



Cayenne

wellness center and children's foundation

A Quarterly Newsletter Issue No 13 | Spring 2011

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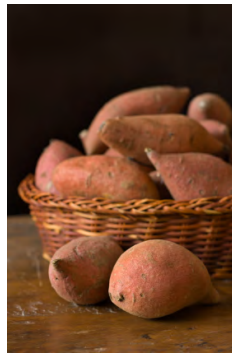
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Cayenne Wellness Center

208 South Louise Street • Glendale, CA 91205
818.377.5120 • info@cayennewellness.org
URL: www.cayennewellness.org
Now Open 7 days a week by appointment only

Quote:

Whether you think you can or think you can't - you are right.

~Henry Ford



Tackling Low Self-Esteem

written by Gayle Callaghan, Psy.D.

Being a teen has always been a challenge, but today it is even harder when facing pressure from peers and parents to do and be "good enough". The toughest critics of all, however, are usually the teens themselves. Let's back up briefly and take a look at how self-esteem is formed and what contributes to it.

Very early on, children figure out whether they are pleasing their caretakers or not. If parents are spending at least as much time telling a child how much they like what the child is doing as they spend correcting or criticizing a child, the child is on the way toward a healthy sense of self. As psychologist and author, Jody Kussin said, "Catch Them Being Good,"

and when you do, let your child know you appreciate his/her behaving the way you want. During elementary school, children build self-esteem through achievement. Why is building self-esteem so important during elementary school? A strong, positive sense of self and self-worth helps children to better navigate the "storm and stress" of adolescence without giving in to the pressures. Feeling good about oneself encourages continued effort to succeed despite challenges.

What contributes to self-esteem? A person's views about who they are, what they are good at or not, how they think they look, and how others see them all have a role in self-esteem. Media offers a distorted view of a desirable look, offering overly thin and overly sexualized models as "ideal". No wonder our teens can have distorted views about a desirable body image!

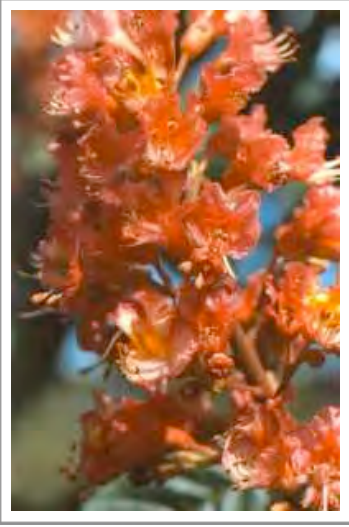
These distorted views can lead to unhealthy eating in order to be overly thin, and can undermine good health by

contributing to fatigue, poor concentration, muscle weakness, and learning problems. Use of stimulants to curb appetite can place teens at risk for serious health problems. On the other hand, a sense of deprivation from poor self-image can lead to comforting themselves with overeating or substance abuse. Poor self-image can create some serious risks for our teens on all levels.

Maintaining a healthy body image and belief that one's body is both acceptable and deserving of care contributes to self-esteem at all ages.

Teens: Pay attention to how you talk to yourself—are you self-critical and do you usually compare yourself to others negatively? Begin to practice more positive and encouraging ways to think about yourself. Are you smart in a subject? How would it feel to help tutor someone who is struggling in that subject?

continued at the top of page 3



Bach Flowers and Acne

written by Lisa McDaniel

Healing combinations for Acne is a unique set of Bach Flower Essences specifically selected to help you remove the underlying causes of Acne, not accepting yourself, disliking yourself, the inability to accept where you are right now and replaying an old, painful movie. By resolving these issues, the outward physical symptoms will disappear.

Before your first visit with a dermatologist . . .

Consider Bach Flower Essences. Bach Flower Essences help address the underlying causes of acne on an emotional level. Acne breakouts can be caused by stress, but they can also be caused by a variety of other issues such as self-dislike, the inability to accept where you are in life, feeling unattractive or unclean, or by living in the past. Anytime you can address the emotional layers, you can also address any physical issues, as they are intricately intertwined.

