



Gorgeous Health

Free Introductory Edition

October 2003

**Beauty
comes in
all ages,
shapes
and sizes**

**Gorgeous
Health is
the gift
you give to
yourself**

**Extreme
Makeovers
*From the
Inside
Out***



Best Health Opportunities in WNY!
Watch for our TV show "Gorgeous Health" coming soon

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*"If all you have
is a hammer...
everything looks
like a nail."*

author anonymous

Exchange of Power

Power bracelets share support, strength and connection
Gorgeous Health Productions Hopes to Do the Same

By Michele DeLuca

Publisher/Gorgeous Health Magazine • Producer/Gorgeous Health Television

I gave away my power bracelet today. It was very lovely, with a metal weaving of gold and brass. I enclosed a note, as I sometimes do, and this is what the note said:

“Dear One: I was looking for the perfect gift for you and decided I would send you a power bracelet. I think I may have told you the story about my power bracelets, but if you have forgotten, let me remind you. Years ago, I found my first power bracelet in an dusty, exotic gift shop. It was a wide band of thin brass, decorated with gold embellishments, fashionably distressed. A little sticker on the back told me that it was made in Africa. For some reason, that day, as I held that bracelet in my hand, my imagination was captivated.

“I got a clear picture in my head of a beautiful, dark skinned, dark haired woman hammering away at this bracelet. Taking an imaginative leap I got an image in my head of women throughout time connected by the love and energy they put into their artwork and creations of all kinds.

“I wore that bracelet for many days, not as jewelry really but as a sort of touchstone to remember to stay balanced and empowered in the chaos of my life. To remind myself of all the women before me who struggled to remain creative and powerful and whole despite the challenges they faced. One day, when I faced a dear friend struggling to remember who she was, I took the



power bracelet from my wrist and placed it upon hers, sharing with her the story I told myself about it’s “power,” and adding that from then on, the bracelet would also carry a bit of my energy, to always connect her to my love and support and my belief in her ability to thrive on the planet. Since then I have found and passed along other “power bracelets,” to some of the women I love, and someday I hope to find bracelets that will similarly capture the imagination of my two sons. “

I have told you all of this because I am a storyteller by nature and I believe it is in the sharing of stories that we connect, and grow, dream, and heal. I have told you all of this because I also believe that imagination spurs us forward into personal

growth and wellness by luring us with images and stories and ideas that just seem to fall miraculously into our heads. I believe we are empowered and emboldened by our imaginations and it is in our imaginations where we begin to create our healthiest, happiest, and most satisfying lives.

I certainly can’t give power bracelets for everyone who might like one or need one. That is why I have created “Gorgeous Health Productions.” My intent is to produce a television show and this magazine, for people like myself, who see an image of their best selves in their imaginations, but who need energetic support and connection with others to make that image real. We are all imperfect, gorgeous humans of all shapes and ages and sizes, who mostly want to love and be loved.

We have all been told since we were little, “beauty starts from the inside,” and though none of us probably really believed it, I am here to show you that it is true. I will prove it, not with my own self, but with relentless stories from the people you will meet in these pages and on “Gorgeous Health Television,” who will help you to find your best health in the laboratory of your mental, physical and spiritual being—and who will eventually show you that your gorgeous health radiates from the inside out. I am not promising that you will be beautiful. I am promising that you are. You just need to remember. Godspeed.



A lot of us are captivated by the new television show, "Extreme Makeover", where people are recreated by plastic surgery and tooth whitening. We can't help but be moved when they weep with joy at the changes which finally make them acceptable to themselves.

As a yoga teacher I have learned that self acceptance is hard to come by and that there is no one answer to learning to live happily in our own bodies. It requires a lifestyle shift and a new way of looking at things. I think yoga is one tool for an extreme makeover, but it is a makeover which occurs from the inside out.

In our busy lives it can become very easy to attach to the external view of ourselves, and to observe the life and possessions of our fellow humans as an expression of who they are as well. All of this leaves us feeling very disconnected, competitive, and empty. Yoga helps establish a connection to our inner selves, the voice of wisdom and love that is our true essence. When we break this dependence on external appearances, our makeover begins. The feelings of disconnection are replaced with a compassion and gentleness towards ourselves which radiates out to others.

Yoga Can Create A Makeover From the Inside Out

By Brandy Winkel, R.N.

Many people see the smallness and separateness of who we are, but fail to see the greatness and magnitude of what we are. One of my favorite thoughts about this is that we typically look at ourselves as drops of water compared to the ocean. The problem we have is realizing that we are also the ocean. The practice of yoga evolved thousands of years ago as an effort to remember ourselves as both the drop of water and the ocean.

