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CHRISTINA DONNELL, PH.D., is a classically trained Clinical Psychologist who has studied Eastern traditions and the shamanic energy practices of the Q’eqchi Indians of Peru for nearly two decades. She is the author of the five-time award-winning book Transcendent Dreaming: Stepping Into Our Human Potential.

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New decade brings again more change

ESSENTIAL WELLNESS ENTERS ITS 15th year of publishing in 2010. Dee and I established Twin Cities Wellness newspaper in 1995 when wellness was entering its crest in the collective consciousness. Wellness soared in production for the first 10 years, reached a plateau, and then began a downward cycle a few years ago along with the economy. Last year we hung on by our fingernails and as we enter our 15th year we still teeter a bit although our confidence and infrastructure has stabilized.

This new year brings changes to our format. Next month, look for a new size Essential Wellness; EW will transform to a magazine-size publication like many other independent/alternative newspapers.

Much appreciation is due!

To you our readers we give thanks and to our advertisers—both past and present—it has been your support that has allowed us to continue this publication. Our deepest appreciation! We couldn’t have done it without you. Truly! Dee and I as co-publishers also want to take this opportunity to thank the folks who’ve made Essential Wellness possible these past 15 years. Sunshine Sevigny, our art director, has produced clean lines and aesthetic layouts for EW for a majority of the past 15 years and she’ll continue on as the refining touch on our new size publication. Melissa May has been our ad liaison for many years as well and will take on a greater role as intermediary graphic designer before it goes to Sunny for final touch ups. We also thank Linda Frost, our bookkeeper and summer northland distributor, for her fine work. Metro Distribution has been steady and true to us for many years and will continue to distribute for us in the years ahead. ECM Publishers, Inc. prints our publication and does a great job on all fronts and has been a consistent pleasure to work with. Webaloo, our website creators and developers, based in Stillwater, MN, worked with us to create a beautiful website. We thank you for your creativity and consistent service.

And last, our writers! We have greatly appreciated the writing submissions by the wellness and spirituality community. We have an area of great writers, effective healers, and abundant wellness resources. The 2010 Writers Guidelines are now on our home page at www.eswellness.com for those who wish to reserve space in 2010.

Countdown to 2012

Much has been written about 2012 being the advent of true change on the planet. We know this has already begun. I invite you to email me about the changes that 2012 will bring to your life and we’ll do a special feature on this.

info@eswellness.com.

by LYNN S. LAFROTH

Lynn S. LaFroth is managing editor/co-publisher of Essential Wellness newspaper. She can be reached at wellness@centurytel.net.
Perimenopause and menopause: Signposts to a healthier future
by GREGORY PIPPERT, MD

Explore your menopause care options
by PAULA BERNINI FERGAL

WOMEN’S WELLNESS RESOURCE GUIDE

Prevent weight gain during menopause through good nutrition
by TAMARA BROWN

Women’s spirituality spirals to greater integration with life
by MA DEVI (THERESA KING)

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Perimenopause and menopause: Signposts to a healthier future

The greatest reward of being a doctor is the knowledge that I have helped a patient attain health in a way that she can maintain without me. It isn’t that I don’t love working with my patients on a regular basis; it is more that I am truly happy when they are healthy and don’t need to see me often.

My practice makes it possible for me to approach medicine in a way that focuses on helping the women I treat strike out on their own paths to health—especially as they pass through the phases of aging associated with perimenopause and menopause. Specifically, I have found a great deal of success through a combination of nutrition, supplementation, fitness, and bioidentical hormone replacement therapy (BHRT), when indicated.

“Health should be the object of the physician, anyone can find disease.”

—Andrew Still, MD 1849

Answers to Aging

Women seek answers as their bodies begin signaling a shift that won’t respond to the solutions that used to work when they were younger. Dieting doesn’t work the way it did in their 20s or 30s, and neither does exercise. A few more hours of sleep on the weekend has little or no effect anymore. And previous generations seem to have accepted it all as a matter of course that we can’t do anything to change. The difference is that my patients are used to being proactive about their health and are certainly not willing to just “get over it and get old,” as one of my patients puts it.

