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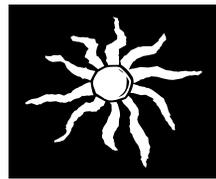


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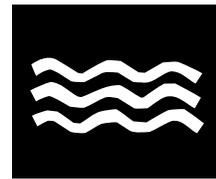
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ONTARIO
OPTA
POLARITY THERAPY ASSOCIATION
at 416.652.5055

Editor's Brief

Welcome to OPTA's new energy!

Like the new operating board, I have been inspired by the potential that, not only our organization, but this newsletter in itself, has to offer. As OPTA's key focus this year is communication, it is only fitting that we broaden the scope of the communication tools that are available to us. It is of timely and great importance that we spread the word about Polarity Therapy; about who is involved and how; about what the features of this modality are and to whom they benefit; about where it fits in; and about how it should be communicated and who to.

In Dr. Stone's Complete Collected Works (Volume One, Book II, page 17), he writes: "That which is above is reflected in the area below and that which is below has a representation above in its government." As Polarity Practitioners, we hear this statement shortened to "as above, so below", again and again. But I urge you to take a look again at the quote in its entirety, to the potential that these words bear on all aspects of life, from the human microcosm to the universe at large, and to our organization specifically. It is time to encourage a flow from the inner energies that manifest personal health to the outer energies that communicate aliveness! OPTA is alive. OPTA has something to offer the practitioner, the student, the organizing body of APTA, the health professions and the general public.

Here, at "energy currents", we are dedicated to allowing this energy to flow, to allowing the voices of Polarity Therapy to be heard. We look forward to relaying news about what is happening in our field and what is happening in health care. We look forward to communicating interesting travel experiences. We wish to review products and books from within our industry. We want to further our learning experiences by reviewing case studies and fielding questions and criticisms from within and from outside our community. We can only make these things happen with your input!

I look forward to representing your voices, your energy.

Sincerely,

Laurie Copeland • Editor

InZane Visual Communications • Publisher
61 Elm Grove Avenue, Toronto Ontario M6K 2J2 • laurie@inzane.ca



Board Notes - The 2001 Board of Directors

The 2001 Board of Directors is experiencing some fabulous growth and energizing spirit. We are working and playing very well together to bring our members the representation that they deserve by developing and implementing new agendas and committees. Although we share in one another's duties, we do have certain areas of interest and representation. These have been outlined below.

We would be very interested in growing our volunteer base for assistance in several areas. If you are interested and can spare some of your energy to any one of the directors on board, it would greatly be appreciated. We are working for the common growth of our organization, for all of us do benefit.

Victoria Lorient-Faibish - President

R. 416.485.8750 / B. 416.916.6066
E. info@visualizationworks.com

As President of OPTA, Victoria provides direction and organization for general meetings, board meetings and letter documentations. She is very involved in bringing new business to OPTA.

Susan Samila - Secretary

R. 416.652.5055 / B. 416.635.2860
E. energy@colosseum.com

Susan is literally the voice of OPTA, as she fields all calls and inquiries into our organization. Susan's other contributions are also invaluable, as the note-taker and maker! She ensures that the Ontario Organization guidelines are followed, that meeting minutes are taken and that membership mailings are complete.

Peggy Barrett - Treasurer / Member Representative

R. 416.626.8120
E. peggy.barrett@sympatico.ca

Peggy is a very busy member of the board, ensuring that the finances are in order and that the membership is up to date. As the membership representative, Peggy fields all related calls and inquiries.

Kirsten Hildebrandt - Director

R. 416.699.8324 / E. kirstenh@sympatico.ca

Kirsten, along with teaching Yoga, continues to successfully organize the OPTA phone tree. She ensures that all members are contacted and informed about upcoming general meetings. If you can assist Kirsten with the phone tree, please contact her directly.

Laurie Copeland - Director

R. 416.534.1455 / B. 416.534.1960
E. laurie@inzane.ca

With a background in graphic design, Laurie is the communication representative and as such is acting Editor of "energy currents". She also heads up the volunteer committee for website development. In order to get the website up and running, Laurie would greatly appreciate assistance.

Barb Staples - Director

R. 705.277.2254 / E. barlie2@hotmail.com

Barb hails from the Peterborough area and is our Eastern Ontario Representative. Aside from her work as an APP, RN, and mother of three teens, she works hard as a liaison, to grow Polarity Therapy in Ontario. Barb also ensures that there are nutritious munchies and refreshments available at our general meetings.

Pamela McDonald - Director

R. 416.532.0653 / E. pmcdonaldr@aol.com

Pam joined OPTA recently to head up the events committee. Pam will be involved in organizing special speakers, workshops, etc. If you have ideas in this respect or can assist Pam in anyway, please contact her directly.

Pat Ransom - Director

R. 905.939.7519 / E. pattimugan44@aol.com

Pat recently joined the board to head up the research and development committee. This committee is responsible for keeping our members up to date on what is happening in and around our community. If you would like to assist Pat, or have information that would be valuable to this committee, please contact her directly.



Complementary and Alternative Cancer Care

by Stephen M. Sagar MD, Radiation Oncologist, Hamilton Regional Cancer Centre



Introduction

Complementary therapies have become an important part of health care. Clinical trials are our best method for evaluating their general effectiveness and also for determining who may benefit most. Today, a combined knowledge of conventional or traditional health care and proven effective complementary therapies are providing the best overall care.

In the USA, most medical schools teach their students about complementary and alternative medicine (CAM). In Canada, surveys show that 80-90% of medical students wish to learn about CAM. The new Canadian Institute for Healthcare Research has a section for CAM research under the Health Systems Institute. CAM is being viewed as a useful contribution to our healthcare system, but requires further detailed evaluation.

Definitions

There is a distinction between 'complementary' and 'alternative' therapies which I wish to emphasize. An 'alternative' includes any unproved therapy that is promoted as a cancer treatment or cure to be used instead of mainstream cancer treatment. It is usually a very tempting path to take because supporters will claim a lack of side effects compared to conventional therapies. Unfortunately, lack of side effects is often accompanied by lack of effectiveness in treating the cancer.

