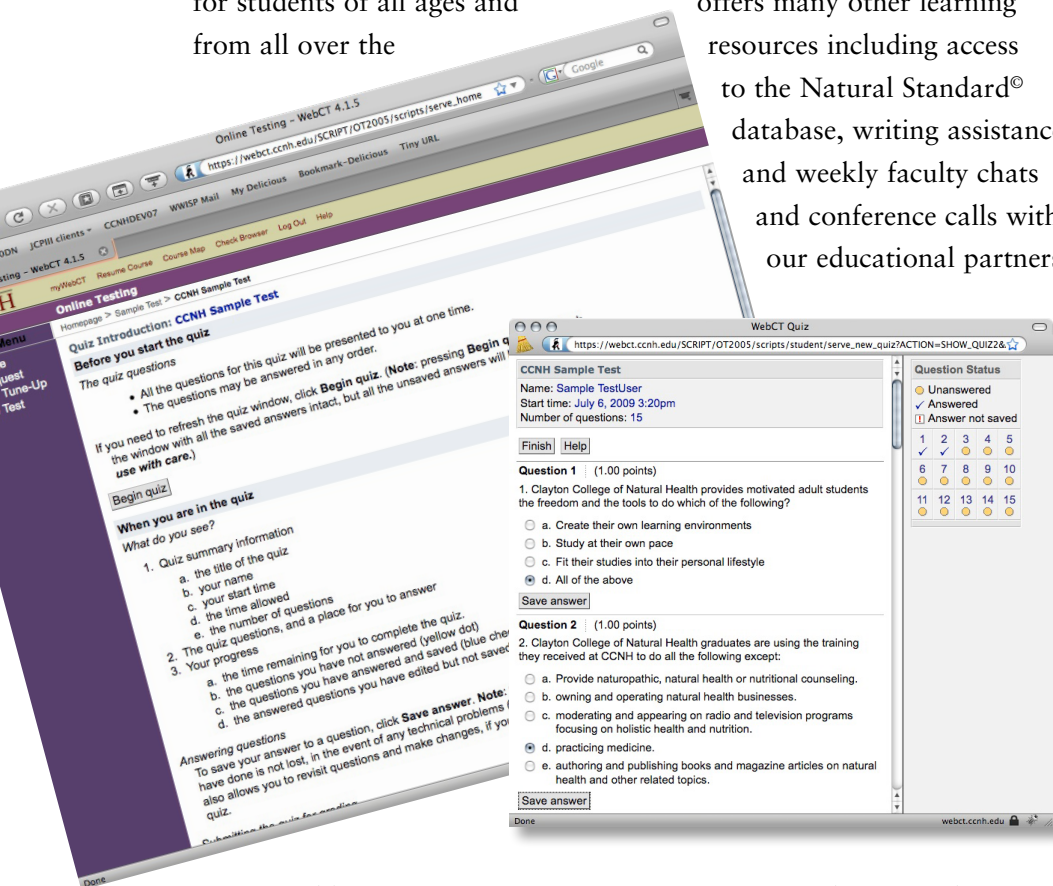
Distance education and online learning is no longer the wave of the future — it is here and now, right now! At one time, online learning primarily was associated with adult or continuing education, but using the Internet and Web-based technologies to facilitate learning is for students of all ages and from all over the

to submit the majority of their courses for grading via online testing with WebCT®. Not only can you take tests online and receive instant grade feedback, you can also submit projects and papers via the submission system. In addition to online testing with WebCT®, CCNH offers many other learning resources including access to the Natural Standard® database, writing assistance, and weekly faculty chats and conference calls with our educational partners.

10. LOCATION, LOCATION, LOCATION. Just as it is in real estate, location is everything in being an online student — meaning wherever there is an Internet connection you can test online and access learning resources. Test anywhere, use your imagination!

9. FLEXIBILITY. There are no required meeting times. You may submit a test, exam, or project any time of the day or night, any day of the year. Online testing fits into your schedule and lifestyle.

