

# REDCRICKETHEALING CENTER

Summer 2015

Featured this month:

- Holistic PT
- June Yoga
- Community Acupuncture
- Summer Recipe



## Summer in Full Bloom

### Growth at the Clinic Continues

By Joi Thomas, L.Ac., Dipl.O.M., MSOM

Welcome to our early summer newsletter! We are continuing to grow and expand at the clinic in order to find new and amazing ways to keep you healthy and happy this summer. We are adding new yoga and movement classes for all ages taught by the best of the best to support a healthier you.

Inside our newsletter, Carrie Nightshade, L.Ac.

shares the benefits and differences between Solo and Community Acupuncture. Also, our partner in healing Bill Easter, PT, MPH gives us an inside look at Integrative Manual Therapy. We are excited to share these amazing practitioners with you and hope you will learn more about their healing talents. Finally, stay cool this

summer and enjoy our tasty beet and egg salad recipe!

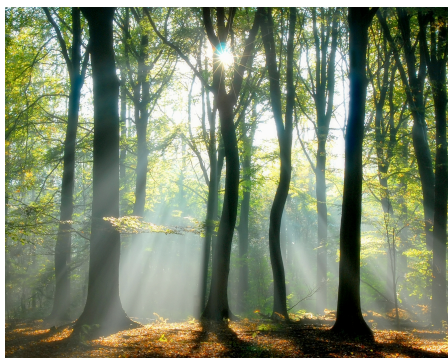
We are so passionate about your health! We know how much you contribute to our community and we are honored to do our part to keep you healthy and strong.

## Bill Easter, PT, MPH Holistic Physical Therapist

For the last 40 years, Bill has dedicated his life to studying and practicing the art of physical therapy. He defines his treatment as a holistic integrative approach of traditional and manual therapy. Bill's impressive background includes a Bachelor of Science Degree in Distributed Studies, a Masters Degree in Public Health and 2 years in the Peace Corps in East Central Africa working to provide Physical Therapy in rural area. Most recently, he has been busy studying Integrative Manual Therapy (IMT) at the [Connecticut School of Integrative Manual Therapy](#).

### What is the difference between standard physical therapy and what you do?

As Physical Therapist, we aspire to provide high quality service, promoting optimal health and function. In a standard Physical Therapy practice some diagnoses result in local treatment. I have been schooled in an Integrative approach which allows for the possibility that what seems to be a local problem to the client and to



other medical professionals is in fact a larger regional and/or systems challenge. Integrative Manual Therapy (IMT) is a unique set of techniques, approaches and methodologies that address pain, dysfunction, disease, and disability. IMT is best described as a health care process. Integrative Manual Therapy encompasses a wide range of health care practices. It achieves health and healing by taking into account the diverse systems of the human body and addressing dysfunction at the cellular level. I use my hands (among other tools) to diagnose and treat clients. I also encourage movement, stress reduction, hydration and good dietary habits. Healing takes time! Our body, like an orchestra, possessing many instruments/systems. When they are all working in unison, the result is beautiful music or optimal health.

### What drew you to becoming a physical therapist?

I entered the field of Physical Therapy because I have always been interested in medicine and how the

## CONTACT & HOURS

[www.satipt.com](http://www.satipt.com)

[eastr\\_satori@yahoo.com](mailto:eastr_satori@yahoo.com)

612-240-2493

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Monday 10am-5pm

Tuesday 10am-2pm

Thursday 10am-5pm

*\*Or by appointment*

body works. I love working with people, and I wanted to be in a profession that would allow me the opportunity to work abroad.

### What is your favorite thing about your job?

Working with the clients and making a difference in their lives.

### What makes your work different from others in the area?

I am able to spend more time with my clients and collaboration with the practitioners at Red Cricket has been valuable.

### What are your interests outside of work?

Music, Art, Traveling, Movies, Spending time with family and friends.

### What drew you to working a RC Healing Center?

Joi Thomas and her VISION!!!!