Some alternative therapies may have quite toxic side effects. For example, the herb called Chaparral may cause liver damage, the herb named Pau D'Arco may cause vomiting and bleeding, and colonic enemas can rupture the bowel. On the other hand, herbal formulae, such as Essiac tea, or animal derivatives, such as shark's cartilage, may have no proven clinical effectiveness, but also appear to have no major side effects, apart from mild nausea and financial cost. In contrast, some combinations of Chinese herbs, appropriately prescribed by a registered practitioner, are showing promise in clinical trials of effectiveness, but you should always be aware of potential side effects.

Tragically, some quasi-scientific therapies encourage desperate patients to leave their home and spend all their money on an expensive journey of hope, which usually ends with disappointing treatments and medical complications. In my experience, and research of the literature, the probability of a cure from a non-conventional therapy is very low, and poses an extreme risk to your health and well being.

In contrast, 'complementary' therapies are used as adjuncts, or something that is added, to conventional treatments, such as surgery, radiotherapy, and chemotherapy, to enhance the response of treatment, reduce side

effects, and enhance quality of life. As such, complementary therapies can be part of a program of supportive care. Although many complementary therapies have, as yet, unproven value, some are being evaluated through clinical trials. Evidence found in laboratory data often does not equal to what happens in people, so you should at least be wary regarding the lack of "clinical" evidence. On the other hand, lack of evidence does not mean it may not work, it simply means that the research data is incomplete. Complementary therapies often provide a source of hope, which is important for coping, quality of life, and, perhaps, clinical outcome. However, hope should always be balanced with a sense of reality, and appropriate counseling provided to prevent guilt and a sense of personal failure, if therapies do not succeed.

General Precautions

The use of complementary therapies by cancer patients may be more than 50%. I encourage you to share your self-healing path with your health care practitioner and to inform your physician and nurse of any additional therapies or nutritional supplements that you may be taking. This is important because we wish to support you in every possible way through your journey with cancer, and also advise you on any potential interactions.

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For example, many herbs are also anticoagulants or blood thinners (that is they can thin the blood). This may be acceptable in many situations, but could be dangerous if your blood platelet cells are low, or if you are taking medicinal anticoagulants such as warfarin.

Antioxidants may also interact with conventional cancer treatments. Antioxidants do reduce side effects from some anti-cancer treatments, and by themselves can encourage cancer cell death in the laboratory. However, it is also possible (but unproven) that very high doses of antioxidants (higher than that found in a good nutritious diet) can reduce the clinical effectiveness of radiotherapy, and interact adversely with some chemotherapy agents. It is most important to discuss these controversies with your physician and nurse to allow you to make appropriate decisions.

Credible practitioners of complementary therapies for cancer treatment are usually also well established in mainstream medicine and are more capable of evaluating the pros and cons of complementary interventions. I would be cautious of any practitioner who has not had training in conventional cancer therapy as well as complementary health care. You should ask about their training background and accreditation, and whether they are responsible to a regulatory body.

As well, information from most web sites should be discussed with your oncologist to enable you to gain perspective. In 1999, the US Federal

Trade Commission announced that it had identified hundreds of web sites selling bogus cures for cancer and other serious illnesses.

Complementary medicine for cancer patients is part of a supportive care program. It incorporates many cultural and personal values, and therefore is the subject of much discussion. These therapies can be a valuable part of an individualized program of cancer care and can be discussed with your healthcare providers.

The Popular Complementary Therapies

Nutrition

Macrobiotic diets, high dose intravenous vitamins (orthomolecular therapy), juicing, and bowel-cleansing formulas have no proven value. However, a well balanced diet with an appropriate calorie intake, incorporating such vegetables as broccoli, cabbage, onions, garlic, orange root vegetables, tomato (paste), cold water sea fish (e.g. salmon), soy, decaffeinated green tea, and increased fibre appear to be anti-carcinogenic and may help in the prevention of cancer. They contain ingredients that can reduce the production of cancer-inducing agents by the liver and increase the death rate of some types of cancer cells. Avoidance of large amounts of saturated and hydrogenated fat, red meat, refined carbohydrates, coffee and alcohol may improve your well-being and reduce side effects of treatment. Vitamin and mineral supplements may be appropriate and should be discussed. A consultation with a dietitian is important to

individualize the diet to your personal needs.

Exercise

Generally, exercise will help your well-being, increase your immune response, reduce fatigue, and help you to cope with your treatment. However, it is important to discuss the type of exercise you wish to do with your oncologist. For example, jogging or weight training may be dangerous if you have spread of the cancer to bones. Other types of exercise, such as Tai Chi may be useful. The Oriental techniques of Qi Gong and Tai Chi will provide exercise for both physical improvement and relaxation.

Traditional Chinese Medicine

Oriental medicine has been practiced in China for over 3000 years. Traditional Chinese Medicine uses acupuncture, herbs, and exercises such as Qi Gong. Acupuncture stimulates nerves, which travel to the spinal cord and connect to the brain to reduce pain, release hormones, and stimulate an immune response. Randomized clinical trials are demonstrating its effectiveness in multiple conditions. Some of the original studies showed it to be very effective for nausea and vomiting. Although acupuncture is often administered using very fine painless needles, it may also be applied through electrical stimulation and laser light. At the Hamilton Regional Cancer Centre we are investigating the potential benefits of acupuncture on xerostomia (dry mouth) after radiotherapy, using an electrical stimulation technique.

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Many combinations of Chinese herbs have pharmacological activity, which can include anti-cancer effects, increased immunity, and reduced side effects of conventional treatment. For example, PC-SPES was reported in the New England Journal of Medicine to shrink prostate cancer, and was shown to have mild estrogen activity. The University of Texas Health Science Center is researching Chinese herbs and finding that most have activity against cancer in the laboratory. However, only clinical trials will confirm their effectiveness in patients.

Mind Body Medicine

This discipline recognizes that there is an intimate relationship between mind, body and health. It also incorporates spirituality, and emphasizes the importance of meaning, purpose, and personal values that can stimulate vitality. There is scientific evidence that attitude and ability to cope with stress can influence the function of our immune system. It is not understood, however, how this helps us cope with the effects from conventional treatments.

