

wholistic
NOW!®



Spring/Summer 2020

*A quarterly e-newsletter featuring
multi-disciplinary perspectives on topics in holistic
health, wellness, leadership, and education.*

Welcome to the Spring/Summer 2020 issue of Wholistic NOW! What an extraordinary time we are experiencing. I hope you and yours are safe and well.

This special issue combines spring and summer. Rather than focus on our standard features, this issue offers perspectives and resources to assist in nourishing and nurturing holistic health and well-being. It also provides current information about and upcoming events hosted by the Arizona Chapter of the American Holistic Nurses Association.

Susan Kavanaugh is a new member of our team. She has assumed several of the responsibilities that Delores Tanglen had been providing and she will also offer her expertise in marketing. We thank Delores for her many contributions to Wholistic NOW! Meet Susan below. Susan can be reached at susan@wholisticnow.org

We look forward to your contributions to Wholistic NOW!, information about upcoming events, and advertisements (go to [Advertise](#)). Please feel free to contact me at any time at my email address below with any questions or comments you may have.

Remember subscriptions are at no cost so feel free to share this e-newsletter with your colleagues. Go to wholisticnow.org

Thank you.

Dr. Sue Roe



Executive Editor
sroe@theroegroup.org

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Meet Susan Kavanaugh

Susan is an award-winning writer and editor with a background in publications, content marketing, and grant writing. She is currently Principal of KavCom: Conscious Communications. She offers her expertise and experience in marketing, social media, and developing strategic operational plans for nonprofit organizations and work-for-good companies. In the past, she has held several executive level positions in communications, marketing, and development and has also provided editing and publishing services. Susan has a BS in Communications from Northwest Missouri State University and an MA in Comparative Religions.



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PERSPECTIVES ON HOLISTIC HEALTH AND WELL-BEING

Gems from the Editorial Advisory Board

Maintain a schedule similar to your typical workday. Go to bed and get up at your regular times. Complete your Activities of Daily Living (ADLs) and dress for the day. As much as possible, start and stop work at your usual times and leave work alone on your time off.

Setting reminders on my watch to get up from my chair and having a standing desk have been helpful to keeping active. I've been working from home for almost 9 years and found that having a routine is very important.

You'll probably be more casual than if you were physically going into work, but it is important for your mental and physical health to be presentable even if you don't have to attend video conference calls.

From David P. Hrabe, PhD, RN, NC-BC

We have been planning hiking "get alwasy." Just a small day trip to an uncrowded area of Arizona where we can hike and picnic. It brings a nice change of pace at this time.

From Tracy Leonard-Warner, MHI, MT-BC

My motto concerning any health issue is, "When you don't know what to do, drink your herbal teas!" During this time of uncertainty and so much misinformation, it is hard to know what to do for yourself and your family. Without a doubt, learning your immune system must be strong is one message most of us have heard loud and clear. Keeping your immune system humming along is something you can do on a daily basis all year long. And, herbal teas are simple, tasty and so effective. Here is my Herbal Immune System check list for quick reference. Feel free to mix and match and customize your teas to your taste.

Herbs high in vitamin C: rosehips, lemongrass, hibiscus, lemon or orange peel, reishi mushroom.

Powders that can be added to your morning smoothie high in vitamin C: acerola, amla, camu camu

Herbs that support your immune system: astragalus, echinacea, green tea, elderberries, fennel seed, cinnamon

Foods that support your immune system: garlic, onions, mushrooms, pumpkin seed (loaded with zinc), turmeric ... oh, did I mention garlic!?

While these lists could go on, they are the ones that come to mind quickly, are quite affordable, and easy to find; if you don't already have them in your kitchen. You can make teas with these, add them to your favorite tea blend, and they can also be incorporated into your most popular dishes. Herbal teas are good hot or cold, summer or winter, morning or night.

Cheers to a healthy and strong immune system!

From Madalyn Johnson, Herbalist

SW Herb Shop & Gathering Place

<https://swherb.com/>

Times are tough. There is no doubt about it. It is hard to figure out where your old routine fits in, if at all. Your work time is now filled with child time, or you are trying to stay focused for work while the world changes around you, almost daily.

