

Eastwind Healing Center Newsletter, Number 14

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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.

Ah, August in Iowa! Where the Midwest meets the Amazonian rain forest. The hot, humid weather is great for insects, but not many humans are crazy about it. Keep yourself well hydrated, protect yourself from what we call "Summer Heat" (sunstroke) in Chinese Medicine, and call a few friends on your cell. But first, you might want to read the article on [cell phones](#) below.

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:

- Courtney Jones, LMT, has left Eastwind to return to school at Iowa State. We wish her all the best and will miss her. Our other massage therapists have stepped

- into the breach and will take over her duties, so don't worry about being able to get a massage whenever you need one.
- Kristen Richardson, MSN, ARNP, PC was in Mt. Hood, Oregon from July 20-24 attending the Path to Authentic Power retreat given by Gary Zukav and Linda Francis. Information on this program can be obtained [here](#).
 - Beginning this Fall, Drs. Michael Santangelo and Candida Maurer are opening the Eastwind Mind/Body Therapy Institute (as part of Eastwind Healing Center), which will serve as a training center for mental health professionals wishing to incorporate alternative medicine techniques into their practices. Some classes will be open to the general public as well. The program is slated to begin in October.
 - 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.
 - *External Qi Healing* with world-famous Qigong Master Ken Cohen is being held at Eastwind from August 13 to 17. This workshop is now on a waiting list, as this has been a very popular offering, but we're still taking names of interested persons. Call the Center at (319) 337-3313 or [email](#) for details.
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Classes and Seminars



On Saturday, August 9th, Joseph Mizelle, LMT, Reiki Master/Teacher, will conduct a ***Reiki I*** class. This is an excellent way to begin the study of energy medicine, as Reiki is easy to work with, requires no previous training, and is immediately effective for the treatment of self and others. The class will be held from 10 a.m. to 6 p.m. Cost is \$125.

We've had queries about when the the class ***Tattwa: Healing with Elemental Energies***, taught by Dr. Michael Santangelo, will be repeated. Keep an eye on the newsletter and [our website](#). He promises that he'll do it again soon.

The Eastwind Mind/Body Therapy Institute, under the direction of [Michael Santangelo, ND, PhD, LMT](#) and [Candida Maurer, PhD, LMT, CHTP](#), will begin offering classes and a certification program this Fall. Participation in the full certification program will be open only to licensed mental health professionals and advanced graduate students in those fields. However, many of the classes will be open to the general public as well. Some of the classes to be offered are: Reiki I and II; Energy Healing I and II; Traditional Chinese Medicine (5-Phase and 8-Principles approaches); Meditation; Hypnotherapy;

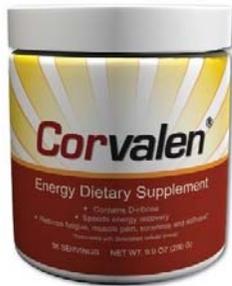
Bach Flower Essences; Basic Anatomy and Physiology; Quantum Healing; Ethical and Legal issues; and Mind/Body Integration Techniques.

The certification program is planned to last approximately one year, and classes will be offered about one weekend per month.

Watch this newsletter and [our website](#) for exact dates, though the program is slated to begin later in the Fall.

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Corvalen



This month, we're featuring Corvalen, an energy supplement that is pure d-ribose. Here's what it does. In order to make the energy we need to function, the body must manufacture adenosine tri-phosphate (ATP). Energy is released when ATP is acted upon by the body, breaking a high energy bond and giving rise to adenosine di-phosphate (ADP). The body then, using d-ribose, remakes ATP and the process begins again.

The d-ribose in Corvalen helps energize the heart and other muscles by increasing energy on a cellular level. Through aging, strenuous exercise, or overexertion, many metabolic or physiological conditions can drain ATP from your tissues and affect how well your body makes and uses energy.

