



Jan-May

2017

Integrative Health Newsletter

Complementary and Alternative Medicine
302-645-3528

Beebe Healthcare
424 Savannah Road
Lewes, DE 19958

March 4 Integrative Medicine Conference for Healthcare Professionals Addressing The Opioid Epidemic: The Role of Integrative Health in the Management of Chronic Pain

Go to <http://www.planetReg.com/E121123812210426> to view agenda and register

The Power of Aloha



In the Hawaiian language, Aloha, in its simplest form, means "love". It is a greeting meaning "hello and welcome" to those arriving as well as "good-bye and our love goes with you" to those who are leaving. The Hawaiian culture holds many traditions for healing, forgiveness and making right relationships. In times of upheaval, both personal and cultural, these traditions have served the Hawaiian people well. Some of these practices have been taught to staff at Beebe Healthcare through Integrative Health classes as we have explored the healing traditions of other cultures. Laulima, a method of sending love through our hands, is available to inpatients and practiced by a team of volunteers and staff members. Ho'oponopono, a practice of forgiveness and making right relationships is taught to staff and community periodically.

In this new year, let us come together and heal our differences with a process we can continue to use and pass on to future generations. The next Ho'oponopono class will be held January 30. See page 3 for registration.

The facilitator, Cheyenne Luzader, was awakened into Hawaiian healing by Pua Wong in 1984, gifted with guidance and blessing by Harry Kealohalani Makua of Kapoho and studied for four years with Sila and Harry Uhane Jim of Paho, then initiated as a kahu (keeper of knowledge) at Pu'uhonua (City of Refuge) in 2012 thus completing a spiritual quest spanning lifetimes.



Uday Jani

Detoxing the Natural Way

While exposure to toxins in the air we breathe and water we drink may be unavoidable, you can protect yourself with smart choices. Join Dr. Uday Jani, an internist who specializes in functional and integrative medicine, for an informative talk on how the right foods and nutrients can eliminate toxins from your body and restore overall wellness.

Register online at <http://tinyurl.com/zg7fysz>

Integrative Health at Beebe Healthcare celebrates 19 years November 2016

Call 302 645-3528 for Info About Our Other Services:

- Health Coaching
- Stress / Pain Management
- Stress-less Surgery
- Inpatient Massage
- Staff Massage
- Inpatient Acupuncture
- Meditation
- Herb Information
- Aromatherapy
- Reiki / Therapeutic Touch
- Guided Imagery
- Acupressure
- Biofeedback
- Music for Recovery
- Audio / Video Library
- Qigong / Tai Chi

Wellness Works - Four Week Program



R Williams

Wellness Works - Take charge of your health with a journey to wellness. Cover the basics of healthy living; nutrition, exercise, stress management and a plan for living well. You will be guided by Rita Williams, MA, Health Coach to learn about healthy choices, observe your current lifestyle, set healthy goals and make a commitment to take action.

The program meets for one hour per week for four weeks (total 4 hrs.)
Donations accepted.

Participants may choose to follow the program with a lifestyle, stress or pain management consultation with Rita Williams, MA, Health Coach or Cheyenne Luzader, MS,

Sessions meet four consecutive Wednesdays (Feb 1, 8, 15, 22)
Lewes Public Library Registration is a commitment to attend all four sessions.

Register online at <http://tinyurl.com/hwt9oss>



Uday Jani, MD



Rita Williams



C Luzader



Jayne Smith



Lisa Simmons



Raylan Williams



Sheri Jones



Denise Demback



Pat Hendrick



Events for Spring 2017

Hawaiian Ho'oponopono - Ho'oponopono means to "make right" in relationships. This traditional practice of forgiveness enables us to bring "aloha" (peace and love) to our lives. Cheyenne Luzader began her study with Hawaiian healers in 1984 and completed her initiation as a "kahu" (teacher) in 2012.

Wellness Works - Take charge of your health with a journey to wellness. Cover the basics of healthy living; nutrition, exercise, stress management and a plan for living well. You will be guided by Rita Williams, MA, Health Coach to learn about healthy choices, observe your current lifestyle, set healthy goals and make a commitment to take action. (See Page 1)

Kirtan Kryia Meditation (keertun kreea) - Cheyenne Luzader, MS, meditation teacher, will teach this ancient 12 minute meditation which is sometimes called a singing meditation because it involves sound, finger movements and visualization. Excellent for relaxation and memory.

