



Ruscombe Mansion Holistic Health Center News

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Newsletter # 62

June/July 2011

Feeling depressed? Unmotivated? Sluggish? Consider some of these ideas from the Ruscombe Round Table

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Depression is a common complaint we hear at Ruscombe, as it so often accompanies chronic health conditions. But when depression is the sole condition, it can also be severely debilitating. One practitioner described it as walking through molasses. Your body can feel so heavy, you struggle simply to move, much less motivate yourself to follow advice on how to alleviate your depression. While it goes without saying that each individual is treated uniquely at Ruscombe, around our Ruscombe Table (when we gather semi-monthly to compare notes) we often discover the tips that might be the ones to

lead you on the road to optimal health. If you are the loved one or caretaker of someone with depression, it is rather more difficult to find a list of helpful tips for yourself, but there are several things you can do. See the [complete version this article on our website](#) for some of these caretaker tips.

- Drinking more water, eating well, exercising, and practicing proper breathing all topped everyone's list to help alleviate depression. Ask your Ruscombe practitioner to help you find the food choices right for you. If she doesn't know, she will refer you to one of our medical doctors or nutrition experts on staff. Movement oxygenates the cells, makes you feel stronger, and releases endorphins. Water flushes toxins and lubricates everything and aids digestion.
- There are many acupuncture points on the ear that are helpful for mood and anxiety. Tiny "Ear Seeds" can be placed in the curve of the ear for help throughout the day. They are the size of a poppy seed, or sometimes a gold or silver ball is used to apply continuous acupressure to these ear points.
- Rescue Remedy in a Spray: Keep a bottle in your car. This popular Bach Flower Remedy tends to be mentioned regularly in our Ruscombe Round Table discussions because it is helpful in so many situations.
- Aromatherapy is a pleasant and soothing treatment for depression, and anyone can experiment at home with the scents they find most appealing. Grapefruit is a good place to start, as it's known to be especially effective as an antidepressant.

Visit www.Ruscombe.org for the [full-length version of this article](#), and for more information on our [annual free Open House](#) on 9/18/11 where we will be sampling healing recipes.

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Next Open House is 9/18/2011



Get a Ruscombe Mug and Tote for a \$40 donation!

How You Can Support Ruscombe Mansion
Become an official "Friend of Ruscombe" and help us offset our maintenance costs and keep up with repairs. Only together with your help will we be able to maintain this sanctuary as a healing center in the future.



wellness@Ruscombe.org

www.Ruscombe.org

410-367-7300

4801 Yellowwood Ave.,
Baltimore MD 21209
Coldspring Newtown

Open House September, 18 2011



- Free sampling of delicious and healing recipes.
- The chance to talk informally with practitioners in a relaxed setting.
- Free demos
- Sample yoga
- Featuring a Panel discussion to introduce you to our practitioners.

The fully renovated Community Hall is now open for new programs for mind/body/spirit medicine at Ruscombe.



New bamboo flooring is the star of this gorgeous renovation at our Center. We are interested in locating providers in various movement and meditation professions such as: Yoga, Feldenkrais, Qi Gong, Tai Chi, Laban, Alexander etc. and other mindfulness practices. It is a shoeless or covered shoe (we provide shoe covers) environment.

Are you a movement or meditation teacher looking for a lovely space to offer your classes? If so, please contact Helen in the Central Office at: 410-367-7300 or email your information to: wellness@ruscombe.org to set up a convenient time for a tour of the renovated studio.

Practitioner Offices for Rent



In June we will have 2 lovely practitioner offices for rent. Both are on the second floor in the Mansion building. They are both approximately 185 sq. Both have ample closet space and are located next to the rest room. They are corner offices with 2 windows each. Monthly rental including practitioner fee is \$670 each. Please [contact our Central Office](#) for more information: 410-367-7300.

Please note these photos are representational of a typical office furnished by the practitioner.

Enhance Your Wellness: Classes at Ruscombe

[Friday Morning Slow/Mo + Restorative Yoga](#)

Every Friday at 10:30 AM - 12:00 PM

[Home-Scale Permaculture Design Course](#)

September 10, 2011 9:00 AM - 5:00 PM

Complete listing and updates on Ruscombe classes at www.Ruscombe.org. Subscribe to our email list for updates and special discount offers.