



**What’s New at IHC?**

As we have seen since its inception, Integrated Health Concepts, LLC is an ever-changing, morphing entity that grows according to the plan set out by the Universe. We continue to teach, learn, and grow; this past quarter has been no exception. New programs, new practitioners, and a shuffle of the cards of life have kept us all on our toes.

The first change took place in early May when we promoted Angela Jones to Office Manager, which has allowed me to begin to devote more time and efforts into marketing our clinic services, our Holistic Mentoring Program, and Catherine and Dr. Schrenker as professional speakers. This change has been a smooth and easy one and has already begun to show promising results with a busier schedule and new networking contacts. We anticipate that in this next quarter we will begin to grow exponentially and quickly see Integrated Health Concepts reaching its potential.

Another welcome change is the full-time return of Catherine Poole (as her lecture schedule allows). She is currently in the process of relocating to our region. Catherine has also recently made an agreement to work with the ARE and will soon see the publication of her new book, The Metaphysics of Fat, come to fruition. This is exciting for all of us... will she be the next new and exciting guest on Oprah or the Ellen Degeneres Show?

We also welcome the addition of Rev. August Lageman, Ph.D to our staff. Dr. Lageman currently teaches full-time at Virginia Intermont College where he is assistant professor of psychology and philosophy. This, coupled with his background as a United Methodist Minister, makes him a fascinating conversationalist and instructor. He will be working with our clinic in the position of Transformation Educator and will serve in assisting individuals in understanding connections between a holistic lifestyle and spiritual development, and how religion without complete understanding and meaning can sometimes hinder this development. Over the next several months he will be sharing his knowledge in this area through his lecture titled “The Biblical Basis of Healing”. This lecture will focus on comparative religion, the differences between healthy and unhealthy religion, and the premise that Jesus came to heal as much as to teach. Check our website calendar regularly for times and dates where you can hear this presentation.

Jennifer Darrow

Marketing/Public Relations Director

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## Medical Director's Corner

The following is an excerpt from Dr. Schrenker's newest book, The Emotional Basis of Disease.

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# The Power of Perception

By James H. Schrenker, MD, CMD

The mind is unable to distinguish between real and imaginary. That is, if we hook your brain up to computers that measure its activity, there would be no difference in your mind when actually looking at the Grand Canyon compared to imagining the Grand Canyon! So let's apply this to dis-ease. If you experience something tragic you will have an immediate emotional and physical response. When you recall that episode, the same emotions and physical responses will occur. The more vivid the memory, the more intense the feelings will be. Think about post-traumatic stress disorder, and "flashbacks". The individuals who experience these have the same reactions as they would if it were really occurring.

Now, what if all day long you just thought about your illness, thinking about what it has not allowed you to do and what it has cost you? Then begin to think about the pain and suffering, and not being able to do the things you want to do today. Now imagine what your future will be like, you know it is only going to be worse. This thought pattern is why certain dis-eases are attracted and nurtured by individuals. Your thought determines your ability to heal.

The mind produces energy in the form of thoughts. Those thoughts affect our energy field. That energetic effect triggers a complex cascade of transmitters within our body that eventually causes our organs to react and function in concert with those thoughts. Thoughts can produce physical symptoms – any symptom! Thoughts can make you sick or they can heal you, depending on the type and intensity of those thoughts.

THOUGHTS CREATE! Or as Einstein put it  $E=mc^2$ . Energy equals mass times the speed of light squared. Energy (thought) equals mass (something solid) times the speed of light squared. In other words, thoughts can create. Once again, science has proven what we suspected all along!

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Printed copies of The Emotional Basis of Disease are available at Integrated Health Concepts for \$9.95 plus tax. Downloadable copies are also available from the 'Books' page on our website for \$9.95 at [www.bristolclinic.com](http://www.bristolclinic.com).



## Don't Back Down to Back Pain

By Catherine Poole, MFA, DD

Each day millions of people suffer from chronic lower back pain. In spite of all the medical advances, “high-octane” pharmaceuticals, and ergonomically correct “everything” no one seems to be getting relief. Why do these traditional solutions work only sometimes and only for some people? Could it simply be that we are not addressing the root cause? Traditionally most individuals focus on the physical aspects of back pain. I would like to address what the metaphysical ramifications of the lower back entail.

