



Balance Point

*A Gift from
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Fall 2000

As I write this the heat index is over 104 degrees. Summer is ending with a flamboyant display of the sun's power. Our yard is parched and brown, and my favorite neighbor boy's income is dwindling away with the dying grass. Even the bushes and trees are drooping as though tired of the relentless heat. The only sign of thriving life is the drone of cicadas from every tree.

But last week we had three entire days of open window weather - a true Midwest miracle. Few things give me as much comfort as snuggling with my partner in bed as a cool breeze blows in from the open patio door. And with the windows open I can hear the tree frogs singing in the trees. Life does not get much better than that. No matter how chaotic my day has been, all seems right with the world when I can fall asleep listening to tree frog lullabies. Soon Fall will arrive and every night will be open window night. I can hardly wait.

Fall is a traditional time to "clean house" - both literally and figuratively. Besides cleaning closets and airing out the house, I like to cleanse internally and get my body prepared to ward off the cold and flu bugs that will arrive with Winter. Our ancestors changed their diet in the Fall to naturally cleanse and detoxify before cold, damp weather arrived. In this newsletter I offer a variety of suggestions for cleansing your body this Fall.

In the Fall I also like to slow down and take stock; do a little mental house cleaning and harvest what I have learned over the past year. What have I accomplished? What have I failed at? What do I want to learn in the upcoming year? Fall is linked to learning for me because it is back to school time. You will find a list of my Fall classes in this newsletter - I hope there is at least one that intrigues you.

The essay in this newsletter is not specifically about Fall. I chose to write about ripples - how little actions matter a lot. How one person can make a big difference. How every time I choose to act from love instead of fear, it heals me and helps all those around me to heal. I believe that love is the essence of all healing. Love is more powerful than the Summer sun. That is what "Ripples" is all about.

Outside nature's growing cycle is winding down in a burst of heat. Soon the leaves will turn and Fall will be upon us. Open window weather is coming!

*"The day will come when,
after harnessing the
winds, the tides, and
gravitation, we shall
harness for God the
energies of love.*

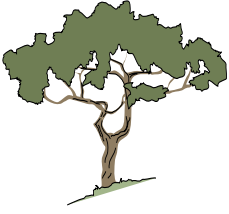
*And on that day, for the
second time in the history
of the world, man will
have discovered fire."*

- Teilhard de Chardin

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Balance Point is committed to
healing the planet; body, mind
and spirit.

Blessings to you and all your loved ones.



*"I would believe only in a God
that knows how to dance."*

- Friedrich Nietzsche

Roll over, Nietzsche - there is a God and
he knows how to dance!

*"I said, 'Then what is this
restlessness?'"*

*The Friend: Does a drop stay
still in the ocean?*

*Move with the entirety, and
with the tiniest particular.*

*Be the moisture in an oyster
that helps to form one
pearl."*

- Excerpt, Rumi

Natural Ramblings - Ripples

I am thinking about ripples today, tiny ripples. I throw a pebble into the pond and it sends out little ripples in all directions, spreading further and further in each moment. That one tiny action reverberates through the entire body of water.

I remember an article in Life Magazine that mentioned research done on premature babies; just 10 minutes of gentle touch per day led to dramatic weight gains and earlier hospital dismissals. As a massage therapist I am intimately familiar with the healing power of touch. Yet I continue to be amazed at how much just a gentle hand on a body can do. Amazing healing comes from just touching someone with love. Little actions matter.

CranioSacral Therapy has taught me a lot about little ripples and how they make a big difference. I perform a still point and stop the wavelike motion of the fluid surrounding the spine and brain. And that little moment of stillness echoes throughout the entire body leaving calm in its wake. I move a little bone by micrometers and chronic insomnia stops. Little actions matter.

Gary Zukav's classic book, Dancing Wu Li Masters, speaks of the dance of energy that quantum physicists now study. They have discovered that on a sub-atomic level, life is all about tiny particles dancing with each other in a vast empty space. It is the mythical Hindu creation dance of Shakti and Shiva rediscovered. At the sub-atomic level, nothing exists *except particles dancing in relationship to each other*. Everything is interconnected. That means my smallest action can ripple around the world in the blink of an eye.

