

Don't forget to save the date for our Healthy Harvest Festival and Mortgage Burning Party on Saturday, October 13, 2018. More to come in the next issue.



Huntingdon Health & Wellness Association

THE NATURAL CONNECTION NEWS

Acutonics: A Unique Sound Healing System by Debra Kirchof-Glazier

Two years ago when I took my Rural Health Care Issues class on a field trip to Health By Choice in New Enterprise to see what an alternative healing center was like, I met Jennifer Gehl, a Certified Acutonics® Practitioner. I had never heard of Acutonics before and learned that it is a specialized sound healing modality that combines Traditional Chinese Medicine, psychology, and natural and cosmological sciences to bring balance to the body. This is accomplished by using precision calibrated tuning forks, symphonic gongs, and/or hand chimes to apply healing sounds into specific acupuncture points, meridians, and chakras as well as the energy field around the body.

I was intrigued and set out to learn more by reading Jennifer's book *The Science of Planetary Signatures in Medicine* (SPSM) and experiencing one of her sessions myself. What I discovered was very interesting!

As we all can attest, sounds have a profound influence on our mental, emotional, spiritual, and physical well-being, and the effects can be negative or positive. For example, compare the screeching of chalk on a blackboard to the sound of a waterfall. Most of the time we are aware of sounds and what they are doing to us. However, there are also subtle

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HHWA is a 501 (c) 3 non-profit organization promoting alternative, complementary, and integrative health care and wellness initiatives focusing on the mind, body, and spirit connection.

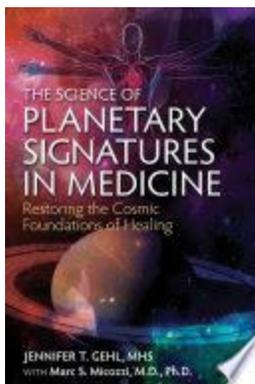
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Acutonics Continued

sounds that powerfully affect us. Among these are the sounds of vibrating tuning forks and even electromagnetic vibrations from planets, moons, and stars. Regarding the latter, when NASA spacecraft converted radio signals picked up by their instruments to sound waves, they discovered beautiful other-worldly music, which they characterized as “spooky”. A sampling is on their website at nasa.gov/vision/universe/features/halloween_sounds.html.

Acutonics practitioners use earthly and celestial vibrations in their practice, which is also known as astro-harmonic medicine. In SPSM Jennifer emphasizes the interconnection of celestial influences on health through the doctrine of signatures which says, “Nature marks each growth...according to its curative benefit” and Hermetic Medicine, which applies the “as above so below” principle to healing. She discusses how the arrangement of the planets at our birth affects our health and how zodiac signs are related to our physical and energetic anatomy. Some Acutonics practitioners will incorporate a client’s astrological information into a specific treatment protocol, while others will devise a treatment based on their background in acupuncture, massage, and/or energy therapies.

Since Jennifer’s background involves the study and application of astrology, it was with this in mind that I contacted her to set up a session and gave her information about my date and time of birth. When I arrived I was welcomed into her treatment room, which has a beautiful, healing atmosphere. The session lasted about an hour and occurred on a massage table. I was fully dressed and offered a warm blanket. Jennifer repeatedly struck different tuning forks and applied them to my body and around my head while I was lying on my back, and then while I lay face down so she could apply vibrations to the spine. I felt a profound relaxation during the session and noticed more acute hearing afterward. It was a wonderful experience.



Others with whom I spoke who experienced Acutonics with Jennifer had some truly astounding experiences. For example, one woman told Jennifer in the midst of her session that she felt like she was underwater but could breathe. It so happened that, unknown to the client, Jennifer was sending vibrational energy to her from the ocean!

Speaking of the ocean, I have often said, when commenting on what humans know at this point in our history, that “We know about as much as a drop in the ocean and that’s being generous!” Based on what I have read, directly experienced, and heard from other clients, I believe that Acutonics can serve as a valuable complementary and alternative healing modality, particularly for medical conditions whose causes are poorly understood or are difficult to treat. It just may take some time for Western science to catch up.

Acutonics Conclusion

For more information I recommend Jennifer's website at soundworksbygehl.com, as well as the website for the Acutonics Institute of Integrative Medicine, which gives a comprehensive overview of the practice, the sound tools, and details on becoming a certified practitioner.

Forest Bathing

By Dana Jefferson based on an article by JK DeLapp (The Rising Phoenix in Atlanta, GA)

Do you love trees and the feeling you get in nature? In 1982, the forest ministry in Japan coined the term "Shinrin-yoku" or "Forest Bathing" to promote a healthy lifestyle and to decrease stress levels. Living in the Huntingdon, PA area, we don't have to travel far to find a nice forest canopy. All you have to do is be with the trees. You don't need to worry about hiking or adding steps on your Fitbit. You have the choice of sitting or just meandering for about a two hour period. There is nothing to accomplish except relaxation.

