



# Complements Integrative Medicine Quarterly News



## Acupuncture and Acupressure

### Greetings!

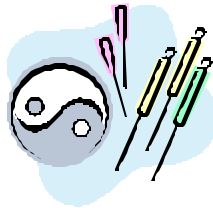
September and the beginning of the Fall season reminds us of how nature balances out by bringing in cooler temperatures and delightful days after a hot and humid summer. In this issue of *Complements*, learn how nature's principles are also very much a part of Traditional Chinese Medicine. In the practice of Acupuncture, nature's laws of opposite, yin and yang, are explained in terms of how these principles help to guide clinical diagnosis and treatment.

Acupressure can help prolong Acupuncture treatments and can be used for self care. You may find relief from common problems such as headaches, allergies, nausea and stress using Acupressure. Another area of interest for anyone who may have considered a facelift, is our article on facial Acupuncture. If the thought of having needles in your face makes you cringe, read the article on page 6 and see how calm and relaxed our patient looks during her treatment. And, don't forget to check out the article on allergies and Traditional Chinese Medicine to see if this holistic approach to a common ailment might be right for you.

With this issue I hope you will find new options for complimenting your medical care, and that help to carry you through a healthy, happy Fall season.

### Kelly

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### Acupuncture: An Ancient Art that Compliments Modern Medicine

by  
Susan W. Bisbee-White,  
L.Ac.

Acupuncture and Acupressure have been practiced for at least 5000 years in China. (11) It then developed throughout Asia into Korea, Japan, and Vietnam, into Europe and finally the United States. As this medicine spread different styles emerged and developed. The predominant styles include the following: Traditional Chinese style which came to be named after the Cultural Revolution as a way of promoting things Chinese at home and abroad; Korean, which has special focus on the hands; Japanese style, which interestingly enough was initially employed only by blind physicians and utilizes a gentler, shallower technique; French style which focuses on auricular Acupuncture; and, many other branches have evolved from the preceding styles. How Acupuncture came to be known in the United States is a rather interesting story. In 1971 President Nixon made a historic trip to China. James Reston of the New York Times was one of the members of the press corps accompanying him. Mr.

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## Tai Chi, Qigong, and Yoga—December, 2005

- December's issue of *Complements* will get you moving with our feature articles on Tai Chi, Qigong and Yoga. Practiced with intention, these three ancient movement therapies are good for your mind, body and spirit. Bob Ellal writes about his journey using Qigong to help beat cancer. Sheila Belzer will share her insightful knowledge of Yoga, and Kelly Taylor's contribution on Tai Chi will provide you with information on how slowing down the body can bring you healing and balance.

## Acupuncture continued

Reston suffered appendicitis and subsequent appendectomy while in China on assignment and was given Acupuncture for pain relief post operatively. When he returned he wrote an article describing his experience and the rest as they say is history. (2)

Now over thirty years later there are numerous Acupuncture and Oriental Medicine schools across the United States. All prospective Acupuncturists must pass examinations given by a national certification board, The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). (8) Presently there are thousands of Licensed Acupuncturists, Doctors of Oriental Medicine, Certified Acupuncturists, or Doctors of Acupuncture (designations are determined differently in each state) practicing under recognized laws in over forty of the United States.

The philosophy behind Acupuncture and Acupressure is complex and based on the concept of the opposites yin and yang, the laws of nature, and the idea of Qi. (5) Thanks to research both here in the United States and abroad there is now significant science explaining acupuncture's effects on the human body. Acupuncture and the principles of Chinese Medicine use the fact that although Yin and Yang are opposite they are also interdependent on one another and exist throughout nature. (5) Examples would be day or night, fever or chills, dry or wet and so on. "Traditional Chinese medicine applies the yin-yang principles of interconnection and continuous transformation to the human body to explain its physiology and pathology and to guide clinical diagnosis and treatment." (11)

Some examples of Chinese diagnostic terms using the concept of Yin and Yang with corresponding western medicine symptoms comprise the following: *Yin deficient* – meaning dryness as Yin represents wet. Often times a menopausal woman who has hot flashes and subsequent sweats dries herself out with such vasomotor responses and in Chinese medical terminology becomes Yin deprived as she has too much heat (represented by Yang) drying out her body. In treatment with Acupuncture, the Acupuncturist would tonify her Yin to moisten what has been lost, and subdue her Yang in order to balance her Yin and Yang aspects. (5) *Excess Yang*— Yang represents heat, upward and outward— a good western medical symptom portraying it would be hypertension. In treatment the Acupuncturist would subdue the Yang in order to regulate the blood pressure to more normal limits (2).