8. SAVE MONEY ON POSTAGE. There's no denying this reason. The cost of a first class stamp has risen from .34 cents in 2001 to .44 cents in 2009 spread over six price increases. You might not think about it when you are sending course work to the college, but if you kept a record of how much you spend sending course work for three months, you might be surprised, especially if you are sending several courses at one time and opting for insurance and/or delivery confirmation.



world. More universities and colleges than ever before are making their most desirable degree programs available online for the student's convenience.

CCNH has made online testing available to our students since 2002, and we've developed a system that enables students

You can take a sample test online if you want a “test drive.” For now, check out the academic's department “Top 10” reasons why everyone should consider becoming an online student.

7. ENVIRONMENTAL WASTE IS REDUCED. What more can we say? Using less paper means using fewer trees, and in the big picture using fewer trees is good for the environment. Submitting tests online eliminates “invisible waste,” which includes things like the receipt you might get at the post office, the gas you spent driving to the post office and the gas used by the post office or UPS, etc. to transport the mail, and the use of unnecessary inks or ink cartridges. Being an online student reduces your carbon footprint and ours.

6. MULTIPLE CHOICE TEST FEEDBACK IS IMMEDIATE. This is arguably one of the best benefits of online testing. Take a test, submit your answers, and receive your grade immediately. Visit the Web site to watch a video about how online testing works and what to expect when you submit a test online.

5. QUICK RESPONSE TIME ON FINAL EXAMS AND PROJECTS GRADING. Grading projects and final exams is performed on a

first received, first graded basis. Submitting your final exams and projects online ensures a quicker turn around time for you to receive your personalized grade feedback.

4. VERIFICATION THAT SUBMITTED WORK IS RECEIVED THROUGH ONLINE NOTIFICATION. This is another fantastic benefit that you get with online testing. The online learning management system automatically lets you know you have successfully submitted your test results.

3. ONLINE TESTING ALLOWS YOU TO IMPROVE YOUR INTERNET SKILLS. Online testing is easy even if you are new to the Internet and the World Wide Web. Using the online testing system requires mastery of several key, yet simple, concepts associated with using Web sites and Internet technologies. Not only will you learn how to submit tests, you’ll use e-mail to communicate, and you’ll explore online learning resources.

2. ACCESS TO E-ACTIVITIES. Several courses have e-Activities associated with them that, while not required for course credit, are designed to enhance learning and complement the course content and are only available on WebCT®. e-Activities are being added to courses regularly.

1. WE ARE ALWAYS A CLICK AWAY WITH ASSISTANCE WHEN NEEDED. Being an online student at CCNH means help literally is a click away. There are FAQs and instructional videos on the site if you are a visual/audio learner, or complete a couple of clicks and keystrokes and you’ve sent an e-mail to your program advisor or other staff member. In addition to academic support, CCNH offers technical support as needed for online testing and for using the Web site.

Currently, 75% of the course work the college receives is submitted online. If you are still not convinced that being an online student is the right choice for you, call your program advisor to learn more.

GRADUATES

First

CCNH is proud to congratulate the graduates for the first quarter of 2009.

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@ccnh.edu with your name and graduation date. You will be included in the next listing.

BACHELOR OF SCIENCE IN NATURAL HEALTH

Linda Kaye Bellem-Kraus
Cynthia M. Burt
Heather Y. Carter
Elizabeth Sayre Donnelly-
Scales
Tryfon Elles
William A. Farquharson
Lisa J. Firey
Jessica Forman
Yvette Madona Francis
Bonnie S. Frownfelter
Tina Marie Gamlin
Christy Dawn Gardner
Margaret Jablonski
Susan L. Jackson
Barbara Therese Lachmanek
Mary Leone
Dawn L. Pisturino
Iris Elaine Price
Diane M. Rosen
Angela Snodgrass
Cindy Lee Song
Angela C. Specker
Karen Elizabeth White
Dawn B. Worden

BACHELOR OF SCIENCE IN NATURAL HEALTH *with Nutrition and Lifestyles Concentration*