This is the essence of Chaos theory. You know the theory - a butterfly flapping its wings in South America can alter the weather pattern in Idaho. Chaos theory sounded totally loony to me when I first read about it, but the more I do energy work, the more I "get" how interconnected we all really are. When I do Reiki with a client, I *feel* invisible energy connecting us to each other. And sometimes I feel the Reiki energy as it ripples and spreads through the entire body. Is it so loony to believe that invisible energy connects us all together?

I listen to the news and it is filled with doom and gloom. The world seems to be going to Hell in a hand basket. Does one person getting shot or beaten or laid off from her job make the world more unsafe and inhospitable? Then a kind word or a few dollars sent to charity or a helping hand will make the world safer, more loving. One loving gesture can alter the world. Every little choice I make to act from love instead of fear can and will reshape this world into the kind of place I want my children's children to live in.

In the movie "Mindwalk" a poet, scientist and politician have a rambling, cerebral talk about the state of the world. An idea is mentioned in that movie that really resonated with me; when you act, consider what the consequences of your action could be for your great-great-great-great grandchildren. In other words, remember that little ripples can have huge consequences.

So, I guess that is my message. Little actions matter. They matter a lot. Choose to act with love whenever possible and change the world. Spending just a few minutes really listening to my child can alter his life. Calling a sick friend to say I care may keep them going when it all seems hopeless. Sending a blessing instead of a curse after that kid that cuts me off in traffic might just alter his day – or my own. My thoughts and actions – your thoughts and actions - literally shape this world, one ripple at a time.

Let's go out and make a few ripples today.

I want to get you interested in a filthy subject today. No, I don't mean sex! This subject is not as titillating as sex, but it can dramatically improve your health. I want to get you interested in detoxification. It's a long word that may bring to mind numerous articles about rock stars drying out at the Betty Ford clinic. But detoxification also means:

- the process your body uses to rid itself of toxins
- AND
- a treatment designed to assist the body's natural mechanisms for eliminating toxins

So, why would you want to think about such a dirty topic? Because the world you live in is chemical soup. From the medications you take to the processed foods you eat and the conditioner that you put on your hair, your body is constantly dealing with thousands of chemical compounds that did not even exist 60 years ago. And a build-up of these pollutants and artificial chemicals in your body can literally make you sick. Detoxification is a way to help your body cleanse itself naturally. Think of it as an oil change for your body.

The Detox Champ

One organ of the human body is the undisputed champion of detoxification – the liver. The liver performs over 350 essential functions for your body. It plays a crucial role in vitamin synthesis and storage, mineral storage, blood sugar balance, fat metabolism, blood clotting and female hormone balance. The liver is also a chemical detoxification plant; it breaks down and packages up unwanted chemicals and waste so that they can be eliminated from your body.

Your liver has the ability to regenerate itself when only 10% is functioning properly. But even with the magical power to regenerate itself, your liver may have difficulty keeping up in a world filled with plastics, pesticides, antibiotics and artificial dyes. When the liver has trouble, toxins build up in your body and you end up feeling downright crummy. Symptoms such as dull headaches, fatigue, allergies, indigestion, bloat, acne, constipation, difficulty concentrating, blood sugar fluctuations, mood swings and PMS can indicate that your system is overloaded with toxins. And current research implicates toxin overload in auto-immune diseases such as asthma, arthritis, fibromyalgia, multiple sclerosis and chronic fatigue syndrome.

Go Natural

The best way to help your body detoxify is to decrease the amount of artificial chemicals you rub on your skin and hair, eat in your food, and clean your body, house and car with. Every artificial chemical that you eliminate from your life is one less substance that your liver has to detoxify.

