

# HARMONY

James L. Hall Jr. Center for  
MIND, BODY AND SPIRIT

COMING APRIL 6 AND 7

## Dr. Judith Orloff, Physician, Psychiatrist and "Intuitive Empath"

*"She voices the message that intuition works as a potent therapeutic force that can help us lead smarter, saner lives." —USA Today*

Dr. Orloff believes intuition plays an indispensable role in self-diagnosis, pain control, immune response and recovery from acute and chronic illness. Her approach is a bridge between traditional and non-traditional medicine.

Dr. Orloff, who comes from a family of 25 physicians, advocates "a democracy of healing," wherein every aspect of our being is granted a vote in the search for total health.

Orloff is accomplishing for psychiatry what physicians like Dean Ornish and Mehmet Oz have done for mainstream medicine – she is proving that the links between physical, emotional, and spiritual health can't be ignored. Dr. Orloff has co-presented with Carolyn Myss, one of the best known practitioners in this field.

She has spoken at medical schools, hospitals, the American Psychiatric Association, Fortune Magazine's Most Powerful Women Summit, and non-traditional and traditional health forums – venues where she presents practical intuitive tools to doctors, patients, and everyday people.

Dr. Orloff begins talks by creating a bond of warmth, trust and intimacy with participants, within which they can hear and explore her ideas. Her sincerity, humor, and joy bring everyone in the audience with her – leaving everyone certain of their own intuitive abilities.



Dr. Judy Orloff

## Enhance Physical and Mental Health Using Your Intuition

Thursday, April 6, 7 - 8:30 p.m.  
James L. Henry Auditorium, INTEGRIS Baptist Medical Center  
In Collaboration with Central Oklahoma Turning Point

Dr. Orloff believes intuition is a potent form of inner wisdom not mediated by the rational mind. It is accessible to each of us; it is that still small voice inside – an unflinching truth teller committed to our well-being. If people can learn how to be quiet and go inside themselves, they will find it. Our hope for this public presentation is that this is another tool you as an individual can learn to use as you work with your physicians and any treatments they recommend.

## Health Care Professionals Can Use Intuition To Excel in Patient Care

Friday, April 7, 8:30 a.m. to 12 Noon  
James L. Henry Auditorium, INTEGRIS Baptist Medical Center  
Educational Workshop for Physicians and Mental Health Professionals

In this workshop, Dr. Orloff will teach practitioners five steps to Intuitive Healing that can be used with their patients.

She emphasizes the importance of being alert to the energy – either positive or negative – that exudes from patients. A person with positive energy usually emanates a welcoming, safe and compassionate peaceful glow that invites people into their space and makes others feel better just being around them.

Signs of negative energy in people are seen in those who experience a sense of being demeaned and attacked, who intuitively feel unsafe, tense or on guard. Because they exude this kind of energy, they emit prickly, off-putting vibes to people around them. They often overindulge in food, beverages or drugs.

Judith Orloff is a board-certified psychiatrist and intuitive who incorporates the healing protocols of intuition, energy, and spirituality into her practice. Dr. Orloff is an assistant clinical professor of psychiatry at the University of California, Los Angeles, and has a private practice in Los Angeles. She also conducts many workshops around the world for health care practitioners and non-practitioners on the interrelationships of medicine, intuition, subtle energy and spirituality.

For more information visit [www.Drjudithorloff.com](http://www.Drjudithorloff.com).  
Dr. Orloff will be available for a book signing after each presentation. Her books include *Second Sight*, *Dr. Judith Orloff's Guide To Intuitive Healing*, and *Positive Energy*.

### INTEGRIS

James L. Hall Jr.

CENTER FOR MIND, BODY AND SPIRIT

The INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit is a not-for-profit educational organization committed to improving health by increasing awareness of the healing power of the connection between mind, body and spirit. The center is intended as a community resource.

For more information, please call (405) 943-3921, or write:

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## Why Diets Don't Work

putting the "forbidden" food into your mouth, you are still a prisoner of food in your mind.

- We have put moral labels on food, categorizing them as "good" or "bad."
- No single food should be forbidden, or like the apple, we will want it even more .
- They focus on "deprivation" as opposed to foods you can eat.
- They focus on control. Going into battle with food gives it power.
- We live in a society of learned helplessness, giving our power away by relying on a diet to "fix" the problem. The problem with most dieting is people think because the diet is a failure, they are a failure.
- We overlook the fact that the change needs to be as much from your attitude and behavior as your eating habits.

