



CompassPoints

wellness news

"When we do manage to get whatever it is we think we want, we may indeed feel better. But we feel better, not because that particular thing has made us feel better, but because we have, for the moment, stopped creating a sense of discontent."

— Peter Russell



Compass Center to Partner with the U of M in Study on Childhood Stress Reduction

by Dave Peterson

The University of Minnesota's Clinical Translational Science Institute (CTSI), in partnership with the Child Health Collaborative, and the Office of Community Engagement for Health (OCEH) has given a team of practitioners at the Compass Center for Healing in Stillwater, Minnesota, a pilot study grant to work with the University in developing research which will attempt to measure the benefit of meditation and yoga practices in reducing stress in juvenile populations.

The study entitled "A Holistic Stress Reduction Program for Children" was awarded \$5000 to collect preliminary data, test research methodology, and determine the feasibility of the proposed line of research. The hope is that the pilot grant will lead to a long-term research study and partnership which will attract funding from institutions such as the National Institute of Health, and other private and public foundations.

The Compass Center community team includes: co-Principal Investigator, Andi Hoepfner, a special education teacher, and ASD resource specialist; Marilyn Calver, Yoga Program Director at the Compass Center; and Katie Corbett, whose thesis formed the basis for the proposal. The collaboration is, in part, the result of an attempt to expand the outreach of the yoga program by including more classes for children and young adults.

According to Ms. Calver, "There is a huge unmet need for new lines of research which address stress among children. Stress has been tied to many childhood behavioral and developmental issues, as well as to obesity, sleep deprivation, and a lack of self-esteem."

Previous studies have shown meditation to be an effective tool in reducing blood pressure, as a treatment for cancer

A Healthy Alternative to a Typical Summer Meal on the Grill

by Brooke Beck, ND

What I cooked: Grilled tilapia served on a bed of wilted spinach. Sides of potato salad with shrimp, tarragon, and chives, and red mung beans.

This was my re-do of the typical Memorial Day barbecue. I am always on a quest to improve or add nutrition and substance to the typical holiday meals. Christmas, Thanksgiving, Easter, Memorial day, 4th of July, etc. They all hold memories, nostalgia, and a certain yearning for the foods I was made as a child. However, though the foods I ate for those meals were tasty and enjoyable, later made me feel heavy and tired - not to mention what happened to my blood sugar and cholesterol! Then there is always the justification, "It's one meal, it's not that big of a deal. Everything in moderation!" But then these big holidays seem to come up a lot and it's summer so that means more barbecues, camping, and birthday parties - there just needs to be a change and I'll take the moderation in something else.

I want to recreate the menu on these holidays so that my children grow up having nostalgia and yearnings for foods that will energize them later in the day as well as give them adequate nutrition to feel strong!

Memorial day. It is a celebratory day. It's a day to step outside (if it's not too rainy) and take in the first fruits of spring (depending on where you live). The anticipation of summer. This is usually kick started with a fiery grill, outdoor music, friends, family and good food. I came up with a meal this year I felt was worthy of repeating.

Tilapia: marinated in olive oil, fresh squeezed lemon juice, and chives (fresh from the garden). It was grilled to smokey perfection and placed on top of a bed of barely wilted spinach greens.

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July

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Fire Makes Earth by Lisa Schlingerman

From the action of Fire comes the manifestation of Earth.

There are lots of changes going on now. The Chinese 5 Elements gives us awareness of the changes, both in nature & in our bodies. Energy needs to be in motion within us and in our life; so we must learn to flow as nature does through the seasons.

Summer is the Fire element in Chinese Five Element theory. Fire is the sun and the sun is Yang energy. The Fire element relates to creativity, intuition & motion. Its function is to maintain heat and give warmth to others in the way of enthusiasm, compassion and vitality.

Fire governs the heart & small intestine. The heart is the ruler of the body & pumps some 30,000 gallons of blood per day to your lungs, which returns it to the heart and then it is pumped again to the whole body. The small intestine, the other Fire organ, is key to our nourishment because the nutrients used are the ones that we digest & assimilate through the small intestines.