Mind-body techniques can include psychotherapy, meditation, hypnosis, biofeedback, art therapy, dance expression, healing sounds, yoga, tai chi, and many other techniques. Different therapies may be more important for specific personalities. Certainly, mind-body therapies can improve coping skills, reduce side effects, and improve quality of life. Whether they can improve tumour control is still very controversial and

continues to be studied. It should never be implied that a patient has direct control over their cancer since progression of disease can cause feelings of severe guilt and depression. However, mind-body therapies can provide hope and be empowering, which may be beneficial if you are not held responsible for cancer progression.

Massage, Energy Therapies and Prayer



Touch can provide compassion that can improve well-being. In critical care units, it has been shown that touch improves well-being and reduces complications. Therapeutic massage also stimulates specific neurological points, which can reduce side effects and diminish muscle cramps. Some of the points are the same as those used for acupuncture. Other techniques, such as Therapeutic Touch, Reiki, external Qi Gong, and Polarity Therapy, may not always touch the body. They work by interacting with the so-called energy field around peoples' bodies. The energy field may be electromagnetic. Whatever the mechanism, it induces a profound sense of relaxation, appears to reduce side effects, and may be associated with objective changes in blood counts and blood chemistry. There is no evidence that energy therapies can be relied upon to cure cancer, but they appear to help some people to cope and maintain their sense of wellness.

There are now several studies that suggest that intercessory prayer (being prayed for by others) can reduce side effects and

complications. However, the subject remains controversial and there are also several negative studies. Knowing that you are being prayed for and praying for yourself may be part of your personal spirituality that may be important for coping and quality of life. It can be an important part of your personal belief system, which should be supported by your health care provider.

Patient Resources

Hamilton Regional Cancer Centre
Supportive Care Program
(905) 387-9495

Wellwood Resource Centre
of Hamilton
(905) 389-5884

Rymal Square Health Clinic
(Chinese Medicine)
(905) 389-7276

Stone Quote

"The whole body recuperates when life's Central Energy is permitted to flow naturally, without interference by our own mind's desires... Paracelsus, the great alchemist, observed this also when he stated that man is ill because he is never still. He said there was great healing in the quiet depths of space, but man never tuned into it by being quiet himself!"

Volume One. Book I: page 47.



Book Review

The Power of the Now and The Power of Thought

by Bill Close, RPP (Registered Polarity Practitioner), RCST

Reinventing Medicine, Beyond Mind-Body to a new Era of Healing

by Dr. Larry Dossey, M.D. (ISBN 0-06-251622-1)

The Power of the Now

by Eckhart Tolle (ISBN 1-57731-152-3)

The following is a brief review of two books which I suggest as reading for Polarity Therapists.

Franklyn Sills, in his book, *The Polarity Process*, refers to comments made by Dr. Larry Dossey, M.D., in that the length of life is meaningless for the reason that the passage of linear time does not occur in nature. Sills goes on to say that it is the quality of the present moment that is important. In following the way of the Tao in the present moment, health on many levels results. Sills says that this outlook has profoundly affected his practice of Polarity, where he tries to facilitate a better quality of life in the present and leave the question of "time" to a higher Source.

To further appreciate this approach, I encourage Polarity Practitioners to read Dr. Larry Dossey's latest book *Reinventing Medicine, Beyond Mind-Body to a new Era of Healing*. In this treatise Dossey reviews the scientific evidence for the positive effects of prayer and he explains the "nonlocal" nature of our minds.

The second book I recommend is *The Power of the Now* by Eckhart Tolle. Together these two books stress the importance of our attitude and presence as therapists during and after sessions with our clients.

Dr. Stone in his writings asked

"who will succeed and why?"

Sher Smith RN, RPP, RCST

will be presenting the answer Dr. Stone gave and how it relates to the life of a successful Registered Polarity Practitioner at the next OPTA General Meeting:

June 11, 2001

**North York Central Library • 5120 Yonge Street
Doors open 6:30 pm. Meeting to commence 7p.m.**

What law was Dr. Stone referring to and what did Dr. Stone say success is?

This is of benefit to anyone who wants to further understand Dr. Stone's work, or who wants to incorporate it further into their life and move forward in growth.

This will be a fun time with some theory, some experiential and lots of discussion. Also hear from those who are being in their process and manifesting success. What that would look like for you, you get to decide. The steps along the path we can all share.

Sher Smith RN, RPP, RCST has been involved in the Holistic healing field since 1979. Her professional training is varied and comprehensive including studies in Cranial Sacral Therapy with Franklyn Sills and the Upledger Institute and certification in Neuro-Linguistic Programming, Educational Kinesiology, Reiki and Touch for Health. Sher is the founding President of the Ontario Polarity Therapy Association, a member of the American Polarity Therapy Association, a member of the Cranial therapy Association of the United Kingdom, and is a Co-director with the RYP school of Polarity Therapy teaching an approved APP & RPP course.

For more information you can contact Sher by email at info@reachingyourpotential.com. Or check out the school website at www.reachingyourpotential.com.



The Liver, Master Organ Extraordinaire!!!

by Victoria Lorient-Faibish, B.A., RPP (Registered Polarity Practitioner)

More and more I am discovering, both on a personal level and with my clients, that in order to deal with any chronic ailment, there is no choice but to enter into a process of liver purging and cleansing. The liver and the gall bladder, are so intimately linked, that a cleanse of one, becomes the precursor to the purging and cleansing of the other. Stagnation in this area has such a rich volume of repercussions, physically, emotionally and spiritually. As I work with various modalities to hold the space for a client coming into balance, the point at which the progress becomes delayed is when we discover that the liver cannot effectively process the physical and emotional toxins any longer. It begins to send clear signals that come in the form of related symptoms so that the person will take notice and respond appropriately. So proceeding forward without doing anything, is like adding clothing to a drawer that is bursting at the seams already. The higher wisdom begins to scream, "No more until you make room to renew!! Clean up your closets. Purge your toxins!!"

