

# *Eastwind Healing Center Newsletter, Number 17*

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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.

OK, November. Elections, Thanksgiving, and Pharm animals. Yeah, with a "ph" - like the Phillies! (Sorry, Michael is from Philadelphia.) It's amazing to see where things are going economically (take care of your health) and scientifically (or a pig might be needed to give you an organ - [read the article](#)). One fine way to gain many health benefits easily is by drinking tea. The real stuff, not the withered bags of inferior cast-offs. We have an article about that this month. You can read it [here](#). And what's that program that Kristen Richardson is always flying off to? As promised, she's written about it [here](#). But first, lots of announcements to get to.

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:](#)

- Dr. Candida Maurer is having a show of her art at The Downtown Galleries (218 E Washington St, in Iowa City). The opening is this Friday (November 7) from 5 - 8 p.m. She'd love to see you there. The show continues through January 7 (so there's time to grab a Holiday gift). As many of you know, some Candida's pieces are hanging at Eastwind. A more complete gallery of her inspired, visionary art can be seen at [her website](#).
  - Barb Brender, LMT, continues to keep herself busy. She and a neonatal physical therapist talked with parents of Neonatal Intensive Care patients at the University's Children's Hospital. Barb spoke about the uses of massage, breathwork, sound healing, aromatherapy and guided imagery to promote a "healing" environment that extends from themselves to their child.
  - Barb also attended a workshop in San Francisco on chair massage, which she found useful in her work at the Dance Marathon with Children's Miracle Network.
  - Finally, Barb is pleased to announce that her Heated Stone Massage special was a resounding success. She was able to introduce many people to the benefits of this healing modality. She promises another special in the near future. Thanks, Barb.
  - Dr. Janet Shepherd, along with Jay Levenson, is offering a workshop entitled "Creative Play for Challenging Times: From Doom & Gloom to Va-Va-Voom!" It will be held on Saturday, November 22, 2008, from 9 am - 4 pm, at the Baymont Suites Hotel in Coralville, Iowa. She and Jay will show how creativity and playfulness are powerful antidotes to fear and distress. Research has shown that playfulness increases creativity, lowers stress, improves our immune response, and enhances relationships. Join them for a playful seminar that will bring creativity to your current circumstances. They promise to help you lighten your load, spark your intuition, tickle your funny bone, and improve your possibilities. Participants should wear comfortable clothes and expect to have fun. Cost: \$85 per person, or \$150 per couple. To register, [email Janet](#) or phone her at 319-325-4844. Registration deadline is Wednesday, November 19. No prerequisites.
  - Dr. Betsy Rippentrop, owner of Heartland Yoga, invites everyone to come to a Gratitude Celebration at Heartland Yoga (next door to Eastwind) featuring yoga, shopping, and cider & cookies on November 28 at 10:30 a.m. There will be a 75-minute, round robin class featuring several of Heartland's teachers that will be appropriate for all levels, including beginners. After the yoga practice, local artists' work, yoga clothes, and herbal products will be featured for sale. This will be a "donation only" class, and all proceeds will be donated to the Iowa City Crisis Center.
  - 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.
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# The Authentic Power Program

by Kristen Richardson, MSN, ARNP, P.C.



My intention in writing this article is share with you some brief information on a spiritual growth program I am in. I feel some of you may be interested in learning about this program. The title is **The Authentic Power Program**. It is a three-year exploration and experience of creating authentic power in close interaction with Gary Zukav and Linda Francis. Gary Zukav is a best-selling author who is most known for his book *The Seat of the Soul*, and has had several television appearances on *The Oprah Winfrey Show*. Linda Francis is Gary Zukav's spiritual partner and has co-authored books and co-creates spiritual events with Gary.

I am starting my second year in this three year education program. The program includes three, 3-day workshops a year in Ashland, Oregon, monthly conference calls with Gary, Linda and all participants in the program, and weekly assignments to help look deeply at specific areas within myself in order to change them.

In addition to the program, I have been studying Gary's work independently for 10 years. I originally resisted joining the program questioning why I needed to be in a program to grow spiritually; wasn't I doing fine on my own, I thought? I then decided to experiment with the program for one year, and have decided to continue. I feel that being a part of this program has supported me in putting my spiritual growth as my highest priority. It has supported me in taking the primary focus off of what is occurring in my life, and instead focusing on using life's occurrences, including my emotions, to grow spiritually. It has also helped with increasing my awareness of viewing the world from the perception of my soul. Another wonderful opportunity the program provides is creating conscious, authentic relationships with others in the program, thereby expanding this to relationships outside of the program. This has introduced me to a deeper, more authentic connection with others. We call this relationship a Spiritual Partnership. A Spiritual Partner is defined as a partnership between equals for the purpose of spiritual growth.

In this program we consciously support ourselves and each other using specific guidelines that were created by Gary Zukav and Linda Francis titled "Spiritual Partnership Guidelines." I feel the spiritual partnership guidelines support me in seeing that it is my resistance to a situation, event, or occurrence that leads to my pain and suffering. Knowing how to recognize, challenge, accept and cultivate the loving parts of

myself is what I am here to do, and the guidelines support me by leading me through a process that does just that. The spiritual partnership guidelines support me in knowing how to do this for myself and how to support others better in this process of creating consciously and authentically.