Yoga is all about this remembering, which occurs with the unifying of mind and body. The breath work and relaxation calm the mind, the yoga postures strengthen the body and enhance flexibility. This combination of relaxation, while calming the mind and strengthening the body, is transformational. Yoga slows you down and brings your awareness into your body. You move gently and compassionately and begin to listen to the messages from your body. You literally build a friendship with your body, and in continued practice of yoga, that friendship grows.

The most powerful yoga position appears to be one of the simplest. It is a familiar posture, even to those who have never attended a yoga class. It is the lotus position, a seated posture of meditation, enhancing the connection of body, mind and spirit (see my photo above). The yogis who sat this way thousands of years ago, found that their muscles needed to be flexible and strong so that they could sit comfortably for hours in meditation. Their efforts to

prepare their bodies and minds for meditation resulted in yoga as practiced in the East for centuries. In the mid-20th Century we in the West began to modify these practices to accommodate our minds, bodies and lifestyles, and thus there are many styles of yoga practiced in the US. today.

You don't have to meditate to do many types of yoga. You can get much from your practice even if you simply do the postures. The practice of yoga cleanses and nourishes the body, tones the muscles, improves flexibility, increases circulation, lowers the blood pressure and the body's response to stress.

Each month in this magazine I will be suggesting a single posture for you to try as you move through your day. I will explain how to safely create the posture in your body, the benefits it will provide to your body, and why I like it. Just for fun, we can call it the world's longest yoga class, or the world's slowest. Whatever we call it, I am encouraging you to give each posture a try. You can begin or enhance the friendship you have with your body. And I can begin a friendship with you. We'll start here next month. I invite you to join me.

Brandy Winkel, RN, is a Kripalu Yoga teacher and holds advanced certificates in Holistic Nursing, Polarity Therapy and Thai Massage. She is also one of 400 certified "Yoga of the Heart" teachers for patients recovering from cancer and heart disease.

Brandy is associate editor of "Gorgious Health Magazine".

FENG SHUI TODAY

Start Balancing Your World Right This Minute

By Linda Ellson

Right here, right now, right this minute. Yes, you can take steps to practice the ancient Chinese art and science of placement right in your own home. Would you like to bring more love into your life? Improve finances? Support your health? Then read on for some helpful tips!

Feng Shui, pronounced 'foong-schway', is a process to create balance and harmony in your environment through the placement of furniture, and selection of color and materials in your home or office. Feng Shui was founded over 3,000+ years ago in China and is gaining popularity in the United States.

I was first introduced to Feng Shui about seven years ago when a friend gifted me with a book on the subject. I was intrigued. Could I place a plant here, a fountain there, along with a splash of the color red to make significant changes in my life? The timing was perfect. I was just about to start a new job that came with a new office and I was ready to put my newfound knowledge to the test. To my delight and surprise, in less than one year's time, I received a promotion and two salary increases, and I moved into a larger front-end office overlooking the city. By then my income rose by 63 percent! And people were constantly walking into my office and telling me how good it felt in there!

I then decided to take my 'test' closer to home, when my boyfriend at the time (now my husband), asked me to "Feng Shui" his bedroom. The first red flag was his dirty laundry basket in his "Fame and Reputation" sector of the room! I asked what it was doing there and he promptly marched it down to the laundry room where it belonged. The very next day he received a call for a very lucrative three-



year global business contract. He quickly became a believer! To this day, he is very agreeable to happily moving furniture around for the sake of "good Feng Shui".

So what is good Feng Shui and how do you get it into your life? Good Feng Shui helps to create flow in your environment and here are a couple of basic ground rules that can dramatically help you:

Rule #1: Get rid of the clutter! Clutter in our space impedes our Chi or energy. Energy travels quickest along our floors and walls so don't give it opportunity to get stuck.

Rule #2: If you don't absolutely love an item or haven't used it in a year, then it is time to let it go to make room for something else to come into your life!

How does this all work and what areas of your life can you influence? It is important to know that in terms of Feng Shui you can positively influence all major areas of your life. In Feng Shui theory, all of the eight major life aspirations are reflected in your environment. Using the 8 Mansion Formula Feng Shui (there are

many different schools of Feng Shui out there but this is one of the most accurate and basic), the eight directions all relate to life sectors as follows:

The North is Career and Life's Journey; Northeast is Knowledge and Education; East is Health, Family and Longevity; Southeast is Prosperity; South is Fame, Reputation and Your Passion in Life; Southwest is Love, Marriage and Partnership; West is Children and Creativity, and Northwest is Helpful People, Mentors and Spirituality.