There are a variety of symptoms associated with aging that prompt my patients to seek help including: Hot flashes, insomnia, mood swings, depression, low libido, irritability, fatigue, memory loss, endometriosis, weight gain, PMS, vaginal dryness.

Many of these issues are directly related to hormones. Fortunately, we are able to test for specific hormonal imbalances that help pinpoint the root of the problem. We start with a review of symptoms, as well as personal, medical, and family histories. To complete the picture, we do comprehensive tests including saliva, urine, and blood analyses. Once we have all of the information, I can work closely with each patient to develop a personal health plan. The best news for a woman is to learn that her hormone loss and imbalance are correctible, and she can begin to feel relief from symptoms that were once believed to be unavoidable—and inseparable—elements of aging.

Why BHRT?

Most women have some knowledge of hormone therapy, but the differences between synthetic and bioidentical options may not be clear. In a nutshell, synthetic hormone replacement therapy refers to a patented formula that does not lend itself to a customizable approach. The make-up of these hormones is also different from the naturally occurring hormones in our bodies.

Bioidentical hormones, on the other hand, are identical in structure to our own. They are made from natural ingredients and can be individually prescribed and compounded in precise doses. As a woman goes through treatment, her hormone levels are measured regularly so her bioidentical hormone prescription can be adjusted to meet her changing needs. Because of the specific requirements of BHRT, it is impossible to use a cookie-cutter approach to prescribing bioidentical hormones.

Another important difference should be noted here, as well. BHRT requires that considerable amount of time be devoted to each patient—and that lifestyle changes be a part of the journey. This is something that was definitely missing in my practice prior to my transition into what is popularly called “anti-aging” medicine. I continue to view it as preventative medicine that seeks the right combination of treatments for the pursuit of continued good health. I must work in collaboration with a patient to gather all of the evidence; then together we can determine the best plan of action.

It’s All About Health

I feel more strongly than ever that a path toward health, rather than an escape from disease, is the best medicine I can offer. We have the science to not only maintain good health, but also to create a better version of it, in spite of what we have learned to accept about the aging process and its effect on our bodies.

Perimenopause and menopause no longer have to be gateways to old age and disease. Instead, they should be signals for a woman to re-evaluate her state of being and adjust. My patients have found that the transition into maturity and longevity is comfortably available through nutrition, exercise, and BHRT—and each of them has her own individually designed plan that suits her to a T. Nothing is more rewarding to me than hearing my patients tell me they feel better than they have in years.

Gregory Pippert, M.D.

Gregory Pippert, M.D., devotes his BodyLogicMD of Maple Grove practice to preventative and functional medicine, wellness, and hormone therapy. Combining bioidentical hormones with customized nutrition and fitness programs, he helps men and women find relief from the symptoms of hormone imbalance related to perimenopause, menopause, andropause, thyroid disorder and adrenal fatigue.

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By GREGORY PIPPERT, MD

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Explore your maternity care options

You just took a pregnancy test, and it’s positive! After the initial flurry of emotions, you will start to think about getting prenatal care established. The choices you make for yourself and your baby’s birth will impact how you view yourself as a woman and a mother in a profound way. This article is meant to outline some of your options, and give you a preliminary understanding of what care choices you have.

Maternity care can be provided by doctors or midwives. Midwives approach pregnancy as a normal, healthy time in a woman’s life, and believe that it is a time of physical, emotional, and spiritual expansion and growth. Midwives use technology with prudence and help women find advanced care when a pregnancy becomes not healthy.

The Cesarean rate in our country is over 30 percent! Are you surprised to know that as intervention rates increase, the rate of complications are increasing too? Sadly, our country’s neonatal mortality rate is on the rise. It’s no wonder women are afraid of birth!

