

What's New in the Community

By Lynda Gronlund with Anne Duffy

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

Compounding Pharmacies

Most of us have needed a prescription drug in our lives; some of us take medication every day. So what happens if we're allergic to something in the pill we need? What if a child can't swallow a pill? What if someone needs a non-standard dose of a medicine? What if a dog won't take its medicine because it doesn't like the taste? All of these problems and more are solved by compounding pharmacies.

Compounding is the practice of mixing drugs to fit the specific needs of individual patients. Many pharmacies provide compounding to an extent, but a few specialize in the practice. The Pharmacy Compounding Accreditation Board (PCAB) certifies compounding pharmacies by reviewing their standards for quality of staff, policies, procedures, documentation, and handling of problems. There are currently only five accredited compounding pharmacies in Michigan; Clark Professional Pharmacy in Ypsilanti and Specialty Medicine Compounding Pharmacy in South Lyon are two. Pharmacy Solutions in Ann Arbor is working toward this accreditation and expects to receive it by mid-2012.



Nathan Worthing, owner of Clark Professional Pharmacy

Compounding is the practice of mixing drugs to fit the specific needs of individual patients. Many pharmacies provide compounding to an extent, but a few specialize in the practice.

Nathan Worthing, owner of Clark Professional Pharmacy, has expanded his compounding pharmacy to include nutritional counseling with an emphasis on sickness prevention using medicinal foods. He recently became a Certified First Line Therapist through Metagenics nutritional line, which trains practitioners about early detection of and supplement support for diabetes mellitus, metabolic syndrome, and inflammatory disorders. In addition, the pharmacy is now accepting most insurance plans.



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Sandy Pierani, occupational therapist and fitness instructor

Live drumming makes Sandy Pierani's World Dance Workout classes at the Ann Arbor Senior Center unique among fitness dance classes.

"I am interested in talking to patients about food being medicine and how to eat in such a manner to select food choices to reduce medication use," said Worthing, who explains that even simple foods like wheat, which is very pro-inflammatory, should be eliminated to improve inflammatory conditions and reduce the use of drugs.

Clark Professional Pharmacy has been around since 1980 and the original female pharmacist, Olya Lash, was holistic. Back then the pharmacy existed on referrals alone and wasn't widely known. Nathan Worthing began working and training with Lash in 1999 and eventually purchased the pharmacy from her in 2008 along with another pharmacist, Ahd Salamen. Worthing is the managing partner.

"Veterinary and fertility medications were the main focus in the 1980s and '90s. That eventually morphed into women's health in general, natural hormone balancing, and then again into nutritional

compounding, because many women had nutritional needs that were not being met by pharmaceutical industry products," said Worthing, who is a Certified Menopause Practitioner and Certified Nutritionist.

"The biggest thing that makes Clark Pharmacy different from traditional pharmacies is me. I actually care about the people that I see. I want to see them do well and I go out of my way to make sure things are done correctly and spend extra money and effort to train my lab staff appropriately," said Worthing. "It's a relationship built business. I have close relationships with the prescribers and also with the patients."

As a Menopause Practitioner, Worthing works with women to discuss their options for hormone therapies, reviews the studies available about the treatments, and helps them come up with solid choices for their individual situations. He stresses that women on hormone therapy need to take fish oil, magnesium, and folic acid because it makes hormone therapy safer and they should watch what food triggers they may have and how other drug therapies are affecting them.

The pharmacy also makes many different preparations for the autistic population that help modulate behavior and are allergen-free drugs because most of the children are on very restricted diets.

Worthing is available for private consultations and is always available to do lectures for particular groups. For more information, call 734-434-7333, email clarkpharmacy@tds.net, or visit the website at www.clarkpropharmacy.com.



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Kenny Walkup, owner and compounding pharmacist at Specialty Medicine Compounding Pharmacy. It is a full-service compounding pharmacy and offers high-quality supplements in addition to prescription drugs.

Sahar and Ahab Swidan are the sister and brother team of compounding pharmacists who head Pharmacy Solutions in Ann Arbor. Ms. Swidan opened the pharmacy in 2001 after working at Chelsea Hospital.



Sahar Swidan of Pharmacy Solutions in Ann Arbor

“Compounding is in a way a return to the old-fashioned pharmacy, in which every drug was mixed for the individual patient to the doctor’s specifications.” – Ahab Swidan of Pharmacy Solutions in Ann Arbor

The pharmacy is a full-service compounding pharmacy, offering all of the products compounding pharmacies are known for: pain gels, hormone replacement therapies, natural thyroid hormones, allergen-free medications, flavored medications for children, and pharmacy-grade supplements. Mr. Swidan says that what sets Pharmacy Solutions apart is the level to which each patient is educated in their own care, “sometimes more than they want!” He says it is important to him to counsel each patient to make sure they are taking the correct dose in the correct way to achieve the best therapeutic effect. The pharmacists also help patients coordinate their care; for example, if the patient has several physicians, the pharmacists will make sure communication is happening so there are no harmful drug interactions. Mr. Swidan says that compounding is in a way a return to the old-fashioned pharmacy, in which every drug was mixed for the individual patient to the doctor’s specifications.

