

# Focus On Healing News Connection

together creating jobs, improving health conditions; teaching skills, while showing the power that exist in the family

JANUARY, 2002

## A MESSAGE FROM NJIDEKA

It's 2002 and that means new life and energy in every area of our lives. Each New Year has a universal vibration. The year 2002 has the universal vibration of the number 4.

The number 4 represent **Family** and **Work**. The number 4 have three levels of characteristics: **Constructive (good)**; **Negative (bad)**; and **Destructive (worst)**.

- Constructive: Practicality; service; patience; organization; application; devotion; conservatism; dignity; economy; trust; worthiness; endurance; loyalty
- Negative: Narrowness; repression; clumsiness; dogmatism; crudeness; restriction; rigidity; sternest; dullness
- Destructive: Vulgarly; hatred; animalism; violence; jealousy; inhumanity; resistance; destruction; cruelty

In a 4 year that means getting back to the basics, things that were practical, economical and beneficial yesterday can still be found useful today. We have just experience a great shake-up (9/11/01) that was a reality check for many of us regarding our values, and life style. Things will never be the same again as we begin to level off slowly from our flying high experiences of yesterday. In this new year under the vibration of the number 4 we will have to secure a new foundation , which is a vital force that is needed to know and experience peace. The energy of the year 2002 will be **To Build**.

In the spirit of the vibration for 2002, which is family and work, makes this a good time to reconnect with family members, biological and extended. Our family connection and coming together should be based on the principle of (UJIMA) Collective Work and Responsibility. In this New Year it very important that families learn the following:

- How to trust each other
- How to work together to create something to pass on to from generation to generation
- How to be patience with each other during the developmental stages of the growth process
- How to be supportive, positive, and encouraging with motivation and love when needed

These attributes lay the foundation needed in building a family business or work together on a family project. Can you visualize families working

Let the number 4 vibration of 2002 be the year that you and your

family share with the community your God given talents and skills in marketable services and products. It is 2002 begin and end this year working collectively with your family to make a difference and leave a legacy. Step out on faith do what it is you love and are passionate about.

**2002 the year of "Family Working Together"**

Njideka N. Olatunde

## WHAT'S NEW AT FOH.....

Focus On Healing has moved into a lovely office to provide quality services in a healing and relaxing environment. Our new address is: (inside the BankAmerica Building)

**6475 New Hampshire Avenue, Suite 504-C**

**Hyattsville, Maryland 20783**

Our phone number is still the same (301) 779-8005

This year our focus will be on education, healthcare empowerment, family wellness, affordable services and products that are **In Harmony With Nature**.

**Back By Request and Demand.....** Njideka has heard your call and is now available to provide the hands-on service you have loved and enjoyed. In the past you may have only received reflexology service. You may or may not know Njideka is a licensed Naturopathic Healthcare Consultant with a specialization in reflexology and healthcare empowerment. The services she will be offering in addition to reflexology are health and wellness consultations, assessments, recommendations and being a support base when needed. If you need a healthcare coach to achieve your healthcare goals or new year resolutions call Njideka at (301)779-8005

Our continuing education reflexology classes and our reflexology training classes for healthcare professionals has been approved for CEU by the National Certification Board for Therapeutic Massage and Bodywork Provider

A Category. FOH Reflexology Certification Training Class final exam has been approved by the National Reflexology Board. FOH graduates will be accepted for certification by the reflexology board.



This year in the spirit of "Family and Work", FOH will be offering **FREE monthly Health & Wellness workshops** Every month we will present topics and speakers from the community to share information on health and wellness. To find the schedule and topics visit our website [www.focusonhealing.com](http://www.focusonhealing.com) look up calendar.

FOH will be extending its base of services to include the Hispanic community. Njideka has traveled many times to Cuba working on healthcare projects related to integrative healthcare education and services. It is through this experience that a working relationship in our community is being established. We will offer Spanish classes so we can learn to communicate and establish working relationships. For more information call us at (301) 779-8005.

The fact that FOH has always been a service based business, we have not placed a heavy emphasis on products. In a service business it is important to offer products that will compliment and support your services. This is usually a missing component in most healthcare businesses that provide hands-on services. We have decided to add some products that will enhance our services and support environmental and economic concerns. Visit our website [www.focusonhealing.com](http://www.focusonhealing.com) that shows the products we now carry:

- BodySense Aromatherapy Body Wraps
- BodyBalance Wellness Health Evaluation Kits
- Shaklee Health & Nutrition Products
- JeffMajors Sacred Music Tapes (Coming in February new tape Sacred For You)
- AirSource Purification System
- BestWater Reverse Osmosis Water System
- Reflexology Today a Family Affair by Njideka

Last year was a great year for Reflexology and the work of Njideka N. Olatunde, Ph.D, ND. She has been awarded several contracts to teach reflexology continuing education classes at area massage, and nail care training schools.

FOH has been awarded several contracts to provide reflexology services to staff at work sites in the government and private corporations. If you would like reflexology services at your place of employment give us a call. If you are interested in the field of reflexology as a career options give us a call (301) 779-8005 or email [fohno@cs.com](mailto:fohno@cs.com)

## FOH CONGRATULATES 2001 GRADUATES

John Mills	Frederick Hill
Karen Woodbury	Joan C. Green
Linda Jones	Hope Glover
Judy Richardson	Kamen Bell
Corena Anderson	Troy Alston
Ruth Coates	Patti Vernon

## A SPOT LIGHT ON HEALTH

### FOR WOMEN WITH HOT FLASHES

If menopausal misery is inescapable, why do so few women in Japan and China ever have hot flashes?

