



# Holistique Letter

A quarterly newsletter from Holistique Medical Center

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## From the Desk of Dr. Nooshin Darvish, Medical Director

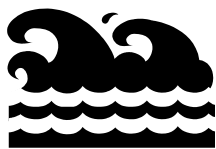
For those of you who are new to this newsletter, welcome to Holistique...and for those who continue to join us, I hope you find this newsletter informative, enlightening and educational. So far, we have had a wonderful spring. Many of our dedicated patients have had major improvements with their seasonal allergies, and many others have had dramatic improvements in their health and wellbeing. Salute to all of you who have been working hard to overcome some of your most disabling physical and emotional health issues. You deserve to be healthy and happy.

We, too, are working hard to improve our services to better serve you and to bring you the most up-to-date integrative medical techniques. Our most recent acquisition, the **ONDAMED** therapy, has proven to be an incredible success in treating the root cause of disease. You may find more information on this high-tech machine in this volume.

I look forward to a continued partnership in your healthcare.

To your health, Nooshin Darvish, ND

## Ondamed, Bio Feedback Machine



With great pleasure and excitement we would like to inform you that we have added **Ondamed Therapy** to our services. Ondamed is designed and manufactured in Germany and for the past year has been used in leading integrative medical clinics in the USA and Europe. It has been approved by the FDA as a bio feedback device. Jefferson Hospital in Philadelphia is the first to have Ondamed Therapy in the nation. We at Overlake Hospital are second in the nation to administer Ondamed Therapy.

This article will introduce you to the machine, its origin, how it works, and the conditions for which it treats. Please feel free to ask Dr. Darvish for more in-depth information and see if it can be beneficial to your health.

**Ondamed** comes from the Latin word wave. In short, Ondamed sends finely tuned frequencies to the patient according to their condition or disease to diagnose and treat conditions. Each organ in the body generates a specific frequency; every virus, bacteria, parasite, and fungus produces its own frequency as well. Various conditions and diseases cause the body to resonate with specific frequencies too. Ondamed recognizes these and sends a specialized frequency to treat the condition.

The use of electromagnetism in diagnosis and healing is well-established and documented. For example, Magnetic Resonance Imaging, better known as **MRI**, is used for diagnosis of acute conditions. Electromagnetic pulse devices are used by orthopedists to accelerate healing fractured bones. It has been reported that wearing magnetic tapes has subdued bone/muscle pain.

Ondamed uses the electromagnetic (EM) frequencies to diagnose and heal conditions. The frequencies of the Ondamed break through disordered cellular communication in a stream of intermittent waves. This pulse-like delivery gives the body time to create counter pulses. The pauses between the wave impulses serve to activate a regulating response in the cells and thereby allowing the body to do the same in the cells. Consequently, the stagnant conditions are transformed into active conditions in this process. This transformation leads the body through a rapid reversal of symptoms.



Ondamed stimulate connected tissue known as extra-cellular matrix. These tissues store nutrients and toxins, which

Continued on page 4

## The Anti-Cancer Effects of Selenium *by Dr. Nooshin Darvish*



Selenium is making nutrition history. As well as being a trace mineral essential to health, this powerful nutrient proves its prowess as a natural weapon in the arsenal against

cancer. Selenium is one of the strongest antioxidants, offering defense against cancer cell damage. Selenium also activates the immune system to kill deadly cancer cells.

Selenium most effectively defends against cancers associated with a high-fat, low-fiber diet, which include colon, prostate and breast cancers. In fact, a recent study produced significant results by supplementing 200 micrograms (ug) of selenium to decrease the risk of several cancers. Selenium reduced the risk of lung cancer by

**Selenium most effectively defends against cancer associated with high-fat, low-fiber diet ...**

46 percent, colon cancer by 58 percent, prostate cancer by 63 percent and the risk of all types of cancers by 45 percent (*Journal of the American Medical Association*, 1996, vol. 276).

Many other studies show that selenium protects against the spread of cancer to the lungs and against cadmium-induced prostate cancer in men. Cadmium is a metallic element present in zinc ores. It's used in electroplating and in atomic reactors, and men who work in these industries are especially susceptible to prostate cancer.

