

SASTUN CENTER

NEWSLETTER

Please join us in welcoming our newest practitioner to Sastun Center of Integrative Health Care!

*Ursula Gilkeson,
Transformative
Energy Healing*



Ursula Gilkeson has been a practitioner and teacher of Energy Healing for more than 30 years. Trained in Europe in the physical/medical and spiritual aspects of energy healing, Naturopathic Medicine and Classical Homeopathy, she holds a degree from Germany in Natural Medicine.

Ursula's extensive studies of light, color and sound frequencies and her ability to read and interpret the movement of energy have led her to develop treatments and healing practices, which have a profound impact on the recovery process of her clients - especially those undergoing surgery, chemo and radiation therapies.

Her work is dedicated to assisting clients who are dealing with:

- Physical illness or emotional challenges
- Depression and anxiety disorders
- Trauma
- Cancer - from the initial diagnosis through all stages of medical treatment and recovery
- Surgery

She also enjoys working with those clients who choose energy healing as a way of staying healthy and engaged in their personal and spiritual development.

Contact Information



10875 Grandview
Building 22, Suite 2200
Overland Park, KS 66210
P (913) 345-0060
F (913) 345-0090

To receive this newsletter via email or to stop receiving this newsletter please email:

info@sastuncenter.com

Ursula will be seeing clients at Sastun Center.

Please call her directly at (785) 760-4503 to schedule appointments or for more information.

Brunch & Learn with Jane Murray, M.D. and Celtina Reinert, Pharm.D. Fibromyalgia

Our first ever Brunch & Learn in April was such a great success, we decided to do it again! This time the topic will be fibromyalgia. Come join Dr. Jane Murray as she discusses the background, diagnosis, testing available and some treatments that may help with fibromyalgia. Celtina Reinert, PharmD, will also be on hand to talk about medications and supplements used to help fibromyalgia symptoms. We'll provide brunch and the presentation. Bring yourself, a friend and any questions you may have regarding fibromyalgia.

**When: Saturday, August 29, 2009
10:00am to 12:00 pm**

Where: Sastun Center Classroom

Cost: \$20 per person

**Reservations are required.
Call (913) 345-0060 by Wednesday,
August 26, 2009 to reserve your
spot.**

**The space fills up quickly, so call
early!**

Fibromyalgia is a common widespread pain condition affecting an estimated 10 million people in the US.

75% to 90% of those with fibromyalgia are women.

Fibromyalgia affects the muscle rather than the joints like arthritis.

Healthy Habits: Physical Activity and Health Barbara Bridges, ARNP, EdD

OK, I know this isn't even near your favorite subject; it might be closer to your least favorite subject. But, we at Sastun really care about your health and increasing physical activity IS healthy. I know that you know that science supports physical activity as a means to decrease weight, increase strength and endurance, and decrease major medical problems such as heart disease, hypertension and diabetes, improve mood and sleep, increase energy and stamina, and reduce stress.

The following recommendations are from the American College of Cardiology, American

Heart Association, Center for Disease Control and Prevention and the American College of Sports Medicine. The recommendations are supported by solid research.

All of us need "moderate-intensity" aerobic (endurance) physical activity for a minimum of 30 minutes on five days each week. Examples include walking 3 miles per hour, mowing the lawn (not on a riding lawnmower!), ballroom or line dancing (my favorite exercise), bicycling, canoeing, gardening, softball or volleyball, tennis, swimming leisurely laps and water aerobics.

Continued on page 6

Dietary Supplements and FirstLine Therapy

Celtina Reinert, Pharm.D.

Dietary Supplement Consulting

Do you feel like your supplement bottles are starting to take over your kitchen cabinets? Are you unsure of what your supplements are doing for you? Do you wonder if your supplements interact with each other or the medications you are taking?

Sastun Center has a solution. Celtina Reinert, Pharm.D. can provide supplement consultations to patients who have the questions above and more.

Call (913) 345-0060 to schedule an appointment for a supplement check-up today!

FLT Recipes

Crunchy Chicken

(Serves 6)

FLT servings: 1 protein, 1 grain, 1 oil

3 lb chicken, cut into pieces
 1 ½ cups Saltine wheat crackers, crumbled
 ½ cup shredded Parmesan cheese
 2 tablespoons dried parsley
 Garlic powder to taste
 Pepper to taste
 ½ teaspoon salt
 2 eggs, beaten
 olive oil

Grease a large, flat baking dish with olive oil.
 Mix dry ingredients together.
 Dip chicken pieces in egg then roll in breading mixture.
 Place chicken in dish so it doesn't overlap.
 Cook at 350 degrees for 1 hour, 15 minutes.

