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Integrative Health Studies Newsletter

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California Institute of Integral Studies



What's New this Month in Integrative Health

Issue: #2

November 2008

In This Issue

- Faculty Announcements
- New Courses for Spring
- Upcoming Events
- Important Dates
- Hans Baer, PhD, Lectures at CIIS
- Bhutan Trip
- Online Courses for Spring
- Consciousness and Healing
- Research Opportunity
- Article Headline
- Health Tips
- Advisory Board Members

Faculty Announcement

Julia Zarcone, Core Faculty, will be on sabbatical Spring 2009. Julia will be working on a book project on Integrative Healing and traveling to several conferences, including the Institute of Medicine's Integrative Health Summit in Washington, DC.

New Courses for Spring

Integrative Wellness Management an online course with Dr. Meg Jordan

Consciousness, Healing, and Spirituality with Dr. Mike Denney



GLOBAL WARMING and GLOBALIZATION:

Beyond Capitalism and Toward an Alternative System

Tuesday, Nov. 18, 2008

4-6 pm, CIIS Namaste Hall at 1453 Mission Street, San Francisco

Come hear internationally renowned medical anthropologist Hans Baer, PhD, speak on the roots of global warming in the treadmill of capitalist production and consumption, and the impact of global warming on settlement patterns, human subsistence, and health. Given that anthropologists have long recognized that social systems do not last, he presents a way to mitigate global warming by replacing global capitalism with a new global political economy committed to social parity, democratic processes and environmental sustainability. This emerging climate movement holds the potential to stop the planet and humanity from frying.



Bhutan Trip

Plans are shaping up! Let us know your interest so we may make this trip a reality. Keep spring break open: March 20-29, 2009. We'd like to visit the Institute of Traditional Medicine Services in Bhutan, and we're now corresponding with official agents within the country. More details, call Chanda 415.575.6199.

Two Online Wellness Courses for Spring

Expanding our wellness course initiative here at IHL, we are happy to provide two online courses for Spring 2009. Integrative Wellness Management (IHL 6032) with Dr. Meg Jordan teaches students how to design and implement a wellness program. Plus - direct from Australia! Complete with pythons in the rafters (you'll have to ask him about that) is Health Assessment and Evaluation (IHL 6033) with the "big uncle" of the wellness movement, Dr. John Travis, inventor of the Wellness Inventory. Spread the word on these exciting courses, and join us. We'll have full online and video capability.

What is the Impact of Consciousness on Healing?

Explore this topic in depth with adjunct faculty member Mike Denney, MD, PhD, in Consciousness, Healing, and Spirituality (IHL 6010) this Spring 2009. Dr. Denney, board-certified in surgery, taught and practiced medicine for more than 35 years. With a PhD in Depth Psychology, he currently practices psychosomatic counseling, and teaches about the union of science and spirituality in the medical healing arts. He is the author of *Second*

Health Equity and Planning with Allyson Washburn and SF Department of Public Health

Movement and Stress Management with Dr. Beverly Rubik

Health Assessment and Evaluation with Dr. John W. Travis

Healthy Aging with Allyson Washburn

Upcoming Events

Information Session
Wed., Dec. 3 6:30-8:30

1453 Mission Street
San Francisco, California
94103

Quick Links

Apply Now!
More About Us

Important Dates

Wed Dec 24 -
Fri Jan 2 Winter Holidays
(buildings closed)

Fri Dec 12 Registration for all
students opens

Tue Jan 6 Late Registration
begins

Wed Jan 14 New Student
Orientation

Tue Jan 20
Spring Semester classes
begins

Opinion.

Research Opportunity with Beverly Rubik, PhD

Beverly Rubik, Ph.D., who is a new adjunct faculty member in Integrative Health Studies at CIIS, is conducting research measuring 40 Hz brainwaves from the prefrontal region of the brain in relation to higher states of consciousness. Meditators from 3 different traditions--- Transcendental Meditation, Zen, and Tibetan Buddhism---will be compared in their inner experience of the state as well as their degree of facility in producing 40 Hz, which is known as the "neural correlate of consciousness." Contact her at brubik@earthlink.net to participate.



Protect Your Health Freedom

Listen to this important post-election archived radio program that aired on KEST-AM 1450 11-5-08, hosted by Terry Moore and Dr. Meg Jordan.
<http://www.wellcorps.com/news-to-use-media.html>



Health Tips

BOOST YOUR VITAMIN B6

A study of almost 5,000 persons has shown that consuming more vitamin B6 has a "moderately strong" influence on reducing colon cancer risk. Most are deficient in Vitamin B6. The safe upper limit for intake is now considered to be 100 mg. (Am J Clin Nutr. 2008

May;87(5):1446-54.)

MORE SWEET LIES

Beware the ad campaign promoting high-fructose corn syrup as just "a simple sugar." Paid for by industry, the facts are distorted. It contains more fructose than glucose, and it's linked in numerous studies to obesity, diabetes, high cholesterol and heart enlargement.

TXT TROUBLE

Give your thumbs a rest. American College of Emergency Physicians (ACEP) recently issued new warnings about the dangerous new trend of texting at "inappropriate times." Canada ran a commercial about the new "crackberry" helmet, since people are walking into telephone poles and into traffic while reading emails.

Advisory Board Members

The IHL Advisory Board has expanded to include prominent leaders in integrative health, holistic medicine, and wellness.

Hans Baer, PhD

Medical anthropologist, author of *Toward an Integrative Medicine*

Elliott Dacher, MD

Author of *Integral Health*, consultant to Institute of Noetic Sciences

Mike Denney, MD, PhD

Founding member, adjunct faculty, San Francisco Medical Society Journal editor

Susan Fox, LAc, APC

Director of Balanced Restored-Center for Integrative Medicine in Mill Valley, CA

Sally LaMont, ND, LAc

Former Executive Director of the California Association of Naturopathic Physicians

Ricki Pollycove, MD

Founding member, adjunct faculty Integrative physician/ OB-GYN

Tony B. Rich

CEO of Wellcorps International, a health and social advocacy corporation

Beverly Rubik, PhD

Biophysicist, Adjunct Faculty, Director of the Institute for Frontier Science

Len Saputo, MD

Founder and Director of the Health Medicine Center and Forum

William Stewart, MD

Medical Director of the Institute for Health & Healing at CPMC

John W. Travis, MD, MPH

Adjunct Faculty, Pioneer of wellness movement. Author of several books

Six Ways to Prevent Burnout

Some wisdom shared from adjunct faculty John W. Travis, MD, MPH, who will be teaching Health Assessment and Evaluation in Spring 2009.

1. Self-care-nutrition, exercise, creation of a supportive environment
2. Regular deep relaxation and frequent mini-relaxations
3. Awareness of rescuing tendencies (doing for people what they should be doing themselves) and victimized feelings
4. Directly asking for what you want and need (especially appreciation and attention)
5. Regular exercising of your creativity
6. Acceptance of your limitations with compassion

About Integrative Health Studies

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methodologies and healing philosophies, along with real-world internship experience, and embodied practice of integrative or holistic disciplines. Integrative health is the art and science of achieving optimal wellness by integrating the best of modern medical practices with time-honored native healing and evidence-based holistic therapies, with respectful attention to the larger social, environmental and spiritual contexts of people and their communities.

Thank you for your interest and support of the Integrative Health Studies Program.

Sincerely,

Chanda Williams

Program Coordinator
California Institute of Integral Studies
415.575.6199

Meg Jordan, PhD, RN

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