

Classes

Yi Jing 易經

(I CHING) DIVINATION

for Personal Clarity



Yi Ching Seminar

Sunday 1-5:00PM, 11/13

[More Info/Register](#)



Focus on Wu/Hao Style

Weds 6-7:10PM, 11/16

[More Info/Register](#)

Tai Chi

Thurs 6-7:10PM, 12/1

[More Info/Register](#)



Hatha Yoga

Tuesdays 6-7:15PM

Fridays 8-9:15AM

[More Info/Register](#)

I dare say we are the only studio around where one can participate in yoga, tai chi, and fitness classes and see deer, foxes, and, occasionally, even a wild turkey or two. Just yesterday I looked from my massage room windows and saw a running column of about 25 turkeys - running, no doubt, to get out of town before Thanksgiving.

There is so very much here at WHS to be thankful for - our fabulous instructors, a dedicated and hard-working staff, and an ever expanding community of the finest folks around. We are now five years since our first classes began! Truly, the sublime expressions of persons leaving classes make all the hard work and financial commitments easier to maintain. We are ever grateful for the opportunity to serve.

Please take a few minutes to read the following article about how the turkey not only saved mankind from starvation, but also - along with the great faith of the chief - restored our planet to wholeness. All of us here at Wholistic Health Studio hope you will find family and friends to gather with for a fine dinner of thanks-giving.
SW

Native American Legends Turkey, The Peace Eagle An American Indian Legend - Nation Unknown

Our "Elders" tell us the Legend of the Turkey is not one we need to explain the Great Mystery and how it functions. So came the story of the Peace Eagle (Turkey) to the Eastern People....

In these days, the "Chief" was leader of the People because they trusted him and knew he protected his people. He was the "Father" of the "Nation" or "Tribe of People." He ate only after his People were all fed. He slept under warm blankets only if everyone was covered and warm. The People called upon him for a great council. They turned to the "Chief" and asked, "When will the animals come back? When will you hunt again? We are starving and growing weaker. Many are dying and are no more. We must have food soon or we shall all perish."...

So the "Chief" prepared himself to hunt. He prayed and did the Ceremonies of the Ancient ways to honor all life. He remembered the wisdom of his Grandfathers and Elders. He walked through the forest for 28 days, fasting, to find a solution to feed his people....

"Creator" looked upon this and saw this "Chief." Love was again being shown for the gift of life and the Good Earth. He lifted the Chief into the "Dream

Gentle Yoga
Thursdays 4:30-5:45PM
[More Info/Register](#)



Senior Fitness
10-class series
Tues & Thurs 11-11:55AM
[More info/Register](#)

Pilates/Strength Training
10-class series
Tuesdays 10-10:55AM
[More Info/Register](#)

Mat Pilates
10-class series
Thursdays 12-12:55PM
[More Info/Register](#)

Personal Training
([Partner Personal Training](#),
[Fitness Training](#),
[Rehab Training](#))

WHS Quick Links



Help WHS get the word out!
Please review us on Yelp
and/or Google+.

Instructors and Practitioners

Melanie Dean
[Website](#)

Dr. Jay Dunbar
[Website](#)

Howard Jacobson
[Website](#)

Betsy Templeton
[Website](#)

Dr. Joanne Morse
[Website](#)

Time Lodge," so he could be with the "Chieftains" of "The Elder Fires." The "Chief" was given a vision of a "Turkey." [\(source\)](#)

WELLNESS RESOURCES

Is Teff the New Super Grain?

The New York Times
by Anahad O'Connor

When Laura Ingalls, an avid runner from Boston, found out after a routine blood test that she was iron-deficient, she turned to the kitchen instead of the medicine cabinet: She started eating teff.

A grain the size of a poppy seed that hails from Ethiopia, teff is naturally high in minerals and protein. Ms. Ingalls started baking with it, cooking with it, and using it to make hot cereal with coconut oil. Now she loves it so much that she doesn't run a race without it.

"Teff is like a runner's super food," she said. "It's great as a pre-race meal. It's high in iron and it's a whole grain so it provides a slow release of energy, which is exactly what I need."

