

Kimbits

Many exciting things have happened since my last **Kimbits**. I've completed Level 5 of Healing Touch and am submitting my certification package now. It's been 3 ½ years of learning and fun! What a wonderful community of friends I have met on the journey. I've completed a 3-year term on the Board of Healing Touch Calgary and am starting a 3-year term on the Board for the Healing Touch Association of Canada (HTAC). We're off to Africa on safari in October; time for play! I trust you enjoy the sites below. To [unsubscribe](#) please send me an e-mail. May you be well and happy! Kim

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These ladies showed me another way to use my Tibetan bowls!

Join us!

[Uniting Healers Worldwide Conference
Calgary](#)

September 25 - 29, 2008



Let Your Spirit Soar - Healing
Self, Others and the Land

Tune your soul...

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift." A. Einstein

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Sound Healing Well, here's confirmation! You know the therapy you are working in has made the big time when Natural Standard writes a review on it. It's right up there with getting a MacDonald's if you are a small town! [Natural Standard](#) is the "gold standard" review organization for CAM therapies and license their database products globally.

Safe Use of Plastics Guide Our water bottles go with us constantly. I call them "adult sippy cups". And now a new question: Is drinking from that plastic water bottle bad for your health? Check for a small recycling symbol on the bottom of most plastic containers. Inside the symbol is a number, which tells you what the container is made from. Then look at the chart on the link above and you'll find a recommendation on its uses.

Omega Medicine: Is Fish Oil Good for What Ails You? Will fish oil do all the wonderful things promised? Here's some good, basic information from the Center for Science in the Public Interest.

Study Of The Effects Of Healing Touch Therapy A study is currently underway at the University of Cincinnati to determine if "... pairing ... Healing Touch with mild sedation ... truly calms patients undergoing minor procedures." Results to date are positive.

Vitamin C Injection May Treat Cancer Dr. Mark Levine, chief of the U.S. National Institutes of Health's Molecular and Clinical Nutrition Section, co-authored a study in mice that showed injections of Vitamin C can reduce tumor size. Vitamin C injections for cancer treatments have been used in CAM for some time. It is interesting to see clinical studies, although still early in the cycle of "proof setting", indicate there may be validity to the claims. As always, "more study is required" before the finding can be confirmed in humans.

How effective are alternative treatments for the symptoms of menopause? I worked on this project with some great people from the CHR and University of Calgary and was pleased to see it featured in the AHFMR newsletter.

Showcasing Sound Healing

I "chimed in" the opening session to the [Integrative Health Institute's](#) conference on Wellness and Holistic Health and later enjoyed providing an experience of Sound Healing and Healing Touch to attendees who dropped in to my "Wellness Station". Watch for information on next year's great event! Many thanks to Elaine Danelesko, Director of the Integrative Health Institute, for her support and encouragement. [Circles of Rhythm](#) always put on a great drum circle and our evening at Cantos was exceptional. We enjoyed drumming and community while Judy provided healing practitioners with an opportunity to present our services. I also presented workshop for private groups, at Women's Health Resources and at Prema Sai.

Prema Sai Wholistic Living

Watch for upcoming workshops on **Crystal Bowl Healing** and **Toning** at Prema Sai Wholistic Living this fall. I am available for Sound Healing or Healing Touch appointments at Prema Sai Thursday-Saturday.



We call our retreat "Little Cabin in the Woods"