



Ruscombe Mansion Holistic Health Center News

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Newsletter # 61

April 2011

5 Surprising Ways to Breathe New Life Into Living with Asthma



From Flickr.com by Saturnism

When a child or adult presents asthma symptoms, Ruscombe practitioners will suggest treatments to boost the immune system, check for food allergies and environmental triggers, normalize stress responses, and address the long-term consequences on the body's structure. Here are some of the more surprising ideas for breathing easier with asthma that we discussed at last month's Ruscombe Round Table.

- A homeopathic copper ointment for over the kidneys and adrenals can be most supportive. Copper has feminine characteristics, as opposed to iron; it's open to light and warmth, is malleable and is an excellent conductor, counteracting the resistance that asthma brings.
- Asthmatics should give special support to their adrenal function, which they can do with herbs that act as adaptogens (like Ashwagandha, Siberian or American Ginseng) and nervines (like Skullcap, Chamomile, Passionflower, Motherwort).
- Surprisingly, the hard part about an asthma attack is not the inability to draw a breath, but actually the inability to breathe OUT. The exhale is the letting go - akin to relaxation. Half of the breath is the experience of letting it out.
- Schedule a massage or Rolfing session after an attack to address frozen myofascial patterns and structural strain. Learn the correct way to breathe starting in the lower diaphragm. Mindfulness Based Stress Reduction can create a more peaceful relationship with the breath, and a feeling of being present during the panic of an attack.
- Be extra careful about your personal diet and emotional triggers during the season you are most prone to allergic reactions.

Remember, asthma can be life threatening. When necessary, go to a hospital during an attack. Later you can work on controlling the symptoms and building up health and wellness by visiting the Ruscombe Mansion.

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Barry Drew, RMP

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Next Open House is 9/18/2011

"I personally think if more asthmatics knew what was available at Ruscombe, they would be knocking down your door. You could probably pay off half your mortgage just by letting asthmatics know that there are systems here that can help us feel better."

--Ruscombe Client

"The herbal preparation formulas from Sara Eisenberg over these last couple of years have helped me truly feel better. It's probably the first thing that came along for me that has really helped my health in a way other things just sort of danced around, but didn't quite get to it. So, I'm very faithful with everything that she puts together."

--Ruscombe Client

"I think asthma has a lot to do emotionally with just sort of taking care of yourself. Everybody's reason for having asthma is different. My own journey with asthma has been learning to be very independent and willing to take care of myself, and letting me come first when I need to come first."

--Ruscombe Client

Meet Our Practitioners: Barry Drew, RMP



Registered Massage Therapist

Barry Drew is a Registered Massage Practitioner who specializes in muscular re-patterning, deep tissue, myofascial release, Swedish, Reiki I, sports, and Lomi Lomi massage. Barry incorporates into his work his knowledge of spiritual energy gained from his studies of shamanic and Native American healing. He works in the Hill House on

Thursdays and Sundays and is available the rest of the week for house call massage appointments.

To set up an appointment call Barry at 443-695-4370 or e-mail at drew.4721@comcast.net.

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.

Find us on Facebook

ENHANCE YOUR WELLNESS: ATTEND THESE CLASSES AT RUSCOMBE

Ongoing Coldspring Meditation Group

Every Wednesday at 7:00 PM - 8:00 PM

Friday Morning Slow/Mo + Restorative Yoga

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

The MAGI Process - Sunday, April 17 9:30 - 1:30, Sundays May 8 & 22, 10-12

Basics of Animal Communication with Terri Diener

April 30, 2011 9:30 AM - 4:30 PM

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