

• *The Healing Way* •

We are expanding!

Many good things are happening at
Healing Arts Center!

We are again expanding our clinic and adding a
complete Physical Therapy Department!

Insurance Accepted

Opening March 2019

We will also be offering yoga & other health classes!

To stay updated on our progress, be sure to like us on Facebook.

Lyme Disease Support Group

**Our first Lyme Disease Support Group will be held on Saturday,
February 2nd from 10 –11:30 am at Healing Arts Center**

The mission for this group is to create a space for you to share your stories of
challenges and successes, gain more information on Lyme disease, and
discover the best journey to healing for you.

In this preliminary meeting, we will set goals and plans for moving forward,
providing a space for you to have the support you need from us, each other,
and the community.

All are welcome!

For more information, please call our office at 219-510-5623.



**January 2019
Volume 10, Issue 1**

Important Dates @ HAC Client Appreciation Days

Because our fall Client Appreciation Day was more successful than ever, and many had to wait longer than usual for treatments, we have decided to expand our Client Appreciation to two days instead of one.

It will now be held **Friday, April 5th from 4-8 pm and Saturday, April 6th from 9 am to 3 pm.**

More information will follow in our April newsletter but be sure to mark the dates on your calendar now!

Breast Thermography

Breast Thermography is invaluable in alerting to changes that can indicate early stage breast disease. It is a 15-minute test that is totally painless, effective, and approved by the FDA. The technique uses no radiation. The cost is \$260 for breast and \$425 for full body scans. Dates for 2019 are as follows:

**March 21, April 23, May 22,
September 19, October 23,
November 19**

Schedule well in advance as time slots do fill up!

New Practitioners Join Healing Arts Center!



Deb VanderMolen, LMT

Healing Arts Center is very happy to welcome Deb VanderMolen back to our professional team! Deb worked with us a few years back offering massage and Reiki sessions and had an avid following of loyal clientele! She is happy to rejoin our staff and offers office hours on Tuesdays and Thursdays. She specializes in massage for relaxation such as Swedish massage and hot stone therapy and also works with headaches and Oncology massage. With Reiki, she helps people battling anxiety, sleep issues, and pain. Her goal, she explains, is to “help you relax, de-stress, and heal.”

Deb is also a certified Yoga instructor and plans to initiate classes at Healing Arts. “Yoga is not only a stretching class – it teaches us to breathe consciously. This helps us move out of our Fight or Flight response and gives us tools to tap into our inner relaxation response! Yoga helps us live a more positive way of life. It promotes relaxation, positive thinking, enhanced flexibility, and improved balance to name a few.”

Call our office to schedule a free consult or a treatment with Deb today! Information on the Yoga classes will be available soon!

We are proud to have Allison join our Mental Health Department. She is very acquainted with many types of holistic therapies and has herself been both a NAET and an acupuncture client. She specializes in Borderline Personality Disorders, eating disorders, women’s issues, domestic violence issues, Bipolar disorders, depression, anxiety, Obsessive Compulsive Disorder, ADHD, adolescent issues, LGBTQ population, and self-esteem issues. She incorporates mind, body, and spirit modalities to encourage a holistic and successful transformation. She helps her clients work through traumas, toxic relationships, addictions, and/or poor coping skills that prevent them from being the best they can be!

Allison is also a Reiki practitioner, a yoga instructor, and practices Ayurveda. She incorporates these integrative techniques based on individual client needs, strengthening their overall health and well-being in a very holistic and supportive manner. These techniques can help ease the negative effects of chemotherapy, post-operative pain, depression and anxiety, and many more.

“I have tremendous respect for all holistic healing modalities and am honored to be a part of the Healing Arts team. I look forward to meeting you and am so happy to be here!”

Allison is available on Mondays, Fridays, and select Saturdays. Please call our office today for a free assessment!



Allison Kaminski, LMHCA



Jeff Alisch, Hypnotherapist

We are also welcoming accomplished hypnotherapist Jeff Alisch to our staff! Jeff majored in social work and behavioral psychology at Western Michigan University and studied at the Institute of Transformational Hypnotherapy and the American School of Clinical Hypnosis. He received board certification from the National Guild of Hypnotists and is also certified as a pain management specialist. He further specializes in PTSD, self-hypnosis instruction, painless childbirth, substance abuse interventions, anger and stress management, insomnia, weight loss and smoking cessation, and sport, education, and career performance.

Jeff explains that during hypnosis, at no time does a person give up the power of conscience or free will, which would cause them to act out suggestions that are contrary to one’s personal or moral ethics. The hypnotherapist guides you to a deeper state to help bring about the change you most desire. It is “simply a particular state-of-mind that occurs quite naturally and spontaneously in each and every normal human being.”

For a free consult with Jeff, please call our office for an appointment. He works on Tuesdays and Thursdays.

Nowadays there's a lot of talk about mitochondria, the powerhouses of your cells. How many mitochondria you have and how strong they are affect everything you do – from day to day activities to living a longer, fuller life. PEMF (Pulsed Electromagnetic Field) is a direct approach to charging up your mitochondria and helping you function better. PEMF therapy may help speed the rate of injury healing, boosts your natural immune system, enhance the quality of your sleep, help ease depression, invigorate you with more energy, improve bone density, and increase circulation to all parts of the body.