Due to present farming practices, our once rich soil now lacks several trace minerals important for human health, including selenium. Because the amount of selenium found in soil correlates to the

**Due to present farming practices, our once rich soil now lacks several minerals important to human health ...**

amount of selenium in the American diet, many Americans don't get enough selenium, according to Michael Murray, N.D., in his book *Encyclopedia of Nutritional Supplements* (Prima). Low levels of nutritional selenium are linked to an increased risk of cancer and heart disease (*Alternative Therapies in Health and Medicine*, 1996, vol. 2). Decreased blood levels of selenium augment your chance of acquiring prostate cancer and digestive tract cancers such as colon cancer; high or normal selenium blood levels protect against such cancers.

Selenium exerts its efforts as an anti-cancer agent by several mechanisms. For one, selenium stimulates the immune system

*Continue on page 3*

## The Amazing Skin *reprinted by permission from Epicuran*



The skin is vital to our well-being. Thanks to techniques that allow researchers to cultivate and study living skin cells in a test tube, doctors have come to

realize that the skin is a key factor in metabolic processes, as important in its own way as the liver and kidneys are in the active processing of medication, toxins, vitamins, enzymes and other substances.

The skin also appears to be an integral part of the immune system, helping

the body ward off disease and dangerous chemicals. Dr. Peter Elias, head of dermatology at Veterans Administration hospital in San Francisco and a professor at UC San Francisco says, "The outer layer of skin is by far the most metabolically active tissue of the body. It is a veritable enzyme factory."

**... The skin rarely, if ever, rests. It is being assaulted all the time from the outside ...**

Researchers are discovering that the skin's chemical defenses deal directly with invasive substances. When certain carcinogens enter the skin, they are attacked quickly by skin enzymes that render the invaders harmless.

The skin rarely, if ever, rests. "It is being assaulted all the time from the outside – by ultraviolet light, excess oxygen, all sorts of dangerous chemicals" Elias says. These threats require more than lipids, however. They must be met by much more sophisticated chemical weaponry – enzymes, essential proteins of the immune defense. Many of these enzymes are manufactured by the skin itself. "When the skin becomes stressed as when it is attacked by solvents or detergents or is subjected to unusually low humidity, the factory begins to crank up." The stressed region is flooded with enzymes, which attack invading substances, until the threat passes.

But for all the protection the skin offers, it requires a measure of care that it does not always get. People often mistreat their skin, exposing themselves to excessive sun, neglecting growths with cancerous potentials, and working in environments hostile to skin.

**... drinking alcohol, smoking and poor eating habits can provoke or worsen many skin conditions ...**

Diet also can affect the health of the skin. While it has long been known that many foods can cause hives or skin rashes, now studies show that drinking alcohol, smoking and poor eating habits can provoke or worsen many skin conditions, including oral ulcers, a heightened sensitivity to the sun and outbreaks of psoriasis and eczema. In addition, nutritional deficiencies in such trace elements as zinc, selenium and chromium have been linked to an increased susceptibility to skin cancer.

*Continued on page 8*

by increasing the activity and the number of white blood cells – the main components of the immune system. Furthermore, selenium promotes the formation of natural killer cells, a type of white blood cell that destroys cancer cells. One recent study shows selenium retards the growth and replication of cancer cells *in vitro* (in a test tube), perhaps through selenium's antioxidant activity (*Biomedical and Environmental Science*, 1997, vol. 10).

Selenium is a powerful antioxidant and an essential component of glutathione peroxidase, an enzyme found in almost all body tissues. Glutathione peroxidase protects healthy human cells against stress and free radical damage produced by cancer cells, viruses, bacteria, chemicals and toxins.

(Free radicals are highly reactive molecules containing an unpaired electron from an oxygen molecule. These reactive molecules result from cellular activity or insult and may cause damage to cells and cell membranes.) Along with its crucial selenium component, glutathione peroxidase is vital in the battle against cancer. Levels of glutathione peroxidase are reduced by aging, drugs, alcohol and a high-fat/low-fiber diet.

