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well-being

*winter 2023*



A Special Supplement to The Port Townsend & Jefferson County Leader February 1, 2023



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# ACUPUNCTURE

may just be  
FOR YOU

By Leslie Kelly

If you've ever thought about giving acupuncture a try, there's plenty of options nearby.

Vital Spirit Acupuncture in Port Townsend and Joy Point Acupuncture in Port Townsend are among your choices.

Jillian Rifkind, owner of Joy Point Acupuncture, offers several types of treatments.

"I incorporate sound healing, guided meditations in the Akashic Records, acupuncture, dietary therapies, and ashiatsu, depending on what the body is asking for," said Rifkind. "I assess patients using an osteopathic evaluation which begins with the patient standing and continues with (the person) lying on the table."

Rifkind said hands are very sensitive and pick up on the proprioceptive signals sent from the body. This helps to determine where restriction is the greatest.

Her work consists of acupuncture as a method of engaging "Qi" or energy through the insertion of thin needles. This helps to resolve blockages in circulation that lead to pain and stagnation.

She also uses osteopathic manual therapy, a gentle yet effective hands on therapy using palpation to find the root of imbalance.

Other aspects of her treatments include sound medicine journey that combines elements with a guided meditation utilizing ceremony and guidance of ancestors, light

氣

beings, spirit guides to shift energy in the body; Chinese herbs, and ashiatsu, a bare-foot massage technique which applies deep, broad pressure utilizing gravity and an overhead bar system to assist in providing a deeply relaxing

treatment.

Rifkind is an acupuncturist, East Asian body worker, and herbalist, who received her master's degree from the Seattle Institute of Oriental Medicine in 2013.

Prior to her East Asian Medical studies, she began cultivating her skill and compassion as a mental health worker, providing support for adults staying at a 24-hour crisis house in California.

At Vital Spirit Acupuncture, owner Ariana Marinelli offers classic acupuncture, cupping therapy, Chinese herbal formulas, moxibustion therapy, a modality that utilizes dried and aged form of the herb Artemisia (also called *Ai Ye* in Mandarin) which is burned to allow the radiant heat to treat either sections of an energetic channel or specific acupuncture points.

Another treatment Marinelli offers is Qua Sha, during which tools, from a penny to carved stones, are used to scrape the skin.

*Acupuncture continued on Page 7*

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Publisher

*Donna Etchey*

Editor

*Brian Kelly*

Contributor

*Leslie Kelly*

Advertising

*Josh Hamilton  
Kathy Decker*

Circulation

*Amber Van Duren*

Layout & Design

*Meg Visger  
Erin Channis*

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Donna Etchey  
(360) 385-2900  
detchey@ptleader.com

For advertising, please contact:

Josh Hamilton  
jhamilton@ptleader.com

Kathy Decker  
kdecker@ptleader.com

Port Townsend & Jefferson County Leader  
226 Adams St., Port Townsend, WA 98368  
360-385-2900 • www.ptleader.com



By Leslie Kelly

It's been quite a journey, according to Mystic Monkey Yoga owner Jason Calsyn. But things are finally taking shape.

"We're about back to where we were before the pandemic hit," Calsyn said. "We're offering regular, in-person classes, and we aren't doing the live online classes anymore."

Calsyn has also reworked his class offerings and as of Jan. 2, begins classes at 7 a.m.

"We had people who wanted early classes, so we met that need," he said.

This is the busy time of year at the yoga studio.

"People are wanting to get active and meet their New Year's resolutions," he said. "And in winter, people like the idea of somewhere warm, like our hot yoga classes."

An average yoga class is 10 to 15 participants, but the studio has room for up to 25 participants. Most classes last an hour and 15 minutes.

Calsyn opened Mystic Monkey Yoga in Port Townsend in 2017, with the goal of attracting students of all ages and all abilities.

"I had been living and teaching yoga in the Seattle area, and I knew I wanted to open my own studio," Calsyn said. "But I wanted to get out of the city and I wanted to be close to nature. When I visited Port Townsend, I liked the culture here and the sense of community."

Calsyn has been practicing and teaching yoga for more than 20 years. He grew up in Lynnwood but began doing yoga when he lived in San Francisco.

"There was a little studio near where I lived, and they were offering a 'new student special.' So, I thought 'Why not?'"

At the time he just wanted something as a form of exercise. But after a while, he grew to really like it.

"Once I got into all the aspects of it — the mindfulness, and the concentration, I knew it was something that would stay with me."

