



# Balance Point Newsletter

December 2001



A Gift from  
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*The trees are sleeping. Are they sleeping in your neighborhood too? Here in the far north (Chicago is far north to me) the trees sleep all winter. The official biological term is "go dormant", but I prefer to think of them as sleeping. Even the evergreens turn a little brown and drop off to sleep for the winter. Shhh, listen and you might hear them snoring as they toss and turn in the wind.*

*I have a fondness for trees. The best memories of my childhood revolve around a little tree at the edge of a big pasture. That scrubby little tree was my secret place. That tree held me snugly and protected me from the hurt and confusion I often found in the world of people. I read Nancy Drew mysteries in that tree. I daydreamed in that tree. I fell in love with nature in that tree. That tree brought magic into my life.*

*Trees perform magic every day. Photosynthesis is what biologists call their magic. A chain of mysterious chemical reactions within the green leaves and needles of trees turn sunlight and carbon dioxide into oxygen. The oxygen humans need to live. Trees make the earth hospitable for humans. Thank a tree for the next breath you take.*

*There is a nine-foot beauty of a tree in my dining room today. Its needles are a soft blue-green and it stands at attention in the front window. Its scent fills the room. I look at all the ornaments dangling from its branches; fancy hand-blown glass orbs, santa's and snowmen crudely made by little hands, mementos from friends and even some family treasures passed down from one generation to the next. So many memories cover this tree. There are memories from every stage of my life hanging on this tree. Looking at the ornaments is like a walk down memory lane. Winter is traditionally believed to be a time for quiet contemplation - so this is the perfect time for a nostalgic walk through my past.*

*If I look way back into my ancestral past, I find Druids and worshipers of the Earth Goddess. My Scottish and Welsh heritage is rife with pagan Gods and ritual. And I share one passion with my pagan sisters: a belief in the magical power of trees. Those ancient pagans worshiped trees. They believed that old trees held sacred powers and that a different tree ruled each day of the year. And now an evergreen tree stands in my house in honor of a Christian holiday. A living, breathing tree - isn't that the perfect symbol for a time that celebrates the birth of an enlightened being?*

*The Christmas holiday actually falls right in the midst of several ancient pagan celebration days. The pagans believed that the winter solstice on December 21st signified enlightenment, the time when the light is reborn within the womb of darkness. And now I celebrate the birth of Christ - the light of the world - at this time.*

*Pagan, Christian, Muslim, Jew, Hindu - our ancient myths and rituals connect and intertwine, stretching back through history like roots burrowing into the earth. And like the branches of a tree, our modern lives draw power and meaning from those common roots. We are connected in complex and mysterious ways. We are all one. I want to remember our oneness during these troubled times.*

*Blessings to you and everyone you are intertwined with.*



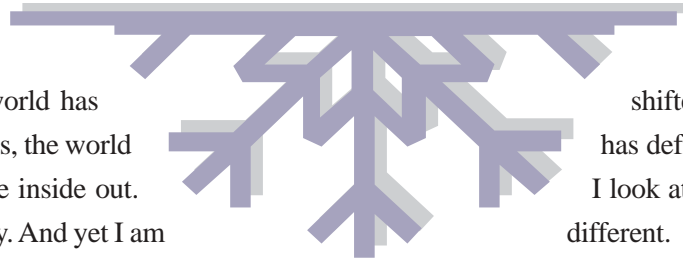
Nancy offers CranioSacral Therapy, Reiki, & Nutritional Guidance in Naperville, Illinois  
Treatments cost \$50-100. Gift certificate are available.



Pause and Find Peace in the Stillness

## Little Blessings

I hear people say that the world has shifted since September 11. Has it? For those who lost family or friends, the world has definitely changed. Grief colors and changes a person's world from the inside out. I look at me - did my world shift? I did not know anyone who died that day. And yet I am different.



My life follows essentially the same path that it followed prior to September 11; I care for my partner and children, I write, I see clients. I drive down the same streets in the same car running the same errands. And yet something is different internally. I am changed. A new thought bubbles up into my consciousness several times each day. This life could end at any moment. I have a new sense of mortality.

Oddly, these thoughts of dying do not seem that frightening to me. Oh, I was scared at first, right after the tragedy. Scared and very angry that my innocent peace of mind had been shattered. But now three months later, I am left with a deep gratitude that I am still here alive and kicking. And those I love most in the world are still here. I still have a chance to show my kids how much they mean to me. I can enjoy my partner's touch again. I find myself counting all the little blessings in my life. I am still here and I feel blessed to have this day.