Free FirstLine Therapy Introductory Sessions

FLT introductory sessions took a break over the summer, but **will be back in September**. FLT is a lifestyle/nutritional program to improve energy, blood sugar, cholesterol, weight and blood pressure **WITHOUT** drugs. Several patients at Sastun have completed the 12-week program, and many have succeeded in moving towards their health goals.

The session covers the following topics:

What is FLT?

How can FLT benefit you?

What does the program include?

What can I expect while in the program?

What costs are associated with FLT?

Starting in September 2009

4th Monday of each month 6:30pm-7:30 pm

These free introductory sessions will be held in the Sastun classroom and repeated monthly.

Call 913-345-0060 to reserve a spot.

Sweet Potato Fries

(Serves 6)

FLT servings: 1 Category 2 vegetable, 2 oils

1 to 1½ lb sweet potatoes, washed and quartered or sliced

3 tablespoons olive oil

Salt & pepper to taste

1. Preheat oven to 425 degrees.
2. Toss sweet potato pieces with oil in large bowl.
3. Season with salt and pepper.
4. Place on cookie sheet in single layer.
5. Cook, turning occasionally, until potatoes are crispy and cooked through, approximately 40 minutes.

From the Front Office

Don't Forget...you have options!

As you know, Dr. Murray is very good at the services she provides to her patients. As such, her schedule does book up fast. Please remember that Dr. Murray's *Nurse Practitioner, Barbara Bridges*, is available to existing patients of Dr. Murray on *Monday afternoons and all day on Thursdays*. Barbara can see patients for a variety of issues including acute care, annual checkups, school physicals, well woman exams (including pap smears), monitor/provide prescriptions and order lab/diagnostic testing when needed. Barbara has been with Dr. Murray for a number of years and would be happy to assist with your medical needs.

Helping Us to Help You Better

In today's world of technology and computerization, we strive to provide our clients the personal attention they deserve. While we do our very best to answer as many calls as possible, if we are on the phone with multiple callers or helping clients in the office we may not be able to get to every call. *We understand the frustration that can be felt when calling the office and getting the voice mail system*; however, please know that when you leave a message your needs are our priority and we will return your call as quickly as possible.

Our voice mail system provides prompts to guide callers, but if you are unsure where to leave your message feel free to leave it in the *General Voice Mailbox* (by pressing the * key when the voice mail system answers). Our receptionist will respond to you or direct your call to the appropriate person for attention.

When leaving a message, please leave *one message*. If messages are left in multiple mailboxes this may actually delay the response time to your call. *Be specific* when leaving a message by including the following information: *Name, Telephone Number, Practitioner Name, Pharmacy Name/Phone number (if applicable) and your specific questions or needs*. This will help us to do our very best in attending to your needs as promptly as possible.

Sastun Center Practitioners

**Jane Murray, M.D., ABFM,
ABHM**

Family Physician
Functional & Integrative
Medicine

Barbara Bridges, ARNP, EdD
Family Nurse Practitioner

Celtina Reinert, Pharm.D.
Medication & Dietary
Supplement Consulting

Mehdi Khosh, ND
Naturopathic Medicine

**Cynthia Chamberlain,
DiplAc, DiplCH**
NCCAOM Certified
Chinese Medicine &
Acupuncture

Art Kent, NCTMB
Massage & Craniosacral
Therapy

Ursula Gilkeson
Energy Healing During
Chronic Illness

William Hale, MD
Psychiatrist

**Tammy Coder-Mikinski,
PhD.**
Licensed Psychologist

Karen Ialapi RD, LD, CDE
Nutrition Coach

Ongoing and Upcoming Classes

YOGA LEVEL I

Learn the fundamentals of yoga including gentle stretching, postures, relaxation and breathing techniques. This class is perfect for the beginner or more experienced student with the emphasis on renew, relax, and refresh. Classes are ongoing 8-week sessions on Wednesday evenings.

Instructor: Claudia Cardin-Kleffner, OTR/RYT

Date/Time: Wednesdays - Next 8-week sessions begins September 9th, 2009.

6:00pm - 7:15pm Sastun Center Classroom

Cost/Register: \$84.00. Register at 913-341-2128 or claudiacardin@sbcglobal.net

STRETCHING FOR RELIEF

Stretching, when done properly, will feel good and provide relief from the muscle tension that comes with our everyday fast-paced lifestyle or as the result of the general aging process.

This stretching class will be taught to create greater self awareness, provide a feeling of relaxation, help to control stiffness and prevent injuries. Each class will include a brief discussion of anatomy and physiology, instruction on proper breathing and relaxation.