Midwives still today give care on every continent, in every country, nation, and territory on the globe but are vastly underutilized in the United States. The number of midwife-attended births is slowly increasing as more and more women seek a safer, gentler, more woman-centered approach to pregnancy and birth care. The countries that have the best outcomes have midwives at the forefront of women’s health care. Do you know what those choices are available to you?

You Can Choose Your Birth Location

Most women are vaguely aware that they have options about where to have a baby, but very few women thoroughly explore those options. If you want to make an educated decision on what kind of birth location in right for you, you need to visit your local hospital, Birth Center, and home birth midwife and ask the right questions!

Hospitals have Obstetric units (sometimes mistakenly called birthing centers), where women deliver. A separate nursery is available for efficient monitoring, exams, and treatment of the baby. High-tech equipment and surgical facilities are on the ready. Today, most women in our country still give birth in a hospital. Doctors and midwives work in hospitals.

A Birth Center is a free-standing facility specifically designed for the care of pregnant and birthing women. The Birth Center offers a safe, comfortable, home-like alternative to hospital or home-based care. Birth Center care is available to healthy, low-risk women, which can be determined with your midwife.

A Birth Center is equipped with emergency equipment and medication.

Home birth with a qualified attendant is a safe option for healthy, well-screened women. A midwife with the CPM credential has had specific training for at-home deliveries. Nurse-midwives and (a few) doctors also attend home births. Like in a Birth Center, portable emergency equipment and medication is on site. It is important to check the qualifications of your midwife when you plan to birth at home, as not all birth attendants have the same training, skills and experience.

Health Care Providers for Pregnant and Birthing Women Vary

An OB/GYN is a surgeon and a disease specialist for women who are sick or high-risk and need high-tech, interventive care. They anticipate problems during the course of pregnancy and birth, specializing in diseases and disorders of the female reproductive organs and surgery.

Family Practice Physicians have attended most of the deliveries in our country in the past 70 years. To find a Family Practice Physician who delivers babies in your area, call the hospital OB unit and ask for the names of family doctors with delivery privileges. If your pregnancy became very high-risk, your family doctor would likely refer you to an OB/GYN.

Midwives have been around for a long, long time. Today, there are two types of credentialed midwife: The Certified Professional Midwife (CPM) and the Certified Nurse Midwife (CNM). The CPM is a licensed professional who offers complete prenatal, birth and postpartum care including lab tests and other screenings. She is nationally certified and trained to identify risk factors and handle complications that may arise. She collaborates with other healthcare providers and refers women who become high-risk.

Another type of midwife, the CNM has an expanded scope of practice in that she has the ability to write prescriptions. She has a degree in nursing and additional training in midwifery. Sometimes you will hear the term “lay-midwife”, which refers to someone who has no formal training or credentials, but who has learned about birth and has decided to help families birth at home. A lay midwife generally not carry any emergency medications or equipment.

Paula Bernini Feigal, CPM, Licensed Professional Midwife is owner/director of Morning Star Women’s Health and Birth Center in Menomonee, WI and St. Louis Park, MN. 715-231-3100; www.MorningStarBirth.com

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essential wellness
January 2010
Prevent weight gain during menopause through good nutrition

OW THAT THE HOLIDAYS are over, have you made any resolutions for 2010? Does your plan for the new year have anything to do with reducing your weight? If so, let this be the year you get your body back in balance, increase your metabolism, and stop those pesky pounds before they hit your hips.

Let this be the year you stop dieting and start eating real foods for weight loss! The truth is that the cause of widening hips and weight gain often lies in eating too little food and in consuming overly processed diet foods.

When we eat too little food and consume fake foods, our metabolism slows down, and we are left feeling unsatisfied and hungry. This leads to overeating, feelings of guilt, and weight gain. Let this be the year you break the diet cycle!

Menopausal weight gain is not inevitable, but can be challenging. After menopause women burn 300 fewer calories per day, so it may take longer to lose weight, but never give up on yourself, because with patience and continued support, comes progress. Weight gain can be kept minimal by eating a balanced diet of real foods, such as meat, vegetables, and healthy fats. I work with many menopausal women, and understand the frustrations and intense emotion that can come with bodily changes. My clients who return month after month find the most success because it helps them stay on track with healthy balanced eating.

