

Eastwind Healing Center Newsletter, Number 19

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Iowa's complete complementary and alternative medicine center

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Welcome to this edition of the Eastwind Healing Center newsletter.

We're thawing out our newsletter after a break for the holidays. Not a big thaw, mind you, but a thaw. The cold is getting to everyone, and cabin fever is settling in. Well, you can warm your spirit (and body) with some of the specials that Eastwind practitioners are running this month. [See below](#) for details of those and other great offerings.

We welcome feedback on our newsletter, and would love to hear from you if you have a request for coverage of a topic from a holistic perspective.

[So, email us already!](#)

Staff Announcements:

- Dr. Candida Maurer has turned her considerable artistic talents to jewelry making as well as mixed media pieces. See [below](#) for more information.
- Barb Brender, LMT is offering another Heated Stone massage special in February: 60 min for \$60. That's a \$15 savings over the usual price. Appointments

must be scheduled to occur in February. This was a very popular special when Barb offered it before, and it's a great way to warm yourself up against the cold. Contact Eastwind at (319) 337-3313 to set up your appointment.

- Drs. Michael Santangelo and Candida Maurer are offering Reiki III and Reiki Master classes soon. Details can be had [below](#).
- For those of you who have asked, yes, there will be another Reiki/Energy Medicine special down the road. Keep an eye on the newsletter for details.
- Meanwhile, Dr. Michael Santangelo continues to blog away at [Stranger Every Day](#). He covers subjects that relate to Tarot and other divination systems, alternate realities, adventures in consciousness, and other bits of esoterica. Be sure to bookmark the site, as there's something new there several times a week.
- Our seminar space is also a meditation area, and we'd like to make this offer to the clients of Eastwind Healing Center: Before or after your appointment, feel free to take a few moments in the seminar/meditation space for quiet reflection and meditation. The space is available for you during business hours whenever it isn't being used for some other purpose.

New at Eastwind



Handmade Gemstone Jewelry on Sale by Candida Maurer

Just in time for Valentine's Day - beautiful handmade gemstone jewelry on sale for 10% off from now until February 14th! All jewelry has been created for both beauty and healing, with gemstones used to balance each of the chakras or elements.

Buy your Valentine a necklace or earrings created specifically to enhance the energies of the body, mind, and spirit. Come in and browse anytime between 9-5, Monday through Friday.



Advanced Reiki Training

with Dr. Michael Santangelo and Dr. Candida Maurer

Dr. Santangelo and Dr. Maurer will be conducting Reiki training workshops for Level III and Reiki Masterhood soon! Reiki III is an opportunity to receive the Master level energy without the obligation of teaching Reiki to others. Reiki III is used for spiritual development and augments any other Reiki treatments you are already doing. Reiki III training will be at Eastwind on Saturday, March 7th from 9-4pm. The cost is \$300. Please call 337-3313 to register (\$50 non-refundable deposit required).

Reiki Master training is for those who wish to receive the highest level attunements available in the Reiki energy. The training allows you to become a lineage holder in the Usui Shiki Ryoho school and to teach Reiki to others. The initial training will take place on April 1st from 6:30-8:30pm where we will discuss the deeper meanings of Reiki and the responsibilities associated with teaching. On Saturday, April 18 and Sunday, April 19th we will complete the Reiki Master training and attunements. Time: 9-4pm. Cost: \$500. Please call Eastwind at 337-3313 to register.

If you are interested in Reiki I or Reiki II attunements, please let us know, and classes can be scheduled accordingly.

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A Couple of Interesting Links



According to a study recently completed by Microsoft, it seems that reading about symptoms and illnesses on the internet can markedly increase anxiety among those who self-diagnose using website information. In other words, if you have just been hit with a bit of anxiety as you read that last sentence, you may be suffering from "cyberchondria" (a real word that Microsoft made up). It's a new twist on so-called Med Student Syndrome, where the suggestible medical student feels that he/she has every illness that is being studied. Lucky for us, in cyberspace (where no one can hear you scream), all of us can suffer from the same malady -- and we don't even have to go find books with gross pictures to confirm our suspicions! Get the full story [here](#).



This may be heretical to say in Iowa, but high fructose corn syrup (HFCS) is a real health hazard. As much as anything, it's because it's in everything! The insatiable American need for sweetness, fed (literally) by the food industry and Agribusiness, is contributing to a near epidemic of obesity and type II diabetes. [This article](#) has a few choice words about the golden poison.

That's all for now. In the future, the newsletter will be published four times a year, so look for us again around the beginning of May. Come on, Spring!!