

Body, Mind and Heart

A publication that promotes total growth.

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What is HIPAA?

HIPAA stands for **H**ealth **I**nsurance **P**ortability and **A**ccountability **A**ct of 1996. By now you may have received forms to sign regarding your privacy by your insurance carrier or other medical providers. As many of these organizations try to take care of business by electronic filing, access to your personal information is more available to others. With this in mind, there are now safeguards required for electronic systems that are required by the HIPAA bill that must be instituted by April 16, 2003. At Blueprint for Health and Meramec Counseling, we have decided that we will continue to do all of our paperwork by "snail mail", mail bills directly to clients and insurance companies without the use of a third-party biller and therefore not add the layer of legal expertise that requires compliance. This decision also helps contain costs.

As we discussed the issues of privacy as a staff, we agreed that privacy issues as a whole are important to us. We have made some simple changes in our office that we want you to be aware of and understand. First, our business office is a busy area that houses all of our client and patient files, phone logs, and appointment schedules. We will keep the office door closed as a reminder for you not to go into the business office. Files and computer screens will be kept out of view in treatment rooms. Scheduling appointments is a sensitive issue, so we ask that you not read the appointment book while someone is helping you get scheduled. Setting up appointments and making payments will be done through the front window or in the privacy of a treatment/therapy room. Although we like our relaxed atmosphere and we want everyone to feel relaxed when they are here for appointments, we also want to do our part in protecting your privacy.

If you have any questions, please ask any one of us. We appreciate your cooperation and understanding.

This newsletter is a joint venture of Meramec Counseling and Blueprint for Health. We hope you enjoy reading it and pass it along to your family and friends
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****If you do not wish to be on our mailing list or have a change in your address, please let us know.**

Upcoming Events

David Grove

Personal Journeys

David will give his two-day workshop on May 10th and 11th this year.

Individual sessions may be available before or after those dates. For prices and registration, talk to Donna.

For those of you who don't know David, or haven't worked with him recently; he has extended his fascinating metaphor work from paper to the entire physical landscape in which we live. Finding the edges of our personal real estate can be healing and enlightening. We hope that you come to observe or participate!

Arnell Etherington, Ph.D. – Art Therapy

For those of you who were unable to take the art therapy workshop in January, we are offering individual sessions with Arnell around and possibly during David's workshop. Contact Donna for details and registration.

In our next issue:

- Upcoming programs for energy and self-nurturing.
- Details regarding possible Energy Mismatch workshop with Jane Read.
- Update on Internal Family Systems Model.

What is Health Kinesiology?

What is an Energy Mismatch?

By Jackie Reed, M.S., D.C.

Kinesiology is the study of movement that originally involved testing muscles for function and strength only. Since the 1960's several other types of kinesiology have evolved using muscle testing. In the November 2002 issue I defined Applied Kinesiology, the system of muscle testing used by chiropractors, osteopaths and medical doctors. Health Kinesiology is a system developed by Dr. Jimmy Scott. By 1981, the basic structure and principles of HK were developed. The system of HK is similar to AK in that it uses muscle testing to balance the body's energy. However, it differs in its scope and unique approach to each person's health and emotional issues. Two people may have eczema, but the imbalances, triggers and stressors that have caused it will be unique to each individual. HK respects these unique qualities and works to find out the corrections needed to restore balance and harmony to each person. Asking questions directly to your body's energy system requires that your energy is balanced and that the questions asked are accurate and precise and can be answered with a yes or no response.

Jane Thurnell-Read has been practicing Health Kinesiology in England for twenty years and has mastered the art of question-asking as well as muscle testing subtle energy changes. She has also developed the concept of energy mismatch

An energy mismatch is when the body responds inappropriately to any physical substance that it encounters (food, inhalants, chemicals, drugs, viruses, supplements, etc.) Your body also has to react appropriately to substances produced in the body (hormones, enzymes, metabolic by-products, etc.) Sometimes the body reacts inappropriately to one or more of these substances and this leads to health problems. Correcting an energy mismatch can restore balance to your body and restore quality health.

Pay Attention – by Melinda Fry, PLPC

Eighteen years ago I met my friend and her mother at the Botanical Gardens. It was spring and the gardens were bursting with color and promise of delight. I broke into my usual quick stride with the goal of seeing everything before the afternoon was through. I turned around to see that my companions were stopping every six inches, and I am not exaggerating. They were hovered over a flower, their eyes huge with amazement whispering and giggling like teenagers. "Ah jeez", I thought, impatiently watching them with my hands twitching, feet moving and a fake smile plastered across my face. We will never leave this place.

My friend turned, put her hand gently on my arm, looked deeply into my eyes and tenderly said, "pay attention". I thought I was paying attention. Perplexed, I decided to watch what they were doing and maybe understand the meaning of her words. I began to get it as she pointed out the not so obvious sights. Instead of seeing only the huge iris bed, I saw the renegade little Johnny jump-ups peeking out from underneath the big flowers.

From that moment on I opened my eyes in a way that has literally changed the way I live each day. The landscape on my daily dog walk transformed in front of my eyes. The world became a fusion of skipped over details as I walked from one moment into the next moment. I became acutely aware of everyone and every thing around me, insatiably drinking in the details of daily life. I began to notice not only externally but internally as well.

I had taken the SNAP class with Donna and finally connected that what she was asking us to do was to pay attention to our interior landscape: be aware of each moment's thoughts, feelings and behaviors to get a complete picture of who and how we were in the world. It seemed simple enough and yet to this day I remind myself to slow down and repeat the mantra I learned all those years ago. The same gift from two very different sources changed my world. As we enter into this incredible season, I encourage each of you to open up and pay attention.

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