Teja Makoter

BACHELOR OF SCIENCE IN NATURAL HEALTH *with Herbology Concentration*

Ann Marie LeClercq
Margaret Slater

BACHELOR OF NATURAL HEALTH STUDIES

Fraya Diane Aguilar
Florence Temilade Akinwumiju
Andrew B. Coblentz
Barbra A. Cretilli
Chani L. Greiner
Julian B. Hall
Kristin A. Jennings
Victoria Arceneaux Muraywed
Ariadna Judith Ospina

BACHELOR OF SCIENCE IN HOLISTIC NUTRITION

Karen A. Anderson
Debora Barrett
Amanda J. Bosschart
Susan Botka
Jennifer Browder
Erica Chelsey Christie
Jason Alan Deyo
April Joanna Fleming
Cindy Ayde Flores
Carl Fortune
Anna L. Green
Jesse Katz
Janet L. Kindt
Nancy L. Kuhns
Rex Trevis Lettau II
Suzanne Marie Luck
Janice Novello
Annette J. Scutella
Michelle Staudenmayer
Henry N. Thompson
Elizabeth Anne Walia
Jesse David Williams
Genevieve L. Wright

BACHELOR OF HOLISTIC NUTRITION STUDIES

Eric Fenton Bower
Darla Hafford
William Hanson
Alexis Heimansohn
Amber Dionne Mabe Kent
Christine Stueve
Shannon Williams



MASTER OF SCIENCE IN NATURAL HEALTH

Toni Renee Cooper
Tina M. Corning
Rupasree Das
Kimberly Diane Gowenlock
Kathy Gruver
James D. Hodges
Heidi Indrawan
Karen Kelleher
Mary Alice Montgomery
Jaime Lynn Moran
Jean E. Scanlon
Nicole M. Speth
Enrique A. Tercero
Michelle D. Tillman
Thomas Tsakounis

MASTER OF SCIENCE IN NATURAL HEALTH *with Homeopathy Concentration*

Lynda L. Richardson

MASTER OF SCIENCE IN HOLISTIC NUTRITION

Cheryl Boyd Alber
Alice Lucinda Anderson
Jitao Bai
David Robert Blot
Patricia M. Carmody
Kimberly Kay Coventry
Angela Catherine Davis
Donna J. Fetzko
Tim R. Garrett
Nancy Harrison
Adam Michael Hochberg
Tara D. Hoesly
Nicole Lanvin
Salwa K. (Salley Malik)
Mohamed
Sandra Moore
Deborah Kerubo Ogeto
Laura Malickson Osterweil
Constance Mary Phillips
Jennifer L. Smith
Michelle Garsoe Van Vliet
Susan Anne Weishaar
Laura Biondi Williams
Aimee K. Wood
Carol N. Zaru

MASTER OF ARTS IN HOLISTIC WELLNESS

Susan L. Bova
Cheryl M. Coffey
Janine Diane Lachance
Jennifer Lindley
Julia M. Schloesser

DOCTOR OF NATURAL HEALTH

Joseph Cataldo
Anita Nazario Ruiz
Allison Speers
Alan Sui Lun Low
Elizabeth A. Thomas
Randal M. Zickuhr

Quarter 2009

DOCTOR OF NATUROPATHY

Christine Gregoire
Toscha W. Hurm
Nivra Kelley-Mackey
Eme Elisha Melech
Dana Leigh Nabers
Rajesh Patel
Alexandra Quiles

DOCTOR OF NATUROPATHY *for Healthcare Professionals*

Jeremiah L. Driscoll
Cheryl La Forme

NATUROPATHIC MEDICAL DOCTOR

Donna C. Ruiz

DOCTOR OF PHILOSOPHY IN TRADITIONAL NATUROPATHY

Elaine Ruth Wilkes

DOCTOR OF PHILOSOPHY IN NATURAL HEALTH

Roni Marie DeLuz
Martin Wesley Frisbie
Carol Maxine Winkfield

DOCTOR OF PHILOSOPHY IN HOLISTIC HEALTH SCIENCES

Fraser Wilson Lawrie
Marjorie Piazza

DOCTOR OF PHILOSOPHY IN HOLISTIC NUTRITION

Michele A. Baker
Donald Delorey
Johanne Schmelz Kittle
Richard Edward Lasker, Jr.
April Jones MacAlpine
Diane Kay Melin
Alan Fitzgerald Smith