The most important part of keeping weight at bay during menopausal years is to keep blood sugar levels balanced because rapid changes in blood sugar levels promote the storage of body fat, while stable blood sugar levels work to burn fat! This means preventing the blood sugar high that occurs after eating a dish rich in carbohydrates like macaroni and cheese, as well as the blood sugar dip that follows the spike.

High blood sugar levels promote the release of insulin, a hormone whose job it is to take sugar out of the blood and put it into the cells. Insulin is a storage hormone and its release tells the body to store fat. When our sugar levels are kept constant, another hormone is released called glucagon. Glucagon burns excess fat because it signals the use of stored body energy. By avoiding a blood sugar roller coaster during the day, metabolism increases and body fat is used up.

How can you balance your blood sugar?

Here are a few simple steps. Start by reducing consumption of processed high carbohydrate foods such as bread, pasta, crackers, cookies, and soda. Instead incorporate wholesome carbohydrates mostly in the form of vegetables, with small amounts of fruit, and whole grains like wild rice.

Balance your meals and snacks. Combining good carbohydrates (like vegetables) with a healthy protein (like meat or eggs) and a real fat (like olive oil or nuts) each time you eat balances blood sugar and helps you stay full longer.

Eat protein at every meal and snack; protein increases metabolism by 60 percent because the body must work hard to break it down. A plate with four ounces of salmon along with two cups broccoli, and half of a sweet potato topped with butter is a perfectly balanced metabolism-boosting meal.

Avoid alcohol; it can slow your metabolism by 60 percent, as well as bring on the munchies. Two 4-ounce glasses of wine contain 200 calories. Drinking two glasses per day, leads to an extra 1,400 calories per week or 21 pounds per year. Is your wine really worth it?

Experts agree that a safe and successful weight loss is one pound per week. That way you won’t get too hungry and overeat or slow your metabolism. The good news is that even a 10 percent reduction in body weight decreases risk of cancer, diabetes, and heart disease.

Good nutrition is the most important metabolism booster, but if this alone is not enough for you, adding a few key supplements can help to increase metabolism. Omega-3 fatty acids, GLA, CoQ10, and carnitine can be beneficial. Omega-3 fatty acids reduce insulin resistance which slows metabolism. GLA, an omega-6 fatty acid, helps to balance hormone levels for better metabolism. CoQ10 activates the cell mitochondria which produce more energy and a better metabolism. Carnitine, found in red meat and dairy, helps our cells to burn fat for energy, which increases metabolic rate.

Not only do balanced eating and balanced blood sugar help with weight loss, they also help to increase energy levels, improve moods, boost immunity, and clear mental fog.

Make this the year that you halt menopausal weight gain in its tracks and start feeling better than ever for the many amazing years that lie ahead.

by TAMARA BROWN

Tamara Brien, MPH, L.D., R.D., is a counselor and nutrition educator at Nutritional Weight and Wellness. She completed her BA in psychology at Washington University in St. Louis, and her Masters of Public Health with an emphasis in nutrition and dietetics from the University of Michigan. She has worked in diabetes care, cancer prevention, and taught nutrition programs in schools and the community.
Spirituality spirals to greater integration with life

Women’s spirituality spirals to greater integration with life

W

HAT EXACTLY IS SPIRITUALITY? Whether pursued by women withdrawn from social life in remote monasteries, or women firmly in the midst of a complicated and busy life, spirituality is the same. Spirituality is integration. It incorporates and infuses every aspect of our lives. It is development into human maturity. The ultimate integration of our parts—body, mind, emotions, tendencies, actions, values, aspirations, intuition—into a whole. 