Pharmacy Solutions accepts many insurance plans and expects to receive the PCAB accreditation within the next year. Their website is www.pharmacysolutionsonline.com. They can be reached at ederm@pharmacysolutionsonline.com or at 734-821-8000.

Kenny Walkup, owner and compounding pharmacist at Specialty Medicine Compounding Pharmacy in South Lyon, has been compounding for 12 years. He says he “really wanted to practice pharmacy that had a true impact on each and every patient,” and was more able to fulfill that desire with compounding than with standard pharmacy.

He gave me a tour of the facility, including a sterile products lab where they can make injections, IV therapies, eye drops, and ear drops. I watched a technician making capsules in a 100-capsule batch. Another technician was making dog biscuits. Walkup says that 30-40 percent of Specialty Medicine’s business comes from specialized animal medication. They have made medicine for dogs, cats, gerbils, hamsters, rabbits, ducks, fish, and birds. He says that taste is one of the most important aspects of medicine for dogs and cats who will not take the medicine if they don’t like it. The pharmacy offers more than ten different flavors “from apple to bacon to cheese; whatever the animal likes to eat.”

Another option for animals and for people is a topical gel that can be rubbed on thin skin, such as inside the wrist for a person or in the ears for a cat. Walkup described several uses for these gels, from pain management for hospice patients to nausea relief for pregnant women. He says that gels are generally very well-tolerated and have fewer side effects than pills that must be ingested; they are also easier on patients who may have trouble swallowing pills.

Specialty Medicine is a full-service compounding pharmacy and offers high-quality supplements in addition to prescription drugs. Walkup is happy to provide counseling about supplements that may help counteract the depletion of nutrients by some prescription drugs. You can find out more at www.specialty-medicine.com. Mr. Walkup can be reached at 248-446-2643 or contact@specialty-medicine.com.

In May of 2011, esthetician Jessica Elkins changed the name of her business, Ananeo Skin Care, to Jessica’s Skin & Body Apothecary. The name change reflects a change in the business model, which will focus increasingly on Elkins’ own product lines. The business, currently located in an inviting private room inside the A2 Yoga building, began by offering facials and waxing, then added mineral cosmetics. Now the Apothecary offers hand-blended body and perfume oils for a variety of purposes.

This fall Elkins introduced a body oil line for winter to add to her summer line launched in May 2011. The winter oils are designed for the dryer winter season with marula and sesame oils to penetrate and balance the moisture level in skin. Essential oils are added for different aromatherapy and other benefits and make the oils smell great. For those who prefer unscented oil or like to use Elkin’s perfume oil line in addition to the body oils, pure body oils such as Jojoba are available. Oils can also be custom blended for particular scents, aromatherapy, or skin benefits, and are pure, without preservatives or other additives. Elkins emphasizes that the body

oils are best used right after bathing, within 3-5 minutes after toweling off, for best absorption. She also says that they are not for the face, which has a very different chemistry than the rest of the body.

According to Elkins, “aromatherapy can be therapeutic to the body or to the mind.” One of her more innovative products is an inhaler that contains seven essential oils to clear the sinuses. She also offers “sinus steam facials” during the cold and flu season, which combine a cleansing facial with aromatherapy for sinus relief.

Elkins says that her philosophy for skincare is “hydration, hydration, hydration.” She explains that many people have dry skin not from lack of water, but from an imbalance of water and oil in the skin. Even acne can be caused by or contributed to by a water/oil imbalance. Elkins says that, as an esthetician, part of her job is to help clients reestablish this moisture balance by choosing the right products. She says that the biochemistry of the products is very important. A product can contain a beneficial



Jessica Elkins of Jessica’s Skin & Body Apothecary

ingredient such as green tea, but if the product is not correctly formulated the ingredient will not be absorbed by the skin. Personalized, professional skincare recommendations are what Elkins says inspired her to name her business an “apothecary,” which she feels evokes the idea of trust that the esthetician is a professional who will recommend the best skincare regimen for each person. “We’re not here to sell, we’re here to take care of our clients,” she says.

Jessica’s Skin & Body Apothecary is currently offering a complimentary 15-minute skincare or aromatherapy consultation. If you would like to get in touch with them, you can call 734-604-5971, email contact@jessicasapothecary.com or book an appointment online at www.jessicasapothecary.com.

New Offerings by Established Practitioners and Businesses

Christine Fodor, wellness practitioner and Reiki master of Sheenadwah Freespirit Enterprises, has expanded with a new look, location, and website called Transformational Health

and Wellness: Body Mind Spirit Therapies and Support Services. “I have many certifications and I have been trained in many modalities, but what has changed in the last two years is that I have focused more on doing all sessions intuitively rather than only focusing on a trained modality, which is what I prefer to do anyway. There will be a little bit of Reiki, cranial sacral therapy, past lives, angel cards, etheric surgery or whatever shows up for that person. Sometimes people are so stressed out, we really need to go into a meditation and relaxation techniques to allow for deeper healing work and emotional releases,” said Fodor, whose business is based in Ypsilanti.

