



The Ruscombe Mansion Community Health Center



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4801 Yellowwood Ave., Baltimore, MD 21209
in the Coldspring Newtown
410-367-7300

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Founder and Executive Director: Zohara M. Hieronimus

Expand Your Mind, Stretch Your Body

To be announced - **Mirror, Mirror - Journaling for Body Image** with Nancy Evans and Dana Knighten. In an atmosphere of mutual acceptance, respect, and confidentiality, we will use journaling and artmaking techniques to listen to and deepen our relationship with our authentic selves. 410.461.7440, admin@baltimorewwc.org.

May 29 - 31, 2009 **5th Annual Eden Life Journeys Reiki and Wellness Retreat** organized by Brenda Doetzer-Pearlstone Conference and Retreat Center in Reisterstown, Presentations by Ruscombe founder **Zohara Meyerhoff Hieronimus**, and herbalist **Sara Eisenberg**, 410-242-6130, EdenLifeJourneys@aol.com www.EdenLifeJourneys.com

June 23-24 Level I & June 25-29 Level II -**Mining Your Metaphors** with Gina Campbell. A systematic process for working with your client's metaphors to promote decision-making, creativity, personal healing and growth.

Yoga for all levels every Mon, Wed, Fri at Ruscombe and **Tai Chi for Children** coming soon.

Full schedules and descriptions at Ruscombe.org



Ruscombe's 25th Annual Open House is September 13, 2009, from 1-4PM. Our Open Houses are your chance to find out which holistic therapy is right for you with one-on-one free time with our practitioners.

Loving Gifts for Mother's Day



Make a tax deductible donation to Ruscombe's outreach program (AUM Center) by purchasing a gift certificate and basket. Or take Mom to lunch at the Ruscombe Co-op Cafe! See Helen in the Central Office for details. 410-367-7300.

Spring Cleaning: Have You Considered Colon Hydrotherapy?

When scrubbing the surfaces of your outer world, don't neglect the cleansing of your inner world, too! Colon hydrotherapy, also known as colon irrigation, colon therapy and colon detoxification, can flush and irrigate your inner world with the infusion of water into the large intestine for colon detoxification.



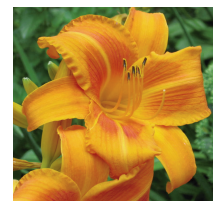
Contact Colon Hydrotherapist Katrina Mahomes to find out if this treatment is right for you.

Our colon cleansing is done in a very quiet and relaxed atmosphere. Privacy is maintained at all times, and because it is a closed system there is no odor or mess. Most people find the treatment relaxing and pleasant. Individualized treatment programs including diet and lifestyle recommendations will be developed to meet your needs and desires. A session involves receiving a regulated volume of water to your tolerance and temperature that will alternate between cool and warm, with a pressure released method to induce and calm peristaltic action. Complete relaxation is the goal, and sessions often include massage or deep breathing exercises.

Contact Katrina Mahomes for more on what to expect in a Colon Hydrotherapy session. 443-655-8398

WANTED: Success Stories Like Yours

HELP US FIND Client-Volunteers to interview for the Ruscombe book who have been treated at Ruscombe for: Trauma, Anxiety/Depression, Pain, Migraine/Headaches, Digestive, Stress, Relaxation, Insomnia, Cancer, and Carpel Tunnel. We share the healing stories in honor of our 25th anniversary. wellness@Ruscombe.org to request our interview application.



Ruscombe Mansion Community Health Center News

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Freedom and Standardization by Peter Hinderberger, M.D.

[Excerpted from a longer article posted at Ruscombe.org]

We love standards, security, predictability, equality, models, norms. These values are the basis of our social life, economy, health care system, and food system (name suggested by Michael Pollard instead of agriculture). There are just two major problems:

1. Who sets the standards, who gives the standardizing body the authority to do so, what data (scientific, empiric, etc) are the standards based on?
2. Standards conflict with freedom and individualization.

