

# SASTUN CENTER

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# NEWSLETTER

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## Welcome to Dr. William Hale

**William Hale, M.D.** has over 25 years of experience in psychiatry and mind-body medicine. In addition to his work with people who have psychiatric conditions, Dr. Hale's practice also incorporates mind-body work with people who have physical illnesses such as hypertension, migraines, chronic pain, cancer and other conditions. He works with children, adults and elders using psychotherapy, medication, biofeedback and stress management techniques based on mindfulness meditation.



Dr. Hale will be seeing clients full time at Sastun Center of Integrative Health Care beginning October 26<sup>th</sup>, 2009. For more information or to schedule an appointment, please call (913) 345-0060.

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## Nourishing tips to help you wrap your holidays in health

Karen Ialapi, RD, LD, CDE

**Protect Your Energy-** Think of movement, adequate sleep, nutritious fuel and stress management as the most precious gifts of the season. Some digression from your usual routine is to be expected, but straying too far away from these important activities can set you up for a downward spiral of chaotic eating, holiday blues, fatigue, and weight gain.

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## Contact Information



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

[info@sastuncenter.com](mailto:info@sastuncenter.com)

**Don't forget: Ursula Gilkeson, transformative energy healer, is currently seeing clients at Sastun Center.**

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

## Nourishing tips *(continued from page 1)*

**Create a Supportive Environment**-The ongoing abundance of calorie rich foods during the holidays (and in general) is a trigger for eating more than your body needs. Clean up your home environment by limiting the amount of goodies you keep in your home. Research shows that we tend to eat what we see so make nourishing foods visible and keep goodies in opaque containers outside your direct line of vision.

**Bridge the Gaps**- Keep your hunger and blood sugar in check by fueling your body throughout the day. Managing your blood glucose level throughout the day can keep you energized and decrease evening or party binges. Eat a breakfast that is rich in fiber and lean protein. Keep nutritious snacks on hand so you can grab something healthy to bridge gaps in your eating schedule.

**Center Your Holiday Eating**-Whether you are at an office party, a family gathering, the mall, or your own home, sit down to eat! Stand-and-graze dining can lead to overeating, indigestion, and a disconnected eating experience. Want to slow down your eating pace? Use your non-dominant hand to serve yourself. You'll slow down and give your brain a workout too!

**Be Selective**-Take time to check in with yourself to discern what goodies are most desirable to you. Make room for small amounts of these foods within an overall healthy diet. Making bite-sized appetizers, cookies, and muffins can help keep portions and calories in check.

**Beware of perceptions**-Our perceptions about portions affect our intake. People tend to look at the height versus the width of beverage glasses. We tend to pour more liquid into a short wide glass and drink 20-30% more than from a tall thin glass. The bigger the bowl or container, the more we consume. When possible use dinnerware that helps you be aware of your intake.

**Produce Possibilities**-Produce can help you deck the halls with color, flavor, antioxidants, and a feeling of fullness. The high water and fiber content of produce combined with its chew factor helps fill your tummy with nutrients leaving less room for empty calorie foods. Eat produce and protein first! Highlight seasonal produce such as apples, pears, pomegranates, citrus fruits, sweet potatoes, and cranberries.

**Drink Well**-Dehydration can cause fatigue and make you feel hungry or tired when what you really need is fluid. Keep yourself well hydrated by making water available, portable, and visible. Use moderation with alcohol and caffeine. Be sure to consume these beverages with food. Healthy seasonal drinks include ginger and peppermint flavored tea, hot cider, hot cocoa made with skim milk, and sparkling mineral water mixed with pomegranate juice and a slice of lime.

### Sastun Center Practitioners

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

Family Physician  
Functional & Integrative  
Medicine

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

**Barbara Bridges, ARNP,  
EdD**  
Family Nurse Practitioner

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

**Mehdi Khosh, ND**  
Naturopathic Medicine

**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

## Brunch & Learn

### The Forgotten Hormones: Thyroid, Adrenals & Vitamin D with Jane Murray, MD and Celtina Reinert, PharmD

Our Brunch & Learn series continues...“The Forgotten Hormones” focuses on those that are sometimes...well, forgotten. Come join Dr. Murray and Celtina Reinert as they discuss background, testing and treatments available for these three areas.