I also use what I am learning in the program to support my clients more effectively. I share the Spiritual Partnership Guidelines with them and we use them as part of therapy if they desire.

If any of this sounds interesting and you want to learn more, visit [www.zukav.com](http://www.zukav.com). There is a wealth of information at the site, including up-coming public events given by Gary Zukav and Linda Francis. You can also look at the Spiritual Partnership Guidelines or print off a copy for yourself and begin experimenting with this amazing tool.

Please contact me at Eastwind Healing Center for further information or if you have any questions, I would love to hear from you.

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## FDA News?



If you've been wondering what the FDA has been up to lately, Check out [this article](#) from the September 19th L.A. Times. It seems that the FDA has decided on a process that would market genetically modified animals as if they were drugs.

According to the article: "It's about time the federal government has acknowledged that these animals are on its doorstep and need to be regulated to ensure their safety," said Greg Jaffe, biotechnology director at the Center for Science in the Public Interest in Washington.

However, the article states that opponents of the action contend "that the approval process would be highly secretive to guard the commercial interests of the companies involved, and that the new rules do not place sufficient weight on the potential

environmental effect of what many consider to be Frankenstein



animals."

Genetically modified animals have been touted as manufacturing centers for human organs and as "biopharm" animals, which would produce substances, such as insulin, for human consumption. The first "product" likely to be sold under the new rules is a genetically engineered Atlantic salmon, which reaches full size in 18 months rather than the normal 30, thanks to genetic modification.

So, now there's another reason to be kind to animals. That pig may be keeping a liver transplant handy for you. And, hey, what could possibly go wrong?

Finally, in the interest of equal time, we thought we'd ask one of our furry friends what he thought of all this. For his reaction, [go here](#) and be sure to have your speakers turned on.

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## Healing Benefits of Tea



Tea drinking. It isn't just for the British or the Chinese anymore.

After water, tea is the most commonly consumed beverage in the world. Tea lovers everywhere have extolled the virtues of the leaves of the plant *Camilla Sinensis*. In fact, that is the only "real" tea plant. Everything else is merely an herbal infusion.

There are various "styles" of tea, such as black, green, white, and oolong. These names are based on the various processing and aging techniques used. They all come from the same plant, however.



As it turns out, tea is good for what ails ya -

The health effects of tea have been alluded to for millennia. Ancient Chinese texts claimed that its taste and stimulant properties were useful for treating tumors, abscesses, bladder ailments, and lethargy.

Modern studies have looked at the potential healing properties of this amazing plant, especially green tea. Green tea has been claimed to be helpful for cholesterol problems, diabetes, and liver dysfunction. The biggest buzz, however, has been generated around green tea's anti-cancer effects.

Numerous studies have demonstrated the anti-cancer properties of tea's antioxidant polyphenols, such as epigallocatechin gallate (EGCG). Some studies have suggested that tea's polyphenols may reduce the risk of gastric, esophageal, lung, skin, and prostate cancers, if one consumes 4 to 6 cups daily. Another study showed that just 2 cups of tea may lower the risk of ovarian cancer by almost half. Still other studies have found that polyphenols help prevent blood clotting and lower cholesterol levels. White tea (younger leaves prepared with minimal processing) may have even greater effects, though these results are preliminary. It should be noted that all tea contains polyphenols. It seems that the processing (drying, crushing, and fermenting) done to make black and oolong teas may lessen some of the anti-cancer effects.

Tea has also been shown to assist in blood sugar regulation, assisting those with insulin sensitivity. As such, tea makes the body a more efficient user of energy. (And for those worried about caffeine, tea has only about half the amount of caffeine as coffee.)



As an added plus, it helps mental functioning. The amino acid L-theanine, found almost exclusively in the tea plant, actively alters the attention networks of the brain. Absorbed by the small intestine, this amino acid crosses the blood-brain barrier, and affects the brain's neurotransmitters. This results in increased alpha brain-wave activity, yielding a calmer, but alert, state of mind.

Tea assists the immune system, and lowers both the levels of stress hormones and the rate of age-related cognitive impairment. It combats intestinal inflammation, and white tea in particular has been shown to have anti-bacterial and anti-fungal action.

Any drawbacks? Well, anything can be overdone and tea is no exception. All tea contains fluoride, and the content increase with the age of the leaves. This makes sense - the more time to draw fluoride from the soil, the greater the fluoride content. Interestingly, the fluoride content seems to be inversely proportional to the EGCG content. This is another big plus for using white or green tea. Too much fluoride can negate the anti-cancer properties of tea, and may lead to health problems, such as osteoporosis and other bone disorders.

Yes, we promise that one day we'll do an article on the fluoride controversy,  
fluoride in drinking water and current recommendations from the American Dental  
Association.

On balance, though, tea is a wonderful addition to the daily diet. Many high quality teas are available if you know where to look. At Eastwind, we've begun carrying tea from [The Tao of Tea](#). Check out their website and see what you think. We expect you'll be pleased.