

natural awakenings®

HEALTHY LIVING

www.naturalawakeningsmag.com

Natural Awakenings is your guide to a healthier, more balanced life. Our mission is to provide insights and information to improve the quality of life physically, mentally, emotionally and spiritually. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

DEPARTMENTS

- newsbriefs
5
- globalbriefs
10
- healthbriefs
11
- consciousseating
24
- calendar
26
- classified
37
- resourceguide
38

PG. 12



Practitioner Profile: Healing Hands for Trauma

by Karen Kerns

14

PG. 16



Menopause and Beyond with Dr. Christiane Northrup

by Kim Childs

16

Change of Life Calls for Natural Treatment

by Andréa Brisson

19

PG. 20



Inward Garden Planting a Sacred Realm of the Soul

by S. Alison Chabonais

20



HOW TO ADVERTISE

To advertise with Natural Awakenings or request a media kit, please contact us at 734-337-3388 or email aampublisher@NaturalAwakeningsMag.com. Deadline for space reservation is the 15th of the month prior to publication.

NEWS BRIEFS & ARTICLE SUBMISSIONS

Email articles, news items and ideas to: aameditor@NaturalAwakeningsMag.com. Deadline for editorial the 5th of the month prior to publication.

CALENDAR SUBMISSIONS

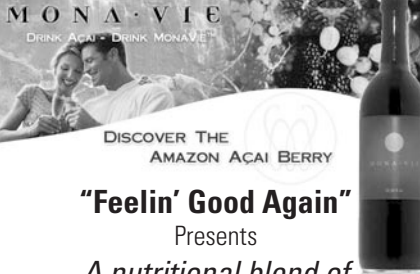
Email Calendar Events to: aamcalendar@NaturalAwakeningsMag.com or fax to 734-337-3394. Calendar deadline the 15th of the month prior to publication.

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines servicing communities since 1994. To find our many locations, how to place your ad in other markets call 888-434-9392, or for franchising opportunities call 1-877-530-1377 or visit www.naturalawakeningsmag.com.



MONA · VIE
DRINK ACAI · DRINK MONA · VIE



DISCOVER THE
AMAZON ACAI BERRY

"Feelin' Good Again"
Presents
*A nutritional blend of
19 fruits and berries from
around the world featuring the
ACAI Berry from Brazil.*

MONA - VIE

Mona - Vie is full of antioxidants
with the Acai Berry
being recognized as the
#1 Super Food in the world.

Contact:
Independent Distributors
Dennis and Linda Petsch
517-795-3558
www.mymonavie.com/petsch
Mona - Vie is a non-alcohol product

practitionerprofile

Healing Hands for Trauma

One of life's greatest pleasures is getting a massage. Bodywork can be both exhilarating and relaxing, providing a means to reach deep into our psyche and whisk away



the stresses and cares of the day, the week, the month.

For most of us, massage is something extraordinary. For victims of trauma, how-

ever, bodywork can be a necessary step toward leading an ordinary life.

Karen Kerns is a longtime polarity practitioner, body worker and educator who works closely with women who have experienced emotional or physical traumas in their lives, including childhood and sexual abuse.

Medical research is only now beginning to explore the benefits of massage therapy for emotional trauma. Therapists, however, have long known that trauma manifests itself physically in a variety of ways. Victims of trauma might be numbed physically or, at the opposite end of the spectrum, in great physical pain or discomfort.

For example, a person may have poor posture because the trauma they have experienced is displayed at the center of their bodies. Kerns says this could stem from emotional abuse that has shattered the person's sense of worthiness and innocence, causing their bodies to constrict. A victim who was abused physically might have more acute pains. For example, someone held on the floor for long periods of time during an abuse episode could develop back pain.

Kerns uses a variety of modalities to balance the energy flow in victims of trauma. Polarity is useful, she says, because it is based on electromagnetic energies that can open up energetically blocked sites in the body, making way for healing energies to enter. It can also be much less invasive to people who are physically sensitive.

"The first thing I do is establish a resource with the person that gives a feeling of comfort, caring and confidence," says Kerns. "Then I begin with the permission of the client, to hold areas on their bodies that are most comfortable for them."

Victims of sexual abuse, for example, will be very protective of their bodies and so they are sensitive or numbed in their pelvic area. Polarity works well, Kerns says, because it doesn't require them to disrobe. Physical contact can happen instead in reflex areas that relate energetically to the traumatized area such as the throat or knees. Therapeutic caring touch can help release the fear of harmful touch experiences. This can assist a person who is afraid of physical contact become more at ease with it.

Trauma therapy depends as much on soothing speech as it does on touch. Repeatedly asking the victim what feels best is reassuring and frees them to voice their sensations.

When they are able to talk about it or the energy is released through bodywork, says Kerns, the physical pain leaves and the physical personality returns. As it heals, the body begins to "think" she says: "The body remembers what health is, but it is the last to come to change."

The healing can be quite obvious and often overwhelming for victims. Sometimes numbed areas begin to tingle. That's a sign of sensation returning energy flow to an area. Some people fear the healing, and then do not return because their memories are recalled through physical release.

"The successful ones are those who see that they want to evolve out of the mindset of trauma," says Kerns. They use a variety of therapies to heal including bodywork, nutritional therapy and psychotherapy. "The body remembers what health is. My work is to facilitate that healing."

Karen Kerns practices at 1945 Pauline Blvd., Ste. 11 in Ann Arbor. She can be reached at 347-0532. Visit her web site at KarenKerns.com or PolarityCenter.com

Silvio's
organic pizza

"If there's a better tasting pizza in the Washtenaw County, we've yet to try it!" – Ann Arbor News

Featuring:

- Organic, Vegan & Whole Wheat Pizza
- Organic Sandwiches, Organic Soups
- Organic Salads Made Fresh To Order
- Organic Pastas, Organic Beverages
- Calzones and Bombes
- Fresh Organic Bread
- Organic Homemade Cookies

~ SUNDAY SPECIAL ~
"Domenica Italiana" Organic Buffet

715 North University
(734) 214-6666
www.silviosorganicpizza.com

Dine In and Order a
16" Pizza, Get a
FREE 1/2 SALAD!
~ or ~
10% OFF Your Order
Upon Presentation of this coupon.