



Ruscombe Mansion Holistic Health Center News

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

Newsletter # 67

December 2011



Growing Trend for Self Care

Self care is personal health maintenance. It is any activity with the intention of improving or restoring health, or treating or preventing disease. When we asked Ruscombe Practitioners Round Table to share their favorite self care tips, we were looking for not only the special things they do for themselves to stay well throughout the seasons, but also how they protect themselves while treating clients. Most holistic practitioners know they are susceptible to picking up negative energies while working with their clients, and the good ones have figured out what works for them so they don't go home with a sore knee like the one they were working on that afternoon.

Here are some of their favorite personal self care practices:

- **Get Enough Sleep:** Your sleep rhythm is as important as a good diet. Go to sleep and get up at the same times. Wind down an hour before bedtime reading positive materials; avoid the over-stimulation of either TV or computer.
- **Physical activity is the best thing to get rid of stress.** Find an activity that suits you (Hint: Pets make great workout buddies!)
- **Working in the garden and getting your hands in the dirt is a great stress reducer.** How can you get any pleasure from the garden during the winter? Do a lot of composting, or you can walk in the garden. You can also enjoy looking at seed catalogues and planning for Spring.
- **Especially for practitioners:** Many find it helpful to start the day and/or each client session with a simple dedication or prayer. Learn to keep a strong sense of self -- maintain boundaries and stay in the present. You can stimulate superficial fascia along your legs and arms by tapping and rubbing. This brings you into the present. Wash hands and/or feet and rub with salt to discharge outside energies, or go outside and stand on the earth. Take a shower or bath with or without salt also discharges energies you can pick-up that are not your own.
- **More Self Care Activities:** Massage, baths, sleeping in! Music and dancing! And lots of good food enjoyed with friends!

Please remember to go easy on yourself as you adopt any new practices. Self-care should be enjoyable and not difficult or stressful! Pick the things that you like to do, and do a little bit every day.

In This Issue

Growing Trend for Self Care

Practitioner Offices for Rent

Meet Our Practitioner of the Month

All gifts made payable to AUM before December 31, 2011 are eligible for a 2011 tax deduction.

[Find us on Facebook](#) 

wellness@Ruscombe.org

www.Ruscombe.org

410-367-7300

4801 Yellowwood Ave.,
Baltimore MD 21209
Coldspring Newtown

Thanks to Ruscombe Practitioners who contributed to this article:

Peter Hinderberger, M.D., Ph.D., DIHom. -
Integrated Medicine: 410.367.6263

Tessy Brungardt - Rolwing® Structural
Integration: 410-367-4075

Ina J. Grundmann, MD - Integrated Medicine:
410 367-5622

Stacey Kargman, N.M.D., L.Ac. - Naturopathic
Medicine and Acupuncture 410-356-4600

Jeannine Olson, M.A., M.S. - Certified
Advanced Rolfer®: 443-799-1330



New Clients - Half off of Your First Acupuncture Treatment

Marina Gan, L.Ac., M.Ac.

Offering new clients half off of their first treatment, when they mention this promotion. Be sure you are taking time to slow down and see that your needs are tended even amidst the busy holiday season.

Phone: 443-739-5100 • Email: ganmarina@gmail.com
www.betheneedle.vpweb.com

Offer Expires: 1/1/12



Prepare to welcome a New Year by.... nourishing yourself at your very roots, tending the fire of your hopes and aspirations, lighting your corner of the world, being a gift.

New Clients - 15 %off

of Your First Appointment

Restorative herbals and non dual healing

Sara Eisenberg, MS Clinical Herbalist

410-323-9815 restorativeherbals@verizon.net

Offer Expires: 12/31/11

Practitioner Offices for Rent



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

We have one lovely practitioner office for rent on the second floor in the Mansion building full time, as well as several openings for part timers. Approximately 185 sq. with ample closet space and located close to the rest room. Corner office with 2 windows. Monthly rental including practitioner fee is approximately \$670. Please contact our Central Office for more information: 410-367-7300.

Enhance Your Wellness: Classes at Ruscombe

OSHO KUNDALINI MEDITATION
WEDNESDAYS, NOVEMBER 30,
DECEMBER 14, 28,
JANUARY 11, 25, FEBRUARY 8
6:30PM-8:00PM

QiGong for Health

January 7, 2012 1:00 PM - 3:00 PM

Tuesday Yoga

6:30 PM - 7:30 PM

Friday Morning Slow/Mo + Restorative Yoga

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

NIA movement class

Every Sat 9:30

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

Dr. Ina Grundman Integrative Holistic Medicine



Practitioner of the Month

Optimizing Wellness through Nutrition and Lifestyle

Call 410 367-5622 for a brochure and appointment.

Ina practices Integrative Holistic Medicine, utilizing Functional Medicine, Nutrition, Medical Acupuncture, Homeopathy, and Anthroposophic Medicine. She is board-eligible in family practice, board-certified in integrative holistic medicine, certified in medical acupuncture and has a background in massage therapy.