Earth Day 2014, Cheyenne Luzader, IH Coordinator and certified Laughter Yoga leader will offer a special Laughter Yoga class celebrating the earth and nature. *(See calendar page 3)*

No need to wait for a special day. Go outside, touch the earth and rejoice in the beauty of nature.

A new study by Chevalier, Sinatra, Oschman, and Delany in the Journal of Alternative and Complementary Medicine seems to indicate that “grounding” or “earthing” increases the surface charge on red blood cells. This reduces blood thickness and clumping thus reducing cardiovascular risk.

Could it be, with such a high level of heart disease in the US, that our hearts are trying to tell us something?

So, take off your shoes and walk or sit in the sand, grass or any conductive surface for half an hour. Leather-soled shoes are conductive, rubber doesn’t work. Experience the healing energy of the earth. Notice if your mood, stress, pain or sleep has improved.

**Earthing (Grounding) the Human Body Reduces Blood Viscosity—a Major Factor in Cardiovascular Disease**

Qigong: Five Treasures - Dotty Domingue
Dotty Domingue teaches Qi Gong, a gentle Chinese practice of aligning breath, movement, and awareness, used for exercise and healing. Its roots are in Chinese medicine and martial arts. It can be practiced standing or sitting. Dotty’s teacher is Master Chan Zhang from China. Dotty will repeat Five treasures each month for extra practice. Students may attend any or all sessions. A DVD is available for at-home practice between sessions.

Anti-Inflammatory Eating to Prevent and Reverse Disease - Kelly Grant, RD, NC
Kelly is a healthy eating coach and natural food chef. Kelly, through her nutrition, was able to successfully reverse her own autoimmune disease and remains medication free. She was a former nutritionist at the world renowned health resort Canyon Ranch and is currently the owner of her own business, where she helps thousands of people live healthier lives!

Relieve Pain with MELT Hand & Foot Treatment - Lynn Davis
Join MELT Method Instructor Lynn Davis for an introduction to the MELT Hand & Foot Treatment, a simple technique for rehydrating connective tissue in hands and feet that may aid in reducing pain. Lynn was certified as a MELT Method HAND and FOOT Instructor in 2013 by Sue Hitzman, the creator of the MELT Method.

Breathing Meditation for Pain & Stress - Roseanne Schneider, LPT
Roseann is a physical therapist at Beebe Healthcare and certified yoga instructor. She will guide the group through several breathing meditations found in Dr. Andrew Weil’s CD, Meditation for Optimum Health. Dr. Weil is a practicing physician, bestselling author and teacher of natural methods to improve health and well-being.

Superfoods: Beans and Grains - Susan Drake
Susan will host the demonstration class and present delicious ways to prepare grains, beans, and other vegetarian-based, oil free goodies for you to taste and enjoy. Susan is Lead Shopkeeper at Root Gourmet Restaurant, 19724 Coastal Highway, Rehoboth. Class is held at the restaurant. Seating limited.

Path of Joyous Expectation: Coping With Illness - Deborah Dobias
Deborah shares her heart-lifting spiritual journey through the illness and death of a loved one followed by her own challenging illness. She inspires us with her optimism and kind assertiveness while giving us insights on how to better communicate with our healthcare providers to get what we need. Deborah is a holistic practitioner in Lewes.

Medicine and Spirituality - Uday Jani, MD
Dr. Jani will explore the role of spirituality in medicine. Dr. Jani was born in India and completed his medical residency there. He is in private practice at Shore View Medical in Milton specializing in internal medicine and integrative medicine.

Healthy Prayer - Rev. Keith Goheen
Keith Goheen will explore the relationship between spiritual and physical wellness and the role of prayer. He works daily with people from various cultures and beliefs. Rev. Goheen is the Chaplain at Beebe Healthcare.

Lessons of Love From A Near Death Experience - Jayne Smith
Jayne Smith shares insights for living and loving gained from a near death experience in 1952 while giving birth to her second child. She is a member of the International Association for Near Death Studies (www.iands.org) and has been active in consciousness raising studies and speaking. She has been a guest on Oprah Winfrey, CBS Morning News, Charlie Rose Show and People Are Talking.

Love the Earth with Laughter Yoga - Cheyenne Luzader, MS, IH Coordinator
Cheyenne is a Certified Laughter Yoga Leader, Certified teacher of MBSR, Adjunct Professor of Native American studies. In Laughter Yoga, she shares the teachings of Dr. Kataria of India and leads the group in several approaches to therapeutic laughter with special exercises to celebrate Earth Day.
## INTEGRATIVE HEALTH 2014 SPRING CALENDAR

Classes are free unless stated. Call class location to register:
Cancer Support Community (CSC) (formerly Wellness Community) - 645-9150
3rd fl, Medical Arts Building, Rt 24, 18947 John J Williams Highway, Lewes
Epworth Methodist Church (EMC) - 227-7743 x107 19285 Holland Glade Rd, Rehoboth
Root Gourmet 727-5664, 19724 Coastal Highway, Rehoboth Beach
Lewes Public Library 645-2733, 2nd fl., 111 Adams Avenue, Lewes
Call IH for further information - 302-645-3528

### January

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Once a month</td>
<td>Qigong: Five Treasures - Dotty Domingue</td>
<td>Epworth Methodist Church - 645-3528</td>
<td>3-4 pm</td>
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<tr>
<td>Tue</td>
<td>Anti-Inflammatory Eating to Prevent and Reverse Disease - Kelly Grant, RD, NC</td>
<td>Cancer Support Community - 645-9150</td>
<td>3-4 pm</td>
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### February