We’ve heard of our thyroid, but what does it really do for us? Why does levothyroxine sometimes not work for people? What other options are there?

What do my adrenals do? Why do I care if they’re not functioning properly? I hear talk of “adrenal fatigue” but what does that really mean?

Why is Vitamin D necessary? What does my level mean? What benefits are there from having a higher Vitamin D level?

Join us for a light brunch and a fun, informative lecture as we continue our series on important health topics. Call today to reserve your spot!

**When: Saturday,  
January 30, 2010  
10 am to 12 pm**

**Where: Sastun Center  
Classroom**

**Cost: \$20 per person**

**Reservations are  
required.**

**Call (913) 345-0060 by  
Wednesday, January 27  
to reserve your spot.**

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

## To Immunize or Not?

Jane Murray, MD

Many parents wonder about the safety and need for vaccinating their children. We rarely see serious communicable diseases in the U.S. today, and we do hear about occasional severe reactions to vaccines. More parents seem to be making a decision to delay or withhold many, if not all, childhood immunizations.

The National Vaccine Information Center (NVIC) is a non-profit, private organization founded in 1989 by parents of children adversely affected by immunizations. The group, Dissatisfied Parents Together (“DPT”) was instrumental in promoting the passage of the National Childhood Vaccine Injury Act in 1986. The NVIC has a website ([www.909shot.com](http://www.909shot.com)) and newsletter to keep parents and health care providers informed about current issues regarding immunizations.

The Centers for Disease Control (CDC) keeps statistics on outbreaks of disease and updates the public and health care providers about current immunization recommendations for children, adults, travelers, high risk groups, etc. ([www.cdc.gov](http://www.cdc.gov)).

It is true that immunizations in developed countries have eliminated the huge epidemics that used to occur (and still occur in developing areas). We have few cases of polio, smallpox, tetanus and diphtheria today in America. A few generations ago, thousands of children died from these illnesses. Pregnant women susceptible to measles and rubella can give birth to severely affected infants; this can be prevented with the MMR vaccination.

When a majority of people in a community are immunized, the chance of contracting the disease is much diminished. A small number of un-immunized individuals are

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## Exercise tips for the winter months

Claudia Cardin-Kleffner, OTR/RYT

Everyone knows the benefits of exercise. Just by having a regular routine you can manage huge amounts of your biology and neurology combined:

- Decrease your stress and improve your mood and your outlook on life
- Help to combat or manage chronic conditions such as heart disease or osteoporosis
- Burning calories helps to control weight
- Increase your energy by helping to improve lung capacity and circulation
- Increase strength of muscles and length of tissue: tendons, ligaments, connective tissue

Having an exercise routine is helpful to keep you on task. One that you develop which has worked well for you might include some stretching, aerobics and a nice cool down or relaxation. Maintaining one in the winter months is a little more difficult due to the weather. Considering alternatives for your regular routine might allow you to be successful however. Here are some suggestions you might consider:

- Perhaps 3-4 months membership to an indoor gym might be beneficial
- Try to plan and walk at a mall or another space which would allow you to walk indoors if the weather is bad
- Walk up the stairs if your knees are ok vs. using an elevator
- Learn some simple stretching exercises that you can do with props in your own home: use a chair to do some spinal twists or seated hinges for lengthening the back

protected because most people are immunized and the disease is uncommon.

When a majority of people are NOT immunized, then the illness or infection can become much more common and spread easily. If most people decided not to be immunized, we would probably begin to see epidemics of certain illnesses again.

There is no effective treatment or cure for polio, tetanus, pertussis, measles, rubella, mumps, diphtheria or hepatitis. It is far preferable to prevent these illnesses than to try to "treat" or manage them once they occur.

