



# Focus on Women's Health

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## Freedom & Prosperity

From Dr. Sandy Kamiak

I want to share some exciting information with you about an **internet home-business opportunity and web-education product**. While I enjoy my professional clinical work, thinking about the future, with many friends talking about how to retire, have more time for their families, other service projects, or just how to rest or play more, I began to research additional future streams of income. My goal was to gain more peace of mind, freedom, and to generate future income that would sustain us financially, so that we could focus more on things dear to our hearts.

True prosperity is having the faith that what we need at each moment will be provided. Money is just golden substance that we can use solely for material things or for spiritual growth and service in our communities as well. But adding things up, I realized that more financial awareness and "golden substance" could assist us in working toward our goals. I held the thoughts of integrity, freedom, wealth, health, and searched for a way to generate more income from home (or any location) with less stress.

I am very excited about having found such a possibility and to support others in reaching their dreams as well. I have recently joined a cutting edge web-based educational two-part on-line product; one section is focused on financial mastery and knowledge that can help everyone and the second section is on self-development. This is an audio-visual product with active interfacing with experienced teachers. Being on-line, new updates are added as well. Phase two is a conference that will accelerate one's learning curve and networking opportunities.

Please check out the websites at:

**[www.spiritualprosperityandhealth.com](http://www.spiritualprosperityandhealth.com)** and  
**[www.emeraldpassport.com/sandyk](http://www.emeraldpassport.com/sandyk)**

Click through all the menus and if you would like more information, just type in your phone and email to me, and you will be sent to a live call to learn more about this opportunity. I look forward to talking with you. If this doesn't fit for you, you may know someone that might benefit. Feel free to pass the websites along to them.

Best wishes, Sandy Kamiak and Tina Aderholt

## Appointments and Phone Calls

My answering service will take routine calls between 8 a.m. - Midnight. They are instructed to take any urgent or emergency call 24 hours/ day or night.

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Dr. Sandra Kamiak



Tina Aderholt, C.M.T.

## Symmetry of Light

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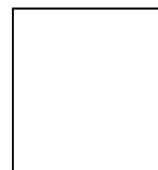
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Created by Sandy Kamiak, M.D., and Tina Alderholt, C.M.T., this newsletter is written to assist all women in focusing on their wholeness of body, mind and spirit. Healing can occur when we are in a state of balance and harmony, both within ourselves, and with others on this planet. They commonly hear complaints of perimenopausal/post-menopausal pms symptoms, chronic fatigue, fibromyalgia, anxiety, depression, a need for more fulfillment or a new purpose in life. With women juggling many things from overloaded work lives to family obligations and burnout schedules, stress relief and personal nurturance are essential but often neglected areas in a woman's life.

Consider what you do to relax, to ease your physical and mental worries and tensions. What do you do for exercise and to nurture your spirit? What are your hobbies? Are your relationships life enhancing or draining you? This is often a big area for growth or healing. What areas in you life need attention?

Sandra Kamiak, M.D., and Tina Alderholt, C.M.T., aim to assist you, if your life is stressful and you want to explore natural healing approaches that honor the integrity of your whole being.

Sandra Kamiak, M.D., uses homeopathy-vibrational remedies, psychosynthesis, and nutrition in her practice, with the intent that a person can then be free, to more fully explore their highest potential and creativity in life. Her office is located at 14567 Big Basin Way in Saratoga, CA. Her phone number is 408-741-1332 and she has a website at [www.sandrakamiakmd.com](http://www.sandrakamiakmd.com).

Tina Alderholt, C.M.T., is a very skilled and sensitive message therapist, reflexologist who works out of the same office. She facilitates a soothing state of harmony as you relax, breathe, align with your heart and let go of life's tensions. Her phone number is 408-206-5502.

**Clinical Practice Website of Sandra Kamiak, M.D. (for Homeopathy and Psychosynthesis, Symmetry, Standard Process): [www.sandrakamiakmd.com](http://www.sandrakamiakmd.com)**

We welcome you to our first newsletter. We are also excited to be a part of the first San Jose Women's Expo to be held at the S.J. Convention Center on July 16-17, 2005.