Detoxing the Natural Way - While exposure to toxins in the air we breathe and water we drink may be unavoidable, but you can protect yourself with smart choices. Join Dr. Uday Jani, an internist who specializes in functional and integrative medicine, for an informative talk on how the right foods and nutrients can eliminate toxins from your body and restore overall wellness. Dr. Jani is Board Certified in Internal Medicine and specializes in Integrative and Functional Medicine at Shore View Personalized Medical Care in Milton.

Addressing The Opioid Epidemic: The Role of Integrative Health in the Management of Chronic Pain (Go to <http://www.planetReg.com/E121123812210426> to see the agenda and register)

Chair Yoga - Raylan Williams, Wellness Coach, offers simple stretches, breathing and relaxation while sitting down. Great for seniors, office workers and physically challenged to reduce stress and increase flexibility.
Non-pharmaceutical Options for Osteoarthritis

Sugar 101: Breaking Your Sugar Addiction - Join Health Coach Rita Williams, MA, CHES for an interactive discussion about SUGAR. We will review the impact of sugar on our health and watch a portion of the documentary film "Fed Up." Discussion will follow about ways to take action and change the way you eat – and feel.

Tapping Through The Chakras - Enjoy a unique experience as Cheyenne Luzader, MS, teaches acupressure tapping using the meridian points in Chinese medicine to clear the seven chakras (energy centers) of Indian Ayurveda tradition. Cheyenne holds certifications in acupressure, EFT, and meditation. She is also a licensed Acupuncture Detoxification Specialist.

Drumming Meditation - Lisa Simmons will teach the basics of therapeutic drumming for meditation and stress relief. Hand drums are available in the Beebe Gift Shop for \$25 or bring your own. A monthly group is also available in the community.

Non-pharmaceutical Options for Osteoarthritis - Osteoarthritis is the most common cause of joint problems. Can exercise and weight loss help? Are there foods that make symptoms worse, foods that may help? What nutrients/supplements may reduce pain and inflammation and which ones may help to rebuild joint tissue? What are your treatment options besides conventional medications: acupuncture, massage, yoga. Come hear the answers to these questions and much more with Uday Jani, MD and Denise Demback, a licensed acupuncturist and health coach.

(Continued on page 4)

INTEGRATIVE HEALTH 2016 FALL CALENDAR

Page 3

Classes are free or by donation, call locations for more information.

Cancer Support Community (CSC) - 302-645-9150

3rd fl, Medical Arts Bldg, Rt 24, 18947 John J Williams Highway, Rehoboth Beach

Lewes Public Library, 111 Adams Ave., 302-645-2733

For Lewes Library classes, register online at link provided

Call IH for further information - 302-645-3528

January

30 Mon
3-4 pm
Hawaiian Ho'oponopono - Cheyenne Luzader, MS
Cancer Support Community Register 302 645-9150

February

1 Wed
3-4:30
Wellness Works - Rita Williams, MA, Beebe Health Coach
Class meets four consecutive Wednesdays and is a four week commitment (Feb 1, 8, 15, 22)
Lewes Public Library Register online <http://tinyurl.com/hwt9oss>

27 Mon
3-4 pm
Kirtan Kriya Meditation - Cheyenne Luzader, MS,
Lewes Public Library Register online <http://tinyurl.com/jlyz93w>

March

1 Wed
3-4:30
Detoxing The Natural Way - Uday Jani, MD
Lewes Public Library Register online <http://tinyurl.com/zq7fysz>

4 Sat
7:45 am
Addressing The Opioid Epidemic Conference
(See Page 1) Irish Eyes Restaurant, Lewes. Register at <http://www.planetReg.com/E121123812210426>
Registration is \$75 includes lunch and continuing medical education credits

7 Tue
2-3 pm
Chair Yoga (4 weeks March 7, 14, 21, 28)
Lewes Library Register online <http://tinyurl.com/hczmyzf>

8 Wed
3-4:30
Sugar 101: Breaking Your Sugar Addiction - Rita Williams, MA, Beebe Health Coach
Lewes Public Library Register online <http://tinyurl.com/jraawra>

27 Tue
3-4 pm
Tapping Through The Chakras - Cheyenne Luzader, MS
Lewes Public Library Register online <http://tinyurl.com/hjtdxaf>