Fodor was trained as a Certified Nursing Assistant in summer 2010 and is a Physical Therapy Assistant Student graduating in spring of 2012. Recently she said there has been a surge in requests for the seven session emotional and mental subconscious



Christine Fodor of Sheenadwah Freespirit Enterprises offers the unique Atlantean Crystal Healing Grid, a handmade copper grid made with sacred geometry that serves as a conduit for higher vibration crystal therapy.

re-patterning therapy, which enables people to let go of things that have them stuck. “It’s like they are hitting a wall and there is something there that is keeping them from expanding more and moving forward through an issue,” said Fodor. She explained that just clearing out some cellular energy helps people let go of those things.

Fodor offers the unique Atlantean Crystal Healing Grid, a handmade copper grid made with sacred geometry that serves as a conduit for higher vibration crystal therapy. The grid connects copper handles containing crushed crystals that act as jumper cables to enhance the healing to those who lay on it. Another crystal therapy that Fodor has available is the BioMat, which is a mat that clients lie on that has far-infrared heat and negative ions, and is also filled with amethyst crystals. Both these gadgets are free to use if someone books an appointment with Fodor.

Fodor, who has been running meditations for years, is very skilled and engaging as she takes people on journeys to faraway lands for healing. She is now offering a new meditation group in Ypsilanti that will focus on participants’ interests. Fodor is available for different parties

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 (The direct link is <http://cwonline.squarespace.com/journal-article-archive/>)

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and groups to do the meditations and/or angel card readings. She specializes in a "three-month forecast report," where she uses multiple decks to forecast themes like career, love, and money. "I do a progression of where you are and where you are going and what you need to work on," said Fodor.

In addition, Sheenadwah Freespirit Enterprises also offers LifeWave acupuncture point stimulating patches and homeopathic medicine at www.lifewave.com/sheenadwah. For more information, please visit www.transformationalhealthandwellness.com, email sheenadwah@yahoo.com, or call 248-444-7408.

New Books by Area Authors

Linda Diane Feldt, local author, holistic healthcare practitioner, herbalist, cranio-sacral therapist and long time Crazy Wisdom Community Journal contributor, is releasing three new books online in a serial format throughout 2012. Each book is being published in 52 sections, once weekly. At the end of the subscription year, the complete books will be available in print or e-book format.

The first book, available for subscription beginning in October 2011, is titled *Cultivate Curiosity and Anticipate Miracles: Observations of Life*. Feldt describes this book as a group of short, true stories about "life, love, death, dogs, nature, music and more," taken from her own life experience. She offers these stories to provide humor, insight, and inspiration.

Linda Diane Feldt, local author, holistic healthcare practitioner, and teacher, is releasing three new books online in a serial format throughout 2012.



The second book is available for subscription beginning in November 2011 and is called *Integrating Ethics: Resources for Integrative and Alternative Healthcare*. Feldt draws on thirty years of experience in the integrative and alternative healthcare field. She hopes this book will provide a platform for thoughtful conversation about ethics among alternative healthcare practitioners and will help build bridges between traditional and alternative medicine.

The third book is called *Wildcrafting Recipes* and will be available beginning in January 2012. A new healthy, vegetarian recipe will be sent for each week of the year with descriptions of how to obtain and use ingredients from the outdoors.

To find out more and to subscribe to any of the books, visit www.writing.lindadianefeldt.com or email Ms. Feldt at writing@lindadianefeldt.com. She can be reached by phone at 734-662-4902.



Local author Elaine K. Williams published *The Sacred Work of Grandparents Raising Grandchildren* in September 2011. The book addresses the many issues faced by an increasing number of families in the United States; according to Williams, 1 in 10 children is raised by a grandparent or relative other than their mother or father.

Williams was inspired to write the book during a trip to Washington, DC, when she stumbled upon then-Senator Hillary Clinton addressing a crowd of hundreds of grandparents raising their grandchildren. For some of these grandparents, Hurricane Katrina had displaced their adult children; others were raising their grandchildren for a variety of other reasons. Prior to this experience, she says she had no idea that this trend was so widespread. Touched by their plight and by the kindness she witnessed in this group of grandparents, she became determined to find out more. Since that time, Williams' own sister has become a parenting grandparent.

While writing the book, Williams spoke to more than 60 families in 11 states. She found that many circumstances lead to adult children being unable to parent their children, including mental health problems, alienation, drug use, criminal activity, and social and emotional issues. Grandparents were not only having to deal with "stepping up to do something that's not in the cycle of life as we know it" by raising their grandchildren, but were also coping with the loss of their adult children or the sorrow of their crippling problems. Williams said she was unable to find any book that addressed the psycho-social needs and problems of these grandparents and their grandchildren, and only a few resources were available online. She hopes that her book will serve as a resource to parenting grandparents, their grandchildren, and professionals who support these families, including teachers and social workers.

Elaine K. Williams will be talking about her book at Crazy Wisdom on Sunday, January 8 at 2:00 p.m. *The Sacred Work of Grandparents Raising Grandchildren* can be purchased at the author's website, www.elainekwilliams.com. The author can be reached at 248-396-5735 or at elainekwilliams@aol.com.

Elaine K. Williams, author of *The Sacred Work of Grandparents Raising Grandchildren*, hopes her book will be a resource to parenting grandparents, their grandchildren, and professionals who support these families, including teachers and social workers.