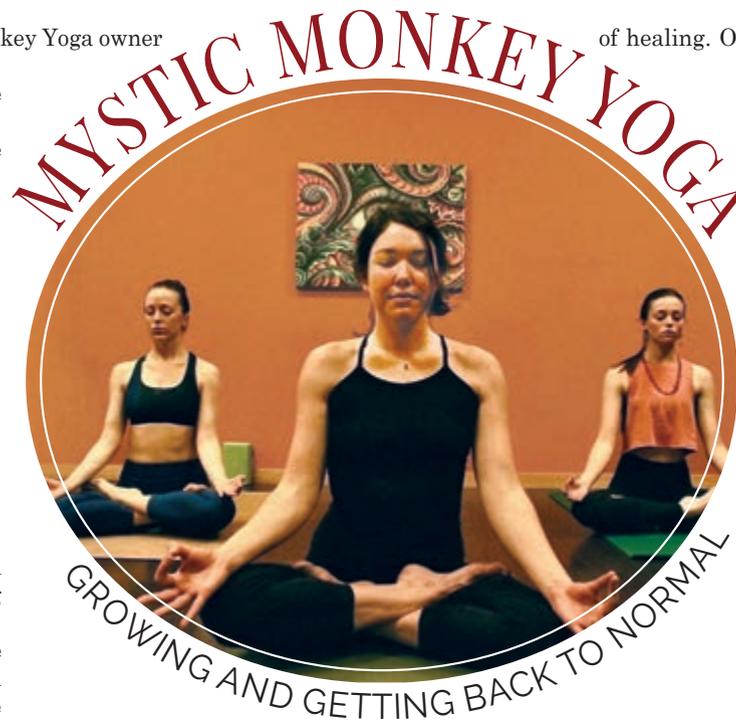
It was after he had been practicing yoga almost every day that he decided he wanted to teach it to others. He's been teaching for nine years.

Calsyn said there are various levels of certification for yoga instructors. He has the E-RYT 500, which is one of the highest levels of certification by the Yoga Alliance.

At Mystic Monkey, they offer a number of different kinds of yoga. (See list)

Most people who do yoga do it for exercise and more, he said. Retired people enjoy maintaining their bodies. Younger participants do yoga to get and stay fit.

"Yoga is an exercise, but it is a lot more than just an exercise," he said. "It has a way



of healing. One thing I've found in my life I can come to yoga no matter how I feel, and I come out happy. I feel good in my mind and in my heart."

Most popular are the hot yoga classes.

"Hot yoga is seen as a trend, but it's been around since the 1990s," he said. "When it first came out it was very popular, especially for the Type A people who are attracted to something very intense."

"But that's not really what we're about. We use heat as a way to help people warm up their muscles. It's a clarifying type thing and helps people to release."

Yoga is rewarding as a healthy form of exercising for the body and the spirit, he said. But there's something else important about yoga.

"It creates a community," he said. "It's a wonderful place to make connections, especially for younger people who don't drink or party and need somewhere to socialize. It's a healthy way to get together."

Mystic Monkey was named for the Hanuman Monkey God which is said to have superpowers and is very dedicated and devoted to his ruler. Calsyn thought it would just be something fun, and would represent the idea that through dedication, one can

accomplish anything.

Mystic Monkey plans to offer classes to teach others how to teach yoga. The hope is that those students will become teachers at the studio. They currently have 10 instructors.

"I get a great joy and fulfillment in sharing yoga," he said. "This is a tradition that has helped people become the best versions of themselves for thousands of years. Whether you're experienced or brand new to the practice, you can find a yoga home with us."

And Mystic Monkey Yoga is bringing back its international retreats. In April a group will go to Guatemala for a week of events that include daily yoga classes, ecstatic dance, vocal yoga, a cacao ceremony, breathwork, shamanic journeying, and a sweat lodge. There will be free time to relax and visit nearby sights. More information and prices for the retreat and for classes are on the website.

For more, go to [mysticmonkeyyoga.com](http://mysticmonkeyyoga.com) or call 360-344-8283. Mystic Monkey Yoga is located at 2211 E. Sims Way, Port Townsend.

Photo this page: Yoga participants in the lotus position in a class at Mystic Monkey Yoga. Photo by Mystic Monkey Yoga.

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# Classes offered at Mystic Monkey



## Hot Yoga & Pranayama - 75 Minutes

These classes place great emphasis on pranayama (breath control), with more time and space in these classes for yogis to move intuitively. Class will end with an extended pranayama and meditation practice. The temperature for this class will be set to 97 degrees.