DOCTOR OF PHILOSOPHY IN HOLISTIC NUTRITION *with Nutrition and Lifestyles Concentration*

Angela Nicole Landry

FAMILY HERBALIST CERTIFICATE

Memory R. Adams
Karel Lyon Allred
Michelle Bos
Mary Jo Caparosa
Brenda S. Dunn
Christina Fischer
Michelle Golany
Lorita Lynita Harwood
Jane Marianne Kuntz
Diane F. Mateo
Kenneth G. Robinson
Deb Roushanshad
Regina Shepherd
Barbara Smith
Marcella Smith
Sue A. Speight

CONSULTING HERBALIST CERTIFICATE

Sandra L. Haas
Laura L. Leisure
Mary Ann E. Ziomek

NATURAL WELLNESS CERTIFICATE

Chung-Hwei Chernly
Samuel D. Colby
Sonza L. Curtis
Jennifer Franklin-Prescott
Debra N. Graham
Margaret Elizabeth Johnston
Sara Nicole Law
Margaret Levin
Cheyenne Lujano
Feyisayo Ogunsola
Luanne Parks
Yvonne Michielle Randall
Audrey P. Reid
Neuza Reis

HOLISTIC CARE FOR COMPANION ANIMALS

Marianne Courey
Lorita Lynita Harwood
Gayle Helvig
Blair Congdon Johnson
Kay Quisenberry

IRIDODOLOGY THEORY AND PRACTICE CERTIFICATE

Jan (Shultis) Bowers
Dorothy M. Blanchard
Everyisch H. Lee

CONTINUING EDUCATION CERTIFICATES

Polly Heil-Mealey



ClassNotes

Due to the volume of ClassNotes entries we receive combined with the newsletter now being an online publication, the ClassNotes column is being eliminated.

All student and graduate news, announcements, accomplishments, and achievements are now being added to the Student & Graduates News & Events Blog at blogs.ccnh.edu.

We still want to hear from all of you. Not only do your accomplishments affirm the college's mission and goals, they also motivate and inspire your peers to put their natural health and holistic nutrition education to use in the world.

Please send your information and images to communications@ccnh.edu and we will add you to the blog.

