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Come join us: Associates for Community Education (ACE)

our mission is to inspire

and promote wimmin to use our natural healing abilities and to demonstrate that we are our own healers. We care for our health and restore function to our bodies, minds and spirits so that we may live to our highest potential. Our goals are:

1. To create a school and publications that will educate us about our health, to relearn the healing arts of our grandmothers, to nurture and care for ourselves and each other.
2. To regain and maintain wholeness and balance using the body's wisdom so that we may better protect ourselves from traumas, toxins and poisons in our lives.
3. To celebrate our wimmin and girl selves both as students and teachers through sharing knowledge, healing arts and ritual.
4. To provide a safe and welcoming environment for all wimmin and girls, including older wimmin, wimmin of all cultures, wimmin of all sexual orientations, wimmin in recovery, differently-abled wimmin and limited-income wimmin.
5. To encourage participation in all aspects of ACE, including planning, staffing and leadership. ♥

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The Wimmin's Buildings Project

believing

that our community needs a wimmin's building or three, ACE took on the opportunity to buy the building complex in which the Labrys Healthcare Circle are tenants. The project began in September, 1999, and phase one ended in May, 2000. We produced three benefits with local musicians, we wrote numerous bulk mailings to raise \$100,000 for the down payment, and we worked with another community organization, the Northern California Land Trust (NCLT), to finance the project with loans from the Low Income Housing Fund (LIHF) and the Northern California Community Loan Fund

Our valiant project manager Teresa Clark believed in East Bay Women's Buildings from the start. Once she had identified funding sources, she attended many of our weekly ACE meetings to help us with decisions and fund raising. NCLT had financial problems, and in February a new director, David Jay-Bonn, was hired. Teresa lost her job, and David became the project manager.

Non-profit office and retail buildings are rare, and many lenders are leery of them. (When women bought the Women's Building in San Francisco, a woman put up her house as collateral.) Also, LIHF is not experienced with commercial properties. When LIHF's finance committee saw the proposed loan for the East Bay Women's Buildings, they were not sure that a group charging below-market rents could make ends meet. Therefore, the LIHF required NCLT to guarantee the loan with all of its properties. NCLT could not do this because it would put all of its low-income housing projects at risk.

The loan officer agreed to consider allowing a single individual as guarantor of the loan. We posted our request for a guarantor worth \$600,000 on the world-wide-web and talked with many wimmin by phone. But by then escrow was about to close. Although the seller called after escrow had closed and gave us three more days, there was not enough time for anyone to make such a big decision.

A businessman in Oakland bought the property. He is honoring the leases, making repairs and

by Joan Margaret, Laura Knoff and Diana Murrell

painting the buildings. Mama Bears Bookstore and Cafe, Sally Elkington and the Labrys Healthcare Circle are the three feminist businesses of ten tenants on the property. Our current leases end in December, 2002. The office market has slowed down in the past few months, and rents are leveling off. A lot of office space is under construction now, and it could take several years to fill up. By the end of 2002, property owners who have tenants may be quite motivated to keep them.

Meanwhile, the Labrys Healthcare Circle coordinators fancy ourselves looking for a smaller property that Associates for Community Education (ACE), our non-profit organization, might buy and manage. ACE could rent rooms to a diversity of feminist natural healthcare practitioners who would comprise the Labrys Healthcare Circle in a beautiful, accessible, home-like setting. We could tend and harvest vegetable and herb gardens. And we could have a large room for workshops and a staff woman to care for the Labrys School schedule and the Labrys speaks. In the kitchen we imagine a savory pot of soup on the stove, healthy veggie snacks in the fridge and clean, filtered water on tap for all to enjoy. ♥



KNOWING MYSELF THROUGH BALANCE AND HARMONY WORK

Jin Shin Jyutsu
Acupressure
Massage

JULIANE BARNER CMT
(510) 595-5590

Thank you, gracias, danke...

hugs and kisses

again to the many friends who have helped the Circle and the School to thrive. Thank you for your donations to ACE and to those of you who attended Labrys School workshops: Anne Haskell, B.J. Miller, Beth Curtis, Emily Nalven, Laura X, Lauren Becker, Paula Bowne and Moire Martin. Crews for the four bulk mailings last Winter and Spring, 10,000, included the staff of the Northern California Land Trust, Bari Rolf, Debra Paschke, Laura Knoff, Joan Margaret, Spring Friedlander, Teresa Clarke.

