

Sally's Healing Garden Alternative – Horizons LLC
April 2009 - Newsletter



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If you enjoy this monthly newsletter do forward to a friend. The theme is always – “Help One Another!” If you do not want the monthly newsletter please email and let me know.

If you have received this letter from a friend and would like to be added to my monthly list please email me: sally@alternative-horizons.com

*Please remember that I am an experienced homeopath, flower essence practitioner and body worker but **I am not a medical doctor**, if you have medical concerns you should consult with a licensed physician and follow your physician's advice*

This newsletter is for educational purposes only and is not a substitute for medical care by a licensed physician.

What is Homeopathy?

Homeopaths treat the individual, not the disease. A homeopathic remedy is prescribed upon the totality of an individual's symptoms taken from the mental, emotional and the physical levels. The aim of classical prescribing is to not only to address the symptoms but also to help the individual to deal with the cause of the illness and to regain good health. Remedies work on the vibrational level. They come from many different sources. Most are derived from plants, but animal products, minerals, metals and some poisons.

Homeopathic remedies are prescribed according to the [Law of Similars](#). The law states, "***That which makes sick shall heal.***" This means that the symptoms caused by an overdose of a substance are the symptoms that can also be cured by a small dose of that same substance. As an example, we know that when we cut up an onion most people experience an acrid runny nose, soreness in the throat and stinging, runny eyes. A homeopath will prescribe [Allium cepa](#), this is the homeopathic remedy made from the onion for the individual who has a cold and sore throat with these symptoms. Therefore, homeopathy uses medicines prepared from natural substances that are similar to the illness in contrast to conventional or allopathic medicine, which treats and often suppresses the patient's symptoms with large amounts of drugs, which have an opposite effect.

A well-chosen homeopathic remedy acts as a signal, which energizes or stimulates the body's self-healing powers, mobilizing the defense systems and working on all aspects of the body, mental, emotional and physical.

After initial preparation of the raw material the remedies are made by [serial dilution and succussion \(vigorous shaking\) in a solution of alcohol and water](#). This is done a few times or up to many thousands of times. The liquid dilution is then used itself as a remedy or soaked into tablets or granules for convenience. The diluted remedies are described as being "potentised," in recognition of the dynamic healing power that they can stimulate. Frequently the dilutions are so great that no chemical trace of the original substance remains.

Homeopathy works really well in times of acute trauma. The remedies can be given on the way to the hospital and there is no known interaction between a homeopathic remedy and a conventional drug. The American Pharmacists Association has even written about this in their handbook!

In first aid situations if the remedy is prescribed correctly you will be able to see an effect with any potency and remember, **do not repeat the remedy if the patient feels much better and is well on the road to recovery**. Beginners are usually advised to use low potencies.

The **30 c potency** is available in most stores and is usually safe to use as long as it is not repeated unnecessarily. One dose of a 30c is usually sufficient to begin the process of cure. On the other hand, a dose of 30c will rarely cause an aggravation, with the exception of highly sensitive individuals.

Chamomilla - Homeopathic first aid

- **Think pain with irritability and ugly temperament**
- **Complaints coming on after becoming angry**



This is a feathery-leaved garden plant with abundant, small daisy-like flowers that have yellow centers and white petals.

We all tend to be familiar with chamomile tea for calming the nerves and digestive problems. The homeopathic *Matricaria recutita* or **German Chamomile** is often thought of as a nursery remedy however, the **Chamomilla** state may manifest in people of all ages.



It has an affinity with colicky babies, teething toddlers and young children who become sick. **Oversensitivity** is the problem, there is great sensitivity to pain and to external things such as heat and light. The keynote of this remedy is **pain that is accompanied by an ugly mood. Anger, irritability, snapping, quarrelsome, whining and restlessness are all characteristic.**

This is the remedy for the child who develops a temper tantrum, something has caused them to feel vexed, and these are the children that we commonly see in the supermarket who lie down, scream, kick, yell and cannot be consoled, first they want one thing and then another, but nothing pleases. **Capricious** is a good adjective to describe what's going on. A **Chamomilla** child often wants to be carried and then he will kick and become stiff.



Cramps, jerking, twitching and convulsions can all occur in the **Chamomilla** state. People needing Chamomilla will often stick their feet out of bed at night.

