



"The only way that we can live, is if we grow. The only way that we can grow is if we change."

C. JoyBell C.



Dear Friends,

Mission statements are the way non-profits tell the world what their organization is here to do. A good mission guides our work, aids our decision-making and provides a guideline for our every interaction. A great mission statement does even more. It compels us to look ahead at the world we want to create. It challenges us, all of us, to take on lofty goals that can only be achieved when we take hold of them, and make them live and breathe in our day-to-day lives.

Last year the Marion Institute (MI) celebrated its 25th anniversary; a great accomplishment for any non-profit. In that time, MI achieved its mission to support people and ideas that encouraged sustainable growth, cultivated environmental awareness and inspired social change. Over the winter, we spent time looking ahead, planning and envisioning what we want to accomplish in the next 25 years. As we welcome spring, we are excited to announce our new mission statement (below) and unveil our new logo.

The Marion Institute is building a movement. We engage individuals and communities in a bioregulatory approach to whole body health. We educate and empower by supporting, connecting and applying the science of self-healing. We believe optimal health is a basic human right, not a privilege.

- With leading practitioners in the field of bioregulatory medicine, we support the development and instruction of professional certifications, ongoing research and dissemination of knowledge;
- Educate the public about innovative approaches, assessments and therapies to health and wellness that treat and balance regulatory systems within the body, treating people rather than the symptoms of disease;
- Propagate a culture of health based on knowledge, accessibility and equity;
- Promote access to this care through financial assistance, with efforts to transform healthcare insurance coverage in the future;
- Serve as the fiscal sponsor for our Greenhouse Initiatives which further expand our vision of community health, environmental resilience and social justice.

We hope you will continue to take this challenge with us.

With health and gratitude,

Liz Wiley, Executive Director





WHY THE TORUS LOGO

The toroidal shape depicted in the new logo symbolizes the continuous flow of energy and the multidimensional nature of the universe. The energy of a torus is continually refreshing itself, continually influencing itself. Just as a torus can represent the multi-dimensional self, bioregulatory medicine is a multi-dimensional approach to health care.

RECIPE OF THE MONTH: How to make Detox Pesto

Jodie A. Dashore, OTD, MS (Neurology), BCIP, HHP, SIC, CCM is an internationally recognized, pioneering physician in the world of "Complex Autism" (TM), Lyme Disease, Biotoxin Illness and Chronic Inflammatory Response Syndrome. Dr. Dashore currently serves patients as Clinical Director within her own practice, BioNexus Health, LLC in Marlboro, New Jersey. She is also on the Board of Advisors of the [Bioregulatory Medicine Institute \(BRMI\)](#). Here she shares with us her recipe for Detox Pesto. For more on bioregulatory medicine, visit www.brmi.online and to find a bioregulatory practitioner in your area, [click here](#).



CONNECTOR
SERIES

IN THE NEWS: Lyceum brings CNN's W. Kamau Bell to New Bedford

Since re-launching in 2016 with an appearance by legendary Washington Post journalist Bob Woodward, followed the next year by American feminist icon Gloria Steinem, the [New Bedford Lyceum](#) has essentially been one special evening each year at the Zeiterion Performing Arts Center.

That changes this year with the appearance of W. Kamau Bell. In conjunction with his appearance in New Bedford on [April 6](#) the [New Bedford Lyceum](#) has worked with community organizations to start the conversation before the sociopolitical comedian even arrives in the city.

"Since Bell deals with a variety of issues, we wanted to make sure we knew what the climate was," before his appearance, explains Lyceum partner Patti Rego, from the Marion Institute. Besides which, "civic discourse is what the Lyceum is all about," she adds. [TO READ MORE, CLICK HERE.](#)



The Cortisol, High Blood Sugar, Inflammation & Weight Gain Connection

Tuesday, April 16, 2019
11:30AM EST



Presented by:
Dr. Stephen Cabral, IHP
Naturopath, Ayurvedic &
Functional Medicine Practitioner



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