If any part of your being is out of balance, it will manifest in some kind of physical symptom. Bach Flowers help bring one into balance through the emotions, to help resolve any issues and get at the deeper causes of acne, resulting in a clearer complexion. Often times the effects of the Bach Flower Essences are

barely noticed at first, others see a difference right away, but almost always there will be some change over the course of a month that is tangible and noticeable.

Bach Flowers have no side effects, and can be used at anytime. Each Bach Flower Remedy is custom-made to specifically meet the emotional needs of the client and will last for about 4 weeks.

What symptoms does it relieve? Bach Flowers can provide relief for those who suffer from both non-inflammatory and inflammatory acne:

In non-inflammatory acne, there are usually just a few whiteheads and blackheads on the face. A relatively mild type of acne, it can often be treated effectively with nonprescription medicines. The majority of people with acne have this type of acne.

With inflammatory acne, the whiteheads become inflamed, and red pimples and pustules develop. In its most severe form, inflammatory acne can cause disfiguring cysts and deep, pitting scars of the face, neck, back, chest and groin. Prescription drugs and sometimes surgery are often recommended to treat inflammatory acne.

If you find yourself suffering from either non-inflammatory or inflammatory acne, then Bach Flowers was made for you. It is formulated to heal the underlying issues that cause acne. A few drops several times a day begins the healing process.

On page six of this newsletter, Cayenne Wellness Center is promoting our holistic Acne Healing Method which consists of four sessions implementing nutrition, Bach Flowers and Full Body/Facial Massage. We are highlighting this popular ailment due to the recent literature that has finally revealed a positive association between dairy and a high-glycemic diet, with increased acne prevalence, severity and an increased risk for acne.

For clear skin and a gorgeous you from the inside out, consider our holistic Acne Healing Method.

What are Bach Flowers?

Bach flower remedies are dilutions of flower material developed by Edward Bach, an English physician and homeopath, in the 1930s. The remedies are intended primarily for emotional and spiritual conditions, including but not limited to depression, anxiety, insomnia and stress.

Flower Essences Heal the Emotions! This is quite often the 'missing link' to healing Stress, Grief, Anxiety, Jealousy, Depression, Anger, Abandonment and all other emotions you can think of. Flower Essences can help us to feel 'balanced' in addition to all the other aspects of this modality. Great for children, elderly, and wonderful for pets!

Lisa McDaniel is our resident Bach Flower Remedy practitioner, having received her training from CNHP (you can see her bio on our website at:

www.cayennewellness.org, under about us, staff and bios.)

Call today for a consultation with Lisa at 818 377 5120. Prices are listed on our website at: www.cayennewellness.org, under programs/services, health and wellness.

Photos:
Top left:
Red Chestnut



To the right:
Cerato -
Cerastostigma
willmottiana

Tackling LOW Self-Esteem (continued from page 1)

If you aren't that good at some sport, find another activity that you can enjoy and even be passionate about doing—dance, hike, do yoga. Find something you can love doing and *do* it!

Parents. What you do and say has a big impact on how your teens see themselves and what counts in their world. How are you modeling good self-care for your teens? Are you modeling negativity? Or, are you taking care of your body with foods and activities that encourage good health and feeling good about yourself?

TREATMENT

Eating right

Exercise

Talk to a trusted adult or a good therapist

Consider art therapy



Eating Right. As you begin to love what your body can do, consider taking better care of it with improved nutrition. Lowering fat while increasing whole grains, fruits and vegetables (such as in Dr. Rowley's "3-4-4 Nutritional Method") can help you *love* your body by giving it the very *best* fuel. You will soon take pride in the difference good nutrition can make!

Exercise. Exercise can help to relieve stress, tension, improve your mood and help you to feel good overall. By expelling your excess negative emotions and adrenaline through physical activity,

you can enter a more relaxed, calm state of being from which to deal with the issues and conflicts that are causing your anxiety. Exercise is one of the most important coping mediums to combat anxiety and stress. Exercise increases blood flow to the brain, releases hormones, stimulates the nervous system, and increases levels of morphine-like substances found in the body (such as beta-endorphin) that can have a positive effect on mood. You will feel better because your body will be stronger and more lean.

