

Eastwind Healing Center Newsletter, Number 18

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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.

Survive Thanksgiving, everyone? Family contact, good food; petty squabbles, upset stomachs. We hope you had lots of the former, and none of the latter. All that turkey is good for something besides a fine feast, you know. Turkey is rich in tryptophan, an essential amino acid that has been shown to be effective in the treatment of depression. This time of year, that may be especially relevant if you have S.A.D. (Seasonal Affective Disorder). We talk a bit about S.A.D. [here](#). Also, the Eastwind family has grown again. We've had the good fortune to add Dr. Janeta Fong Tansey to our staff. By the way, Janeta (accent on the second syllable) is pronounced with a "long e" sound (all together now: Janeeeta). Be sure to read about this gifted practitioner and wonderful human [below](#). Finally, in the "I didn't know that" department, we've found some interesting research on the bacteria present on our skin. That article is [down below](#). Man, the things you learn by browsing the Web!

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. Janeta Fong Tansey has joined Eastwind's staff. She is a psychiatrist who also has an interest in spirituality and a PhD in religious studies. Dr. Tansey brings a holistic view to her practice of psychiatry. She also has extensive experience with cancer patients.
- Dr. Candida Maurer is having a sale on selected pieces of her art. Inquire at Eastwind's reception desk about it. Some pieces are as much as 40% off. All sale pieces are on display at Heartland Yoga, next door to Eastwind. Also, her art show continues at The Downtown Galleries (218 E Washington Street, in Iowa City). A gallery of her inspired, visionary art can be seen at [her website](#).
- Eastwind's massage therapists are offering a **Reiki/energy work special** during the month of January. Thirty-minute sessions will be \$25 instead of \$35, a \$10 savings. This is a great way to recharge after all the hustle and bustle of the holiday season. Also, it may just be what you're looking for to help stave off [the winter blues](#), or cabin fever. Reiki and energy work are relaxing and rejuvenating. Gift certificates can be purchased for the special, but appointments must be scheduled for the month of January, 2009. Call now to schedule your appointment. You can read more about [energy work](#) and [Reiki](#) on Eastwind's website.
- Janelle Railey, MA, RYT is offering a workshop at Heartland Yoga entitled *Beat the Winter Blues With Yoga*. The workshop will be held at Heartland Yoga on Saturday, December 6th, from 10:30 to 12:30. You can get more details [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 some other purpose.

Janeta Fong Tansey, MD, PhD



There have been remarkable strides in psychiatry and neuroscience in the last several decades, but these have sometimes come at the cost of appreciating that mental health is a dynamic reflection of a balanced body, mind, and spirit within a community of care. Recognizing that mental wellness has as much to do with the realization of one's values, meaning, and purpose as it does with careful medical diagnosis and symptom relief must transform the practice of modern psychiatry.

Integrative Medicine is a philosophical approach that seeks to understand and incorporate complementary and humanistic healing practices into modern medicine. This perspective invites the whole person to enter into the therapeutic space. In that spirit, psychiatric practice at **Integrative Psychiatry of Iowa, P.C.** (at Eastwind Healing Center) takes a holistic view of the causes of mental distress and the healing modalities that will bring relief.

Dr. Janeta Fong Tansey received her M.D. in 1995 from the Loyola Stritch School of Medicine. She completed four years of specialty training in Psychiatry from 1995-1999 before accepting a faculty position in the University of Iowa Roy J. and Lucille A. Carver College of Medicine. An abiding interest in ethics and spirituality prompted matriculation into the doctoral program in the University of Iowa Department of Religious Studies, from which she graduated with a Ph.D. in 2008.

During her faculty appointment at the UI College of Medicine, Dr. Tansey provided clinical care and education in the Department of Psychiatry and in the Program for Bioethics and Humanities. She directed medical student education in Psychiatry from 2001-2008, developing innovative courses in psychiatry and medical humanities. She has received multiple teaching awards, including the 2008 University of Iowa Collegiate Teaching Award and the 2007 American Psychiatric Association Roeske Award for Education in Psychiatry. She has provided clinical supervision to medical students and residents for over a decade, in addition to running her own private clinic in adult psychiatry. Her clinical services have focused on outpatient treatments, including second opinions for complex psychiatric problems and medical co-morbidities. Dr. Tansey also has a clinical sub-specialty in the care of cancer survivors and their caretakers, having formed and directed the Psycho-Oncology Clinic with the Holden Comprehensive Cancer Center from 2006-2008.

As of January 2009, Dr. Tansey has accepted the position of Adjunct Professor in the UI Carver College of Medicine, continuing to teach interdisciplinary courses in psychiatry, medical humanities and ethics for physicians and other health care providers. Her scholarship in the area of integrative medicine and bioethics continues to make a difference in the training and support of today's health care professionals, as well as Dr. Tansey's own clinical practice.