Sluggish Liver Symptoms

When the liver is congested and sluggish, this can be responsible for such symptoms as: insomnia, constipation, gas, watery stools, painful and inflamed joints, painful feet, depression, moodiness, angry outbursts, painful periods, muscle spasms, restless legs syndrome,

fibroids, endometriosis, low energy, low vitality, blood sugar issues (the pancreas begins to act up too), poor circulation, hardening of the arteries, high cholesterol, PMS and more. Also, the liver is the most emotional organ and its weakness is often connected to emotional sensitivity. Individuals who are emotionally reactive are more prone to a weak liver even if they do not have a poor diet or are not taking medication regularly. So it becomes crucial to stay emotionally focused and balanced to maintain a healthy liver.

Environmental Contributors

Another great contributor to a sluggish and inefficient liver are the environmental pollutants, chemical estrogens in our foods and plastics, over use of drugs, chemicals, poor food quality and of course a sedentary lifestyle (which deprives the body of regular sweating and the cardiovascular, detoxifying benefits of that.) Even among people who do not experience many symptoms or are not dependent on heavy drugs, the liver has been faithfully doing its primary job of filtering blood day in and day out without being "cleansed" or oxygenated. Over the years, the circulating blood deteriorates in quality. Often symptoms are missed because the body is in such a state of stress that it ignores the symptoms. The person simply adapts to the symptoms by numbing out, not paying attention, or

simply finding a way to live with a weakened liver (herbal laxatives, headache remedies, muscle relaxants, anti-inflammatories etc..) as a matter of course.

It has been found that children today are born with larger livers as a way to adapt to the to the environment. I am always amazed at how the human body triumphs over the tremendous odds!! Yet on the other side of that analogy is that it has been found that girls are having their periods earlier and earlier due to the environmental estrogens they are consuming. Men are having breast cancers more than before, and sperm counts have been found to be lower in men today due to the estrogens as well.

The Liver and The Hormones

As the main organ that is responsible for processing and metabolizing hormones, the liver becomes over worked and inefficient in ridding the body of these excess estrogens. The body, which has estrogen receptors in every corner, gradually becomes the storehouse for these havoc reeking hormones. They attach on to fat and on to reproductive tissue creating a complete stagnation of so many areas. Weight gain ensues and a non-cancerous tumor begins to form. Fibroids, ovarian cysts, hormone imbalances, PMS, and endometriosis can be just some of the debilitating results.

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With all of this evidence, is it a wonder why as a holistic practitioner, I have endeavored to educate people about the benefits of liver cleansing. Cleansing the liver can be a rigorous experience which at times scares people away from proceeding due to a fear that the process will be a too much of a deprivation. It does not have to be that scary.

Chinese Herbs to the Rescue!

The use of appropriate the Chinese herbs is what I have found to be extremely effective and user friendly. I encourage you to visit an excellent website called [www. Sensiblehealth.com](http://www.Sensiblehealth.com), for you to get to know Julia Chang, a Chinese herbalist who trained as a chemist here at the University of Toronto. She combines her western knowledge of chemistry and her eastern knowledge of herbs to effect an impressive group of detoxifying tinctures. You could go down to China town for these same herbs, but I have found in doing that, some clients have experienced reactions to the mold and mildews in the herbs from China town. So this, to me, is the best, most cost effective, and practical way to get these herbs easily and effortlessly.

Julia Chang M.Sc., who is a qualified organic chemist, follows in her family tradition in the use of Chinese herbs. She has more than ten years of experience in the natural health world and six years of experience working in the medical laboratory of North York General Hospital in Toronto, Canada. She has created a unique collection of herbal tinctures for gallstone removal, gallbladder diseases, liver

congestion and stagnation, estrogen dominance, menopause, PMS, endometriosis, insomnia, arthritis, thyroid disorders, and allergies. Her telephone number is Tel: 416-248-2930. You can contact her at jchang@sensiblehealth.com, For more details about her personal experience and treatment methods, please visit her website at www.sensiblehealth.com.

The herbal tinctures are prepared in small batches using a cold extraction method. They have been prepared in liquid form using water-alcohol as the solvent for extraction and as a carrier to facilitate the assimilation of the herbs. Julia feels that water is a poor solvent for many organic substances and does not go through the liver readily.*

While on the Cleanse.....

While on the cleanse it would be wonderful if, for a time, foods that weaken the liver, gall, kidneys and spleen could be avoided or minimized. These include, dairy products, deep fried foods, refined flour or sugar and ice cold foods or drinks. Nothing that creates mucous and thus a harder time for the liver while on the cleanse. Regular exercise which physically stimulates blood circulation and metabolism is also very helpful.* Moderation ought to be the rule of thumb after a month of a more rigorous regimen.

Chinese Bitters contains the herbs: Chinese Gentian and Bupleurum. The Gentian purges the liver of fire and damp heat. Bupleurum is a "Chi" regulating herb that is used commonly in the stagnation of liver. Together they are an effective liver

purger, that have been found to help alleviate the toxic effects from over use of medication such as painkillers or hormone therapies. They help in digestive juice production, alleviate menstrual cramps, reduce uterine fibroids and ovarian cysts due to the liver's improved efficiency in eliminating estrogens. This type of liver purge can assist the body in dredging and purging old emotions of trauma and anger that may be stored in the tissues of the organs.* So this cleanse is wonderful in combination with receiving Polarity Therapy. The Bitters are phenomenal! And In conjunction with Coptis* another excellent Chinese herb the Bitters are also effective for alleviating hormone related insomnia and hot flashes experienced in menopause (especially if the symptoms are worse at night). It has also been found to promote pregnancy. It has natural anti-inflammatory properties and has been found to help alleviate joint or arthritic pains.*

As I go on about the wonders of Chines Bitters and the purging of the liver, I say to many clients who are suffering with years of symptoms, "Don't take my word for it. Try it yourself!". One thing that I know for sure though, is that a clean liver is an opportunity to renew life.

I look forward to hearing how you are doing on the cleanse. I welcome your experiences. Drop me a line at my website, www.visualizationworks.com.

Blessings to you!!!