Unfortunately, the heart, muscles, and other vital tissues in the body cannot make d-ribose very quickly, nor is it stored in our cells and tissues. That's why supplementing with Corvalen can help your cells make energy - quickly, safely, and naturally.

Corvalen is easy to take. Using the enclosed scoop, put one-half to one scoop (2 - 5 grams) in six to eight ounces of water or juice twice a day. One 9.9-ounce canister will last 4 weeks at this dosage rate, though more may be taken if needed. Several Eastwind practitioners use Corvalen to boost their energy before/after exercise or during a stressful day.

This month, Corvalen is on sale in August for \$42 per canister (a \$5 savings).

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Cell Phones

by Michael Santangelo, ND, PhD, LMT



Recently, the University of Pittsburgh Cancer Institute issued a warning to its staff to reduce cell phone usage due a fear of an increased risk of cancer.

"Really at the heart of my concern is that we shouldn't wait for a definitive study to come out, but err on the side of being safe, rather than sorry later," said Dr. Ronald B. Herberman, the institute's director. These statements were based on yet-unpublished data from the WHO "interphone" study, completed two years ago. The Center's recommendations included emergency-only usage for children, because their brains are still developing. Adults should keep the phone away from the head and use the speakerphone or a wired headset. Herberman even warns against using cell phones in public places like a bus because it exposes others to the phone's electromagnetic fields. (A new term: Second-hand radiation?)

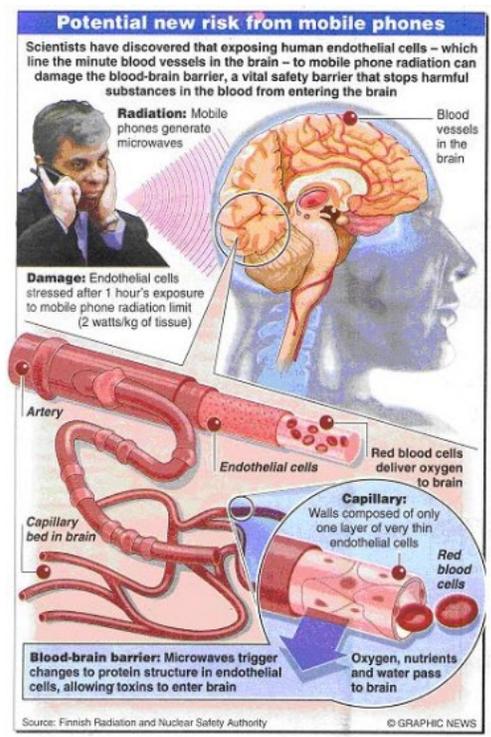
It should be noted that the radiation from cell phones is non-ionizing, unlike that of X-rays, for example. This is an important distinction, since the safety of non-ionizing radiation is unclear. Scans of brains of different age cell phone users show, however, that cell phone radiation penetrates the brain in inverse proportion to the user's age, with young children's brains being the most affected. The Pittsburgh warning even got a slot on *Larry King Live*. You can see the video [here](#). (Warning: it takes *forever* to load, even with a high-speed connection.)

A further difficulty in establishing a link between cell phone usage and brain tumors is the fact that such tumors take a long time to develop, sometimes on the order of decades. Given the facts that cell phones haven't been in widespread use for all that long, and that early cell phones were analog, which emit more radiation than the digital phones in use

today, science is left with a question that may take years more to answer. The full article on the University of Pittsburgh warning can be accessed [here](#).

While many in healthcare are cautious in their recommendations regarding cell phone usage (if you're worried, use the speakerphone option or a wired ear piece), there are articles at the other end of the spectrum. For example, the Australian Health Research Institute issued a report in June of this year. Business Wire India picked it up and gave it the heading "2 Billion may Suffer from Mobile Cancer by 2020." The report based this estimate on the increasingly widespread use of mobile and wireless devices, and the attendant towers needed to transmit their signals. You can access the Business Wire India article [here](#).

