



# Ruscombe Mansion Holistic Health Center News

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Newsletter # 65

November 2011

## Ruscombe Recipe Booklet



Healthy Foods at our Open House

[Download the Ruscombe Recipe Booklet for FREE online at www.Ruscombe.org](http://www.Ruscombe.org)

This booklet represents the recipe contributions of several holistic practitioners at the Ruscombe Mansion Community Health Center in Baltimore, Maryland, some of which were prepared for our Open House in 2011. More information about the services and classes offered at Ruscombe can be found at [www.Ruscombe.org](http://www.Ruscombe.org).

It seems the key to eating well is to eat as close to the source as possible. The fewer processed foods in your diet, the better. Add more fresh fruits and vegetables as lightly cooked as possible. Eat a lot of raw fruit salads and green salads.

If you can take your diet a few steps further, you should seek out organic produce whenever possible, to minimize your exposure to chemical pesticides and fertilizers. More people today are also recognizing the health and environmental benefits of eating a local diet, or at least seeking out local food from farmer's markets, roadside stands, and a growing number of grocery stores.

Requiring more diligence, another dietary choice many are making when they eat meat is to seek out pasture-finished beef and chicken, looking to ensure that the animals are raised in natural environments and processed humanely.

For more ideas on how to improve your diet to maximize its healing potential in your life, consult your Ruscombe practitioner. They can always refer you to one of our practitioners with more nutritional training.

During the school year, Ruscombe is home to the Co-op Café hosted by Bonny Eisenbise, who brings her decades of experience creating healing vegetarian entrees to entice any palate. Call 410-367-7300 to inquire about hours and menus of the day.

## In This Issue

**FREE Ruscombe Recipe Booklet Protein Myths You Need to Know**

**Classes at Ruscombe**

**Ruscombe Mug and Tote \$40**

[Find us on Facebook](#)

[wellness@Ruscombe.org](mailto:wellness@Ruscombe.org)

[www.Ruscombe.org](http://www.Ruscombe.org)

410-367-7300

4801 Yellowwood Ave.,  
Baltimore MD 21209  
Coldspring Newtown



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

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.



## I AM LIGHT MEDITATION

- Learn to Joyfully Play with Light for Self Healing
- Learn to Give and receive Pure Light Blessings

Pure Light Blessings is activation and physical transference of Divine Light Energy. The Divine Light flows directly into the Brain of the Recipient and initiates Enlightenment. Meditation is lead by Betsey Gilbert, LMT. For more information email 1008betsey@gmail.com or call 410-321-5906.

**When: 2nd Wednesday of the Month - 6:30 to 7:45 pm**

**Dates: October 12th - November 9th - December 14th**

**Where: The Meditation Hall of Ruscombe Mansion**

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## Protein Myths

by Peter Hinderberger, M.D., Ph.D., DIHom.

Many people are concerned about not getting enough protein in their diet. Many people believe that a high protein diet helps them lose weight. Many people believe it is necessary to supplement their diet with protein powder to get the essential amino acids. These are all myths!

High protein diets can cause kidney stones and in severe cases, kidney failure, gout, ketosis (too much acidity), heart disease, and cancer. More common problems associated with a high protein diet are constipation, osteoporosis, hypersensitivities, allergies to environmental pollutants, chemical sprays and certain food items.

### Protein Facts

The human body requires 22 amino acids, of which eight are essential for adults, meaning that they must be added from outside sources. In addition, two amino acids called arginine and histadine are also considered essential for infants and small children because of their underdeveloped digestive systems...

[Read the whole article online at www.Ruscombe.org](http://www.Ruscombe.org)

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## Enhance Your Wellness: Classes at Ruscombe

Tuesday Yoga

Tuesdays at 6:30 PM - 7:30 PM  
Gentle yoga for beginners.

Wednesday Yoga

Wednesdays at 6:30 PM - 7:30 PM  
Gentle yoga for beginners.

Friday Morning Slow/Mo +  
Restorative Yoga

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

NIA Movement Class

Saturdays 9:30 AM - 10:30 AM

Come experience this outstanding low impact workout that carefully integrates techniques of dance, martial arts, and healing arts, including yoga. All levels, ages, shapes and sizes are welcome, including women going through a healthy pregnancy. (Under doctor's approval)

[Complete listing and updates on Ruscombe classes at www.Ruscombe.org.](http://www.Ruscombe.org) [Subscribe to our email list for updates and special discount offers.](#)