Hurrah and thanks to Jessica Bucciarelli for design and layout of this newsletter the past two years; it was enjoyable working with you. Thank you to Jane Magid for your display of photographs of beautiful landscapes of hills and canyons in the West Room, and also to Chaya Spector for your show of photographs: butterflies, flowers, seascapes, spider web, birds and reptiles, and for donating a portion of the sales to ACE. Thanks to Julie Twichell for finding the quote from Herophilus. Hugs and kisses for Charlotte Tall Mountain for being an ecofeminist and for your poems and drawing in two issues of The Labrys Speaks.

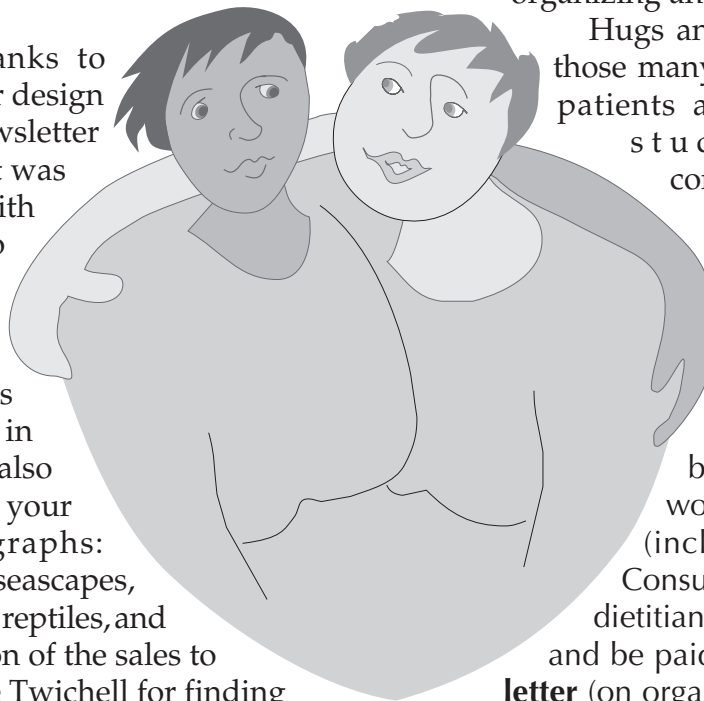
Thank you for your generous financial donations to the East Bay Women's Buildings project:

Aida Sahud Alissa Friedland Alma Zoch Ana Luisa Delgado Ana P. Resendes Ann Powers Anthea Francine Bari Rolfe Beth Curtis Beverly Hickok BJ Miller Carla R. Duke Carol Beth Carolyn Whitehorn Caryn Goldman Cassandra Bramucci C. I. Martin Christian Nelson Christina Berthea Cindy Shamban Cristiana Arruda Crystal Carol Juelson D. Bohlmann-Alcocer Debigail Mazor Debra I Valov Delores Taller Diana Murrell & Laura Knoff Doreen Brand Elizabeth Calloway Elizabeth Devere Elwood Gerrits Gayle Marie Giovanna Capone Harriette Butler Jan Zobel Janet Rachel Joan Margaret Joanne B. Genet Joanne M. Gallo John C. Hoggatt Katherine T. Acey Kathryn Jamison Kathy Labriola Laura X Leslie Bonett Maria Rand Marilyn Shatzen Martin & Charlotte Lichterman Mary Ann Huckaby Mary Beth Bullock Mary Goodell Mary K. Friebe Mei Ann Griebenow Melissa B. Allen Michelle Safer Mickey Spencer Myra Carolyn

Williams Nance Rogers Nona Hungate Oakland East Bay N.O.W. Pamela Bostelmann Pearl Lea Peni Hall Priscilla Winslow Prudence Crandall House Rachel Pray Robert M. Keess Sally Elkington Sandra Morris Sarah Jang/Walter Milliken Sharon Medairy Sherry L. Stoll Shoshana Dembitz Spring Friedlander Susan Bassein Susan Calico Susan Levinkind Susan Schacher Suzanne Leib Tracy O'Kates and the many wimmin who gave cash gifts whose names shall remain anonymous.