The natural world is employed in many diseases of Chinese Medicine. If one was to read an Acupuncturist's notes or sit in on a class they might think they were reading or listening to poetry. Diagnoses include Wind-Heat and the opposite Wind-Cold. Wind-Cold or Wind-Heat can be combined with dampness or even the concept of dryness. The five main characteristics of disease in Chinese Medicine revolve around the seasons as recognized by Chinese culture. The seasons begin with winter (Cold) then spring (Wind) arrives, followed by summer (Heat), then late summer (rainy season or Damp) and finally autumn (Dry) finishes the cycle. (1) Cold can be characterized by cold extremities, poor circulation, and atrophy. Some of Wind's characteristics are tremors, stroke, and rashes. Heat attributes include fever, inflammation, and sore throat. Damp problems would be edema, muscle soreness, and heaviness of the limbs. Dry traits are thirst, constipation, dry mucous membranes.

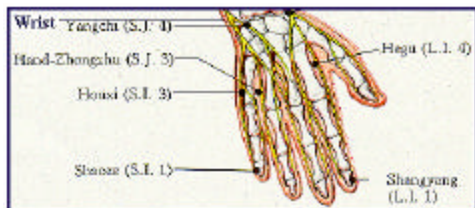
The concept of Qi is a rather complex one. Books have been written about Qi and its many forms by many cultures through the ages. Put simply Qi is the life force. (5) It is the energy, which initiates and promotes life. Qi and its state within the human body is the platform upon which Chinese Medicine is based. "Life is defined by Qi even though it is impossible to grasp, measure, quantify, see, or isolate. Immaterial yet essential, the material world is formed by it. An invisible force known only by its effects, Qi is recognized indirectly by what it fosters, generates, and protects." (1) Diagnostically when Qi is deficient a person may suffer from Chronic Fatigue Syndrome, asthma, or osteoporosis. If Qi is in excess or not moving properly unexplained ribcage pain, headache, or depression may occur. The preceding examples are but a few problems that can occur if the flow of Qi is awry.

Acupressure is a great way for people to be able to prolong the effect of an Acupuncture treatment and also treat themselves. Headaches, sinusitis, allergies, asthma, and feelings of stress are among the few problems that can easily be abated utilizing acupressure. Some how to's with Acupressure can be found on the next page.

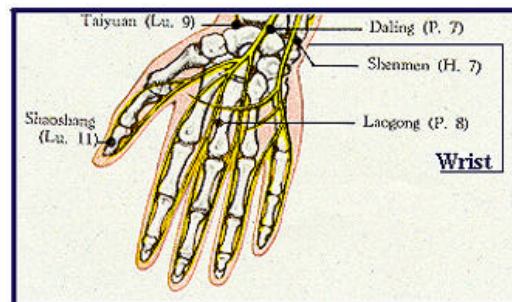
## Acupuncture continued

- Your middle finger is the strongest of your fingers. You can also use your knuckles, a golf ball or a pencil eraser.
- Use prolonged finger pressure directly on the point for approximately three minutes.
- Occasionally you will feel pain or a sensation in another part of the body. This shows that these are related. You should press points in these related areas to release any blockages.
- For optimal results acupressure should be performed daily. If you cannot practice daily, two or three times a week should suffice. (5)
- The chart and pictures below can assist you in incorporating Acupressure into your own healthcare routine.

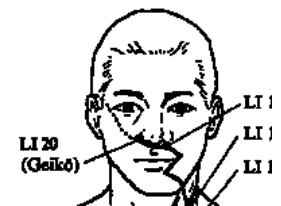
Large Intestine (LI) 4	Hegu-Joining Valley	Headache, sinusitis, toothache. Caution: Do not use with pregnant woman unless they are at or beyond 40 weeks gestation. Can induce labor!
Large Intestine (LI) 20	YingXiang—Welcome Fragrance	Sinus congestion and pressure
Lung (LU) 7	Lieque-Broken Sequence	Sinusitis, asthma, sadness
Pericardium (PC) 6	Neiguan-Inner Pass	Nausea, chest stuffiness, stress
Stomach (ST) 36	Zusanli-Leg Three Miles	Strengthens immune system, aids digestion
Heart (HT) 36	Shenmen-Spirit Gate	Stress, anxiety insomnia
Yintang	Hall of Impression	Stress, headache, sinusitis; Located between the eyebrows