Beginners are encouraged to try other classes first. It will be assumed that students in this class have familiarity with basic poses and already have a consistent asana practice. The classes explore more pranayama technique than students would in an all-levels class.

## Hot Slow & Strong - 75 minutes

These classes consist of static postures held for longer periods of time. Students gain balance, flexibility, strength, and confidence in these classes. Each instructor incorporates their own training and background into their teaching, so students can expect to learn something new each time they step into the room. The room temperature for these classes will be between 100 and 102 degrees.

## Hot & In The Flow - 75 Minutes

These classes are a bit faster-paced, and place great emphasis on pranayama (breath control). These classes may be more aerobically challenging but will rapidly build strength and flexibility. It is recommended that students have at least a few classes' worth of experience in other classes before taking this class. The temperature for this class will be set to 97 degrees, but participants will sweat just as much as in the hotter classes!

## Warm & Steady - 75 minutes

These classes are flowing and intuitive and sequenced dynamically and with intention. They are therapeutic and challenging, and suitable for all levels. The room is a little cooler for these classes — a comfortably warm 85 degrees.

Everyone is welcome in all of the classes, but for those unsure of the heat, this might be a good class to start with.

## Hot Yin & Yang - 75 minutes

This is a combination class — the first portion of class will be a vigorous hot vinyasa practice, then the last portion will settle into sweet restorative yin. A great way to get a challenging workshop and also find deep relaxation, all in one class!

The room temperature will be set to 95 degrees for this class — slightly cooler than the other “Hot” classes.

## Yin Yoga - 75 minutes

Yin Yoga is a more restful practice involving holding postures for a long period of time to allow the muscles and connective tissues to release. This is a more passive form of yoga which uses gravity and the shapes of the poses to achieve the effect, rather than more active engagement. It is a very relaxing and calming practice and a perfect way to end the day.

Times and days are listed on the website: [mysticmonkeyyoga.com](http://mysticmonkeyyoga.com).

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by Connie Segal, Licensed Esthetician, Glow Natural Skincare

Skin. It is our largest organ, a continuous covering of an average area of 20 square feet! It has specialized layers, housing hair follicles, sweat glands and nerve endings. Its thickness varies from the palms of our hands to the crow's feet around our eyes.

Skin protects our inside workings at the same time it is able to transmit the sensations of pressure, heat, cold, pain and pleasure. It allows us to feel the air, our clothes, and each other. It is flexible and elastic, so we can move freely. It regulates our temperature — it insulates us from cold, and cools us off through sweating when it is too hot. It manufactures vitamin D from exposure to the sun. The skin also keeps our necessary moisture inside, and keeps pathogens out. It is waterproof yet breathes. It is self-healing. Skin is our living shield and protector.

Skin gives us our outer appearance and, along with our bone structure, creates our physical personality. We start with what genes have granted us, but how we live and how we care for our skin also have their effects. The better we care for our skin, the longer it will look healthy and vibrant. Environmental conditions such as wind and cold, excessive sun, pollution — all take their toll. And from the inside, stress, dehydration and poor nutrition fight against the skin as it labors to do its many jobs.

In the esthetics world, care of the skin is

our focus. We recommend a daily at-home regimen including cleansing and a good moisturizer, depending on your skin type. You might exfoliate on a weekly basis, and consider sun protection. Use nutritive products with natural, organic ingredients.

Remember that the skin is the medium between the outside and the inside of our bodies, and whatever you put on it will be absorbed into your entire system, therefore it is good to choose wisely.

And don't forget about facial exercises and gentle massage, which keep the muscles in tone and bring beneficial circulation to the skin. Of course treating yourself to regular facials can also be helpful.

As estheticians, we look at the condition and appearance of the facial skin as an important indicator of overall

well-being. Sleep, diet and exercise are major players in optimal health.

So we ask: Are you eating healthy foods and drinking enough water? How are you managing stress? Do you regularly take walks, run or rest your mind? Do you focus on your breath with yoga, meditation or Qi Gong practice? Do you have other daily rituals to calm your nervous system? Ultimately, the most important skin care practice is to laugh and smile. That will surely help you Glow!

What would  
**WE BE**  
*without*  
**IT?**

The skin covers every part of us that interacts with the world. It is easy to take it for granted and not see how amazing it is.



*Acupuncture from Page 3*

"It is very effective at moving out blockages and stagnation," she said. "It also promotes fresh perfusion of blood, fluids, and nutrients to the area treated."