Especially to Teresa Clarke: many warm hugs of thanks for taking on the East Bay Women's Buildings as a project of the Northern California Land Trust, finding the financing for 95% of the asking price, and consulting with us after leaving NCLT. Also thank you to Fiona Martin and Beth Sandell for an eleventh hour attempt to save the project in May. Thank you Sally Elkington for your organizing and lawyering skills.

Hugs and kisses to all of you and to those many here unnamed who are our patients and clients, facilitators and students in this Labrys community. ♥



Oppose AB-1444 NOW!

The "Nutritional advice bill" by Assemblyman Ken Maddox would make it a crime for anyone (including a Certified Nutrition Consultant) who is not a registered dietitian to develop therapeutic diets and be paid for it. We urge you to **FAX a letter** (on organization letterhead if possible) **to Assemblyman Maddox: FAX 916/319-2168.** Please also contact your Assembly member—in Oakland and Berkeley call Dion Aroner at 510/540-3660.♥

our list

is confidential and will not be sold or given to any other group. The Lists Goddesses want to keep only those names of people who really want to receive the Labrys speaks. If you want to continue to receive this newsletter, please tell us, and we'll add to your mailing label the date we last heard from you. That way we'll know to cull only those we've not heard from in the last little while. The suggested donation is \$1.50/issue, more if you can, less if you can't. ♥

The Labrys Healthcare Circle and ACE Update

by Joan Margaret

photo: collection of Joan Margaret



We're growing and changing again. Debra Paschke, office goddess extraordinaire, keeps us all organized; manages the schedule; dispenses herbs and food supplements, zappers and foot orthotics; and gracefully handles collections and billing. When Aimee Mousseau indicated she wanted weekends for herself again, Debra found the delightful Jean Ann

Flaherty to take her place as Saturday office goddess. Jean Ann retired recently from her administrative tasks at Dominican University in Marin and before that she was at Mills College. Consequently Jean Ann brought Joanne Gallo to alternate Saturdays with her. Joanne and Jean Ann both work during the week at Fabrics and More in San Ramon. Both are avid readers and are benefiting from the excellent library at the Labrys School.

naet

Nambudripad Allergy Elimination Technique is the reason my schedule has become jam-packed; the general public is catching on to its value. New patients have been flooding my schedule, making it difficult for those who schedule on an as-needed basis to get the appointments they want as quickly as they would like. So I invited Susan Miller to help me one morning a week in NAET and one afternoon a week with BGI, two of the natural healing methods we use. Susan was an intern at the Life Chiropractic West clinic in Hayward while completing her chiropractic studies. Susan and I have been attending seminars together in Bio Geometric Integration (BGI). Similar to Network Chiropractic, BGI is a cutting-edge chiropractic method that helps a body, mind and spirit to integrate information energetically. Alas, Susan will graduate in June and will relocate to a BGI practice in Massachusetts.

Laura Knoff, B.Sc., our Certified Nutrition

Consultant, plans to take the basic NAET seminar with Dr. Devi Nambudripad this summer and add it to her nutrition practice. This past year we've seen Laura's practice grow to help more women improve their health through educated food choices.

massage therapy

in our circle is now three-strong. You may schedule a massage Monday through Saturday, as well as choose from a variety of techniques and practitioners. Evelyn Olivas excels in Hanna Somatics, which is a type of neuromuscular reeducation, active soft tissue, deep transverse friction and myofascial release. Jeannette Wust practices very relaxing zen shiatsu. Juliane Barner's work includes Jin Shin Jyutsu, Tuy Na and acupuncture, and involves a comforting rocking motion.

Gina Marie Buonpane will join the Labrys Healthcare Circle this summer as an intern, learning what she can by observation of applied healing arts and office organization. Gina is a massage therapist specializing in prenatal care and a biology student at Dominican University. Look for Gina's workshops in the Labrys School schedule. Additional to taking seminars in Bio Geometric Integration, Joan has been studying with Dr. Devi in Los Angeles to improve her NAET skills and has taken nutrition seminars to try and keep up with Laura.

leadership

for the Labrys Healthcare Circle is changing. In ACE, our non-profit organization, our financial planner Pat Passon finds her own business so busy that she is taking a break from coordinating ACE; and besides, as she says, we don't have any assets for her to manage yet. And Spring Friedlander had signed on last year specifically to help with the East Bay Women's Buildings project; we are now finishing up final details with NCLT, and she is moving her energy into other projects in her life.