If a child reacts to a vaccine, caution should be exercised in regard to future vaccinations of that same type. The most common adverse effects seem to occur with the pertussis vaccine, much less so in recent years with the development of the "acellular" version.

As with everything in life, vaccinating your children (or yourself) is a decision you need to make, using the best information available. The rare report of vaccine injury may be a risk you do not want to take. This is your right and responsibility as a parent. And you can make other decisions in the future as you obtain new information and experience.

As your physician, I want to discuss these issues with you, and help you in making the best choices for you and your family.

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muscles and hips, etc

- Invest in some dumbbells that you can use at home for strength training.
- Buy a CD or DVD with an exercise routine that would work well for you.

## Exercise (Continued from page 4)

- An exercise ball is a great way to strengthen your abdominal muscles and move from your core.

Work with your therapist, trainer or other health professional that can help you. Even a 15 min routine can be beneficial especially if you can fit it in a few times a day. Just try something and see if you don't feel better emotionally as well as physically!

## Gratitude as a Practice

William Hale, MD

Thanksgiving is a time of gratitude for the many gifts in our lives; however, our giving of thanks is often cursory. But what if deliberately practicing gratitude could result in your being 25% happier, as well as healthier? In recent years science has demonstrated exactly that.

In one study, participants were asked once a week for 10 weeks to write down five things they were grateful for that had occurred in the preceding week. In another study, participants were asked to do the same gratitude journaling daily instead of weekly, and for three weeks. One control group was asked to write down circumstances that affected them during the week, but were not told to focus on the positive or negative. A second control group was asked to write down five annoyances each week.

The results of these minimal interventions were striking. Participants in the gratitude group ended up experiencing fewer symptoms of physical illness, and spending  $\frac{3}{4}$  -  $1\frac{1}{2}$  more hours exercising per week, compared with control groups. They felt more optimistic about the future, and more joyful, energetic, enthusiastic and strong. They reported offering more emotional support to others. They also reported more hours of sleep, a shorter time before the onset of sleep, and feeling more refreshed upon awakening. Other studies have produced similar results.

Given how minimal the interventions were, it is

possible for almost anyone to experience greater happiness and health through practicing gratitude. One easy way is by keeping a short, simple gratitude journal. Just as with the study participants, the entries need not be elaborate. Examples from actual gratitude journals have included entries such as: "generosity of someone I'd never met before;" "bright sunlight on a chilly day," "a car that gets me where I need to go;" "seeing and hearing a redbird."

Journaling daily generates stronger results than does a weekly journal. For iPhone users, a gratitude journal app is available. It is best to avoid repeating items. By not repeating you are forced to take note of smaller and smaller things which bring you benefit, joy or pleasure. Normally we don't notice small stimuli that are pleasurable, which means that we don't "harvest" joy that could be there for us.

Gratitude is said in several traditions to be one of the most refined of spiritual emotions. So practicing gratitude turns out to have spiritual, mental, emotional, and even physical benefits.

## From the Front Office

Please take note of our office hours during the upcoming Holiday Season:

**Wed 11/25/09 9am - 1pm**  
**Thurs 11/26/09 CLOSED**  
**Friday 11/27/09 CLOSED**

**Thurs 12/24/09 9am - 1pm**  
**Fri 12/25/09 CLOSED**

**Thurs 12/31/09 9am - 1pm**  
**Fri 1/1/10 CLOSED**

If you will be needing prescription refills near the holidays, please keep in mind our limited holiday hours. Please plan ahead by calling your pharmacy requesting your refill and allowing ample time for them to contact us.

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

**Cost:** \$84.00. Register at 913-341-2128 or [claudiacardin@sbcglobal.net](mailto: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, 6:00pm - 7:15pm.  
Sastun Center Classroom

**Cost:** \$84.00. Register at 913-341-2128 or [claudiacardin@sbcglobal.net](mailto:claudiacardin@sbcglobal.net)

**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](mailto:heartprograms@sbcglobal.net) for more information on upcoming classes. The next class will be held starting in late February.

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