Fire creates Earth. Late summer or "Indian summer" is Earth time. Earth is Yin energy. The wisdom of Fire becomes the common sense of Earth.

The Earth element plays an important part during transitions & seasonal changes because it holds the Center of the Five Element cycle. It is a time for us to balance & be comfortable in our bodies & in the present moment.

The spleen, stomach & pancreas take their energy from Earth element. These organs are essential for the digestive process. Your emotions are closely linked to your eating habits & the ability to process food.

火 土

It is very important to stay centered during these times of change & feel the support of the earth beneath our feet. In the Center is where we go to look, all we have to do is flow!

###

Lisa Schlingerman offers

Qigong & 5 Element Tai Chi on Wednesday 5-6 at the Compass Center

Fire & Earth Moving Art Workshop

August 16 Thursday 5-7 pm at the ARTSelf Studio on the St Croix in Scandia MN

www.taichilisa.com 651-443-5498

Compass Points Wellness News

is published by the practitioners of
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The individual authors take great care in checking the accuracy of the information that appears here. However, the Compass Center for Healing practitioners assume no liability (including liability to third parties) with respect to the accuracy, relevance and completeness of the information and opinions published in this newsletter.



Valley Holistic Healing LLC

Jennie Soine is a licensed acupuncturist with a Masters degree in Traditional Chinese Medicine. More information on her practice is available at Valleyholistic.com

Infertility Could be a Sign of Heart Disease?? By Jennie Soine

Polycystic Ovarian Syndrome or PCOS is THE most common reproductive endocrine disorder in women, and is the #1 cause of female infertility in the United States. I would even venture to say, since it increases your risk for developing diabetes, dyslipidemia (the condition of having too high or too low fat levels in the bloodstream), stroke, and heart disease, it is a KILLER of WOMEN.

The American Society for Reproductive Medicine (ASRM) defines PCOS as, a common hyper-androgenic endocrine abnormality of unknown etiology. Strong familial aggregation suggests a genetic basis for the disorder. Environmental factors such as modern dietary patterns and sedentary lifestyle that promote obesity can initiate or exacerbate the signs and symptoms of the disorder.

What this means in lay terms is that PCOS is a complex disorder that results in increased androgen levels (male hormones) in women. No one knows the cause of this disorder, but we do know you are more likely to have it if someone else in your family does. We also know that diets high in processed carbohydrates, and sugar, and a lack of exercise can initiate the disorder in a woman who is genetically predisposed to it, and/or, make the symptoms worse once you have already developed it.

The symptoms of PCOS vary from woman to woman, which is partly to blame for the many cases that go undiagnosed. The main symptoms are; irregular menstrual cycles, hirsutism (a condition of unwanted, male-pattern hair growth in women), thinning of hair on the head, acne, a tendency to gain weight around your mid-section, and difficulty losing weight. Many women experiencing these symptoms may go undiagnosed until attempts to conceive fail, and they seek medical treatment. The irregular menstrual cycles common for these women indicates irregular ovulation, one of the many consequences of having high androgen levels, which makes conceiving difficult.

Women not trying to conceive who are experiencing these symptoms may not realize they are abnormal, and may not realize they are signs of PCOS. Further, even women who do get diagnosed, may not be informed that the metabolic imbalance PCOS is a part of has consequences reaching far beyond their reproductive organs. The insulin resistance PCOS women have puts them at risk of developing pre-diabetes, diabetes, dyslipidemia, stroke and heart disease.

You cannot control your familial tendency towards developing PCOS. However, if you are experiencing several of the above symptoms, it is important you make an appointment with a Reproductive Endocrinologist for an evaluation. If you do get diagnosed with PCOS there are many things you can do to ease your symptoms, improve your fertility, and reduce your risk of developing other serious life-threatening diseases.

At Valley Holistic Healing we are dedicated to educating and empowering women with PCOS. There are many ways a woman with PCOS can improve her fertility naturally while at the same time reducing her risk of developing diabetes, and heart disease.

