

Eastwind Healing Center Newsletter, Number 3

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Iowa's complete complementary and alternative medicine center

In this issue:

[Practitioner
Spotlight](#)

[Technique:
Thai Massage](#)

Product Special: [E-lyte](#)

Focus on [Electrolyte
Imbalance](#)

Miss an issue? Old newsletters are [archived](#) on the Eastwind Healing Center's website.

Welcome to the Eastwind Healing Center newsletter.

Well, we're hitting high summer here in Iowa, and that means heat and humidity. Exertion in weather like this can lead to a rapid depletion of electrolytes through sweating. The results can be serious. Please take some time to read the [article on electrolyte imbalance](#), and have a safe, enjoyable summer.

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!](#)

Staff Announcements:

- Kristin Bergman recently spoke as a guest lecturer for a University of Iowa course in nursing and social work. Her topics were natural birth, home birthing, and the rising incidence of C-section delivery in the U.S. The lecture was filmed. Watch for it on Iowa City's Public Access channel.

- Stephanie Moyer, one of our receptionists, recently passed the National Certification Examination and will soon be a licensed massage therapist. Congratulations, Stephanie!
 - Dr. Candida Maurer has completed an advanced intensive in Psychology and the Chakras at the Kripalu Center in Massachusetts under the direction of world-renowned lecturer and author Anodea Judith.
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Barbara Brender, LMT



Born and raised in Iowa City, I left in the early 80s to pursue a career in art and publishing. After many years of living in various parts of the country, I have now come home to Iowa City. From a career in graphic arts, to my new career in healing arts, I recognize their similarities. Like all forms of art, the healing arts offer the opportunity for the continuous metamorphosis of creativity, knowledge, application, discovery and growth. I am thrilled to have made the shift from "graphic arts" to "healing arts" and look forward to many years as a healing arts professional.

Since my early 20s I have been on the receiving end of massage and soon developed a secret desire to be on the giving end of such a wonderfully therapeutic modality. Years later, when life circumstances offered me the opportunity to pursue this desire, I quickly moved it from my "wish" list to my "to do" list.

I had the great fortune to study directly under Dr. Michael Santangelo and Dr. Candida Maurer, when they were the directors of Eastwind School of Holistic Healing. Digesting every bit of the knowledge they generously shared (and continue to share) through concentrated study, intensive hands-on practice and focused intention, I have now fulfilled this dream. By invitation of Drs. Santangelo and Maurer I am now a practitioner at Eastwind Healing Center. This, for me, is a great honor, felt deeply through my respect for what they and their creation of Eastwind stand for.

As one of the more than a dozen practitioners of Eastwind HEaling Center, I provide massage and energy therapies to our clients and community. Working in tandem with our

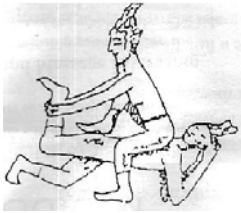
other practitioners, it is our goal to provide comprehensive wellness care in a supportive, nurturing and comfortable atmosphere.

My personal commitment to my clients is to address their needs, with the intention of providing direct and appropriate therapy. This also extends to my work in Children's Hospital at University Hospitals and for clients of Iowa City Hospice. Working with my clients, listening to them, and always respecting their comfort level and needs are my central intentions.

I offer Shiatsu, Seitai, Swedish, and Heated Stone massage, and Reiki to my clients. [Please see our website](#) for complete descriptions and more information.

[Return to top](#)

Thai Massage



"When any person is sick at Siam he begins with causing his whole body to be moulded by one who is skilful herein, who gets upon the body of the sick person and tramples him under his feet."

-- Simon de la Loubere, French liaison to the Thai Royal Court in 1690

Though the above description may not sound like much of an enticement, Traditional Thai Yoga Massage is actually a very enjoyable and therapeutic bodywork modality. This dynamic healing tradition combines the wisdom of yoga, Ayurveda, and the martial arts, and has roots that go back more than 2500 years to India and its legendary founder Jivaka Kumar Bhaccha. Kumar Bhaccha was a physician from northern India, a friend and contemporary of the Buddha, personal physician to the Magadha King Bimbisara and to the Sangha, the order of Buddhist monks and nuns. Considered the source of inspiration for Thai Massage techniques, he also brought with him the knowledge of Ayurvedic medicine, herbs and minerals and is venerated today by many in Thailand as the "Father of Medicine."