Children who have difficulty teething and become **extremely irritable** because of their pain will be helped by this remedy. A typical image is of; **one cheek red and hot while the other is pale** and cold. **Teething is often accompanied by diarrhea; the stool is hot, looks like chopped spinach and smells of rotten eggs.**

Think of this remedy for a child who has an **ear infection**. To give **Chamomilla** they must be manifesting the irritable, ugly mood. They may be inconsolable and demand that they be carried. When the doctor tries to examine the ear they become hysterical, the pain is so great that they cannot bear to be touched or examined. They will feel better by using warm things such as a hot water bottle or heating pad and they will be aggravated by the wind or loud noises and bright lights.

Nine o'clock in the morning or the evening, coffee, the wind and narcotics can all cause an aggravation in someone who is predisposed to manifesting a **Chamomilla** state.

Chamomilla Check List



- **Think angry, cross, irritable, capricious, restless**
- **Think wants to be carried**
- **Think pain**
- **Think infant colic**
- **Think teething with one cheek hot and red, accompanied by diarrhea**

- **Think ear infection, better from the warmth, worse in the wind**

Chamomilla comes from the plant family group called **compositae** which includes the daisy family and sunflowers. According to the work of Dr. Rajan Sankaran the main sensation in this group is of feeling injured, hurt or insulted, shocked, burnt or scalded, and someone in this state fears to be touched, hurt or approached.

Below are some other well known homeopathic remedies that are part of the **compositae** family. I have covered them all in previous newsletters.

Arnica Montana is the first remedy that you should be thinking of when there is acute shock and trauma. There is great fear of being hurt mentally, as well as physically. People in an Arnica state fear to be touched or being approached by anyone, lest they should be hurt



Bellis perennis is another member of this plant family. My March newsletter covered this remedy; **Bellis perennis** is very similar to **Arnica** because it is indicated for any problem that begins after an injury or accident. Trauma, fall, blow, sprain, muscle soreness due to overexertion especially after getting chilled, laceration, incision, abscess, deep and large wounds are all helped by this remedy and always where there is **a feeling of being bruised and sore**. Those needing this remedy **may feel better after cold applications** to the sore part.

It has a **particular affinity to the abdomen and deep internal organs** and is often recommended by homeopaths after abdominal surgery for pain and to help speed up recovery. It can also help soreness of the abdominal wall during pregnancy.

It is **primarily used for deep trauma after homeopathic **Arnica** has failed to act.**



Homeopathic [Calendula](#) was covered in my September 2008 newsletter. It is the main remedy to think of when there is trauma to the skin and subsequent threatening infection. It is better known as the homeopathic antibiotic. Calendula is also a good remedy to use topically on a minor burn. Parts are particularly sensitive to touch.

Flower Essences – Bach Impatiens



When we feel fulfilled, happy and positive we tend to enjoy better health
In the 1930's Dr. Edward Bach, a medical doctor and bacteriologist created 38 flower and plant based formulas that can help us to manage the emotional demand of everyday life by bringing negative attitudes and feelings back into balance and perspective. By helping to restore and maintain emotional balance the Bach remedies free the body's own healing functions and help to promote overall wellness. The Bach formula Rescue Remedy was voted the top holistic anti stress relief in the UK.

The Bach and Australian Bush Flower Essences are simple and safe to use and **do not interfere with prescription medication**. Bach Essences are inexpensive and available at most health food stores and co – ops.

Using flower essences to balance emotions means fewer visits to the doctor's office, less reliance on prescription medication and its associated side effects.

**“The personality without conflict is immune from illness
“**

– Edward Bach writing in his book - Heal Thyself

Bach Impatiens

This is also known as the Himalayan Balsam (*Impatiens glandulifera*). It is a large annual plant native to the Himalaya so it also has the colloquial name of **kiss-me-on-the-mountain.** In the UK. It typically grows to 1 to 2 m high, with a soft green or red-tinged stem, and lanceolate leaves 5–23 cm long. The crushed foliage has a strong musty smell. The flowers are pink, with a hooded shape, 3–4 cm tall and 2 cm broad; the flower shape has been compared to a policeman's helmet giving rise to the alternative common name of **Policeman's Helmet.** Although it does not range all over India and is by no means the only *Impatiens* native to that country, it is also known as **Indian Balsam** in countries where it is introduced.