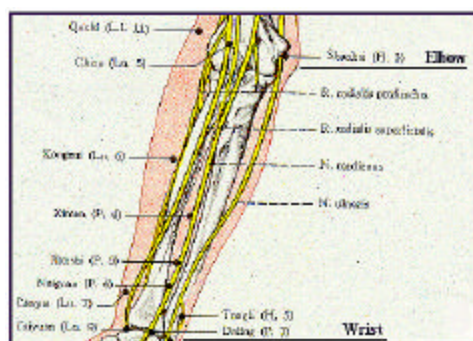
Li 4



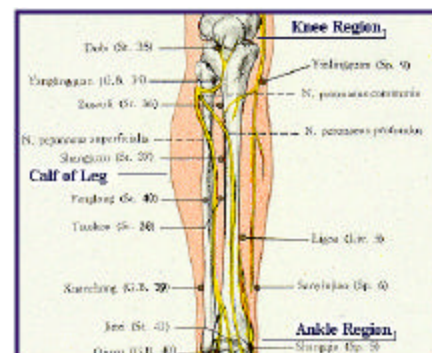
Ht 7



Li 20



Lu 7, PC 6



St 36

Continued page 4

## Acupuncture—continued

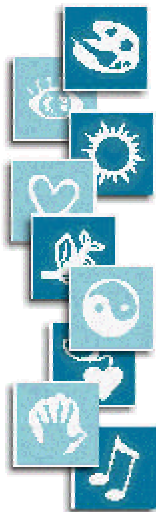
The philosophy behind the art of Chinese Medicine is complex and embedded in a rich, historical, and intricate culture. The descriptions on the previous pages barely scratch the surface but should prove useful in explaining how Chinese Medicine views allopathic complaints. Chinese Medicine and Western Medicine may seem worlds apart but they work quite well together. Frustrating complaints of chronic pain are often alleviated within a few sessions of acupuncture. Postoperative problems such as nausea, vomiting and pain can also be addressed with acupuncture. Acupuncture is not a cure-all and no practitioner should claim such, however it is extremely useful as adjuvant therapy in many health-related complaints.

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## Acupuncture Services at Hartford Hospital



Acupuncture is a powerful technique that aids in strengthening the immune system and serves to prevent disease and increase both the function and quality of people's lives.

- Acupuncture is available hospital-wide to patients with a physician's order
- Patients are billed directly by the acupuncturist at \$70 per visit
- To request a session, notify your nurse or caregiver

Acupuncture is also available to the community at \$70 per visit and to Hartford Hospital campus employees and their family at \$35 per visit

For more information call the Integrative Medicine Department at 860-545-4444.

## Allergy Relief and Traditional Chinese Medicine by Edwin J. Brown, L.Ac., MAOM

As the rhythm of life blends effortlessly from one season to the next, we are often reminded just how much we are affected by nature. Whether we reach for our coats or shrug them off, the impact that our environment has on us is undeniable. For allergy sufferers there are a multitude of unpleasant symptoms that serve as a constant reminder of this connection. The question that most of these sufferers have is what can I do to get rid of my symptoms. The answer for many is often found at the local pharmacy, but for a growing number of people (in this country and throughout the world) the answer is usually found at their local Acupuncturist's office. While allopathic (Western) medicine has searched for clues and an understanding at the cellular level, traditional Chinese Medicine has always looked at the larger picture of how human beings fit within the context of the natural world, and how that context influences our health. Despite many apparent differences, there are a number of similarities in how both paradigms define and treat allergies.

Allopathic medicine describes an allergy as a specific response within a person's immune system that is triggered by some outside agent called an antigen (also known as an allergen). While there are four different immune mechanisms that can lead to an allergic response, most people are familiar with the category known as immediate hypersensitivities – for example wind blown pollen which triggers sneezing, watery and itchy eyes. As the body's immune system encounters these allergens, it releases specific substances from certain cells (antibodies) that in turn trigger a response to deal with the allergens. Allopathic treatment of these symptoms usually entails pharmaceutical medicine, or in some cases a series of injections to desensitize the person to the allergen. In large part these treatments only address the symptoms that a person presents with, while not addressing the person within the context of his/her environment and its impact on the entire person's well being. Therein lies one of the biggest differences between the two paradigms.



