



Heart to Hearts

A non-profit wellness organization whose mission is to educate individuals about healthy lifestyle choices.

January – April 2017

Listen and Learn from Heart to Hearts Speakers

by Liz Hagen

Sue Ellen Strong and David Crewdson spoke at the February 7 Heart to Hearts member meeting. They are practitioners of myofascial therapy (among other modalities), a type of safe, low load stretch that releases restrictions and relieves acute and chronic pain throughout the body.

The myofascial system is the web of connective tissue that surrounds our muscles, bones, nerves, blood vessels and organs.

Diagnosis of myofascial disorders is difficult, since fascial restrictions don't show up on MRI scans or X-rays, but they can play significant roles in creating pain and malfunction in the structure of the spine, extremities and organs.

Bodywork master

David Crewdson, LMT (licensed massage therapist) is a master of therapeutic bodywork. He has combined experience as a physical educator, personal trainer, physical therapy assistant and massage therapist, which has allowed him to utilize multiple modalities for unsurpassed therapeutics efficacy.

This type of therapy is a third career for Sue Ellen. She is a chemistry major who worked with Dow Corning for 13 years, followed by two years at General Electric Plastic. Her second child developed



David Crewdson and Sue Ellen Strong

severe cerebral palsy, and she tried to help by learning cranial therapy. Believing that human stem cells could be effective in treating this disorder, she was a founding member of Children's Neurobiological Solutions Foundation, Inc, a non-profit seeking brain repair and regeneration therapies for children and families with special needs, which she helped manage for six years.

In her early 40s, Sue Ellen joined David Crewdson at MyoFascial Freedom (MYF), Morristown, NJ. Most MYF patients have pain in the lower back, joints, knees, temporomandibular joints (TMJ) or plantar fasciitis. MYF does not accept Medicare and most patients pay by the hour. Many of the clients get "out of network" reimbursement through their private insurance.

Recovery time

Patients vary in the speed of their recovery depending on past trauma, and their levels of hydra-

tion, nutrition and magnesium. "I do a lot of post-op work, especially on scar tissue," Sue Ellen says.

Classes available

Sharon Kais spoke on the benefits of meditation at the January 17 member meeting (see photos on Page 3), has practiced various forms of yoga and meditation for 35 years. She is a 2016 graduate of the Prana Yoga 200 hour, 10 month teacher training at the Princeton Center for Yoga and Health, studying with Jeff Migdow, director and founder of Prana Yoga. She has also completed 60 hours of Levels 1-3 of children's yoga teacher training by the Little Flower Yoga School and is a certified Reiki teacher. She is currently enrolled in a year long certification module to broaden her knowledge of meditation.

Sharon now teaches yoga and meditation to friends and clients of all ages — including children — at her facility in Hamilton Township, and in private classes. Classes at her facility in Hamilton township range from \$50 - \$100 per hour for private classes to \$10 to \$15 per student for larger groups.

Sharon believes that she is both a giver and a receiver: "Every time I teach, I learn one new thing," she says. "Meditation rewires the brain on how you respond. When you change the way you look at things, the things you look at also change."

Please Renew Your Membership!

Our annual membership drive is on now. Your enrollment notice for 2017 will be in the mail soon. Please send in your dues and renewal notice. If you haven't officially joined us yet, please do so by going to our website at www.hearttohearts.org, click on membership and download the member form, or email us at hearttohearts@gmail.com. Please return your dues by March 17. If you are able to make a donation as well, we would be most grateful.



Letter from Terry Tucker, President

We have planned an excellent line-up of speakers for 2017. Our first member meeting on January 17 focused on the benefits of meditation with guest speaker Sharon Kais. The February 7 meeting featured guest speakers Sue Ellen Strong and David Crewdson of MyoFascial Freedom, who demonstrated myofascial therapy as a way to release fascial restrictions and relieve pain. March will bring Dr. Aaron Bellows, practitioner with Princeton Gastroenterology Association, will provide an informative update on G.I. (gastrointestinal) issues. On April 11, Dr. Banu Mahalingam of Princeton Cardiology will give us the latest on cardiac health.

On March 22 our Nutrition Support group will hold its annual Soul Food Dinner – with a healthy focus on the foods we prepare. The ladies make a variety of comfort foods that are tasty and have some health benefits as well.

March also is our annual member renewal period, so look for your dues notices this month. We appreciate your support and thank you for your donations. Your dues help us to continue our mission of education and prevention.