She also uses tuina body work, a style of meridian-based body work that utilizes

Ariana Marinelli, owner of Vital Spirit Acupuncture, listens to a patient's symptoms as part of the intake before treatment. Photo from Vital Spirit. *Photo by Vital Spirit Acupuncture*

Chinese Medicine theory.

"Essentially, it is a channel and point system of massage which employs the same channels used in acupuncture," Marinelli said. "During tuina many types of gentle or invigorating hand techniques are employed to clear energetic blockages, open joints, and restore the movement of chi and blood."

Dietary consultations can be a part of the treatments too. Dietary therapy is based on the five flavors, energetic temperature, and qualities of the foods. How they are prepared, the timing of meals,

and the combination of certain foods also come into play.

Marinelli is a second generation practitioner of Chinese medicine. She has a BFA in Craft from the Oregon College of Art and Craft and a master's degree of Science in Oriental Medicine from the Southwest College of Acupuncture in Santa Fe,

New Mexico. She has trained extensively in classical Chinese medicine from senior students of Daoist Master Jeffrey Yuen.

She opened her business in March 2020 and was able to continue throughout the pandemic much because people were needing help with their physical and mental health.

Getting individuals to try acupuncture isn't difficult, she said.

"But generally, it's when they've run out of other tradition options," Marinelli said. "If they are open to it, just experiencing it is all that's needed."

Joy Point's Rifkind said if someone is reluctant to try acupuncture, she would say that it is not necessary to use needles to engage with the therapy.

"I often use acupressure principles to treat



Jillian Rifkind, owner of Joy Point Acupuncture, and tools she uses in treatments. *Photo by Joy Point Acupuncture*

patients and ultimately listen to what the body is asking for," Rifkind said. "I am different from other practitioners because I see the body as energetic, emotional as well as physical. I am certified to read the Akashic Records, an ancient system of guidance and wisdom to improve energy flow."

"I also cultivate shamanic sound journeys in which individuals or groups can connect with guides, power animals, the inner child and ancestors. These groups are a beautiful way that we can cultivate community around healing."

Joy Point Acupuncture is located at 9481 Oak Bay Road, Port Ludlow. Check out [joypointclinic.com](http://joypointclinic.com) for more. (Phone: 360-523-2091.)

Vital Spirit Acupuncture is located at 1233 W. Sims Way, Port Townsend. Check out [vitalspiritacupuncture.com](http://vitalspiritacupuncture.com). (Phone: 360-301-4542., [vitalspiritclinic@gmail.com](mailto:vitalspiritclinic@gmail.com).)

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*long haul*  
**CORONA VIRUS &  
CHRONIC FATIGUE**

By Jonathan Collin, MD

Most of us experience a COVID-19 illness for several days to weeks, miserable with typical cold/flu symptoms, eventually recovering. For a few, recovery does not mean back to normal. Disabling fatigue interferes with work, play, all every day activities. Fatigue following a viral infection is not unusual. Many individuals who have had flu also experience fatigue that interferes with return to usual life activities. For those who suffer chronic fatigue, finding some way back to normal becomes a difficult trial of seeing doctors and trying to motivate oneself to get off the couch and not nap all day. Conventional medicine doesn't have adequate answers for chronic fatigue. Too many are sick and tired of being sick and tired.

A thorough physical exam, laboratory testing, and imaging studies (if indicated) are necessary to rule out a medical condition like anemia, under-active thyroid, diabetes, hypertension, autoimmune disease, and cancer. But chronic fatigue generally has no lab test abnormalities or

findings on a CT scan or MRI.

After being informed that all tests are normal, the doctor diagnoses "depression" and prescribes an anti-depressant medication.

It's true — one is very depressed being exhausted, without energy to do household chores, work, and forget about intimacy. Sleep is torture, too; taking forever to fall asleep, awakening in the wee hours, unable to return to sleep, eventually sleeping for a few hours and awakening unrefreshed. No wonder there is exhaustion and difficulty in concentration and thinking. Forget about exercise: there is no energy to run or do physical activity. And when the day comes when there is energy to do

stuff, hours of physical activity cause a terrible exhaustion the following day with no energy to move.

Strangely, the anti-depressant actually may do a bit of good. Anti-depressants do modify the neurotransmitters and modify our sleep patterns; falling asleep and staying asleep improve. The anti-depressant



Jonathan Collin MD.  
Photo by Jonathan Collin

is not addictive and offers some immediate palliative relief. Additionally, it tends to control anxiety episodes, enhances concentration to some degree, and impressively, makes one less tired and fatigued.

