

Eastwind Healing Center Newsletter, Number 13

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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.

It's July and it looks like the flood is receding, thank goodness. We hope that all of you are well, and recovering. Thanks to all the volunteers for their efforts. At Eastwind, we were able to offer a goodly number of them free massage and chiropractic services, due to the hard work of several of our practitioners and a few volunteer massage therapists, like Andrea, Michelle, Deb, Steven, and others. You guys are fantastic!

Speaking about flooding, we're offering a few links this month about dealing with mold. Please read about this [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:

- [Heartland Yoga](#) has opened and is welcoming students for its Summer session. The open house a couple of weeks ago was a wonderful event.
 - 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. Read about it [here](#).
 - 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 a seminar.
 - Finally, don't forget the workshop on *External Qi Healing* with world-famous Qigong Master Ken Cohen 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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Yoga Therapy

by Dr. Betsy Rippentrop



Heartland Yoga recently opened next door to Eastwind Healing Center. This new yoga studio is dedicated to helping students cultivate a mindful practice and connect with the original intention of yoga, which is to know God. The intention of Heartland Yoga is to create a healing space, to support students' process of learning about themselves, and to connect with the spiritual aspects of this ancient practice.

Many clients at Eastwind have asked about yoga therapy, and this article is meant to define this type of healing, and provide recommendations about how it might be helpful.

Yoga has repeatedly been shown to provide multiple health benefits, such as strengthening the cardiovascular and nervous systems, improving the digestive system, increasing psychological well-being, and detoxifying the body. Perhaps one of the best by-products of a regular yoga practice is stress reduction, something everyone can use.

For some people, the idea of showing up at a yoga class is intimidating, and perhaps even worrisome due to ongoing health problems or injuries. In these cases, yoga therapy may be a better option. Yoga therapy involves teaching yoga poses, breathing exercises, meditation, and guided imagery to improve a specific health condition or to ease a natural health process. Such a treatment is typically conducted one-on-one or in small groups. Often a session may feel more like an appointment with a therapist or rehabilitation specialist rather than a typical yoga class.

Conditions that can respond well to yoga therapy include irritable bowel syndrome, migraine headaches, insomnia, depression, anxiety, low back pain, carpal tunnel syndrome, asthma, type-II diabetes, and high blood pressure. Additionally, natural conditions such as pregnancy or menopause can be supported and any uncomfortable symptoms eased through yoga therapy.

Dr. Timothy McCall, a board-certified internal medicine physician and author of *Yoga as Medicine*, has written that "while yoga is strong medicine, in general it is slow medicine." What is meant by this is that yoga therapy often starts slowly, perhaps only a posture or two, and builds incrementally as students are ready for more. Yoga therapy is similar to many of the complementary treatments offered at Eastwind in that what is being treated is not just the symptoms. Rather, healing is really focused on the underlying root cause of the problem. Thus, the healing is deep and this takes time.

Currently, three practitioners at Eastwind are yoga teachers and may be available to provide forms of yoga therapy. [Betsy Rippentrop, PhD](#), is a licensed psychologist and the owner of Heartland Yoga. Her yoga training is in Anusara Yoga, which is a form of yoga that focuses on therapeutics. Additionally, she brings to treatment her extensive background in mental health and mind-body healing. She enjoys doing holistic treatments that include yoga, meditation, hypnosis, and breathing practices for people with anxiety, depression, and insomnia.

[Janelle Railey, MA, LMHC, RYT](#), is a licensed mental health counselor and a yoga teacher. She has studied in Santa Monica, California at the Sivananda Yoga Center and is a certified yoga instructor through Kripalu Yoga Center. Also a meditation teacher, she has been practicing yoga for fourteen years, and has a Master's degree in Contemplative Counseling Psychology.

[Jenny Wolfe, LMT](#), is a licensed massage therapist, a certified Kripalu yoga instructor, and a Phoenix Rising Yoga Therapist. Phoenix Rising Yoga Therapy is a combination of classical yoga techniques and elements of contemporary body-mind psychology that encourages this deeper connection with self. A Phoenix Rising Yoga Therapy session is a one-on-one process lasting one-and-a-half hours. Through assisted yoga postures and non-directive dialogue, practitioners guide clients to experience the connection of their physical and emotional selves.

If you feel this type of treatment is what you have been looking for, contact Eastwind to set up a consultation with one of our practitioners. You can also contact Heartland Yoga at 319-354-4062 or heartlandyoga@yahoo.com.

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Classes and Seminars



On Tuesday, July 29th, from 6:30 to 8 p.m., Dr. Michael Santangelo will conduct a class entitled *Tattwa: Healing with Elemental Energies*. Imagine being able to influence your body, mind, and spirit through visualization and sound, using techniques that are truly ancient. The tattwa figures are simple diagrams that allow access to the basic elemental energies. This class will give students a firm grasp of these venerable figures, and their uses in visualization and healing. Sound exercises will also be introduced. The \$25 tuition includes handouts and a set of color-yourself tattwa cards.

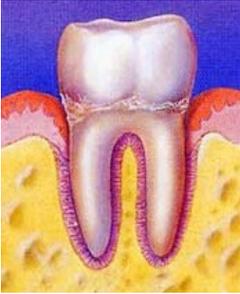
The Eastwind Mind/Body Therapy Institute, under the direction of [Michael Santangelo, ND, PhD, LMT](#) and [Candida Maurer, PhD, LMT, CHTP](#), will begin offering classes and a certification program this Fall. Participation in the full certification program will be open only to licensed mental health 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 more information.