Talk To A Good Therapist Or A Trusted Adult. At Cayenne Wellness Center, we understand that sometimes including the creative process as part of getting and staying well can be a big plus for teens who don't want just one more adult telling them what to do.

Consider Art Therapy. With art therapy, visual expression offers a vehicle for shared and clear understanding of thoughts and feelings. Art therapy can help join emotional health with self expression that feels more natural to the creativity teens long to express. Our newest staff member, Dr. Gayle Callaghan, has been working for 20 years with children, couples and families using both clinical art therapy and traditional psychotherapy methods. If you are worried about yourself or someone you hold dear, we would welcome your call and discuss how to assist you toward a more successful, meaningful and satisfying life.

Contact Cayenne Wellness Center at 818-377-5120 to request an appointment. We are now open 7 days a week (Monday through Sunday).



Annual Fee Schedule for the EAP Health and Wellness Corporate Program

Peace Plan: The cost of your annual membership is \$1,800.00. This includes receiving our quarterly newsletter, and a Cayenne Wellness Center professional presenting a health and wellness seminar twice a year to your employees at your office. With the Peace Plan, we will provide your employees emotional support for a wide range of personal and work-related problems that may otherwise interfere with their daily lives. A total of twelve sessions are available to your staff, either at our Glendale office or at yours.

Joy Plan: The cost of your annual membership is \$3,240.00 (a 10% savings) and would include all of the above, offering 24 (instead of 12) psychotherapy sessions to your staff, either at our Glendale office or at yours.

Happiness Plan: The cost of your annual membership is \$4,860.00 (a 10% savings) and would include all of the above, offering 36 psychotherapy sessions to your staff, either at our Glendale office or at yours.

¹ Each plan consists of a minimum number of sessions available throughout the year. Contact us if you wish to purchase more sessions for your employees.

Cayenne Wellness Center and Children's Foundation (a non profit organization) mission statement reads:

Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.

April / May / June / July 2011

Community Health Programs

Cayenne Wellness Center partners with other health care practitioners, offering community programs and events to assist our neighbors lead healthier lives through wellness education and the prevention of illness and injury.

Lose Weight

Hypnotic LapBand

Wednesday, May 4 / 5:30 - 7:30 pm

Liza Boubari, a Certified Clinical Hypnotherapist, will help you form a new body image by reprogramming your thoughts about eating and exercise. **Cost:** \$25.00/person

WHERE: HealWithin Building
208 South Louise Street, Glendale, CA

TO RSVP: (818) 551-1501 or email Liza at lizab@healthwithin.com

Smoking Cessation

The Great Smoke Out - Part II

Wednesday, April 20 / 5:30 - 7:30 pm

Heal Within offers a quit smoking today - free event (with purchase of a StopSmoking CD)

WHERE: HealWithin Building
208 South Louise Street, Glendale, CA

TO RSVP: (818) 551-1501 or email Liza at lizab@healthwithin.com



Find More Online

www.cayennewellness.org/calendar

www.healwithin.com/calendar

Miscarriage

Miscarriage Support Group of Southern California

Thursday, May 12 / 7:00 - 8:30 pm

Cayenne Wellness Center offers a twelve-week therapeutic support group for women who have miscarried or had a still born. **Cost:** \$240 for 12 weeks.

WHERE: Cayenne Wellness Center
208 South Louise Street, Glendale, CA

TO RSVP: (818) 377-5120 or info@cayennewellness.org

FOR MORE INFORMATION: Visit www.miscarriagecalifornia.org

Nutrition

Creating Your Ultimate Self: The Body

Tuesday, April 26 / 7:00 - 9:00 pm

Dr. Carolyn Rowley, co-author of *Creating Your Ultimate Self: The Body* will discuss nutrition and the 3-4-4 Nutritional Method of Eating, followed by a cooking demonstration and book signing. **Cost:** Free

WHERE: Cayenne Wellness Center
208 South Louise Street, Glendale, CA

TO RSVP: (818) 377-5120 or bella@gilderfluke.com

Sickle Cell Disease

Sickle Cell Adult Support Group of Southern California

Support Groups

Cayenne Wellness Center offers three on-going support group for adults with sickle cell disease.