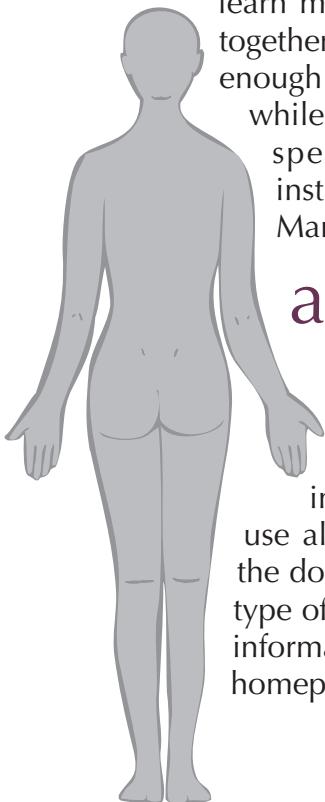
Joining us are Debra Paschke, JB and Jeannette Muzema. Deb has long held a vision of building a facility to serve people with disabilities; having

worked almost two years at the Labrys Healthcare Circle, she now shares our vision of supporting wimmin's healthcare and health education. JB is returning to ACE from two years away in Minneapolis; she and Joan were the originators of this incarnation of ACE to build support for wimmin's healthcare: a circle of practitioners, a school and a newsletter. Jessica Bucciarelli took the job from JB to design and layout the Labrys speaks for two issues; now JB is taking it back as her own baby. Jeannette Muzema has joined us because she wants the Labrys Healthcare Circle to own our own building and some earth for herbs and vegetables; she brings her expertise as a real estate gal. Joan Margaret and Laura Knoff are still among the coordinating crones, happy to welcome these new female energies.

We are five feminists looking for others of like mind and passion to join us in the next efforts by the Labrys Healthcare Circle to bring better health to all wimmin in the East Bay Area naturally (without drugs or surgery). This is a really big vision, so be ready for anything as we make it happen. ♥

sound health sounds

are part of us and affect our well-being. I've had some training with Sharry Edwards who helps us learn more precisely how. I'd like to get together with people who would be patient enough to talk about this (or anything else) while I practice identifying tones in your speaking voice with a simple instrument. Call me at 510/215-1200. Mariko ♥



applied kinesiology

is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs. For more information, go to <http://www.icak.com/homepage/subhome.html>. ♥

A Strong Woman

both poem & drawing by Charlotte Tall Mountain

A strong woman realizes that love is intertwined with patience.

A strong woman gives and receives with grace.

A strong woman is forgiving and moves forward.

A strong woman hungers for truth and will go to great lengths to find it.

A strong woman holds diversity and celebrates the multiplicity of life.

A strong woman responds to the needs of others yet knows her limits.

A strong woman is at one with her surroundings and will do what she can to protect her environment.

A strong woman is not afraid of the dark and will embrace her shadow.

A strong woman honors her intuition and her own uniqueness.



"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless and joy cannot be felt."
~ Herophilus ♥

These are not Typos!

you may have

noticed that the dates in the Labrys speaks look a little different than those in popular use—10,001 instead of 2001. This is not a typo.

Peaceful, matrilineal societies predate patriarchal, warrior societies. Our communities thrived with artistic creation, aesthetic achievements and values concerned with life among egalitarian and cooperative peoples. Goddess religion prevailed for hundreds of thousands of years. Called by different names in cultures throughout the world, She symbolized life in nature and in the universe.

It is generally accepted among feminist archaeologists that a power shift to patriarchy happened about ten thousand years ago. So, to recognize and honor wimmin's herstory, we use the calendar to celebrate ourselves, instead of a patriarchal calendar chronicling 2,001 years of male religion and destruction.

Also not typos are a number of different spellings for "women" and "woman," to open minds to different possibilities. The spelling "*wimmin*" is a favorite among those who see rolling hills with clouds on mountain peaks, while others of us prefer "*womyn*." By spelling "woman" as "*womon*," the writer achieves more roundness and symmetry of letters. We hope you'll enjoy the diversity. ♥

Release Tension on Wednesday Afternoons with BGI

by Joan Margaret

bio geometric integration

(BGI) is a chiropractic approach that reminds your body how to release deep patterns of tension. Sue Brown, D.C., of Chicago developed it. For many years she practiced and taught Network Chiropractic. In her previous life work she was an oceanographer studying the earth's geometry and movements.