Know that many are there with you, feeling frustrated, anxious, and sad. Try to remind yourself that these feelings-- while completely normal and expected with these changing times-- can be harmful so it is important to keep them in check. Do your best to avoid the damage stress can cause. Your health is important, you are important, and your time is important.

Try to fit in something for yourself as often as you can-- set a goal for three days a week, if possible. If weather and personal safety permit, go outside for a walk. Not only will the exercise

help relieve some stress hormones but being outdoors has been proven to help with overall wellness.

If outdoors isn't possible, try something indoors even if it is totally new to you. A yoga or stretching session can help tremendously with stress relief and relaxation. Or, perhaps you want to burn off some negative emotions with high-energy blasts of activity! Look for a cardio class online that suits your likes, such as a country music or a Zumba workout. Or, if you have don't have time for yourself because of kids, get them involved, too! Superhero workouts online are fun and can help burn off some of their energy while you become a good role model keeping up with the pace if not the movements. Also consider a family challenge with a sticker or reward board for a contest. Who can do a certain number of push-ups, squats, and/or the longest plank every day for a month.

Hope this helps you get through these trying times until you can get back to your old routine-- or perhaps find that the new routine is better than the one you lost!

From Jacky Cherney, DHSC, MS, CSCS, CPT, CISSN

Fitness Fun Club

www.FitnessFunClub.com

Spotlight: Deborah Aurianivar, MSM, LAc, Dipl. OM, NBC-HWC



For These Pandemic Times, What's the Point?

Uncertainty is at an all-time high and anxiety trails in its wake. Sometimes it hits us like a tsunami. One day we're fine, the next day it seems like we are drowning in our own tears. Either way, we can never be sure when we'll get hit. Great, another unknown.

And, in spite of it all, we are all doing the very best we can while navigating and managing all of the unknowns tossed our way. Unknowns that are changing on a daily basis and, not uncommonly, by the hour. We love to be in control and to know what is next. We may have had a certain amount of pride in our ability to be flexible and to

adapt to new events and circumstances. What we are currently experiencing is way beyond our normal known capacity to be flexible and adaptable. All that we have known about flexibility and adaptability has been shaken to the very core. We are being forced to reshape our very way of being.

And, with great change often comes great anxiety. Anxiety has the power to shut us down and stop us in our tracks. As focus wanes, our cognition gets foggy, sleep suffers, and we grasp and gasp for hope. And, regardless of our situation, we know that we are resilient, and we are strong. We have managed other unknowns. Perhaps not of this magnitude, but we have. And, we will manage this one too. While we may have very little control over the external environment and certain outcomes, we do have some control over our internal environment. We just need to find new tools for this new journey. What follows is a tool I have taught my patients. It a technique for centering and for calming. It can reduce anxiety, which clears thinking and improves rest. It is easy enough for a child to master. It requires no tools or gadgets. And, it takes only a few minutes.

It is an acupressure using the Jing-Well points that are located on the ends of the fingers and the toes. Jing-Well points are where the meridians, or channels, either begin or end. It is where there is an exchange of energy. So, they can be very powerful points. Just like an electrical current, where there is a positive and negative charge at play, so it is with these points. And, without going into too much detail, when a charge is weak or blocked there is less activity causing less available energy. There may be a build-up of a charge and it may need to be discharged. Acupressure to these points, when accompanied with deep breathing, can help neutralize, energize, and regulate the associated meridians having a profound impact on our emotional state. The following particular technique will use the Jing-Well points on the hands. So, let's get started.

Tools, Techniques & Time for Jing-Well Balancing

Tools: Your own fingers and a place to sit.

Technique:

1. Sit comfortably. You can close your eyes or leave them open.
2. You will be holding the cuticle corners of each fingernail.
3. Beginning on the right thumb, make your way around each finger on the right hand and then continuing over to the thumb of your left hand. Repeat the same process until finally reaching the cuticle corners of the left little finger.
4. Press gently on each of the point locations until you reach the corners of the cuticles. Press only to your comfort level. Some points will be more tender than others. This tenderness can vary from morning to evening, and day to day.
5. While holding the points, enjoy a minimum of three or more slow, deep breaths. Whichever number of breaths you choose on the first holding, keep that same number of breaths with each finger. Inhaling and exhaling is to be done through the nose. Allow your exhale to be a bit longer than your inhale. Recent research shows that exhaling longer through the nose “hacks” the vagus nerve and has a greater impact on calming.
6. On each finger, all that is necessary is a simple press, hold, & breathe.
7. That’s it! So, begin with your right thumb....