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Periodontal Disease



Periodontal (literally "around a tooth") disease encompasses any disorder of the gums and jawbone. Gingivitis is the first stage of periodontal disease. It is an inflammation of the gums that causes them to become red, soft, and shiny, and to bleed easily, particularly when the teeth are brushed. This condition is caused by accumulations of plaque, which attract the bacteria that destroy the tissues of the gum. Too many soft foods in the diet and the lack of proper nutrients can also cause gingivitis. If left untreated, the bacteria cause abscesses or pockets in the gum, which then separates from the tooth. The damage may even progress to the bone, softening it and weakening its support of the teeth. Another unpleasant effect of this process is halitosis (bad breath).

Three out of four adults suffer from some form of the disease, which often starts in childhood. The American Academy of Periodontology estimates that the majority of children suffer from gingivitis. Since the main cause of gingivitis is tartar buildup (the mineralized dead bacteria from plaque), the main prevention and treatment is flossing at least once a day. Flossing after each meal, though not always practical, would be best. Brushing alone does not remove the food particles that accumulate between the teeth and gums.

Here's a flossing refresher: Take about 20 inches of floss and wind the bulk of it around the middle finger of one hand, winding the rest around the middle finger of the other hand, leaving a few inches free between the fingers. This is the working part of the floss. Holding the floss tightly and slip it between the teeth, gently moving it back and forth until it reaches the gums. Curve the floss around one of the adjacent teeth and, sliding it back and forth, move it toward the biting edge of the tooth, freeing any debris. Then curve the floss around the other tooth and repeat the motion. When you're finished with one tooth, unwind a bit more floss from the finger with the bulk of the floss, wind used floss onto the other finger, and continue flossing the next tooth. Floss each tooth in turn and don't forget to floss the innermost side of the last tooth. If you're unsure of your flossing technique, consult your dentist. It can also be useful to dip your floss in a salt solution or tea tree oil while flossing. This increases the "kill factor" regarding bacteria.

In addition to flossing, a professional dental cleaning every six months will keep the gums clear of plaque. However, cleaning alone is not enough. The gums are repeatedly bathed by an infectious mixture of food particles and bacteria, and need adequate nutrients to resist inflammation and disease. The gums and teeth, however, are the last to

receive their share of vitamins and minerals from the nutrition cycle, and the first to lose these nutrients if they are needed elsewhere in the system. (What a lousy deal! Fortunately, gums can heal quickly given the proper attention.) Those with gingivitis need nutrients to promote healing and get the inflammation under control. For balanced nutrition and to give gums and teeth the "exercise" and stimulation they need, eat a variety of fresh fruit, leafy vegetables, fish, meat and whole grain breads, and take supplements.

The best supplements are:

- Vitamin C (recommended dose: up to 3000 mg per day) is one of the key vitamins needed for healthy gums. Vitamin C appears to battle bacteria while promoting the formation of healthy new gum tissue. Numerous experiments have demonstrated that vitamin C is very effective in reducing the inflammation and infection of periodontal disease. It also promotes the regeneration of gum tissue. Foods rich in vitamin C include oranges, grapefruit, tomatoes, pineapple, broccoli, cantaloupe, cauliflower, asparagus, and strawberries. One note: do not brush your teeth immediately after eating citrus fruits to minimize the impact of their acidity on tooth enamel. (Once metabolized, however, they assist the body in maintaining a relatively alkaline environment.)
- Coenzyme Q10 (recommended dose: about 100 mg per day), which is present in all tissues and essential to health, is a great aid in the fight against periodontal disease. Tests in the U.S. and Japan have shown the effectiveness of CoQ10 supplements in reversing periodontal disease at all stages and in growing new tissue. Even patients who were no longer able to eat solid food improved significantly after being given CoQ10.
- Folic acid (recommended dose: 800 mcg per day), which appears to make the cells more resistant to infection, is also helpful for periodontal disease. Food rich in folic acid include spinach, chickpeas, and pinto beans.
- Calcium (recommended dose: 1200 mg per day, though this varies by age and gender) is also very important to prevent the loss of bone around the gums, which is among the most active bone in the body. Calcium is particularly important for pregnant women and women past menopause, who frequently suffer from calcium deficiencies.
- Vitamin E (recommended dose: 400 mg per day) promotes a healthy vascular system and enhances the immune response. It is also valuable in restoring gums and reducing inflammation. Foods rich in vitamin E that are also good for stimulating the gums include wheat germ, peanuts, brown rice, walnuts, and almonds.

Consult your dentist regarding these supplements and for other suggestions.

In addition to eating fresh foods to stimulate the gums, and to give them the nutrients they need to fight inflammation and infection, it is essential to take a few minutes each day to take care of your teeth and gums by brushing and flossing. In severe cases of periodontal disease, floss after each meal.

(Regarding toothpaste, fluoride vs. no fluoride is an issue that we'll address at another time.)

Mold



Aspergillus is not a soft drink flavoring, nor is it Doobie Gillis's long-lost cousin (so how many of you got *that* cultural reference?). Stachybotrys? Not a dinosaur; and Penicillium isn't the antibiotic.

No, these are all species of mold. Given all the water hereabouts lately, mold infestation is inevitable. We can't escape mold. It's everywhere. All the time. However, the spores are unable to grow without food and water. The water we got plenty of. The food comes in the form of wet sheet rock, old edibles, etc.

Sometimes the spores themselves lead to allergic symptoms in people sensitive to them. However, the byproducts of mold metabolism, a.k.a. mycotoxins ("mold pee and poo," if you will), can be hazardous, even carcinogenic. Care needs to be taken in mold removal. Better yet, see to it that no wet food or building material is left idling about.

Here are some links that may help:

- [The Centers for Disease Control](#)
- [The Environmental Protection Agency](#)
- [Startremodeling.com](#) - These guys are trying to sell you something, but their info is good.

Be safe. Be careful.

See you next time.