First Thursday of every month: 7 - 9 pm
Location: Glendale, CA
208 South Louise Street, Glendale, CA

Last Saturday of every month: 3 - 5 pm
Location: Culver City, CA
6133 Bristol Pkwy, #240, Culver City, CA

SPANISH SPEAKING ONLY!

Last Saturday of every month: 3 - 5 pm
Location: Culver City, CA

6133 Bristol Pkwy, #240, Culver City, CA

INFO: call (818) 377-5120 or Bella Aptekar at bella@cayennewellness.org for more information or go to our website at: www.cayennewellness.org / Resources / Sickle Cell Disease

April / May / June / July 2011

Calendar Of Events

Cayenne Wellness Center presents *Healthy Happenings* around town. The Calendar and Community Events exist to help bring as many individuals as possible to the level of nutritional knowledge and action required for achieving and maintaining optimum health.

April, 2011

National Child Abuse Prevention Month

May, 2011

National Mental Health Month

Stroke Awareness Month

June, 2011

National Scoliosis Awareness Month

Forgiveness Awareness Week (Third Week).

A call for people to forgive themselves on Sunday, spouses on Monday, children on Tuesday, family on Wednesday, friends on Thursday, neighbors on Friday and enemies on Saturday.

July, 2011

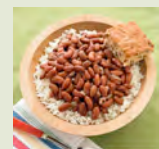
Juvenile Arthritis Awareness Month

National Mental Health Month

Established in 1949, National Mental Health Month is a good reminder to look at our mental health and honestly assess where we are in our lives. It is also a time to find ways to empower ourselves to become more resilient and better able to cope with stress.

All of us are affected by a myriad of challenges and demands every day and how we respond to those daily stressors is a barometer of our mental health. We each use the tools we know, that we have learned, to cope with the pressure in our lives. Sometimes we might not have the right tool or even enough tools to address the issue, but happily there are a plethora of options. Every aspect of our lives plays into mental health; our diets, our ability or inability to relax, the level of stress from finances, work, family, and sleep, to name a few. All of these are areas we can work on, and with effort, help and time, each of us can reach a more balanced state of health and well-being.

Which tools will be most helpful? Everyone can be helped by a good diet, a good nights sleep, exercise, practicing gratitude, connecting with other people, addressing problems, helping others and maintaining a positive outlook. That might seem like a long list, so working on just one or two items at a time could be a great starting point. The next steps might include reaching out for support from people who can help empower you to add a few power tools to your toolbox. You might want to get a regular massage, try meditation or yoga, learn how to cook healthier meals, join a book club or a church or a walking group, get hypnosis to help rid yourself of a bad habit, see a professional for help addressing stress or depression, get a Bach Flower Remedy, or join a support group. With energy and attention, good mental health is attainable for everyone.



Find More Online

www.cayennewellness.org/calendar

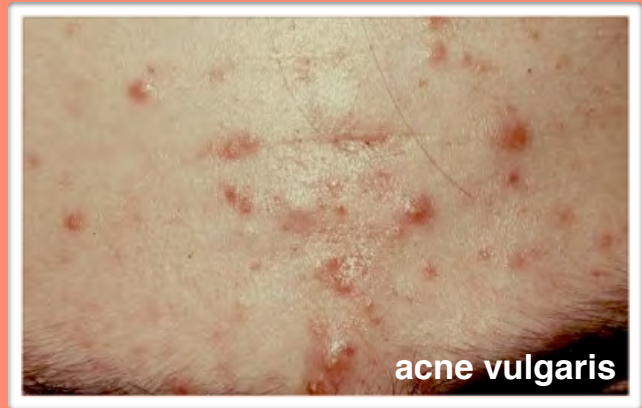
www.healwithin.com/calendar

DIET and Acne - The Truth Revealed (Finally!)

For years, the common belief was diet had absolutely no effect on acne. Turns out, they were wrong.