Selenium works more effectively with other antioxidant vitamins than alone. For instance, **vitamin E** taken together with selenium enhances the mineral's antitumor and antioxidant properties. Vitamin E reduces the oxidative damage produced by fats. As such, low vitamin E levels in the blood allow for an increased amount of fatty oxidation, which supports cancer growth. High vitamin E levels therefore favor selenium's cancer-protective mechanisms. The risk of colon cancer, for example, is reduced with high amounts of vitamin E and selenium intake in females (*Cancer Research*, 1993, vol. 53).

**Vitamin A**, another antioxidant, supports selenium in its role in cancer prevention. The more vitamin A present along with

selenium, the more effective the cancer protection properties of both agents. Vitamin A and selenium together are more effective in protecting females against breast cancer than either one alone (*Cancer Research*, 1981, vol. 41).

**One recent study shows selenium retards the growth and replication of cells...**

The effects of **vitamin C**, however, appear to vary depending on the dosage of vitamin C and the form of selenium taken. Vitamin C in high doses tends to negate the antitumor and antioxidant effects of sodium selenite, an inorganic form of selenium. However, lower doses of vitamin C (below 500 mg/day) don't seem to alter sodium selenite's properties. Nor does vitamin C negatively influence the organic forms of selenium (*Journal of National Cancer Institute*, 1986, vol. 77).

**Selenium can be a friend in low doses and an enemy in high doses ...**

The recommended dietary allowance (RDA) for selenium ranges from 55 ug/day for adult females to 70 ug/day for adult males. Children and adolescents require less selenium, and people on chemotherapeutic agents may require more.

The RDA, however, only signifies the minimum amount required by a human being to sustain life. These values don't provide for optimal health maintenance or for cancer prevention. The average American intake of selenium is about 100 ug per day. However, approximately 200 ug per day is necessary for optimal health and for cancer prevention, according to Murray. When using selenium in the treatment of cancer, doses may, under the supervision of a physician, be increased to as much as 1,000 mg per day.

Caution is critical and must be practiced with doses of 900 ug or higher per day of selenium. Toxicity from short-term usage of high doses of selenium is rare. Long-term

intake of high doses of selenium, on the other hand, may induce toxicity. Symptoms of toxicity include garlic odor on the breath and in perspiration; depression; nervousness; nausea and vomiting; discoloration of teeth; pallor; and loss of hair and nails.

#### **Which Form Is Best?**

Many forms of selenium supplements aren't easily absorbed and therefore aren't effective. For instance, the inorganic forms of selenium such as sodium selenite are neither biologically active nor well-absorbed by the human digestive tract and, as mentioned above, exhibit loss of antitumor and antioxidant efficiency when taken in conjunction with higher doses of vitamin C. The organic forms such as selenomethionine or selenium-rich yeast appear to be much more effective and digestible. They are also more easily absorbed. Selenomethionine tends to have the strongest antitumor activity and is apparently safe, manifesting little evidence of toxicity (*Alternative Therapies in Health and Medicine*, 1996, vol. 2).

Fruits, grains and vegetables possess the highest amount of selenium. Wheat germ and Brazil nuts contain more than 100 mg of selenium per serving. Whole grains such as brown rice, oats and barley also contain appreciable selenium. Other foods with high amounts of selenium include garlic, turnips and orange juice.

Since the standard American diet includes

**Many forms of selenium supplements aren't easily absorbed ... Fruits, grains, vegetables possess the highest amount of selenium.**

few vegetables and whole grains, many Americans don't consume enough selenium. Therefore, the general

population doesn't receive the anticancer benefits that selenium and other antioxidants have to offer. To optimize your health and decrease your risk for cancer, a diet high in fiber, organic foods, vegetables and fruit, and low in fat is essential. In addition, supplementing your daily diet with 200 ug of selenium may help improve your health.

## Makoni Herbal Tea



*Fadogia ancyllantha*, also known as Makoni or *marange*, is an herb that grows widely in Zimbabwe, mainly in

the Eastern Highlands in clumps on open woodland or grassland. Most of the areas where the herb grows have low agricultural output.