They're like the luckiest 20% of American women, who show no symptoms...and very unlike the 30% of US women who have considerable distress from hot flashes, emotional upset,

vaginal problems, ect.

How can you join the select company of women who never have to face the nasty side of menopause? By asking yourself, "What do these lucky ladies have in common?"

Here are some of the answers:

- Oriental women **do not eat like we do**. For one thing their food provides **more plant estrogen** than our food.
- Since 1944, studies have shown that hot flashes and vaginal dryness can be greatly reduced by proper combinations of essential vitamins.
- A study of 220 women at the University of Newcastle in Australia revealed a solid rule: ***The more women exercise, the fewer symptoms of menopause they have.***
- University of Arizona College of Medicine, professor, Andrew Weil, MD, says that, "Vegetarians often glide through menopause with little discomfort".
- Numerous clinical tests have proven that GLA (gamma linolenic acid); Vitamin E and Sunflower Seed Oil are a welcome relief from hot flashes, vaginal dryness and depression.
- Nutritional supplements, exercise, healthy food high in fiber and plant estrogen can be your relief to the **HOT FLASH EXPERIENCE**.

If you are suffering from Hot Flashes and are interested in a natural chemical free approach call us at (301) 779-8005.

### WHAT ABOUT EXERCISE...WHO NEEDS IT

A good workout burns calories and helps you lose weight. A regular exercise program causes basic changes in your body that go far beyond simple calorie burning. From the cells in your muscles to the hormones that affect mood, exercise shakes up your body and makes maintaining or losing weight much easier.

This is how exercise works:

- Exercise targets fat. When you exercise your body begins to burn fat for fuel. With dieting alone you burn lean body mass (muscle) and a little fat
- Exercise speeds up your metabolism. If you stay active, you burn more calories, which helps maintain or decrease weight.
- Exercise makes weight loss stick. If you perceive exercise as a fun and pleasant activity, rather than a chore, you will have fewer fluctuations in weight.
- Exercise reduces food cravings. Eating, like exercise, triggers the release of pleasure hormones called endorphins. A person who exercises does not have to satisfy as many craving as a person who is sedentary does. Exercise also increases the body's core temperature, which temporarily suppresses appetite. The more intense the exercise, the greater the hunger suppression.
- Exercise slows the muscle loss that comes with aging. Without exercise you lose about 1/2 a pound calorie-burning muscles a year after age 30.
- Exercise lifts you over weight-loss plateaus. This is important for people with fairly low caloric intake and want to maintain weight.
- Exercise keeps you from getting flabby as you lose weight. If you don't exercise while dieting, you'll actually lose muscle and get flabbier.
- Exercise puts you in the drivers' seat. People who exercise tend to be in better command of their lives.

Did you make another New Year's Resolution to lose weight

and/or start an exercise program? Let this information help motivate you to get started and stick with it.

## FOOD FOR THE MIND.....

### THE POWER OF THE WORD

The word is not just a sound or a written symbol. The word is a force, it is the power you have to express and communicate, to think and thereby to create the events in your life. The word is a vibration of sound that has the tendency to manifest itself in physical form. Just like the seed carries the potential to propagate in the soil, the word carries the potential to take root in your mind and spontaneously generate thought forms of similar vibrations. Whatever your dreams or goals, they will reflect the type of seeds that you have rooted in your mind.

Every culture has common expressions that are learned early in life and mindlessly repeated. Become aware of them and uproot them, so they will no longer have power in stopping you from achieving that which your heart desires.

- ✓ I'm getting to old for this
- ✓ I'm sick and tired of doing that
- ✓ I'm dying to\_\_\_\_\_
- ✓ **I can't afford to**
- ✓ You're a pain in the \_\_\_\_ (body part: neck ect.)
- ✓ I'm going to kill you
- ✓ Why don't you drop dead?
- ✓ I wish you would get lost
- ✓ I can't stand you
- ✓ You get on my nerves
- ✓ You are a pain in the \_\_\_\_ (body part: but)

Take the time to listen to yourself when you speak. Really hear what you are saying, Make a commitment to clean up your speech. Garbage In/ Garbage Out; Lies In / Lies Out; Truth In/ Truth Out; Love In/ Love Out. Remember Likes attracts like when it comes to the word. **What you say is what you want to manifest in your life.**

**FOH PAYS TRIBUTE.....**

FOH says "**THANK YOU**" to some very Special People who helped make 2001 a very special year...

Cathy Hughes	JeffMajors
Carolyn Yancey	Annie King Phillips
Ronald J. Anderson	Dr. Alison Henderson
Ruth Dutiot	Wanda Reynolds Anderson
Dorothy Henderson	Tonya Morten
Dawn Chislm	Karen Jefferson Anthony
Sandi Zimmerman	Catherine Hunter
Michelle Frank	Cheryl Hawkins
Christina Steed	Gladys Brooks
Ann Mayfield	Gloria Elder
Jennie Trotter	Sylvia & James Taylor
Renee Wiggins	Office Depot (Lanham, Md)
Lisa Thomas & Howard	University Hospital
Dr. Malcolm Johnson	Gary & Doris Jones
Shabaka J-EL	

**FOR YOUR INFORMATION.....**

Scheduling for Njideka N. Olatunde:

Appointments; Speaking Engagements

(301) 779-8005 press 1 email: fohnno@cs.com

Reflexology Appointments & Consultations

Reflexology Sessions; Seated Massage; Health & Wellness Programs

(301) 779-8005 press 2

FOH Reflexology Classes & Workshops

Class Dates; Tuition; Registration; Information

(301) 779-8005 press 3

Wellness Exchange

Network Information; Program Information & Activities

(301) 779-8005 press 4