* References from www.sensiblehealth.com



In Your Opinion

Asthma Advice

Following is a letter I wrote to a very concerned mother about her child and Asthma. I would like to share it with you:

Hello, I am sorry to hear about your son's health concerns. Good he's off cows milk. Sometimes you need to experiment with a lot of things. Sometimes doctors, even a Naturopath, isn't the answer. Although sometimes, it is. My suggestion is try a number of things:

1. If he is off cow's milk and it is helping marginally, then up the anti and take him off all dairy for a period of a month or so and then introduce it slowly and watch the reactions.
2. Same goes for wheat products. There is a high preponderance of wheat allergies among humans
3. Watch all sugar intake even fruit. It compromises the immune system. Again try this for a period and then introduce slowly with monitoring.
4. Buy the book "Prescription for Nutritional Healing" By Balch and Balch. It is an excellent resource for parents and anyone. It will give you an allergy process. It does require some work on your part, but you seem ready.
5. There are certain herbs that can assist. Small doses for children mind you. Elacampane clears up wheezing quickly. Colloidal Silver is wonderful as a natural immune booster, anti viral, anti bacterial with out any side effects. (look up

colloidal silver on the internet through the search engine "www.askjeeves.com")

6. This could be a food absorption issue. Your son may have something going on with his digestion in that he is not producing enough hydrochloric acid and digestive enzymes to absorb the nutrients hence creating a weakened immune system hence the mucosity. A liver cleanse would definitely be in order. Check out www.sensiblehealth.com for extensive information on this.

7. Get rid of all sodium table salt. Try only using Celtic Sea Salt. Can be bought at Noah's. Get the most expensive kind. Fleur De Sel. About \$10 a bag. Celtic Sea Salt helps create a more friendly environment for digestion. Check out www.reachingyourpotential.com for more info on that.

8. Acidophilus, friendly bacteria would also help with immune boosting and digestive flora.

9. Quercetin a bioflavanoid is also excellent to combat chronic mucous in nose and sinuses and lungs. Also excellent immune booster. As you can tell I think your son needs to boost his immune system. Why is it depleted you ask. Many reasons, could be chemicals in his environment that are fine for some and not for him. So the system says, bring in the mucous to rid the system of the chemicals. Could be at daycare or home or in sheets, or who knows. It 's a discovery process. Could be he misses you which could be he's experiencing stress and trauma which could be depleting his thymus gland and thus

compromising his immune system (Our Thymus is what produces our T cells, and is the main gland in charge of the immune system) The Thymus gland is proven to deplete it's energy with emotional trauma/sadness. Check out www.visualizationworks.com for information on the physical effects of stress.

10. And finally you need to follow your intuition with your child. Doctors are great but you need to take the reigns. There may be some thing emotional going on with him as the lungs represent taking in life. Feeling secure with life. And no he is not too young to be experiencing latent emotional trauma that is manifested in his physicality since he cannot fully express himself.

Hope this helps. What I can say is that you will enter a journey as you seek out a solution for this. I can say having seen the effects of chronic use of steroidal inhalers, that going natural is probably the safest way to go.

Buy the book to get you started on being self informed on natural ways of dealing with things. Oh, Dr. Lendon Smith wrote a good book that I highly recommend (he covers allergies often in the text) it's called "How to Feed Your Kids Right".

Good Luck.

Regards,

Victoria Lorient-Faibish, B.A., RPP
(Registered Polarity Practitioner)



Please direct your "letters" or "opinions" to:

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or email to laurie@inzane.ca



Your Letters

Designation Dilemma

Because the term RPP is exclusive under Ontario law to another organization, it was decided by a previous Polarity Board to use the designation RCPP, the "C" standing for Canada. I object to this designation because Ontario is not Canada. Practitioners in other provinces can and do use RPP. I am suggesting we use the designation RPPO which can be written as Registered Polarity Practitioner (Ontario) or simply Registered Polarity Practitioner.

For your consideration.

Bill Close, RPPO, RCST
Registered Polarity Practitioner (Ontario)

This is a request to the board. I would like to share my views on the use of RPP. I have spoken with others with similar feelings.

For myself, I never adopted the RCPP. I use RPP. It is an international designation and I am looking to be a part of the APTA community and the larger International one. I simply write in small print under my name - Registered Polarity Practitioner. For me having the "C" in the middle of RPP is very misleading as people would think that the registration is held in Canada and it is not. I do not foresee this happening as APTA is doing this internationally so that there will be one registering body. We live in an age where global activity and thought is becoming the norm. I know that each of the states in the USA all use RPP and it is not altered by each state. As I mentioned earlier it is the international body and I would like to see us to continue to use the RPP.

Victoria could you put this before the board please? I am asking that the subject be reviewed.

Health & prosperity,

Sher Smith RN, RPP, RCST
Registered Polarity Practitioner
Co-director of Reaching Your Potential - School of Polarity Therapy



Energetics
The Ways of Healing Energy
Practitioner of:
Polarity Therapy
Healing Touch
Reiki

By Appointment Only
e-mail jim.fairman@sympatico.ca

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173 Chambers Ave.
Toronto, Ontario
M6N 3M5
416-658-7557

witness yourself...



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GHANDI PRAYER

To be read by word and motion.

- | | |
|---------------------------------------|--|
| I give you my peace. | (hands open in peace) |
| I give you my love. | (hands over heart) |
| I give you my friendship. | (hands clasped) |
| I hear your needs. | (right hand cupped moving away from ear) |
| I see your beauty. | (hands moving outward from open eyes) |
| I feel your feelings. | (hands in fists, showing emotion) |
| My wisdom comes from a higher source. | (one hand sweeping up over back of head to upper lip, one hand up front to upper lip, one hand up front to lower lip, forming hands in prayer) |
| I salute that source within you. | (prayer hands, bowing to people) |
| May we work together. | (hands clasped) |



Submitted by Sher Smith RN, RPP, RCST
(Registered Polarity Practitioner)

Shown at an Edu-k seminar.



Stone Quote

"The ENERGY PRINCIPLE is atomic in its concept and is a science of the future. If we do not try to understand it now, we may have to learn to do so out of sheer necessity later on. The mechanical approach is totally obsolete in comparison with it. If we want to be up to date we must follow the trend of the time and go beyond mechanics and chemistry for effectiveness in our therapeutic research."

Volume One. Book 1: page 5.



