



The newsletter of the Chronic Fatigue Syndrome & Fibromyalgia Support Group of Dallas-Fort Worth



Volume 5, No. 1, January 2003

## UPCOMING MEETINGS

### JAN. 21 "TAP YOUR INNER HEALER"

SHARON REDD, M.ED.

TUES., 7-9 P.M.

Breast cancer survivor, a psychotherapist, retreat leader, and author, Sharon Redd will briefly share her story of being diagnosed with breast cancer and CFS, not having a good prognosis, and her journey back to health. She'll talk about addressing the lack of balance and then conduct a session on prayer and meditation—and an energy practice as she calls it. She'll also touch on her new book, *Totally Alive: A Simple Program to Tap into Living Healthy Longer*. It's been endorsed by nationally-known doctors Larry Dossey, Bernie Siegel and Christine Northrup. See Sharon's website at [www.taphealth.com](http://www.taphealth.com) and the related article on page 2, *TAP: The Totally Alive Program*.

*Note: this meeting will be in the Edwards Cancer Center, rooms West 1 & 2. RSVPs are essential since seating is limited and other support groups are invited; the first 90 to respond will be assured seating. Contact Scott at 214.824.0094 or [scottwin10@hotmail.com](mailto:scottwin10@hotmail.com). Email is preferred. Give your name and the number in your party. If calling, know you will be leaving a message on voicemail; speak slowly and clearly, giving a contact phone number as well as your name and the number in your party.*

### FEB. 18 "NUTRITION & CHRONIC ILLNESS: WHAT'S FOOD GOT TO DO WITH IT?"

ROSE A. LANDON, M.S., R.D., L.D., C.D.E.

TUES., 7-9 P.M.

Rose Landon is an outpatient dietitian at Harris Methodist Hospital. She was diagnosed with Fibromyalgia and has learned how to deal with it effectively. She has an M.S. in Nutrition and has been a dietitian for 10 years. Rose will address a variety of topics relating to nutrition and how it affects chronic illness, including: stress and nutrition; the immune system and nutrition; organic foods; and, how to eat healthy when you have little energy for shopping and preparation. Come find out how food is affecting your health—don't miss this dynamic and helpful presentation.

*Note: this meeting will be in West 1 in the Edwards Cancer Center.*

### MAR. 18 "PRACTICAL APPLICATIONS FOR REGAINING HEALTH"

HUNT N. WHITEHEAD, D.C.

TUES., 7-9 P.M.

This Southlake chiropractor has experience treating Fibromyalgia and will discuss various issues related to improving your health that may or may not have been presented to you. See the related article entitled, "Regaining Your Health" about his presentation.

#### MEETING INFORMATION

Unless otherwise stated, we meet on the first (top) floor of the Edwards Cancer Center in the East Conference Room of Harris Methodist HEB Hospital in Bedford.

To get to the hospital from Fort Worth, take the Central Drive exit off 183 and stay on the access road. From Dallas, take 183 (or 635 then 121 S to 183 W) to the Central Drive exit and do a U-turn under the freeway.

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*NOTE: Many members are chemically sensitive to scented products. Please do not wear perfume, cologne, or clothes that have been exposed to smoke, dry cleaning fluids, or other chemicals to the meetings. Remember that many common household products contain very strong chemicals. Thank you.*

## REGAINING YOUR HEALTH

Realizing that most of you probably have explored or may currently use chiropractic treatment as part of your health regimen, be advised this is not your typical Chiropractic seminar! During this meeting, you will dig a little deeper into issues you may or may not have explored.

Examining these health issues may reveal hidden problems you choose to address. These issues include:

- ❖ Finding hidden food allergies with pulse testing
- ❖ pH balancing
- ❖ Oxygen deprivation
- ❖ Yeast, parasite and virus detection and elimination
- ❖ Kinesiology testing of internal systems
- ❖ Neurologic teeth testing and significance

Dr. Whitehead will talk about these aspects of regaining health and illustrate the screening process on a willing participant. Time allowing, as many of you as possible will be screened. Don't miss this opportunity to learn how to do some testing on yourself and learn about the practical applications that could make a difference in your life.

## LITE VERSION

This issue of the newsletter is abbreviated. The holidays and staff health—or lack thereof—have made a shortened version necessary this time around. Thank you for your patience and Happy New Year to all.

## JANUARY SPEAKER—SHARON REDD: *TAP: THE TOTALLY ALIVE PROGRAM*

The Totally Alive Program (TAP) shows you empowering, inspiring and simple ways to:

- ❖ Boost your energy, vitality, sexual potency and your immune system
- ❖ Learn lifestyle modifications that are simple with group support
- ❖ Nurture your emotional and mental wellness
- ❖ Self-Assess: Body, Mind, Heart and Spirit
- ❖ Add: stress reduction, whole foods to your diet, and exercise daily

Totally Alive Program (TAP) enables you to:

- ❖ Alter ingrained, unconscious beliefs and thoughts that keep you stuck
- ❖ Eliminate what is blocking your flow of energy
- ❖ Be restored and rejuvenated
- ❖ Lower blood pressure, cholesterol, and blood sugar

The *Dallas Morning News* did a story on her in 1997, about her experience with cancer and the retreats that she now leads.

Sharon Redd's website is [www.taphealth.com](http://www.taphealth.com). Sharon's book and her program, *Totally Alive: A Simple Program to Tap Into Living Healthy Longer*, have received many endorsements such as the following:

*"The course of cancer is determined by much more than medications and surgery. Our choices, attitudes, and decisions also play a key role. The Totally Alive Program can help anyone contact the rich sources of healing that lie within each of us. This program will benefit anyone, whether sick or well."*

Larry Dossey, MD

Author: *Healing Beyond the Body, Reinventing Medicine, and Healing Words*

Executive Editor: *Alternative Therapies in Health and Medicine*

*"If you are interested in surviving, inspired enough to care about yourself and willing to participate in your health then Totally Alive program is for you."*

Bernie Siegel, MD

Author: *Love, Medicine & Miracles* and *Prescriptions for Living*

*"Totally Alive is totally accessible, totally on the mark, and totally transformational. I totally recommend it."*

Christiane Northrup, MD

Author: *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

From the jacket of the video that accompanies her book:

*"This video shows you how to use the energy of the Universe to heal, balance and rejuvenate your body, mind, heart and spirit with simple movements, sounds, colors, breathing and deep relaxation to circulate and absorb energy for internal and external fitness."*

*"Experience a perfect mix of ancient wisdom, scientific research, and proven clinical practice with inspiration from Yoga, Qigong, and TaiChi for invigorating, empowering results."*

RETURN SERVICE REQUESTED

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The Newsletter of the Chronic Fatigue Syndrome &  
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