After flowering between June and October, the plant forms seed pods 2–3 cm long and 8 mm broad, which explode when disturbed, scattering the seeds up to 7 m. *Impatiens*, meaning "impatient", refers to this method of dispersal.

Dr. Bach included this flower essence in his group for **LONELINESS**. Other Bach flowers in this group are water violet and Heather. People in this grouping have become lonely because they tend to have somewhat of a superior attitude. The remedy addresses someone who is tense and in a hurry, they have no patience for others who are slower. They do not like to wait and this makes them angry. Imagine an *Impatiens* type person waiting in a queue at the bank because the

cashier is new and doesn't know the ropes yet. **Irritable and impatient** are the key words to define this remedy. This flower essence can easily be compared **Chamomilla**, the homeopathic remedy that I have just highlighted. People in the **Chamomilla** state are **irritable and cross**, they don't want to be spoken to, they are **impatient** when interrupted, capricious, angry and sensitive.

Impatiens was one of the first flowers that Dr.Bach identified after he set out on his travels into the countryside in the late 1920's to discover a gentler system of healing. At this time in his life he was following the insights of his own personal spiritual development. He had traveled a road of increasing sensitivity from surgery through bacteriology, immunology, to homeopathy and now to flower remedies. Several Bach experts have thought that Impatiens was Dr.Bach's own personality type remedy. Dr.Bach considered it to be an important flower and more superior than morphine for pain relief in traumatic situations. It is included in his five flower emergency formula.

Dr. Bach combined **five specific remedies** from the **38** to formulate an emergency composite that he chose to call "**Rescue Remedy.**" He saved a fisherman's life in 1930 with this preparation. Its purpose is to treat the pre or post emotional effect that a sufferer may experience through shock, great fear or terror, panic, severe mental stress and tension, a feeling of desperation or a numbed bemused state of mind. Shock, terror and panic can manifest in minor traumas as well as in the more serious states of emergency. **The Rescue Remedy** is also ideal for emotional upsets, stage fright, visiting the dentist or even severe bites and stings, which create the effects of shock and panic.

In an acute situation Rescue Remedy can be repeated every 10 or 30 minutes. (Four drops from the stock bottle either under the tongue or diluted in water.)

The following five flowers make up **The Bach Rescue Remedy** combination: **Impatiens**, Rock Rose, Cherry Plum, Clematis and Star of Bethlehem.

Dr Bach and Diet

**“Let food be your medicine and medicine be your food”
- Hippocrates**

Dr.Bach worked closely with Dr.Charles E.Wheeler, and in 1925 they wrote a book called, "*Chronic disease, a working hypothesis.*" They saw that disease in the physical body was often the result of a long chronic process, resulting from poor dietary habits over many years. The book talked about their vaccine therapy (See notes at the end) but it also advocated a **raw food diet** as a way of assisting the treatment of cancer. Dr.Bach had come to the conclusion that diet

was a vital factor in the equation since it influenced the pH (acidity) of the intestines and thereby the bacterial population in the colon.

Similar research in modern times has pointed to the same conclusions. If we eat the wrong food we end up deficient in the products necessary for health. We also lack the substances which nurture those useful bacteria that keep the gut healthy. A wrong diet can encourage a proliferation of toxin forming bacteria. These toxins can be absorbed into the body through the wall of the bowel. He also maintained that toxins produced from cooked flesh can also poison the system. Dr. Bach thought that the problem focused on the **acid- alkaline balance of the faeces within the colon. He believed that this should be acid.** An alkaline or neutral pH encourages the growth of bowel flora which is harmful. Dr. Bach drew his conclusions as a result of extensive clinical experience with chronically and terminally sick patients.