Consciously or unconsciously we human beings feel a need to resonate with the thrust of the universe. We seek to manifest life’s energy in a unique, personal way in concert with the entire cosmic manifestation of divinity. Spirituality is none other than the force of that creative energy seeking integration and resonance. Sometimes we feel it pulling us inwards to be healed or inspired or immersed in joy. Sometimes we feel it pushing us out to take a stand for justice, or lead a ritual, or laugh at a party. Who are we to decide how and when God will manifest itself?

Those who insist that marching for various civil rights is not spirituality but meditating in solitude is, those who say our moments of ecstasy are not real but caring external activities are the fruits of, and give impetus to, our interior activities.

Genuine spirituality is a developmental process, it is dynamic. It forces us to know ourselves well. Not that which we pass to our friends and relatives, but the real self that guides our every thought, word, action, future plan, and realizes past actions as useful, painful, or dishonest. Spirituality is constantly moving, constantly growing, and constantly forcing us to take another look at ourselves. Spirituality is always pulling us forward, leading us where we should be going, even when we’re not really sure we wish to travel! Spirituality is growth; it peels away the well-known parts of ourselves no longer needed, to find the inner essence that others do not know, but truly hope for.

As the yogis tell us, we are citizens of two worlds—the inner world and the outer world. We constantly travel from one to the other, each world claiming us for a time and then relinquishing its hold on us. Some of us prefer the energy of the external world, feel more comfortable there, and spend more time in its activities. Some of us feel more at home in the interior world, getting energized and inspired there, spending more time in solitude and quiet. Neither world can hold us all the time, nor would we want it to. We all have periods of needing to be alone as well as in community, of collecting our thoughts and inspiration as well as sharing our exuberance with others. Eventually we will mature to that totally integrated being in perfect resonance with all creation, but we seem to reach integration step by step, experience by experience, and not always smoothly.

Genuine spirituality is a process. It is dynamic. It investigates that nagging unconscious pressure hinting that there is more to life. It takes courage from the ancient dictum “Know thyself” by following the inner urge for growth, knowledge, and a relationship with created reality. Far beyond any single belief system or religious authoritarianism, personal spirituality is constantly questioning, reaching out, wanting to experience the meaning of existence. It propels the psyche to find its place in the cosmos.

Spirituality changes as one matures, leading the seeker forward to the next step of development. It tightens the inertia of religious contentment with the dynamism of ever-new self-knowledge. It balances one’s fear of disturbing convention with the insistence that a curious mind may indeed fathom the unknown.

The path of spirituality is intimately connected with every aspect of life. In fact, it is life. To deny our spiritual self is to destroy our psychosomatic unity as human beings. We mature as humans from needs for self-preservation, food, sleep, and sex through needs for security and safety, to needs for love and relatedness and esteem, and finally to needs for self-actualization, meaningfulness, perfection, and spiritual goals. We are always drawn to the beautiful, the good, and the true whether it be in the form of old movies or old theological tracts. We cannot really separate spirituality from the rest of our growth. Attempting to do so will make us lopsided individuals, our lives wobbling in the constant efforts of lying to ourselves.

The challenge in our lives is to eliminate the distinction between the sacred and the profane, between our spiritual path and its manifestation in our lives. It means ending the dualities, pulling the poles of life’s continuum closer, harmonizing the sets of opposites—birth-death, good-evil, inner-outer. It is a long, adventurous, maturing process, strewn with unpredictability. But I wouldn’t have it any other way. Would you?

by MA DEVI

(THERESA KING)

Ma Devi is one of the spiritual directors of the Institute of the Himalayan Tradition. She has a BS in Education, an MA in Human Development, and has taught in primary and special education over the years. A past member of a semi-cluttered religious community, personal assistant to a great yoga master, she lived and studied in India, Nepal, Japan, Europe and Mexico. She has written three books and runs Yes International Publishers in Saint Paul as well as teaches yoga spirituality at IHT.
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Jan. 8 Weight Loss Begins In the Mind

