



Ruscombe Mansion Holistic Health Center News

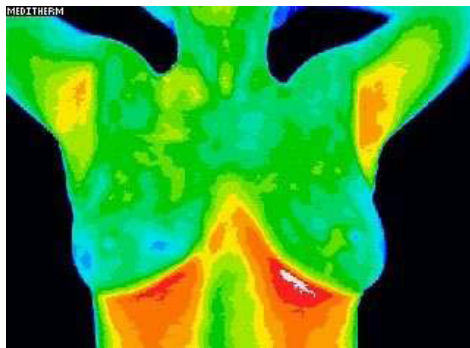
Editor: Laura Cortner. Founder and Executive Director: Zohara M. Hieronimus

Issue #70

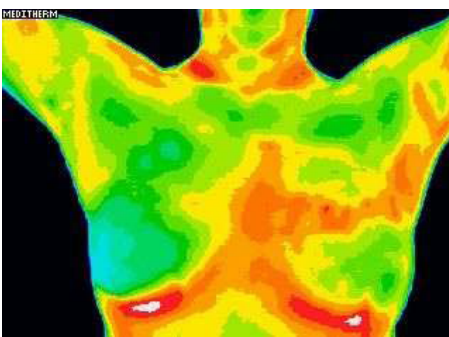
May 2012

NEW AT RUSCOMBE!

The Thermography Centers are now offering Digital Infrared Thermal Imaging (DITI) otherwise known as thermography at Ruscombe Wellness Center! This technology visualizes and measures vascular patterns and heat activities in the body. Many holistic individuals are interested in this preventative screening diagnostic tool due to its



Normal breast scan.



Abnormal breast scan.

non-invasiveness and no radiation exposure.

What it does: Thermography takes camera thermal images (pictures) of the breast and other regions of interest (head, abdomen, arms, legs, feet) to aid in the detection of circulation, inflammation, pain, vascularity and functional patterns such as thyroid or immune.

The most popular scan is breast thermography- mainly because of compression and radiation issues. DITI scans are perfect for women age 30-50, women at high risk and women with dense, fibrocystic and women with implants or mastectomies.

Scans will be offered at Ruscombe on the first Tuesday of each month from 9am-5pm.

Appointments can be made many different ways:

1. ONLINE www.thermographycenters.com - click the "BOOK NOW" button
2. TELEPHONE: 1-888-485-7736
3. EMAIL: tammypsr@yahoo.com
4. SIGN-UP SHEET - Located inside the thermography binder in each waiting area.

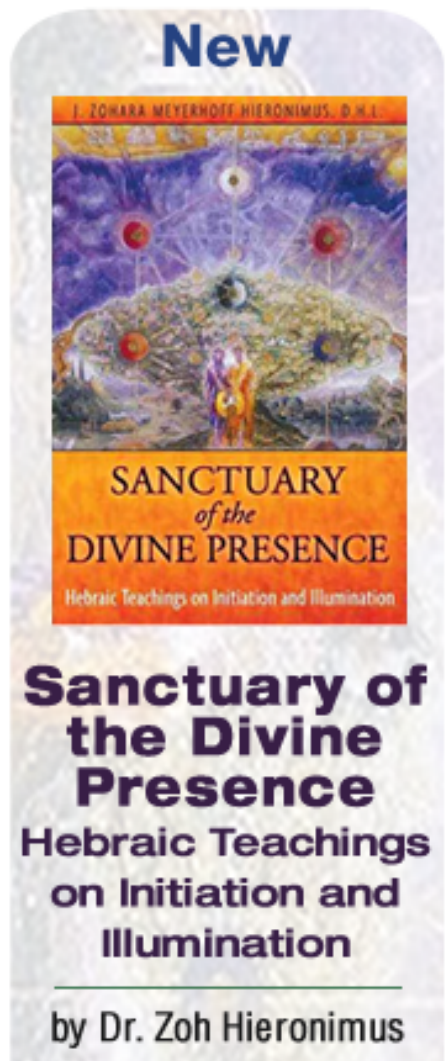
wellness@Ruscombe.org

www.Ruscombe.org

410-367-7300

4801 Yellowwood Ave.,
Baltimore MD 21209
Coldspring Newtown

Find us on Facebook



Sanctuary of the Divine Presence
Hebraic Teachings on Initiation and Illumination

by Dr. Zoh Hieronimus

Practitioner of the Month
Stacey Kargman, N.M.D., L.Ac.
Doctor of Naturopathic Medicine and Diplomate of
Acupuncture.



For the past 15 years, in her integrative medicine practice, Dr. Kargman continues to treat a wide variety of clients of all ages for both acute and chronic conditions. Her primary modalities include nutrition, acupuncture, herbal medicine, lifestyle counseling, homeopathy, and craniosacral therapy.

Dr. Kargman is also always available for a free 10 minute phone consult before your visit to see if her services are right for what you need.

For more information about Dr. Kargman, Naturopathic Medicine, Acupuncture, or the Maryland Natural Health Center in Owings Mills, please feel free to call us 410-356-4600 or visit our website www.MarylandNaturalHealthCenter.com.

Online Video Classes
The Ruscombe Path to Health Series



www.Ruscombe.org

Subscribers to this online video series experience a breadth of talent and wisdom found only at the Ruscombe Mansion. Now you can gain Ruscombe healing experience from the comfort of your own home! More details in our next newsletter.



**Ruscombe Events on
Meetup.com**

Have you tried Meetup.com? A fun

Page 2 and free way to find stuff to do!

**Enhance Your
Wellness: Classes at
Ruscombe**

**Friday Morning Slow/Mo + Restorative
Yoga**

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

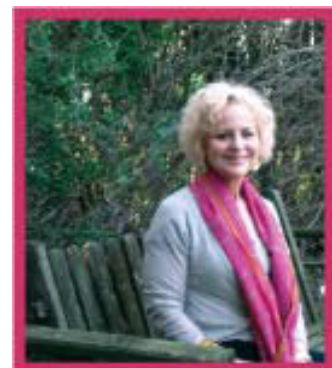
NIA Movement Class

Saturdays 9:30 AM - 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)

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

Jeannine Olson



- Certified Advanced Rolfer®
- Rolf Movement Practitioner
- Somatic Experience Practitioner

**\$20 off your first appointment
through June 30, 2012**

**For an appointment:
443-799-1330.**