According to Dr. Bach a good diet is plenty of raw food, fruit, nuts, cereals and vegetables. It is important to eat the fruit and vegetables raw rather than cooking them. The purpose of such a diet was to produce a pale – yellow, odorless stool, indicative of a healthy colon. Dr. Bach declared that the dark, foul smelling stool was from a bowel which is putrefying and toxic. These dietary problems he associated with clear symptoms that may vary according to the type of bacteria involved. Dr. Bach wrote about headaches, lassitude, fatigue and anxiety. More importantly he saw that intestinal toxemia leads to an increased susceptibility towards both acute and chronic disease***

“Our object is not to cure cancer, our aim is to prevent.” Edward Bach

Bowel Nosodes:

Dr. Bach actually spent half his working life looking at faecal swabs and bacteria growing in a petri dish. He discovered that certain intestinal germs belonging to non lactose fermenting gram negative coli, typhoid group, had a close connection with chronic disease and its cure. These germs are present in healthy and diseased individuals but in the latter case it is pathogenic. He isolated the bacilli and prescribed it for the patient in the form of a vaccine - an autogenous vaccine - and claimed to cure the disease. Years later he potentised the vaccine according to the Homoeopathic principle, then administered it and cured many patients. The first full preparation of clinical proving was done in 1929 by Dr. Thomas Dishington on Dysentery co. In 1930 Dr. Bach briefly summarized the clinically derived indication for most of the nosodes. However, in 1930 he stopped the research on Bowel Nosodes and discovered "Bach flower remedies".

Dr. John Paterson, a co-worker of Dr. Bach concentrated on this research after 1929. He studied more deeply the characteristics of the bowel flora, especially their behavior in health, disease and in drug provings. He examined more than 20,000 stool specimens and conducted research over 20 years. He came to the

following conclusions: The non lactose fermenting non pathogenic bowel flora (B.coli) undergoes definite changes in the disease condition. While this alternation in the nature of bowel flora might be a mere concomitant to the disease condition, there is reason to believe that the B.coli actually turns pathogenic.

The Raw Food Diet

There is plenty of information on the internet about raw food diets along with the pros and cons. The diet is based upon eating uncooked plant foods such as fresh fruit, vegetables, sprouts, seeds, nuts, grains, beans, dried fruit and seaweed. It is thought that heating food above 116degrees F is believed to destroy enzymes in food that can assist digestion and absorption of food. Nothing is mentioned about Dr.Bach's research and intestinal toxemia. Typically it is suggested that 75% of the diet should be raw. Reported health results from following such a regime include:

- Increased energy
- Improved skin appearance
- Better digestion
- Weight loss
- Reduced risk of heart disease, high cholesterol, diabetes and cancer

The raw food diet is low in sodium and high in potassium, magnesium, folate, fiber and health promoting plant chemicals called photochemicals. However, it is recommended that a raw food diet is inadvisable for some people. There may be a risk to children, pregnant and nursing women, the anemic and those at risk from osteoporosis mainly because such a diet is deficient in calcium, iron, B12, protein and calories.

I personally think that finding a balance is important here. I would advocate generally trying to **reduce intake of cooked meat and vegetables** and endeavoring to eat more raw fresh fruit, vegetables, seeds and nuts on a daily basis. Eat foods as close to their natural state as possible. Eat as many colorful vegetables as your colon will tolerate and if a food won't sprout or rot don't buy it! Vegetables are rich in antioxidants and anti cancer nutrients; they have a preferred glycemic index, and are rich in cleansing fiber. Kelp, including dulse, nori and wakame is rich in anti-microbial agents that keep pathogens from invading our gut. Kelp has a special soluble fiber that carries harmful fats, pro-oxidants, hormone residues, and other toxins out of the gut. Dark green leafy vegetables are particularly cleansing, blood purifying and body balancing.

Sugar is a huge problem in our lives today, in fact it is estimated that the individual American consumes over 140 pounds of refined sugar per year! Did you know that one out of every six children in the USA is obese? Over the past two decades the rates of childhood obesity have tripled. Soda pop, sugary fruit juices, a proliferation of candy stores, fast food restaurants and continual television marketing make it difficult to say "NO". Therefore, increasing numbers of adults and children are overweight and diabetes is on the rise, especially in children. Consumption of processed sugar and the subsequent low blood sugar levels have been associated with headaches, dizziness, irritability, fainting, weakness, nervousness, palpitations and abdominal pains.

Many people now believe that sugar is at the root of modern day illness. A fascinating study, conducted in 1941, revealed that a rabbit was immune to the polio virus until the researcher forced it into a low blood sugar state (where most Americans exist), at which time the rabbit was able to be infected with the polio virus. (This story can be read on www.mercola.com)

Lots of people suffer from an overgrowth of yeast also known as *Candida albicans* in their digestive tracts and the yeast is fed by sugar. There are in fact over 400,000 different strains of yeast in the world, of which 400 can cause diseases in humans.

