



From the Office of Cheryl A. Kasdorf NMD

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My wish is that this newsletter finds you consistently focused on your most expansive vision of well-being, and giggling in joy at the experience of it.

For me, 2006 was filled with incredible learning opportunities and the implementation of new offerings in my practice. I attended a Master's program in Homeopathy over four sessions of four days each in Toronto, Canada. This is the continuing education in Homeopathy that I have been looking for since I graduated Naturopathic school eight years ago. The teacher, Dr. Gueniot, MD, is a physician from France who has been practicing this way 30 years and has established several schools teaching it. The difference with this method of homeopathic treatment is that it is clearly defined according to an understanding of how different people react. For any condition, a series of remedies can be prescribed to clear the patient gently without causing an aggravation of symptoms. As it has taken quite a bit to process all this material, please humor me while I page through my notes to find your exact prescription. The good news is that the education is not over. Dr. Gueniot is returning at least three times next year for classes targeted to the difference between men and women in medical treatment, and lots more practical learning. Of course, I will be there!

Another big thing that has changed how I practice is the introduction of the Thyroflex thyroid testing machine in my office. As many of you have experienced, it is a quick accurate test of what your body is doing with the thyroid hormone running around in your system. A sensor recording the reflex movement of your hand feeds into a computer which analyzes whether you are under, over, or normal thyroid function. I am able to help a lot of people who had not felt right discover their thyroid function and get appropriate treatment to feel better. I look forward to more widespread promotions of this test.

There have been some changes in the way I am incorporating my most effective mind/body tool, The Ishayas' Ascension. I had the company of another teacher through mid-April this year, but now there will be one center of Ishayas in the United States, and I will call on a teacher to come teach with me when a big enough class is formed. So, anyone with interest please come to a free introductory talk and put down a deposit! This year I was able to go to Ishaya retreats twice, with deep renewal. The first was to Mexico for four weeks in January-February and then to Canada at the end of July. I look forward to at least two more next year, with the highlight going to Patmos, Greece in June.

I spent a wonderful Labor Day weekend refreshing my Bowen bodywork technique at a class in Prescott. There is always inspirational exchange at these classes. The more I do Bowen bodywork, the more I appreciate the profound results from this seemingly simple practice. What keeps it simple is the understanding of how the human body is interconnected which Bowenwork continually shows me.

One of the most challenging and rewarding projects this year was the creation of my website. It is still under construction, but a lot has been posted. If you find gibberish on a page, it simply means that my text has not been filled in yet. I have pages featuring Naturopathy, Homeopathy, Bodywork, The Ishayas' Ascension, and Resources to refer you to. The most useful handouts of at-home procedures are there as well as articles I have written on hot topics of interest. As well, new patient intake forms and other questionnaires are available there. Where? [www.whatishealing.net](http://www.whatishealing.net) I invite you to go there and check it out! Please input your information including email address or email me directly at [whatishealing@swiftwireless.com](mailto:whatishealing@swiftwireless.com). Information you can use to clarify "What Is Healing" and other exciting offerings will be accessible to those in my network.

Wishing everyone endless peace – Dr. Cheryl A. Kasdorf NMD