Carla Wilson, M.S.W., author of *What if I'm Right?*, will be talking about her book at Crazy Wisdom on Saturday April 21 from 2:00-4:30 p.m. *What if I'm Right?* was published in March of 2011. The book draws on Wilson's 20 years of experience as a correctional officer in Washtenaw County and addresses incarceration and addiction. For those with an incarcerated or addicted loved one, it is a resource in understanding what their loved one is going through and why they may act the way they do. For the incarcerated and addicted, Wilson says that it is a guide to "recognizing their own brilliance and finding the way out of their personal storm." She hopes that the book will "help break the stigma of addiction and incarceration and bring people hope."



Carla Wilson

What if I'm Right? can be purchased at Crazy Wisdom Bookstore. It is also available as an eBook for the Kindle or Nook. You can contact Carla Wilson at 734-337-2023 or cwilson@connectionprinciple.com. More information is available at www.connectionprinciple.com.

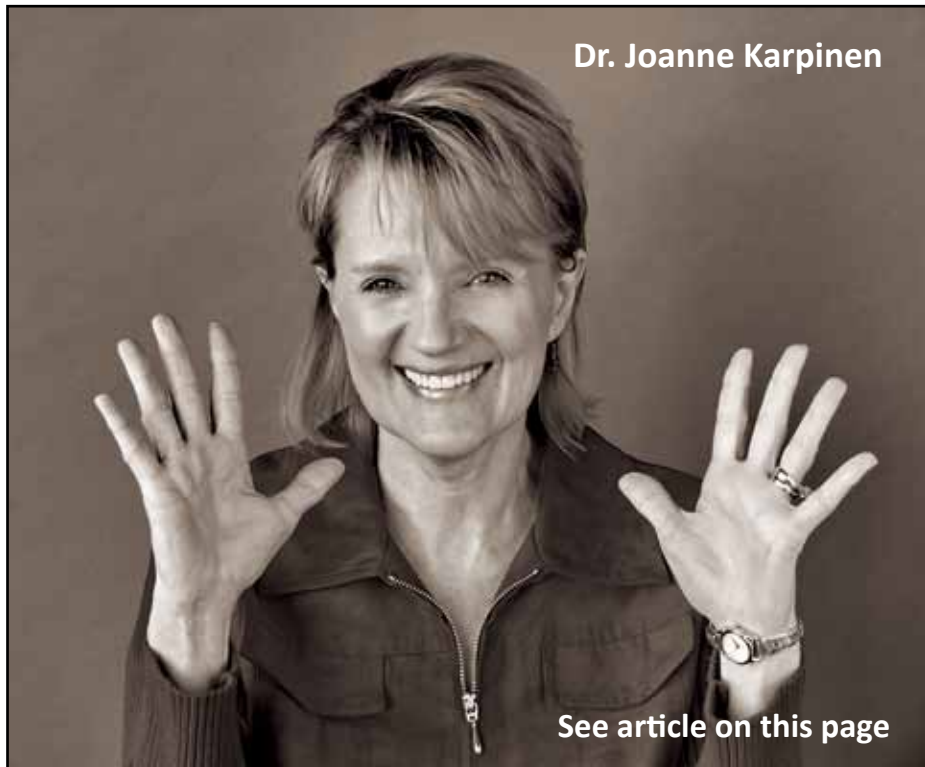
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Robin Connell, M.Ed, F.H.H.C

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Dr. Joanne Karpinen



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Upcoming Events

Susana Stoica is a local author and energy healer. On March 10, 2012, from 10:30 a.m. to 5:30 p.m. at Crazy Wisdom, she will offer an Introduction to Alternative Healing Methods. Stoica has been teaching this topic to medical students at the University of Michigan for three years.



Trained as a computer engineer, Stoica has always had an intuitive gift for healing, which she began to use with her family. She says that when they were sick, "I had a feeling of what I had to do to make them well." Then, in 1982, she experienced a dramatic spontaneous healing event: she touched a woman who was very sick and the woman was healed. This both terrified and intrigued her, and with a researcher's determination she began to study as many forms of alternative healing as she could find. At first, she was afraid to touch anyone, worrying that if she could make someone well, perhaps she could make them ill by accident! In the years following, Stoica's son was diagnosed with Cushing's disease, which is caused by a pituitary tumor. Deciding she had to help him, Stoica began trying to heal her son. His doctor found him to be much improved and he eventually recovered completely without medical intervention. The doctor was baffled; finally Stoica told him what she had done. The doctor recognized the value of her gift and began sending very sick patients to her in 1985.

On March 10, 2012, Susana Stoica is giving a seminar, *Introduction to Alternative Healing Methods*, for doctors, nurses, medical students, and anyone who would like to learn about alternative medicine as a supplement to traditional medicine.

In 2000, Stoica fell on some ice and sustained a brain injury to her frontal lobe. She has since traveled a long and hard road to recovery, describing the time after the fall as "garbled." She had difficulty communicating and stopped her healing practice for a time. Eventually, she began to attempt healing again and says that, even though the brain injury was hindering her in some ways, it had actually increased her intuition, which she says was "working overtime." Because of this she was able to continue her healing practice, which she has continued to do, while also continuing to research and learn about alternative healing of all kinds.

