

# Body, Mind and Heart

A publication that promotes total growth

Volume IV, Issue II

April 2005

| <b>Losing Your Animal Companion<br/>- Melinda Fry, LPC</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Upcoming Events and Updates</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Twenty years ago I was visiting with my sister Lisa and she had just lost her black lab Melissa – named after my sister and me – Melinda and Lisa. Melissa had cancer and Lisa went to great lengths to care for her precious friend. My sister was in pain and I was trying to be supportive and helpful during her sorrow. Not being a dog owner and not understanding her feelings, I naively said all the wrong things.</p> <p>Five years later I got my first golden retriever, Emma. I quickly understood the pain my sister endured after losing Melissa. I fell in love with Emma and couldn't believe our deep connection. She traveled everywhere with me. Six short years later Emma was diagnosed with a very aggressive form of lung cancer, and I was devastated. She had the best treatment possible but four months later she lost her battle with cancer.</p> <p>I took solace in talking with friends about Emma. I noticed that my friends who didn't have pets could not understand my pain. They said the exact things to me that I had said to my sister when she lost Melissa. Here are examples of some of the statements made during those first weeks after my loss: "Get another dog, that will make you feel better." "It was JUST a dog, why are you taking it so hard?" "Why did you spend so much money on her anyway?" Let's go to the Humane Society, they will fix you right up." "Snap out of it." My friends didn't mean to be harsh, they simply didn't comprehend my sadness. I then questioned my own sorrow and need for understanding. Was my grief pathological? I felt very alone.</p> <p>As a society we generally don't honor the bond between humans and animals. Our mourning and grief for our beloved companions is not accepted. Any mourning past two weeks is viewed as suspicious. What I know is that it is normal to mourn and the stages of grief are the same for all of our losses.</p> <p>As my beloved golden retriever, Frieda, experiences the problems of old age, I know that I am facing another enormous loss. With this in mind, I have decided to create a support group for people who have lost their animals or those who face the challenging choices we have as our companions reach the end of their lives. I want to create a space where our grief and stories are welcomed and our shared experience can comfort and support us during a difficult time. It will be a safe place where we can connect with others and know that we are not alone.</p> <p>Look for details in our next newsletter about my new animal loss support group. If you have an interest or questions for me, call our office.</p> | <p><b>Don't miss Donna Eden in St. Louis</b></p> <p>Donna Eden, author of <i>Energy Medicine</i>, will be presenting at the Holiday Inn Westport on September 30 and October 1. Donna Eden is an extra-ordinary healer. She sees energy and she teaches you how to learn how to perceive it in your own way using tested energy principles developed from ancient healing practices as well as other kinesiology techniques. If you have never seen Donna Eden in person, you won't want to miss it. David Feinstein will also be presenting that same weekend on October 2<sup>nd</sup> to present the "Promise of Energy Psychology".</p> <p>Conference Works is sponsoring the weekend and you can visit their website at <a href="http://conferenceworks.com">conferenceworks.com</a> or stop by our office to pick up a brochure.</p> <p><b>New Women's SNAP Class is Now Forming</b></p> <p>A Beginning Women's SNAP class will start this summer. <b>SNAP</b> is an acronym for <b>S</b>elf-<b>N</b>urturing, <b>A</b>nger and <b>P</b>roblem-Solving. Improve and enhance all of your relationships by learning these fundamental concepts.</p> <p>Class will meet for approximately 8 weeks, 2 hours per evening. Cost is \$400 payable in installments. Call today to sign-up.</p> <p>☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼</p> |

## **Why Alkaline? What Difference Will it Make?**

**Jackie Reed, MS, DC**

In February, 2005, Jane Brody wrote a summary of the ways to reduce your risk of cancer and the ways to increase your risk. The bottom line is that vegetables, fruits, physical activity and refrigeration versus salt/pickling reduce your risk of all forms of cancer. Smoking, salted foods, obesity, alcohol, coffee, meat or meat fat, dairy fat and a deficient diet along with certain occupations are all factors that increase your risk of cancer. Simply put, the factors that reduce cancer risk are alkalizing and the factors that increase your risk are acidifying. The factors listed determine more than cancer. A long list of symptoms that are the result of an acidic body include muscle pain/cramps, joint pain, headaches, excess mucous, irregular bowel habits, fatigue, heartburn, allergies, hives, asthma, viral infections, bacterial infections, fungal infections, Multiple Sclerosis, arthritis, osteopenia, osteoporosis and hormonal imbalances of all kinds.

So, what does it mean to be acidic or alkaline? Acidic is a pH score of less than 7.0 and alkaline is a pH score of greater than 7.0. Neutral is 7.0 and indicates that the number of hydrogen ions and hydroxide ions are equal. Your body's tissues and fluids strive to maintain alkalinity, with a few minor exceptions such as the stomach. The pH of a soda is 2.5, but more importantly is how much it takes for your body to neutralize the soda. Your kidneys require the food and liquids that you consume to become neutralized before safely exiting your body. Your body will take alkaline minerals found in your bones, muscles and tissues such as calcium, magnesium, sodium, potassium, copper and cobalt to buffer the acidic solutions created from your intake. If all you eat are acidifying foods – meat, dairy, coffee, alcohol, soda and sugars – you will rob your body of its alkaline reserve. Fruits and vegetables that are alkalizing need to be consumed in greater quantities to stop the acidifying process. Most of the tissues and fluids in your body are alkaline, but after years of poor diet and stressful lifestyles these tissues become more acidic and the normal functions of your body become compromised.

Learning how to eat more alkaline foods and changing your lifestyle habits to reduce stress (an acidifying process) can enhance your quality of life now and prevent major illnesses in the future.

**This newsletter is a joint venture of Meramec Counseling, LLC and Blueprint for Health, LLC.**

We hope you enjoy reading it and pass it along to your family and friends.

Donna Kitchen, LCSW

Melinda Fry, LPC

Margie Lewitt, B.S.

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

Phone 314-781-9400

\*\* If you do not wish to be on our mailing list or have a change of address, please let us know. \*\*

## **AWOL Support Groups**

AWOL, Alkaline Way of Life classes in January and March were well-attended and enthusiastically received. Due to the great response, both on-going support classes and another two beginning classes are forming. Make it a priority in 2005 to learn the principles of alkalinity that will change your life forever.

### **Alkaline on-going support classes for motivation to stay on the alkaline path:**

Sat., April 30: 11 am – noon

Wed., May 11: 7 – 8 p.m.

Cost is \$10.

Advanced registration required. You can attend one or both sessions.

### **AWOL Beginning Classes:**

Wednesdays, June 8 and 15 from 6:30 – 8:30 p.m.

OR

Saturday, June 11 from 9 a.m. – 1 p.m.

Cost is \$75. Deposit of \$30 required to hold your space.

Class size: Minimum is 6, Maximum is 14.

Call 781-9400 to sign up.

☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼

## **MERAMEC COUNSELING**

We are desperate for tapes - Especially 60 minute ones! Please help us & bring them back. Thank you so much.

### **Patient Information and Informed Consent**

Blueprint for Health & Meramec Counseling are revising our patient information, informed consent, and policy and procedure handouts. We are also completely re-doing our phone number and address files. You will be asked to update your information and sign new releases. We appreciate your cooperation in this matter.

☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼

|  |  |
|--|--|
|  |  |
|--|--|