Time: Typically, I recommend these points be held before getting out of bed in the morning, and after getting into bed at night. Always with a minimum of three breaths per finger. Given our current situation, some are doing this routine several times during the day as well. They are finding it useful anytime a hint of anxiety shows up.

You may be wondering why before getting out of bed and then into bed is a good time to use the points. It is because these are natural times for a shift in our energy. The energy of the day shifts gears. It is a transition time. The dawn or the dusk of a day. Our focus and intentions are different. The needs of our bodies are different. At minimum, I recommend the technique be used during these two important times of our day.

For fun, check in with yourself before using the technique. For example: On a scale of zero to 10, where would you rate your anxiety? After the technique, rate yourself again. If there has been even a little change, it is a good sign, keep using it. If no change, increase the breaths to a minimum of 5 breaths per holding. Keep in mind that these points can change even subtly; a location that was not tender in the morning may be quite reactive in the evening.

If you are a caregiver or simply just feeling stressed, or know someone else in your household is struggling, the points may be held by you, for them. When holding the points for someone else, you can hold the same finger on both hands at the same time. You will be starting on the thumbs, then the index fingers, the middle fingers, etc. I always found it to be very soothing when after the last deep breath on the little fingers, just gently squeezing the hand and a soft smile was like, well, dessert! And when doing this for someone else, or having it done for me, because we are an energetic field, we both benefit.

It is simple, it is easy, and it can be effective. I’ve included some references for your information.

If you have any questions, I would be happy to answer them. I can be reached at daurianivar@yahoo.com or at 612-801-0818. A reference to POINT will help to ensure that your communication will be responded to more quickly.

Here’s to health!

For Further Information

Bergland, C. (2019, May 9). Longer Exhalations are an Easy Way to Hack your Vagus Nerve. <https://www.psychologytoday.com/us/blog/the-athletes-way/201905/longer-exhalations-are-easy-way-hack-your-vagus-nerve>

Fanselow M. S. (2013). Fear and anxiety take a double hit from vagal nerve stimulation. *Biological Psychiatry*, 73(11), 1043–1044.

Gach, M. R., & Henning, B. A. (2004). *Acupressure for emotional healing*. Bantam. (This reference has a small image with the locations of the Jing-Well points)

Tseng, Y.J. (2015). Efficacy of Stimulation at the Jing-Well Points of Meridians, *International Journal of Nursing & Clinical Practices*, 2, 121. <http://dx.doi.org/10.15344/2394-4978/2015/121>

Zhu H. (2014). Acupoints initiate the healing process. *Medical Acupuncture*, 26(5), 264–270.

For a quick look at an example of a Jing-Well location see https://theory.yinyanghouse.com/acupuncturepoints/theory_fiveshu/jing_well_points

Deborah holds a Masters of Oriental Medicine from Northwestern Health Sciences University (NCCAOM) and a bachelor's degree in education from the University of Minnesota. She has been a practitioner of East Asian medicine since 1993. More recently she received her national board certification as a health and wellness coach (NBC-HWC) having been trained through Wellcoaches. In December of 2020 she will be completing her doctorate in Integrative Medicine.

How Resilient Are You?



Sue Roe, DPA, MS, BSN, RN

As we experience and respond to the challenges of these extraordinary times, you may be asking yourself, “ How resilient am I?” Much is being said about how resilience can get us through difficult times.

What exactly is resilience?

The [American Psychological Association \(APA\)](#) defines resilience as “bouncing back” likening it to a mental muscle everyone has. It is a muscle that needs to be exercised – the more the muscle is used, the stronger it gets. A [dictionary](#) definition of resilience is the ability to recover from, or easily adjust to, misfortune or change.

Rather than being seen as “bouncing back,” resilience is more recently imagined as “bouncing forward.” This suggests that when we build resilience, we do more than just recover. Instead, we grow from the experience.