Yeast has a valuable purpose in a well balanced body; it helps to degrade our faeces into basic elements. However, due to our lowered immune status, toxic burden, sedentary lifestyle, stress and too many antibiotics we are becoming victims of yeast overgrowth. Books written about fighting cancer using diet recommend that sugar is eliminated; this has led to more favorable outcomes.

Yeast can inhabit any organ of the body and most likely can cause fatigue, immune suppression, inflammation, pain, depression, sinus problems, food allergies, bloating and skin problems. Recent evidence from the Mayo Clinic shows that 96% of chronic sinusitis found in 40 million Americans is caused by yeast infections. ****

Cinnamon

According to a new study just half a teaspoon of cinnamon a day can significantly reduce blood sugar levels in diabetics. The effect, which can be produced even by soaking a cinnamon stick in your tea, could also benefit millions of non-diabetics who have blood sugar problems but are unaware of it. Cinnamon is known to be the great harmonizer, it can assist in making the body healthier, lowering cholesterol, fighting cancer, reducing the risk of obesity and even changing a diabetes prognosis.



www.newchapter.info

*** Bach Flower Remedies Form and Function Julian Barnard Lindisfarne Books
2004

**** healing Cancer with Nutrition Patrick Quillin with Noreen Quillin Nutrition Times
Press

Australian Bush Flower Essence – Peach Flower Tea Tree

This beautiful shrub bears abundant large pink blossoms which turn white at a later date. The sweetly scented leaves were used by early sailors to make a tea like drink. Ian White talks about how this is a wonderful flower essence to use with people who lack the will to follow through on tasks and for those who have initial enthusiasm that eventually drains away leaving them without interest because they are the type of people who easily become bored. This remedy is also for people who suffer from extreme mood swings and for hypochondriacs, those who focus too much of their time upon their own health. The change in the color of the flowers from pink to white indicates its ability to help those with mood changes. This flower essence is believed to have a balancing effect upon the pancreas and of course one of the main functions of this organ is to control sugar levels. It also helps to regulate the kidneys, which control the amount of insulin that the pancreas can provide. Australian Bush Essences have conducted a trial using this flower essence with diabetics. The trial produced extremely favorable results. Many holistic healers view the physical disease of diabetes to a lack of sweetness in one's life.

Ian White suggests working with any Bush Flower Essence for approximately 14 days, seven drops twice daily. However, some people do better if they take their essence longer if the problems are of a chronic nature.

Hanna Kroeger's Peaceful Meadow Retreat Seed Cereal



Pumpkin seeds
Sunflower seeds
Sesame seeds
Almonds
Apple Juice

Water

Mix equal amounts into a bowl and put into the refrigerator overnight. Next morning use a good blender or food processor to grind up. Serve with apple sauce and/or yoghurt. This makes a delicious meal to start the day!

Sally's news – help each other and pass the knowledge on

www.medicinewomenspeak.com a new web site!

Do take a look at my new web site. Giles helped me put it together at Christmas. I share the web site with my colleague Karen Krchma. There's a lot of interesting information, you can download my newsletters and read about our classes. If you go to the presentation page you will be able to view 4 interesting colorful power points, the information is simple to follow and is designed for people who want information in a hurry because they are dealing with an emergency situation. The presentations cover acute trauma, burns, the flu and radioactive fallout. Giles is available at reasonable cost to help you develop or improve your own web sites for either business or recreation. Please email him for details if you are interested. GilesTamplin@asu.edu

Rose Gallery Classes, Lake Mills, Wisconsin For more details contact The Rose Gallery. www.therosegallery.net Tel: 920 – 648 - 3973

Saturday May 2nd 1-2pm
\$10.00

I will be showing the new film made by Nelsons and The International Bach Foundation documenting the life of Dr. Edward Bach. I will be answering brief questions about the Bach Flower Essences and then attendees will have an opportunity to make their own bottle of Bach Essences to take home.

I will be available at the Rose Gallery on Friday May 1st and during Saturday May 2nd for 30 minute holistic healing appointments. Please contact the Rose gallery if you would like to book a consultation.