The herb is a perennial plant, which lies dormant between July and October. New leaves and branches appear when the rains begin around October-November. The leaves turn yellow and then brown between April and July. The tea is said to be mature and ready when the leaves and the stem turn yellow. The branches are then cut and the leaves fermented by sprinkling some water onto the leaves and putting them into a plastic bag until the leaves turn brown. They are then left to dry. Once dry the tea is ready for consumption.

### Laboratory Analysis

Makoni Tea has been tested by the Standards Association of Zimbabwe to ensure that it conforms to International Standards Organisation (ISO) requirements. The

test results compared with black tea show no caffeine, high in protein, low in fat, low in fibre, high in energy, and high in zinc.

### Health Benefits

**Makoni tea is particularly helpful for healthy sex organs, reproduction, growth, insulin production and healthy skin.**

for the healthy working of many of the body's systems. It is particularly important for growth, healthy sex organs, reproduction, insulin production and healthy skin. It is essential for a healthy immune system and resistance to infection.

Makoni Herbal Tea can assist in boosting the immune system and can be used to complement modern medicines in chronically ill people including those suffering from AIDS and HIV related illnesses.

### Traditional Uses in Zimbabwe

Makoni tea has an extensive range of traditional uses. It has been used to calm abdominal pain, including menstrual pain, reduce backache and chest pains, strengthen bones, build stamina,

It is this last element which makes Makoni tea special.

Zinc is vital

for the healthy working of many of the body's systems. It is particularly important for growth, healthy sex organs, reproduction, insulin production and healthy skin. It is essential for a healthy immune system and resistance to infection.

**Makoni tea is certified organic and is produced by indigenous growers in Zimbabwe in a sustainable fashion.**

sooth coughs and flu, including whooping cough, and even as an antidote for snakebite poisoning. The Makoni herb also has several traditional uses that relate to marriage and childbirth!

### Certified Organic

Makoni tea is certified organic as plants are harvested sustainably from clearly identified tracts of virgin bush, far from any possible contamination from conventional agriculture. The Makoni tea has a shelf life of two years from the date of manufacture.

### Holistique

At Holistique we have received a limited quantity (only 20 boxes) of Makoni tea. They are picked, processed, and packaged by the

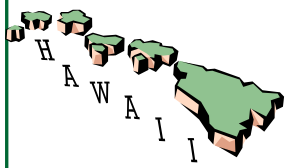
Indigenous Tea Producers at a fair and sustainable price. We are offering

them at introductory price of \$8 Dollars per package with half of the proceed going back to benefit the indigenous tea growers and distributor. If you like to reserve your package, please give Jeri a call.

## What's new?

- **Dr. Darvish** spent a week in Germany visiting with **Dr. Wolf-Dieter Kessler** who specializes in the diagnosis and treatment of chronic diseases by using a broad range of conventional and alternative methods. Similar to Dr. Darvish, Dr. Kessler also practices "energy medicine", Kinesiology, Bioresonance therapy, and food allergy testing. As a result of this visit, Dr. Darvish has added **Ondamed Therapy** to the services we provide. To learn more about Ondamed, please read the article on this page.
- **Joyce Holmes** joined us March 4th as a receptionist. She brings with her many years of experience as an executive assistant. Please welcome Joyce at her new position.
- **Danielle Ottesen** who has been working at Holistique while going to school, has started full-time teaching. Next September, she will be teaching in an elementary school in the Seattle area. We would like to thank her for her dedication and hard work. She will be missed!
- **Jenny Stevenson** will be moving to the Bay Area to get married in April. We will all miss Jenny and her radiant personality. However, she plans to return to Seattle in the near future to attend Bastyr University.

## Traditional LomiLomi Massage



**Mary Von-Ranker** recently from two-week training in the ancient Hawaiian mas-

sage of LomiLomi on the island of Maui. The training has been as much a spiritual experience and transformation as a physical training in the art of LomiLomi massage. The following is a few words about Lomi-Lomi, its roots, tradition, and inspirations.

**LomiLomi means “going to and from.”** In Pukui and Elbert's Hawaiian dictionary they describe Lomi-Lomi as "to work in and out, as the claws of a contented cat." For a person raised on the islands, LomiLomi means massage. LomiLomi is an ancient healing art practiced by Hawaiians. Typically, a tutu (grandmother) or other respected family member practices this art. The style of massage varies from one family to another. Traditionally, the massage is

done with the receiver laying on the floor or ground on a hand-woven mat. Kukui nut, macadamia nut, and coconut oils are used as lubricants and nutritional moisturizers during the massage.