Nelson Mandela spoke to resilience when he stated, “ Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

[Learn more about Resilience](#)

Wondering how resilient you are?

There are certain factors that characterize resilience. Complete the 15 Factors of Resilience Checklist to find out where you stand. How did you do? What factors can you better develop?

[The 15 Factors of Resilience](#)

How can you strengthen your capacity for resilience?

Your capacity for resilience is based on thoughts and interpretation of an event and the available emotional energy you have at that time to tackle difficult situations. Those who are resilient view problems and adversity as opportunities to learn and grow. It does not mean they are in control all of time and are able to manage alone. They have built mental toughness and flexibility. They see that they have control, influence, or leverage rather than avoiding or shutting down when a difficult situation comes along. They can use their developed skills and strengths to better interpret situations and more effectively respond.

Listed below are 10 suggested strategies you can integrate into your lives to strengthen your resilience.

1. Determine your levels of wellness and the balance of your physical well-being. The more physical “fuel” you have, the more likely you will have the emotional energy needed to tackle difficult situations.
2. Reflect on your personal habits of thinking: Do you first “catastrophize” or imagine the worst-case scenario, then let it get in the way of moving forward. Or, do you see difficult situations as simply challenges or opportunities to grow.
4. Evaluate how “you show up.” Is your authentic self communicating and interacting with your values and the strengths you possess?
5. Practice mindfulness. Do you intentionally observe emotions and thoughts without judgement?
6. Check your optimism. Do you hold favorable expectations about the future? Optimism, while it is often seen as genetic, it is also learned and can be hardwired. Hanson and Hanson (2018) suggest their HEAL building blocks.
 - Have a beneficial experience
 - Enrich it by savoring it for 20-30 seconds.
 - Absorb it
 - Link it
7. Adopt feelings of gratitude by being thankful and deeply appreciative of what you already have.
8. Include self-compassion into your daily activities. Be kind and understanding with yourself.
9. Look ahead. This won’t make situations go away but rather it will give you the ability to see past them.
10. Finally, adopt an attitude of not giving up. Build your “grit.” Grit is having the passion and perseverance to continue to pursue your goals.

In closing, to be resilient you will need to stay inspired and motivated. Remember, that as each and every day begins, the possibility and opportunity exists to build and strengthen your resilience!

Resources on Resilience

American Psychological Association. *Building Your Resilience*. <https://www.apa.org/topics/resilience>

Duckworth, A. (2017). *Grit: Why passion and resilience are the secrets to success*. Penguin.

Duckworth, A. (2016). *Grit: The power of passion and perseverance*. Scribner.

Hanson R. & Hanson, F. (2018). *Resilient: How to grow an unshakable core of calm, strength, and happiness*. Harmony Books.

Hanson, R., & Hanson, F. (May, 9, 2018). *How to Cultivate the Resources for Resilience*. Mindful <https://www.mindful.org/how-to-cultivate-the-resources-for-resilience/>.

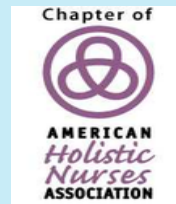
Hanson, R. (2013). *Hardwiring happiness The new brain science of contentment, calm, and confidence*. Harmony Books.

Mayo Clinic. *Resilience: Build skills to endure hardship*. <https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

The Resilience Institute. <https://resiliencei.com/resources/>

UCSF Human Resources. *A Personal Strategy for Engaging and Building Your Resilience*. <https://hr.ucsf.edu/hr.php?A=1055&AT=&org=we>

NEWS: The Arizona Chapter - A Chapter of the American Holistic Nurses Association



As we digitally move forward during these extraordinary times, the Chapter has also joined the virtual world.

All face-to-face events planned for 2020 have been cancelled. Rather, the Chapter will be offering a **Health and Wellness Webinar Series -- Wellness, Balance, and Energy** beginning early August. See below for the details and registration.

As an Arizona Nurses Association Organizational Affiliate we would also like to share information with you about the following opportunities, training, and resources.