Of course, an anti-depressant reacts differently on each of us; for some it will be a wonderful salve, for others there will be side effects like dry mouth, constipation, dull emotions, and just the aversion to using a pharmaceutical. Herbs offer anti-depressant effects without the use of drugs but herbs do not have the effectiveness of a drug.

The anti-depressant is a good start but it does not address chronic fatigue adequately. For those who stay exhausted after being treated for depression what else can be done?

The adrenals, the small organs lying above the kidneys, produce adrenaline and cortisol in addition to other hormones. Much has been written about the adverse effect of excess cortisol produced when we are stressed. Cortisol's excess has been blamed for causing our sleep difficulties and contributing to diseases of overwork: heart disease, diabetes, hypertension, and obesity. But the adrenal's production of cortisol can also be

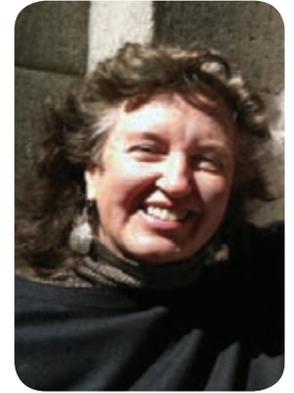
inadequate or dysfunctional. Measuring cortisol levels several times during the day and night can reveal cortisol levels being low in the morning and afternoon but higher at night which is not normal. Or the cortisol can just be low throughout the day. A lower cortisol level is responsible to a great degree for fatigue and plays an important role in the fatigue following a viral infection like the coronavirus. Testing the cortisol level at multiple times during the day is not done following the usual medical consultation but is a good test procedure for the long-haul COVID patient with fatigue.

Treatment for a low cortisol level is not addressed by prescription medication. Instead, the cortisol dysfunction can be addressed with vitamins, minerals, Omega-3 fatty acids, amino acids, herbs, and homeopathic remedies. Additionally, the use of vitamin and mineral injections, usually administered intravenously, offers dramatic support to the adrenal glands.

Long haul COVID and chronic fatigue have not been definitely defined and cannot be diagnosed by a simple lab test. However, supportive treatment is available and can begin the restorative process of getting back to normal.

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## **NEW YEAR'S RESOLUTIONS** *are a thing of the past* START BUILDING HEALTHY HABITS INSTEAD

It's an experience shared by many: You make an ambitious health resolution at the start of the year and a few months - or weeks — later, you lose steam and throw in the towel. This year break the cycle by focusing on simple, effective ways you can impact your wellness long term. The key? Small daily habits.

Nicholas Frye, MS, LCPC, CHES, behavioral counseling manager at OPTAVIA shares how you can create lasting healthy habits, break those unhealthy ones and create positive changes to your wellbeing:

### **FORMING NEW HABITS**

Habits are a fundamental part of a health and wellbeing program. "Forming a new, healthy habit involves repeating a health-promoting behavior in response to some trigger that's already a part of your day, such as a specific location like the kitchen, certain situation like making your morning coffee, or particular person like your significant other, until there is a learned connection between trigger and behavior," said Frye.

As an example, to develop a new, healthy walking habit, first select a specific health-promoting behavior such as "go for a 10-minute walk." Then identify a stable cue which occurs daily in your life such as "after breakfast." Then repeatedly perform the walking behavior in response to the after-breakfast cue which will, over time, result in an automatic habit.

It takes 66 days - on average - to develop a new habit, according to a 2009 study published in the European Journal of Social Psychology. However, the exact timeframe is different for everyone. As the behavior is repeated in response to the cue, the association between them becomes stronger, more efficient, and automatic until the cue alone is enough to trigger the associated behavior without conscious thought.

### **BREAKING OLD HABITS**

Forming new, healthy habits through behavior and cue association is one part of a long-term approach to wellness, but how do you break an established, negative health habit?

"Breaking an old, unhealthy habit involves overwriting the old habit with a new, competing behavior," Frye said. "Basically, you substitute the unhealthy habit with a healthy new one."

For example, to break a habit of drinking sugary sodas while watching television, replace the soft drink with sparkling water every time you sit down to binge your favorite show. Eventually, you'll associate watching TV with this new, healthier behavior.

### **MICROHABITS**

Resolutions have become overly complicated, which is why Frye recommends instead of committing to a big, audacious goal in the new year, try incorporating small daily habits into one's life. This allows you one step closer to optimal health and wellbeing every day. These small behaviors are called microHabits and they can compound to have big results.