There's no denying that many people are concerned over the potential health risks of electromagnetic radiation from cell phones, cell towers, and other wireless devices. While much of the concern is due to anecdotal accounts of increases in the incidence of cancer and other diseases, these cannot be dismissed out of hand. In 2006, a conference in Benevento, Italy, issued a declaration that the research into cell phone and other radiation sources' danger was clouded because most of the studies done to date were funded by the communications industry. As I've said before, when evaluating research, follow the money. The Benevento Resolution can be read [here](#). (Of course, this is in the European Union, and the Europeans tend to be a bit more forward-thinking. After all, our government told us that asbestos was OK, didn't they? And tobacco? And DDT? And GMO crops? - article on GMO forthcoming. I guess our government would rather let the market decide.)



A common argument for cell phone safety is that the energy transmitted by a cell phone is so low that thermal effects (a main concern in tumor formation) are minimal. However, other mechanisms for harmful effects have been postulated, such as changes in the blood-brain barrier that protects the brain from toxins. Those changes are shown in the graphic from a Finnish study at left. (Full size picture available [here](#)) Others are concerned that the radiation, even though non-thermal, may be altering DNA.

From a purely physical change standpoint, the results of extensive cell phone usage may not be known for decades. To be on the safe side, it would be advisable to use either the speakerphone feature or a wired earpiece with a cell phone. And keep children away from cell phones altogether.

Bluetooth devices don't solve the problem, as they have energy output of their own. Besides, wearing one can make people mistake you for an avid devotee to Star Trek or, if they see you from the wrong side, someone who is actively hallucinating. Wearing two Bluetooth (Bluteeth?) devices at once seems like overkill and should only be attempted by experienced, Hollywood talent agents. There are devices that you can attach to your cell phone that theoretically reduces radiation impact. However, tales of their effectiveness tend to be testimonials on websites, so who knows?

Finally, want to get really freaked out? Go to [Antenna Search](#) to see how many cell towers and other transmission antennas are located close to where you live or work. (Fun and scary at the same time.) For instance, there are 92 towers and 262 other types of antennas within four miles of Eastwind Healing Center. Maybe, just maybe, that warm feeling you have when you're in our offices isn't due to good vibes or quirky ventilation, but all those radio waves coursing through you?

What can you do if you get tired of it all? Want to protest new towers going up in your neighborhood? Be careful. You might have the same problem that citizens in Marblehead, MA had. Read about it [here](#). -- The Telecommunications Act of 1996 sounds a little creepy if you ask me.

But don't simply take my word for it. I urge you to do some exploring on your own. Here are some other links of interest to get you started:

- [New research about to be undertaken](#)
- [Cell Phone Hazards](#)
- [An article from our Archives](#)
- [And in the Urban Legends department](#)

Sheesh! I think I'll just use a land line, thanks.

On a personal note, I think the most immediately dangerous use of a cell phone is using one while driving. We've all been in adrenaline-inducing situations caused by someone whose head is a million miles away because they were talking on their phone while piloting a vehicle. I've often thought about what I could do in response. A "hang up and

drive" bumper sticker? Naaaah. If they're not watching for other cars, do you think they'd read your bumper sticker?

Instead, I have two fantasies. First, the Auto Rudeness Avenger Darts™ (pat. pend.). These would be suction cup darts that could be fired out the window of one's car at the offending party. With a tiny packet of Super Glue in the cup, they'd stick instantly, and permanently. A small sign saying, "Talking on the phone while driving" would unfulr, and I'd be smugly satisfied. At least until I was fined for property destruction - or shot at by an Uzi (who knew the person was closing a drug deal?). My second fantasy is a bullhorn, through which I'd shout at people who should be driving, not phoning. Of course, shouting through a bullhorn at other cars may interfere with my concentration so much that I'd be as big a threat as the cell phone user. But I can dream.

Disclaimer: The views (at least the wacky ones) expressed in the Public Health Issue essays are those of the author and do not necessarily reflect those of the rest of Eastwind Healing Center's staff.

See you next time.

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