Does diet affect acne?

YES. In a 2009 systematic literature review of 21 observational studies and 6 clinical trials, the association between acne and diet was evaluated. Observational studies, including 2 large controlled prospective trials, reported that cow's milk intake increased acne prevalence and severity. Furthermore, prospective studies, including randomized controlled trials, demonstrated a positive association between a high-glycemic diet, hormonal mediators, and acne risk. Based on these findings, there exists convincing data supporting the role that diets high in dairy products are associated with an increase in the risk for and severity of acne. Recent findings also describe an association between a high-glycemic-index diet and longer acne duration. (Skin Therapy Letter. 2010;15(3):1-2. © 2010 SkinCareGuide.com).



Who does acne affect?

More than 17 million Americans suffer from acne vulgaris¹. Approximately 80-90% of all adolescents experience some degree of acne². Adults are also affected. Acne has been associated with other clinically relevant issues, including depression³.

What to do? A holistic approach.

We recommend that you consider a holistic regime, getting to the source of the acne from the inside out. Consider our **Acne Healing Method** which consists of implementing The 3-4-4 Nutritional Method of Eating, a Full Body/Facial Massage, and Bach Flower Remedy for one month or four sessions. Session one will consist of introducing you to 3-4-4 and information on a low GI diet and a Bach Flower Remedy. Session two will consist of 3-4-4 (how to shop and stock your kitchen, with a tour of Whole Foods) and a Full Body/Facial Massage. Session three will consist of 3-4-4 (movement and recipes) and a Full Body/Facial Massage. Session four will consist of a final review of 3-4-4. Talk to your dermatologist. Some conditions may require the assistance of both your physician as well as your holistic team.

Schedule your Acne Healing Method today.

Call us at 818 377 5120 for a telephone consultation. We accept most credit cards and checks. The cost of our holistic Acne Healing Method is \$765.00 (reduced from \$980.00).

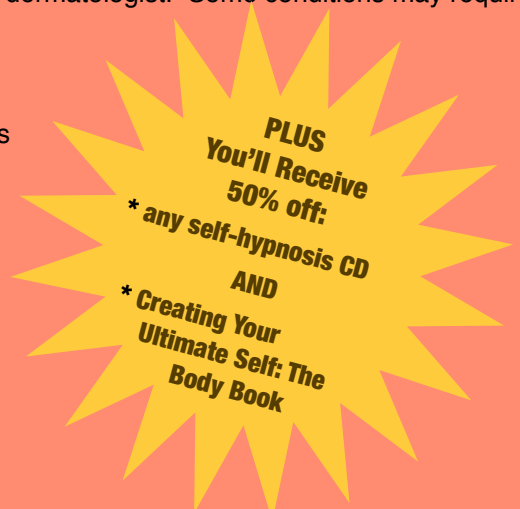
For clearer skin and a gorgeous you from the inside out, consider our holistic Acne Healing Method.

References:

¹ White GM. Recent findings in the epidemiologic evidence, classification, and subtypes of acne vulgaris. *J Am Acad Dermatol* 39(2 Pt 3):S34-7 (1998 Aug).

² Lello J, Pearl A, Arroll B, et al. Prevalence of acne vulgaris in Auckland senior high school students. *N Z Med J* 108(1004):287-9 (1995 Jul 28).

³ Tan JK, Vasey K, Fung KY. Beliefs and perceptions of patients with acne. *J Am Acad Dermatol* 44(3): 439-45 (2001 Mar).



Reserve your space now and take advantage of our Spring special!

Only \$765.00 for 4 treatments till the end of May.