I invite you to attend the February 28 Detox presentation by Sydney Lee of Designs for Health for more information on this new program. Dr. Kate Thomsen will conduct the Dietary Detox classes starting on March 21 and concluding on April 4 (see Page 7 in this issue for more information on the benefits.) Please let us know if you are interested in signing up for the classes. Space is limited and we need to order the supplies for attendees, so contact us by March 7.

We are seeing great results for clients who have taken our Micronutrient Testing program. Significant improvements have occurred for those who have made dietary changes and have been compliant with the recommendations for vitamins and supplements. We'll be offering the testing, classes and consults several times this year, in February, April, June and September. Please contact us if you are interested so that your name will be on the list. Space is limited.

Terry

My Micronutrient Deficiencies Were Corrected by Supplements

by Heart to Heart member Mary Hornyak

When I first heard about micronutrient testing, I was unsure whether it would give me any more information than a typical blood test. However, it is a comprehensive analysis of the body's intracellular function that measures 35 vitamins, minerals, and antioxidants within the white blood cells. Deficiencies in these areas make us more susceptible to chronic diseases like arthritis, cancer, diabetes and cardiovascular disease.

My results were reviewed and analyzed by Dr. Kate and Terry Tucker. I was seriously deficient in seven areas, most of them directly related to a weak immune system. I am a breast cancer survivor and a strong immune system is crucial to stopping a recurrence of the cancer.

Dr. Kate and Terry recommended

several supplements. I started taking a strong multivitamin, CoQ10, Glutaclear, Vitamin D, Omega 10, and a probiotic. At first I was skeptical about taking so many supplements. I hate taking pills.

However, I persevered and took all my supplements on a daily basis.

Eight months later, I had my micronutrients tested again and the results were astounding to me.

NOT ONE DEFICIENCY WAS REPORTED. There were still a few micronutrients that were near the borderline and Terry and I are working on strengthening these with recommended additions to my daily diet.

I can highly recommend micronutrient testing. It opened my eyes to deficiencies a typical blood test would not identify. I look forward to having the testing done again sometime in the future.

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“When you change the way you look at things, the things you look at also change”



Sharon Kais (left) leads a class in meditation at the January 17 member meeting: “Meditation rewires the brain on how you respond to certain situations. When you change the way you look at things, the things you look at also change.”

Programs and Meetings

Wellness Consultations

Heart to Hearts, Inc. offers a personal health and vitamin consultation with an experienced medical professional. We will review your family history, assess your risk for certain diseases and make recommendations to improve your health. Call Terry Tucker RN at 609-498-7968.

Monthly Member Meetings

Our member meetings this winter will be on the following dates: March 14 and April 11 (the speaker in January was Sharon Kais on The Benefits of Meditation) and in February Sue Ellen Strong and David Crewdson (Myofascial Release). March's speaker is Dr. Aaron Bellows of Princeton Gastroenterology, and Dr. Banu Mahalingam of Cardiology Associates of Princeton. All meetings are held at the 3131 Princeton Pike office and start at 7 p.m. Members attend for free, guests are welcome (\$5 donation).

Massage Therapy

Angelic Touch Massage, LLC has expanded its practice and moved to a new location as of February 1. Their

new address is 445 Whitehorse Ave, Hamilton, NJ 08610. They have two therapists at the location, Arlene Hancock and Carlise Cardinale and their office phone number is 609-489-9699. We will miss Arlene and Carlise and wish them well. Cost for a 90-minute half-body massage by Arlene Hancock is \$65; a two-hour full-body massage is \$100. Call Arlene Hancock PTA, LMT. Cost for a 30 minute, half body massage by Carlise Cardinale is \$35 and for a full body (one hour) is \$75.

Nutrition Support

A Nutrition Support meeting will be held March 22 at 78 Ditmars Avenue, Lawrenceville from 7 – 8:30 p.m. Call Terry at 609-498-7968 to RSVP. \$10 donation.

Office Hours

We are now holding regular office hours: Tuesdays from 1:30 – 5:30 p.m., Wednesdays from 12 noon to 5 p.m. and Thursdays from 1 p.m. – 3:30 p.m. If you are planning to pick up vitamins please call the office (609-498-7968) in advance to be sure we have your order.

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In order to service the Community, I am available by appointment to meet with you at the location below:

989 Lenox Drive, Suite 120
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Please call me at 856-231-2630 to request an appointment.