**Next General Meeting
June 11, 2001**

to be held at the
North York Central Library
5120 Yonge Street

Doors open 6:30 pm
Meeting to commence 7:00 pm

*Come early to view our information
and product table - bring your own
products and information to display!*

**For more information call
416.652.5055**



Ask an RPP...

One Practitioner's Way of Being Present to a Client Who is Experiencing Grief

by Mary MacDonald, M.A., RCPP

Unresolved grief remains as an energy restriction in our body. When this energy is not discharged it can build up to a state of chronic distress. It may manifest as anxiety, fear, tension, anger, resentment, physical aches or pains and difficulty sleeping.

As a Polarity Practitioner, I have been with clients who have had the memory of a loss, ten, fifteen, twenty or more years ago, come to consciousness during the session.

Noticing changes in their breathing and/or restrictions around their heart or throat or facial changes, I would ask them what they were feeling. As they spoke of their memories of their sadness, I would assure them that it is o.k. to feel these feelings and allow them to be expressed in whatever way they need to express them. I would ask if I may place one hand - my left hand - under their heart or neck, wherever I

felt the greatest energetic congestion, and the other hand over the heart or off the front of the neck. I remain here in a supportive presence as they cry and/or talk about the pain of their experience. A client may need to express something to someone who is still alive or has passed on, or around a situation they are grieving. I encourage them to say whatever they wish to say and in the language they first learned to speak, or were speaking when the loss occurred. I affirm them for allowing themselves to express their grief.

Once they have moved through it and released it, I ask if they would like to fill the space where the grief was with the Divine Light of God. (I have never had anyone say "No") I have them imagine a beam of Golden Light going into that area of their body filling it with peace and love. As they imagine this I

have them place their hands over their heart or one hand over their heart and the other over their throat. I then do a balancing to allow their body to integrate the experience. It may be an ether balancing, a long line current balancing through holding individual fingers and toes in a cross-over, a chakra balancing, oval balancing, parasympathetic balancing. There are many balances that are appropriate.

I have had the experience many times of a client crying as soon as she/he came into my Polarity room. Again, when this happens, be there in a supportive, caring, compassionate presence. You may be the first person she/he felt safe enough to be vulnerable with and allow their pain to be expressed. In their crying they are releasing the built up congested energy and your session has already begun.

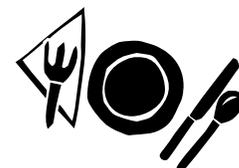
energy currents

The opinions or views expressed within featured editorials do not necessarily reflect the opinions or views of OPTA, but those of the author.

If you have a question or a topic that you would be interested in hearing about, please contact the editor by telephone 416.534.1455 or by email laurie@inzane.ca, or forward to: "energy currents" c/o Laurie Copeland
61 Elm Grove Avenue, Studio 203 • Toronto, Ontario M6K 2J2



What Are You Having For Dinner Tonight??



by Pamela McDonald, Witness Yourself

Until August of 2000, I enjoyed an 18 year career as a chef, so asking this question comes quite naturally to me. From a culinary perspective I recognized peoples choices as their likes and dislikes. From a Polarity Therapy perspective of elements, we are able to recognize how these likes and dislikes bring about a balance.

During my career, I have had the occasion to observe a variety of tastes. How a person experiences their food has always held the greatest fascination for me. Our relationship with food is an extremely intimate one. Some of our most basic needs are met in our food choices, be it physical, mental, emotional or in the case of many dessert lovers, our spiritual need.

When it comes to food, most of us know what we do and do not like. I remember when my mother would fry liver for dinner, and as a kid I would revolt, moaning and twisting my body back and forth, rejecting the mere notion of liver passing my lips. My mom would say it was good for me and I would respond with great clarity and unquestionable knowing, "no it's not, I don't like it". Mom tried to disguise the liver with BBQ sauce and later moved onto fried onions. There was no fooling these taste buds, it was still liver and I still didn't like it. My mothers big disappointment, was that she loved liver and onions and wanted us to enjoy it as much as she did. It was unmistakable, liver was a punishment to eat. I appealed to my

mothers good sense and asked, "how can anything that tastes so bad be so good for me"? Thank God, her infinite wisdom prevailed and fried liver was taken off the menu. It was later in my life when my mother revealed she gave into my request because she knew I was getting all the nourishing I needed and it wasn't worth the battle. I like to think that my mom had better ways to nourish. I'm sure we can all tell stories like this.

Fortunately my mother was a wonderful cook and I adored many of the culinary journeys she took me on. It was on these journeys with my mother, that I learned how food could nourish more than those parts of me that were to grow big and strong. Fried bologna, known as a "Mexican hat", was a big hit. It would transport me to Mexico and have me stamping out a mexican dance, and birthday cake with buried treasure which I ate veraciously to find my foil wrapped riches. That fried meat delicacy and piece of cake, nourished every part of my being. Imagine from that childish perspective, I went to Mexico and found buried treasure, all in one day!

As Polarity Practitioners, and aspiring RPP's like myself, we may view our nutritional journey and that of our clients, from both an elemental perspective and the ayurvedic principles of doshas. Together with our clients we look at what is the optimum balance for them; by means of ether, air, fire, water and earth. The

types of questions we ask ourselves and our clients are; "How have you nourished yourself in the past?", "What is it that you seek to nourish in your life?", "What would that look like?".

As an awareness building tool, I ask my clients, what they are having for dinner? The responses are anything from, "I'm making comfort food tonight", "My Mom sent over our favourite stew", "I don't know, I guess I'll have take out again" or "We like to have a theme, tonight is Thai". They take me on their personal journey of dinner that evening. Their nutritional choices are important, but what is equally important is how they nourish their emotional, mental and physical needs/wants/desires. They may or may not be aware of what it is they want nourished. Their response more than anything is an opportunity for them to build their awareness around what there needs/wants/desires are and then to provide for them.

I invite you to ask yourself what it is you are having for dinner tonight? Are some of the menu items, comfort, fun, adventure, or pleasure. What would it be like to create your culinary journey with the consciousness of an adult and the whimsy of a child?

continued...





continued...