In my workshops and lectures I often refer to your back as your “garbage dump.” It is where we “put” everything; issues that we have no desire to look at, or want to let anyone else look at. The back is where we bury thoughts, feelings, emotions; anything that has caused pain or confusion in our life that we just don't want to look at right now. Here it sits and then at what seems to be the least opportune time, we have pain or issues with it.

The back is made up of many muscles, but when we speak of back pain, we usually speak about the spine. The spinal column is a stacking of 33 vertebrae, distributed as follows: cervical, dorsal, lumbar, and sacral. Pain or disability in the lower back (sacral region), which is at the base of the spine, indicates fear involving freedom. By this I mean it could be fear of HAVING freedom and not knowing what to do with the responsibility or fear of LOSING freedom. Your freedom is “sacred” hence the word “sacral”. Often enough, those that are learning from the lower back fear for their own survival. This involves social ramifications such as fear of losing a job, fear of finances, fear of losing your family (spouse/divorce), and so on. Many people that are in a position that they hate or are very worried about finances develop lower back lessons.

Many clients come to our clinic seeking relief from lower back issues - or lessons as we call them. How do we learn these lessons and release? A great start is to understand that it is safe to move forward and that the Universe (God) is all providing. I often suggest to clients that they address their lives from the perspective of doing what they love. When you follow your passion, follow your joy - then abundance is there. The other important item to remember is that your body is merely communicating to you that you need to address certain issues in your life; in this case, address your fear and release it. This is also a lesson in trust and once you thank your body for sharing and trust in the universe to take care of you, the symptoms will dissolve.

So when you begin to get messages from your back telling you that there is dis-ease; take some time to sit back and reflect upon what has been going on in your life. Look at this from a learning point of view. Try to understand what the root cause of this pain is. Make any necessary changes. Then release the pain with the understanding that it was simply a message from your body. Every day tell your self, “It is safe for me to move forward”, and choose to begin each day whole, healthy, and happy!

# Adventures Through Time!

Summer is movie time for many and Hollywood certainly encourages that idea. So, naturally one begins thinking of timeless favorites - those movies you enjoy more with each revisit. I'm reminded of many years ago when my children said, "Mom, you have to see this! It's your kind of movie." That tweaked my curiosity. What did they think I would like to see in addition to every Disney offering? Their recommendation somewhat surprised me... "Somewhere in Time," with Christopher Reeve. Featuring an actor who is truly easy on the eyes, and an irresistible music score by Rachmaninoff, I conceded to taking in this film. And, yes, my children were right on target! The story line strongly reminded me of my interest in travels through time and my questions about life.



Many of these questions had been there since I was quite young and as the years have gone by I have encountered many who have shared the same curiosities. Questions such as: Is there more out there than I see or experience? Am I doing what I came here to do? Why do I recognize people I've never met? Is déjà vu a constant? Why am I here? I want to know more!

After nearly forty years of study, work, and experience, my curiosity has only increased. In such explorations as guided imagery, regressions, and movement work I have seen many individuals move naturally into areas of memory that surprised them, yet provided easy explanations of life questions. Last year Catherine Poole and I had the opportunity to study regression work with world-renowned expert Henry Bolduc, whose research has spanned nearly fifty years. His publications are numerous. In addition, I recently completed training with Dr. Marjorie Reynolds in Symbology and Life Between Lives, providing an additional avenues of exploration. Consequently, we now offer Regressions and Life Between Lives Sessions here at the Integrated Health Concepts. Some of those who have experienced this type of exploration have described the journey as "surprising," "interesting," "not what I expected," and "awesome."