Looking forward to speaking with you soon,
Betsy Kuhns

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Mindful Eating

by Jacki Chadwick

The inspiration for each of the “Mindful Eating” articles is unique and propels me like a mysterious gust of wind. Once in motion, I begin a journey that leads me to my destination, a healthful recipe that I hope will entice others.



Examples of my past inspirations include a childhood memory, a needed dietary change, and a fascination to learn more about a specific ingredient. In every case, for me, the journey is as rewarding as reaching the destination. Along the road of discovery, I increase my knowledge about a food’s origin and nutritional value, healthy substitutions for ingredients, and different spices.

Given the time of year, you will not be surprised to learn that the latest “gust” resulted from my gluttonous eating during the holiday

season. The sensation of feeling “stuffed” led me to investigate recipes that involved stuffing something. The variety of food items you can stuff is mind-boggling, but I chose to narrow my search to vegetables. What better way to incorporate more vegetables into the diet than to make them the focal point of a meal!

The recipe I chose, Southwestern Stuffed Acorn Squash, met my criteria for a nutritious dish that didn’t make me feel like the traditional bird on Thanksgiving Day.

Why this recipe?

- Black beans are an extremely affordable source of protein, filling fiber, disease fighting antioxidants, and numerous vitamins and minerals.
- Acorn squash contains vitamin A, niacin, folate, thiamine and vitamin B-6, and is an especially good source of vitamin C.
- Cumin, a nutrient-rich herb, is thought to boost the metabolism and the function of the digestive system. It also has anti-inflammatory and antiseptic properties.

Southwestern Stuffed Acorn Squash

(Eating Well Magazine, September/October 2007
Original recipe slightly altered to reflect personal preferences)

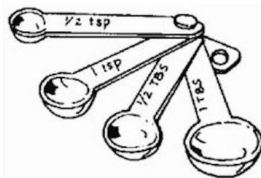
Serves 6

INGREDIENTS

- 3 acorn squash, (about 1 pound each)
- 5 ounces bulk turkey sausage
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 cup cherry tomatoes, each sliced in half
- 1 15-ounce can black beans, rinsed (see Tip)
- 1/2 teaspoon salt
- Several dashes hot red pepper sauce, to taste
- 1 cup shredded Swiss cheese

DIRECTIONS

1. Preheat oven to 375°F. Line a baking sheet with aluminum foil and lightly coat with cooking spray.



2. Cut squash in half horizontally. (Note: You may need to shave a little off the uncut side; it must sit securely once stuffed). Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 40-45 minutes.
3. Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.
4. When the squash are tender, reduce oven temperature to 325°F. Fill the squash halves with the turkey sausage mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.

Tip: Canned beans are convenient, but they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium, or opt for low-sodium or no-salt-added varieties. If you have the time, cook your own beans from scratch.

** Some recipes may contain ingredients that are not recommended for everyone. When in doubt, always check with a health professional.*

MAKING THE DECISION ABOUT DETOX

If you knew you could experience deeper sleep, reduced joint pain, improved weight loss, better focus and memory, improved sex drive, and improved digestion in 14 days, would you be interested? Some of the benefits of detoxification were covered during an informative discussion on February 28 at Heart to Hearts. The presenter was **Sydney Lee**, Functional Medical Consultant for Designs for Health.

Is Detoxification Important?

Many of the toxins, also known as POPs or persistent organic pollutants, which are

abundant in the environment today did not exist 30 years ago. These new toxins/POPs include certain pesticides, herbicides, and industrial chemicals that can enter our bodies through food, water, and air supplies.

These toxins can and often do become trapped in our body's organs and tissues, which over time can negatively impact our health, vitality, overall wellness, and may contribute to the development of chronic illness.

The liver and kidneys function as the body's 'filter' for harmful substances. It is important that this 'filtration system' receive cleaning on a regular basis.

Is Detoxification Right for You?

If you wish to make an informed decision about how detoxification fits into your personal wellness plan, Terry Tucker is always available to answer questions about Heart to Hearts' detox program, which offers a convenient and easy-to-follow food plan.

Detox Classes

with Dr. Kate Thomsen

March 21 and April 4

sign up by March 7

Call Terry at 609-498-7968



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CALENDAR FOR JANUARY - APRIL

March 7	April 11	Member Meeting	Annual Member Meeting
March 14	April 19	Micronutrient Class	Micronutrient Draw
March 21	April 24	Member Meeting	Micronutrient Draw
March 27	April 29	Detox Class	Micronutrient Draw
April 4		Healthcare Portfolio Class	
		Detox Class	