Listed below are a few ways to decrease or eliminate the most common chemical toxins from your life:

- ◊ Avoid foods containing artificial dyes and flavorings. That means most junk food!
- ◊ Eat organic foods whenever possible.
- ◊ Throw away non-stick and aluminum pans that are flaking or peeling.
- ◊ Don't use plastic dishes or plastic wrap in the microwave. Plastic can break down and emit noxious chemicals when heated. Use glass dishes instead.
- ◊ Limit use of cosmetic and hair products containing artificial scents and dyes.
- ◊ Limit your exposure to car exhaust as much as possible.
- ◊ Buy a high quality air filter for your home to eliminate air-borne toxins.
- ◊ Avoid skin contact with pesticides, herbicides, dyes, solvents and cleaning compounds. If you use these products, wear gloves and avoid breathing the fumes.
- ◊ Avoid new plastic and vinyl furnishings whenever possible. New plastic and vinyl products can emit toxic gases for months. Avoid the fumes from new carpeting.

"The natural healing force within each one of us is the greatest force in getting well."

- Hippocrates

In Chinese Medicine, an unbalanced liver is associated with an imbalance of anger, frustration, rage or irritability.

"It is easier to prevent ill habits than to break them."

- Thomas Fuller

Natural Liver Tonics

You can help your liver cleanse itself naturally by adding specific foods and herbs to your diet. An herb called milk thistle or St. Mary's thistle is my personal favorite. This herb has been proven to help the liver protect itself from toxins and to regenerate if it does get damaged. It comes in capsule or liquid form and is available at most health food stores. I have given it to my own small children with no ill effect. I am so impressed with this herb that I now take it daily for 6-8 weeks once per year.

Did you know that raw fruits contain natural cleansing enzymes?

Taking milk thistle to detoxify while pregnant is controversial - some experts believe toxins eliminated by the mother can be reabsorbed by the baby. If you are pregnant, try adding a few of the gentle liver cleansing foods listed below to your diet instead.

Other foods and herbs that are good for your liver include carrots, beets, dandelion greens, turmeric (in Indian curry), picorrhiza and green leafy vegetables such as romaine, spinach, kale and collard greens. Sour foods such as lemon, grapefruit and lime are also natural liver cleansers. Drinking the juice of one lemon in a cup of hot water every day for a few weeks is a traditional cleansing drink. Another traditional method is to drink a detoxifying tea. Prepackaged teas containing a mix of herbs (dandelion, burdock and raspberry are common) are available in most health food stores. I personally like the Yogi Tea® brand.

Water, Water Everywhere

Water is essential for optimal performance of all of the organs of your body, but is particularly important for waste elimination. Drinking water all day long is a simple but effective way to help your body eliminate toxins. Drink pure water from a known source (Note: soda pop, coffee, tea and juice do not work!) and spread out consumption of 6-8 glasses over the course of your day.

Another way to detoxify with water is to sit in a wet sauna, hot tub or steam room for 10-15 minutes every week. Toxins are eliminated through your skin when you do this. If you are pregnant, or do not have access to a steam room, try this bath:

Detoxifying Bath

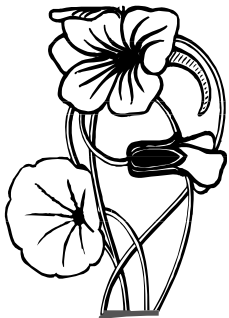
Mix 1/2 cup of sea salt and 1/2 cup of baking soda into your bath water. Soak your entire body up to your ears for 10-20 minutes.

Be Kind to Your Colon

Once the liver has packaged up toxins, the chemicals must be eliminated from your body. The large intestine or colon handles the bulk of solid waste elimination for the body. A healthy colon will produce 1-4 softly formed stools per day. But when the colon is not functioning properly, toxins that the liver packaged up for elimination may end up being reabsorbed in the colon. Chronic constipation is the most common sign that your large intestine is having problems.