In traditional Chinese Medicine the concept of Wind and its effect on human beings is also a well-established causative factor in a variety of illnesses. While the identification of specific factors such as pollen may not have been part of diagnosis, it has long been said that Wind is the spearhead of a hundred diseases. It is said to penetrate our body's natural defensive energy known as Wei (protective) Qi. In many ways, this concept of protective energy mirrors what we now call the immune system. This view of how Nature influences our health led to very specific approaches in the treatment of what we now call allergies.

Regardless of the approach to treatment for allergies (whether through the use of herbal medicine or Acupuncture), the basis has always been the same. Simply put the practitioner must help the patient strike a balance with his/her environment and within his/her overall life in order to better deal with external influences. The immediate aim is to reduce the frequency and severity of symptoms while at the same time bolstering the Wei Qi. This holistic approach values the importance of dealing with the symptoms that a patient presents with. Yet it also adopts the stance that it is more important to deal with the entire individual and try to identify what underlying reasons exist that would allow for these symptoms to manifest in the first place.

The holistic approach of traditional Chinese Medicine usually entails a health history that takes into consideration life style and dietary habits, overall stress, and more importantly how the individual manages this stress. Other health concerns are also taken into consideration and placed within the larger context of the patient's life. Over the course of several treatments the practitioner is then able to select herbal ingredients and/or specific Acupuncture points that will help quell the influence of the external factor of Wind, and address underlying imbalances to help strengthen the Wei Qi (immune system).

Once specific symptoms are better managed the focus shifts to preparing the patient for future allergic responses. This is best accomplished by treating the patient prior to a specific allergic season (or the worst in the case of year round allergies). For example, late Winter into early Spring for people that have stronger symptoms in the Spring. In addition, late Summer into early Fall to help balance the body within the context of the entire year. Since hot balances cold, then Summer balances Winter. By treating a patient at the opposite time of the year relative to the season that has the greatest impact on his/her health, the body's energy is better prepared to fend off any future potential external influences.

This approach also helps to complete the overall balancing of the individual within the greater context of life. In other words, treating specific symptoms helps to restore an immediate balance. Treating underlying causes helps to elevate the patient's overall health, thereby reducing the likelihood of symptoms returning with as much frequency and/or severity. Treating the individual at specific times of the year and taking into consideration the prevailing influences of that specific season helps the patient to more closely adopt and fall into the rhythm of life.

While it is never advisable to disregard the importance of allopathic medicine in the treatment of disease, it is equally important to understand the role that traditional Chinese Medicine can play in a patient's overall health. If used properly, Acupuncture and/or Chinese herbal medicine can be a powerful tool to achieving and maintaining a healthy and balanced life.

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### REFERENCE

## Facial Acupuncture by Carmen Ciarcia, L.Ac., Dipl. O.M.

As we grow older, we all want to look our very best. Most people think immediately of a surgical facelift, but there is another alternative for those who wish to try something less drastic—Acupuncture.

A centuries old modality, Acupuncture and Chinese Medicine work on the theory of manipulating the body's natural Qi or energy, to promote health and wellbeing,



and this includes looking our best as well as feeling our best. Acupuncture utilizes extremely fine needles made of surgical stainless steel, that are inserted in designated points on the body to achieve a desired

result. In facial Acupuncture, or facial rejuvenation, most of these points are on the face itself. Some other body points or auricular (ear) points are often added to the prescription to address underlying issues that may be affecting the face. For example, droopy eyelids or jowl line may be caused from a deficiency, and so points that address this issue may be added during treatment.

Used consistently, Acupuncture facial rejuvenation treatments may begin to show results in as little as five treatments, with best results apparent with about twenty treatments. Afterwards, the patient should follow up with maintenance treatments about every month or so to keep up with the natural aging process. In addition, Acupuncture rejuvenation tightens the skin, improves muscle tone, increases blood circulation, hydrates the skin, drains lymph, may increase collagen and elastin, and has the added side effects of helping sinus congestion, menopausal complaints, and reducing stress. It is important to note that best results are to be expected with certain lifestyle adjustments, such as regular exercise, adequate sleep, stress reduction, quitting smoking, and proper weight management.



For more information about facial rejuvenation treatments, please call the Integrative Medicine Department at 860-545-4444.