The events of September 11 shook up my world. I woke up and realized how much I have to be grateful for. And how precious each moment is. I have more time with family and friends. I can take more hikes, share more laughter, give more hugs. Others are not so lucky. I am left with the idea that there is no better time than now to share a smile or kind word or gentle touch. And isn't that exactly what we are all here to learn?

How to connect and love the person right in front of me in this moment - that is my most important work for this lifetime. Remembering to connect shifts my life out of errand and problem mode. Errands and problems still come up and have to be dealt with. But I do not want to make that the focus of my life. I can choose to focus on the "real" work of life - how to love and appreciate all the people who show up in my life - even the ones that are not very lovable.

I want to share the wonder with you. We are still here! We are still alive! Every moment of life is a little blessing.



## Belly Breathing

What do you do 20,000 times each day? You normally do it without thinking. Yes, it's breathing and how well you do it dramatically affects your health.

Every cell in your body needs oxygen to stay alive and perform the work of the body. Improving the efficiency of your breath by just 1% can translate into profound shifts in physical, mental and emotional well-being. I am so convinced of the power of breath that I teach basic breath-work to most of my adult clients. Belly breathing is my favorite method. Belly breathing is the foundation of sitting meditation as well as yoga. It is also the way newborn babies naturally breathe. But somewhere on the path to adulthood, we "forget" how to breathe properly.

What is the secret to belly breath? Relax the abdomen! Forget what you learned in charm school. With every in-breath, let your relaxed abdomen swell as though filling with air. Then allow the abdomen to empty on the out-breath. The chest stays still as you breathe from your belly. This will probably feel upside down and weird at first. But keep trying. Practice belly breathing lying down first then try it sitting up straight.

That's all there is to it. Breath into your abdomen. Do not force your breath, just relax and let your abdomen slowly fill and empty fill and empty. Try it today. Your body will thank you.

# What I Know About Healing

*I want to offer a few rambling thoughts about healing. These thoughts grew out of what I have learned as a "healer" as well as from my own*

*healing. These thoughts grew out of what I have learned as a "healer" as well as from my own personal healing journey.*

*I have resisted writing this piece for over a year. Part of me has a strong aversion to people thinking I am weird or different - or worse yet, crazy. And some of what I know about healing sounds a little crazy at first blush. But this piece continued to cry out that it needed to be written, so I finally wrote it down. Please take from this what intrigues you, what fits for you and use it to find your own healing space.*

## What is Healing?

The word healing comes from the Anglo-Saxon word haelen, which means to be or become whole.

To heal and to cure are not necessarily the same thing. You can cure or "fix" the physical body whereas total healing involves not just the physical body, but also the mind and spirit of the person. However, the thoughts, emotions and spiritual energy of a person are so interwoven with the tissues of the body that I find it difficult to touch one without touching all. In the end, the only difference between cure and heal may be about intent; do you intend to touch and heal body, mind and spirit? Or just fix the body?

You can be emotionally or spiritually healed and physically die. Death may not signify failure.

Balance, resonate and heal are all words for the same concept.

## Where Does Healing Come From?

No one can heal you but you. A drug, a doctor, a shaman, a healer, a sound, a smell, a therapist may help you in some way, but all healing ultimately comes from within you. Don't expect any therapy to "fix" you. Everything you need to heal is already inside of you. Find treatments or therapies that help you uncover your own healing powers.

What you personally believe about healing dramatically influences the way you heal. If you believe that you need surgery to get better, then you will need surgery before you get better. Examine your beliefs about healing closely.

There is more than one way to skin a cat. And there is more than one way to heal. One person may use a drug, another meditation. Or possibly massage or surgery or acupuncture or journal writing. Or maybe all of the above.

Your path to healing will be as unique as your fingerprints. Do not let anyone dictate to you what you need to heal. Honor yourself and follow the path that feels right to you.

## Body Wisdom

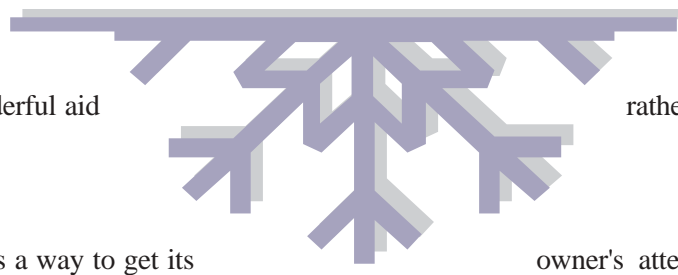
The healing wisdom inherent in the human body is so vast that it is hard for the conscious mind to grasp. It is as though your body holds all the knowledge of the world's most gifted healers. The trick is to figure out how to access all that knowledge.

