



# Ruscombe Mansion Holistic Health Center News

Editor: Laura Cortner. Founder and Executive Director: Zohara M. Hieronimus

Newsletter # 63

August 2011

## Our 500th Subscriber Will Win a Ruscombe Mug!



We will award a mug to every 100th NEW subscriber. Please sign-up for our eNewsletter to those you know would be interested and they may get a free Ruscombe Mansion Mug while they learn about our mission and services. Go to [www.Ruscombe.org](http://www.Ruscombe.org) to sign-up. *Thank you* for supporting Ruscombe in outreach and the health of your friends and family!

## **Open House September, 18 2011**

**Come see our location and meet our practitioners and staff. Bring your questions and take the opportunity to "ask the expert".**



- Free sampling of delicious and healing recipes
- The chance to talk informally with practitioners in relaxed setting
- Free demos
- Sample yoga
- Featuring a Panel discussion to introduce you to our practitioners.



Visit [www.Ruscombe.org](http://www.Ruscombe.org) for more information on our [annual free Open House](#) on 9/18/11 where we will be sampling healing recipes.

## **In This Issue**

**Open House September 18, 2011**

**Meet Our Practitioners: Trish**

**Magyari, MS, CGC, MS**

**Medicine Then, Now, and in the**

**Future**

**Classes at Ruscombe**



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

### **How You Can Support Ruscombe Mansion**

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.

**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

## Meet Our Practitioners: Trish Magyari, MS, CGC, MS



Trish is pleased to be offering:

- Counseling
- LifeForce Yoga
- Meditation
- Mindfulness-based Stress Reduction (MBSR)/Mindfulness-based Cognitive Therapy

to individuals, couples and groups.

She offers individual sessions as well as groups in these modalities on the Ruscombe campus. Trish delights in helping others to increase their sense of wholeness and well-being in the world, and to find peace and contentment in the midst of life's challenges. Her teaching is clear, concise and compassionate.

Please see [www.TrishMagyari.com](http://www.TrishMagyari.com) for more information or contact Trish at 443-939-0232 or [trish@trishmagyari.com](mailto:trish@trishmagyari.com).

## Medicine Then, Now, and in the Future



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

I just finished reading "The Time Traveler's Guide to Medieval England" by Ian Mortimer. Boy, am I glad that I live here and now! In medieval England life was violent, sexist,

boxed in a rigid and unfair class and legal system, traveling was a life threatening adventure, and sickness was deadly.

Only the lords and ladies could afford hygiene, i.e. baths on a regular basis. Although public bath houses existed, their services were more for pleasure than cleanliness and extended to more intimate encounters than water and body and therefore their contribution to health and hygiene were dubious.

Above all physicians were ignorant of anatomy (autopsies were forbidden by the Church till the mid 14<sup>th</sup> century), physiology, and biochemistry. The germ theory was unknown, and so was the circulation of the blood. Illness was divine judgment. Medicine was based on astronomy, the four humors (black bile, yellow bile, phlegm, and blood) and four elements (fire, air, water, and earth).

However, as Mortimer points out, these physicians were not ignorant. They possessed a "colossal amount of medical knowledge. It is simply that their knowledge was very different form ours".

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

## Enhance Your Wellness: Classes at Ruscombe

### [Friday Morning Slow/Mo + Restorative Yoga](#)

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

### [NIA Movement Class](#)

Saturdays July 30, 2011 9:30 AM - August 27, 2011 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)

### [Home-Scale Permaculture Design Course](#)

September 10, 2011 9:00 AM - 5:00 PM

### [Study Group in Nondual Healing and Awakening, Part I](#)

Tuesday Evenings 7:00 - 9:00, beginning September 13

A 6-week study and practice group with Sara Eisenberg, MS based on the teachings of Kabbalistic Healing, A Path to an Awakened Soul

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.

## Practitioner Offices for Rent

We currently have 2 lovely practitioner offices for rent. Both are on the second floor in the Mansion building. They are both approximately 185 sq. Both have ample closet space and are located next to the rest room. They are corner offices with 2 windows each. Monthly rental including practitioner fee is \$670 each. Please [contact our Central Office](#) for more information: 410-367-7300.

Please note these photos are representational of a typical office furnished by the practitioner.