Constipation: Simply increasing the amount of water and fiber in your diet will cure most cases of constipation. The colorful vegetables are rich in fiber and good for your large intestine; eat deep orange or red vegetables such as carrots and red peppers, dark leafy greens such as spinach and lettuce, deep yellow vegetables such as squash as well as cabbage, broccoli, cauliflower, kale. These vegetables have the added benefit of providing essential vitamins and minerals such as vitamin C, vitamin A, calcium, zinc and magnesium to your body.

If you have difficulty with indigestion or gas when eating fiber-rich vegetables (or you have large amounts of undigested vegetables in your stool), try lightly steaming them. Limit how much liquid you drink at mealtime and *thoroughly* chew each bite. These simple techniques will help your digestive system break down the fiber. If you continue to have problems digesting these foods, natural digestive enzymes (available at most health food stores) may help.



Whole grains such as oats, bran and barley are also full of colon-friendly fiber. Flax seed and Psyllium seed husks are another natural way to increase your fiber intake. Psyllium and flax seed are found in most health food stores.

Psyllium is also the foundation of many of the prepackaged colon cleanse products found in health food stores. These products commonly contain herbs that help to rejuvenate the mucosal lining of the colon, as well as herbs that have a laxative effect. But buyer beware: colon cleansing products can be too much of a good thing. Use with caution only after checking out the list of ingredients and their effects.

Diarrhea: Diarrhea is common following the use of antibiotics. Antibiotics kill off the "good" bacteria normally present in the colon and upset the balance of normal flora. To restore balance, try pills or powder containing several species of lactobacillus bacteria. This product is available in most health food stores. Cyclic diarrhea episodes that last for weeks may indicate parasitic or other types of infection. Consult a health care practitioner experienced in treating these infections.

Get Moving

Exercise is a great way to help your body detoxify. Add a walk, swim, dance or other aerobic activity to your day several times a week. Just a little bit of exercise will increase blood flow to your tissues so that toxins and waste can be readily removed. Moving your body also improves the natural peristaltic action that propels waste through your colon.

Massage will increase the amount of cleansing blood that flows to your tissues. Schedule a massage with your favorite therapist. Or try a little abdominal massage on your own: Rub your abdomen in a clockwise circle with your navel at the center. Rub up the right side of your abdomen, across the top, then down the left side. Massaging in a clockwise direction assists the normal movement of your large intestine. Use vegetable oil such as almond or sunflower to help your strokes glide over your abdomen. Practice abdominal massage as often as you like.

A Little Goes a Long Way

Traditionally, the Spring and Fall seasons are times for cleansing both externally - as in Spring house cleaning - and internally. This Fall try a little internal house cleaning; be kind to your body and treat your liver and large intestine to a natural cleanse.

Take it slowly and try just a few of the many suggestions listed above for the first 3-4 weeks. Just a handful of small changes can dramatically affect how well your body deals with all the toxic chemicals that bombard you every day.

Here are 5 quick changes that will start you on the road to a cleaner, happier body:

1. Drink 6-8 glasses of water over the course of your day
2. Take milk thistle daily for a month or two.
3. Add 2 additional sources of fiber to your daily diet: try oats, flax seed, broccoli, carrots, red peppers, apples and/or dark green leafy salad. If you have a history of constipation, try psyllium seed husks.
4. Use a steam room or take a detoxifying bath once a week. Pregnant women should not use saunas or steam rooms. Try a lukewarm detoxifying bath instead.
5. Take a walk or work out at the gym once or twice a week.

References:

- Baker, Sidney MacDonald, MD; Detoxification & Healing: The Key to Optimal Health; Keats Publishing, 1997.
 Cabot, Sandra, MD; The Liver-Cleansing Diet; S.C.B. International, 1997.
 Duke, James, Ph.D.; The Green Pharmacy; Rodale Press, 1997.
 Pitchford, Paul; Healing with Whole Foods: Oriental Traditions and Modern Nutrition; North Atlantic Books, 1993.
 Tyler, Varro, Ph.D.; The Honest Herbal; Haworth Press, 1993.
 Vukovic, Laurel; 14-Day Herbal Cleansing; Prentice Hall, 1998.
 Weintraub, Skye, ND; Allergies and Holistic Healing; Woodland Publishing, 1997.