28 Tue
3-4 pm
Drumming Meditation - Lisa Simmons
Cancer Support Community Register 302-645-9150

April

5 Wed
3-4:30
Non-Pharmaceutical Options For Osteoarthritis - Uday Jani, MD and Denise Demback, Dipl.OM, LAc
Lewes Public Library Register online <http://tinyurl.com/z2st29f>

18 Tue
3-4 pm
Loving Kindness - Raylen Williams
Lewes Public Library Register online <http://tinyurl.com/z9p9ygp>

25 Tue
3-4 pm
Introduction To Tai Chi - Pat Hendrick, Certified Instructor
Lewes Public Library Register online <http://tinyurl.com/zkaotfj>

May

3 Wed
3-4:30
Natural Methods To Treat Head and Neck Pain - Uday Jani, MD and Sheri Jones, LMT
Lewes Public Library Register online <http://tinyurl.com/jhtx47r>

8 Mon
3-4:30
Lessons of Love From The Near Death Experience - Jayne Smith
Cancer Support Community Register 302-645-9150

16 Tue
3-4 pm
Mindful Eating - Raylen Williams, Beebe Wellness Coach
Cancer Support Community Register 302- 645-9150

24 Wed
3-4:30
Making Vegetarian Sushi - Beebe Executive Chef Fred Lee
Lewes Public Library Register online <http://tinyurl.com/hxjkeyx>

Class Descriptions continued:

Loving Kindness - Part of self-care and care for others is developing a healthy relationship with ourselves. In this class, Raylen Williams, Beebe Wellness Coach, will explore practices to cultivate loving-kindness starting within and expanding outward.

Introduction to Tai Chi - Tai Chi is a practice of slow, intentional movements aimed at strengthening mind and body and improving health. It is ideal for people of all ages and can be performed standing or sitting. Pat Hendrick is a faculty member of Silver Lotus Training Institute of Lewes, DE. She is certified to teach several Tai Chi forms.

Lessons of Love from the Near Death Experience - 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 sharing her story since the 1970's to help people overcome the fear of death and focus on living a life of love. She has been a guest on Oprah Winfrey, CBS Morning News, Charlie Rose Show and People Are Talking.

Mindful Eating - In today's fast-paced culture, many of us struggle with our relationship to food. In this class with Raylen Williams, Beebe Wellness Coach, we will learn how integrating mindfulness with eating can help us develop a healthier relationship with food, ourselves, and others.

PAIN LINX Support Group Schedule

Pain Linx is a free support group for people with chronic pain of all types, including, but not limited to, chronic low back pain, cancer-related pain, fibromyalgia, autoimmune conditions, migraines and arthritis. Pain Linx meets on the second Tuesday of each month, September through May, at the Lewes Public Library, 111 Adams Avenue, Lewes, DE from 2-3 PM. It is sponsored by Beebe's Integrative Health Department and facilitated by Rita Williams, Health Coach at Beebe Healthcare. Call (302) 645-3528 for more information. This group is open to the community, and friends and family are welcome to join!

The upcoming Pain Linx meetings will feature the following topics and presenters:

Tuesday, January 10th: Mindful Meditation for Chronic Pain with Raylen Williams

Tuesday, February 14th Massage, Reiki and Reflexology for Chronic Pain with Sheri Jones, LMT

Tuesday, March 14th Chair Yoga with Raylen Williams

Tuesday April 11th Anti-inflammatory Eating with Arlene Feleccia, RD, CDE, LDN

Tuesday, May 9th Integrative Approaches to Pain Management: A Physician's Perspective with Dr. Sudhir Rao, MD

PAIN LINX

Chronic Pain Education and Support Group

Second Tuesday of each month from 2-3 pm

Lewes Public Library

For additional information contact:

Rita Williams 302 645-3528

Have A Question About Herbs Or Supplements?

Call our Herb
Information Specialist
302 645-3528

Call 302 645-3528
IH Consultations Available
Stress-Less Surgery
Stress Management
Pain Management
Health Coaching



**Beebe Auxiliary Gift Shop on First Floor
is now selling Stress-Less Surgery CD's along with CD's and DVD's
on pain, stress, tai chi, meditation, yoga, relaxation, sleep and more.**
(Surgery Acu-patch and Aromatherapies are still free at IH office.)