Regression work goes by many names: age regression, time travel, spiritual journey, guided imagery, regression meditation, soul exploration, and others. The process is very simple and quite relaxing. As an example, think of that time of day when you are dropping off to sleep. Your body becomes increasingly relaxed and your mind very active. A similar experience happens upon waking. In that state of deep relaxation and heightened awareness, it is rather easy to journey into the recesses of your mind far beyond the daily thoughts, concerns, and activities. From this higher perspective it's rather easy to see life patterns and to understand more clearly your soul's journey. Here's what Henry Bolduc has to say: "These remarkable journeys are a deep inner quest to your center of truth."

...The goal is to learn more about the inner mind and the continuity of life.” Marjorie Reynolds says, “You’ll realize that you have a lot of unconscious knowledge, skills, strength, insight, understanding, and support. ...You’ll see a true portrait of yourself as a spiritual being.”

If you are interested in reading more on this topic, surf the Net and look for books by Henry Leo Bolduc, CH, MA; Joel Whitton, PhD; Dr. Edith Fiore; Brian L. Weiss, MD; Robert G. Jarmon, MD; and Michael Newton, PhD. You will also discover many other writings and much research. You can also visit the resource center at Integrated Health Concepts to find publications by these authors.

Call our clinic at 423-323-4373 to make an appointment to experience a unique opportunity. It will be my honor to guide you and journey with you!

Eleanor Heacock, Medical Intuitive,  
Regression Specialist

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## Why are Essential Oils So Essential?

An essential oil is the oil soluble part of the fluids (life-blood) of a plant which contains the aromatic compounds. These are steam distilled from vegetable plant matter. They must be cultivated organically or grown wild without chemical fertilizers, herbicides, or pesticides. To extract the oils, steam distillation is used at minimum temperatures and pressures; no chemical solvents are added in the process. It can also take a long length of time in processing to extract all of the components of the oil. This may make the oils slightly more costly, but providing greater benefit.



Ninety five to 98% of the essential oils on the market are made for the flavor and fragrance industries and have no therapeutic value. These oils are distilled at high temperatures and high pressures for short amounts of time, plus chemical solvents are added to cut costs of production to market and sell them more cheaply. Labels with 100% USP simply means they are food grade oils manipulated to meet a standard and are not therapeutic. No matter where you purchase essential oils, know how the plants were grown and processed to be sure of the therapeutic benefits.

Here's a little information about peppermint (*Cymbopogon martinii*) essential oil; **not oil of peppermint** which is a food grade oil. It can be used to provide quick relief from headaches, helps regulate sebum (oil) production in the skin, and is a digestive aid for peristalsis. Some of its medical properties are: antibacterial, anti-fungal, antiviral; it is a synergistic oil which means it works well with other oils.

Young Living Essential Oils are the only oils used and sold at Integrated Health Concepts.

Judy Addington, LMT, NCTMB, CR  
Massage, Reflexology, & Raindrop Facilitator

# Reiki Gassho and Present Moment Living

Marita Aicher-Swartz Usui and Tibetan Reiki Master,  
Karuna Reiki® Master, Rainbow Reiki Instructor



We read and hear much today regarding “being in the moment” and mindful living from modern authors and healers such as Thich Nhat Han, Wayne Dyer, and Eckhart Tolle among others. Our days begin early and end late into the evening filled with work, exercise, child care, relationships, and daily chores and errands. In the midst of all that we are and do, our souls cry out for a respite of stillness and peace – a small voice calls to us to slow down and listen to the needs of our inner life where Spirit can speak.

The spiritual path of Reiki offers us a wonderful opportunity to do just that! Dr. Mikao Usui, the founder of the modern practice of Reiki, taught his students the practice of Gassho meditation as a way of clearing the mind and opening the heart and chakras. Gassho means “two hands coming together” and he practiced it twice a day in the morning and evening for his own spiritual and physical healing. He encouraged all his students to do the same for their personal and spiritual growth as they practiced Reiki.

This type of meditation can be done sitting or standing for about 15-30 minutes per session. Close your eyes. Fold your hands in the prayer position with your fingers pointing up and your thumbs touching the heart chakra at the middle of your chest. Focus all your attention on the point where your middle fingers meet. If thoughts arise, acknowledge them and then gently let them go and refocus on the point where your middle fingers are touching. You aren’t messing up if thoughts arise – just refocus on the middle fingers.

