

Davis Holistic Health Center

Winter 2011 Newsletter



Happy Holidays to you all!

The Davis Holistic Health Center has much to be thankful for this season as we are welcoming Rasa Sammy on our staff as a full time acupuncturist to provide quality and timely care of our patients. Rasa has much to offer as she has practiced in medical clinics for more than 12 years and has personally trained with Brian to learn his techniques and protocols. I am personally grateful that Rasa has signed on board as it will help us to serve you, our patients, more effectively.

Rasa's schedule is also maintained by our stalwart front office person, Terry Pelton so it will be easy to schedule appointments. You can read about Rasa's accomplishment's in her bio at the end of the newsletter.

After many years with no increase in fees, we are modestly raising our appointment fees to \$90 for first time visits and \$75 for follow up appointments. This rate increase will be effective January 1, 2011.

Here at the Davis Holistic Health Center we are committed to your overall health and look forward to supporting your physical, mental, and spiritual sense of balance.

Brian Dempsey, L.Ac.

New for Winter

Holiday DeStress Qigong - Mondays December 5th and December 12th 5:45pm-6:45pm. Come one, come all!

Breathe, relax! Flowing movements to help relieve holiday stress. \$15 per class.

Instructor: Rebecca Pope (530) 792-7127, e-mail: qigongforhealth@gmail.com

Give the Gift of Massage for Christmas!

Gift certificates are available from our fabulous massage therapists Carolyn and Lauren! We will have them in the front office for purchase.

Yin Yang Medical Qigong - Mondays starting January 9th 5:00pm-6:00 pm. This class features a lovely form in which the postures are joined together like tai chi. The form helps us cleanse and replenish the major organs and encourages our internal yin and yang energy to harmonize for better health. Qigong Classes are \$140.00 for 10 week session or \$15.00 for drop in single class.

Instructor: Rebecca Pope (530) 792-7127, e-mail: qigongforhealth@gmail.com

Join us for our Open House!

January 12, 2012

5:30- 7:00pm

Please join us in celebration of the New Year and our new acupuncturist Rasa Sammy! Drop by anytime during those hours for drinks, hors d'oeuvres, and great friends!

Classes for Winter



DHHC

Qigong for Healthy Aging - Mondays 4:00pm-5:00pm New session starts January 9th.

Learn how Chinese medicine understands the aging process in this class designed for active seniors and boomers. In China, everyone moves and exercises well into their advanced years. Students will practice gentle movements that can address stress (a major cause of aging), lower hypertension, enhance immune function and improve balance and flexibility. We will also work with exercises that come from Taoist longevity practices. Beginning and repeat students welcome. Qigong Classes are \$140.00 for 10 week session or \$15.00 for drop in single class.

Instructor: Rebecca Pope (530) 792-7127, e-mail: qigongforhealth@gmail.com

Yin Yang Medical Qigong - Mondays 5:00pm-6:00pm New Session starts January 9th.

This class features a lovely form in which the postures are joined together like tai chi. The form helps us cleanse and replenish the major organs and encourages our internal yin and yang energy to harmonize for better health. It is said that qigong helps to jump-start the body's own capacity for healing, and this form, with its gentle stretches, is a great place to start. Qigong Classes are \$140.00 for 10 week session or \$15.00 for drop in single class.

Instructor: Rebecca Pope (530) 792-7127, e-mail: qigongforhealth@gmail.com

Qigong for Stress and Fatigue - Mondays 6:00pm-7:00pm New session starts January 9th.

Looking for a bit of down-shift time in your week or searching for better ways to address stress? In this class we will discuss how Chinese medicine understands stress and its effects on particular organs and practice gentle, relaxing exercises that can help us feel more centered and less tense physically and emotionally. We will also work with exercises can help boost qi energy so the practitioner feels replenished in body, mind and spirit. Beginning and returning students welcome. Qigong Classes are \$140.00 for 10 week session or \$15.00 for drop in single class.

Instructor: Rebecca Pope (530) 792-7127, e-mail: qigongforhealth@gmail.com

ACI-Davis: Monday Meditation - 7:30pm-9:00pm Classes are ongoing.

All are welcome to participate in our Monday night group meditation led by John Douhitt, Marc Ross, Amie Diller, and senior ACI SacDavis students. We'll have a short general talk on meditation, brief meditation instructions, followed by sitting and walking meditation. People of all spiritual beliefs are welcome. Chairs are available--you don't even have to sit on the floor! *Free.*

Instructor: Call Amie/Marc (530) 756-3661, www.aci-davis.org

Restorative Yoga & Meditation for Relaxation & Pain Management - Wednesdays 10:00am-11:30am AND 6:30pm-8:00pm Classes are ongoing.

This class incorporates self-care techniques that you can incorporate into your daily life to relax and reduce physical and emotional stress. The practice is adaptable to beginning as well as advanced students looking to slow down and rejuvenate their body, mind, and spirit. Kristen will utilize comfortable positions to invite the body to release tension, open, and relax. She will also incorporate breath work, relaxation techniques, and visualizations to decrease anxiety, improve concentration, and promote a calm mind.

Six class pass for \$72 or drop-in price of \$15 per class.

Instructor: Kirsten Ferries (530) 750-9015, email: kirstenferries@yahoo.com

Dance Movement Therapy for Patients and Survivors of Cancer - Thursdays 9:30am-11:00am 12 week sessions starting August 25th

This 12-week program will use dance movement therapy and imagery as a means to enhance the healing process and build a supportive community. It will provide support, relaxation and insights to its participants. The goals are to enhance wellness through improved body image, energy level and sense of self. *Free.*

Instructor: Nandi Szabo, M.A., A.D.T.R., Registered Dance Movement Therapist (916) 529-1079

Beginning Yoga - Thursdays 5:30pm-7:00pm Classes are ongoing.