Arizona Contact Tracer Registry

In an effort to support Arizona's contact tracing response, Arizona State University has developed a brief survey for individuals who are motivated and/or experienced to perform essential contact tracing functions: identifying themselves and providing their contact information, availability, skills, and experiences. ASU will make this information available to the state and local health departments. [Learn More](#)

Nurses Helping Your Communities

Even if you do not plan to participate as a contact tracer, you may want to take one of the FREE course below. Why? Because nurses are highly trusted and great community educators. Let's all do our part educating the public.

Making Contact: Training for COVID-19 Contact Tracers

This FREE e-learning opportunity is dedicated to providing a foundation in contact tracing over the course of four lessons. The material includes how to identify, assess, and manage people who have been exposed to the infection. Sponsored by the Association of State and Territorial Health Officials (ASTHO) To access this FREE course, [Click Here](#)

COVID-19 Contact Tracing (coursera) Offered by Johns Hopkins University

This FREE online course covers the infectious period, the clinical presentation of COVID-19, the evidence about its transmission from person-to-person, and why contact tracing can be such an effective public health intervention. Learn about how contact tracing is done, including how to build rapport with cases, identify their contacts, and support both cases and their contacts to stop transmission in their communities. To access this FREE course, [Click Here](#)

Need for Nurses

There is an immediate emergency need for ICU nurses, Medical- Surgical Registered Nurses, ICU acute care Nurse Practitioners, and personal care technicians to serve across Arizona. These positions are anywhere from 4 to 12 weeks - temporary missions. Lodging and logistics will be coordinated with the location you choose. Please see below for the locations in need and the point of contact for each location:

Tucson Medical Center: Mimi Coomler (520-360-1128)
Yavapai Regional: Mark Timm (928-899-2804)
Summit Healthcare: John Fish (928-537-6962)
Yuma Regional Medical Center: Lynn Harlow-Smith (928-920-1671) or
Diana Gomez (928-304-1175)
Northwest Medical Center: Jorge Salas (915-494-4445)
Cochise County: Gabe Lavine (520-559-2147)

The Arizona Emergency System for Advanced Registration of Voluntary Health Professionals

[Sign Up Today](#)

Also available are FREE TOOLS AND RESOURCES to support the mental health and resilience of all nurses!

The American Nurses Foundation launched, in partnership with four leading nursing organizations, the Well-Being Initiative. The Initiative offers resources which focus on caring for nurses as they tirelessly care for others. Find free tools and resources specifically designed to support mental health and well-being. Explore the [ANA Well-Being Initiative](#).

The Arizona Nurses Association is also partner in with the the Well-Being Initiative. See their site at [AzNurse Well-Being Initiative](#). As holistic nurses, I hope you find these resources helpful and that you share them with your colleagues.

I welcome any questions you may have, information you would like to share about what you are doing, ways you might like to participate, and ideas for chapter activities.

Sue Roe, 428 E. Thunderbird Road, #434, Phoenix, Arizona 85022
sroe@rgent.org

P.S. If you are not a member of the AHNA and are interested in learning more about the Association and/or joining go to: <http://www.ahna.org/>

Arizona Chapter Events for 2020

Wellness, Balance, and Energy *A Health and Wellness Webinar Series*

Register now these four Webinars to help you achieve wellness, balance, and energy!

Nurses, healthcare providers, and nursing and healthcare students are always welcome to register and attend these events.

[Register NOW!](#) Saturday, August 8, 2020 10:00am - Noon (Phoenix Time)

Gut Biome - Foods and Supplements that Support the Immune System, Mental Health, and Longevity

Presented by: Victoria Abel, MA, MNT, CAN

...Learn about the role and influence of the gut microbiome, the gut/brain axis, foods to avoid, and ways to repair the gut.

[Register NOW!](#) Saturday, September 12, 2020 10:00am - Noon (Phoenix Time)

Therapeutic Writing...In These Times

Presented by: Sue Meyn, M.C.

...Learn about the therapeutic aspects of journal writing and how it can help you stay grounded.

[Register NOW!](#) Saturday, October 10, 2020 10:00am - Noon (Phoenix Time)

Life with COVID19: Living with More Ease and Flow

Presented by: Lisa Schmidt, MS, LAC, CN, CYT, SEP

...Learn about practices that promote physical and mental ease and flow based on your personal prescription.

