

A Time For Change

Continued from Page 11

there are preservatives and fillers in the pharmaceuticals plus specific dosages. Compounded bio-identical hormones can be individually dosed for the woman and have no preservatives or fillers. There are local estrogens that can be used vaginally for vaginal dryness and to protect against vaginal atrophy. I typically use estriol suppositories for local treatment, which has little systemic effect. It is important to discuss your medical and family history with your physician prior to starting hormone therapy to evaluate your risks and benefits.

The foundation of our health is how we take care of ourselves. Our internal structure is our bones. Bone health includes regular physical activity, 1200mg of calcium and adequate vitamin D. Generally, you can get 500mg of calcium in your diet. Other dietary recommendations include a whole foods diet high in vegetables and fruit, legumes (especially soy), and whole grains. Reduce saturated fats such as cheese, beef, and pork. Increase your intake of cold water fish, salmon, tuna, halibut. Reduce refined foods, alcohol, sugar and salt.

Menopause, like the autumn time, is a transition, a time of letting go of what no longer serves us and walking through the gateway to new time, a time to step into our power, our wisdom. We all go through this transition, let us walk together.

(1) Labrie et al, "Effect of Intravaginal DHEA on libido and sexual dysfunction in postmenopausal women", Menopause, September/October 2009.

Moira Fitzpatrick is a naturopathic physician and licensed clinical psychologist, who practices in the Northgate area of Seattle. She specializes in the unique health concerns of women. Dr. Fitzpatrick can be reached at (206) 525-5576, or through her clinic's website, www.theemeraldcenter.com.



Reiki for Veterans

by Eileen Dey, M.A.

Even after 10 years of Reiki practice with the public, I had never really considered myself a peace activist until the U.S. went to war in Iraq.

As a counselor and Reiki master in

practice, I began seeing the families of soldiers going overseas. Listening to the worries of parents and spouses, helping them to deal with their own fears, I also realized we would be creating a next generation of Post-Traumatic Stress Disorder sufferers when those soldiers did come back home.

PTSD, the anxiety disorder that occurs so often when an individual has been exposed to a traumatic event, is something veterans have often tried to suffer in silence. They remain hyper-vigilant, and without even the structured military life to support them, in their return to civilian life they remain in a perpetual state of heightened alertness.



Knowing that Reiki can do no harm and has the effect of helping to unblock emotional obstacles and bringing the mind, body and spirit to balance, in 2004 I felt compelled to reach out to the local veterans center to see if there was a possibility of offering Reiki, either in session or class form. It was a daunting task to approach the U.S. government. But after only a few e-mails and phone calls, I did get a response and a request to come and see them.

I feel anyone who has a desire to help veterans should just come from their heart and approach their local center. Reiki practitioners interested in providing sessions can contact me (we hold a monthly clinic) as well as quarterly classes.

Over the last two years, I and interested Reiki colleagues have held both Reiki I and Reiki II classes several times a year and each is an amazing and unique experience. In each case below, the veteran's name has been changed to protect his privacy.

One veteran, Craig, looking up at the clock, noted that it was 3 p.m.

Without prompting, he shared with us how he felt by this time every day for years; the screaming he felt inside, the rage he didn't always manage to control on the outside. Yet here it was, at 3 p.m. on this Saturday, and he was perfectly relaxed, happy, and unbelievably calm. His sense of gratitude even, as he said — if it was just for that day — was almost overwhelming.

Another veteran, Paul, was in tears during an attunement. Afterwards, he explained he had finally come to know a place of peace within himself that he thought had left him long ago. He felt that by learning how to apply Reiki to himself he could actually begin to get a sense of being quiet within and that realization caused him much happiness, resulting in his tears of joy.

But probably the most amazing and dramatic effects of the Reiki training was Mark's spontaneous healing story. In the afternoon of a Reiki I class we were holding, Mark shared how his long-term leg pain from shrapnel wounds had all but disappeared during the second Reiki attunement. In an e-mail he wrote:

"...It was a most interesting and beneficial day. I'm still reflecting on my personal experiences during attunement. And... I wanted to pass on an overview of my pain relief results for the day. In that regard, the nerve pain in my right leg (related to a couple old shrapnel wounds) has recently made

Continued on Page 13

DIRECTORY OF SERVICES

HELP FOR ANIMALS



Martha Norwalk

Martha Norwalk is an animal behavior therapist with over 35 years of professional experience and service. She also hosts her own radio show, Martha Norwalk's Animal World, Sunday mornings on Alternative Talk AM 1150. She is available for private sessions, either in your home or over the phone. With her holistic approach, Martha can help you understand your animal friends and solve any behavior, training or healing issues that they might be having. Martha's rates are surprisingly affordable and in most cases she will only need to see you once.



Martha's Canine, Feline and All Creature Counseling
(206) 525-2016
www.marthanorwalk.com
marthalight@aol.com

THE ONENESS BLESSING

Open the doors to joy, happiness, a profound sense of connection, healing, and compassion!



Peter Gilles

A Oneness Blessing can initiate a quieting of the mind and a greater acceptance of what is.

**Experience
The Oneness Blessing
Wednesday Evenings 7:00 p.m.**

The Oneness Blessing can:

- Give you a direct experience of the Divine
- Awaken you to your higher self
- Cease inner conflict
- Bring healing to your relationships

Seattle Unity Church

200 8th Ave. North
(next to Denny Park) Seattle, WA 98116

www.seattleunity.org 206.622.8475

Offered on a Love Offering Basis

Practical Marketing Coaching For Conscious Entrepreneurs

Are you FABULOUS at what you DO and CARE about, but hesitant to boldly market yourself? Are you embracing Social Media? Blogging?

Would support and assistance help you follow through on your best ideas?

- Marketing strategy coaching
- Extremely Productive Brainstorming
- Market Research
- Event development and strategy/schedule for marketing and enrollment
- Enrollment and Registration services
- PR/Promotional outreach efforts
- Internet marketing strategy

As coach and catalyst, I offer one-on-one personalized consultations, coaching and virtual PR/marketing support designed to help you attract your perfect customers, business partners, or any relationship that is pertinent to your success.

Call to schedule a complimentary consultation to determine what would serve you best in the next three months.



Deborah Drake
425-223-5335
www.deborahdrake.com

PSYCHOLOGY, COUNSELING, & THERAPY

EFFECTIVE EXPERIENCED PSYCHOTHERAPY WITH SPIRITUAL OPENNESS

I have built a successful 25-year psychotherapy practice out of helping people resolve a wide range of issues:

- Spiritual awakening and crisis
- Balancing emotion due to accidents and illnesses
- Anxiety • Depression • Anger • Guilt
- Childhood trauma and abuse



Sue Neufeld-Ellis

Let me help you open to your spiritual aspirations. I employ a variety of techniques, such as:

- EMDR (eye movement therapy)
- Lifespan Integration and Rebirthing
- Meditation Instruction (CD samples on website)
- Clinical Hypnotherapy

Sue Neufeld-Ellis, LMHC, CSAT, RN
Most insurance plans accepted
www.quantumhealing.us
Bellevue office, (425) 455-4207