One aspect of nourishment is food by the element and it's qualities. In the Certification Training Manual 3 from Reaching Your Potential there is a great deal of information on food and the elements. (Thanks for the great notes Bill and Sher.) The following is a general guide:

	<p>Ether (Bland) • sprouts</p>	
	<p>Air (Sour) • fruits, nuts, fermented foods, yeast and yogurt/dairy Effect: Digestive foods -tomatoes, pineapple Cleansing food - strawberries. Supports fire - rhubarb</p>	
	<p>Fire (Bitter) • cereals, grains, legumes, pulses, ginger, garlic, onions, leeks, watercress, seeds and dandelion. Effect: Stimulates appetite, digestion, circulation, cleansing, increases vitality, tonifies liver, gallbladder, duodenum</p>	
	<p>Water (Salty) • leafy greens, celery, squash, cucumber, melons, milk/dairy. Effect: Elimination - builds new tissue, purgative - flushes kidneys, mineral rich</p>	
	<p>Earth (Sweet) • root vegetables, potatoes, honey, cheese products, hard cheeses. Effect: High mineral content, easily assimilated, slow to eliminate, satisfies hunger, grounding</p>	



When the Heart Attacks



Submitted by Peggy Barrett

Referenced from Health Cares, Rochester General Hospital Via Chapter 240's Newsletter AND THE BEAT GOES ON ... (reprint from The Mended Hearts, Inc. publication, Heart Response)

Let's say it's 6:15 p.m. and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home, unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, this article seemed in order. Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!

Stone Quote

"Breathing rules Life and the heart beats. Where there is no breath there is no life. The heart may stop, but the Life is in the breath and it can return and start the heart again. This has happened many times. That is why there is a mirror test for the detection of the faintest sign of breath, when there is no evidence of life according to heart beat or pulse beat. Life is an inner, unknown, finer function of the soul."

Volume Two. Book IV: page 33.

2 CD SET

as above, so below

VISUAL JOURNEYS
Victoria Lorient-Faibish

Double Meditation CD Set
by Victoria Lorient-Faibish, B.A., RPP (Registered Polarity Practitioner)

This holistic practitioner and teacher has been inspiring people to live more magical lives for over 10 years. She facilitates students and clients on visual journeys into the mind, the body and the soul. This CD set takes the mystery out of the meditation process and brings the listener to the soul's centre in a very user friendly way.

Visit www.visualizationworks.com to sample and to order call 416-916-6066.



Plan Ahead...



An Update From The President!

I, along with the board, am so very over the moon about this new energetic list of events coming our way!

General Meetings • Exciting New Agendas

Our general meetings are now in a new location. Many of the members have indicated how pleased they are with the meetings being held at the North York Central Library (5120 Yonge Street, tel. 416 395-5535). Not only is it right on top of the North York Centre Subway, but it is also excellent for those travelling from further away that need 401 access, as it is a few minutes away from that highway too!

June 11, 2001

Sher Smith, RN, RPP, RCST (Registered Polarity Practitioner)
Increasing your Polarity business potential. What does Dr. Stone say on this crucial topic? (see ad on page)
(To include theory, experiential, & discussion.)

September 10, 2001

Kirsten Hildebrandt, APP, Yoga Instructor
20-min. introductory easy yoga to elongate the shoulders and upper back and rib cage. "The Circle of Yoga".
(Experiential)

Victoria Lorient-Faibish BA, RPP (Registered Polarity Practitioner)
Integrating the Meridians with Polarity Therapy
(Experiential: Please bring padding/pillow/blanket for conference tables, or bring your own massage table or simply use a chair. Either way it will work!)

November 12, 2001

Iva Lloyd, BSCh, RNC, RPP (Registered Polarity Practitioner)
This vivacious and informative speaker is going to fill your plate talking about one of her specialties: How to interpret signs, symptoms and diseases according to the five elements. (To include theory & discussion.)

January 14 2002

Annual General Meeting
This will include the elections.

Joanne Rutherford, RMT
An experiential presentation on integrating Massage with Polarity Therapy. (To include theory & experiential.)

The board is currently in the process of organizing future events. For example, in Summer 2002, OPTA will be offering a workshop featuring Mary Jo Ruggieri PhD, RPP. Dr. Ruggieri practices and teaches Polarity Therapy Certification Courses in Columbus, Ohio where she founded the Columbus Polarity Therapy Institute. We are in discussions to bring her here for a 1 or 2 day workshop. We will keep you posted!

I, along with the rest of the board members are very much looking forward to seeing you at these upcoming general meetings!!

Blessings to you all!!

Victoria Lorient-Faibish, BA, RPP, OPTA President



OPTA Membership

Grow with us!

Now is an exciting time to become a member of OPTA. We are growing and changing with the demands of our profession. We are eager for new energy through membership.

New Membership Rates and Features

Registered Polarity Practitioner \$50 per annum

Enjoy the benefits of your hard work. With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, a complimentary issue of "energy currents" to be delivered to you per publication, and an optional free listing in the Professional Practitioner Directory to be published in each issue of the newsletter and to be available on our website, coming in the near future. This membership also entitles you to vote in the OPTA annual general elections.

Associate Polarity Practitioner \$35 per annum

OPTA supports you in your process. With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, a complimentary issue of "energy currents" to be delivered to you per publication, and an optional free listing in the Professional Practitioner Directory to be published in each issue of the newsletter and to be available on our website, coming in the near future. This membership also entitles you to vote in the OPTA annual general elections.

Student Polarity Practitioner \$25 per annum

We encourage you to be a part of the community! Find experienced professionals to help guide you in your studies. With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, and a complimentary issue of "energy currents" to be delivered to you per publication. This membership also entitles you to vote in the OPTA annual general elections.

Business Membership \$50 per annum

OPTA has developed a new and exciting Business Membership Program. With this membership you will receive 5 guest admission passes to any of our general meetings (with the exception of the Annual General Meeting), 5 complimentary issues of "energy currents" to be delivered to you per publication, and a free business card advertisement in the "energy currents" issue of your choice. This membership also entitles your organization to one vote in the OPTA annual general elections.