H E A L T H

STEVIA FINALLY GOES MAINSTREAM

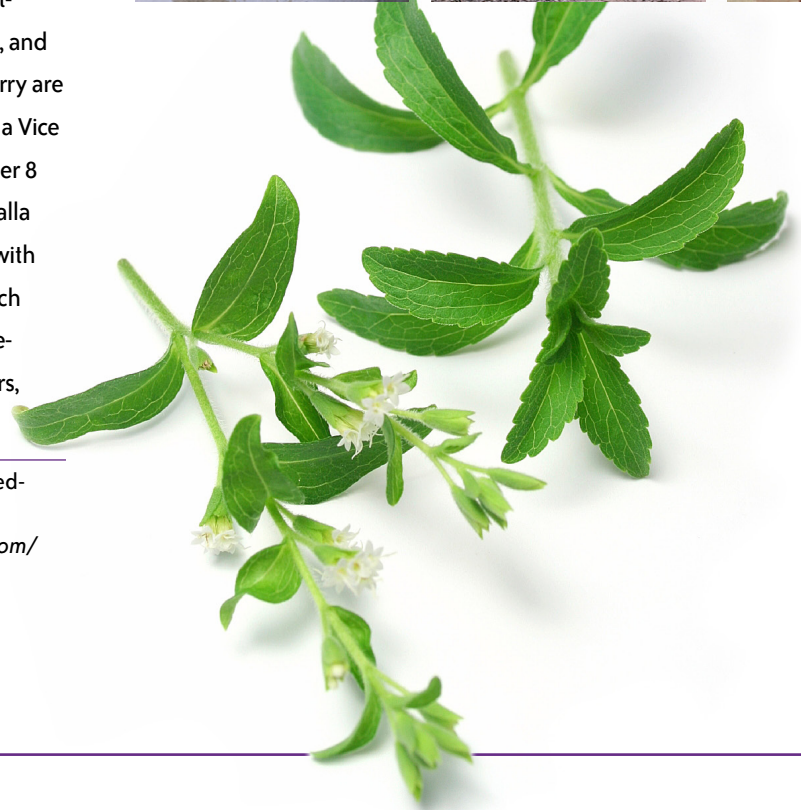
Odwalla, Inc., the nation's leading health beverage brand, is adding two new reduced-calorie juice drinks to its product portfolio. Odwalla® Mojito Mambo™ natural juice drink with vitamins C and E and Odwalla® Pomegranate Strawberry natural juice drink from concentrate with vitamins C and E are refreshing nutritional beverages with one-half the calories and sugar of other leading premium juice drinks. They are fortified to provide 50 percent of the daily value of antioxidant vitamins C and E. Sweetened with the right combination of TRUVIATM natural sweetener, organic evaporated cane juice and fruit juices, Odwalla Mojito Mambo and Odwalla Pomegranate Strawberry each has 50 calories per 8 oz. serving for consumers who are seeking a natural reduced calorie and reduced sugar beverage. Developed jointly by Cargill and The Coca-Cola Company, TRUVIA natural sweetener is a great-tasting, zero-calorie natural sweetener using rebiana, which comes from the best-tasting part of the stevia leaf. Harvested at the peak of sweetness, stevia leaves are dried and steeped in water, much like tea. This extract is then further refined and purified. The finished product is the pure, natural sweetness of rebiana. "In the Odwalla tradition, flavor comes first, and Odwalla Mojito Mambo and Odwalla Pomegranate Strawberry are delicious, refreshing juice drinks," said Chris Brandt, Odwalla Vice President of Marketing. "In addition, they offer 50 calories per 8 oz serving and excellent antioxidant power." The new Odwalla quenchers are made with natural ingredients and fortified with 50% of the Daily Value of antioxidant vitamins C and E in each serving. Like all Odwalla products, Mojito Mambo and Pomegranate Strawberry do not contain any artificial flavors, colors, sweeteners, or preservatives."

Crockett, Ray. 2008, December 17. Odwalla® launches reduced-calorie quenchers. [Press release.] California: Odwalla Inc. Retrieved April 30, 2009 from www.thecoca-colacompany.com/presscenter/pdfs/odwalla_with_truvia.pdf

REDUCE SUICIDE RISK WITH LITHIUM IN TAP WATER?

A Japanese study in the prefecture of Oita, population one million, found that the suicide rate was significantly lower in those regions with the highest levels of lithium in tap water. Other researchers found that low levels of 0.7 to 59 microns had significant effects as well. Lithium can be very toxic so caution is required prior to making recommendations for the public. In view of the world wide rash of shootings followed by the perpetrator's suicide, further study is warranted.

BBC News. (May 1, 2009). Lithium in water 'curbs suicide.'
Retrieved May 1, 2009 from news.bbc.co.uk/2/hi/health/8025454.stm