Stoica describes her upcoming seminar as "a playful experiential presentation of different alternatives." Topics covered include energy healing, long-distance healing, muscle testing, allergy testing and elimination, hypnotherapy and its use in surgical recovery and healing emotional trauma, meditation, hatha yoga, qi gong, reflexology, polarity healing and more. Students will learn which therapies are useful for what desired result, how to find reputable practitioners and what to read next for more information on the different modalities. Stoica says that the seminar will be of interest to doctors, nurses, medical students, and anyone who would like to learn about alternative medicine as a supplement to traditional medicine.

The seminar includes a copy of Stoica's book, *Healing With a Loving Heart*. For more information, visit her website at www.stoica.com. To inquire and register for the seminar, contact Ms. Stoica at 248-895-5784 or Susana@Stoica.com.

Michele Bond of Yoga House will be hosting a weekend with well-known yoga star and creator of the DVD series *Yoga to the Rescue* Desirée Rumbaugh on March 31-April 1, 2012. The retreat will be held at the Eagle Crest Marriot Resort in Ypsilanti, with a block of rooms available at discounted rates for participants who wish to stay for the entire event. Individuals will also be able to register for single classes. According to Bond, beginners, experienced practitioners, and instructors alike will find the weekend valuable. She says "these classes are great for anyone who would like to learn simple yogic solutions for aches and pains, injuries, and even chronic pain." Rumbaugh's style is Anusara Yoga, which Bond describes as "based on the science of biomechanics...spiritually uplifting, heart centered, fostering love and happiness."

Michele Bond of Yoga House will be hosting a weekend with well-known yoga star and creator of the DVD series *Yoga to the Rescue* Desirée Rumbaugh on March 31-April 1, 2012.

For updates, schedule, and registration information, visit www.yogahouseannarbor.com/html/special_events.html. You can contact Michele Bond with questions at 734-358-8546 or michele@yogahouseannarbor.com.



On Saturday and Sunday, April 14 and 15, from 9:00-5:00 p.m., award-winning screenwriter, writing professor and former Michigan resident Bonnie Garvin will offer a workshop for aspiring screenwriters in Ann Arbor. "Everybody's a writer," Garvin says. "We all have our own stories and our own way of telling them." This intensive workshop is designed to help participants begin the process of writing for the screen in a structured way with help and guidance from someone who has been through it and knows how to

get the desired results. "Nothing is worse than that blank computer screen," says Garvin, who mentioned many people come home after writing workshops and fail to make any progress on their projects. Her workshops get people to begin writing on the very first day, creating momentum to carry them forward.

Garvin has held many writing workshops, but for the first time she will be including special instruction and exercises in adaptation. She points out that a huge percentage of successful screenplays are based on existing stories — from the writer's life, from classic tales, or from news items. She will guide participants in harvesting these ideas and weaving them into material that is fresh and new.

Garvin says that her workshops can help anyone with an interest in writing — from beginners to those experienced in the process. "You keep learning the craft the more you do it," she says, and adds that she is constantly learning from her students as they learn from her. She says that, of course, she can't guarantee anyone a career in the film industry, which she calls "the most competitive thing in the world," but emphasizes that the first step to a career is developing "really strong material" and confidence in one's own work.

The workshop location will be announced in January. For updates and more information, head to www.fromideatoscript.com. Bonnie Garvin can be reached by email at bonnie@ideatoscript.com or by phone at 323-656-6390.

Dr. Joanne Karpinen, licensed psychologist and certified energy psychologist, will hold an esoteric healing seminar on April 26-29, 2012. This seminar is Part One in a series of workshops offered by the Integrated Network of Esoteric Healing (INEH), through which Karpinen is one of seventy certified instructors worldwide. The course is titled *An Introduction to Esoteric Healing* and no experience is required to attend. This four-day course will introduce students to the body's energy field and chakras and how to perceive imbalances and disruptions in the energy field that affect physical, mental, and emotional health. Karpinen explains that because of the "non-locality of the mind," the energy field can be sensed and worked on without touching the body, and even at long distances (though always with the permission of the person being worked on). The INEH curriculum, according to Karpinen, is "very practical and systematic." She says it describes a "blueprint in the energy field that reflects what is happening in the tissue." Energy healing as taught by the INEH is used "to unblock the energy that has become stuck or somehow out of alignment or disrupted." As the energy field reflects the tissues and structures of the body, the body responds to the energy and can be healed through healing the energy field. Karpinen states "the soul is the healer of the form."

Dr. Joanne Karpinen will hold a four-day esoteric healing seminar to introduce students to the body's energy field and chakras and how to perceive imbalances and disruptions in the energy field that affect physical, mental, and emotional health.

Classes also discuss the evolution of consciousness. Meditation, mindfulness, and intention are taught as paths toward self and planetary healing. Karpinen explains that “the Earth is in the process of becoming a sacred planet. In healing ourselves, we are also healing the planet.”

Completing this introductory seminar will give participants tools and a treatment protocol that they can begin to use on themselves, loved ones, and even pets, immediately.

The seminar location is to be decided. For updates and to register, visit www.integratedhealingjourneys.com. Dr. Karpinen can be contacted at 517-347-4618 or drkarpinen@aol.com.