I have been a long time committee member of HPUS, the Homeopathic Pharmacopoeia Convention of the United States. HPUS is the official compendium for homeopathic drugs in the U.S. It defines the harvesting, production, and distribution of homeopathic remedies. I withdrew from serving on HPUS because it is a trade organization dominated by one big homeopathic manufacturer, whose primary interest is not the protection of the consumer but its monopoly on homeopathy in the US.

Life is an open, dynamic system best defined as organized chaos and therefore not safe: although an oak tree is always an oak tree, there are no identical oak trees. The same is true for animals, and especially human beings. All higher living organisms have a tendency toward individualization. Anything that is alive resists standardization.

How can the American Academy of Pediatricians (which is a trade organization) come up with a vaccination schedule that has become law in all 50 states? Who gives the AAP the authority to do this? What is the science behind this protocol? To my knowledge there are no randomized, double blind, multicenter, placebo controlled studies (the gold standard in medical research) that validate this "law". Why does a newborn on day one need a hepatitis B shot? Why not on day 7 or 12, or ...? Children are refused education, a fundamental right, if they are not vaccinated. Parents are fined, or even accused of child neglect, if they do not conform....

Click on "Featured Article" at Ruscombe.org for the conclusion.



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>Welcome to Ruscombe Mansion's Web Site

Summer New Moon Gatherings and Herb Talks
in the Rosemary Scavullo Flickinger and Garden
Click here for more info.

Meet Rosemary Scavullo Flickinger, B.A.



Photo: Bryan Burris

Rosemary Scavullo Flickinger began her private practice of shiatsu in 1989, after her return from a four-year apprenticeship in Kyoto, Japan. In 1999 she received her certification in NAET (Nambutripad Allergy Elimination Therapy). In 2007 she became a Certified Clean Facilitator of Symbolic Modeling and Clean Space. More information on that specialty is available at cleanchange.co.uk.

She has graduated from the Energix College of Bioenergetic medicine and offers services as a Holistic Health Practitioner.

She is a Certified Instructor by the American Oriental Bodywork Therapy of Asia (AOBTA) and has over 10 years of experience teaching zen shiatsu.

Rosemary is National Board-Certified in Asian Bodywork Therapy, NCCAOM, -Dipl., ABT. She continues to study with nationally known teachers and healers.

She incorporates her skills in understanding the body-mind process with compassion and a finely tuned intuition. All the above therapies focus on a person maintaining a positive relationship to the self and improving upon strengths.

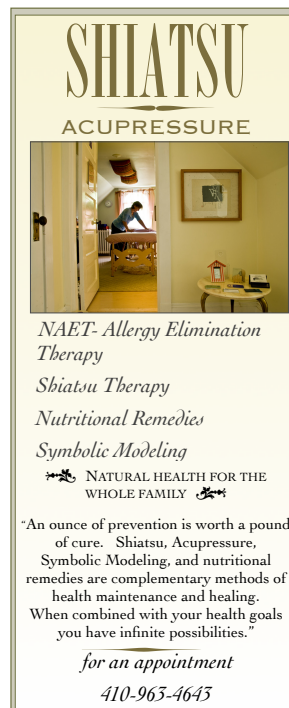
Shiatsu Acupressure
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To reveal your abundant life-force through compassionate touch and personal metaphors.

410 963-4643

shiatsuacupressure@verizon.net

Download Rosemary's new brochure from
Ruscombe.org/scavullo.



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Shiatsu Therapy
Nutritional Remedies
Symbolic Modeling

NATURAL HEALTH FOR THE WHOLE FAMILY

"An ounce of prevention is worth a pound of cure. Shiatsu, Acupressure, Symbolic Modeling, and nutritional remedies are complementary methods of health maintenance and healing. When combined with your health goals you have infinite possibilities."

for an appointment
410-963-4643

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Ruscombe.org