Lomilomi massage traditionally **starts with a prayer.** The prayer calls forth and acknowledges the presence of the higher self, the teachers and community living within and around us all. It asks that this person be **blessed with love, with freedom, with peace, inner strength and harmony.** The following is an example of such prayer: “Create in me a pure heart, O my God, and renew a tranquil conscience within me, O my Hope! ... “

A fundamental assumption of **ancient Hawaiian tradition** is that everything seeks harmony and everything seeks love. Everything has masculine and feminine energies. The path to spirit is and health is through your inner-child. Every bone in body has a beau-

tiful and sacred name. And different parts of the body represent our parents and ancestors. So whilst technique is an important part of the massage and associated healing, much of the work is done by love and respect, with the focus of the practitioner on the client being deep and complete, using loving hands and a loving heart.

LomiLomi is also a way of life. It is about reaching down into the center of one's life, emptying all that “healer” has carried, and letting the Energy flow through the body and becoming a channel for healing the world (and the patient).

Now you can see why this has been a spiritual experience. The LomiLomi sessions take about two hours, requires special preparation. If you'd like to receive a LomiLomi Massage please consult with Mary.

## Ondamed ... *continued*

are either delivered into cells or excreted into the blood stream or lymph. Stimulation of the cells has many benefits. Among others: it enhances the release of toxins leading to detoxification, reduces inflammation, improves absorption of nutrients in the cells and increases cellular repair and regeneration. It also reduces edema, the effects of geopathic and electromagnetic stress, which leads to balanced metabolism, and increases vitality.

In **traditional Chinese medicine**, the physician looks for symptoms and interviews the patient for signs that suggest energy that flow has been blocked in the meridians. By carefully placing fine needles in acupuncture points, flow of energy is restored in the meridians and body is returned to its normal functioning. Similarly, by scanning the patient from head to toe, Ondamed first finds the “blockages” by sending frequencies and looking

for abnormalities. Within a few minutes, the therapist is able to identify multiple affected areas, even without interviewing the patient.

Who **may benefit from Ondamed** therapies? Anyone from infants to adults suffering from chronic illness may benefit from Ondamed therapy. These illnesses range from chronic headaches resulting from car accidents, allergies, to heartburn, circulatory disorder, psychological holding patterns, or even parasites. People have noticed immediate results and improvements in their conditions. Most people need between 3-12 treatment sessions. For more information regarding Ondamed please visit: <http://www.ondamed.net>

Here is a testimony from someone after her first treatment. "

*I have been struggling with **immune system problems for over 2 years**, resulting in allergic reactions to every-*

*thing. I experience extreme, deep itching, limited sleep every single night, and allergies to most foods, scents, clothing, chemicals, and lotions.*

*After **ONE treatment on Ondamed**, I am ecstatic. I am sleeping through the night with only awakening briefly once or twice (and not itching!), itching is drastically reduced (perhaps by as much as 70%), my skin is already healing and beginning to feel "normal" (if I can even remember what that is like!), and my digestive system and metabolism actually seem to be working. I awake in the morning refreshed (and after 2 years of sleep deprivation, I can't tell you how awesome that is), optimistic, and energized. I can't even imagine what it will be like after we finish the treatment cycle. This is an absolute **miracle** for me. There are simply no words to describe what it is like to finally find a solution and relief from this chronic condition. Dr. Darvish has my undying gratitude for persevering in treatment options and offering such a remarkable procedure."*

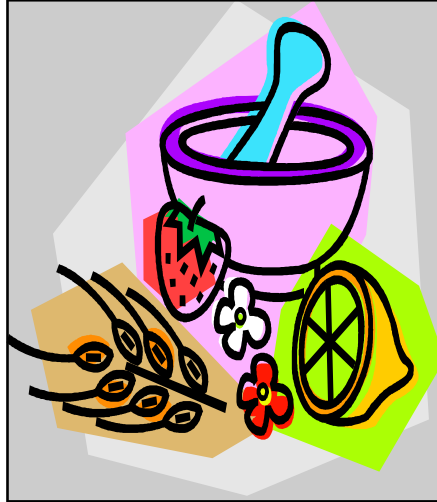
## Natural Remedies - Essential Oils

### Razor Burn: Herbal Aftershave



A soothing, skin-healing after-shave:

1. Steep 1 Tablespoon each of dried comfrey leaves and dried calendula flowers in 1/2 cup of distilled witch hazel extract for 2 weeks.
2. Strain and combine the herb-infused witch hazel with 1/4 cup of rose water.
3. Add 1/4 teaspoon of vegetable glycerin, 5 drops of lavender, and 5 drops of sandalwood essential oil.
4. Shake well before using.



With Summer around the corner, did you know you can **deter ants** with peppermint essential oil. Just mix 8 ounces of warm water with 1 teaspoon of peppermint essential oil in a spritzer and spray problem areas.

### Herbal House Cleaner

Did you know that many essential oils not only smell nice, they also have antimicrobial effects? Here is how you can make an all purpose cleaner:

1. combine 8 drops of your favorite essential oil, 1/2 tea spoon of liquid dishwashing soap, 1/2 teaspoon of distilled white vinegar, and 16 ounces of warm water in a spray bottle.
2. Shake well before using.
3. Use as you would an ordinary all purpose cleaner.

You can personalize your cleaner by varying the scents for special occasions, seasons, or rooms. Here are some suggestions for essential oils: patchouli, lavender, lemon, eucalyptus, and rosemary.

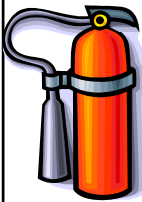
### Hair Conditioner



Do you suffer from dry, or brittle hair condition? Here is a natural remedy for you.

1. Mash a soft avocado with a few drops of lemon juice and a table spoon of aloe vera gel.
2. *Work it gently into your hair and let it sit for 20 minutes.*
3. *Relax and massage every 2-3 minutes*
4. *Finally, rinse with warm water, no soap or shampoo!*

### Heartburn



Certain herbs are known to be soothing in case of indigestion and heartburn. Here is quick and remedy:

1. Mix 1 teaspoon of chamomile or peppermint (not mint) half a teaspoon of fennel seed and 1 teaspoon of freshly chopped ginger.
2. Pour 1 cup of boiling water over the mixture.
3. Cover and steep for 10-15 minutes
4. Strain and sweeten to taste.

### Options to Hormone Replacement Therapy

More bad news has surfaced for women utilizing Hormone Replacement Therapy. A study focusing on long-term use by older women found that therapy using a combination of estrogen and progesterin increases the chance for risk of breast-cancer.

The findings released in latest study indicate that estrogen plus progesterin may stimulate breast cancer growth and hinder breast cancer diagnosis.

For alternatives to **HRT**, listen to **Dr. Jane Gultinan**, Director of Clinical Affairs at Bastyr University and other colleagues. You can find it in the archives of KUOW public radio station, [HTTP://WWW.KUOW.ORG](http://www.kuow.org) dated 7/2/2003. The show is about 1 hour.

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Transforming Lives From Within

### *Skin continued ....*

Researchers have found that the skin's so-called Langerhans cells are able to seize invading microorganisms while calling upon the help of white blood cells known as T-cells to destroy.

Other skin cells that work with the immune system - and may be considered part of it - are keratinocytes. As their name implies, they produce keratin, a family of tough, water resistant proteins that coat the body and are the basic component of hair and nails. But that's apparently not all they do.

Scientists have found that these cells produce a hormone that stimulates the growth and development of T-cells - the immune system cells that are the special target of the AIDS virus. Before this discovery, the production of T-cells was regarded as the exclusive responsibility of the thymus, a gland at the base of the neck that is crucial to the development of the immune system early in life.

The skin is also an eliminating organ. If the liver, kidney, spleen, and lymphatic system cannot eliminate all the toxins, the skin is the next organ that tries to get rid of the toxins. That is when we break out with pimples.