Our goal is to provide you with information about our services and how we can facilitate your empowerment and unfoldment into your fullest potential.

At the Women's Expo we will have Standard Process Whole Food Bars and Purification Weight Loss Kits for you to purchase. You can also discuss or schedule visits for individualized care.

Free on site-booth 124- we will offer 5-10 minute chair massages and brief demonstrations of the Breath of Life- to relax and allow your life force to freely flow with your heart center.

Open to prosperity consciousness and view a movie that can open doors to a new future with further income from home, using an automated web-based financial wisdom and self-development product.

### Common symptoms of hormonal imbalance — PMS, perimenopause and menopause

- Hot flashes or Night sweats
- Fatigue
- PMS
- Insomnia or Restless Sleep
- Weight Gain
- Loss of Sexual Desire
- Irregular Periods
- Fibroids or Heavy Bleeding
- Breast Pain
- Mood Swings & Irritability
- Hair Loss/Dry Skin
- Cravings for Sweets, Alcohol or Carbohydrates
- Digestive Issues
- Vaginal Dryness
- Anxiety
- Fuzzy Thinking & Forgetfulness
- Feeling Depressed or Overwhelmed
- Urinary Dysfunction
- Stiffness/Joint Pain

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## WHAT IS HOMEOPATHY?

Homeopathy is a highly systematic, scientific method of therapy based on the principle of stimulating the organism's own healing processes in order to accomplish cure. The basic system was devised and verified by Samuel Hahnemann, a German physician, 200 years ago. Homeopathy's astounding success rates in both chronic and acute diseases has resulted in its not only standing the test of time, but rapidly achieving widespread acceptance in Europe, India, and South America as well. According to the World Health Organization, homeopathy is the second most practiced form of healing in the world, with Chinese medicine being first.

Throughout history, disease has been viewed from two fundamentally different perspectives. First, as a malfunction of specific parts of the body, or secondly, as results of deeper disturbances of the person as an integrated whole. The former viewpoint is the basis underlying standard medicine (which is called "allopathic medicine": "allo-" meaning "other" and "pathy" referring to "suffering"). Whatever symptoms arise, they are counteracted by drugs in a reactive fashion: a decongestant for a runny nose, an analgesic for pain, steroids to counteract inflammation, etc.

In homeopathy ("homeo-" means "similar"), each of us is viewed as a total, complete individual, no aspect of which can be separated from any other. To be effective, any valid therapy must be based on a deep understanding of and respect for the uniqueness of each individual. In homeopathy, each patient is evaluated as a whole person — mental, emotional and physical, and the prescribed remedy is based on the unique patterns found on all three levels. This means that each person is given the remedy that will stimulate their particular organism; thus ten people with arthritis might receive ten different "constitutional" homeopathic remedies.

Moreover, any valid holistic therapy recognizes that the organism has its own mechanisms for healing, however incomplete the process may be in any given moment. These healing mechanisms include all chemical and physiological processes so well elucidated by modern science and more subtle processes as well, that are yet to be known. In homeopathy, we begin with the assumption that every individual is fundamentally a mystery, but that there are identifiable laws of cure which we must always follow. To include both the knowable and the unknowable in our understanding, we homeopaths speak of the vital force — the dynamic energy or etheric plane of the organism which animates everything we call life (including not only the physical, but emotional and mental/spiritual levels as well). It is

this vital force which is being stimulated specifically by homeopathic remedies.

Symptoms are a sign of the vital force trying to heal. This is a fundamental concept that must be understood by all patients and practitioners of homeopathy. It is an easy concept to understand in the situation of an acute illness such as a cold or flu. The body will produce a fever to kill the virus and a discharge to eliminate it. Often we find that a strong organism is able to produce a high fever to overcome the cold quickly. A weak organism may only be able to muster up a low fever and in this case it may take longer for the cold to pass.

Even in chronic disease the organism tries to defend itself, and the symptoms it produces are evidence of this defense. Unfortunately, chronic illnesses are chronic — that is, continue unabated for a long period of time — because the organism's vital force is not strong enough to overcome the imbalance. Instead, it smolders along in its best attempts to keep the situation from getting worse. If nothing is done to strengthen the vital force, the patients will find themselves limiting their lives more and more in an effort to conserve energy and prevent deterioration.