General Membership \$25 per annum

Enjoy the same benefits as our Student Practitioners, without the homework!! With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, and a complimentary issue of "energy currents" to be delivered to you per publication. This membership also entitles you to vote in the OPTA annual general elections.

Out of Province Members \$25 per annum

Keep in touch with what is happening in our community. With this membership you will receive member's rate admission to all general meetings, preferred rates for special events and workshops, and a complimentary issue of "energy currents" to be delivered to you per publication. This membership does not allow you to vote in the OPTA annual general elections, as per the Ontario elections guidelines.

**For more information, or to become a member please contact
OPTA's Membership Representative, Peggy Barrett at 416.626.8120**



Professional Directory

A Public Directory

We are creating a directory of RCPP & APP OPTA members with the intention of publishing it in each and every "energy currents". The directory listings are to include member/business name, Polarity designation, address (region or locale) and telephone number. To have your name included in this directory, please contact the editor, Laurie Copeland by telephone at 416.534.1455 or by email, laurie@inzane.ca. Please also indicate whether you would be willing and able to assist students with their own therapy for APP and RCPP requirements.

We apologize for any inconvenience that this process may cause, however we feel it necessary to ensure that no names are listed of members that would prefer their information to remain private.

Advertising

Display Advertising

Business Cards (black & white)	\$ 10.00
1/4 Page Ad (black & white)	\$ 20.00
1/2 Page Ad (black & white)	\$ 30.00
Full Page Ad (black & white)	\$ 50.00
Full Back Page (full colour)	\$ 100.00

Classified Advertising

Word Advertising	\$5.00 per 25 words
	\$.10 per additional word

We request that display advertising be submitted camera ready. If design or layout are required, an additional charge may be negotiated. All proceeds from advertising go directly toward the cost of publication. Your advertising ensures the growth of this Newsletter!

With the exception of the Full Back Page Advertisement, placement of ads within the magazine can not be guaranteed.

For more information about advertising in "energy currents", please contact Laurie Copeland by telephone at 416.534.1455 or by email at laurie@inzane.ca.

Classifieds

Volunteers Needed

Looking for individuals who are able to volunteer their time and energy to increase the circulation of "energy currents" and/or sell advertising space. Please contact Laurie at 416-534-1455.

APTA Conference

For information about the 2001 Polarity Therapy Conference in North Falmouth, MA (Cape Cod), or to download a copy of the catalogue, or registration page, or to view the Sea Crest Resort, please visit www.polaritytherapy.org

For Sale

"As Above, So Below: Visual Journeys" \$34.50 Meditation CD set (2) by Victoria Lorient-Faibish, B.A., RPP (Registered Polarity Practitioner). Double CD set takes the "woo-woo" out of the meditation process and brings the listener to the soul's center in a very user-friendly way. Visit www.visualizationworks.com for a sample. To order call 416-916-6066.

Those Brilliant Bees - Pure Vegetable Glycerin Soap made with all natural, raw Honey. Choose from Buckwheat, Wildflower, Milk 'n Honey, Oatmeal 'n Honey or Blended Honey bars. \$4.00 each. Gift Packs Available. To order, call 416-534-1455.



For Thought

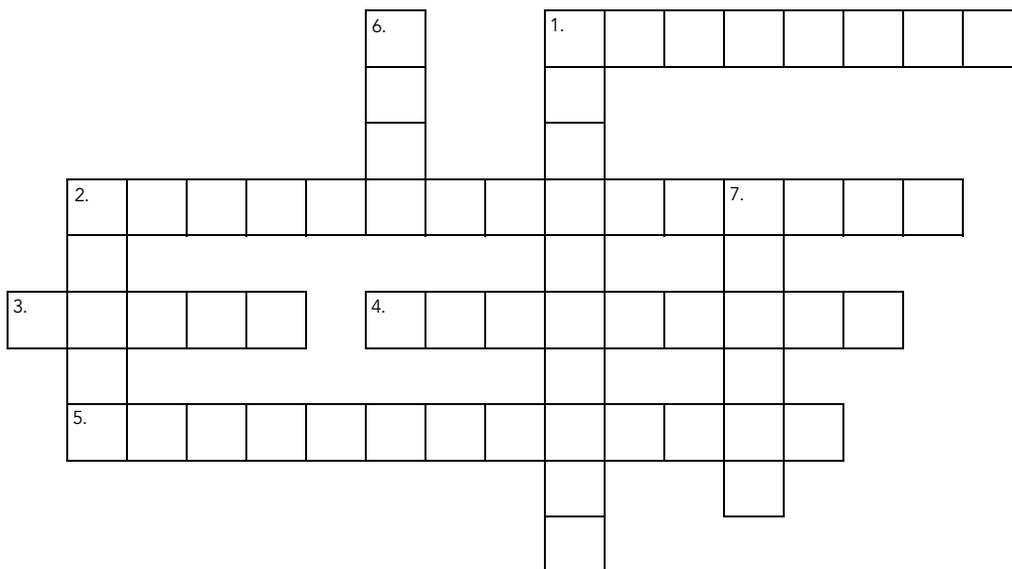


*"By understanding man and Nature, we can see clearly the principles involved upon which the ancients based their therapy which was so effective. Our own American Indians had many such cures, besides their herbal knowledge, much of which we copied. For instance, when a person was exhausted by starvation, cold, drowning, or other strains, the Indians would form a chain around the fire, join hands, having placed the sick person in the center of the circle, near the warmth. They realized that this person's energy field was at a low ebb and that he needed more than mere physical warmth. He needed his energy battery recharged, and they did that by the currents that flowed through the group. The weak one came into rhythm with the rest, and so was revived and restored to health. When we talk about batteries, we understand this clearly; but when we are told that our red brethern saved lives in this self-same manner, we doubt it."**

* Dr. Randolph Stone
Polarity Therapy The Complete Collected Works
Volume One , Book I, page 74

Crossword

A short review for the wise practitioners and students of Polarity Therapy.



Across:

1. The right hand.
2. Energy
3. Space
4. It takes a fiery energy.
5. A Doctor of Osteopathy, Chiropractic & Naturopathy.

Down:

1. A great alchemist.
2. An element.
6. Dr. Stone said that this was the function of the soul.
7. _____ relationships.