Teff has long been a dietary staple for Ethiopia's legendary distance runners, like the Olympic gold medalist and world record holder Haile Gebrselassie, who called teff a secret to the success of Ethiopian runners. But now teff is becoming a go-to grain for a growing number of Americans.

Endurance athletes like the grain because it's naturally high in minerals. People who can't tolerate gluten use teff as an alternative to wheat. And dietitians recommend teff as a way for Americans to introduce more whole grains into their diets.

The growing interest in teff is part of an increasing consumer desire for so-called ancient grains like faro, quinoa, spelt, amaranth and millet. Health-conscious consumers have been gravitating to these grains because they're nutrient dense and have not been genetically modified. [\(source\)](#)

Obesity and Diabetes Tied to Liver Cancer

The New York Times
by Nicholas Bakalar

A large study has found the body mass index, waist circumference and diabetes are all associated with an increased risk for liver cancer. Liver cancer is the sixth most common cancer, and its incidence has tripled since the mid-1970s in the United States.

For the study, in Cancer Research, researchers pooled data from 14 prospective studies with more than 1.5 million participants. After controlling for age, sex, alcohol use, smoking and race, they found that being overweight increased the relative risk for liver cancer by between 21 percent and 142 percent as B.M.I. increased. For each 2-inch increase in waist circumference, the risk of liver cancer increased by 8 percent, even after controlling for B.M.I. And those with Type 2 diabetes had more than double the risk for liver cancer, even among the non-obese.

There was no association of B.M.I. with cancer if the patient had hepatitis, a cause of liver cancer so strong that it overwhelms any other cause. But

among those without hepatitis, the increased risk was significant.

"This study underscores that the parallel increase in obesity is part of the increase in liver cancer rates," said the lead author, Peter T. Campbell, an epidemiologist with the American Cancer Society. "Now we have to accept the fact that obesity and Type 2 diabetes are strongly associated with liver cancer." [\(source\)](#)

NOVEMBER 2016 CALENDAR

SUN	MON	TUES	WEDS	THURS	FRI/SAT
		1 10-10:55AM Pilates S. 11-11:55AM Sr. Fitness 6-7:15PM Yoga	2 6-7:10PM Fund.	3 11-11:55AM Sr. Fitness 12-12:55PM M. Pilates 4:30-5:45PM G. Yoga 6-7:10PM Tai Chi	4 8-9:15AM Yoga 5
6	7	8 10-10:55AM Pilates S. 11-11:55AM Sr. Fitness 6-7:15PM Yoga	9 6-7:10PM Fund.	10 11-11:55AM Sr. Fitness 12-12:55PM M. Pilates 4:30-5:45PM G. Yoga 6-7:10PM Tai Chi	11 8-9:15AM Yoga 12
13 1-5PM Yi Ching	14	15 10-10:55AM Pilates S. 11-11:55AM Sr. Fitness 6-7:15PM Yoga	16 6-7:10PM Focus	17 11-11:55AM Sr. Fitness 12-12:55PM M. Pilates 4:30-5:45PM G. Yoga 6-7:10PM Tai Chi	18 8-9:15AM Yoga 19
20	21	22 10-10:55AM Pilates S. 11-11:55AM Sr. Fitness 6-7:15PM Yoga	23 6-7:10PM Focus	24 THANKSGIVING NO CLASSES	25 NO YOGA 26
27	28	29 10-10:55AM Pilates S. 11-11:55AM Sr. Fitness 6-7:15PM Yoga	30 6-7:10PM Focus		

DECEMBER 2016 CALENDAR

SUN	MON	TUES	WEDS	THURS	FRI/SAT
				1 11-11:55AM Sr. Fitness 12-12:55PM M. Pilates 4:30-5:45PM G. Yoga 6-7:10PM Tai Chi	2 8-9:15AM Yoga <hr/> 3
4	5	6 10-10:55AM Pilates S. 11-11:55AM Sr. Fitness 6-7:15PM Yoga	7 6-7:10PM Focus	8 11-11:55AM Sr. Fitness 12-12:55PM M. Pilates 4:30-5:45PM G. Yoga 6-7:10PM Tai Chi	9 8-9:15AM Yoga <hr/> 10
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