Healing Reactions

Some people experience one or more of the following reactions to detoxification:

- ◇ Dull headache above the eyes
- ◇ Aches and tingling sensations that migrate
- ◇ Indigestion, gas
- ◇ Fatigue or weakness
- ◇ Runny nose / congestion
- ◇ Sweating, especially at night
- ◇ Loose stools
- ◇ Pimples, rashes, body odors

These reactions are signs that the body is attempting to rid itself of toxins and find balance. You can help your body by drinking more water, eating fiber and using the detox bath.

Because of the link between emotions and the physical body, detox can also trigger strong emotions and memories of past emotional pain may surface.

Healing reactions typically last hours but in some cases may continue for several days. If you have a reaction that concerns you, discuss it with a health professional you trust.

*"Nothing can bring you
peace but yourself."*

- Ralph Waldo Emerson

Fall Classes

Meditation for Busy Women:

Do you try to do 3 things at once? And when you get a chance to relax, you can't remember how? This class is for you! Learn quick and easy meditation techniques to help you stay calm and centered in the midst of a chaotic day. Mindful breathing will be emphasized - this is the foundation of most meditation practices. Tips to help you get back in touch with your body will also be covered. 1 session - \$20.

**Tuesday, September 12th
Wednesday, November 8th**

**12pm - 1pm
5pm - 6pm**

Soul Journal Introduction:

This class can help you rediscover what makes your heart sing. I will show you how to use journal writing to access your inner self and uncover who you really are underneath the polite masks you show to the world.

This class is filled with writing, as well as movement and play. You will learn body-centered meditations to help you 'shake loose' of your inhibitions and open up to the playful, creative spirit that lies buried within you. I will also share a variety of writing exercises designed to help you rediscover the deepest yearnings of your soul. These techniques can also help you get in tune with your physical body, heal old emotional wounds and improve your overall health.

You will come away knowing new ways to connect with the best friend you will ever have - yourself. Do not worry about having to share your writing in class - all writing is kept private and is only shared if the writer wishes. 1 session - \$30.

Sunday, September 17th

1pm - 4pm

Reiki I - Vibrational Healing:

If you've always wanted to learn more about energy work or just love receiving Reiki, this is the class for you.

This is the first in a series of three Reiki certification classes. Topics covered include the anatomy of the human energy chakra system, history of Reiki, uses for Reiki, feeling the human energy field, hands-on practice and a level 1 attunement. Upon completing this class, the student will be a fully certified Reiki I practitioner and be able to give hands-on Reiki treatments to self and others. 1 session - \$75.

Saturday, October 21st

10am - 4:30pm

Infant Massage:

This is a hands-on class for Mom, Dad and baby. Parents learn a head to toe massage routine that promotes restful, healing sleep patterns, improved digestion and decreased colic, hand / eye coordination, parent and child bonding, elimination of toxins from the body and lowered levels of stress hormones.

The group class is designed for parents with babies from 2 weeks old to crawling (although I use this routine on my older kids, ages 2, 6 and 8). 2 class sessions - \$45.

Friday, October 6th and 13th

10am - 11:30am

One-on-one infant massage classes are available by appointment. The cost is \$40 per session. It normally takes 2 sessions to learn the entire massage routine (\$80 total). Group classes can also be scheduled for 2 or more parents by request.

A sage I know named Jerry says
people usually see the world
through one of 3 filters:

Helpful - people are here to help
me and teach me

Stupid - people are morons and
do dumb, idiotic things to me all
the time

Malicious - people are out to get
me and hurt me

Which filter do you use to view
the world??

Massage for Couples:

Learn a whole new way to touch your partner. This hands-on workshop will teach you basic Swedish massage, acupressure and reflexology techniques you can use with your Partner. Strokes to promote relaxation and tension release will be stressed. Other topics covered in class include : the use of aromatherapy, choosing massage oils, emotional release and incorporating massage into your love life.

