

Eastwind Healing Center Newsletter, Number 15

[Visit our website](#)

Eastwind Healing Center
221 E College St, Suite 211
Iowa City, IA 52240
(319) 337-3313; fax: (319) 337-0686
[Email the Center](#)

Iowa's complete complementary and alternative medicine center

In this issue:

[Classes and Seminars](#)

[External Qi Healing](#)

[CCD](#)
What's that?

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

Welcome to this edition of the Eastwind Healing Center newsletter.

Happy September, everyone. The signs of a coming Fall are everywhere. The trees are beginning to turn, ragweed is spewing forth its happy gift of tons of pollen -- and the university students are back. That's right, places are more crowded, parking is tougher to find, and you'd better be sure to look both ways before crossing a one-way street. The final sign of Fall in Iowa City is the invasion of our town by bumblebees. At least that's what we think all those black-and-gold-clad creatures are, but we're not sure. Speaking of bees, we have what we think is an interesting topic for you this month: Colony Collapse Disorder(CCD). It's affecting honeybee hives across the U.S. and Europe, with severe repercussions for the food supply. As Hippocrates is claimed to have said, "Let your food be your medicine." Winnie-the-Pooh and many others are very upset. It's quite a serious problem. Read all about it [here](#).

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:

- Five of Eastwind's staff (Dr. Michael Santangelo, Dr. Candida Maurer, Jenny Wolffe, LMT, Joseph Mizelle, LMT, and Anna Evans, LMT) recently completed a training in [External Qi Healing](#) with Ken Cohen.
 - Dr. Ron Robinson is beginning a series of seminars for parents. The topics will cover boosting the immune system, battling obesity, car seat safety issues, and other topics. This month, he's offering *The Well Balanced Child*. A complete listing of seminars for this month is in [Classes and Seminars](#) below.
 - 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.
-

Classes and Seminars



On Wednesday, September 10, [Ron Robinson, D.C.](#) will be presenting *The Well Balanced Child*. It will give parents strategies for keeping control of the many demands of raising children in today's society. The seminar will be held from 6:30 - 7:30 p.m. Cost is \$15 per person; \$25 per couple. This seminar will be repeated on Wednesday, September 24th.

On Sunday, September 21st, [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.

On Monday, September 22nd, [Janelle Railey, MA, RYT](#), will present a didactic and experiential seminar on *Mindfulness Meditation*. Janelle has studied and practiced meditation for many years, and has studied in the U.S. and in India. The class is for both beginning and experienced meditators alike. Come experience Janelle's gentle, joyful teaching style. It will be held from 6 - 8 p.m. Cost is \$25.

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.

As always, keep an eye on our [seminar schedule](#) at the website for up-to-date information about all that's being presented through the Center.

[Return to top](#)

External Qi Healing



Well, it doesn't look as dynamic as the picture (left), but external qi healing (EQH) involves the transmission of qi (vital life force) from the healer to the recipient. This modality takes many forms and comes in many "flavors." The form that Eastwind practitioners learned in August comes from a Daoist tradition. It involves personal development through qigong exercises as well as specific techniques to affect accelerated healing. Many of the movements used in this school of EQH are reminiscent of those found in qigong or taiji (tai chi). Hand movements that involve circling, pulsing, drawing out, and brushing are often used.

Assessment of energetic imbalances are also a part of the discipline. The assessment depends very heavily on the quality of energy in the individual energy meridians of Chinese medicine. Finally, prevention is stressed, as it is in much of Chinese medicine. Balance of Organ energies is key, and simple qigong exercises can be taught to the healee to assist in their recovery from illness.

Research in the area of EHQ is being done. It will be important to ascertain when this modality can be most efficacious. However, even in well individuals, EHQ can be used to boost energy and induce a deep sense of relaxation. Contact the center by calling (319) 337-3313 or [email us](#) with any questions or to schedule an appointment.

[Return to top](#)

Colony Collapse Disorder



Colony collapse disorder, or CCD (not to be confused with Confraternity of Christian Doctrine for all you older Catholics), has been killing off honeybees for several years, endangering the food supply. Some of the crops affected include apples, cucumbers, broccoli, onions, pumpkins, squash, carrots, blueberries, avocados, almonds, and cherries. Honeybees, as you know, are important pollinators for these and other crops. Their decline would mean the decline of available food, with rising prices and possible starvation being the results.

Several potential causes of CCD have been put forth (including [cell phone use](#)), but recent research from Europe points a very clear finger at genetically modified corn, specifically a pesticide, manufactured by Bayer, that the seeds are treated with. This poison appears systemically after the seed sprouts, and residue is found in the pollen and nectar of the plant. The compound is a known insect neurotoxin, [clothianidin](#). Already, its sale and distribution have been outlawed in France and Germany. In the US, the [Nautral Resources Defense Council](#), a great organization, has sued the US Environmental Protection Agency (EPA), claiming that it is hiding research evidence of the connection between pesticides and CCD. However, the EPA isn't doing a very good job of hiding some information as page two of [this document](#) shows. Here it states specifically that residue of clothianidin is present in pollen and presents a toxic danger to bees.

The effect of this particular neurotoxin seems to be both direct and indirect. Directly, it produces a neurotoxin in the insect's gut. Indirectly, it acts to decrease the insect's immune system, making it susceptible to opportunistic parasites and infections. This double whammy doesn't give the bee much of a chance. Even those who do not fall prey to the direct impact of clothianidin wind up weakened and likely to become infected, putting at risk even those bees that did not come into contact with the toxin.

What can you do?

- Make some noise. The NRDC has a letter [here](#) that you can sign and send to the U.S. Secretary of Agriculture.
- [Contact your congressional representatives](#) and see what they are doing about this.
- Talk it up. Let your friends, neighbors, and family in on the latest findings. This is our food supply we're talking about here.
- Visit websites like [Seeds of Deception](#) for more information. This particular group even has a Fairfield, Iowa, connection.

With this short introduction to CCD, we invite you to explore the issue further. There's a lot of information out there, and the conspiracy theorists can have a field day. Is the EPA willfully hiding evidence about the pesticide link to CCD? Was the [recent explosion at a Bayer plant in West Virginia](#) an instance of "[eco-terrorism](#)"? Is CCD a multi-vectored problem, or a domino effect caused by the impact of clothianidin?

Needless to say, this also opens the very large Pandora's Box of genetically modified crops. But that's a story for another time, gentle reader.

See you next time with all the latest buzz.