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when did you stop?

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Newsletter

Greetings!

*There once was a village filled with people who cared very much for one another. At one point in time, a village woman became very distraught. Her village friends lovingly gathered her up and took her to see the local medicine woman. The medicine woman looked into the eyes of the troubled woman and asked these four questions; When **did you stop singing?** When **did you stop dancing?** When **did you stop sharing?** When **did you stop visiting the silence?***

A version of this insightful story was provided to me by a cultural anthropologist. In my specialty work with midlife women, I also like to ask this question. **How have you continued to feed your limitations?**

Fear-based beliefs especially with aging sound like this; "I'm getting too old for...It's too late for me to.....He/she won't support me in....I don't have time for...There's not enough of..."

When did you stop yourself lately? Are your current beliefs and emotions nurturing your own biology? Want to boost your energy levels? If so, you may want to consider some spring cleaning of your mental-emotional baggage. De-clutter yourself. Ask for help to remove the weight of guilt, remorse, anger, fear and procrastination. For years, I've witnessed the healing power of inner clean-up. It always makes more room for creativity, visions, vitality and contentment.

As with the village woman, at some points in time, **we all need encouragement to practice the Good Medicine of Well Being.** I hope you benefit from the resources available in this month's newsletter.

Yours in wellness,

~Marcia

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Whole Food Vitamins - Standard Process
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Whales, Women and Whole Health Care



Jim and I recently were visited by hundreds of dolphins and a dozen humpback whales near Santa Cruz Channel Island. Their presence was indeed good medicine!

80% of the World's Population depends on what Westerners term alternative (complimentary) medicine as their primary mode of medical care.

My partner, Dr. Jim Barrass, and I utilize a **Whole Health Care model of medicine.** Our Whole Health Care model takes the best from the East and the West for 'diagnosis' and 'treatment'. Illness and disease are a whole person disturbance. **We address 5 key components to help restore and maintain Wellness.** The 5 bases of our Whole Health Care model are: **Structural, Emotional, Toxicological, Biochemical and Bioenergetic.** Dr. Barrass has expertise in the Structural (physical correction), Biochemical (nutritional) and Toxicological aspects of healing. My medicine focuses on emotions, attitudes and the impact it has on one's physiology (biology). In addition, I help interested people to become healthier managers of their own life energy with bioenergetic information.



For over 10 years, **Standard Process (SP)** and **MediHerb (MH)** have been a vital part of maintaining my own health. We highly recommend their products especially as an adjunct to any travel medicine kit. For starters, check out the research on **Catalyn, SP's whole food multivitamin** and **MH's Echinacea Premium for immune support**. You can ask 'Dr. B' or myself about the 'taste test' for determining quality Echinacea root.

These products and others are available through Dr. Barrass.

Tel 818-889-5572

For more info visit: www.standardprocess.com

www.mediherb.com

Out of a Job? Create Your Own! Ask Marcia - Q & A

Q. The company I work for is laying off people. I'm frightened about my losing my job. Any suggestions?

A. Greed and fear has driven this economic climate. **First, I would suggest you reign in your fear with the help of available resources.** By now, you must know that **STRESS** causes the majority of most physical illnesses and disease. Focusing on your doubts will only bring you more fear-based situations into your life. You don't have to give your financial insecurity so much power. **You can learn to manage your own energy no matter what external chaos may exist. All the help you need is available.**

Secondly, you're not alone. In the USA, we've lost 4.4 million jobs since this fiscal fiasco started. And many of those jobs aren't coming back. There is another way. For many people, it's the only one. And it might actually make you happier than you were at your old job. **Start a side business!** As an entrepreneur in my 24th year, I would say don't wait until you come up with the perfect idea. You'll be better off working out the kinks as they come. Just get started. **Take note: small companies are replacing big ones because we trust people more than companies.** As a small business owner you don't have to have huge infrastructures to support. You don't have to sell a zillion widgets or have a million clients just to stay in business. It comes down to lifestyle choices and finding profit margins that can comfortably sustain you and your family. **Remember your creative business brothers and sisters from the village?** Look for and learn from those who are already operating their successful businesses based on a solid understanding of prosperity principles. One of them being: **You choose your future each moment with your thoughts.** Keep me posted on your progress.

Email your questions to: Marcia@MarciaNewman.com

In particular, **Dr. Barrass** specializes in the natural care of women's hormonal health. In addition, he offers a healthy purification program. Think of it as a 'spring cleaning' for your body. 'Dr. B' has been a godsend for many of my clients through the years. To learn more contact:

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**The Body Cannot Be Cured
Without the Soul.** Socrates



Inner Critic working
Overtime?

Difficulty saying NO to others
demands?

A Friend to your Midlife
Body?

**25 or 50 minute
Phone or
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**1240 Westlake Blvd,
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Westlake Village, CA 91361**

or Thousand Oaks, CA
(call for directions)

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*Mending Bodies, Healing Minds,
Helping Human Hearts to Thrive!*