("A Healthy Alternative" continued from Page 1)

Wilted Spinach greens: The greens are so easy and fast (I've started making them in the morning for breakfast with a boiled egg). After the olive oil is just warmed, you throw on a clove of minced garlic and toss until the garlic becomes lightly browned around the edges - but not burned - to infuse the oil. Then you turn the heat to low, toss in your chopped spinach and stir until the spinach turns a bit darker and begins to shrink (a whopping 1-2 minutes). Quickly pull them off the heat and place on a dish so they don't keep cooking. Done to perfection!

Potato salad with chives, tarragon and shrimp. What a glorious combination. I made the salad the day before, so the flavors would pack a bigger punch. The recipe calls for creme fraiche and mayonnaise. However that sounded too heavy and hard on the heart. So I swapped out both for a mixture of Veganaise and lemon juice. If you haven't tried Veganaise you are sadly missing out and must taste. It has a flavor very similar to mayonnaise plus there is NO cholesterol or dairy- I shall never go back to real mayo. Adding lemon juice will make it a bit more sour to match the creme fraiche. I was excited about this recipe because I happen to have chives and tarragon growing in my garden. The last ingredients are celery, baby red potatoes and rice vinegar for a harmonious blend of flavors. (recipe found on www.finecooking.com)

The mung beans were to substitute baked beans, which I have to say, I have never been a fan of. Brown sugar, bacon, and beans simmered endlessly to a syrupy mash has never appealed to my taste buds. However, a nice contrast of the sweet version is my simple version: red mung beans soaked overnight then simmered in vegetable broth, strained and lightly salted. Beautiful compliment to the fish and greens. Add some grilled mushrooms to toss with the beans for more texture.

You will not be shy of protein in this meal nor flavor. Plus, you'll receive your dose of electrolytes and minerals. The entire menu is free of gluten and dairy. It was a hearty meal and the lentils help to balance blood sugar and keep you satisfied long after the meal is over.



Lomi Lori 651-210-6961 lorilomi@gmail.com
windsong retreat.net

What to buy in the Organic Section

The top twelve most contaminated produce items:

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines
7. Grapes
8. Sweet Bell Peppers
9. Potatoes
10. Blueberries
11. Lettuce
12. Kale

Source: the Environmental Working Group (EWG.org) from research based on USDA data

t'ai



chi

FREE!

Allan LaValier, instructor, is offering **T'ai Chi** Practice Sessions Saturday Mornings in Washington Park (across from Lakeview Hospital on Churchill). Come practice what you have learned, learn what others have to offer and enjoy the morning under oak trees. You need not have any experience. If you wish to join in, fine. If you wish to just watch, fine as well. All are welcome. We'll gather around 8 am and will practice for 30-60 minutes. Forms we practice include the Yang Style 24 form and the 37 form of Cheng Man-ch'ing

"Shine, not rain"

About Lomi Lomi Massage

Emma Akana Olmstead, a kupuna of Hana, Maui, in the 1930s, said, "When a treatment is to be given, the one who gives the treatment first plucks the herbs to be used. He prays as he picks the herbs. No one should call him back or distract his attention, all should be as still as possible for they do not want the vibration broken. They knew the laws of vibration. They knew the power of the spoken word. They knew Nature. They gathered the vibration of the plentiful." (Chai 2005: 40)

("Childhood Stress Reduction" continued from Page 1)

symptoms, and as a means of reducing stress in medical students. Research on the benefit of a meditation practice is sketchy, though preliminary work has shown beneficial results for children identified with ADHD. The University of Minnesota, through the CTSI, the OCEH and its innovative Center for Spirituality and Healing, is at the forefront of national research facilities as they seek to determine the benefits of innovative, natural and preventative medical therapies.



"Access your true healing powers, all of which are contained within you" — Drunvalo Melchizedek

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Reasons for Optimism by Bob Frisell (more reasons are available at bobfrisell.com)

Humans Are Not Lemmings! Global Population Leveling Off

The world recently witnessed the birth of the seven billionth human on our planet. That's a lot of people! But did you know that the pessimistic predictions of a few decades ago that a lemming-like population bomb would drive humanity over the cliff of self-extinction are turning out not to be true? As the whole world gets wealthier and more secure, the desire for having many kids is dropping.

