



# The Ruscombe Mansion Community Health Center



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4801 Yellowwood Ave., Baltimore, MD 21209  
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## Special Offers and Savings for Ruscombe Email List Users

Special discounts are offered exclusively to our Ruscombe Email list subscribers. Join today with a quick visit to [www.Ruscombe.org](http://www.Ruscombe.org). Look for the orange tulip on the bottom right of the front page, and then watch your Inbox for infrequent notifications of our classes and workshops, recipes and healthy tips. Best of all, watch for coupons to save you money on your favorite services, lunch items, and remedies throughout the year! See you online!



Pay it forward! AUM at the Ruscombe Mansion is a 501(c)3 non-profit, tax exempt organization dedicated to education and support of the healing services. Your donations help us keep Ruscombe safe and comfortable, and allow your practitioner to offer discounted and free services to those less fortunate. See the Paypal logo on our front page at [Ruscombe.org](http://Ruscombe.org) or call 410-367-7300. Premium gifts for \$35 or more.

## Free Meditation at Ruscombe

**Every Wednesday 11AM** Ruscombe offers a Free Meditation Circle with Pure Light Blessings organized by Betsey Gilbert. Pure Light Blessings are designed to support the receiver in illuminating the brain, reducing fear and confusion, activating our dormant spiritual powers, and releasing all that does not serve us. [betseyr@yahoo.com](mailto:betseyr@yahoo.com). 410-321-5906.

**First and Third Thursdays at 7 PM** Ruscombe offers a Yoga of Light meditation led by S. Glenn Husk, one of the founding members of Savitria. This practice is based on the work of Theosophist Geoffrey Hodson. Call 410-367-7300 for info.

## Limited Time Only -- Practitioner Rental Space Available at Ruscombe Mansion

Those dedicated to the healing arts will find private practice office spaces currently available for a limited time at Ruscombe Mansion. Our tranquil setting and two historical buildings are charged with healing energy, and Ruscombe's professional, licensed and certified providers work together to connect modern and ancient healing. "Ruscombe Health" means peace, love, truth, and plenty for all. See photos of sample rooms by clicking "Rental Spaces" at [www.Ruscombe.org](http://www.Ruscombe.org).



## Teach Your Classes at Ruscombe Mansion

The Ruscombe Mansion has several comfortable conference rooms with seating from 10 to 50 and spacious rooms for movement classes or workshops. Attached kitchens, audio visual equipment for additional rental fees, and free parking. Daily and hourly rates available. Conveniently located near several fine hotels and grocery stores. Affordably priced. 410-367-7300, [wellness@Ruscombe.org](mailto:wellness@Ruscombe.org).



Don't forget to ask about Ruscombe's Pine View Room, available for temporary use by visiting or interning practitioners.

# Ruscombe Mansion Community Health Center News

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Meet Lisa Stambolis, R.N., C.P.N., L.Ac.

*Certified Nurse Practitioner and  
Licensed Acupuncturist*



“I believe in helping people thrive and to find joy and peace in their everyday lives.”

As a nurse practitioner and acupuncturist I have a deep understanding of Western and Eastern medicine. I integrate my knowledge of both to bring optimal health to my patients.

Five-Element acupuncture is a natural and safe form of healing, which addresses a wide variety of common ailments and health problems affecting the body, mind and/or spirit. I also work with the organization Health Care for the Homeless and their children/youth program. I specialize in the treatment of adolescents and adults. Please contact me for a free phone consultation. 410-493-0054 [stambolis@verizon.net](mailto:stambolis@verizon.net)

**Do - It - Yourself Energy Drink  
by Peter Hinderberger, M.D.**

This summer I attended several bicycle events. Besides having my bicycle finely tuned (I love to hear a clean “click” when shifting gears instead of a grinding noise) my main concerns are my stamina and preventing muscle spasms from lactic acid build up.

During these bicycle events the organizers offer a variety of snacks and energy drinks at the rest stops. Except for the fruits, all of them contain either table sugar or corn syrup, which I avoid because they are mineral robbers and acidify the body. Some drinks are carbonated. I do not know who would go for them: either you burp or you bicycle. I challenge you to take deep breaths and burp at the same time!

There are always big containers of water and Gatorade to fill your bottles. Water does not replenish the minerals lost from perspiring. Gatorade contains water, sucrose (table sugar) and glucose-fructose syrups, citric acid, fish oil, sodium chloride

(table salt), sodium citrate, and potassium phosphate. Other minerals like calcium, magnesium, and copper, which are essential antispasmodics, are lacking.

During daily activity our body produces energy (ATP) from carbs, fats and protein with the help of oxygen. This is called aerobic glycolysis. There is no lactic acid build up and the body does not become acidic. However, the rate of aerobic ATP production is slow. During a vigorous workout the body switches to anaerobic ATP production. There is substantial lactic acid buildup in the muscles, which causes pain and muscle spasms. Excessive lactic acid production can lead to lactic acidosis. During anaerobic glycolysis it is essential to replenish the body with minerals and to keep the body alkaline.

A Google search for “home made energy drinks” returned 68,800,000 hits. The worst suggestion was a mix of Red Bull and Coke, with extra sugar and table salt! Needless to say, none of these home made power drinks satisfied my needs and wants. I was looking for an energy drink that tastes good, quenches the thirst, replenishes the minerals, contains fast and slow acting sugars, and helps the body stay alkaline. After several weeks of trial and error I came up with this **“Lemoney Mix”**:



2 tablespoons of lemon juice or 1 lemon (lemons have an alkaline effect in the human body, despite the high acid content!)

2 tablespoons of raw (*yes, I know, but honestly have you EVER actually heard of a person coming down with botulism from raw honey?*) honey (*contains fast and slow acting sugars*)

1/4 teaspoon Celtic sea salt® (contains mineral rich brine and trace minerals)

1 quart of water

If you need some caffeine, use iced tea instead of water. Happy workout!