



the *ACHS Reporter*

Welcome to the *ACHS Reporter*, your resource for holistic health and College news. Our goal is to provide our students with an interactive and engaging “launchpad” for their own complementary alternative medicine studies and practice. Inside these pages, you will find ACHS college news, industry updates, holistic health tips and recipes, career-building event information, continuing education opportunities, and much more.

Inside this issue ...

- > ACHS now offers six graduate certificates
- > Meet Dr. Arianna Staruch, ND, new ACHS Academic Dean
- > Soy fact vs. soy fiction
- > Blended learning helps boost achievement
- > Scents make life grow easier
- > Maker of chi spheres and energy spirals
- > Alternative medicine in the news



Be Part of the Solution

ACHS IS ON THE MOVE!

ACHS now offers six graduate certificates for specialized CAM training

The American College of Healthcare Sciences (ACHS) has launched six new graduate certificate programs in the field of complementary alternative medicine (CAM). These new certificates impart graduate-level specialized training with less time and financial commitment found in the more traditional master's program. ACHS graduate certificates provide healthcare professionals with more in-depth knowledge of holistic health and wellness protocols and the ability to better serve the health needs of their communities.

ACHS graduate certificates require 12 credits of study, or four 16-week courses for completion, and are available in the fastest growing integrative healthcare modalities. ACHS graduate certificates include: Graduate Certificate in **Nutrition**, Graduate Certificate in **Anatomy and Physiology**, Graduate Certificate

in **Complementary Alternative Medicine**, Graduate Certificate in **Aromatherapy**, Graduate Certificate in **Herbal Medicine**, and Graduate Certificate in **Botanical Safety**.

Today, more and more people are turning to preventative care as a solution to rising healthcare costs. The healthcare industry needs professionals trained in holistic health and wellness protocols, as well as botanical safety and drug and supplement interactions. With an ACHS graduate certificate, healthcare professionals can:

- Enhance their employability and job growth with each specialized certificate.
- Train to meet the growing demand for educated and trusted CAM professionals.
- Increase ancillary services offered, thereby increasing clients and income.
- Educate others about wellness and

complementary alternative medicine.

Students who enroll in a graduate certificate program will benefit from the same amenities as ACHS Masters of Science in Complementary Alternative Medicine students, including access to the extensive Natural Standards and Natural Medicines databases, full text, online journal resources; instructors who are industry experts; highly interactive online classes and instructor-led discussions; and training from the industry-leader in accredited, online holistic health education.

The ACHS graduate certificate programs are open to new students, as well as current ACHS students and graduates, and can be completed while pursuing a Masters of Science in Complementary Alternative Medicine. For more information and detailed course descriptions, visit www.achs.edu or call ACHS Admissions at (800) 487-8839.

Dr. Arianna Staruch, ND, new college Academic Dean

American College of Healthcare Sciences has hired Dr. Arianna Staruch, ND, to serve as Academic Dean effective July 1, 2009. Dr.

Staruch will oversee all aspects of the College's educational programs and new course and program development to better meet the

growing demand for accredited, online holistic health education.

The development of this new position marks



a period of expansion for ACHS, and follows the College's official name change from the Australasian College of Health Sciences to the American College of Healthcare Sciences on May 1, 2009. This transition from Australasian to American College

represents the College's long-term goals as an Institute of Higher Learning in the U.S. and a leader in online holistic health education.

Dr. Staruch, who started her work in medical research in 1978, will work with College President Dorene Petersen and Vice President Erika Yigzaw to expand course offerings, including a Bachelors of Science with a major in Complementary Alternative Medicine expected to launch fall 2009 and several career-training and graduate certificate programs. "We are delighted to welcome Dr. Staruch to this new position," says Dorene Petersen. "Dr. Staruch is a terrific addition to help ACHS move forward with

expanding holistic health course offerings that will provide our students with the opportunity to have meaningful, healthy careers and lifestyles."

Dr. Staruch has more than 30 years' experience in the healthcare field. Before graduating from the National College of Natural Medicine in 1997, Dr. Staruch worked in medical research for both the Sloan Kettering Cancer Center and the Cornell University Medical College. As a licensed naturopathic physician, Dr. Staruch has maintained a naturopathic practice in Oregon focused on women's health and allergies, and has been a member of ACHS faculty for more than six years.

celebrates the College's 20th anniversary of operations in the United States and better

Pursue Your Passion

Start as soon as September 21

ACHS programs are specially designed to provide you with the information and skills you need for a career in holistic medicine and healthcare. Your journey begins when you apply.

ACHS is accepting applications for September 21 classes on a space-available basis.

Click here to apply today!