SoundMindBodyHealing Centre, Eagan, Minnesota
www.soundmindbodyhealing.com

Thursday May 14 7 – 9pm
Flower essences for children with learning and behavior problems, ADD, ADHD and autism

I will be showing the new film made by Nelsons and The International Bach Foundation documenting the life of Dr. Edward Bach. I will be talking about Bach and Australian Flower Essences that can be used to help children with ADD, ADHD, autism and general learning problems.

\$20 if paid in advance and \$25 on the night. Attendees will be able to make up one bottle of their own chosen flower essences to take home; this is included in the class cost.

I will be available at Life Medical, Minnesota for one hour consultations on Monday May 18th, 2009. Please email me if you wish to schedule: tamplinsl@aol.com

Pandemic Influenza Class – Sat April 18 2 – 5pm - Chicago

I am offering this class at Sohmar School of Massage in Downer's Grove, Chicago. \$25.00 if paid in advance before April 16. \$35.00 after this date and on class day. Please email me if you would like to attend. Learn to help yourself and your loved ones in times of emergency and for the regular flu that comes around every year! tamplinsl@aol.com

Helping children with ADD, ADHD, behavioral problems and autism with homeopathy: Sun April 19 2- 4.30pm -Chicago

I am offering this class at Sohmar School of Massage in Downer's Grove, Chicago. Come and learn how homeopathic remedies and flower essences can help to make a difference in the life of a child with learning problems. We will talk about the practice and principles of homeopathy; refer to a few wonderful remedies that you may choose to put in your own home first aid kit and talk in depth about how classical homeopathy can help on a deep constitutional level. I will refer to cases seen in our own clinical practices. \$25.00 if paid in advance before April 16th. \$35.00 after this date and on the class day. Please email me if you would like to attend tamplinsl@aol.com

Homeopathy First Aid Course: The School of Homeopathy

Minnesota: May 16/17, June 13/14 - SoundMindBodyHealing Centre – Eagan 10 – 6pm
Chicago: May 30/31, June 6/7 – Sohmar School of Massage, Downer's Grove 10 -6pm

Learn to help yourself and your family!
\$420.00 (\$375.00 if paid by May 3rd)



ALTERNATIVE
TRAINING

This course was carefully produced and developed by the well known and highly respected [School Of Homeopathy, Devon, UK, founded in 1981](#) and adapted by myself and Mani Norland from Alternative Training to teach in a seminar setting. This Homeopathy First Aid Course will provide an insight into the philosophical background as well as the basic methodology of first-aid and acute prescribing in homeopathy, so that you can use it in everyday situations at home, on the sports field, at work and on holiday – for yourself, your family and friends! You will be able to treat many first aid situations, from childhood fevers, teething troubles, attacks of sickness, ear infections, coughs, flu, diarrhea etc.

Learn how to use quick and effective homeopathic methods to ease first aid symptoms. No prior knowledge of homeopathy or medicine required. Once you have completed the course you will be able to quickly assess a number of first aid symptoms yourself and decide whether to treat or if you should seek professional help. The information provided can be used in addition to standard first-aid and accident procedures.

The course is aimed at those who have little or no prior knowledge of homeopathy and its application. We take you through it step-by-step to help you gain the basic understanding that you can apply in everyday situations. Once you have completed this course, you should be able quickly to assess whether and how you can treat particular symptoms yourself, or whether you should seek professional help.

You will be given an in-depth understanding of 28 Materia Medica remedies. This course is taught via colorful Power Point presentations, with lively class discussions, DVDs and individual/group case analyses. It is a wonderful course to take if you are genuinely interested in taking care of yourself and your loved ones or if you are thinking of seriously studying homeopathy at a recognized school sometime in the future.

Those who choose to complete the two written assignments (300 - 500 words) and three case assessments and who successfully pass the tutor-marked assessments, will receive a first aid homeopathic one credit certificate from The School of Homeopathy. [\(Please note that there will be an extra fee for completing this certification process.\)](#)

If you would like more details please email me. If you would like to register for the Chicago class please contact me. tamplinsl@aol.com Tel: 708 – 784 9397

If you would like to register for the Minnesota class please contact Kevin Doheny: www.soundmindbodyhealing.com Tel: 651 – 688 – 2649