This is a gentle class appropriate for beginners or continuing students who wish to undo tension and develop strength and flexibility. A typical class includes gentle warm-ups, core strengtheners, and basic poses. The focus will be on alignment, relaxation, and breath-work. We will explore the centering, calming, and healing power of the breath and of the way yoga quiets the turnings of the mind.

Instructor: Janet Papale (530) 753-8111 or (530) 220-5772

Qigong for Psychotherapists - Fridays 12:00pm-1:30pm Classes are ongoing. NO class on the second Friday of each month.

Are you seeking a new way to integrate your interest in self growth and mindfulness with a group of psychotherapists? Do you want to have a way to reduce your stress? Come join a small group of therapists practicing the ancient art of qigong and learn of the power qigong has to provide tools for transformation. As we literally embody attitudes of compassion, openness, groundedness, and boundedness we come to find how to make these "stances" part of ourselves.

\$20 per class.

Instructor: Renee Dryfoos (530) 297-5095

Skill Studio Classes - The Skill Studio offers a wide variety of classes in Emotional Intelligence Training that range from anger management to interpersonal communication to drug/alcohol recovery psychoeducation. Also offered are parenting classes for parents and character building classes for teens.

They have separate classes for teens and adults. All Skill Studio emotional intelligence classes are grounded in Mindfulness Based Stress Reduction Techniques. To register or for more information please call (888) 577-0707.



Acupuncture and Herbal Medicine

Brian Dempsey, L.Ac. is the founder and owner of the Center and provides acupuncture and herbal medicine services. He is a founding member of the Sutter Center for Integrative Health and is an adjunct teacher for the UC Davis Medical School. He has practiced acupuncture and herbal medicine for almost two decades. Brian has formal training from the Chinese School of Medicine in the United States and China. Brian treats a variety of health problems including muscle strain, sciatic issues, bursitis, arthritis, and numbness and tingling ailments. In addition, he treats migraine and tension headaches, neck tension, whiplash, back pain, and degenerative disc disease. Whatever your pain or discomfort, Brian is sure to find a way help through treatment and/or herbal practice. Brian follows NIH protocol for all his acupuncture treatments and stays up to date on the latest techniques through seminars and literature. To make an appointment with Brian please call the office at (530) 758-7525.



Welcome Our New Acupuncturist!!

Rasa Sammy, L.Ac. is a Nationally Certified and California state licensed acupuncturist who has been practicing acupuncture and massage since 1999. She received her training at Five Branches Institute (College for Traditional Oriental Medicine), California State Tutorial Program for Acupuncture, and the American School of Botanical Medicine. Prior to joining the Davis Holistic Health Center, Rasa practiced acupuncture in integrative medical clinics with family physicians, orthopedic surgeons, and physical medicine and rehabilitation doctors. Rasa served as acupuncturist for the UC Irvine Graduate Student Wellness Clinic faculty and was course director at the UC Irvine College of Medicine's Introduction to Oriental Medicine Program, teaching acupuncture to medical students and physicians. Her areas of specialization address chronic pain and musculoskeletal injuries, fertility, headaches, digestion, asthma, and allergies. She is also trained in massaged therapy and Reiki. Rasa has apprenticed under Brian Dempsey to learn DHHC protocols and is excited to serve the Center's clients. To make an appointment with Rasa please call the office at (530) 758-7525.

Massage Therapy

Carolyn Forlee and **Lauren Boswell** are our Certified Professional Massage Therapists. Years of training and dedication to their art has perfected their skills in a wide variety of massage techniques including Deep Tissue Massage, Thai Massage, Sports Massage, Energy Massage, Swedish Massage, Shiatsu Massage, and Lomi Lomi Massage to name a few. Carolyn's and Lauren's techniques incorporate full body stretching, body manipulation, pressure points, and energy work to achieve maximum benefit for your body. These massage therapies are an essential ingredient for optimal mental and physical relaxation. Headaches, muscle knots, tension, pain, and sleepless nights are eradicated through Carolyn's and Lauren's amazing sessions. To make an appointment with one of our massage therapists call Carolyn at (415) 215-7975 or Lauren at (530) 341-3239. You may also contact Lauren through her website at www.bodytherapy.clickbook.net.





Rolfing for Structural Integration

Tom Richards is a Certified Rolfer and Movement Practitioner by the Rolf Institute in Boulder, CO and has a B.S. in Kinesiology. Governed by a Code of Ethics & Standards of Practice, Certified Rolfers have extensive training in anatomy, physiology, kinesiology, and their therapeutic relationships. Tom has additional training in nerve manipulation, joint mobilization, and Rolf Movement. With years of experience treating scoliosis, TMJ, carpal tunnel syndrome, restricted breathing, and gait problems to name a few, most any musculoskeletal misalignment or movement issues can be addressed through his work. Tom looks forward to merging his passion for movement, body work, learning, and holistic health to help people move and function more soundly. Flex pay or Cafeteria accounts can cover the costs of Rolfing treatments. For an appointment with Tom call (510) 759-2047.

Psychotherapy

Eric Buck, MFT offers therapy services for families and the individual. For an appointment please call (530) 757-7200 or (916) 929-1180 or visit his website at www.ericbuckmft.net.