### *NCCAM Planning Meeting*



The National Center for Complementary and Alternative Medicine (NCCAM), a component of the National Institutes of Health (NIH), recently cele-

brated its 5th anniversary by launching its second 5-year strategic planning effort.

The announcement, made at NCCAM's National Advisory Council meeting, marks the start of a year-long planning effort involving the public, researchers, health care professionals, NCCAM staff, and others with an interest in research on complementary and alternative medicine (CAM).

NCCAM will host two forums to give the public an opportunity to voice opinions regarding future directions for research, training, outreach, and integration in CAM.

The forums will be held March 22 at the National Institutes of Health in Bethesda, Maryland, and April 19 in Seattle, Washington. The meeting in Seattle will be held at Westin, Seattle. We encourage people to attend to learn more about NCCAM's charter and giving input for its research direction.

To learn more on how to register to attend please visit:  
[Http://nccam.nih.gov/about/plans/2005](http://nccam.nih.gov/about/plans/2005).

### *Holistique Moment*

◆ Please visit us **on-line** as we have revamped our website with new and valuable information:

[www.HolistiqueMedicine.com](http://www.HolistiqueMedicine.com) please e-mail your thoughts to:  
[info@holistiquemedicine.com](mailto:info@holistiquemedicine.com)

◆ **Dr. Chen** has added Chinese herbs to her practice. These herbs should **only** be purchased after consulting with her.

◆ **Epicuran** line of skin care has been well received by you and we have expanded our offering of Epicuran products. Please consult **Tonja Hill** for your skin care products.

◆ **Mary Vonranker and Robert Long, LMP**, are currently going through the final phase of credentialing with Premera and we hope to hear soon. Robert has already been accepted by **Aetna and Cigna**, insurance companies. Please check with Jeri by mid April for more up-to date information regarding Premera.

◆ Please **update** Jeri with any changes in your insurance/billing information.

◆ You can read this **Newsletter** and others **on-line** at [HTTP://HolistiqueMedicine.com/newsletter.htm](http://HolistiqueMedicine.com/newsletter.htm)

## "Living from Your Core" A Women's Weekend Retreat Facilitated by Betsy Lydle Smith

Do you yearn for a weekend with no responsibilities, just to be, to be still, to come home to your true self, the core of who you really are? Come join us for a weekend retreat for women who want to live everyday purposefully, peacefully, and with reverence. Based on the principles and strategies of The Virtues Project™, you will learn and practice new tools and strategies for living more purposefully and healthily.

**Location:** At Spirit Ridge Inn, Camano Island.

**Dates:** Friday evening to Sunday afternoon, June 4-6, 2004.

**Cost:** \$295 includes materials & lodging.

*"The first exercise brought to the table what I was here for - which was not what I expected it was. I had a fabulous time and want to keep in touch with the other women!" Paulette Hansen, Kent, WA*



**A word about Betsy and Peter**—Betsy Lydle Smith and Peter Smith are certified Virtues Project™ facilitators, and were trained by Virtues Project™ founders Linda Kavelin Popov and Dr. Dan Popov. Betsy is an experienced certificated K-12 teacher. As trainers, Betsy and Peter, have facilitated workshops and retreats for women, parents, schools, organizations, and couples since 1992. Betsy and Peter have been married for 34 years.

For more info. and to register, contact Betsy at: BLydleS@aol.com or 425-747-9079. Also, see [www.virtuesproject.com](http://www.virtuesproject.com).

## "Nurturing Your Relationship: A Weekend Retreat for Couples" Facilitated by Betsy and Peter Smith

Celebrate a weekend in renewing your love and commitment to each other in a joyful, peaceful retreat center with other committed couples. Reconnect, renew, learn and practice new tools for communication, resolve conflicts peacefully, do creative goal setting, and have fun together.

**Location:** At a beautiful retreat center near Seattle.

**Dates:** May 14-16, 2004.

**Cost:** Approximately \$195 Dollars per couple plus accommodations.

*"The first exercise brought to the table what I was here for - which was not what I expected it was. I had a fabulous  
"What I most appreciated about the retreat was reconnecting on a deep level with my wife." Joe Parker, Kingston, WA*