Then the Body Follows. Abolah cravings, increase metabolism, and eliminate excess toxins. Create a new, healthy relationship with food at a leading intensive with advanced Emotional Freedom Techniques (EFT) practitioner Valerie Lis. New York O.K. 50 minutes confidentially. RSVP necessary. 7-9 pm. Ivy Cottage, 33rd St SW, Osseo. $20. 763-315-0086. www.coursesforlife.com

Jan. 9 Massage & Shiatsu Career Info Sessions

Saturday, Jan. 9 at 10 am, Jan. 11, 21, 26 at 6 pm. Discover how you can have a rewarding career. CenterPoint Massage & Shiatsu Therapy School offers several programs for you to become a professional bodywork therapist. Call Sharen at 612-617-9090. Visit www.CenterPointMN.com

Jan. 9 Well Mind Association of MN Meeting

Everyone welcome. Review of the Mental Health system. Is it legal, scientific? How do you favor a choice in health care practitioners? Would you like to choose whether or not to take officially prescribed meds? Addictive “drugs” change the brain, causing suicide, homelessness, obesity, diabetes, weight gain of 100 or more lbs, some gain 300 lbs. Nobody is allowed to get off meds & get better. Cost of $2,700/month for each person in group homes, with made-up symptoms. Meanwhile, 5,000 veterans are homeless on the streets because we can’t afford to house them. East Lake Library, Saturday, Jan. 9, 2-4:30 pm. 2727 East Lake St, Minneapolis, MN 55406 info at: www.wellmindmn@q.com

Jan. 13-Feb.17 Meditation for Inner Balance & Calm

A Mindful Approach. 6-week workshop to bring more calm & joy into your life by learning meditation skills for reducing stress, increasing mindfulness, breath practices & simple yoga stretches. 9-30 am - Wednesday at Aslan Institute in Eagan. Email bodymindynthesis@msn.com or call Cindy Lehman, 612-669-1861. Please visit www.coursesforlife.com

Jan. 14 Shiatsu Basics Workshop

Saturday, 10 am-3 pm. Discover how simple & effective Shiatsu Therapy is for reducing headaches, backaches, & other maladies. Learn the basics to share with family & friends. Can explore a new career 6 hrs. $75. Register at 612-617-9090. Visit www.CenterPointMN.com

Jan. 16 Peace Is Possible, It Needs To Be Felt

Prent Leinmi, speaks to people around the world about the possibility of finding inner peace & contentment. He offers a practical way to find peace within, which he calls Knowledge. Free. 2 pm. Washburn Library, 5244 Lyndale Ave S, Mpls. www.minneapolisconncert.net

Jan. 18-Mar. 15 Healing Tools for Balancing Your Energy System

A 12-week workshop teaching a variety of tools with our energy body & chakras as a pathway for healing on all levels. 7-9 pm Mondays at Aslan Institute in Eagan. Email bodymindynthesis@msn.com or call Nancy Slador, Energy healer & facilitator at 952-453-6668.

Jan. 24 Creative Elbows: Save Your Wrists!

Jan. 24, Sunday, 1–5 pm. Massage Therapists: Save your hands & wrists. Learn to provide deep relaxation & tension release using your elbows. 4 CE hrs, $64. Register at 612-617-9090. Visit www.CenterPointMN.com

Jan. 26 Meta Institute’s Therapeutic Coaching® Program Info Session

This 6-week program provides a comprehensive tool box enabling graduates to work with wider range of clientele. Apply, get accepted & pay in full by 01/20/10 receive $800 off. Free Information session: Tues, Jan. 26, 6-8:30 pm. 952-813-6388. metainstitute@minnesota.com www.metainstitute.com

Jan 30-31 Healthy Life Expo

170 + exhibitors, 3 stages of speaker’s presentations & demonstrations. This is the ultimate place to find unique products, services & information for better health. See all of the attractions at: www.ExpoGuys.com for exhibitor info call 952-238-1704

February

Feb. 5 Creating the Perfect Love

Rather than looking for the perfect lover, try creating the perfect love. Bring joy into your relationship at a Healing intensive with advanced Emotional Freedom Techniques (EFT) practitioner Valerie Lis. New York O.K. $500/month confidentially. RSVP necessary. 7-9 pm, Cottage, 33rd St SW, Osseo. $20. 763-315-0086. www.coursesforlife.com

Feb. 6 & Mar. 6 “Have You Had a Spiritual Experience?”