The task of the doctor, then, is to gather as much information as possible about the totality of symptoms—mental, emotional, and physical—in order to understand all the ways in which the vital force is already acting. The remedy ideally will stimulate the vital force in precisely the ways in which it is already acting thereby enabling it to overcome even chronic disease. This is the famous law of Similars. In homeopathy, prescriptions are based solely on the language of the vital force as it manifests in symptoms verbalized by you and the physical observations made by the doctor; it is not based on laboratory data, machine technology, extrapolation from animal studies, etc.

**However, homeopathy is not herbal medicine.**

Homeopathic remedies are prepared by FDA-approved homeopathic pharmacies, from over 2500 mineral, plant, and animal sources. Each remedy has been experimentally tested on human beings in order to determine which type of individual responds most strongly to which substance. (This tells us the type of person whose vital force will be strengthened by that substance) It is as if there is a kind of resonance between each person in any given moment and some mineral, plant, or animal substance. The task of the homeopath is to match the total picture of symptoms, provided by you, with a homeopathic remedy, which will effectively resonate with your vital force as a whole. It is this powerfully stimulated vital force which then cures whatever disease(s) may be present.

My practice takes an integral approach to healing the whole person, and in addition to Homeopathy, incorporates other complimentary areas of treatment and medicine, including: **Psychosynthesis**, Nutritional Support, Vibrational Essences, Addiction and Codependency, and **Transformational Body Work (by Tina)**.

Roberto Assagioli, the founder of **psychosynthesis**, describes it as being "...a name for the conscious attempt to cooperate with the natural process of growth - the tendency in each of us and in our world to harmo-

nize and synthesize various aspects at ever higher levels of organization."

Much of the work of **psychosynthesis** involves the will in integrating what are referred to as subpersonalities or ego states, characters, crystallizations of thoughts, feelings, physical attitudes, behaviors, and needs. The five steps of this integrative process are:

Recognition => Acceptance => Coordination => Integration => Synthesis

## Standard Process

Standard Process Nutritional Products:

Vitamins

Nutrients

Detox-Weight Loss Kit

Whole food health bars (including Lo-carb choices)

## Our Mission —

Standard Process is devoted to improving the quality of life by providing the safest, most effective, highest quality dietary supplements through health care professionals.

## Our Corporate Values —

Standard Process demonstrates its commitment to the Whole:

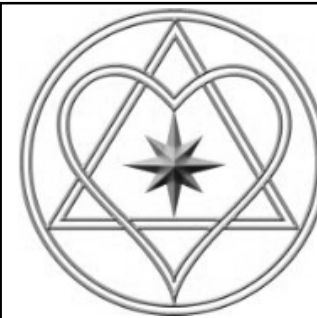
**Person** — by fostering the physical, emotional, intellectual and spiritual health of its customers and employees.

**Product** — by emphasizing the importance of concentrated whole foods and herbs in its product line.

**Process** — by ensuring the highest quality in every stage of development from farming through shipping.

**Planet** — by utilizing environmentally safe farming, manufacturing, and business practices.

**Posterity** — by preserving and strengthening the Company for all future generations.



## Breath of Life— Symmetry

Symmetry International was founded by Ann Marie and Rich Work to pursue personal mastery. It is dedicated to all people who seek to move beyond limitation and distress, to claim their mastery (move into self-responsibility), define their truth and live their truth as they bring forth their gifts to create a positive change, moving their life and their world from one of fear, judgment and limitation, to one where only the divine expression of Creative Love flourishes.

Symmetry is about Living an Empowered Life From the Inside Out. Symmetry is a pathway of self-healing and empowerment, reconnecting you to the Breath of Life within Creation and awakening the potential within your being for health, vitality, creativity and prosperity. Symmetry is beauty through balance. Symmetry is a pathway of understanding to discover, embrace and live out of your inner Magnificence. (All of the above quotes are from the Symmetry Newsletters-2004).

**For further resources, classes and information,** see [www.symmetry.nu](http://www.symmetry.nu) or call us: Tina Aderholt 408-206-5502 or Sandy Kamiak 408-741-1332