Dr. Tansey formed Integrative Psychiatry of Iowa, P.C. to bring her practice skills and humanistic approach into the community setting. In her clinical work, Dr. Tansey is committed to the ethical integration of neuroscience and evidence-based practices with values-oriented healing, employing a decidedly holistic approach to mental wellness. Dr.

Tansey has special concern with the impact of depersonalizing environments and lifestyles on emotional wellness and balance. The judicious and experienced use of neuropsychiatric diagnoses and medications is combined with careful attention to the experiences and values that shape the whole person. Treatment strategies are designed to be collaborative and compassionate, and to focus on the understanding and prevention of psychiatric distress in addition to the elimination of active symptoms.

Dr. Tansey is board-certified by the American Board of Psychiatry and Neurology. She is pleased to bring her private practice to Eastwind Healing Center, and is accepting new patients. Integrative Psychiatry of Iowa, P.C. uses a fee-for-service model and does not contract with third-party payers, although a receipt of payment will be provided for patients who wish to submit claims to their insurers or spending accounts.

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Seasonal Affective Disorder (S.A.D.)



If you feel down during the winter months, you're not alone. S.A.D., also known as winter blues, is a physiologically based mood disorder. S.A.D. sufferers react with a strong movement toward depressive symptoms when the days grow shorter. Of course, it is natural to want to "huddle up" a bit during the winter. In Chinese medicine, it is the season of the Kidney, the deepest organ in the body. Nature pulls in during the coldest months, and that pull is present in humans as well. Yet, some people become seriously compromised during the winter; feeling chronically tired and sleeping more, eating more (especially carbohydrates), feeling down, socially withdrawing, having trouble concentrating, etc.

Causes have been hypothesized to be a disturbance of the circadian rhythm (our "internal clock"), increases in the secretion of the sleep-related hormone melatonin, or deficits of the mood-regulating neurotransmitter serotonin (of which tryptophan is a precursor) -- all from the reduced sunlight of winter.



Treatment often includes light supplementation. But don't try to do like "[The Dude](#)" in the picture above. First off, Jeffrey Lebowski didn't suffer from S.A.D. (but it is a great picture - - hover your mouse over The Dude's picture for a special message from him). Also, the lights in places like supermarkets are inappropriate for treating S.A.D. Special types of lights are available to assist in alleviating this disorder (a sample of the kind of light used to treat S.A.D. is pictured at right).

A consult with a mental health professional is important to determine whether S.A.D. is present. Please give Eastwind a call if you suspect that you might be suffering from S.A.D.

Additionally, Dr. Janeta Tansey will be offering a high-quality light box for sale to those who are assessed as being able to profit from light therapy.

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Wash Your Hands!



Now here's a curious research study. We all know that skin contact can lead to the transmission of various diseases. But even when we're not contagious, we have a jungle in our palms. According to this study, it seems that our hands are swarming with bacteria (knew that); there are about 150 species of bacteria on our hands (not surprised); and women have a greater variety of bacteria on their hands than men (OK, that's unexpected).

Researchers at University of Colorado at Boulder conducted the study, published in *Proceedings of the National Academy of Sciences*. In all, they identified 4,742 species of bacteria, only 5 of which were on every hand they tested. Also, they found that the left and right hands of a given individual share only about 17% of the same bacterial types. Maybe they were correct when they said that the left hand does not know what the right hand is doing.

Another fun fact: The richness of bacteria types on the palm was three times higher than that found on the forearm and elbow, no doubt based on the use of the hand in contacting everyday surfaces. This could help explain differences in bacterial counts between dominant and non-dominant hands.

But why would women have more bacteria than men? Skin pH (men's hands tend to be more acidic than women's), differences in sweat and oil gland production between men and women, the frequency of moisturizer or cosmetics applications, skin thickness, hormone production - any or all of which could be contributors. Finally, women also may have more bacteria living under the surface of the skin where they are not accessible to washing.

Intriguing stuff. You can read about the study [here](#) and [here](#).

To top it off, scientists from the NYU School of Medicine say that nearly ten percent of skin bacteria are previously unknown species. This three-year study was published in the *Proceedings of the National Academy of Sciences* (read about the study [here](#)). As a follow-up, researchers plan to look at diseased skin. They wish to find out if the microbes in diseased skin, as in psoriasis or eczema, are different than the microbes in normal skin.

Lots to ponder there. Rubbing your chin in thought? Have you washed your hands recently?

On the plus side, those particular critters are on the outside. So in conclusion, be happy your skin is doing such a good job protecting you from disease, providing a weather-proofing barrier, and keeping your innards - inner.

We don't do a newsletter in January, so we'd like to wish you **a happy holiday season**. We will send announcements out from time to time, though, as things come up. See you in February.