## June Yoga Offerings:

### ***Yoga for Joint Health***

Tues 9:30am-10:30am

### ***Young Yogi: Children's Camp***

Wed 4:00pm 4-8 yrs old

Wed 5:15pm 8-13yrs old

### ***Gentle/Yin-Restorative Yoga***

Wed 6:30pm-7:30pm

\$15/class. Drop-ins welcome



## Class Descriptions

### **Yoga for Joint Health with Marnie Bounds**

This class uses many different yoga techniques to bring the body, breath and mind all into balance. Each class will have elements of breath work, awareness, gentle strength building, balance postures, loosening exercises, range of motion and relaxation. This class is particularly good for easing the effects of arthritis or general stiffness.

### **Young Yogi: Children's Camp with Autumn Ziegler**

Young Yogis experience yoga through story and play. This class explores yoga in a fun and creative way that will help your child build confidence, strength, focus, body awareness, and balance as these practices are skillfully woven into fun and stimulating activities. Through movement, art, games and song, kids get a chance to explore and have fun practicing yoga.

### **Gentle/Yin-Restorative with Juli Heath**

An evening class with a slower pace designed to create deep relaxation and relieve stress. The practice will begin with gentle movements followed by yin postures that are held for longer periods of time. Our focus will include neck, shoulders, hips and back. This class is suitable for all levels.

# Community Acupuncture Affordable Healing for All

By Carrie Nightshade

One of the many amazing things about Red Cricket is the variety of healing arts we offer. In addition to our expanding yoga classes, massage and physical therapy, we also have both Solo and Community Acupuncture. Most people are more familiar with Solo Acupuncture (SA) but few know about the benefits of Community Acupuncture (CA).

So, what *is* Community Acupuncture and what can you expect?

Community acupuncture is the treatment of multiple patients (up to 4) at once in a cozy, quiet room in one of our zero-gravity recliners. Patients fill out a health history intake form and I conduct a confidential assessment before needling.

Aside from the communal setting, another difference is the style of acupuncture used during treatment. In the United States we are mostly taught a style called Traditional Chinese Medicine or TCM. SA often uses these techniques. In CA the most frequently used style of acupuncture is called the [Balance Method](#) which was created by Dr. Richard Tan. This technique is profoundly effective and is

**“The needles can treat everything from back pain to emotional healing to internal pathologies.”**

especially useful for seated acupuncture as the points used are located on the arms, legs, head and ears. The needles can treat everything from back pain to emotional healing to internal pathologies.

Another benefit of CA is its affordability. Offered on a sliding scale of \$15-\$35, it allows patients who don't have insurance or whose insurance doesn't cover acupuncture to receive treatment. This also enables patients to receive treatment more frequently (versus \$85 for SA treatment). Depending on what we are working on it is common to start a treatment plan with at least one to two treatments a week and then reducing the amount as relief happens.

Both styles of acupuncture are very effective and relaxing. It is an unusual clinic that offers both and we hope that you explore all of the healing modalities available!

Did you know about  
People's  
Organization of  
Community  
Acupuncture  
(POCA)?

It is a network of CA  
clinics worldwide!

[www.pocacoop.com](http://www.pocacoop.com)

## ***Community Acupuncture with Carrie Nightshade, L.Ac., Dipl.O.M.***

Mondays 2-5pm  
Thursdays 10-3pm

Walk-ins Welcome.  
Or by appointment at  
612-824-0037  
[www.redcricket.com](http://www.redcricket.com)





# SUMMERWELLNESS



Photo courtesy of  
Punctuated with Food

## Quick and Easy Summer Recipe! Beet and Egg Salad

By Punctuated with Food

### INGREDIENTS

3 medium beets, roasted,  
peeled, and chopped

6 hard boiled eggs, peeled  
and chopped

1/2 an orange, zest and  
juice

1 tsp ground cumin

3 tbsp mayo

1 handful fresh cilantro  
leaves, roughly chopped

2 big pinches of salt

Add all ingredients to a  
medium bowl and stir until  
combined

Serves 3