

# *Eastwind Healing Center Newsletter, Number 4*

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*Iowa's complete complementary and alternative medicine center*

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Welcome to the Eastwind Healing Center newsletter.

Here we are in the closing days of summer. The kids have started school and you may be hurting from the Labor Day weekend softball game that loony brother-in-law of yours talked you into playing. Luckily for you, this month we feature [Sombra](#), and excellent pain reliever for sore, stiff muscles. We also have articles on [Sound Healing](#), an under-appreciated but deeply healing modality, and everyone's least favorite headache, the [migraine](#). But first, read about [Dr. Janet Shepherd](#), this month's featured practitioner.

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 has been chosen as facilitator for the Red Tent Event to be held on September 22. This event celebrates women's birth experiences. To find out more, [click here](#).
  - Jenny Wolffe is adding to her already impressive range of skills. She has begun training in the [Trager method](#), a mind-body approach to movement education.
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## **Janet Shepherd, PhD**



If you could redesign your life, how would things be different? Imagine having more fulfillment and less stress, more connection and less frustration, more joy and fewer worries. What possibilities might open up for you if you designed your life so that it works?

Janet Shepherd specializes in Life Design Coaching and Positive Psychology. She is an ontological coach, psychotherapist, and licensed psychologist with an extensive background in language-based change and personal growth. In addition to her private coaching practice at Eastwind Healing Center, Janet is the Executive Director of the Iowa City Learning Foundation. She earned her Ph.D. in clinical psychology at the University of South Florida and completed post-doctoral training in neuropsychology at the VA Medical Center in Iowa City. More recently, she participated in Jean Houston's Mystery School, and studied with Richard Schwartz, who pioneered Internal Family Systems Therapy.

Janet presents interactive, experiential workshops including: "Life Design 101," "Experiencing Joy in Everyday Life." "Creating Intimacy Through Play," "Rituals for Transitions and Transformations." "The Joyful Path of Internet Dating," and "Power, Peace, and Authenticity."

Janet describes her career journey to Life Design Coach in this fashion: "The power of life design became evident to me when I chose to transform my career from that of a successful neuropsychologist evaluating brain injury into an equally thriving psychotherapy practice. My goal was no longer to seek out deficits in my clients but

instead to help them make changes and experience healing in their lives. Then when I was widowed several years ago, I spent time evaluating my life's goals again and realized that, for me, even traditional psychotherapy was overly problem-centered. Instead, as a life design coach, I am now focusing on clients' strengths, growth potential, and inner wisdom. I strive to empower others to live deeply satisfying and even extraordinary lives."

Janet is experienced in ontological coaching, which involves working with people to explore their "way of being" (ontology) in the world, using the power of language to create a context for change. Positive psychology relies on well-researched practices that maximize strengths and improve happiness on a daily basis.

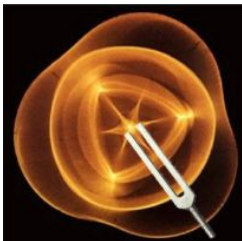
Folks who work with Janet are in for a treat. Her focused, compassionate, yet playful manner allows clients to make confident and clear choices to improve their lives in measurable ways. She has been known to say, "Becoming an observer of yourself is the first step toward designing your life for fulfillment, fun, creativity, and passion."

Janet is a Wellmark Blue Cross/Blue Shield provider. Also available are coaching packages for those who choose not to use medical insurance. She can be reached at Eastwind Healing Center (319-337-3313) or by email at [janet-coaching@mchsi.com](mailto:janet-coaching@mchsi.com).

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## Sound Healing



Sound and music have been used as natural therapies since the dawn of history, if not before. As physics informs us that everything in our physical experience (matter) is made up of energy vibrating at various frequencies, sound and vibration have the potential to influence us at a very deep level of our being. In fact, as most people have experienced, sound can and does affect us on many levels - physical, emotional, mental and spiritual. Sound Healing is the conscious direction of sound energies through healing intent, and can be accomplished in many ways. It encompasses a broad range of vibrational healing techniques, all of which are designed to harmonize the vibrations of one's subtle energy body, or aura.

The subtle energy body is the energetic counterpart to one's physical form. Complete wellness is only achieved when both parts of the being are in harmony with one another and with their environment. A damaged energy body is reflected as dis-ease in the physical body, and damage to the physical body is reflected as illness in the energy body.

Though very different from one another, both of our "bodies" are essential in forming the complete picture of who we are.

Sound Healing techniques directly affect the physical body by balancing the energy body through resonance. Resonance is the principal that disparate vibrations will individually adjust so that they vibrate at the same rate, and is the main concept behind Sound Healing.

Every tissue in the physical body — bone, blood, liver, heart, even DNA — has a unique frequency, or vibratory rate. The same is true for the energy body. All of its chakras, meridians, and other energy centers and pathways have an inherent vibratory rate which must be maintained for optimum health.