*This information comes from Dr. Karen Wolfe, an Australian born physician with a graduate degree in psychology. She has a special interest in cellular nutrition and mind-body medicine. She spoke at the psychology of health, immunity and disease conference hosted by the National Institute for the Clinical Application of Behavioral Medicine.*

## Quote Worth Noting:

"I will go out on a limb and say 20 years from now people will look back and say, 'What were they thinking? They're in the middle of an epidemic and kids are watching 20,000 hours of commercials for junk food.'"

—Dr. Thomas R. Frieden, New York City health commissioner, on diabetes.

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CENTER FOR MIND, BODY AND SPIRIT

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# 2006 Offers Exciting Topics and Speakers

The monthly educational forums will move from the center's library to INTEGRIS PACER Fitness Center this year.

The informative and useful programs will continue to be planned and presented by the James L. Hall Jr. Center for Mind, Body and Spirit, and PACER will provide ample parking and a larger room.

After two years of filling the library and having 40 to 50 people on a waiting list, we decided it was time to move! The time will remain the same, 6:30 to 8 p.m. on the fourth Monday of each month, March through October.

The programs are free to the public and are underwritten by individual members of the advisory board of the Center for Mind, Body and Spirit.

Watch the Harmony and Health Essentials ads for these programs. Reservations are required, please call the INTEGRIS HealthLine at (405) 951-2277.

## Monday, March 27

### FIT AFTER 50

Presented by Eddie Lou Nachtrieb

What is one of the healthiest things you can do for yourself? EXERCISE! Regular exercise and flexibility is important for your health and your ability to function well in your daily activities. This program will demonstrate how the age old practice of yoga, whose history goes back to India more than 3,000 years ago, and a newer practice, developed by Joseph Pilates in the mid-20th Century, can make a person feel better and increase their endurance, flexibility, strength and balance.



Eddie Lou Nachtrieb

Age is no obstacle to these practices. If you can breathe, you can do yoga and Pilates. And, if you don't know how to breathe correctly, you can learn!

If you've ever wondered if either of these activities is for you, here is your chance to learn more about them and even try them out!

Eddie Lou Nachtrieb is a woman with a rich set of life experiences. She has earned both a bachelor's and master's degree. She has done everything from wait tables to retail to serving as activities director for a local USO, and has taught upper elementary and middle school science for the Dallas Independent School District.

Throughout her life, she has been consistently involved in community theater and musical groups. In addition to all of that, she has traveled extensively throughout the United States, Canada, Mexico, Europe, Africa and the former Soviet Union. Following her husband's death in 1999, Eddie Lou moved to Oklahoma City and began teaching yoga and Pilates. She currently teaches classes at INTEGRIS PACER Fitness Center, Edmond Senior Center, Crossings Community Church, and a Pilates class for the staff of the James L. Hall Jr. Center for Mind, Body and Spirit.

When not practicing or teaching yoga or Pilates, she enjoys swimming, playing the piano, reading and attending cultural and entertainment events.

This program has been underwritten by a member of the advisory board of the Center for Mind, Body and Spirit who wishes to remain anonymous.

## Monday, April 24

### GUIDED IMAGERY

Presented by Sue Loftis

Experts tell us that relaxation and wellness and healing go hand in hand. One of the tools you can practice in your own home is guided imagery. Come and learn how to use this technique to meet your own individual needs.

Sue graduated from St. Anthony School of Nursing in 1973. She has 30 years of experience in nursing, primarily focused in adult medicine, correctional health, case management and administration. She has worked as a consultant to several companies including the United States Postal Service.

Five years ago Sue bought the Oklahoma City franchise of Home Instead Senior Care, the nation's largest provider of non-medical services to the elderly. Home Instead Senior Care provides companionship, personal care and home-helper services to the elderly in their places of residence.

Sue is a certified case manager and a certified senior advisor, further enhancing her background in eldercare. She is also a licensed home care administrator. She serves on the board of directors of the Area-wide Aging Agency, the advisory council to the Alzheimer's Association, and the INTEGRIS Third Age Aging Consortium steering committee.

Sue became interested in relaxation and wellness a dozen years ago and has had extensive training in interactive guided imagery. She has given presentations to groups around the Oklahoma City area on relaxation, stress management, breathing and imagery.

This program has been underwritten by INTEGRIS Baptist Medical Center's Patient Care Services and Julie Krywicki, RN, who is a member of the advisory board of the Center for Mind, Body and Spirit.

## Monday, May 22

### MUSIC AND HEALTH AND HEALING

Presented by Dr. Jeri Edmonds

It is said that music is the universal language, that it is the expression of the heart. Music transcends all divisive issues in the world, bringing together people of every kind. Thus it becomes a joyous part of our lives – healing and energizing, expressing, and releasing of that unique "something" inside us that makes us whole.

