

Sent: Thursday, December 11, 2003 10:34 AM
Subject: Wellness101 Newsletter

Dear Aquathin Dealer OnLine, Splash NewsBulletin and Allergic Reaction NewsBulletin Members;

Many of you enjoy visiting the informative Wellness 101 link on the Aquathin Website. Below is a recent newsletter from Wellness 101 and MediMerge. Please feel free to sign up to receive directly, and introduce to your friends.

Warmest regards to all...as well, your comments are always welcome and very much appreciated.

FOR THE BEST TASTE IN LIFE
Think Aquathin..AquathinK !!
Celebrating our 23rd Birthday in 2003 !!!
(visit the allnew <http://www.aquathin.com>)

"Alfie"
Alfred J. Lipshultz, President

P.S. "Splash NewsBulletins", "Forum Q & A", "Allergic Reaction", Biz Bank, Tech Bank and Quote Bank... ARE ALL FREE services to all Authorized Aquathin Dealers and their clients to keep you abreast of technology updates and industry news.

----- Original Message -----

From: [Director of Wellness101](#)

To: info@aquathin.com

Sent: Monday, December 01, 2003 11:16 PM

Subject: Wellness101 Newsletter



Wellness101 Newsletter

No. 10, Issue Three	December 2003
	<p>In this Issue</p> <ul style="list-style-type: none">• Adrenal Fatigue• Chinese Medicine and Cancer Care• Holistic Nursing and Spiritual Healing ---• Interview by Bonnie Horrigan• Light and Shadow: Reflections on Environmental Work• Reiki: A Starting Point for Integrative Medicine

Dear Alfred,

We hope you are enjoying our new newsletter! Feel free to offer your comments or to browse through our previous issues.

We highly recommend the ELISA food test highlighted at the end of the newsletter. For more information please email us with your questions.



Adrenal Fatigue

Enhancing Quality of Life for Patients with a Functional Disorder

The human organism is bombarded with an incredible variety of stresses at any given time. Stress can be categorized in an equally dizzying number of ways. There are both chronic and acute stressors. There are somatic stressors that push the body away from homeostasis. There are psychogenic stressors that seem to be triggered at the slightest provocation. An elaborate system of hormones and neurotransmitters (coupled with the human penchant for becoming upset about non-physical stressors) engenders psychogenic stress in human beings more than in any other species of animal.

There are two basic kinds of psychogenic stress (1) rational (*fear*) and (2) irrational (*anxiety*). Regardless of the nature of the stress - mental or physical, rational or irrational - the body responds to all stress in a fairly predictable manner. In the early 1930's, Selye termed this predictable pattern of response the general adaptation syndrome.

[Find out more...](#)



Chinese Medicine and Cancer Care

Activity is closer to the essence of life than structure, since structure exists for the sake of activity. The key to the living thing is the excellence of its agency. An organism can change itself. ---Robert Augros and George Stanciu, in 'The New Biology'.

Every medicine emerges out of the interaction between biology and culture. Medical practices are the product of a social, political, and economic milieu, shaped by customary habits and traditions, many having little to do with science, evidence, or even medicine itself.' Chinese traditional medicine has been shaped through continuous use by what is now one-quarter of the world's population. For more than 23 centuries, the people of China have used it to diagnose, treat, and prevent disease as well as to foster health.

[Read on... »](#)

Holistic Nursing and Spiritual Healing --- Interview by Bonnie Horrigan



Charlotte Eliopoulos, RN, MPH, PhD, ND

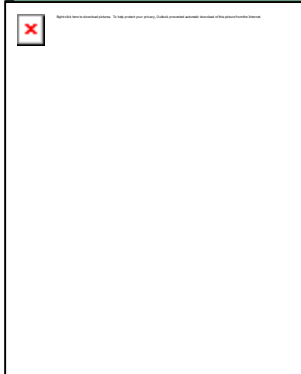
Charlotte Eliopoulos, RN, MPH, PhD, ND, who served as president of the American Holistic Nurses Association in 2001-2002, is currently the President of Health Education Network, a business that provides educational materials and consultation to long-term care providers. She also engages in a private practice through which she

- [The Effect of Mirthful Laughter on Stress and Natural Killer Cell Activity](#)
- [Death and Hospitals: An Inquiry into the Body Count](#)
- [What Exactly is a Food Intolerance?](#)
- [Answers to Frequently Asked Questions about foodSCAN](#)

delivers integrative and holistic care to individuals with chronic conditions, and promotes self-care to caregivers.

[Full Story »](#)

Light and Shadow: Reflections on Environmental Work



Larry Dossey, MD. Based on address delivered at The Greening of Medicine.