Antibiotics and other drugs do not cure an infection or "fix" an imbalance in your body. Your body's amazing physiological systems take care of the problem with help from the drug. It may sound like splitting hairs, but it is an important distinction.

Many people believe that symptoms such as a runny nose, fever, and/or diarrhea are evidence that their body is in trouble and needs help from a pill or potion. In actuality, these symptoms usually mean the immune system is alive and well and doing its best to eliminate some bug or toxin.

Human beings healed from thousands of years without any technology. Technology is a wonderful aid

illness and survived for help from modern medical rather than the ultimate answer.



## The Language of the Body

Many times a body becomes ill as a way to get its owner's attention. Within a lot of chronic illnesses, there is some emotion or some issue that you are ignoring or avoiding. If you discover the issue or emotion and deal with it, the physical symptoms will resolve.

Children sometimes go through illnesses that teach mom or dad some important life lesson. It is as if the child "donates" his body to the cause of teaching his parents.

If you can find and honor your body's unique rhythms then you will know peace and find healing.

Bodies never lie and they always know what the real problem is. The trick is learning how to speak body language

## Feed Body, Mind and Spirit

Food is very powerful. Food can help you heal or make you ill. Your body is literally created from whatever substances you eat. Choose your food with care and wisdom.

The body makes no distinction between the chemicals it obtains from food and those it gets from a pill. A chemical is a chemical is a chemical to the human body. Beware of ingesting man-made chemicals that the body does not know how to use or eliminate. These chemicals get stored in the body and create havoc. They are implicated in the development of multiple sclerosis, arthritis, autism, cancer, Alzheimer's, ADHD, etc.

Your physical body needs food to survive. And your soul needs quiet contemplation or prayer. Feed your soul regularly.

And remember to feed your mind with hopeful, uplifting ideas and images. If you really want to be happy, present your mind with joyful words and images. Today's thoughts create tomorrow's reality.

## The Role of a Healer

Energy work is like learning how to dance with a new partner - you follow, watch and listen until you learn their rhythm, and then you try a new twirl or two. All with spirit as your dance instructor!

If all healing comes from within, then what does a "healer" do? I believe a healer's job is to create a *visica pisces* or sacred healing space that will cradle the client. Then connect and listen to the body. Just connect and listen. And offer love and acceptance from beginning to end.

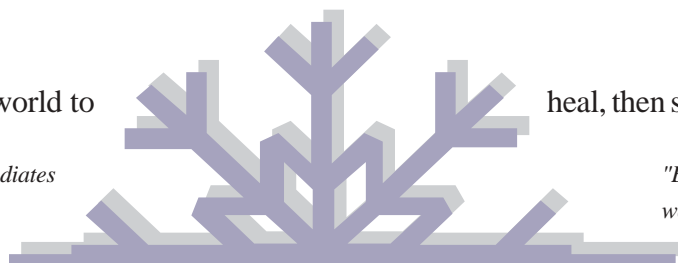
As a "healer" I am there to do what the person's body tells me - e.g move a leg, offer energy, adjust a cranial bone or stretch a muscle. I am a facilitator or helper. The healing knowledge or power is not mine - it does not come from me. The true healing is between that person and their spirit.

## Healing the World

If you hope and pray for this world to heal, then start at home. Heal yourself.

*"Do Good, Get Good. Goodness Radiates and Sticks to People"*  
-Ajahn Sumano Bhikkhu

*"Be the change you wish to see in the world."* - Mohatma Gandhi



## Natural Cold Remedies for Kids

My baby has a horrible cold. She sneezes and coughs. Her red, watery eyes look at me sorrowfully, as though she is saying, "Mom, do something! Make it stop." I want to make it all better for her. I am on alert for any sign of worsening illness. If she brushes her ear, visions of ear infections fill my head. A croupy cough brings up fears of pneumonia.

I am a Registered Nurse by training. And that part of me looks at her and says, "Relax, she's eating and drinking. There's no high fever and she's not dehydrated. It's just a congested nose and occasional cough. This will pass in just a few days." But the Mom in me can't relax until she feels better.

The only thing worse than being sick is when one of my kids is ill. I want to do something to lessen my child's discomforts from the common cold without strong drugs. Here are the natural remedies that I use to help my child recover fast.