When your mind is still, you may want to focus on one of the Reiki Ideals for your daily meditation, reflecting on a small section that personally speaks to your mind and heart:

*The secret art of inviting happiness  
The miraculous medicine of all diseases  
Just for today, do not be angry.  
Do not worry and be filled with gratitude.  
Devote yourself to your work and be kind to people.  
Every morning and evening join your hands in prayer, pray these words to your  
heart, and chant these words with your mouth.  
Usui Reiki treatment for the improvement of body and mind.*

*The founder...Mikao Usui*

As a Young Living Essential Oil Distributor, Integrated Health Concepts, LLC receives the “Raindrop Messenger” which is a periodic newsletter that is packed full of valuable healing information. As I was reading the latest issue, I found an article that really shared a powerful view about healing, prescription medications, and the power of God’s healing within. I have included some excerpts from that article below. I hope you find it as interesting as I did.

## **The Spiritual Nature of Prescription Drugs**

By Jim Lynn

“Just say no to drugs.” How many times have people heard this advice, yet still think nothing of going to the local pharmacy to pick up their drug prescriptions?

Drugs have become so mainstream; North America is awash in a sea of drugs, both legal and illegal. Prescription drugs have become so prevalent; traces of them are now showing up in the food chain and in our drinking water.



What perhaps is most astounding is the number of people who die every year from adverse reactions to prescription drugs. The tally is so high, USA Today listed adverse drug reactions as the 4th leading cause of mortality on their list of Top Ten Killers in the USA.

With such a record, the pharmaceutical industry (and the medical profession which prescribes drugs) would be considered criminal by any other civilized standard. However, prescription drugs are not only legal, they are encouraged by both modern medicine, and the Christian Church in the U.S.A.

That’s interesting because the Bible, the standard by which Christians live their lives, condemns the everyday use of any kind of drugs, potions, or spells, as well as poisoning or witchcraft. It’s called pharmakeia in the original text and can be found in Galatians 5:19-21.

When confronted with the teaching that God condemns pharmakeia, most Christians believe the Apostle Paul had to be referring to illegal drugs (like marijuana and heroin), when he wrote his letter to the Church at Galatia, surely not prescription drugs. They are at least right about the first part.

Narcotics and hallucinogenic drugs were not uncommon in 1st century AD. For instance, the Oracles of Delphi apparently used Datura, a kind of Jimson plant that contained powerful alkaloids, during their quests for visions.

So Christians have no trouble in defining pharmakeia within the parameter of mind altering or hallucinogenic drugs. It’s with the legal drugs that many Christians fail to see a dangerous and sinister spiritual connection.

In fact: If Christians were as much concerned about taking prescription drugs as they are about their children getting involved with illegal drugs, there would be far fewer deaths. That's because deaths from adverse prescription drug reactions are many times greater than deaths caused by illegal drugs. As a matter of fact, **deaths caused by illegal drugs did not muster up the numbers even to make the top ten killers list from USA Today.** Yet many Christians fret over the latter (as though they are a scourge, and they are), while overlooking the physical and spiritual danger of the former.

Many Christians think legal drugs are different because they are part of our medical system. Simply said, they trust anyone wearing white robes to prescribe and dispense drugs. They do so without understanding that everything about the pharmaceutical industry violates the spiritual foundational truth and teaching of God.

There are many reasons why God condemns pharmakeia. Perhaps the primary reason is that God calls Himself Jehovah-rapha, God our Healer (Exodus 15:26). He wants us to look to Him for healing (to make us whole), because only He and what He has provided to us for healing can heal. King David acknowledged this foundational truth when he wrote:

"Praise the LORD, O my soul, and forget not all his benefits-- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion..." Psalm 103:2-4

When Christians place dependency on drugs, they unknowingly deny God the glory and the ability to heal them. I know this is a hard word of knowledge for many to accept, because many Christians depend on drugs. But they do so only because they do not see God in their heart and mind as their Healer. They think the age of divine healing is over, so their faith for healing is now bound to a lie (a work of the flesh) called pharmakeia.