Class is limited to 4 couples. All of the massage techniques are practiced on your partner. Swimsuits or sweats are recommended attire for class. My partner David and I teach this class together. 1 session - \$75 per couple.

Sunday, November 12th

1pm - 4pm

Calendar of Fall Classes

September

Tue 12th	Meditation for Busy Women	12pm - 1pm
Sun 17th	Soul Journal Introduction	1pm - 4 pm

October

Fri 6th	Infant Massage Session 1	10am - 11:30 am
Fri 13th	Infant Massage Session 2	10am - 11:30am
Sat 21st	Reiki I - Vibrational Healing	10am - 4:30pm

November

Wed 8th	Meditation for Busy Women	5pm - 6pm
Sun 12th	Massage for Couples	1pm - 4pm

Classes are taught at Mother Source, Inc. 7295 W. 97th Overland Park, KS
Call me at (913) 406-8857 to register for a class.

Reflections on Childhood

“The time has come,” the Walrus said,
“To talk of many things:
Of shoes - and ships - and sealing wax -
Of cabbages - and kings -
And why the sea is boiling hot -
And whether pigs have wings...”
- From The Walrus & the Carpenter, Lewis Carroll

I stopped to buy a newspaper and my son asked, " Mom, why did you get a paper? You have papers at home." I replied, " I wanted a new one. Those are old ones at home." After a moment he replied, "You could put them in my bed under the covers. Then they wouldn't get old...Or in the refrigerator where it's cold." Age 3

My son patted the doctor's bald head and asked, "Is that your brain?" Age 3

After seeing a baby, my son asked, "Why do babies have legs? They don't need them." Age 4

My son said, "I learned how to float Mom! You just stick your stomach up. That's why you float so good, Mom - your stomach is already sticking up" Age 5 when I was pregnant



Drawing by Kathy Minden

*“Children need love,
especially when they do not
deserve it.”*

- Harold S. Hubert



If you like this newsletter, pass it on to a friend. If you want to be added to my mailing list, call me or send me an e-mail:

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I offer CranioSacral Therapy, Reiki and Pregnancy Massage treatments at:

Mother Source & Baby's Choice
7295 W 97th (Windmill Square)
Overland Park, KS

I treat infants, children and adults. I also offer guidance on holistic nutrition and herbal remedies. Nutritional counseling can be done in person or via e-mail.

Call me at (913) 406-8857 for an appointment.

CranioSacral Therapy is a gentle non-invasive method that detects and corrects imbalance and restrictions within the bones and membranes that surround and protect the brain and spinal cord. The methods used encourage a state of profound relaxation and are particularly effective in treating back, neck and pelvic pain, anxiety, stress, headaches, TMJ and depression as well as suck, sleep and attachment problems in infants and some forms of palsy and hyperactivity. The client can remain clothed during treatment.

Reiki is an ancient Buddhist healing method. Reiki means Universal Life Energy or the Energy of the Divine. This form of energy work balances the energy of the tissues of the body as well as the chakras. The client can remain clothed during treatment.

Pregnancy Massage is designed to pamper and relax the pregnant woman. I use a combination of CranioSacral Therapy, Reiki and Swedish Massage (Swedish is the most common type of spa massage). I focus on alleviating the aches and pains that are so common in pregnancy.

Books for the Mind and Spirit:

Barks, Coleman; [The Illuminated Rumi](#); Broadway Books, 1997. Illustrated by Michael Green. This book contains the poetry of Sufi mystic Rumi. Lyrical poems about God and the dance of Shiva and Shakti. Each poem is beautifully illustrated. For the poet within everyone.

Borysenko, Joan; [A Woman's Journey to God: Finding the Feminine Path](#); Riverhead Books, 1999.

The author weaves modern science and ancient myth into her thoughts on how women find God. Vukovic, Laurel; [14-Day Herbal Cleansing](#); Prentice Hall, 1998. If you want one good book on detoxification and cleansing, this is it. Vukovic's book is clear, concise and easy to read.

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