in the News

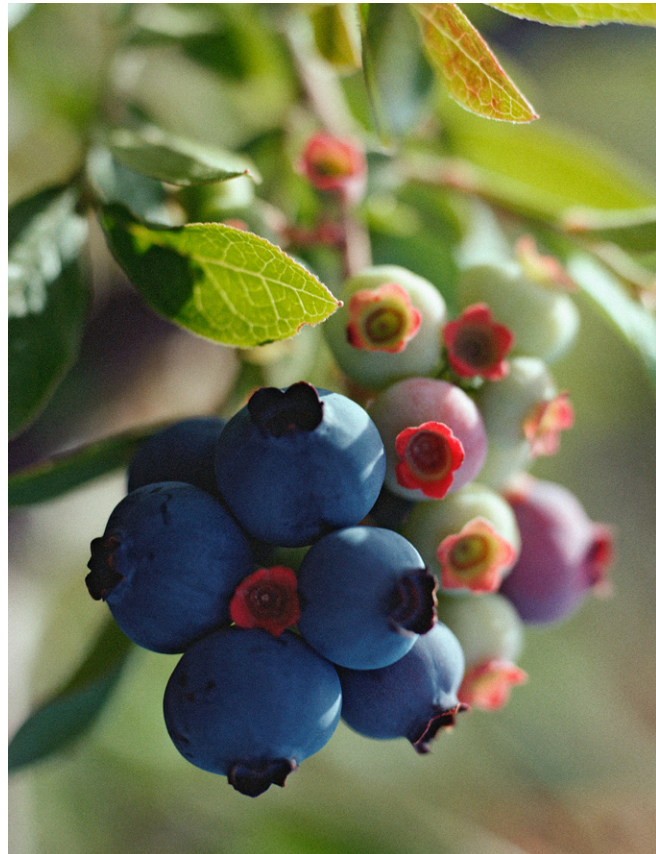
AFRICAN GENETIC DIVERSITY STUDIED

Over 3,000 samples were collected across Africa including remote areas where a car battery powered the centrifuge to spin down blood to collect the DNA. The team was lead by Sarah Tishkoff, PhD from the University of Pennsylvania. The team looked at individual ancestry, or genetic similarities in their samples, by comparing the frequencies of more than 1,000 DNA markers — sections of the DNA code that are known to reveal common genetic heritage. “In the past, [geneticists] studied just a few Africans, and suggested they were representative of the continent, but we’ve found that no population is representative of all of this diversity,” said Tishkoff. “Our goal has been to do research that

will benefit Africans,” she said. “I hope this will set the stage for future genomics research there, and future biomedical research.” The completion of the study could enable such research, allowing the link between genes and disease to be

properly studied. “The genetic variants we’ve identified may play a role in disease susceptibility and the different ways in which people respond to drugs,” Tishkoff explained. The research also located the origin of modern human migration in south-western Africa, near the coastal border of Namibia and Angola. This is based on the widely-accepted theory that the highest level of genetic diversity is in the oldest population — the one that has had the longest to evolve. “The site is the homeland of the indigenous San communities,” Tishkoff explained. “It’s not surprising but it’s a very neat finding because the San have already been shown to have the oldest genetic lineages, suggesting they may be descendents of a population ancestral to all modern humans.”

BBC News. (May 1, 2009). Africa’s genetic secrets unlocked. Retrieved May 1, 2009 from news.bbc.co.uk/2/hi/science/nature/8027269.stm



BUST BELLY FAT WITH BLUEBERRIES

University of Michigan researchers say the results of a study on rats given blueberries suggest that antioxidant-rich blueberries may change how the body stores and processes glucose or sugar for energy, thereby reducing the risk of both heart disease and diabetes. After ninety days of a blueberry rich diet the rats fed blueberries had less abdominal fat, lower cholesterol, and improved glucose control and insulin sensitivity. While the research on humans needs to be done what better fruit to boost in the diet?

Warner, J. (2009, April 19). Blueberries may banish belly fat: diet rich in blueberries may boost heart health. Retrieved May 1, 2009 from www.webmd.com/heart/news/20090419/blueberries-may-banish-belly-fat



End Notes

It is estimated that Americans throw away 50 billion food and drink cans, 27 billion glass bottles and jars, and 65 million plastic and metal containers and lids on a yearly basis. Furthermore, it is estimated that more than 30% of our waste is from packaging materials. Approximately 85% of this refuse is sent to a dump, or landfill, where it can take from 100 to 400 years for things like cloth and aluminum to decompose, while glass has been found in perfect condition after 4,000 years buried in the earth.

With today's heightened environmental awareness, some creative individuals have decided to recycle the saying "one man's trash is another man's treasure" into "one man's trash is another's expression of art."

Trash art, also known as recycled art, has transitioned into mainstream America. From first grade projects to park sculptures, this new form of urban alchemy reconstructs the most abundant of materials: garbage. But the common thread doesn't end there. Today's designer divas have jumped in and turned dumpster diving into yet another art form with fashion clothes and accessories made from recycled materials.

There's a real art to going green these days and the nouveaux-creators are taking the three R's of the environment to a whole new level. No matter what the appreciation has been in the past, today's individual taste towards an object, whether emotionally or physically, can be viewed with environmental inputs.

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www.sandsifters.org/21.html Web site for statistics above.