### Mom's Natural Medicine Chest

**Echinacea:** This is the herb I reach for first when my child catches a cold. Echinacea is made from the root of the purple coneflower and its healing properties have been researched extensively. This herb enhances and boosts infection-fighting components of the immune system, as well as strengthening the cell membranes of the body against attack. I swear by it. If I give Echinacea at the first sign of a cold, my child's illness will be much shorter and less severe. Echinacea can be found in capsule, tincture or tea form. I give my kids Echinacea drops that can be added to water or juice. Echinacea works best when taken short term. So, I save this one and only use it at the first sign of a cold.

**Vitamin C:** My Mom and Linus Pauling were right; Vitamin C helps the body fight off the common cold and flu bugs. Vitamin C is required to build strong, healthy cell membranes that are able to protect the body from viral and bacterial invaders. Humans are one of the few animals that are unable to synthesize Vitamin C within their bodies. That means we must have it in our diet. I give my children oranges, pineapple, kiwi, grapefruit, tomatoes, broccoli or red peppers for a daily dose of Vitamin C. And when my child has a cold, I offer even more Vitamin C rich foods. I also give a 250mg chewable Vitamin C supplement until the cold is gone.

**Zinc Lozenges:** I have found nothing is better for relieving the pain of a sore throat than zinc lozenges. They taste good and they work. Zinc is a mineral that is used by the liver in numerous detoxification processes. My kids love them. I give them a lozenge to suck on 3-4 times per day if their throat is sore or scratchy.

**Water:** When a child is sick with a cold or flu, their body needs moisture and lots of it. So, I use saline spray. Getting this in my toddler's nose can be a little like wrestling live alligators, but it is worth it. I also offer my kids 3-4 extra glasses of water to drink. Pure, fresh water is needed to loosen up and expel all those nasty secretions.

**Homeopathic Remedies:** Homeopathy has been popular in England and parts of Europe for decades, but I just discovered it a couple of years ago. These compounds when used correctly are the closest thing to "magic" that I have ever found. Homeopathy works quickly and is very safe and effective against numerous ailments including the common cold and flu. But there is a trick to using homeopathic compounds; you must match your symptoms up carefully with the right compound. A good homeopathic reference book is invaluable.

**Herbal Remedies:** There are numerous herbs out there that alleviate the symptoms of the common cold or flu. Useful herbs include ginger, honeysuckle, elderberry, licorice and forsythia. These herbs contain antiviral compounds. Slippery elm, anise, fennel and marsh mallow are also useful for colds that involve a sore throat or lots of phlegm. I look for herbs that can be purchased in liquid form. My kids have trouble swallowing pills and drops are easy to add to water or juice.

**Garlic** is also wonderful for colds and flu. Yes, garlic! Garlic contains powerful antibiotic compounds. The most potent form of garlic is fresh cloves, crushed or chewed. But my kids cannot tolerate fresh garlic. So, I cook with it - I add lots of crushed cloves to chicken noodle soup and heat it thoroughly. My kids love it and it's good for what ails them.

**Aromatherapy:** I mix 6-8 tiny drops of Eucalyptus essential oil into a bathtub full of water and put my child in for a long soak. This is a wonderful way to loosen up chest or sinus congestion. I also mix 2 drops of Eucalyptus essential oil into 2 oz of almond or sunflower oil (1/4 Cup) and give my kids a chest or back rub.

## Mom Knows Best

Whenever my child is sick, I try to listen to my intuition. What does my gut tell me they need? What is their body saying? Do they act tired or look worn out? I put them to bed early. Do their lips or mouth look dry? I offer more fluids. Do they have a nasty cough? I let them soak in a Eucalyptus bath.

No matter what natural remedy I use on my child, I add an extra dose of hugs and kisses. I know that a loving touch is the most potent medicine of all.

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### Homeopathy

I keep the following remedies handy:  
**Oscilloccinum**, from Boiron: works like a charm against a flu with the symptoms of fever, body aches and pains, and chills if you give it at the first sign of flu.

**ColdCalm** from Boiron: a mixture of compounds for common cold symptoms.

**Sinusalia** from Boiron: a mixture of several compounds designed to relieve sinus congestion, inflammation and pain.

**Kali Bichromicum**: for nasal discharge that is thick and yellow or green in color, thick postnasal drip.

**Allium Cepa**: for nasal discharge that is profuse and watery and burns the nose and eyes.