New Classes

Angela Jamison is a teacher of Ashtanga Yoga who moved to Ann Arbor from Los Angeles with her husband in 2009. Her husband came for a post-doctorate position with the University of Michigan and she found herself with a position in the Sociology Department as a visiting scholar. She believed that she and her husband would want to leave Michigan for warmer climates as soon as possible, but they found themselves falling in love with Ann Arbor and decided to make it their home. Having begun practicing yoga in LA, Jamison spent the winters of 2009 and 2010 in India studying at the Ashtanga Yoga Institute in Mysore. The director, R. Sharath Jois, asked her to begin teaching the practice each morning. At first she felt torn — this would mean giving up her academic career. After some thought, Jamison says, “In truth, I had done fifteen thousand hours of practice and two apprenticeships to train for this step, and just needed to take the leap.” She left her job at the University and now teaches Ashtanga Yoga full-time.

Angela Jamison, Ashtanga Yoga instructor, left her job at the University and now teaches Ashtanga Yoga full-time. Jamison says, “In truth, I had done fifteen thousand hours of practice and two apprenticeships to train for this step, and just needed to take the leap.”

Jamison first became involved in yoga ten years ago, as part of her recovery from a major car accident. “The surgeon told me to take responsibility for my own body and start taking yoga,” she says, laughing. She says the practice she found was very different from the “typical LA yoga scene.” The practice is done early in the morning, in silence. In the beginning, she says she felt “kinesthetically unintelligent, as a typical academic.” But as she began to practice daily, she found it to be exactly what she was looking for; “the ultimate personal practice,” a way to care for herself physically, mentally, and spiritually.

Since that time, Jamison has practiced 6 days a week continuously and considers herself “an experiment of the method” and a testament to what Ashtanga Yoga can do for a person physically and mentally. The practice, she says, works for every type of person. In her students she looks for sincerity and discipline. Though she teaches a beginner’s class once weekly at the Phoenix Center, she accepts only one new student into her daily morning classes each month, devoting much of her teaching energy toward that person so that they can “receive focused instruction and... enjoy the rhythmic, focused vibe of more experienced practitioners.” Each person has a personalized practice that they memorize, so while the class silently practices together, everyone is not doing the same thing. Part of her method, Jamison explains, is to “let [her students] learn from themselves and...do the work they need to do.” She calls the practice “difficult but peaceful,” and says it is a “fast track to developing concentration, as there is so much to focus on physically.”

In addition to the weekly beginner’s class and daily morning classes, Jamison teaches 10 private sessions weekly in her home studio on the Old West Side of Ann Arbor. The beginner class is held on Thursdays from 7:00-8:15 a.m. at the Phoenix Center at 220 S. Main St. You can find out more on her website, www.ashtangaannarbor.com. She can be reached by email at annarborashtanga@gmail.com and by phone at 310-409-5108.

Sandy Pierani, occupational therapist and fitness instructor, is now offering her self-designed World Dance Workout classes at the Ann Arbor Senior Center at 1320 Baldwin Rd. The classes feature live drummers and mixes West African dance with other dance movements from around the world. According to Pierani, movement in the class is nonstop and uses the whole body “from the top of your head down to your toes,” creating a rhythmic and energetic experience that brings mind, body, and spirit together. Participants get a great workout, but they also get to experience “healing from the inside out.” Pierani explains, “when you’re moving, gyrating, and shaking, you’re also detoxifying, releasing lots of toxic stuff that you might not even realize, physical and emotional, down to the cellular level.”

Live drumming makes this class unique among fitness dance classes. The drummers respond to the instruction and pace of the dancing, collaborating with the instructor and the dancers for a dynamic experience. The class winds down with light strength training, abdominal work, and stretching for a complete workout. Pierani emphasizes that the workout is appropriate for “all fitness levels, all shapes and sizes, all ethnic groups, whether you’ve been exercising for ten years or two weeks.” Current attendees range in age from 18 to late 60s and each person is challenged at his or her own level. Hi, medium and low-impact movements are shown and the participant can choose which to do based on individual needs and preferences.

Classes are offered in 6-week sessions and currently meet on Sundays from 6:30-7:30 p.m. Scholarships are offered for those who would otherwise not be able to attend. Pierani also teaches Zumba and will begin teaching Pilates in January through Ann Arbor Rec & Ed. Get class schedule updates at www.worlddanceworkout.net or inquire at sandy@worlddanceworkout.net or 248-651-4439.



Pam and Andy Krupp’s Just Love “mindfulness based online clothing store” donates a portion of the proceeds from sales to several charities, including Cheerful Givers, Spread the Bread, Habitat for Humanity, and Free the Children.

New Practitioners & Businesses

Pam and Andy Krupp, husband and wife teachers and owners of Just Love, a “mindfulness based online clothing store,” have revamped

their store’s website and are working on the next phase of their business. Just Love offers t-shirts and other items such as mugs and bumper stickers featuring inspiring quotes from leaders like Gandhi, Mother Theresa, and Dr. Martin Luther King, Jr. A portion of the proceeds from sales at Just Love support several charities. Pam Krupp says that, originally, she and her husband were considering starting their own non-profit organization, but realized that there were many charities already up and running that had missions that resonated with them. They instead decided to start a business that supported some of those organizations, while at the same time reminding people of the positive aspects of humanity. Pam says that “the world is ready for some love.” She says that she often hears from customers who have given their Just Love shirts away to others who admired them; “it’s not about the shirt,” she says, “it’s about the message.” The Krupps look for small charities whose leaders are extremely passionate about their mission. That list currently includes Cheerful Givers, Spread the Bread, Habitat for Humanity, Free the Children, and several others.