Some microHabit examples are parking at the back of a parking lot to get your steps in or taking a sip of water as soon as you wake up rather than hitting the snooze button.

"By developing these habits, one small step at a time, we can overcome the intention-behavior gap. In other words, when what you do doesn't live up to your previous intentions — and it is all the less daunting," said Frye. "This sets one up for success as opposed to overly ambitious resolutions that don't guide you from Point A to Point B."

Learn more at [OPTAVIA.com](http://OPTAVIA.com).

# The Best You Yet!

Your local guide to self-care and self-improvement support in the new year.

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# Reacting To Foods? Why?

Don't assume common symptoms like bloating, fatigue, and "brain fog," are just normal results of a busy life. Many patients tell us they are surprised by the improvement after identifying and eliminating dietary triggers.

Symptoms can appear shortly after eating or shockingly up to several days later. Reactions can vary by how much you eat, and even circumstances of the meal. It's no wonder pinpointing a food trigger is difficult given the wide range of foods most people eat.

Start with a detailed food journal and how you felt (energy levels and bowel movements). If you suspect a food trigger, eliminate it for 2-3 weeks. Did that make a difference? This process is streamlined when working with a healthcare practitioner who can use food sensitivity testing, rebuild your diet, and ensure your gut is functioning properly - we are here to help!

## *Food Sensitivity Symptoms:*

Abdominal Pain • Acid reflux • Bloating  
Brain fog • Constipation • Diarrhea • Fatigue  
Headaches • Rashes • Sinus issues

## *Common Food Sensitivities & Intolerances*

### *Lactose Intolerance*

If you lack the enzyme lactase, you can not break down the lactose found in dairy products. This is the most common food intolerance, often characterized by indigestion and bloating.

### *Gluten Intolerance*

If you experience symptoms after eating gluten, but tests confirm you don't have a gluten allergy or celiac disease, you could be suffering from a gluten intolerance or non-celiac gluten sensitivity. Gluten is found in grains such as wheat, rye, kamut, couscous, and barley.

### *Eggs*

Eggs are one of the most common food sensitivities. Symptoms include eczema, itchy

skin, nausea and bloating. For most, egg whites are more likely to be reactive than egg yolks.

### *Corn*

Corn sensitivity can lead to chronic symptoms like fatigue, brain fog, bloating, irritable bowel symptoms, headaches, joint pain and more. Corn is in many processed foods.

### *Soy*

These proteins cause food allergy and sensitivity which may lead to headaches, joint pain, acne, eczema and more. Fermentation can break down soy protein, therefore fermented soy products like miso and tempeh may be better tolerated.

### *FODMAPs*

Fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAPs) are carbohydrates that are not absorbed well by the small intestine. When they arrive at the large intestine, bacteria break them down and form gas, which in turn leads to uncomfortable digestive symptoms. Common FODMAP foods include apples, bread, many kinds of beans, some cheeses, garlic, onions, and many milk products.

### *Caffeine*

For people with this intolerance just a small amount of caffeine, leads to heart palpitations, anxiety, and insomnia. Some evidence suggests a genetic component.

### *Sulfites*

These are chemicals found naturally in some foods, such as salmon, lettuce, and tomatoes. Sulfites are used as preservatives for many common foods, including baked goods, dried fruit, pickled foods and wine. The FDA requires that food labels must indicate the presence of sulfites if the level exceeds



**Food  
allergy,  
intolerance  
or disease?**

**We can help you  
figure it out!**

10 parts per million (ppm). Asthmatics are more prone to sulfite sensitivity. Reactions can include wheezing, coughing, digestive problems and rashes or hives.

### *Sugar Alcohols*

Considered a healthier alternative to sugar, these include xylitol, erythritol, sorbitol, and maltitol. Sugar alcohols do contain fewer calories than sugar, aren't as harmful to your teeth and do not tend to spike blood sugar. They can cause digestive problems, including bloating, gas and diarrhea. Because they can't be easily digested, they travel to the large intestine, where your gut bacteria breaks them down, in a similar process to the digestion of FODMAPs. In fact, people who are intolerant of FODMAPs often also experience difficulties with sugar alcohols.



**Prosper Natural Health  
Wellness Center**

**Molly Force, ND • Rosalie De Lombaert, ND, MS (AYURVED) • Mary Schroeder, ND, LAc**  
360.385.5375 • 213 Decatur Street, Port Townsend, WA 98368 • ProsperNaturalHealth.com