While practicing Network, Sue became very finely tuned to the energies of human bodies. She discovered that underlying our physical beings are innate geometric shapes, principally triangles and pyramids. When these shapes are distorted, tracks of tension block the normal flow of energy through the system.

Our bodies are always receiving and integrating information for our growth and evolution, while protecting us from being overwhelmed. When we become overwhelmed by physical, emotional or chemical stresses, the tone of the stressful event locks into the physical structure of the body, changing the geometry and affecting all of the physical structures.

In some ways BGI is similar to acupuncture, which releases blocks in the normal flow of energy in meridian channels. Acupuncturists use needles, pressure, heat, laser light and electrical stimulation to help move the energy in the meridians. BGI chiropractors use our hands and our minds' eye to add our own bio energy to that of the patient. Either way we encourage the patient's chi or energy to move normally.

When the blocked energy moves and the geometry returns to symmetry, the information it contained from that stressful event is released, giving the system the opportunity to integrate it this time. The first time it had that opportunity, it was overwhelmed by it and stored it in bands of tension, which distorted the geometry. With the release of old patterns of tension, we move toward growth and healing.

There are four planes of geometric shapes that a BGI chiropractor uses to release the flow of energy. The back of the body (posterior) represents the physical structure. The front (anterior) represents the organs and emotions. The sagittal plane, connecting the back and the front) represents the body/mind relationship. The coronal plane, the spinal curves and how you hold yourself, represents the relationship of self and world. As you progress through care, your body tends to release tension patterns in this same order.

Because this method of chiropractic is about initiating bio energetic changes, we've found that it works best when there are more than two people in the room. Both BGI and Network chiropractors typically have two or more patients in the same room, because the combination of healing energies and intentions increases the release

of tension for everyone. There is learning and growth with every adjustment and it takes time to integrate new information in the system. For best individual results, the chiropractor leaves your energy to integrate on its own before initiating the next adjustment.

Chiropractor Susan Miller and I are offering 100% BGI on Wednesday afternoons from 3-5 p.m. I say "100% BGI" because I've been using BGI for a year in combination with NAET and AK as a way to adjust spines, replacing Network Chiropractic which I've practiced for about five years. But BGI is much more than adjusting spines, it's a way to adjust the whole body. And I would love to have the time to do the entire method with each patient each visit.

On Wednesdays Susan and I will both be adjusting until she leaves the area in June. We are each scheduling two or three patients per half-hour. The fee is \$25 per patient visit. I hope many of you come to enjoy BGI as much as we do. ♥

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The Vital Force in Health and Cure

by JB

The material organism, without the vital force, is capable of no sensation, no function, no self preservation; it derives all sensation and performs all the functions of life solely by means of the immaterial being (the vital principle) which animates the material organism in health and disease (Hahnemann, §10).

people used to believe

a soul lived within the human body. While the body slept, the soul could wander freely and have many adventures. These adventures appeared to people in dreams. People believed everything in nature had a soul, and the souls of living things controlled the world around them, for example, the eruption of a volcano was due to the volcano's soul becoming angry (Ellison). These ideas predated Samuel Hahnemann's conceptualization of the Vital Force, or vital principle.

In homœopathy, health is the body's ability to dynamically adapt to changes in one's environment, to give and receive, to love, and to adjust to the creative, rhythmic energy of life. Health includes both spiritual and physical energies. The vital force balances us between harmony and order. Disease is a derangement of the vital force, which regulates the organs and parts of the body. Without the vital force, there is no balance, no regulation, no adaptation; the body is dead. Homœopathy views patients holistically, treating the patient as an individual. "The mind is the key to the man" (Kent, 26). Health is not simply a matter of repairing broken parts, like in a machine, but restoring motivation and understanding to the spirit, or *will*, so that one can *think*, and subsequently *act* to regain one's health.