This class is designed to provide morning stretches to awaken the body and to reduce evening tension and prepare the body for sleep. For this class, participants must be able to get up and down from the floor. If there have been recent physical problems, please consult your medical doctor for approval to take this class.

Instructor: Claudia Cardin-Kleffner, OTR/RYT

Date/Time: Saturdays, September 19th & 26th, October 3rd & 10th, 2009.

9:00a.m.- 10:00 a.m. Sastun Center Classroom

Cost/Register: \$52.00. Register at 913-341-2128 or claudiacardin@sbcglobal.net

YOGA LEVEL II

This class offers a variety of postures as well as the energetic vinyasa flow of yoga sequencing. Suitable for those who have taken a level I or beginner class and want to expand their practice with an emphasis on strength, flexibility and focus. Classes are ongoing 8-week sessions on Thursday evenings.

Instructor: Claudia Cardin-Kleffner, OTR/RYT

Date/Time: Thursdays - Next 8-week session begins September 10th, 2009.

6:00pm - 7:15pm. Sastun enter Classroom

Cost/Register: \$84.00. Register at 913-341-2128 or claudiacardin@sbcglobal.net

TAI CHI AND QIGONG FOR HEALTH

Tai Chi is a powerful yet subtle form of exercise that can be done by everyone. It not only helps to build muscle strength, flexibility and stamina but it also encourages mindfulness, relaxation and improved concentration.

This 6 week class provides the basics including principles of movement, learning a Tai Chi practice, and the healing and therapeutic properties of Qigong breathing, meditation and movement.

Instructor: Claudia Cardin-Kleffner, OTR/RYT

Date/Time: Tuesdays, September 15th, 22nd, 29th, and October 6th, 13th, and 20th. 9:30 a.m. - 10:30 a.m.
Sastun Center Classroom

Cost/ Register: \$72.00. Register at 913-341-2128 or claudiacardin@sbcglobal.net

Healthy Habits: Physical Activity and Health (Continued from page 2)

The next level of exercise is quite vigorous and includes jogging, running, using an elliptical machine or stationary bicycle or aerobic dancing. This level is not for everyone.

But wait, there's more! The recommendations also include strength training. We should exercise these muscle groups: arms (biceps and triceps), shoulders (deltoid), chest (pectorals), abdomen, back (trapeziums, rhomboids) and legs (quads and hamstrings). We need to do at least five repetitions of an exercise. The last one should feel difficult, but not impossible. The recommendation is to do the strength exercises two times a week.

The best way to get into a routine of exercise is to exercise with a buddy. On days when you are having trouble being motivated to exercise, your buddy will encourage you and you will do the same for them. Set realistic goals. Start with a short program and work up to a longer, more vigorous one. Make your exercise convenient such as exercise before work or right after work. Remember, exercise is not tiring. It is energizing! Keep a log to monitor your progress. Expect setbacks. We all have them, but resume your program soon.

All of the Sastun practitioners are ready and willing to help you get started on an exercise plan. Here are a few suggestions: walk up stairs rather than using the elevator and park further away from a store, take a walk in the evening. You are not alone. We are all in this together and we will be happy to work with you, encourage you and cheer your success. Get a good pair of walking/running shoes and let's get started.

Mindfulness Based Stress Reduction

Mindfulness Based Stress Reduction (MBSR) – is an 8 week educational program based on the tremendously successful stress reduction program at the University of Massachusetts Medical Center developed by Jon Kabat-Zinn, PhD and featured in Bill Moyer's PBS documentary series *Healing and the Mind*, NBC's *Dateline* and *Oprah*.

MBSR offers powerful coping tools that can be used across the lifespan, enabling participants to maximize their experience of life in the face of stress, pain and debilitating illness. Over 2 decades of published scientific research support the efficacy of this program. MBSR complements the medical management of a wide variety of health challenges.

People participate for reasons as diverse as... chronic pain, heart disease, cancer, headaches, anxiety and panic, depression, GI distress, high blood pressure, asthma, stress and burnout, sleep or eating disturbances, fibromyalgia and substance abuse.

Using relatively intensive training in a variety of mindfulness meditation practices as the foundation, participants learn how to take better care of themselves and achieve a greater sense of balance, control and participation in their lives and the management of their health and well being.

The instructor, Lisa Pinsker, has worked in patient and clinical education for over twenty years. She holds an MA in Holistic Health Education and is a Certified Health Education Specialist.

Please call Lisa Pinsker at 913-789-9696 or email "heartprograms@sbcglobal.net" for more information on upcoming classes.