Featured fall classes include:

- > **Nat 210 Anatomy and Physiology**
- > **Herb 201 Herbal Studies**
- > **Herb 304 Herbal Materia Medica III**



ACHS Director of Military Relations Kate Harmon and ACHS Dean of Admissions and Military Education Coordinator Tracey Miller pose with Eric Estrada at the DoD Worldwide Education Symposium July 28, 2009. ACHS President Dorene Petersen (right) teaches participants how to make natural lavender products at the College's Lavender Open House on July 17, 2009. Videos from the day's events are available for free download on [ACHStv on YouTube](#)

Soy Fact vs Soy Fiction

by Dr. Arianna Staruch, ND



The Soy Health Claim

The FDA has allowed the following claim to be made concerning soy products: “Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.”

To qualify food must: Contain 6.25 G of soy protein, have less than 3 g fat and 1 g saturated fat, and less than 20 mg of cholesterol and less than 480 mg of sodium. This claim is based on whole soy protein food, not isolated soy constituents. Asian diets contain typically 6-11 g of soy protein/day, which includes 25-50 mg of isoflavones.

Soy is a complete protein. Not really, but that might not be a bad thing.

The FDA claims that soy protein can be a good substitute for animal protein because it contains all the necessary essential amino acids. Soy is high in the non-essential amino acids, but is low in cysteine, methionine, and lysine. However, soy protein, as well as many other vegan proteins, are higher in non-essential amino acids than most animal-derived food proteins, and as a result should preferentially favor glucagon production. (This could help with insulin resistance.)

An unnecessarily high intake of essential amino acids—as in high-meat diets—may prove to be as

grave a risk factor for “Western” degenerative diseases as is excessive fat intake.

Soy prevents cancer. Maybe.

Soy contains isoflavones that are phytoestrogens, which may have both benefits and risks. Phytoestrogens interact with many receptors, including estrogen hormone receptors, but the type of interaction and the type of receptor dictates the biologic response. For instance genistein, one of the main soy isoflavones, interacts differently with estrogen receptor alpha and estrogen receptor beta. Genistein was shown to inhibit the growth of MCF-7 breast cancer cells.

Epidemiological studies show that women with traditional diets high in soy have a lower incidence of breast cancer than those women with Western diets. However, there are no studies that show eating high amounts of soy later in life can decrease a women’s risk of breast cancer.

Soy is safe for breast cancer survivors. Probably NOT.

Currently neither the animal data nor human data is conclusive as to whether soy is safe for breast cancer survivors. Women who are estrogen positive breast cancer survivors are frequently told to restrict their intake of soy products because of the phytoestrogen content.

GMO soy is healthy. *If you don't mind herbicides on your food!*

Genetically modified soy is "Roundup Ready," MEANING Roundup can be sprayed on the crop for weed control. Roundup Ready (RR) varieties of soybean has increased the use of glyphosate for weed control and glyphosate residues were found in soybean leaves and stems, and metabolites of the herbicide were found in the grain. Applications of glyphosate have no effects on phytoestrogen levels in glyphosate-resistant soybeans.

Fermented soy is better for you. *Not really.*

There is a difference in the isoflavones in non-fermented vs. fermented soy food, but the effect of enzymes and flora activity in the digestive tract makes the difference unimportant.

Soy is a common food allergen. *True!*

Soy is one of the top food allergens, along with cow's milk, citrus, nuts, wheat, seafood, and egg. Allergenicity of GMO soy may be altered. Hydrolyzed soy protein may not be as antigenic and there may be cross-reactivity with birch pollen and soy.

Soy inhibits the thyroid. *Not True!*

In 14 human studies, most found little change in thyroid function tests of normal subjects ingesting isolated soy protein. There are a few case studies of soy impacting hypothyroid patients, by reducing thyroid medication absorption. Always also consider iodine deficiency. Iodine deficiency leads to goiter and soy may make an iodine deficiency worse. An interesting fact is that Asian soy consumption is often coupled with seaweed, which is naturally high in iodine.

Soy inhibits protein digestion. *Possibly.*

Raw soy contains Bowman-Birk (BBI) inhibitor of chymotrypsin and trypsin and the Kunitz inhibitor of trypsin (KTI). Heating and processing of the soybean removes most but not all of these inhibitors. On the other hand, several studies suggest that BBI can also function as an anticarcinogen, possibly through interaction with a cellular serine protease.

Soy is safe for infant formulas. *Caution is needed.*

Infants consuming soy formulas had 10 times higher isoflavone levels in their blood than women receiving soy supplements who show menstrual disturbances. Small, physiologically relevant phytoestrogen exposure levels can alter estrogen-dependent gene expression in the brain and affect complex behavior in a wide range of species. The implications for these findings in humans, and particularly in infants, largely remain uninvestigated but are a subject of increasing public interest.

Soy infant formulas contain BBI and KTI, protein enzyme inhibitors; infants on soy formula consume about 10 mg of KTI plus BBI per day. The impact of reduced protein digestion due to these enzyme inhibitors in infants is not known.