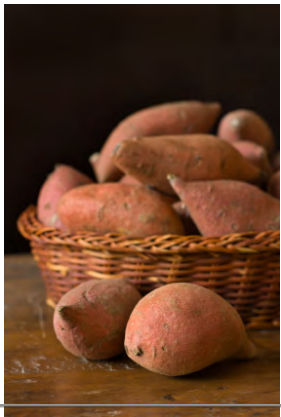
cayenne wellness center and children's foundation (a non profit organization)

providing services since the year 2000 : sickle cell disease : miscarriage support : bach flower remedy
holistic psychotherapy : career counseling : nutrition : education : research : group therapy

208 South Louise Street • Glendale, CA 91205

www.cayennewellness.org • 818 377 5120 • info@cayennewellness.org

Healthy Lifestyle and 3-4-4:: The Secret of Yams



3-4-4 :: Dr. Rowley's Nutritional Method of Eating

There are approximately 200 different varieties of yams with flesh colors varying from white to ivory to yellow to purple while their thick skin comes in white, pink or brownish-black. Although it is uncertain from which country yams originated, yams are one of the oldest food plants known. They have been cultivated since 50,000 BC in Africa and Asia.

Yams are a good source of vitamin B6, potassium, manganese, AND can help provide a natural alternative to hormonal replacement in women who have reached the age of menopause.

Choose yams that are firm and do not have any cracks, bruises or soft spots. Avoid those that are displayed in the refrigerated section of the produce department since cold temperature negatively alters their taste.

Yams should be stored in a cool, dark and well-ventilated place where they will keep fresh for up to ten days. They should be stored loose and not kept in a plastic bag. Keep them out of exposure to sunlight or temperatures above 60°F (around 15°C) since this will cause them to sprout or ferment. **Uncooked yams should not be kept in the refrigerator.**

Lunch: Mango, Spinach salad with shredded carrots, radishes, bell peppers, black beans and rice

Dinner: Berries, Collard green coleslaw, Lentil Soup with Yam and Kale, Brown rice,

Remember 3-4-4: Fruit, Orange Vegetable, Green Vegetable and Protein/Starch

Lentil Soup with Yam and Kale

Kale is an excellent source of calcium and along with the other plants that belong to the broccoli family is power-packed with phyto-chemicals that promote general good health plus being a terrific cancer "phyter".

4 cloves garlic, minced

1 stalk celery, thinly sliced

2 onions, 1/2" dice

2 large yams

1 tsp sea salt

1 28 oz can diced tomatoes

2 tsp paprika

2 tsp turmeric

1 bunch kale, without stems, torn into bite sized pieces

2 tsp basil

pinch of cinnamon

1/8 tsp of cayenne

3-4 sprigs thyme, tied together in kitchen twine so that they can be removed easily at the end of cooking

1 cup water

2 cups green lentils

2 tbs olive oil

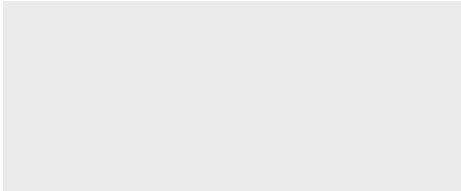
In a heavy saucepan, sauté onion and celery until soft (about 3 minutes), add garlic and saute for another minute. Add the spices (sea salt, paprika, turmeric cinnamon, and cayenne) and saute for another minute. Add yam and continue to sauté until soft. Add tomatoes, basil, and thyme. Combine and, after several minutes, add water. Combine and, after several minutes, add lentils. Combine and, after several minutes, add kale. Bring to a boil, down to a simmer until lentils are tender but still slightly crisp, approximately 30-40 minutes. Remove thyme, adjust seasoning and serve.



cayenne

wellness center and children's foundation

208 south louise street
glendale, california 91205
www.cayennewellness.org



Grateful for Your Gifts

Cayenne Wellness Center and Children's Foundation is grateful for the referrals and gifts received from our patients, their families and friends. Your support makes it possible for our staff and healthcare partners to improve lives by providing quality mental and nutritional health in a quiet, calm and private atmosphere. Your donation to Cayenne Wellness Center will help us continue to deliver essential services, like the Miscarriage Support Group of Southern California and the Sickle Cell Disease Support Group of Southern California. These, and other programs, mend the body and heal the mind and spirit.

To make a gift,
call (818) 377 5170,
e-mail:
info@cayennewellness.org or

mail your donation to:
Cayenne Wellness Center
Attn: Development Office
P.O. Box 3204
Beverly Hills, CA 90212
USA



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