...That's not to say we shouldn't seek medical help from a physician. The problem, however, is most physicians are secular and know only pharmakeia, surgery and radiation. They do not know Jehovah-rapha or the healing provision He placed in the plant kingdom for our health and well-being. But in most cases it's not the physician's fault. Physicians only know to treat patients according to the modality they were taught.

...If drugs actually worked and healed people, without killing or hospitalizing many of those who take them, you wouldn't be reading this article. But drugs do not heal. They at best only suppress symptoms. At their worst they hospitalize over two million people and kill hundreds of thousands more every year. Does this sound like a good spirit (good medicine) to you?

...The pharmaceutical industry has no interest in healing the sick. Its only interest is in selling more drugs, and getting as many people as it can started on drugs and keeping them there for the rest of their lives.

That last sentence, "keeping them there for the rest of their lives," plays a big role over what God is concerned with. When you read Galatians 5:21, you will see the following text: "Those who live like this will not inherit the kingdom of God." The word "live"

refers to everyday use, to be dependent upon, to make routine. In other words: To live by.

This brings us to the role drugs play in hospital emergency rooms and ICU's. Drugs used here are used primarily on a temporary basis to stabilize patients for medical procedures and control of pain. Without question, when used in this manner, drugs have saved many lives. This is good!

People whose lives are saved in this manner do not normally stay on those drugs that saved them. It's the people who "live" and stay on drugs to "manage" their lives that creates the spiritual dynamic opposed to God.

...But God didn't place every provision for healing in the plant kingdom. For He knew there would also be illnesses and disease visited on man through man's sins of the heart. These sins include fear, worry, jealousy, hatred, guilt and the like. The spiritual root cause causing these certain diseases require a cleansing of the heart only God can reach for healing to become reality.

As long as mankind looks to itself for answers to life's problems, there will always be confusion, human suffering and unnecessary deaths. God alone holds the answer to life's issues, including the well being of our bodies and heart. He is our creator. He knows you and I as individuals like no one else can. He is our all in all, Our God, Our Savior, Our Provider, Our Healer. He alone is Yehovah-rapha.

The excerpts from this article have been printed with permission from the Raindrop Messenger. To view the complete article visit [www.raindropttraining.com](http://www.raindropttraining.com)

## **SUMMER SPECIALS AT INTEGRATED HEALTH CONCEPTS**

### **July-Treatment Specials for Men**

Reiki (30 min) for \$35.00  
Reflexology (60 Min) for \$40.00  
Massage (60 Min) for \$40.00

### **September-Healthy Aging Month For seniors 55 years and over**

**\$15.00 OFF**

Any individual treatment of your  
choice

### **August-Scavenger Hunt Discount**

Bring in any **Ad** or **Article** about Integrated Health Concepts that runs in the month of August and receive **\$10.00 off** any individual service for each clipping you bring.

\*Bring in a video of one of our commercials and get **\$20.00 off** an individual service.

Look for clues on how to find these advertisements via email (if you are on our email list), on flyers at our clinic, or posted on our website. All clues will be distributed by Wednesday, August 8, 2007. Good Luck!

Discounts are on individual visits only and cannot be used in combination with other discounts.

# Advanced Holistic Mentoring Program

From Integrated Health Concepts, LLC



The Advanced Holistic Mentoring Program is designed for individuals who have basic knowledge in metaphysics, bodywork, or energy medicine. This program provides an opportunity for individuals to further develop this knowledge through direct interaction with our nationally and internationally recognized practitioners during lectures, hands-on learning, and personal experience.

## Hot Topics Discussed:

- \* **Advanced Energetics and The Chakra System**
- \* **Raindrop Technique, Vitaflex, and Essential Oils (hands-on learning)**
- \* **How The Emotional Basis of Disease Applies to Reiki and Bodywork**

This experience will give each practitioner a chance to broaden their scope of ability while enhancing and nourishing their own soul. Any individual with primary knowledge in or desire to learn holistic practices will benefit.