One aspect of Feng Shui is the theory of the Five Elements--

Earth, Fire, Metal, Water and Wood – which work to create harmony and balance in your environment. Each element is associated with particular colors, shapes and the raw element itself, (i.e. Wood = a tree). Proper use of these elements within your home or office helps to create a well-balanced atmosphere.

With the background in mind, let's roll up our sleeves and see what practical tips you can start applying right now in your life:

- Think pairs. Two candle sticks, a photo of you and your mate, two pictures hanging side by side.
- Take your shoes off at the door and honor your sacred space.
- No mail on counter tops.
- Have a place for your car keys.
- Keep toilet lids down.
- Whenever possible, sleep with your head against a solid wall.
- Have two matching bedside tables and two matching lamps in adult bedrooms, for balance and equality between the couple.
- Do not have water features in a bedroom

Shamanic Therapy

Ancient Healing Principles for Contemporary Lives

By Caryl Wesley Steiner, Ph.D.

Inside, in my long room, a large fire burns in the middle of the wall made from Mother Earth's bricks. On the floor, a small group of students--diverse people--wait to begin the sacred journey of Shamanic Training. Each one has been cleansed by being smudged with the smoke of white desert sage. Immersed in its sweet pungent scent, we have drummed a great sound, asking blessings and teachings from All That Is, committing ourselves to the long journey of the soul, deep within itself, far outside itself, to find our true paths, to rid ourselves of old pain, false beliefs, all that hinders. We have danced into trance until we feel the energy coursing through our bodies--feeling our light luminous body extending beyond the mere physical.

Who are we? Why are we here? Why now? Men and woman of all ages, nurses, attorneys, homemakers, executives, students, chiropractors, artists, laborers, teachers, computer analysts, doctors, etc., people of all faiths, all races and ethnicities, some well, some suffering illness.

What do they say about why they are here? "I don't know why I am here, I was led here," or "I felt something missing deep inside," or "I felt urgently called to do something for the planet." I have heard it over and over as each new group of students begins the two or four year study of shaman training that will take them around the Four Directions of the Native American Medicine Wheel as the seasons pass--autumn, the snows of winter, the giggles of spring, sensuous summer--the cycle of life.

I am reminded of Richard Dreyfus in the movie, "Close Encounters," driven to find what he knows is out there. I do not know why I have been called to this work of healing and teaching. But the longer I do it, I look back, even to childhood, and see its inevitability. From pain, loss, joy, gifts, experience, someone or something molds us to be that which is needed to be.

As the students progress, I know there will be amazement, hysterical laughter, doubt, tears (I am well-trained to know when to bring out the tissue), and deep intimate con-

Twilight comes. The last song of sunlight ignites the newly turned orange-red-gold leaves of swaying trees. In the ancient Shamanic tradition, the oldest spiritual teaching on the planet, this is the Hour of Power--our consciousness turns from seeing outward to magical mysterious inner vision--now we feel easily the presence of the source of all things--the swirling energies of the universe that can give us deep knowledge of power and healing.



nections with each other, these diverse people. We learn we cannot have Mastery until we heal and cleanse ourselves, and so with courage we come, learning to let go of ego, to be compassionate without giving away personal power.

We journey to alternate states of consciousness, the core of shamanic study, learning to access knowledge, healing and power. At each meeting I see with my inner and outer

vision that each person has grown stronger, truly reconfigured in their luminous energy forms. As they pass through the sacred initiation rites, coming closer to Spirit, each is brighter, lighter, freer, full of wonder and connection to all things.

I, as teacher, really have done very little, as each student learns they do very little. We simply learn to let Spirit move through us, to be the conduit, to grow in stamina and love so that we carry this huge movement of Spirit through us. Working with breath, with the energy light body, we have healed each other--a massage therapist's disabling rash disappears, a beautiful young film-maker's metastasized cancer by all appearances halted, the insidious symptoms of fibromyalgia and the many chronic body and emotional symptoms caused by trauma all eased by our work. The healing is not done by us, although we must impeccably master our skills, but by Spirit moving through us.

As the years of study go on, everyday life changes--there are births, marriages, changes of career, restructuring of relationships--things just seem to happen synchronistic ally as needed.