In PEMF therapy, you will lay comfortably on a special mat. The mat pulses at low frequencies which pass through the skin and penetrate deep into muscle, bones, tendon, and even organs to activate the cell's energy and encourage natural repair. It is quickly becoming a major way of treating injuries, chronic pain, and even chronic conditions like depression and diabetes. PEMF therapy is not dangerous – it does not deliver the type of EMFs that can be harmful to your body as in cell phones or microwaves. The frequencies used in PEMF are very similar to the same frequencies you encounter in nature, so they are natural to your body. Also, the frequencies are pulsed and very brief – there is no extended exposure.

Based on research at Yale University, it was found that any pathology in the body is accompanied by a drop in cell charge. PEMF therapy reaches down to cells that have lost some of their charge and reinvigorates them to their normal charge level. It stimulates every level of the body so the body can heal itself.

At Healing Arts Center, we utilize the finest in PEMF therapy, having not one but three different PEMF devices to best meet the needs of our clients. A 60-minute treatment is recommended, and it is very affordable. For more information, please call our office for a free consult.

Corruption in Health Care

Reneé Kimberling, ND

In November of last year Dr. Reneé attended the ILADS symposium in Chicago and participated in the presentation given by Jenna Luche-Thayer, MS, on the corruption that has become epidemic in our healthcare system. What an eye-opening session! Insurance companies are now the wealthiest companies on earth, and corruption practices have become globalized – not just in the US. Large corporations are manipulating health care to help keep insurance payouts low and to limit entire countries from financial liability for insurance and disability/social support payments. Corruption has literally become *normalized* – it is the rule rather than the exception. The result is that millions of people are suffering worldwide because of it.

For example, in most scenarios if a person is sick more than 6 months, their condition is determined to be “psychosomatic.” This means they are referred to a psychiatrist for anti-depressants or anti-anxiety meds as it must be “all in their head.” The term now being used is “medically unexplained symptoms,” or *MUS*. Once a diagnosis of MUS has been recorded on the individual's records, any *future* symptoms may be grouped under that as well and that patient may be denied any further insurance reimbursement.



There are proactive groups who are working hard worldwide to counteract these practices. Trying to get the United Nations and the World Health Organization involved may be helpful. It is their opinion that these practices boil down to human right abuse. In the US, new ICD 10 codes (codes used by insurance companies to determine reimbursement) have been introduced into legislative bodies to help diagnose and recognize long-term complications of several disease conditions, such as Lyme disease. Conditions such as Lyme Carditis, Arthritis due to Lyme, and Congenital Lyme Borreliosis may be reimbursed soon – and there are many more as well.

Even though there are many factors in health care that work against ethical principles of patient care, there are many advocacy groups that are currently trying to solve those issues in favor of world health. The more education that patients receive the faster these issues can be resolved.

Pain is literally an epidemic in this country. Over 100 million Americans currently suffer from chronic pain – and that is felt to be a gross underestimate. Stop and think – 100% of the population will suffer from pain at one point or another. It is the number 1 reason people visit doctors and is the leading cause of disability, with an annual cost of about \$635 billion in treatment and lost productivity. Plus, the misuse of potent opioid painkillers, while increasing the risk of addiction and abuse, can confuse the conversation around chronic pain management. Opioid dependence rose a whopping 3,202% from 2007-2014. 49,000-plus people died of an opioid overdose in 2017 – more men than women.

Chronic pain and insomnia often feed off each other and a vicious cycle can ensue. Insomnia is present in 67-88% of chronic pain sufferers, and there is the same relationship with pain and depression as well. Standard antidepressants fail miserably when interlaced with chronic pain.

People in chronic pain (especially those in the Midwest) need to be screened for Lyme disease and other tick-borne illnesses, especially if the pain *migrates*, or shifts from one body area to another. This includes neurogenic pain such as neuropathy, Bell's Palsy, and Trigeminal Neuralgia.

Successful treatment for chronic pain needs to be multi-disciplinary in approach and individualized to the patient. What works for one person may not work for another. A key ingredient in relieving chronic pain involves finding the **root cause** and treating that, whether it be bacterial, viral, allergy-related, structural, or even emotional in nature. Once the root cause is identified, appropriate therapies can be instituted. Natural health approaches may be very successful in eliminating pain long-term and include such therapies as acupuncture, hypnotherapy, chiropractic, massage, Rife therapy, Laser therapy, mental and emotional support, allergy elimination, herbals and homeopathics, bioenergetic therapies like PEMF, yoga, and meditation. At Healing Arts Center, we develop an *individualized plan of care* for pain management for both children and adults to achieve the most successful and long-lasting results. Call today for a free consult for our pain management services!



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Follow us on
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Healing Arts Center Valparaiso



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Hours of operation:

Monday-Thursday
9 am-6 pm
Friday
9 am-8 pm
Select Saturdays
9 am-1 pm



Remember Valentine's
Day is February 14!

Give the gift of better
health to your loved
ones!

Gift certificates are
available at Healing Arts
for any denomination!