Soy is a good food. *Most likely.*

Whole soy foods are a good source of fiber, B vitamins, calcium, and omega-3 essential fatty acids. Replacing some high fat animal protein with soy foods is beneficial. Soy can be part of a healthy diet, along with fruits, vegetables, and whole grains, fish and lean meats introduce soy slowly to the daily diet. Avoid all soy products if you have soy allergies.

Soy is a nutraceutical. *Most likely.*

Soy isoflavones may be helpful for modest cholesterol lowering effects. Soy isoflavones effect on breast cancer is unclear. Soy isoflavones may be helpful for menopausal symptoms. Soy isoflavones may be supportive for postmenopausal bone health.

Blended Learning Helps Boost Achievement

Meta-study concludes students can benefit greatly from online learning

by Meris Stansbury



A new analysis of existing online-learning research by the U.S. Department of Education (ED) reveals that students who took all or part of their class online performed better, on average, than those taking the same course through traditional face-to-face instruction.

Most of the studies examined by researchers dealt with college-level courses, and ED officials cautioned against generalizing the report's findings to the K-12 level. Still, the report could help educators as they seek to create effective learning environments for all students.

The detailed meta-analysis is part of a broader study of practices in online learning being conducted by SRI International for ED's Policy and Program Studies Service. The goal of the study is to "provide policy makers, administrators, and educators with research-based guidance about how to implement online learning for K-12 education and teacher preparation," says the report.

The study says online learning is deserving of analysis, because it is one of the "fastest growing

trends in educational uses of technology."

"Studies of earlier generations of distance and online learning courses have concluded that they are usually as effective as classroom-based instruction," said Marshall "Mike" Smith, a senior counselor to Education Secretary Arne Duncan. "The studies of more recent online instruction included in this meta-analysis found that, on average, online learning, at the post-secondary level, is not just as good as but more effective than conventional face-to-face instruction."

A systemic search of research literature from 1996 to 2008 identified more than a thousand empirical studies of online learning. Analysts screened these studies to find those that contrasted an online to a face-to-face condition, measured student learning outcomes, used a rigorous research design, and provided adequate information to calculate an effect size.

As a result of this screening, 51 independent effects from 46 different studies were identified that could be subjected to meta-analysis.

From these studies, researchers sought to address four specific questions: How does the effectiveness of online learning compare with that of face-to-face instruction? Does supplementing face-to-face instruction with online instruction enhance learning? What practices are associated with more effective online learning? And, what conditions influence the effectiveness of online learning?

While the project's main goal was to research online learning for K-12, the report noted that only a few rigorous research studies have been published on the effectiveness of online learning for K-12 students. For this reason, the report states that "caution is required in generalizing the study's findings to the K-12 population, because the results are for the most part on studies in other settings, such as in medical, career, military training, and higher education."

© eCampus News July 14, 2009

>> **Read the complete article** on the eCampus News website

August Health Freedom Update by Kim Sharples, HHP



We all have friends, relatives, customers, etc. in other states. This is a good way to pass along information to people you know in other states. Make sure you check your state update to see if there is anything new. I also have the yahoo group set up so that you will receive important alerts as they are released. Just send a blank email to: FYHF-subscribe@yahoogroups.com

Please remember that each state has different laws and regulations regarding what you can and cannot do when it comes to complementary and alternative healthcare.

With the new passing of a Health Freedom bill in New Mexico, there are now seven states that have health freedom laws. These are: Minnesota, California, Rhode Island, Louisiana, Oklahoma, Idaho and New Mexico. If you live in one of these states, you need to know the laws regarding health freedom, what you can and cannot do, and what disclosures you may need to provide to your clients.

There are 15 states and the District of Columbia that license or regulate naturopathic physicians. If your state is one that regulates naturopathic physicians, you need to know what that law says in regards to what you can and cannot do. These states are: Alaska, Arizona, California, Connecticut, Florida,

Hawaii, Idaho, Kansas, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, Washington and the District of Columbia. Minnesota just passed a registration bill for naturopathic physicians that should take effect July 1, 2009.

For questions about health freedom, email me at kimberlysharples@msn.com or call (719) 390-1979.