Just Love primarily operates online but also stocks shirts in a few yoga studios and small stores and sells at some festivals. Pam says that their next steps include approaching more studios and stores to carry the shirts and increasing their marketing efforts. Thus far they have depended mainly on word of mouth. The website has been completely redone, and new designs are in the works for release during the first part of 2012. The Krupps’ son, Joshua Wallace, is an artist who creates the shirt designs.

Outside of Just Love, the Krupps teach emotional intelligence to grade schoolers. Pam says that it is important to them to make their work a part of their practice of mindfulness and love. When asked about her favorite shirt, Pam says that she likes the plain Just Love logo the best — she says it captures the message perfectly.

To purchase shirts or find out more about Just Love, visit www.justlovepage.com. You can email them at justlove@justlovepage.com or call them at 248-651-4439.

Somatic psychologist Eva Neuhaus specializes in working with “highly sensitive folks” — the estimated 20 percent of the human population whose nervous systems process information more intensely than others.

Eva Neuhaus, Certified Massage Therapist and M.A. in Somatic Psychology, relocated her Intuitive Coaching Practice from California to Ann Arbor in August 2011. Through a combination of bodywork, energy work, and dialogue, she collaborates with clients to help them explore patterns at work in their bodies and lives. Neuhaus specializes in working with “highly sensitive folks” — the estimated 20 percent of the human population whose nervous systems process information more intensely than others. Sensitivity is sometimes stigmatized and considered a weakness, but Neuhaus views it as a strength and a gift. Through her work, she helps empower highly sensitive people to thrive by learning to care for their own distinct needs as sensitivities and by embracing their creativity, intuition, and empathy to fulfill their unique purpose.

What's New in the Community

Continued from page 17

Neuhaus came to the healing arts through a background in dance. She eventually realized she was “more interested in the therapeutic process than in the performance” and went on to pursue her master’s in somatic psychology, a discipline focused on the intersection of the body and mind, as well as training in massage and energy healing. According to Neuhaus, most people struggle to change by engaging the limited conscious mind. Because the body is “a repository of the unconscious,” tapping its intelligence enables deep and lasting transformation. She says that trauma can leave an imprint on the body and mind, and that healing modalities that include the body can be particularly effective for resolving trauma, with a more enduring effect.

Neuhaus emphasizes that her practice is based on “using intuition in a pragmatic way.” She teaches clients to do what she calls “spiritual detective work” for themselves, empowering them to make more informed and authentic choices and thus improve their lives and expand their possibilities.

Neuhaus works with sensitive, creative people from all walks of life, including children and teens. She offers a free 30-minute phone consultation and can be reached at 734-707-7477. You can email her at evaneuhaus18@gmail.com or visit her website at evaneuhaus.com.

Carolyn James-Pytel, a veteran teacher who has been coaching teens for years, started her life coaching practice Exuberance Now at the end of 2010. James-Pytel says she was inspired to begin coaching as a teacher, observing depressed teens and their parents trying unsuccessfully to navigate obstacles in their lives without help or even traditional therapy. She says that “we are designed to be happy” and relies heavily on positive thinking. She feels that traditional therapy spends too much time highlighting problems when happiness can be obtained by a shift in thinking. She explains that when a person focuses on problems, they empower their negative thoughts, which then get stronger. She helps clients to “take back their mind” from these negative thought patterns by interrupting them and “coming to the present moment.”

James-Pytel works with teens and adults on a variety of issues, including self-confidence, stress management, physical and mental wellness, motivation, gay and lesbian issues, goal setting, and relationship coaching. She says she can help anyone feeling stuck or dissatisfied for any reason to work toward more exuberance in their lives. James-Pytel works with individuals by appointment, over the phone and in-person; she also offers group workshops on topics ranging from general happiness,



Childbirth educator and certified birth Doula Deb Rhizal will be holding a series of six-week classes meeting once per week called *Birth and The First Three Months*.

to moving on after trauma, to relationship enhancement. More information is available online at www.exuberancenow.com. Caroline James-Pytel offers a complimentary 50-minute introductory session, which can be scheduled by calling her at 248-974-2681 or emailing carolynpytel@att.net.

Dr. Joy Mutinda opened her part time private practice in April of 2010. A licensed psychologist, she works for the University of Michigan’s Counseling and Psychological Services department counseling students in addition to working with private patients. She is “committed to serving underrepresented populations,” including lesbian, gay, transgender, and bisexual people, as well as people of different racial and ethnic groups. These groups, she says, “may not seek out counseling as much as others,” and she feels it is important to provide an open, welcoming, non-judgmental place for them to seek help.