The vital force could be thought of as the conductor of our orchestra. It is our protector, our survival mechanism, which conducts our symphony of interactions with the environment. It increases, or decreases the tempo, brings in the strings, or quiets the wind section as needed in response to varying degrees of disturbance to our equilibrium. Our individual ability to react and adapt to dynamic stimuli affects the way in which the vital force chooses which piece of music we will perform on any particular day, at any particular time.

Disease is a transient, or continual, state of disharmony, disorder, imbalance, reaction, malfunction and dysfunction. This state of disorder is externalized by symptoms, which are the language of the vital force. In homœopathy, all symptoms are curative, all are important. They provide the homœopath with clues as to what is wrong and to what degree, and guide them to the correct remedy.

In our symphony, a descent into the minor keys, a deepening of the music (disease), is sometimes heard fleetingly before the main theme develops. Disease is a general change of state in an organism, but can begin well before this change of state is expressed (or heard)

The Root of Your Problem Could Be Fungus or Mold

by Joan Margaret

doctors who use applied kinesiology

(AK) to test our patients for fungal problems generally find that about 80% need treatment for fungus infection. It can cause (directly or in combination with allergens) a long list of health complaints, including fatigue, brain fog, mood problems, headaches, ear aches, vaginal and intestinal yeast overgrowth, respiratory, gastro-intestinal, genito-urinary, immune, and allergy problems. Fungal problems are more prevalent than a century ago due to antibiotics, estrogen therapy, steroid therapy, tight houses and multiple sexual partners, all of which can promote it.

An article in the LA Times recently described the severe fungal problems experienced by tenants of rental apartments. From inhaling mold in her apartment, one tenant had 16 fungal masses in her lungs, the largest being golf ball size. The article mentions a 1999 Mayo clinic study, which found that nearly all of the 37 million Americans suffering from chronic sinus problems have them because of mold or fungus. Presently about 100 court cases in California alone are due to toxic mold exposure. If we suspect this problem, I'll have a patient bring air samples from her home and work place for testing and treatment. ♥

Food Allergies and Weight Loss

by Laura Knoff, B.Sc., C.N.C.

how many women realize

that food sensitivities can cause depression, cravings and weight gain? The cycle involves serotonin, tryptophan and carbohydrates.

Serotonin is a substance that transfers specific nerve messages from one nerve cell to another. Serotonin is an anxiety neurotransmitter found throughout the body, especially in the gut and the brain. It signals satisfaction and well being. Low levels of serotonin signal hunger and depression. Serotonin signals the brain and the rest of the body that all is well. Stress, excess heat, illness and sleep deprivation all deplete the body of serotonin. Allergic reactions or food sensitivities also deplete serotonin since they too are stressors on the body's resources.

Amino acids are the building blocks of proteins. Our muscles, organs, nerves, brain, skin, hair and nails are mostly made of protein. We require amino acids from a wide variety of foods to grow, repair damage, produce enzymes (along with vitamins) and generally

maintain healthy function of the body. The dietary amino acid tryptophan is the major building block for serotonin. Turkey is a good source of tryptophan. Like all amino acids it must compete for receptor sites on cells in the brain. Since it is small and scarce it doesn't always get to the receptor sites before they are filled by the other amino acids.

When a person eats a food to which she is allergic (or sensitive), serotonin is depleted and anxiety rises. The brain signals the body to restore serotonin immediately. To restore serotonin the body must break down proteins into their amino acids and absorb tryptophan, and the tryptophan must cross the blood brain barrier. The digestive system must be working properly and producing adequate amounts of enzymes and hydrochloric acid. Stress interferes with proper digestion by redirecting the body's resources to deal with the immediate (perceived or actual) danger.

carbohydrates

Eating carbohydrates signals the pancreas to produce insulin, which sends all of the large amino acids in the blood stream into the muscle cells and leaves tryptophan still circulating in the blood stream. This allows tryptophan to get to the brain's receptor sites without interference from the other amino acids. Insulin also encourages fat cells to open and store fat and discourages fat cells from releasing fat. Over time, generating large amounts of insulin many times a day can lead

to hypoglycemia and eventually type 2 diabetes.

