

Spring 2006

Third Thursday Lecture Series Continues

Please join Dr. Sanchione in the Reception Area of The Integrative Health Group each third Thursday of the month, from 6:30-7:30pm, for a discussion on a current topic of interest related to health and disease and the naturopathic alternatives. The Q & A session that follows each presentation has been both informative and stimulating. *Seating is limited so please sign-up at either Better Life Whole Foods right next door or call 413-783-5004 for more information.*

PMS? MENOPAUSE? March 16th, 6:30pm (rescheduled from February)

Natural Solutions for Hormonal Issues Hormonal issues are a major topic these days - for both women and men. I have seen an increase in the number of women in my practice over the past few years with PMS and menopausal concerns. We are inundated constantly with information about the pros and cons of hormone replacement therapy. This lecture will discuss these pros and cons and offer natural alternatives that relieve the symptoms of hormonal imbalances.

ANXIETY AND DEPRESSION April 20th, 6:30pm

Nearly 19 million American adults suffer from clinical depression and the same number of Americans 18 to 54 years old suffer from anxiety disorders. Many people who suffer from depression also suffer from anxiety disorders and vice versa. Conventional medicine offers only prescription medications with serious side effects to help people with these debilitating conditions. These medicines do not provide a cure because when the medication is stopped the symptoms return. Come with your questions and join the discussion in how to recognize the symptoms of these disorders. Learn about natural alternatives that will help you and those you love find the joy in their lives that has been lost because of depression and anxiety.

CAN'T SLEEP AT NIGHT? May 18th, 6:30pm

Insomnia affects about 60 million Americans every year. Adequate, restful sleep, like air, food and water, is a basic human need. Poor sleep can result in mood disturbances, irritability, lack of motivation, decreased attention span, trouble with concentration, low levels of energy, and fatigue. Ask yourself these questions: Do you wake up like clockwork at 2 or 3 a.m. every night? Is tossing and turning part of you nightly "exercise"? Do you sometimes think you slept well only to wake up exhausted? And... are you adverse to taking prescription medications to help you sleep? If you answered yes to any of these questions come and join others who share the same problem and learn about natural solutions to insomnia.



Massage & Bodywork

Come alive this spring! Keep your body moving and your spirits high. When you increase your activity with the coming of beautiful weather, incorporate massage to your routine and you will feel happy and healthy. In a recent study, massage was shown to promote weight management, by interrupting the body's stress response, namely the release of cortisol. In the same study massage was shown to have significant positive effects on brain chemistry, increasing levels of serotonin and dopamine, thus elevating mood. Please call to schedule an appointment to aid your transition into spring.

Kristin Schroeder LMT

Evening and weekend appointments available
413-348-0525

PRACTITIONERS

Patty O'Brien, PT

Stan Baker, LAC

Rob Andrews, LMT

Louise Sanchione, ND

Kristin Schroeder, LMT

Jus Crea Giammarino, ND



Staying Healthy with the Seasons: Spring Health

Dr. Jus Crea Giammarino is in private practice in Springfield, MA and in Brattleboro, VT.

Spring is a time of new growth and new beginnings. It is a time where we may cleanse our environment and ourselves to make way for this new beginning. Cleanses, fasting, and detoxifications are best done at this time of year. Lots of water, healthy exercise, and bright sunshine allow are body to start the detoxification process. Fresh, leafy greens such as dandelions, watercress, and arugula, aid this process by enhancing the livers ability to detoxify as well as acting as bitters aiding the digestive process. Aromatic herbs such as rosemary, dill, and mints also aid digestion and are mildly stimulating.

Spring is a time of blossoming, where all of the stored root energy sprouts into new life. This is a good time to

sprout grains and legumes. Sprouting enhances the energy, increasing the nutrient content and live enzymes. Juicing is another great hobby to begin. Juicing fruits and vegetables are easy on digestion while increasing energy and rich in vitamins and minerals. Specifically, wheatgrass juice is a wonderful tonic, which can easily be grown at home.

For guided, individualized, and comprehensive detoxification cleanses and/or fasts to suit your particular needs and situations, please call to schedule an appointment. Also, watch for upcoming herb walks to learn how to identify local herbs.

413-783-1932

What is Acupuncture?

Stan Baker, L.Ac., Dipl. Ac.

On the most basic level, Acupuncture can be described as the insertion of very fine needles (sometimes in combination with electrical stimulus or with heat produced by burning specific herbs, called Moxibustion) into the skin at the specific acupuncture points in order to influence the functioning of the body. Traditionally, there are 365 acupoints on the body, most of which have specific energetic function. Some are the meeting of two meridian pathways while others are junctions with an internal pathway of a meridian. Some points tend to move Qi towards the interior of the body while others bring energy to the surface. The choice of acupuncture points varies from patient to patient and from treatment to treatment and relies on very careful diagnoses of different kinds. Diagnosis entails the observation of the body through looking, touching, smelling and listening. One of the primary and fundamental diagnostic methods of traditional Chinese Medicine is pulse

which is far more intricate than pulse taking in the West. It has been said to take upwards of fifteen years to master this diagnostic art.

Stan Baker, L.Ac. has been practicing acupuncture for more than 25 years, specializing in musculo-skeletal pain and other acute and chronic conditions. His understanding of the principles of Oriental Medicine are enhanced by more than 25 years practice of T'ai Chi, Aikido and Taoist Yoga.

Call to schedule an appointment.

413-782-9800

O'Brien Physical Therapy

Patricia has 18 years experience helping people recover from injury, surgery and pain. She is currently enrolled in the Doctor of Physical Therapy Bridge Program at Simmons College in Boston. She specializes in using hands-on manual therapy techniques.

Patricia O'Brien
Physical Therapist

413-782-8434

Office hours are Monday-Thursday,
8:30am - 6:30pm.

TIHG Welcomes New Practitioner

We are pleased to have Rob Andrews, LMT join The Integrative Health group. Rob specializes in Esalan Massage, with a focus on energy balancing, stress reduction, deep relaxation, and pain management. With an eclectic training background both in Massachusetts and California, Rob incorporates many different techniques and movement therapies in every massage session. He is Nationally Certified and a member of the American Massage Therapy Association. Contact Rob Andrews at 413-525-4636 or 413-525-4039 to schedule your appointment.