A woman of color herself, Mutinda describes herself as warm, friendly, and approachable. She notes that in her practice she is “sex-positive,” which she explains as non-judgmental of sexuality, sexual practices, and attractions that are different from the “norm.” One example of this is her experience working with clients who choose to be in consensually non-mongamous (polyamorous) relationships. Mutinda says that she has helped people navigate boundaries, feelings of jealousy, and other issues that may come up in these relationships without condemning people’s choices to engage in them, whereas some therapists would view them as automatically problematic and pathological.

Psychologist Joy Mutinda’s private practice is committed to serving underrepresented populations, including lesbian, gay, transgender, and bisexual people, as well as people of different racial and ethnic groups.

Mutinda counsels from what she calls a “feminist-oriented perspective,” which she believes is more collaborative than traditional therapy. She states, “they are the experts in their own life and path; I just help them navigate that path.”

Dr. Mutinda is online at www.drjoymutinda.com. She can be reached via email at drjoymutinda@gmail.com or phone at 734-353-2151.


New business owner, Deb Rhizal, opened Arts of Wellness in June of 2011 and is pleased to offer wellness and family coaching and deep relaxation sessions utilizing bodywork, breath work, and visualization tools. She is also offering a new childbirth preparation class for families about to experience the birth process. Rhizal is a certified Wellness Coach through Well Coaches Incorporated, a Reiki practitioner, childbirth educator, certified birth Doula, and a student of Zero Balancing, a hands-on therapy that works with energy current at the bone level. She enjoys helping people make lifestyle changes in service of their health and wellbeing.

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“Rather than recommending specific outcomes, I emphasize helping people identify or clarify what goals are most important to them and how to attain them using personal strengths and resources, so it becomes fun, lasting, and rewarding,” said Rhizal, whose business is based out of the Hygeia Center for the Healing Arts on 5th Street in Ann Arbor.

As an experienced Doula, Rhizal has attended over 170 births. She is holding a series of six-week classes meeting once per week called *Birth and The First Three Months*. The class teaches a comprehensive overview of what to expect from birth and its impact on personal and family wellbeing. It encourages couples to become a stronger team with a clear vision for the birth of their child and to look at a plan for post-partum.

She stresses the importance of the “early impact” on children, and her childbirth class addresses “how to raise a human being that has a loving and collaborative approach to their life, where they feel safe, secure, and at peace with the world.” She adds, “I teach a body-mind-spirit physiology of birth; with my belief in the energetic influences from within and from the environment, and by my beliefs in the importance of a high vibration, reverence, and love at the moment when babies take their first breath and during the primal period afterwards,” said Rhizal.

Arts of Wellness services also include helping people with managing chronic pain and stress. “Deep relaxation allows shifts in consciousness that unleash creativity,” said Rhizal. “These sessions can help remove psychic blocks that stand in our way.” Arts of Wellness is offering a free initial consultation. Please visit www.arts-of-wellness.com, or for the child bearing class, www.pregnancyarts.com. You can call Rhizal at 734-604-1841 or email her at contact@debrhizal.com.

Please note that the “What’s New” column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: *What’s New in the Community*, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (May thru August 2012) is March 1, 2012.

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Crazy Wisdom Salons ~ Spring 2012

March 15th

Food as a Path to Health and Healing

This Salon explores the relationship between food, health and healing from the perspective of an integrative family physician, a chef and social entrepreneur, and an environmental activist. This discussion will explore the evolving healthy food revolution that is transforming the ways in which we view food and nutrition from the dinner table, to hospital and school cafeterias, to the Farm Bill.

Facilitator: Lucinda Kurtz, M.A., Healing Science Practitioner and Outreach and Communications Director, Fair Food Network; **Alicia Cohen, MD**, Integrative Medicine Fellow, Clinical Lecturer, Dept. of Family Medicine, U of M; **Hillary M. Bisnett**, Healthy Food in Health Care Program Director, Ecology Center; **Dena Jaffee**, Culinary Coordinator, WholeHeart Group, Ann Arbor’s new social enterprise centered on healthy, prepared food and services.

April 26

Kids Pick Up on EVERYTHING: How Parental Stress Is Toxic to Kids & What Parents Can Do About It

We fool ourselves if we think our children don’t pick up on our stress. David Code, author of the book, *Kids Pick Up on EVERYTHING*, says, “Stressed parents create stressed children.” His research and that of others is beginning to show that parental stress is the real toxin affecting children’s health. Research suggests that, when parents relax more, children begin to learn better and show less anger or fear and have fewer physical and emotional problems. Code appeals to parents *to relax and socialize more!*

Facilitator: Carole Kirby, LMSW. Carole is an Imago therapist and workshop presenter who specializes in working with couples. Panelists -- To Be Announced.

February 2

Occupy Wall Street (and Ann Arbor) A Conversation about its Local and National Meaning

Occupy Wall Street burst upon our consciousness, and now it's an election year. We've invited **Alan Haber** and **Odile Hugonot Haber** to help us deconstruct all that has been happening. Alan is a cabinet maker, Odile a nurse. In the 1960's, he was an initiator of SDS, and she was a participant in the May 1968 uprisings in Paris. Both have been involved in "Occupy Ann Arbor" from its beginning, and will come with other participants in this unfolding political action. An evening of lively discussion is intended.

7 pm in the Tea Room • Free •
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