Our stories are not only here and now, they always were and always will be. Yes, we go to work each day, pay the bills, wash the floor, wake in the night for a sick child. But is it the same? No. Our perception has changed and perception creates reality.

We have our tools, our medicine bundles, visionary /intuitive skills, healing systems, all of that, but most important, we know we are co-creators, not only of this Earthwalk reality, but indeed of all reality in and out of space-time. Somehow we can use powers that are not yet even really understood--yet we have always known them.

Aho! Walk in Beauty! Walk in Balance!

Caryl Wesley Steiner, Ph.D., is a psychotherapist who holds shamanic workshops in Clarence. She can be reached at 632-2627. Watch for story about Dr. Steiner's work in an upcoming segment of "Gorgeous HealthTV," which premieres in November at 8 p.m., Wednesdays, on Adelphia's Channel 13.

like fountains or aquariums. They can contribute to loss of prosperity.

- If it is broken, fix it!
- Do an art and book survey and make sure you surround yourself with positive titles going into your subconscious.
- Make sure hallways are free from impediments like clutter on the floor.
- Enclose your TV. This allows the family to focus on communication.
- Wood cabinets and healthy plants are always great in a kitchen.
- Remove or cover any mirrors in a bedroom.
- A bright red bedroom is too yang. Think softer tones.
- When placing furniture, a circular or octagonal shape is best. This allows communication to circulate and flow freely.
- Children and pets are great chi enhancers in the home.
- Think balance, yin and yang, in decorating. Find a happy medium with light and dark, heavy and light objects through out your space. Make sure that it is neither too feminine nor too masculine.
- Some Feng Shui is better than no Feng Shui!

These are just a few helpful tips to get you started. The most important thing to remember is to go slow in making changes in your home. You are moving energy. Moving too quickly will produce what I call the snow globe effect. Think about the image of a snow globe, when you vigorously shake it, there is snow flying everywhere, eventually it will settle down and you will once again see the village, but in the meantime there will be a flurry! So, make changes slowly, sit with them and see how you feel. You can be the master of your own destiny. May peace, blessings, harmony and balance be yours!

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Is The World Doing Better Than You Think?

If you are struggling with a world view of doom and gloom, a new book has found statistics which give a very different, very hopeful picture of where our country, and possibly our world, is headed. According to information in a 2002 book called, "The Cultural Creatives," the authors interviewed 100,000 people and detected a growing sub-culture of 50 million people who care deeply about ecology and saving the planet, about peace and social justice, personal growth, spirituality and self-expression. They are unhappy with both the right and left in politics and want to find a new way that is not in the mushy middle. They dislike the emphasis in our culture on "getting and spending," and they like experiencing and learning about other ways of life.

Authors Paul Ray and Sherry Anderson say that the creatives are unaware of their numbers, and that they could fill a country the size of France. The authors are hoping that once they realize their numbers, their impact on American life promises to be enormous, shaping a new agenda for the twenty first century. For more information, see their website, www.culturalcreatives.org.

What to do when your health care provider says "No!"

Looking to appeal a decision made by your health care provider?

The New York State health commissioner said recently that New York has one of the best patient protection programs in the country due to a four year old law called the External Review Law, which provides for the patient appeal process.

In 2002, more than 2000 people won coverage originally denied them by their health care insurance providers, according to a recent article by the Associated Press, which appeared in the Buffalo News. There were 1,110 denials of coverage.

For information on appealing a decision by your health care provider, you can call the state Insurance Department at 1-800-4040-8882.

your best health. Currently waiting for your questions are Dr. Caryl Wesley Steiner; a Clarence psychotherapist; Brandy Winkel, R.N. CKYT-- yoga therapy for cancer recovery and cardiac rehab; Vicky Porfilio, R.N., Ph.D., of Bridge to Wellness in Niagara Falls; and Dr. Paul Bluestein, D.C., president of patient Advantage, a medical research firm, from Tonawanda. You can write to "Gorgeous Health Magazine," at P.O. Box 1273, Grand Island, new York, 14072, or email us at gorgeoushealth@adelphia.net.

LOOKING for more medical facts?

Wish you had your own medical library? Wondering how your health care provider rates against possible other choices for your family? Now there is a web site devoted to helping you find the facts you need with links to 1700 health care organizations. healthfinder is an award winning federal web site, named by the Medical Library Association's "Top Ten Most Useful Websites." the site can be found at www.healthfinder.gov.



Help from "Gorgeous Health"

Questions about local health care? A panel of WNY experts is being assembled by "Gorgeous Health Magazine" to help you move towards