Free annual discussion/workshop from 1-3:30 pm on Feb 6 & Mar 6 at the Downtown Mpls Library, 300 Wacouta Mall, 7th floor on the 2nd Floor, Great Meeting Room. All are welcome! Share experiences & try home experiments to enhance your spiritual life. Free! 6-7 pm. Sponsored by www.Eckankar.org. For more info, email yourstoryatvictory@gmail.com or call 952-906-3446. We welcome your stories!

Feb. 6 Bodylab’s Holistic Healing & Psychic Fair

Barker’s Island Convention Center, Superior, WI. 30 vendors. Come learn about crystals, energy therapy, essential oils, etc. 10 am-5 pm. $5 admission fee. All lectures included with admission fee bodylabus@gmail.com or 715-820-1358. Booths available. www.bodylabus.com

Feb. 13 Massage Basics Workshop

Feb. 13, 10 am – 5 pm. Learn a variety of basic massage techniques for the head, neck, back, & legs. Great for stress reduction & relaxation. Take this workshop if you are considering a career in massage or enjoy working on family & friends. 6 hrs. $75. Register at 612-617-9090. Visit www.CenterPointMN.com

Feb. 13 & 14 Jin Shin Jyutsu Self-Care Techniques

Sat/Sun • 10 am – 5 pm. Jin Shin Jyutsu Self Care is gentle & effective, & will help you to minimize fatigue, optimism energy. & maintain balance. Discover a daily practice for balancing & reacquainting yourself, 12 hrs. Register at 612-617-9090. Visit www.CenterPointMN.com

Beginning Feb. 17 Psychic Development Class

Practical tools & insights to help you manage your energy consciously & reclaim who you are with compassion. Access your soul’s guidance to heal & create your life. Wednesday evenings, February-November Cindy Lehman. 612-669-1861. Please visit www.cindylehman.com for more information.

Feb. 27 Edge Life Psychic Symposium

Earle Brown Heritage Center, Brooklyn Center, MN. Saturday 9:30 am - 6 pm. 3 keynote speakers, 85 exhibitors. Intuitive readers, animal communicators, aura photos, energy healing, crystals, stones, jewelry, health products & more! 2-hour exhibition day, deutsch, calamus or 715-259-3047. FFI. www.edgeLife.net

March

Mar. 5 Hurry! It’s All About Time


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EXPERT PANELS:
Healthy Mind Expert Panel | Saturday 11am-12 pm
Cheryl Hiltibran, Monica Kenton, Hanakia Zedek, Jane Barrash, Dr. Bill Manahan; Valerie Lis (moderator)

Healthy Spirit Expert Panel | Saturday 1-2 pm
Ron Moor, Susan Shehata, Colleen Buckman, Sheila Judd, Wes Hamilton; Valerie Lis (moderator)

Healthy Body Expert Panel | Sunday 11am-12 pm
Warren King, Dr. Lynne Eldridge, Tina Johnson, Katie Murphy, Wendie Pett; Valerie Lis (moderator)

Holistic Healers Expert Panel | Sunday, 1-2 pm
Omar, Lisa Severson, Diana Di Cristina, Carolyn Vinup, Gina Citoli; Valerie Lis (moderator)

Author Social and Booksigning | Sat & Sun, 3-4 pm
Dr. Larry Caldwell, Phil Bolsta, John Peterson, Deanna Reiter, Sherokee Ilse, Dorothy Lee, Troy Parkinson, Dr. Lynne Eldridge, Cathryn Taylor, Jane Barrash, Dr. Greg Fors, Mary Treacy O’Keefe, Nancy Manahan & Becky Bohan, Wendie Pett and more!

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