State Health Freedom Organizations

- Colorado For Health Freedom
- Connecticut Health Freedom Coalition
- Natural Health Idaho
- Iowa Health Fra
- MNACAP
- Montana Health Freedom
- NMCAAMP
- North Carolina Citizens for Healthcare Freedom
- Ohio Health Freedom Coalition
- Ohio Sunshine Health Freedom Coalition
- Health Freedom Action Network
- Oregon Health Freedom
- Texas Health Freedom
- Virginia Chapter of Certified Natural Health Professionals
- Washington Health Freedom
- Wisconsin Health Freedom Coalition

Photos by Joel Strimling, ACHS Dean of Student Services



Left, participants cut lavender as part of the ACHS U-Pick and Lavender Open House on July 17. Center, ACHS Dean of Admissions demonstrates how to prepare natural body care products. For upcoming ACHS classes, go to www.achs.edu and click on **Community Wellness Classes**

Scents Make Life Grow Easier

Aromatherapy Improves Days (And Nights) of Alzheimer's Patients

by Jackie Farnell

"Patients have rejoined their lives," said Pat Bishop, R. N., Supervisor in Alzheimer's Unit for Mattie C. Hall Health Care Center in Aiken, South Carolina. "A number of them have been weaned completely from psychotropic drugs."

One patient stopped chasing nurses with his wheelchair. Others stopped moving aimlessly around the room, talking or even screaming into the air. They sit quietly, doing activities assigned to them. The air smells clean and relaxing. You would not know it was an Alzheimer's unit in a senior center in late afternoon, the time of day most patients would be restless and unhappy.

Blends of essential oils, used for centuries as natural treatments, are responsible for the improvements. In a monitored and documented study, special blends of the oils used at certain times of the day improved appetites; all but stopped "sun-downing" which results in increased noise and disruptive behaviors in the early evening—decreased pain and insomnia; and stimulated short-term memory so that patients could enjoy activities.

The blends were developed by Jackie Farnell of Scents-ible Solutions® in response to a request by Bishop to perform

a one-year experiment with the oils. Bishop had heard Farnell describe the beneficial effects of essential oils and wanted to know whether they could improve life in a nursing home setting.

Bishop chose the Alzheimer's unit because it was a closed environment in which residents had clearly identifiable needs. Bishop outlined four problem areas: 1) loss of appetite and weight loss; 2) depression and sun-downing; 3) insomnia and pain that did not respond to medications; 4) inability to concentrate in one-on-one work requiring short-term memory. A fifth challenge was presented on behalf of the staff. Could Farnell create a blend that would help relieve stress, anxiety and lethargy among the caregivers?

Aromatherapy works with the body's own systems, Farnell said. "Essential oils, which are the lifeblood of plants, enter the olfactory system in a direct link to the limbic system in the brain, where emotion and memory are located."

The resulting therapies had immediate effects. When instituted, some patients were averaging a weight loss of three or more pounds per month. Forty percent of patients showed decreased rates of weight



Ylang ylang *Cananga odorata* fruit.



loss in the first month. "People who had never been interested in food were asking when it would be time to eat," Bishop said. Sixty percent of the residents began to gain weight by the seventh month. The name given to the blend used to stimulate appetite is "Appetite Stimulant." It contains all-natural essential oils of grapefruit and clove. With the diluted blend sprayed onto the clothing protector before mealtime, residents became alert and ready to eat.

Blends created to address the other challenges proved equally effective. "Restore Peace," a blend of grapefruit and frankincense oils, quiets a noisy, nervous room of patients. "The oils increase the effectiveness of the medications. As behavior improves, physicians can reduce the dosage. Many become titrated off the medicines," Bishop said. "We don't make these decisions. The doctors do."

"Helps Relieve Insomnia and Pain" is a blend of lavender and bergamot, releases serotonin and endorphins. These decrease the perception of pain and encourage sleep. The most dramatic result of using this blend is the effectiveness in reducing falls. This problem is directly linked to night time wanderings and day time instability due to lack of a sound sleep. We also find that the elders are asking for essential oils for pain in place of medications which cause drowsiness.

"Promote Alertness," rosemary and orange, helps patients stay alert for activities and rehabilitation.

"Care Giver Relief," was created to encourage creativeness, clarity and alertness. The blend is orange, cinnamon, lemon and ylang ylang.

Absenteeism among staff has decreased, patients are more comfortable, and the number of patients using psychotropic medications has decreased dramatically, at times by 100 percent. When this happens, they become more social and more willing and able to participate in their daily lives, Bishop said. Farnell adds that the oils diffused into the air or placed by droplets onto hankies, ribbons, pillowcases or any number of other media.

"The antibacterial effect of essential oils is strong," she said. "There are fewer communicable diseases such as colds, flu's and viruses. Also,

when the air smells good, family members are more likely to visit, which comforts the patient and gives relief to the caregivers."

Farnell's special blends are used in more than 450 nursing homes and over 1,000 private homes. She has spoken at local, state and national conferences plus private and public organizations concerned with gerontology, nursing home care, and treatments for Alzheimer's.

A note from the Apothecary Shoppe *Your College Store*

The Apothecary Shoppe College Store thanks you for your business and loyalty over the years. We are grateful for the opportunity to be your College Store and to provide you with the high-quality holistic health products you have come to rely on.

In recognition of your continued support, we're offering our newsletter readers and Apothecary Shoppe customers a special promotion.