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<th>Date</th>
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<tbody>
<tr>
<td>4 Tue</td>
<td>Relieve Pain with MELT Hand &amp; Foot Treatment - Lynn Davis</td>
<td>Cancer Support Community - 645-9150</td>
<td>3-4 pm</td>
</tr>
<tr>
<td>11 Tue</td>
<td>Breathing Meditation for Pain &amp; Stress - Roseanne Schneider, LPT</td>
<td>Cancer Support Community - 645-9150</td>
<td>3-4:30 pm</td>
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<tr>
<td>26 Wed</td>
<td>Superfoods: Beans and Grains - Susan Drake, Lead Shopkeeper</td>
<td>Root Gourmet Restaurant (see page 2) - 727-5664</td>
<td>3-4 pm</td>
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### March

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<tr>
<td>2 Wed</td>
<td>Medicine and Spirituality - Uday Jani, MD</td>
<td>Lewes Public Library - Register online <a href="http://tinyurl.com/medicine-and-spirituality">http://tinyurl.com/medicine-and-spirituality</a></td>
<td>3-4 pm</td>
</tr>
<tr>
<td>22 Tue</td>
<td>Love the Earth with Laughter Yoga - Cheyenne Luzader, MS</td>
<td>Certified Laughter Yoga Leader</td>
<td>3-4 pm</td>
</tr>
<tr>
<td>29 Tue</td>
<td>Healthy Prayer - Rev. Keith Goheen</td>
<td>Beebe South Conference Room, Lewes - 645-3528</td>
<td>3-4 pm</td>
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### May

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<tr>
<td>7 Wed</td>
<td>Love: Lessons From The Near Death Experience - Jayne Smith</td>
<td>Lewes Public Library-Register online <a href="http://tinyurl.com/lessons-from-near-death-experi">http://tinyurl.com/lessons-from-near-death-experi</a></td>
<td>3-4 pm</td>
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Healthy Eating Perspectives: Seeds

People who are trying to eat a healthy diet often forget about the potential benefit of including seeds in their meals. Seeds come in all sizes, shapes, and colors, but technically they are simply the embryo of a plant coated by a protective layer.

### Flax

Flax seed and ground flaxseed meal can be found at supermarkets and health food stores. Flaxseed contains a great deal of fiber, which may be good for lowering cholesterol. “A 2009 review of the clinical research found that cholesterol-lowering effects of flax were most apparent in postmenopausal women and in people with high initial cholesterol concentrations” ([http://nccam.nih.gov/health/flaxseed/ataglance.htm](http://nccam.nih.gov/health/flaxseed/ataglance.htm)). In another small trial, dietary flaxseed had a strong blood pressure lowering effect. The findings were somewhat limited, but increasing flaxseed consumption is inexpensive and has limited negative side effects. (NEJM Journal Watch 12/12/13 December 9, 2013)

### Chia

“Chia is gaining attention for its wide range of cardiovascular benefits, including anti-inflammation properties. A study at the University of Toronto showed that regular intake of chia lowered blood pressure, improved coagulation factors and reduced inflammation. Other research showed chia can also reduce LDL cholesterol levels and triglycerides.” Chia is a rich source of omega 3 fatty acids, which makes it a super antioxidant shown to benefit a healthy inflammatory response and improved cardiovascular, brain and immune system support ([http://www.nutraceuticalsworld.com/issues/2013-10/](http://www.nutraceuticalsworld.com/issues/2013-10/)).

### Quinoa - The High Protein Superfood

The year 2013 was named by the United Nations as the "International Year of Quinoa". Quinoa (keen-wah) is a seed, not a grain, and it originates in the Andean region of South America ([www.un.org/News/Press/docs/2013/ga11341.doc.htm](http://www.un.org/News/Press/docs/2013/ga11341.doc.htm)). Quinoa contains all the essential amino acids, trace elements and vitamins, but no gluten. Its protein content is "higher than brown rice, potatoes, barley, and millet" ([http://en.wikipedia.org/wiki/Quinoa](http://en.wikipedia.org/wiki/Quinoa)). Quinoa is versatile: it can be used in soups, stuffed mushroom caps, cold pilaf salads, or as a hot cereal.


Have A Question About Herbs Or Supplements?
Call our Herb Information Specialist 302 645-3528

Explore Our Herbal Website:
[www.beebemed.org](http://www.beebemed.org)
Go to the Integrative Health page link to naturaldatabase

**Insurance Coverage for Licensed CAM Practitioners**

For years people have asked “Why is my state licensed chiropractor, massage therapist, acupuncturist or acupuncture detox specialist not covered by insurance?” Times are changing! As of January 1, 2014, PHS Act 2706 of the Affordable Care Act prohibits discrimination against health care providers acting within the scope of their license and state laws. [http://www.dpc.senate.gov/healthreformbill/healthbill05.pdf](http://www.dpc.senate.gov/healthreformbill/healthbill05.pdf)


Check with your insurer for changes!

The E-mail Newsletter Is Here

Please help IH save postage!

We can save time, labor, postage and trees by updating our newsletter delivery system.
If you would like to help by receiving the newsletter by e-mail, please email your home address, e-mail address, name and phone number to pkelly@beebehealthcare.org

The newsletter is provided in easy-to-read PDF format in true color. Your email address will only be used by the Integrative Health department at Beebe for this purpose and will not be sold or distributed.

For people who don't use the computer, we will still mail the newsletters.