[Register NOW!](#) Saturday, October 31, 2020 10:00am - Noon (Phoenix Time)

Medical Intuition: Mind-Body Wellness

Presented by: Wendie Colter, CMIP, CEG

...Learn about innovative intuitive techniques in mind-body wellness and review the distinctions of unique intuitive states and their applications.

Registration Fee: \$10.00 for each Webinar - \$35.00 for all 4 Webinars.

For further information or questions, contact Dr. Sue Roe at sroe@rgent.org

Upon receipt of registration and payment, you will receive information about how to log onto the Webinar.
Cancellation Policy: 100% refund if notified in writing or by telephone, 48 prior to the Live and Recorded Webinars.

Note: We are applying for nursing continuing education.



Check out The Arizona Chapter – A Chapter of the American Holistic Nurses Association Group Facebook Page. Click this button to get to our Facebook page, then click "Join Group."

[Click Here!](#)

MULTI-DISCIPLINARY CORNER



Homeopathic Nurses Association

The Homeopathic Nurses Association (HNA) is a professional support organization for nurses interested in or who use homeopathy with their family and friends, or are homeopathic practitioners.

Founded in 1984, HNA works to bring homeopathy into the mainstream of nursing care. We reach out to those in the nursing profession in order to share the benefits of homeopathic health care and the rewards of homeopathic practice.

A two-year membership is \$100; \$70 for seniors and students. Membership benefits include networking, monthly calls, a quarterly newsletter, practitioner referrals, and CEU programs.

HNA is great place to join with other nurses to learn and apply the principles of homeopathy to your practice or for self-care.

[For More Information about HNA](#)



Academy of Integrative Health & Medicine

The Academy of Integrative Health & Medicine (AIHM) is an interprofessional membership association that provides transformational educational programs, such as the AIHM Fellowship and an Annual Conference. AIHM represents a diverse global community working together to shape the future of health care in order to serve the whole person - body, mind, spirit - and beyond to include the community and planet.

[Learn More About AIHM](#)



Arizona Nurses Association

A statewide membership-based professional association of licensed nurses. Founded in 1919, AzNA is the oldest and largest nursing association in Arizona. Our members represent all segments of nursing practice, bedside to administration, consulting to advanced practice, and education to legislation. AzNA members come from all practice settings: hospital, home and community health, public health, higher education, long-term care, school health, and policy.

[For More Information about AzNA](#)



The Foundation for Living Medicine

The Foundation for Living Medicine is dedicated to transforming our current disease-based healthcare model to one that offers an integrated holistic medical approach based on a patient-centered model. It promotes a shift in medicine that fosters better health and sustainability. The Foundation for Living Medicine acknowledges the "physician within" each individual, fosters patient/provider relationships, and embraces health and wholeness rather than emphasis on disease.

[For More Information About the Foundation for Living Medicine](#)

UPCOMING EVENTS



32nd Annual Southwestern Regional Nurse Practitioner Symposium

Virtual Conference

July 25, 2020

Learn More from Debby Wood at debby@aznurse.org or 4803518582

The California State University, Shiley Institute for Palliative Care

Palliative Care Education

[More Information](#)

AIHM Annual Integrative Health & Medicine Virtual Conference

People, Planet, Purpose
October 9-11, 2020
[More Information](#)

Integrative Healthcare Symposium
January 13-16, 2021
New York Hilton, Midtown New York
[More Information](#)

National Association of Nutrition Professionals
16th Annual NANP Conference & Expo
HEAL CON Holistic.Engage.Advance.Learn
April 8-11, 2021
Hyatt Regency, Bellevue, Washington
[More Information](#)

Joint American Homeopathic Conference 2021
April 23-25, 2021
Reston, Virginia
[More Information](#)

American Holistic Nurses Association 41st Annual Conference
Orlando, Florida, June 8-13, 2021
Doubletree Orlando at SeaWorld
[More Information](#)

American Holistic Nurses Association 42nd Annual Conference
Albuquerque, New Mexico, June 7-11, 2022
Hyatt Regency, Albuquerque
More To Come!

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Spring-Summer 2020

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