The average number of children per woman has been declining rapidly for decades. According to official UN data, the average number of children per woman worldwide for the period 1965 to 1970 was 4.85. Yet 40 years later, for the period of 2005 to 2010, that number dropped nearly 50% to 2.52! And the numbers continue to decline. Most experts predict that global population will level out by about 2100 at around 10 billion and may even decrease after that. And if we use our resources wisely, we can easily support that number of people.

BOB FRISSELL is an author and teacher of thirty years, whose books are regarded as underground spiritual classics. In addition to *Nothing In This Book Is True, But It's Exactly How Things Are*, he is the author of *Something In This Book Is True...*, *You Are a Spiritual Being Having a Human Experience*, and the #1 bestselling *Transforming Through 2012*. His class *the Flower of Life* can be attended in New York, California, and at the Compass Center in Stillwater, MN

When to Seek Balance? by Suzanne Howard

In our modern, industrialized, closed windows/forced air society, many of us have lost our connection with Nature. As a result, we are often unaware when our own nature is out of balance and are unable to detect or "hear" the mild disturbances within our bodies. A person attuned to the subtleties of their constitution will be aware at the first signs of imbalance. But for many, we do not seek treatment or make changes until we have symptoms that interfere with daily life. It is usually at this point that the symptoms of imbalance are identified as diseases by allopathic medicine.

Suzanne Howard is an Ayurvedic Practitioner, Panchakarma Therapist (Ayurvedic massage and bodyworker), Sivananda Yoga Teacher, Yoga of Recovery from Addiction Counselor, and Massage Therapist

For individual consultations and bodywork please contact her at Suzanne@truenatureayurveda.com or 651.470.8781

Yoga Classes

Gentle Flow – All levels 60-75 mins. **Wednesday:** 9.30-10.30am

Steadily build and maintain strength, flexibility and balance. Combines flow and longer holds.

Intermediate - Level 2 – 75 mins. **Monday:** 9.30-10.45am and **Thursday:** 9.30-10.45am

Continue to explore and build your practice. May include sun salutations, standing and seated postures, backbends, and inversion work..

Mixed Levels – 1-3 – 60 mins **Tuesday :** 7.30-8.30am and **Friday:** 9:30-10:30am

Steadily build strength and flexibility.

Vinyasa – Mixed levels 2/3 75 mins **Tuesday :** 5.30-6.45pm and **Saturday:** 8.30-9.45am

Poses are linked in a more vigorous, flowing style. May include inversions and arm balances.

Yoga for EVERYbody – **Monday** 11am to 12 noon and **Wednesday:** 6.15-7.15pm

Beginners + All levels 60 mins .

Utilizes poses that slowly and gently lengthen and strengthen muscles and improve joint mobility.

Yoga for Teens – 60 mins. **Friday** 11am-12noon

Fun, challenging class. Helps build strength, cross training benefits along with promoting self reliance and esteem.

Yin Yoga – Beginners + All Levels – 60 mins.

Long held floor poses access the deep connective tissues of the entire body. Closes with guided meditation or yoga nidra (deep relaxation).

Restorative – Beginners + All levels 60 – 75 mins. Last Thursday of the month : 9.30-10.45am

Longer held, fully supported poses allow for deep release of tension and stiffness. Breathing and relaxation exercises. Quiets the mind and calms the nervous system.

My Yoga – Children All Abilities – Ages 4–11 – 45mins **Thursday:** 6:30-7:15pm

Fun, interactive movements and breathing exercises focus on body awareness, self-control, calming and confidence. Adults may drop off or join student.

Instructor **Andi Hoepner**

mom, yogi, special education teacher, and ASD resource specialist

All classes may include breathing (pranayama) exercises, guided relaxation and meditation.

Hatha yoga incorporates a broad range of practices and techniques that can be tailored to the individual of any age or experience. Our experienced teachers will offer modifications and props as needed.

We are adding a Friday morning mixed levels class with a new teacher **Lori Lindgren Voit**.