## Integrative Medicine Services and Gift Certificates



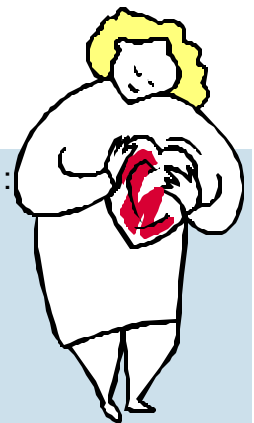
The Betar Chair is now available! This chair helps with stress reduction by using the medium of music vibration both at a conscious and subconscious level. Call 545-4444 to learn more.

### Gift Certificates

are available for a variety of complementary therapies offered by the Integrative Medicine Department. Certificates can be purchased

for hospitalized patients, as well as by hospital employees and by the general public. Instead of flowers, consider a gift certificate for a relaxing and stress reducing massage or other available

therapy. See the chart below for gift certificate availability. Call 860-545-4444 for more information.



### GIFT CERTIFICATES ARE AVAILABLE FOR:

	<u>Inpatients</u>	<u>General Public</u>	<u>Employees</u>
<b>Acupuncture</b>	—	\$70/session	Ask about our employee discounts!
<b>Massage</b>	\$35/session	\$60/session	
<b>Energy Medicine</b> (Reiki, Touch Therapy, Reflexology)	—	\$60/session	



# Fall 2005

- **Thursday, September 15, 2005, HH-ERC, Informal Lounge, 12-1 pm**  
**Qigong: Ancient Holistic Exercise for Your Health Today**  
Join Bob Ellal, Qigong Practitioner and cancer survivor to learn the history and application of this ancient holistic exercise system. Bob will teach how these Chinese mind/body exercises are excellent for reducing stress, relieving arthritis and bolstering the immune system. Be prepared to participate in several sets of exercises which can be done by people of varying levels of ability and fitness.
- **Thursday, October 6, 2005, HH-ERC, Room 221, 12-1 pm**  
**The Importance of Dreams: How to Interpret Their Meanings**  
Dreams continuously send messages of guidance, support and advice. By paying attention to your inner dream life, you can learn how to decipher the brilliant tips that your unconscious is constantly providing. Come and learn how to: identify healing remedies from dream symbols, decode messages from deceased loved ones, understand creative solutions to daily problems, and recognize messages of the future. Bring your dreams along to this informative session!
- **Thursday, October 20, 2005, HH-ERC, Room 216, 12-1 pm**  
**Vegetarianism 101**  
Have you ever considered being a vegetarian? Join Chef Dawn Rosiello as she covers the basics of a vegetarian diet, reasons to go vegetarian, how to stock your pantry, health benefits, recipes and more. Dawn holds a degree in Holistic Nutrition, is a graduate of the School of Natural Cookery, and currently facilitates monthly cooking class at Wild Oats in West Hartford, CT. Plan on sampling some healthful vegetarian recipes prepared by the chef whose commitment is not only to create nutritionally sound meals, but food that doesn't sacrifice flavor for health.
- **Thursday, November 3, 2005, HH-ERC, Room 221, 12-1 pm**  
**Managing Arthritis Pain with Massage**  
Marcia Rothwell, Director of Integrative Medicine and a Licensed Massage Therapist will share information regarding arthritis and massage. You will learn and experience hand massage which you can use to help anyone who suffers from painful arthritis of the hands.
- **Thursday, November 17, 2005, HH-ERC, Room 216, 12-1 pm**  
**Introduction to the New Humor Program at Hartford Hospital**  
Did you know.....a new study finds that laughter can improve blood flow? Over time this can help protect against heart disease. Come learn how humor can improve your life and health, along with information about Integrative Medicine's new humor program. Experience the joy of laughter.
- **Thursday, December 1, 2005, HH-ERC, Room 221, 12-1 pm**  
**Self-Discovery with Collage**  
Collage is an intuitive selection of images to enable connections of deep personal meaning from the language of signs, symbols, metaphors, and archetypes. Exploring random images encourages connections to identify and express inner feelings and integrate them into daily life. Join us in using this simple, yet powerful healing tool to discover your own sense of inner direction.
- **Thursday, December 15, 2005, HH-ERC, Room 216, 12-1 pm**  
**An Integrative Medicine Lunch and Learn Potluck**  
You are invited to join the Integrative Medicine and Health Science Libraries staff, co-sponsors of the Lunch and Learn Series, for a potluck lunch. Bring your favorite healthy dish along with the recipe to share with the group.