Starting in 2004, there were numerous scientific studies in Japan and South Korea looking at Forest Bathing. One such study showed significant increases in NK cell activity after a forest visit. NK cells are human natural killer cells in the immune system which are associated with cancer prevention and immune system health. These cells respond to tumor formation and provide quick response to viral-infected cells. Not only were the benefits of Forest Bathing found within the week of a forest visit, but the benefits lasted for a month. The scientist behind this study believes that the NK increase is from breathing in the forest air. The forest air contains wood essential oils like limonene which are antimicrobial volatile organic compounds. The trees emit these as protection from insects and rotting.

Ed and I will be traveling to Japan this year so we may try Shinrin-yoku there. But why wait? See you in the many forests in Huntingdon and neighboring counties!

Where is your favorite forest?

HHWA TIDBITS

Spring Detox Time: Tamara Wolfson's Top Ten Cleansing Activities
(tamarawolfson.com)

- ❖ Drink water
- ❖ Oil Pulling-Swishing
sesame or coconut oil
in the mouth for 5-20
minutes
- ❖ Applying Castor oil
packs to the body
- ❖ Lymphatic Skin
Brushing (brush on
dry skin before
shower)
- ❖ Sweating (saunas to
sweat lodges)
- ❖ Detox bath
- ❖ Foam rolling the body
- ❖ Exercise
- ❖ Sleep
- ❖ Intermittent fasting
(Consider eating all
meals within a 8 hour
window)

Here is Tamara's recipe for a
Detox Bath:

1 cup food grade hydrogen
peroxide

1 cup apple cider vinegar

2 cups Epsom salts

1 cup baking soda

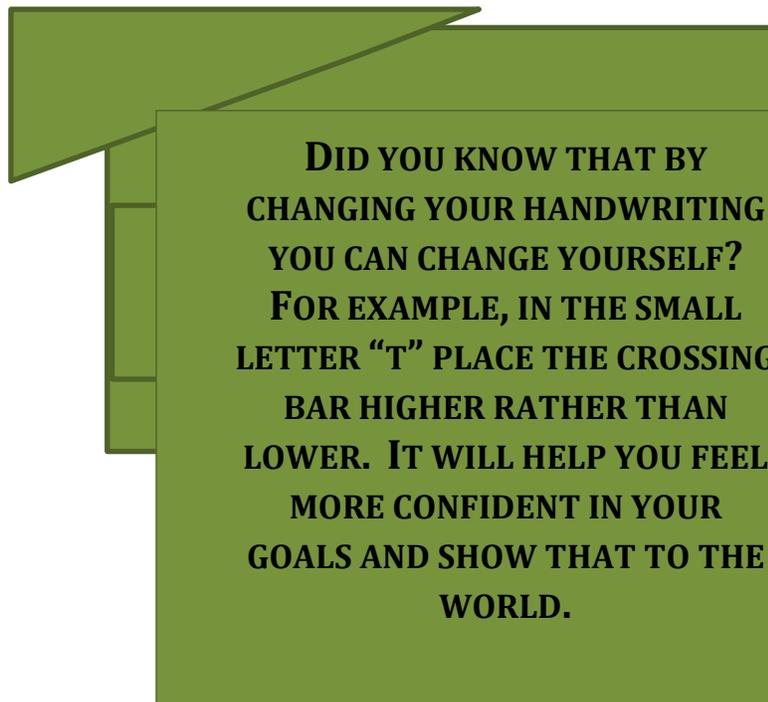
1 cup bentonite clay

Foods to support cleansing
include greens, bone broth,
sprouts, fermented foods,
apple cider vinegar, lemon
juice, and garlic.

HHWA has many upcoming volunteer opportunities. For example, we will be at many community events such as Mayfest, the Senior Expo, and Earth Day at Historic Blair Park. Come hang out or participate in a shift. Information on all events can be found at www.hhwa.org, and you can be scheduled by contacting Dana Jefferson at wintersjoy74@gmail.com.

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Did you know that there can often be a relationship between low blood sugar and fears and phobias? For example, if you have a fear of flying with no known cause, then check your eating patterns when you fly. Do you skip breakfast for an early flight or grab a quick sugar-laden pastry? If so your blood sugar may drop while on the plane. This can put your body into a fight/flight state of anxiety. Then you may start associating the plane with anxiety and associating getting off the plane with feeling better. Try changing your eating patterns when flying and see if your fear is reduced.
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If you have trouble sleeping, try a mantra like “Deep, Sound, Restful Sleep”.



**DID YOU KNOW THAT BY
CHANGING YOUR HANDWRITING
YOU CAN CHANGE YOURSELF?
FOR EXAMPLE, IN THE SMALL
LETTER “T” PLACE THE CROSSING
BAR HIGHER RATHER THAN
LOWER. IT WILL HELP YOU FEEL
MORE CONFIDENT IN YOUR
GOALS AND SHOW THAT TO THE
WORLD.**