When serotonin decreases due to consumption of an allergen, the body will try to increase it by inducing carbohydrate cravings to generate insulin and allowing tryptophan to reach the brain. Therefore, eating a food to which you are allergic can induce cravings for carbohydrates.

the cycle

In short, when you eat carbohydrate foods to replenish serotonin, the resulting insulin signals the cells to store more fat. A person with food sensitivities is caught in a cycle of trying to raise serotonin with poor food habits which lead to blood sugar swings, hypoglycemia, fatigue, fat storage, carbohydrate cravings and lethargy.

the solution

What can you do to reverse this situation? One of the first things to do is manage stress and increase relaxation. This allows the body to heal and resume healthy function. Also one needs to optimize digestion and metabolism through healthy food choices, herbal support and possibly supplements. And of course one must identify and then eliminate allergies. This can most effectively be accomplished through Nambudripad Allergy Elimination Technique (NAET) while managing stress and eating a nutritious diet. Let the professionals at the Labrys Healthcare Circle help you. Call us today.

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Laura Knoff, B.Sc.
Certified Nutrition Consultant

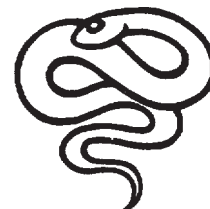
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You are what you eat!

Nutrition Tips

by Laura Knoff, B.Sc., C.N.C.

1. Chew your food well. You can't absorb it if it isn't well mixed with saliva and digestive enzymes. Chew your liquids and drink your solids. Relax while you eat. Pay attention to how, where and what you eat.
2. Eat something raw each day: a salad or a fruit, some sprouts, raw wheat germ, raw sauerkraut or vegetables. Raw organic vegetables taste great all by themselves or with a hummus dip.
3. Drink 8 glasses of pure water between meals. Avoid iced drinks as they cause one to crave fats for warmth. Herbal teas are good sources of water, antioxidants and minerals. Avoid sodas entirely.
4. Eat 5 to 8 servings of organic vegetables and fruit each day. Try a new vegetable each week. Check out the local farmers' markets. Fresh organic produce tastes better and is better for you.
5. Include sea vegetables in your diet to help provide minerals, and especially trace minerals, which are deficient in commercial foods. ♥



Labrys School of Self-Healing Arts for Wimmin and Girls

Workshops

Muscle Testing Workshop for Beginners with Joan Margaret
First Saturday of each month except September & December: 10 am–noon.

Learn the basics to muscle test yourself and a partner. Use muscle testing to give your conscious mind access to your whole body's wisdom. Lots of hands-on practice.

Suggested donation: \$25 to \$15.

Meditation with Laura Knoff, B.Sc., C.N.C.

Saturday, May 12: 11:00–noon.

Practice meditation for 20 minutes, using deep breathing and visualization to relaxing instrumental music, sitting on a chair or pillow. Learn about the parasympathetic state and how it helps your body heal.

Suggested donation: \$15 to \$10.

Prenatal Massage Basics: Massage for expecting Moms and their Partners with Gina Marie Buonpane
Sunday, June 10: 10:30 to 12:30 pm
Wednesday, June 13: 6:30 to 8:30 p.m.

This workshop is for women who are experiencing a healthy pregnancy and/or have written doctor's approval. Learn basic techniques you can use throughout your pregnancy and labor for relaxation, relief from stress and pain and to enhance closeness between partners. Bring 3 bed pillows and a blanket to lie on and wear comfortable clothing. Maximum of 5 couples/session.

Suggested donation: \$25 to 15.

We need Scent Free Space collected items

by Michelle M. Miller

"Do not think that by saying you are not wearing scented products that you can sneak them by. You are toying with someone's life. A substance is not dangerous for the MCS (multiple chemical sensitivity) sufferer because it 'smells bad.' It is dangerous because it causes a debilitating biological reaction in her/his body, whether she can smell the substance or not. Relate this to the consequences of

Facilitators' Biographies

gina

Marie Buonpane. A massage therapist for more than six years, Gina graduated from the National Institute of Masotherapy in Akron, Ohio. She moved to Berkeley in 1997 to find a community of people practicing alternative healthcare. Additional to her private practice, she has worked in salons, health clubs and spas. She uses a variety of techniques for both therapeutic and relaxation massage, and last summer she was certified in prenatal and postpartum massage. Currently Gina is working on her bachelors degree in biology at Dominican University of California in San Rafael and plans to specialize in prenatal care.