While supplies last, receive a free packet of organic seeds with any Apothecary Shoppe order. Simply enter promotional code FREESEEDS into the comments field of your order on the Apothecary Shoppe website:
www.apothecary-shoppe.com



Maker of Chi Spheres and Energy Spirals – Sarajane Williams

by R.T. Eady*, Founder Ko~Sha~Rey Rhythms Therapeutics

I am a great fan of the therapeutic musical concept.

Though my view, or should I say appreciative ear, often arranges me askew; as I am not a musician.

In fact, being an anthropologist and striving to organize “music as medicine” from an ethnomusical perspective has agitated a kerfuffle or two in this tight-knit musical enclave.

So it was (forgive the cliché) music to my ears and a delight for sore eyes to encounter a wonderful treatise on harp music from ancient legacy through sound science to clinical application in a pithy three-volume DVD set.

What’s more, the harpist crafting this composition, Sarajane Williams, has a profound ability to gently pass melody through this medium as if it’s a self-contained ball of sound jello. (And I mean that nearly literally thanks to a technology pioneered by an acoustic engineer that measures how sound creates form.)

I thought narrowing in on the second volume, Sound Science, would round out the edges of the movement and rhythm work I’d been doing with heartbeat entrainment in places like Neonatal Intensive Care Units and Alzheimer’s assisted-living facilities. I was more than right.

Sitting jet-lagged in my Florida office upon returning from the 13th International Movement Disorder Conference in Paris, I popped the Sound Science title in the player and began poring over a DVD jacket and information card that listed the content.

Instantly, it broadcast: “Here’s something worth fighting sagging eyelids.”

Over the next three days I navigated my way through the entire set taking notes. Then contacted Sarajane directly. A gentle, soothing voice matched sound to image: greeting me in a charmingly professorial way. Sensing my enthusiasm, as well as limited grasp of the subject matter, Sarajane guided me through seminal distinctions between Vibroacoustic Harp Therapy™ (VAHT) and the type of therapeutic harp music that is usually provided acoustically at bedside, per se. She also kindly laid out key boundary markers between therapeutic musicians and music therapists. The latter—she reminded me—skewing toward working with a medical model—embedded in behavioral outcomes.

I initially posed these four questions:

- In vibro-tactile terms have you found any areas of the body particularly responsive to VAHT?
- Do you have a feel/sense for how people with CNS dysrhythmia or those that suffer from a complex set of abnormalities in autonomic

nervous system response (such as vagus nerve pathology or disorder) respond to VAHT?

- Have you detected organic influences due to incapacity to diurnally regulate? In other words, does circadian rhythm influence/effect VAHT?

- Also, as a harpist, do you experience any residual VAHT?

RE: In vibrotactile terms have you found any areas of the body particularly responsive to VAHT?

SJW: It's difficult to give clear answer because the entire body and energy are affected by VAHT. Generally, lower tones vibrate the denser tissues of the body (like the trunk and legs), while the higher frequencies are sensed in the head, hands and energetic field. Every client and every session is unique, and some interesting patterns can occur. The type of vibrotactile device that is used can also dictate the type of sound delivery in a variety of ways.

RE: Do you have a feel/sense for how people with Central Nervous System dysrhythmia or those that suffer from a complex set of abnormalities in autonomic nervous system response (such as vagus nerve pathology or disorder) respond to VAHT?

SJW: VAHT can entrain various physiological systems, thereby producing improved Heart Rate Variability and the 'Relaxation Response. In addition, most clients report increased energy, improved sleep and decreased pain and anxiety (indicating decreased sympathetic arousal and parasympathetic compensation). I theorize that all of the acupuncture meridians are stimulated by VAHT. Chi energy is balanced—the body uses what it needs and the rest is released. In the "Therapeutic Harp" DVD that I recently produced, electrophysiologist Dr. Abraham Kocheril, gives a lengthy dissertation about his studies on the effects of live harp music on cardiac rhythm during electrophysiology studies. Live harp music (in his study, not vibrotactile harp) has an effect on sympathetic and parasympathetic tone.

RE: Does circadian rhythm or lack of control of daily time-keeper function influence/effect VAHT?

SJW: I haven't seen any patterns demonstrating an influence of circadian rhythm. That would probably require extensive study.

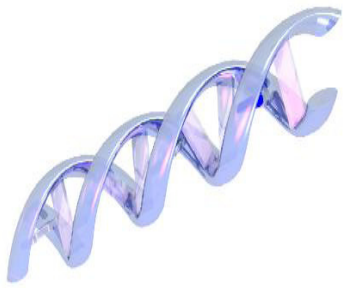
RE: Also, as a harpist, do you experience any residual VAHT?

