



# Ruscombe Mansion Holistic Health Center News

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Newsletter # 64

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## Thank You for Attending our Open House!

We had over 100 attendees. Thanks also to our staff and volunteers and to everyone who made a dish for the Healing Foods potluck. Our recipe booklet from the event is available online. Thank you for supporting Ruscombe in outreach and the health of your friends and family!



Ruscombe Open House 2011



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4801 Yellowwood Ave.,

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Coldspring Newtown



## Practitioner News! Jeannine Olson

has received her certification in Somatic Experience. She's been training for three years and was very excited to travel to San Francisco last month for the final completion.

Somatic Experience is a special technique to release trauma, encouraging the client to stay present and not be controlled by the past. It works on a level that you don't even need to know what the trauma is for it to be released.

You can reach Jeannine at 443-799-1330.



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

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 in the future.



## I AM LIGHT MEDITATION

- Learn to Joyfully Play with Light for Self Healing
- Learn to Give and receive Pure Light Blessings

Pure Light Blessings is activation and physical transference of Divine Light Energy. The Divine Light flows directly into the Brain of the Recipient and initiates Enlightenment. Meditation is lead by Betsey Gilbert, LMT. For more information email 1008betsey@gmail.com or call 410-321-5906.

**When: 2nd Wednesday of the Month - 6:30 to 7:45 pm**

**Dates: October 12th - November 9th - December 14th**

**Where: The Meditation Hall of Ruscombe Mansion**

## Think Twice Before a Tetanus Booster



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

Tetanus or lockjaw is an awful disease. It is due to contaminated wounds and causes muscle spasms that affect the jaws, extremities, back, abdomen, and diaphragm, making breathing difficult. Without treatment, one out of four infected people dies.

According to the CDC 233 tetanus cases (not deaths) were reported from 2001 through 2008 (about 30 cases per year) in the USA.

A run-in with a rusty nail can cause someone to wonder if they need a tetanus booster.

How come that in spite of the high injury rate and low vaccination rate there are only 30 cases annually?

The reason is simple: Thorough cleaning of all injuries and wounds and the removal of dead or severely injured tissue (debridement) reduces the risk of developing tetanus significantly. Thanks to hygiene, not vaccination, do we have a lower risk of getting infected by tetanus than being killed by lightning (75 deaths annually)...

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

## Enhance Your Wellness: Classes at Ruscombe

### Tuesday Yoga

Tuesdays at 6:30 PM - 7:30 PM  
Gentle yoga for beginners.

### Wednesday Yoga

Wednesdays at 6:30 PM - 7:30 PM  
Gentle yoga for beginners.

### 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)

### AUTHENTIC LIFE COACHING: SHIFTING SELF

"Connecting with the inner self through meditation and movement"

Wednesday---October 12 @ 7:00 p.m.  
Fee: Donations/Gift Offerings

### RANDOM ACTS OF KINDNESS

"Women healing women through random acts of kindheartedness"

Wednesday---October 19 @ 7:00 p.m.  
Fee: Free (Adults & Teens).

### Money & Ethics: Exploring the clinical & Ethical practice of negotiating fees with Clients

October 14, 2011 12:00 AM - 12:00 AM

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.