When we are surrounded by chaotic frequencies, such as those emitted by televisions, automobiles, neon lighting, negative emotions, and negative thoughts, the vibrations of our body adjust themselves to resonate with the chaotic ones, thereby throwing off our ideal state of vibratory homeostasis. Getting our frequencies back into balance is as simple as introducing vibrations which nurture us instead of scrambling us. Listening to a relaxing CD, singing an empowering song, or taking in the intense call of the 17-year cicadas are all intuitive forms of sound healing, as they are specific sounds we seek because they restore us to a more balanced state of mind and body.

Sound Healing practitioners take this natural therapeutic process further by identifying areas of the body which emit unhealthy vibrations and introducing customized frequencies to restore balance. As no two individuals are alike, practitioners use a wide variety of tools and techniques to produce the needed frequency. The Eastwind Healing Center offers Sound Healing through several of its practitioners (including [Joseph Mizelle](#), [Courtney Jones](#), and [Michael Santangelo](#)) who utilize an array of Sound Healing techniques: Acutone tuning forks for meridian balancing; Biosonic Repatterning for the subtle energy fields of the body; and Sound Healing through shamanic drumming, didgeridoo chakra work, and overtone singing to stimulate the vital organ centers.

Another form of sound therapy, one that uses technological wizardry, is Signature Sound (also known as Vocal Profiling), a technique pioneered by [Sharry Edwards](#). Dr. Michael Santangelo is trained in this form of healing. In Signature Sound, voice analysis is used to determine missing frequencies in a person's voice. The primary missing frequency is put onto a CD, which the person then listens to each day. Different frequencies have been associated with various emotional and physical imbalances, and this technique has assisted many people with long-term problems of many sorts.

These techniques can be most fully appreciated after they have been experienced. The most immediate effect from a sound healing session is a heightened sense of clarity and well-being. With continued treatment, longer-term benefits can include lowered blood pressure, reduced anxiety, more sensitive hearing, improved circulation and immunity, and a growing awareness of the self. Sound Healing can also be a powerfully transformative adjunct therapy to bodywork, massage, chiropractic, acupuncture, nutritional counseling and psychotherapy. Please call (319) 337-3313 or [email us](#) with any questions, or to schedule a sound healing session.

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## Sombra



Sombra is a fantastic pain relieving gel that begins working immediately once it is massaged onto affected areas. This fast-acting product provides temporary relief of pain associated with simple backaches, arthritis, strains, bruises and sprains. Sombra offers a unique combination of heating and cooling ingredients. Alcohol-free, non-greasy and non-staining, it has a light citrus scent, from orange peel extract. Enhanced with capsaicin, camphor, and menthol. Regularly \$8, on sale for \$7 (plus tax) during September.

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## Migraine Headaches



Migraine is a common cause of chronic head pain in the general population. Its prevalence varies with age, gender and income, affecting most often adult premenopausal women in the lower income ranges. Temporary disability is typical during attacks, yet most victims do not seek medical help for their headaches. Rather, they manage their symptoms with over-the-counter drugs.

A recent reclassification of headache disorders emphasizes the symptomatic and historical differences between migraine and other causes of head pain. Migraine typically runs in families with onset before age 30, and features attacks of moderate to severe pain which last from hours to days and recur within weeks to months. The symptoms are usually unilateral and are accompanied by autonomic symptoms such as nausea, vomiting, and sensitivity to light, sound and/or odors. Some migraine sufferers experience a prodrome or aura hours to days before the attack, consisting of flashes of

light, paresthesias (feeling "pins and needles") or other neurological phenomena, but more commonly there are no warning signs.

There is great potential for the use of natural therapies in the treatment of migraine, and the approach will vary based on the theoretical orientation of the modality. For example, in acupuncture and Chinese medicine migraines are not recognized as one particular syndrome, but as a myriad of specific symptoms that can be different for each individual case. Diagnosis and treatment depend on a number of variables and thorough questioning about medical history, bodily systems and current presentation of the migraine including the quality, location, occurrence, etc. Treatment plans are unique to each case. The number and frequency of treatments will vary depending on the case. Some symptoms are relieved after the first session, while more chronic or severe cases require multiple treatments.

Manual medicine approaches such as chiropractic, craniosacral therapy, and massage vary treatment depending on the particular patterns of dysfunction and misalignment in a given case. Adjustment of the hips and spine (in chiropractic), subtle working of skull bones and the pelvis (in craniosacral therapy), and releasing tension in soft tissue (in massage) can work individually or collectively to establish patterns conducive to a decreased frequency or even complete alleviation of migraine. Research in massage therapy is showing promise. For example, [go here](#) for a research article on the effects of massage on tension headache frequency.

Energy medicine can be incredibly effective in the alleviation of migraine pain. The practitioner finds the "spikes" that show up in the energy field of the sufferer. Untangling and smoothing the field brings pain relief. Sometimes, the root pattern that brings about the headaches can be undone as well, dramatically reducing the frequency of attacks.

Dietary triggers are also relevant in some cases, even resulting from the interaction of various elements of the diet. Consultation with a nutritionist can be useful in determining these triggers and what substitutions can be made to relieve migraine pain.

In summary, alternative and complementary approaches to migraines can be quite effective. Combined with lifestyle modifications and even judicious use of medications, a comprehensive, individualized treatment plan can be devised.

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