SJW: When playing the harp, I always experience some vibrotactile benefit (physiologically, mentally, emotionally and/or spiritually). Those benefits drew me to the harp in the first place. However, the vibrotactile sensations of playing the harp seem much more subtle than when one receives VAHT while sitting in the sound chair! It would be nice to play the harp and receive VAHT in the vibrotactile chair at the same time. There are a lot of anecdotal reports about the beneficial effects of playing the instrument—and the subtle vibratory component probably constitutes a big part of that. As a recipient of VAHT, I have noticed decreased back pain and tension, relaxed mood and improved sleep.

Shortly thereafter Sarajane sent a comprehensive set of answers, and a copy of the Fall 2008 *Harp Journal*. Intuitive to my interests, Sarajane had placed a post-it note inside the envelope directing me to an interview with John Stuart Reid discussing a fascinating device featured in DVD set called a CymaScope.

I was delighted to discover that the CymaScope's "sound form images" of harp music corresponded with the Energy Medicine principles I was exploring with experimental rehabilitation therapeutics. And the detailed exposition provided by Reid in the accompanying journal interview honed in precisely on both the electromagnetic principles and the vibrotactile results of spherical chi-energy circulation I was employing for healing and symptom relief with many of my clients.

A particular point in the documentary captured my utmost attention: the significance of the sonic-scaffolding symmetry the harp generates by forming micro-tubular vortices. Here was a key to how the harp would unlock healing at the cellular level; a pathway toward understanding the emergence of "bodymind" as it functions in a singular psychosomatic network of molecule information exchange. As Dr. Candice Pert, puts it in her book, *Molecules of Emotion*, there appears to be a constant stream of electro-vibrational data flowing in our body's molecules which control our health and physiology. She



poetically describes it this way: basically, receptors function as scanners (sensing molecules, on a cellular level). They cluster in cellular membranes, waiting for the right ligand (much smaller molecules than receptors), to come dancing along (diffusing) through the fluid surrounding each cell, and mount them—binding with (tickling) them to turn them on and motivate them to vibrate

a message into the cell. Binding of the ligand to the receptor is likened to two voices, striking the same note and producing a vibration that rings a doorbell to open the doorway to the cell.

I know what you may be thinking. Ringing a doorbell and opening a door are two distinct things. Plus, it takes a lot more energy and thought to open a door. Whereas hearing a ring-a-ling is a fairly passive act.

That's where the micro-tubular forms take on a mounting significance. As Reid said in Sarajane's documentary, the harp sounds begin to organize in a spiral vortex pattern. That pattern is absolutely universal: from every nerve fiber in our body to the largest forming galaxy spiraling in space. It is a pattern that repeats whenever energy is being conserved, channeled and mediated—in other words directed.

“Thinking Cells” and Vibrational Energy

Doesn't it simply follow that other aspects of our physiology would support and operate under this universal understanding? Think of all movement as representing consciousness. In other words, the mind~body entrenchment Dr. Pert talks about starts at the cellular level. So much so, that cell activity is physical activity is conscious activity. A framework like this reinforces the notion that cells make a conscious choice to influence healing based on how they are stimulated to organize. And, as the Cymascope shows—there is a complex and content rich pattern of organizing stimulation in the vibrational energy of harp music.

It helps to look at this type of energy adaptation by going right to the root

of cell development for a concrete example. Tracing the underpinning of stem cell reaction at the progenitor level offers this ideal vantage point. For example, scientists know that stem cell in bone marrow can turn into either fat or bone, depending on the signal it receives.

Predictably, what happens with age (and less movement) is bone marrow fills with fat as fewer signals are received. Which makes it important to understand how these signals are interpreted: these signals are resonating with the bone in high frequency, low magnitude pulses like a buzzing.

So the predominant signal to bones is a result of “muscle quiver” in contraction; which is occurring all the time. Even when people stand still, for example, muscles contract to keep us upright. While the answer to the adaptation of these cells from fat to bone or vice-a-versa is not fully understood, Clinton Rubin, director of the Center for Biotechnology at the State University of New York at Stony Brook, suspects that it is vibration energy effect that is directing cells to turn into bone instead of fat. As Dr. Rubin put it in a Nov 2007 report release, “If we are mechanically stimulating cells to form bone, what isn't happening? We thought maybe these bone progenitor cells are driving down a decision path. Maybe they are not becoming fat cells.” A decision that appears based on the influences of what the body interprets as physical movement (the vibrations). This again conforms to an evolutionary pattern which shows that as people age, they lose many postural muscles, making them less able to balance, more apt to fall. Filling bone with fat, such as is witnessed in osteoporosis, shows that bones do not merely thin; their texture becomes lacy. And lacy bones are more protection than brittle ones in a dynamic movement situation. Which brings us back to the origin of our muscular structure and movement abilities as we progress from the cellular level to the controlling labyrinth of neural networks.

