

Craniosacral Work

The craniosacral bodywork that we offer is a very gentle and yet profoundly powerful form of energetic bodywork. It requires the practitioner to align with and listen to the cranial wave or life force of the client and to assist in the body's natural direction of stress release, unwinding and rebalancing. The recipient usually experiences a very calming and soothing session as they move into a deeper state of balance and harmony. Our teachers are Hugh Milne's guide: *The Heart of Listening-A Visionary Approach to Craniosacral Work* and the classes by Reiko Namita Dewey—her website is www.dolphinwaves.com.

As we are integral beings, the body, mind and spirit are interconnected. So too, the different parts of the body are connected. We see that the head and neck are adjacent and would immediately affect each other. But also the cranium (bone surrounding the brain), the sacrum (bottom pelvic bone) and our feet also affect each other. The breath, our thoughts, our emotions and body rhythms flow into one another constantly. Actually, each cell of the body is a living powerhouse of intelligence in itself and is connected to other cells. Going into a place of silent inner listening, we can feel, and see, where an imbalance exists and gently hold that area in our attention with the intention to rebalance according to the will and desire of the person we are working

with in that moment. It is a gentle way of holding a very focused and yet, non-interfering space for the release of old or acute tensions, and to perceive the emotional, physical and spiritual effects of traumatic blockages.

Our living systems were meant to be in motion. Without movement of the breath, the life force, the cranial wave, we would stagnate and slowly perish. This work is about subtly assisting the opening of the sacred spaces of the body, so movement can be restored as the life force is allowed to flow freely once again. It is perfectly compatible with any other healing or bodywork program that you are doing. It is not a replacement for appropriate medical care, but it does assist. There are many approaches to healing these days. We want people to choose safe, rational and intuitively inspired approaches that are individually right for them.

“Imagine if everyone on this planet was in a continuous state of love, joy, peace, and harmony. What kind of a world would we have? Now, imagine if every cell in your body and every thought you expressed was one of love, joy, peace and harmony. What kind of a being would you be? It is time to Love Yourself into existence.”

Ann Marie — Symmetry International

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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Living an Empowered Life

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Vibrational Healing & Wellness

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Created by Sandy Kamiak, M.D., and Tina Aderholt, C.M.T., this newsletter is written to assist all people 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 “how do I balance everything in my life — between work, family, time for myself and in service to others?” Other people come in with symptoms of pms, menopause, chronic fatigue, thyroid problems, pain syndromes, allergies-asthma, headaches, digestive problems, anxiety, depression, burn-out, insomnia, worry and too much stress. Some clients are very healthy and they want to talk about, or explore, a need for more fulfillment or a new purpose in their lives. Others simply want a safe place for a relaxing massage or support with a weight loss plan. With people juggling many things from overloaded work lives to family obligations and burn-out schedules, stress relief and personal nurturance are essential but often neglected areas in their lives.

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 your life need attention?

Sandra Kamiak, M.D., and Tina Aderholt, 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-growth oriented therapy, 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.

Tina Aderholt, C.M.T., is a very skilled and sensitive message therapist, 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. Tina's website is www.intentionalbodywork.com

Intentional Bodywork with Tina

Greetings to all of you! I come to everyone with exciting information. Intentional Bodywork was founded with the purpose of teaching people how to become empowered by healing their own bodies. My goal is to teach people how to realize what their short-term need or intention may be that day and what their long-term aspiration may be in this work. And, then to reach it! This can be very simple. How often do we complicate things? That may be help with pain management, release of stress or simply how to be good to yourself, letting go, breathing and allowing yourself to move into one hour of peace in your busy day. The body, emotions, mind and spirit are all connected. As we relax and open to messages that our body is holding, very interesting shifts are possible. I always start by asking clients and holding the thought, of how I can serve you. What is your highest need or intention for that session? While I have a multitude of bodywork, massage, reflexology, energetic-breathwork, lymphatic, pregnancy and craniosacral techniques to draw upon, the essence of my work is from my heart. I often tell people that I listen intuitively with my hands.

All of my best bodywork teachers have been on a spiritual-body-mind journey to heal themselves (or to assist their natural healing ability, along with appropriate medical care.) Either they had a physical roadblock or health challenge to overcome or a profound emotional process of release with their own bodywork. This allowed them to be of greater assistance to others in need along the path of their life work. This has been my journey as well. I was looking for the deeper light of healing and to do whatever it would take and then to be of service to others. We are all on this planet together and as we each take responsibility for our own healing, we can also be more present with our loved ones and open to the deepest passions and callings of our hearts. Dr. Sandy Kamiak and my philosophies are very aligned. We both want people to be free from pain at any level but also free to evolve in consciousness guided by the wisdom of their true inner hearts.

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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

Founded in 1929 by Dr. Royal Lee, Standard Process has been a leader in the field of natural whole food supplements for 75 years. Standard Process Nutritional Products include:

- Vitamins
- Nutrients
- Detox-Weight Loss Kit
- Whole food health bars (including Lo-carb choices)

Catalyn

Catalyn embraces the complete opposite of the "megadose" theory of vital nutrient supplementation. Instead of providing large doses of fractionated vitamins or minerals, Dr. Lee chose the more holistic approach of providing nutrients in their natural, whole food state.

Immune Support Products

Our immune system is under a lot of pressure from stress, environmental pollution, poor eating habits, and lack of sleep and exercise. Standard Process offers many products that help support the immune system from the stresses of modern life and changing seasons, colds and flu.

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.

Purification and Weight Management/Loss Program

Your Body's Junk Drawer

You probably have a junk drawer at home. It holds a mishmash of nuts and bolts, some old keys, a pair of pliers, a night-light bulb, and a roll of duct tape.

Your body also collects junk. This "junk" comes from the food you eat, the water you drink, and the air you breathe. It includes pesticides, heavy metals, chemicals, caffeine, pollution, and preservatives.

Also, simply living creates wastes. As you read this, your body is making ammonia and carbon dioxide. These and other poisons are created by the workings of each cell.

It's the job of your liver, lymphatic system, kidneys, lungs, intestines, blood, and skin to filter these toxins from your body. If these toxins aren't eliminated, your well-being is compromised. Have you experienced:

- Weight gain
- Feeling tired or fatigued
- Poor digestion
- Difficulty sleeping
- Food cravings
- Mental fog
- Moodiness
- Low libido

If you answered 'yes' to any of the above, you would likely benefit from a Standard Process purification and weight management program.*

**These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*