Good health depends on a healthy environment- clean air, water, and food. The great public health workers in the past understood this, and the extension of the human life span in the past two centuries is due largely to this recognition. During the past few decades, however, we have taken our eye off the ball. We have become increasingly enchanted by high-tech interventions such as pharmaceutical drugs, surgical procedures, transplantation, and genetic manipulations. Though these advances are important, they alone cannot sustain life. Consequently, we are rediscovering

an ancient truth: technology alone can never compensate for a fouled nest. Without a healthy environment, human health is impossible.

[Full Story »](#)



Reiki: A Starting Point for Integrative Medicine



Robert Schiller, MD

A family physician meets a new patient, who complains of frequent headaches and back stiffness, and is now concerned about frequent episodes of colds and cough. The patient uses a variety of herbs, and has seen an acupuncturist, without much improvement. He is increasingly concerned about his symptoms, and wants to use his health insurance to cover any further treatment costs. Motivated by such practices used by many of her patients, the physician has become more interested in the use of herbs and unconventional health practices of her patients. But she is unable to suggest any of these options because of her lack of knowledge. Instead, she offers the patient medication and a physician therapy referral, and suggest a blood test and chest X-ray to reassure the patient about the cough. The physician leaves this encounter frustrated both by her patient's obvious disappointment in her limited knowledge and skills in the use of complementary medicine, and by her knowledge that conventional medicine has little to offer.

[More on this topic »](#)

The Effect of Mirthful Laughter on Stress and Natural Killer Cell Activity

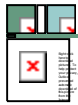


Original Research by Mary P. Bennett, DNSc, RN, Janice M. Zeller, PhD, RN, FAAN, Lisa Rosenberg, PhD, RN, Judith McCann, DNSc, RN

Context: A recent survey of rural Midwestern cancer patients revealed that humor was one of the most frequently used complementary therapies. Psychoneuroimmunology research suggests that, in addition to its established psychological benefits, humor may have physiological effects on immune functioning.

Over the past 20 years, psychoneuroimmunological (PNI) research has repeatedly documented that various types of stressors lead to interactions among the neurological, endocrine, and immune systems, which can decrease immune functioning and disease resistance. However, research is limited as to the interventions that effectively modify the effects of stress on immune function. Despite this lack of data, a number of interventions have been developed and marketed to the public with little or no documentation of their effectiveness mechanism of action.

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Death and Hospitals: An Inquiry into the Body Count

Larry Dossey, MD

Every time I walk past the security devices at airports these days, I am reminded that I am an electromagnetic entity. It isn't just the coins in my pocket that are capable of making the bells ring. Even if I walked through naked, I'd still trigger the alarms if their sensitivity were turned up high enough. The reason is that I radiate. I'm an electric man.

But I don't rate compared to Harry Fairweather of Winsford, Cheshire, England. Every time he leaves a local department store, he triggers flashing lights and bells. A first the security guards though Harry was shoplifting. When this was eliminated, they figured the alarms were faulty. They weren't. Now the guards simply scratch their heads as the problem continue to occur every time he leaves the store. Harry was 2 years old when his unusual powers were reported.

[to read on...](#) »



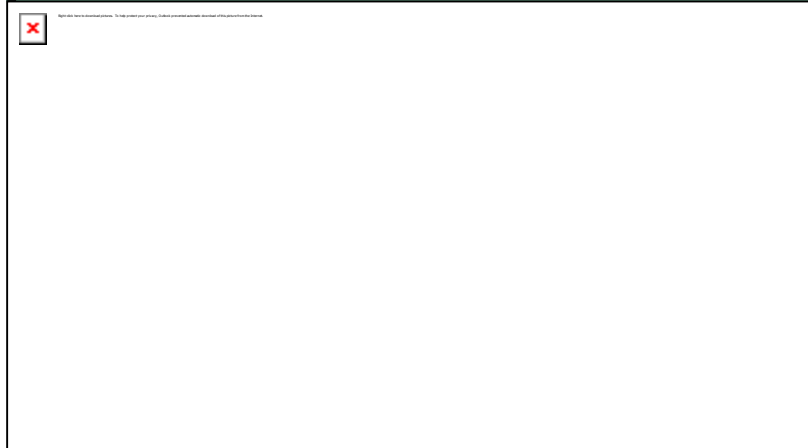
What Exactly is a Food Intolerance?

"Food allergy occurs when the immune system, by means of a mixture of immune cells, antibodies and chemical mediators, reacts in an attempt to reject a food."

This paper articulates the different types and causes of food intolerance. It demonstrates how to detect food intolerances and the best diagnostic tools available today.

[To read](#) »

Answers to Frequently Asked Questions about foodSCAN



[To read more about the ELISA method](#) »

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