## This program is especially beneficial for:

- \* Holistic Healthcare Professionals
- \* Massage Therapists and Body Workers
- \* Individuals with any level of Reiki Certification

**When:** Monday, September 10, 2007 – Thursday, September 13, 2007

**Where:** Jubilee House Retreat Center in Abingdon, VA

**Cost:** \$985.00 per individual (includes meals and lodging)  
\* Bring a buddy and share a room for \$200.00 off second registration

**Each participant receives their own Raindrop Technique Kit—A \$120.00 Value!**  
For more information visit our website calendar at [www.bristolclinic.com](http://www.bristolclinic.com).

## Other Upcoming Workshops at Integrated Health Concepts, LLC

### Reiki Classes Presented by: Marita Aicher-Swartz: Usui and Tibetan Reiki Master

#### Usui Reiki Level 1

Saturday, **July 21, 2007** 9am - 5pm

Saturday, **September 22, 2007** 9am - 5pm

Learn the basics of Reiki, get hands-on training, and get attunement. Reiki (pronounced "ray-key") is a Japanese technique for stress reduction and relaxation that has been practiced in most cultures for thousands of years. Reiki is a natural and simple healing method which allows a person to absorb more life force energy and to release stored negative energy (pain/stress). Easily learned, Reiki re-vitalizes one's life force, balances the energies in the body, and enhances spiritual growth.

Reiki is fast becoming one of the nation's most sought after healing techniques and is currently being used around the country in hospitals and clinics to complement conventional medical treatments.

Cost: Course cost including manual and certificate is \$175.00. Deposit is \$75; final payment of \$100 is due 2 weeks before class.

#### Usui Reiki Level 2 (Prerequisite Reiki Level 1)

Sunday, **July 22, 2007** 9am - 5pm

Sunday, **August 11, 2007** 9am - 5pm

Sunday, **September 23, 2007** 9am - 5pm

Cost: Course cost including manual and certificate is \$175.00. Deposit is \$75; final payment of \$100 is due 2 weeks before class.

For more information or to register, please contact:

[marita@integratedconcepts.org](mailto:marita@integratedconcepts.org)

Integrated Health Concepts  
1927 Highway 11W Suite B  
Bristol, TN 3620  
423-323-4373  
[www.bristolclinic.com](http://www.bristolclinic.com)

**Sign up to take Reiki Level I and Level II the same weekend for \$350. Deposit \$150; final payment of \$200 due two weeks before class.**

**Note: August class is Level 2 only.**

## A Sneak Peak at Fall Treats!

### **September**

Integrated Health Concepts, LLC will be participating at the International Body, Mind, Spirit Expo in Asheville, NC, September 29-30<sup>th</sup>. This event will be held at the Asheville Civic Center. Dr. Schrenker and Catherine will be giving a combined presentation on the Emotional Basis of Disease on Sunday, September 30<sup>th</sup> at 2:00pm. For more information about how to attend this event visit [www.bmse.net](http://www.bmse.net).

### **October**

Integrated Health Concepts, LLC will be participating in the Kingsport Time-News Women's Expo 2007, Saturday, October 20-21<sup>st</sup>. This event will be held at the Meadowview Convention Center in Kingsport. Dr. Schrenker and Catherine will be giving a combined presentation on The Metaphysics of Fat, time and day TBA. Check our website calendar at [www.bristolclinic.com](http://www.bristolclinic.com).

### **November**

This month will be especially busy with promotions coinciding with "American Diabetes Month" and "The Great American Smoke Out".

- So if you are looking to gain a better understanding of Diabetes, look for our one-day Diabetes Healing Workshop, date to be determined.
- If you are looking to quite smoking attend our introductory Smoking Cessation lecture on Thursday November 8<sup>th</sup> at 5:30 pm at the Slater Community Center in Bristol, TN. This free event will give you the motivation to move forward and finally quit for good. It will also introduce you to our new Smoking Cessation Program, which will be launched in November, just in time to help you reach your goal to quit.

For updated information about workshops, lectures, discounts, and special programs visit our website at [www.bristolclinic.com](http://www.bristolclinic.com)

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Looking for information on other holistic practitioners in our area?  
Visit [www.healthyassistance.com](http://www.healthyassistance.com)