Receiving (and giving) a Thai Yoga Massage is an undeniably visceral experience, consisting of assisted yogic stretching and pressure applied along specific energy (sen) lines and to specific points (marmas) on the body. Its focus is an energetic one, grounded in yogic philosophy and an understanding of the nature of Prana (life force energy). Yogic theory states that Prana flows through all life, animates us and is absorbed through

the air we breathe and the food we eat. Obstructions and disturbances to this free flow of Prana result in pain and illness. It is, therefore, the task of a skillful Thai massage therapist, to break up blockages, unwind and balance the bodily system, thereby facilitating the free flow of energy and restoring general well-being.

Sessions have a dance-like flowing grace, combining the use of foot, palm and finger pressure along the sen lines with yogic stretching, twisting, rocking and percussive techniques. The practitioner uses gravity, the breath, levering and counterbalancing in a full-body treatment that balances the body energetically, relieves muscular tension, improves circulation and boosts the immune system. Thai Yoga Massage is a delightful "duet" for practitioner and recipient and, as each session is customized to meet the needs of the client, is appropriate for all ages and most physical conditions.

[Return to top](#)

E-lyte



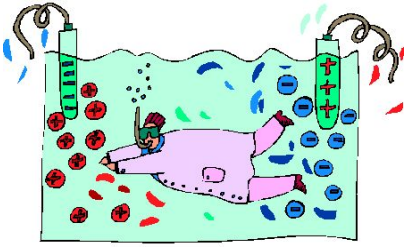
E-lyte is a liquid electrolyte concentrate that contains potassium, sodium, and magnesium in a perfect balance designed to purify and replenish the blood. Electrolytes are vital components of many chemical reactions in the body including energy production, muscle movement, nerve conduction, and fluid balance. Electrolytes may be depleted in athletes, those under stress, and those with a deficient diet. One bottle of E-lyte contains approximately a one-month supply. This stuff leaves Gatorade in the dust.

Retail price: \$18.50. August Sale price: \$15.75 (plus tax). An incredible deal on an incredible product.

For more product information, please see www.e-lyte.com.

[Return to top](#)

Electrolyte Imbalance



The term "electrolyte" refers to the positively (cations) and negatively (anions) charged elements found in bodily fluids including blood and the fluid found inside cells. The major electrolytes include sodium, potassium, magnesium, and chloride. Electrolyte levels must be tightly regulated within the body to be sure that the electricity of life is possible - every movement, from the blink of an eye to the beat of your heart is initiated by an electrical impulse. They also regulate the pH (acid/base balance) in the body. Additionally, electrolytes facilitate the movement of fluid between and within cells (osmosis) and help in regulating the function of several systems in the body, including the neuromuscular, endocrine, and excretory systems. Electrolytes are lost in excess during exercise, sweating, and during times of stress. Certain medications, chronic diseases, and traumas (e.g., bone fractures and severe burns) can also affect electrolyte balance. Ideally, they would be replenished through a healthy diet including plenty of whole foods and fresh fruits and vegetables. However, this is not always the case.

There are many signs and symptoms of electrolyte imbalance, but the following are most common:

- Fatigue
- Muscle cramping
- Muscle spasms
- Lack of thirst
- Headache
- Irregular heartbeat (arrhythmia)

Electrolyte imbalances can range from mild to severe, and can even be fatal in extreme cases. While many electrolyte imbalances are relatively uncomplicated to correct, please consult a qualified healthcare practitioner prior to adding an electrolyte supplement to your diet if you have high blood pressure or are taking diuretics or other fluid-balancing medications.

[Return to top](#)

More timely topics in our next issue, and a profile of one of Eastwind Healing Center's practitioners. Until then, be well and celebrate the greatest miracle of all - YOU!