



The Ruscombe Mansion Community Health Center



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Ruscombe Practitioners in the News and on the Move!

Ruscombe Mansion is proud of our practitioners. **World class leading teachers and experts** in their fields, our practitioners sometimes travel the globe, but gratefully always return to grace us with their service at home. Here are a few updates on a few of our newsmakers.

See **Peter Hinderberger** featured in this Month's *Health Quest* with his advice on the flu. In February 2010 Dr. Hinderberger is headed to Haiti to serve on a medical mission tending the less privileged for a week. He is volunteering with a missionary group with which he served some years ago on a similar mission to Thailand.



Kathy Dunn is forming mentoring groups for new acupuncturists to help them with clinical questions and support. She is also training in Yoga Nidra, a form of meditation yoga technique which is being used successfully to assist patients at places like Walter Reid and homeless shelters.

Tessy Brungardt recently returned from six weeks in Brazil teaching a course on advanced Rolfing. She has been invited to Japan next Spring to continue her international good will tour spreading Rolfing wisdom across the globe.



Shoshanna Shamberg is on her way to India in January to teach Irlen Eye Therapy and Brain Gym and then on to Israel for a month to visit her new granddaughter.

Lucy Hagan also recently became a proud new grandmother right here in Baltimore! Congrats All!

Pleasure Principle Lunch on Thursdays

Schedule your next appointment with your Ruscombe practitioner **on a Thursday** and you will be delighted with the new chefs cooking at the Ruscombe Co-op Café. **Richelle Henry and Lucas Seipp-Williams** are waking up our taste-buds with their Vitamin P for Pleasure principle. Offering intriguing, fun classes at Ruscombe like the **High Energy Thanksgiving Meal** and the **Raw Chocolate class**, Lucas and Richelle bring the same creativity to their weekly lunch preparations. Join them on Thursdays (or sometimes left-overs on Fridays, always vegetarian and wheat-free) to sample from the likes of Smokey Greens and Beans Soup, Polenta Pizza, Borscht, and Chocolate Coconut Bliss Balls. Visit www.baltimorehealthcoach.com for more information. Weekly menus posted at www.Ruscombe.org or call 410-367-7300.



Holiday Shopping Made Easy! Gift Certificates from Ruscombe for Every One on your list

Most popular are gift certificates for **massage**, but you can **get creative** with your gifts of health this year. Consider giving your loved one a healing session of Reiki, or Vision Therapy, or Allergy Testing, or Symbolic Modeling, or an Herbal Consultation. **Imagine the possibilities!** Call for details on Gift Certificates for most of the holistic services at Ruscombe. 410-367-7300.

Photos from Our Open House 13 Sept 2009
Join us next year on 10/10/10!



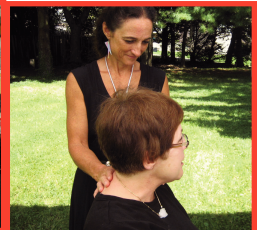
Some photos from this year's Ruscombe Mansion Open House, Sept. 13th. Over a hundred people learned one-on-one from our practitioners and received free sample treatments! Mark your calendar now for next year's free event on 10 October 2010!



Shane Johnson and Katherine Lundy gave free classes in Qi Gong and Yoga by the Lily Pond. Laura Stauffer brought squeals of laughter with her Movement Affirmations. Bonny Eisenbise served the always popular lunch in the Café. Tessy Brungardt gave free Roling samples.



Samantha Spyradakos and Erika Grant gave free Shiatsu and Reflexology sessions all day long -- very popular!



Herbalist Sara Eisenberg gave samples of teas and tonics -- very popular!



Director Zohara Hieronimus and Dr. Ina Grundmann are among the many Ruscombe practitioners that gave out free information.



Professor Paul Trattner delighted the children with his Magic Show!



Standing room only for the panel discussion "Basics of Self Healing" moderated by Zohara Meyerhoff Hieronimus (Founder), and featuring Dr. Ina Grundmann, M.D. (Complementary and General Medicine), Kim Conner, L.Ac. (Acupuncture), Sara Eisenberg, M.S. (Herbal Therapy), Linda Grande, M.S., LCPS (Relationships and Emotional Health), Laura Stauffer, CMT (Massage and Affirmations).

Meet Kathy Dunn



For appointments or info, 410-367-0606.

Katherine Dunn is a practitioner of Classical Five-Element Acupuncture, one of the oldest systems of medicine known to humanity. With its roots in the ancient knowledge of acupuncture masters from China and Japan, this medicine treats the deepest cause of illness from which symptoms arise in the body, mind, and spirit. This is done through the insertion of needles into the energetic pathways of chi (or vital life force) in the body, in order to restore balance and health to the patient.

For the past 21 years, Katherine has studied with both the late **Dr. JR Worsley**, and **Dr. JB Worsley**, both masters of this lineage. She is certified through the State of Maryland as an animal acupuncturist. Katherine also brings to her practice 26 years study of meditation and therapeutic yoga. Likewise, she brings her unique sensitivity as an artist to the understanding and application of energetic healing. Degrees and certifications: M.Ac. (AFEA), Dipl.Ac. (NCCAOM), B.Ac. (CTA-UK), L.Ac. (WICA), B.F.A.(MICA), Licensed in Maryland and Colorado, Certified Animal Acupuncturist (TAI-SOPHIA).