This event will explore the many facets of music that broaden and illuminate our lives; clapping our hands, tapping our toes and moving our bodies and imaginations.

Dr. Edmonds has a master's and Doctorate of Music from Florida State University. She was Artist-in-Residence at Oklahoma Baptist University from 1977 to 1995. She is a vocal techniques consultant for educational and church institutions in the United States and has filled the roles of performer, production designer, director and producer of musical presentations. Dr. Edmonds is currently on staff at Crossings Community Church as a producer.

This program has been underwritten by Carol Hall, wife of co-founder James L. Hall Jr. Mrs. Hall serves as a member of the advisory board of the Center for Mind, Body and Spirit.



Sue Loftis



Jeri Edmonds



### FROM THE DIRECTOR

By Charlotte Lankard, LMFT, director, James L. Hall Jr. Center for Mind, Body and Spirit

## Discover Yourself ...

Be un-clutched, be blissful – Swamiji returns

to INTEGRIS Baptist Medical Center

March 16, 2006

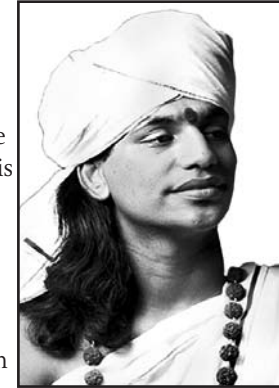
If you are interested in what you can learn from another culture about meditation, relaxation and health, you are invited to join us on Thursday evening, March 16, at 7 p.m. to hear a presentation by Paramahansa Nithyananda, affectionately known as Swamiji.

This young man, born in south India, leads the Nithyananda Foundation, a world-

wide movement for meditation, with 400 centers in 21 countries.

Swamiji is a brilliant, dynamic and compassionate teacher whose mission is to educate people in the important uses of meditation. He is modern in his outlook and practical in his approach toward solving problems.

Swamiji was our guest in 2005 and the response from the audience was so enthusiastic that when we heard he would be in our area again for a meditation workshop and a series of speeches, we invited him back to INTEGRIS Baptist for 2006. Reservations are required. Call the INTEGRIS HealthLine (405) 951-2277.



Audience comments from March 2005:

"He was so great! It was wonderful."

"More!"

"More Swamiji"

"Excellent!"

"Fascinating! Thanks!"

"Outstanding!"

"A wonderful, inspirational, relaxing experience."

"Absolutely wonderful – wished it was longer."

"Bring him back."

## Why Diets Don't Work

One of the great mysteries of the health and wellness movement of the 20th Century is that obesity is on the rise despite a booming billion dollar diet industry. The results of three new studies on Americans and weight gain were released last fall. Obesity (the state of being more than 30 percent above one's ideal body weight) is on the rise – from 12 percent of the population in 1991 to almost 18 percent in 1998, according to the Centers for Disease Control and Prevention. Also, more than half of the adults in this country are now considered at least moderately overweight. All this despite the fact that the total fat consumption in the United States has decreased during the past decade.

Bookstores are crowded with books about the latest seductive diet craze such as the high protein, low-carbohydrate diets that let you eat bacon and burgers and not pasta and potatoes. Why?

### Reasons why we are in a diet frenzy to no avail.

- We are addicted to the "quick fix."
- We live in a society of learned helplessness, always looking for answers "outside" of ourselves.
- We have moved from "fresh" to "frozen" and have lost the rich goodness of food along the way.
- We see food as the "enemy" rather than a source of nourishment and enjoyment.
- We rarely sit down together to eat and have lost the link between food and family.
- Supplements often take the place of food.

- The media projects an unhealthy and unrealistic view of body shape and size that creates a frenzy of "bad body fever."
- We have not heeded Janet Greeson's words of wisdom, "It's not what you're eating, it's what's eating you." That is, weight gain is more about feelings than food.
- Food addiction is a disease of the human spirit, something not focused on in medical or nutrition classes.



### Reasons why diets don't work.

- Crash diets are self defeating because deprivation of food triggers an inborn alarm system that causes the body to lower its metabolic rate (which is the amount of calories it requires to burn each day in order to function) and store fat. This metabolic adjustment served an important evolutionary purpose and allowed us to store extra fat as a hedge against future deprivation.
- What you resist persists. Have you ever noticed that as soon as you go on a diet, you start obsessing about food more than ever? Suddenly all your mental energy is focused on one dominant thought. As a result, even while managing to resist