In fact, while science has recently employed methods (fMRI) to functionally “see” this spiral development at the cellular level; the casual reader can simply lift fingers off the printed page and examine your thumbs to see the telltale “spiral array of nerve clusters” in fingerprints.

Just as we know this pattern is efficient for the body to detect the tiniest proximal distances, by observing the inner workings of myelin neurological formations at the cellular level, new dimensions of understanding reveal the process that actually builds these nerve compositions.

Myelin is a sausage-shaped layer of dense fat that wraps around nerve fibers—and works in much the same way that rubber insulation works around a wire; keeping the signal strong by preventing electrical impulses from losing energy. And it seems that this “wrapping” again forms in a consistent spiral pattern in relation to growth pulses as an adequate amount of practice and techniques are combined.

In plain terms, “little sausages” of myelin become thicker when the nerve is repeatedly stimulated. The thicker the myelin the better it insulates and the faster and more accurately the signals travel. It culminates in a two part dynamic that is elegant enough to energize Darwin himself: myelin controls the impulse speed, and impulse speed is crucial to survival movement. The better we can control it, the better we can control the timing of our thoughts and movements, whether we are running, reading, singing, or perhaps more to the point, playing the harp.

To the surprise of many neurologists, it turns out this myelin “electrical tape” is also quietly interacting with the body’s neuromuscular network. Waves of myelin arrive by way of biological code and environmental stimulation that regulate pulsing signals at the right speed in order for the synapses to fire at the right time. All the while in harmony with the natural growth waves: a tsunami occurring around the magic age of 4.

In children, myelin arrives in a series of waves and corresponds with the body’s “prime time” in effortless natural movement and motor skills coordination (typically between the ages of 3 and 9). However, these waves continue into young adulthood; making the brain extraordinarily receptive to learning new skills. As we age, though, and pit our neuromuscular effort against the forces of gravity—a sense of effortlessness is one of the first things to go.

So it is a testament to the healing properties of the harp that Sarajane fosters a youthful, creative ear for composition and an eye for infusing



the beauty of the natural world with her tranquil harmonics. Yet she is also a boundless innovator that is sure to stimulate the imagination in all of us in projects yet to come. Whether you’re a practitioner of therapeutic music, a healer, a scientist, researcher or simply a fan of ethnomusical perspective I think you will thoroughly enjoy learning more about the harp and VAHT.

© Reprinted with permission from The Harp Therapy Journal (Fall 2009)

** Randy Eady will be a presenter at the ACHS Green Your Life Wellness Retreat and Conference at Breitenbush Hot Springs October 4-9, 2009

>> For more information about Green Your Life, click here

Alternative Medicine in the News

Move To Make Alternative Medicine Eligible For Health Insurance Coverage

There is a concerted move to make alternative medicine too eligible for health insurance coverage in the U.S.

Sen. Tom Harkin of Iowa has co-sponsored a measure that would prohibit health insurers from discriminating against practitioners of nontraditional medicine. "It's time to end the discrimination against alternative healthcare practices," Harkin said at a congressional hearing.

Backers of the amendment say it could save tens of billions of dollars in the long run by providing less expensive and better alternatives to drugs and surgery in a variety of cases. The amendment was adopted by a Senate committee writing health legislation, but details are still being negotiated.

More than a third of American adults and 12% of children use these treatments, according to an NIH and CDC survey that included meditation, yoga and deep breathing exercises in addition to types we mentioned earlier, Shirley S. Wang writes in Washington Post.

With hundreds of disciplines falling under the general category of alternative medicine, and with a variety of sometimes-conflicting studies about their effectiveness, there is much disagreement about the value of including such providers in a national health insurance program.

State by state, there is a wide disparity of coverage of alternative medicine. For example, Massachusetts licenses acupuncturists, and many health insurance plans cover the service, but most do so only on a limited basis, by restricting the number of visits or the dollar amount of coverage.

Forty-four states license acupuncturists. Fifteen states, not including Massachusetts, license naturopathic physicians, who use natural remedies in their treatment.

The federal government too has become increasingly involved in the field, funding the National Center for Complementary and Alternative Medicine at the National Institutes of Health, and states are increasingly being lobbied by providers to receive formal approval for the field.

Some nursing homes have bought into the concept. They are using massage therapy to calm agitated patients rather than using powerful antipsychotic drugs that have a slew of side effects.

At the Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute, traditional treatment is complemented by acupuncture and massage therapy as well as counseling on mind-body techniques to reduce stress. For example, acupuncture has proved beneficial to reduce nausea from chemotherapy, according to the center's co-clinical director, Dr. David Rosenthal.

"We have a tendency to treat drug symptoms with another drug. We are looking at trying to find nonpharmacological approaches," Rosenthal said.