Lori comes to us with a wealth of teaching experience and training from various schools of yoga including Bikram and Anusara.

Beginning July 13

Fridays 9:30-10:30am
Mixed Levels

Fridays 11am-12noon
Teens

More new offerings and free intro classes still to come this summer!

Marilyn Calver, Yoga Program director

(651) 307-2776 or

Marilyn@marilyncalveryoga.com

Your First Class is *Free*

10 class punch card \$120, 20 classes \$200

Cards are good for any regular classes, and remain valid for 3 months. Drop ins \$15.

T'ai Chi Classes

Qi Gong and T'ai Chi

(Wednesdays at 5 pm) recommended donation \$10
Lisa Schlingerman (651) 433-5498

For updates and current information on classes
Visit compasshealing.com/calendar

Healing and Transformational Classes

Astrology for Personal Growth Thursday, August 23, 6:30 pm-9:00 pm \$20

Tod Drescher, architect and astrologer (651) 433-5600 tod@drescherarchitecture.com

Coming this Fall...Ayurveda and Yoga for Depression Workshop with Suzanne Howard and Marilyn Calver!

(please see Calendar at Compasshealing.com)Includes: Peaceful Hatha Yoga practice, Meditation, Ayurveda presentation and a light vegetarian supper — Suzanne Howard suzanne@truenatureayurveda.com

Ayurveda and Depression by Suzanne Howard

Ayurveda is the traditional medical system of India which offers a holistic and integrated mind, body and spirit approach to health, healing and living. The philosophy of Ayurveda sees everything as being interconnected. Thus, practicing Ayurveda focuses on understanding our own inner nature as well as cultivating an intimate relationship with Nature herself.

Ayurveda recognizes the unique nature of each individual, i.e. no one shares the exact same constitution. Our individual constitutions are a combination of the three Doshas: Vata, Pitta and Kapha. We have all three Doshas present in us, but the proportion of each varies by the person. Our constitution in Ayurveda is called our “Prakruti” and is represented by a percentage of each of the three Doshas present in us at conception.

The Doshas consist of the five elements that make up the material universe according to Ayurvedic philosophy: ether, air, fire, water and earth. Vata Dosha is comprised of the elements ether and air. Its main qualities are cold, light and dry. Pitta Dosha is made up primarily of the fire element. The main qualities of Pitta are hot, light and dry. Kapha Dosha is a combination of water and earth with its main qualities being cold, heavy and moist.

The earth element provides stability in our physical structure and minds. Water relates to our bodily fluids and our compassionate and loving emotions. Fire governs digestion and burns through illusions in the mind, enhancing our perceptions. The air element moves our nerves, breath, limbs and thoughts. While ether, understood as space, is found in the cavities of the body and consciousness in the mind. Thus, we are each made up of certain quantities of ether, air, fire, water and earth.

Our “Vikruti” is the present state of our Doshas. If it is not the same as our Prakruti (the ratio of the doshas at conception), Ayurveda considers this an imbalance and disease is beginning to manifest or is already present. The Doshas are not exactly measured, but observed and monitored by inference and are most apparent when they produce symptoms of disease. Because Ayurveda takes into account individual attributes (anatomy, psychology, age, family history, gender, etc.) as well as outside influences (seasons, climate, geographic location, etc.) Ayurvedic recommendations for healing will be different for each person, even if they share the same disease by name.

Depression, from an Ayurvedic perspective, can be seen as three different diseases or broken down into a Vata (ether and air), Pitta (fire) or Kapha (water and earth) Vikruti (imbalance). When someone has depression, it means that there is too much of one, two or all three of the Doshas present, upsetting that person’s unique constitutional balance of the Doshas.

(this excerpt is from Suzanne Howard's article on *Ayurveda and Depression* which can be found on her website at www.truenatureayurveda.com — ed.)

The Compass Center for Healing promotes the health and well-being of our community by offering a number of educational, and integrative holistic healing programs that are low-cost, or donation-based, and **open to the public**. These programs include on-going as well as special interest programs in the areas of movement, meditation, healing, personal transformation, and sustainability.

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The Compass Center for Healing



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