



WELLNESS CONNECTIONS

Health Care and Healing Arts In the Central Valley

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December

The Wellness Connections email newsletter is published during the week following the monthly meeting, except in the case of combined issues. The goal of the newsletter is to inform the members about important issues arising at the meetings, provide reminders about future events, and to be an information resource about issues important to members. You may communicate with the editor or submit articles at franks@attitude.com. To stop receiving the newsletter, send an email to the editor with "Stop Newsletter" in the subject field.



*May you celebrate
the joy and peace
of Christmas
throughout
the new year*

Jackie Nakamichi Presents at December Meeting

Jackie Nakamichi, distributor for XanGo, spoke at the December meeting about the research that has been done on the benefits of the mangosteen fruit found in southeast Asia. The supplement produced by XanGo is designed to boost energy, have positive effects for dealing with high blood pressure, cholesterol, and diabetes, and there is empirical evidence suggesting it works against some forms of cancer and helps with allergies.

There is a lot of research available about the benefits of the mangosteen fruit and research has begun specifically on XanGo. For more product



Photo by Bill Owen

information, and links to the research, visit the XanGo website at www.xango.net.

New Directory Scheduled for Release

The fourth edition of the Wellness Connections Directory is scheduled to be released on March 1. Look for the forms in mid-January. The project coordinator has been making the list (of prospective clients) and checking it twice. Look for the forms and respond quickly to help the publishing crew get the directory out on time.

January is also the month when membership renewals come due for Wellness Connections members. Regular membership is \$60 for the year, and includes a \$20 discount on a directory listing.



Photo by Bill Owen

Excitement Builds as Time for the Wellness Fair Approaches

Sherrie Olp, who has been heading up the effort to make sure the Wellness Fair will be a success gave a positive report about the preparations and the response of vendors for the fair. It now looks like there will be between 40 and 50 tables reserved by vendors.

The members at the meeting were able to pick up the official flyers for distribution to key sites around town. Fair tickets for advance sales were also available; the participants who purchase advance tickets will not have to wait in line at the door on January 30. Tickets are available at The Center in Clovis.

Flyers and posters are available from Sherrie Olp in the Fig Garden area, Mike Neer's office by Shaw and 99, Dr. Matthew Norton's office near Bullard and Fresno and from Frank Saxton in Clovis. Call 298-8062 for directions.

Threat to the Availability of Herbal and Other Natural Supplements

Jerry Kossack, CNC, nutrition specialist and long-time member of Wellness Connections, has submitted an article about an effort to severely limit the types and quality of herbal and other supplements available to the public without prescription.

The article, written by Dr. Jonathan Wright, Medical Director and founder of the Tahoma Clinic in Renton, Washington, comes from The Health Plus Letter, an eZine published by the Library of Health, LLC.

In the article, Dr. Wright issues a warning about the European Food Supplements Directive, a directive of the European Union, which the U.S. is obligated by treaty to honor; to do so would severely limit the types of supplements currently available.

The article may be found and perused at www.healthyworld.com/eZine/vol2no35.cfm, under the title Our Right To Medical Freedom of Choice Is Under Siege.

Websites of the Month

Bill Owen recommends the site

www.HolisticPrayer.com

The website is a resource of prayers particularly for those engaging in earth centered meditation and reflection.

Margot Tepperman has a new website at

www.TransitionsCoaching.com

Her site is well-organized for those who want to learn more about the various aspects of life coaching and in particular for Margot's services.



Happy
Holidays