**To register for these free programs,  
please call Health Referral Service  
860-545-1888**



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**Here's how you can get a  
25% off ALL DAY Shopping Pass**

**Integrative Medicine Invites You To**

**FILENE'S**

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Meriden Malls, and The Shoppes at Buckland Hills



## **FILENE'S CHARITY BENEFIT SHOPPING DAY**

**WEDNESDAY, OCTOBER 18, 2005, 10 AM TO 9:30 PM**

**A special day of savings at Filene's benefiting  
Integrative Medicine at Hartford Hospital**

**Here's how it works...**

We are one of several non-profit groups that will be selling \$5 admission tickets to Filene's Charity Benefit Shopping Day. We keep the \$5 as a contribution. The more tickets we sell, the more money we raise. We may also be eligible to receive bonus money by selling the most tickets.

**Everyone who buys a ticket receives...**

- Special savings throughout the store
- A chance to win a \$1,000 Filene's Shopping Spree
- Entertainment and demonstrations
- Prize drawings throughout the store
- Children's activities, music and entertainment



**...and best of all, a 25% off ALL DAY Shopping Pass !!**



**Tickets will be available  
between now and October 17<sup>th</sup>  
and can be purchased in person  
in the Integrative Medicine Department,  
ERD – 2<sup>nd</sup> floor or call 545-4444 and  
arrangements can be made to have  
tickets delivered to your department.**

**Cash, checks and all credit cards accepted.**

### **Fall Education Series—Avon Wellness Center, 100 Simsbury Road, Avon, CT**

- **Tuesday, 9/6, Avon Wellness Center Library, Suite 205, 12-1 pm**

#### **VIDEO: Kids and Animals; A Healing Partnership**

In this video presentation, explore the healing bonds formed between children and animals in this award-winning documentary. You will meet some amazing children who face extreme challenges in their lives and the animals that took on the role of therapist. Their personal stories will make you cry and laugh and fill you with hope.

- **Tuesday, 10/4, Avon Wellness Center Library, Suite 205, 12-1 pm**

#### **LIVE PRESENTATION: The Importance of Dreams**

Join our guest speaker, Kathleen Kiley, Dream Interpreter, to learn how to decipher the brilliant tips that your unconscious is constantly providing. Come learn how to: identify healing remedies from dream symbols; decode messages from deceased loved ones; understand creative solutions to daily problems; and recognize messages of the future. Don't forget to bring your dreams! We will have a free drawing at the end of the program for a dream journal.

- **Tuesday, 11/1, Avon Wellness Center Library, Suite 205, 12-1 pm**

#### **LIVE PRESENTATION: Understanding Aromatherapy**

Please join Donna Denert, RN, Certified Clinical Aromatherapist for an interesting look at the application of essential oils and aromatherapy. Donna will present information on the many benefits of specific oils, how aromatherapy is applied and the safety of the oils. We will have a free drawing at the end of the program for an aromatherapy book.

- **Tuesday, 12/6, Avon Wellness Center Library, Suite 205, 12-1 pm**

#### **VIDEO PRESENTATION: Mandala: World of the Mystic Circle**

In this video presentation, watch the creation and ceremonial dismantling of the sacred *Kalachakra* sand mandala by four Tibetan monks. Interviews with a research scientist, a professor of philosophy and an architect/art historian provides the viewer with a fuller understanding of the diverse meanings associated with mandalas.

**To register for any of these free programs,  
please call the Hartford Hospital Health Referral Service at 860-545-1888**

- **REIKI HEALING TOUCH—Level 1**

Learn a gentle hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. Not only can it be used for self-care, it can also be used with family, friends, and patients. Reiki Healing Touch is taught by Alice Moore, RN, Reiki Master Teacher. **Schedule: (Choose one date) 9/15, 10/13, 10/27, 11/10, 11/24, or 12/1. 9:00 am to 5:00 pm.** Location: Hartford Hospital, ERC Formal Lounge. Fee: \$150 (\$120 for Hartford Hospital Employees). Call Health Referral Service to register: 860-545-1888.