Shiva Barton of Winchester, a naturopath of Massachusetts talks with patients about lifestyle changes, stress reduction techniques, vitamins, minerals, herbal agents, acupuncture, and homeopathic remedies.

He said that naturopaths and other practitioners of alternative medicine are discriminated against by a system that is dominated by well-financed lobbies for medical doctors who don't want competition.

But the American Medical Association says there is little evidence to confirm the safety or efficacy of most alternative practices. "Much of the information currently known about these therapies makes it clear that many have not been shown to be efficacious," the association said in a policy statement. The association denies that it is trying to stifle competition and says it is only trying to ensure that medicine is based on science.

Proponents of mind-body wellness and related stress-reduction techniques also want to be included as care providers in the legislation, Michael Kranish reports for Boston Globe.

Whatever the fate of the amendment, merely the fact that it is pushed by a number of senators has been greeted as a breakthrough by supporters of alternative medicine.

© **MedIndia.net July 26, 2009 Click here to read the original article**

Green Your Life

ACHS Wellness Retreat and Conference at Breitenbush Hot Springs October 4-9, 2009



It requires care and conscious decision making to maintain optimal health. Too often the health-care industry sells itself as the health cure industry. But we, the holistic health community, know that in reality, prevention is the only sustainable cure!

Learn how to create and support wellness first-hand at our six-day, five-night Green Your Life in 2009 retreat.

ACHS faculty, staff, graduates, and guest presenters will guide you through a series of presentations, workshops, and nature-based outdoor sessions addressing issues like: practical techniques for greening your life; green foods and herbs that promote prevention; and what does your sustainable wellness lifestyle look like.

Green Your Life Sessions Include ...

Green Your Body

Optional Early Morning Yoga
Wholistic Approaches to Managing MS
Reiki
Iridology

Green Your Life

Distillation
Sustainable Living
Green Your Medicine Cabinet
Plant Identification Walk

Green Your Kitchen

Cooking with Mindfulness
The Healing Power of Weeds

Green Your Mind

Building a Healing Community
Balancing the Chakras
Labyrinth
Transform the Warrior

Green Your Children

Children's Health

Breitenbush boasts a forest setting with a pristine river and abundant hot springs. The more than 154 acres of wildlife sanctuary are surrounded by national forest, which provides a peaceful and secluded sanctuary.

Guests stay in simple, rustic cabins located a short walk from the lodge. The cabins are kept warm with heat from the earth's hot waters, some cabins have a sink and toilet, and bathhouses are nearby.

Book accommodations directly with ACHS. Call (503) 244-0726. Rates range from from \$100 to \$120 per night including meals.

>> To reserve your space at Green Your Life and book accommodations, [click here](#)



Celebrate the Future of ACHS

As you may know, the Australasian College of Health Sciences officially changed its name to the American College of Healthcare Sciences on May 1, 2009. Our name change celebrates the College's 20th anniversary of operations in the United States and better represents our long-term goals as an Institute of Higher Learning in the U.S.

Needless to say, our future is bright! As the needs of our students and the growing holistic health community continue to evolve and change, so will we. But that doesn't mean we'll ever forget you. Rather, you, our current students and alumni, are why we love ACHS. It's your commitment to holistic health education and wellness that make us a success.

That's why we love ACHS. Now we want to hear from you ... Send in a short blurb called "Why we Love ACHS" and we'll send you a piece of Australasian College memorabilia from the Apothecary Shoppe College Store. Like our name change, you are an important part of ACHS history.

Email your "Why we Love ACHS" submission to communications@achs.edu, and you never know, you might see your words in print! (Some submissions will appear on the ACHS blogs, Facebook page, catalog...who knows. So make it good!)

The Reporter Call for Submissions

The ACHS Reporter is putting out a call for submissions.

We're looking to expand, to provide our readers with more comprehensive holistic health information and to provide you, our students, with valuable publishing experience.

To write for the ACHS Reporter, your submission should be comprehensive, original, and noncommercial. Submissions are due by the 15th of each month and can include how-to articles, research

reviews, book reviews, creative writing, recipes, and so on.

Submission does not guarantee publication, and all submissions may be subject to editing by the ACHS Reporter editorial staff.

Students who submit work that is published will receive a publishing credit on their transcript. Email all submissions and inquiries to newsletter@achs.edu or call Lauren Shapiro at (800) 487-8839 for more information.

Advertising Opportunity

ACHS now offers low-cost classified listings in both of our monthly newsletters, which combined directly reach more than 20,000 people and are searchable from our main website. This is your target audience. Start making connections today.

Classified ads are offered in 6-month increments limited to 25 words at a total cost of \$150. Website hyperlink included free of charge. Purchase of classified advertising also includes a one-time featured profile in *The Reporter* and a high resolution accompanying image.

The submission deadline for September is August 24. For information, call Lauren at (503) 244-0726 or email newsletter@achs.edu.