joan

Margaret. A chiropractor and Applied Kinesiologist, Joan has also studied acupuncture, Western herbology, allergy elimination, nutrition, homeopathy and Wicca. She enjoys her private practice in Oakland and is the founder of the Labrys School of Self-Healing Arts for Wimmin and Girls. Getting close to age 60, Joan remains a radical Lesbian feminist who loves singing, playing recorders, living with cats and sailing on San Francisco Bay.

laura

Knoff is a Certified Nutrition Consultant, and holds a Bachelor of Science degree in Chemistry. She was a Senior Research Associate at Lawrence Berkeley Lab in the Lipoprotein Group for eight years. She has been studying nutrition since 1975 and continues to study holistic healing modalities. She promotes individualized, varied, whole foods diets, moderate exercise, and skilled relaxation as the keys to optimal health. She also teaches nutrition at Institute for Educational Therapy in Berkeley and Los Altos. She is of mixed European ancestry and loves to bicycle and sing, sometimes simultaneously.

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sneaking sugar to a diabetic or taking away the cane and dog from a blind person."

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No perfume, cologne, makeup, after-shave, hand lotion (scented or not except for Granny's), scented deodorant, talcum powder, hair spray and gel (scented or not), baby oil, scented body soaps or scented shampoos.

- No hats or coats that have been worn with any of the above.
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- No fabric softener (scented or unscented) used on the clothes.
- No shoe polish on shoes.
- Clothes washed with an unscented powder such as Tide Free, Baking Soda or Granny's Power Plus unscented detergent.

Editor's note: for a complete list of recommended products to use in your laundry and on your body, call (510) 658-9066 and leave a message with your name and address. We'll be happy to give you a copy. ♥



Vital Force continued from page 7

by symptoms. Symptoms bring the disease from inward outward, generally confining it to some part of the body, for example, the skin. Because we are largely energy, disease can be thought of as disruptive energy, like static on the radio, more or less severe according to our susceptibility to it at that particular point in time. Therefore, in order to counter disease's disruption of our energy, another form of energy must be used. This energy would be the homœopathic remedy; which is a potentized and diluted form of natural substances used to produce a curative response.

The curative response is somewhat like the soloist's answer to an orchestra's challenge. The orchestra has been playing along quite nicely, presenting a certain theme. An excursion into the minor keys deepens the mood. Suddenly the soloist responds with a florid descant, brightening the whole movement, leading it out of the minor into the major keys, perhaps even changing the theme, while at the same time supporting the orchestra toward a dynamic finale. The soloist is the homœopathic remedy, whose song is similar enough to the orchestra's that it augments and embellishes its spirit, but is influential enough to lead the orchestra to a vivacious conclusion (*cure*)!

Simply, a homœopathic remedy tickles (*begins the curative response*) the vital force, which has been depressed by disease, so that it is able to react against the artificial disease presented by the remedy, thereby regaining strength to overcome the original disorder. The audience leaps to their feet in thunderous applause, the conductor bows, she motions to the orchestra to bow, everybody bows, then they all go back to what they were doing before the concert...playing the music of life. However, the vital force remains alert, reading and checking the score, noting where all the players are and what they are doing, remembering the soloist, always ready to call the orchestra to order again for the next concert.

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Periodically, I may be contributing articles about homœopathy to this newsletter. I am currently a student at the Institute for Classical Homœopathy, Fort Mason, San Francisco. Call the school at 707/963.7796 for information about classes and their free homœopathic clinic. If you have any questions about what I'm writing here, please do fe-mail me at jbjb@mac.com. ♥

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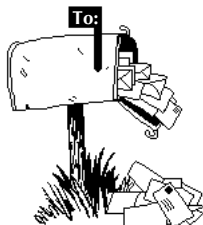
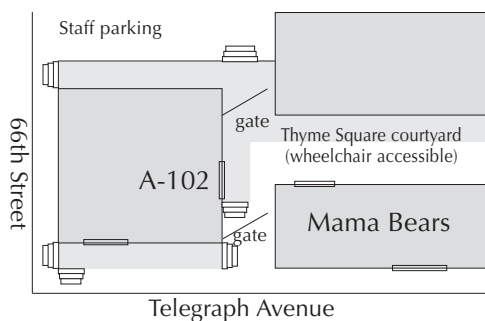
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