- **THERAPEUTIC TOUCH**

**Basic Therapeutic Touch—Saturday, November 19, 2005**

**Basic Plus Therapeutic Touch—Sunday, November 20, 2005**

Give yourself the perfect gift for the holidays: knowledge to balance the body's energy. Therapeutic Touch (TT) can decrease stress and anxiety, ease pain, increase healing potential, and promote a sense of well-being. These skills can then be used for yourself and others. Anyone with compassion can learn. Nursing CEU's available. The teacher for this class is Karen Kramer, a certified holistic nurse and qualified TT instructor. **Schedule: Basic (11/19) - 9:30 am to 5:30 pm. Basic Plus (11/20) - 9:30 am to 3:30 pm.** Location: Hartford Hospital's Newington Campus, Curtis Building I. Fee: \$150 for both classes (\$120 for Hartford Hospital Employees). Call Health Referral Service to register: 860-545-1888.

- **BABY MASSAGE INSTRUCTOR CERTIFICATION**

This training class is for anyone interested in becoming certified as a Newborn Baby Massage Instructor. The class consists of two parts: (1) An independent home study kit; and (2) the certification session held at Hartford Hospital. The certification session is taught by Marcia Rothwell, LMT, Certification Coach for Connecticut and Director of Integrative Medicine at Hartford Hospital. **Schedule: Wednesday, November 2, 2005. 9:00 am to 1:00 pm.** Location: Hartford Hospital, ERC, Room 218. Fee: \$205. Call the Integrative Medicine Department at 545-4444 for more information or to register for this session.

## Complements

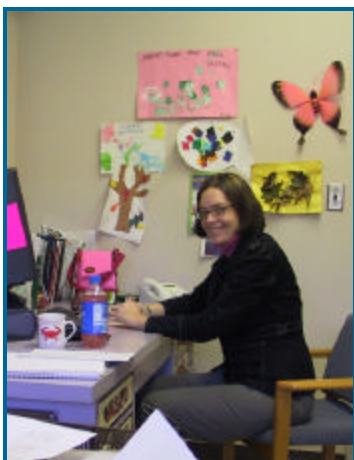
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Comments, questions  
and suggestions—  
please send email  
to the editor at:  
ktaylor@harthosp.org



## Staff Profile - Susan W. Bisbee-White



Susan Bisbee-White, L.Ac. is a licensed Acupuncturist who has practiced at Hartford Hospital for nearly five years. As Coordinator of the Integrative Medicine Department's Acupuncture Program, she treats people in the Brownstone Clinic and as well as provides sessions in the Hospital's ERC Building for Hartford Hospital Staff, their families and people from the community.

Susan has a Master of Oriental Medicine degree from the International Institute of Chinese Medicine in Albuquerque NM. She is board certified by the National Certification Commission of Acupuncture and Oriental

Medicine. Susan specializes in anxiety, depression, women's health issues, and pain management.

When Susan isn't working she likes to spend time with her husband Tony, daughter Annika, and stepson TJ. Some of her favorite things to do include walking in the woods with her dog Ranger, going to the beach, cheering for the UConn Huskies and the Boston Red Sox as well as traveling to New Mexico, Virginia and North Carolina.



## What's Cooking? All Natural Recipes

### Asian Pear Salad

#### Ingredients:

2 Asian pears, peeled and cored  
2 teaspoon s fresh ginger, peeled and chopped  
3/4 cup water  
2 tablespoons sherry vinegar  
1 teaspoon teriyaki sauce  
1 tablespoon olive oil  
6 cups mixed greens  
1 large carrot, peeled and shredded  
1 cup snow peas  
1 cup bean sprouts  
Salt and pepper to taste

#### Directions:

1. Cut the pears in half. Chop enough to fill 1/4 cup of small pieces, and cut the remaining pear into thin slices.

2. Sauté 1/4 cup of chopped pear with the ginger and water until soft; then add to the food processor or blender along with the sherry vinegar and teriyaki sauce, and puree.
3. Slowly add the oil to the mixture (and some salt and pepper to taste) until it is well blended.
4. Separately, toss the greens, carrots, snow peas, and sprouts all together with the year dressing, and top the salad with the remaining sliced pear.

#### Nutritional information:

(per serving) 309 calories; 9 g protein; 13 g fiber; 8.5 g fat (1 g saturated); 54 g carbohydrates.

Serves 2.

## Overheard !

A bit of fragrance  
always clings to the  
hand that gives roses.  
~Chinese Proverb

