

Turn
Wishing and Wanting
Into
Learning and Doing

Herb
Dr. Lyn - Fall
2018



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Healing emerges when we support and strengthen the connections within us—body, behavior, social and spirit—making us more whole.

~Wayne Jonas

To help patients and doctors expand their own perspectives, Jonas has developed a healing-oriented practices and environments (HOPE) consultation protocol (*DrWayneJonas.com/resources*). It includes questions a doctor or patient can use to spark pivotal lifestyle changes that cover optimal healing dimensions—inner, interpersonal, behavioral and external—to evaluate measures that facilitate or hamper healing.

Sincerely responding to the answers shows results. “With chronic diseases, it can almost always enhance wellness and well-being, and improve function, whether the disease is cured or not,” says Jonas.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.

A Quiet Heart

At the center of the most turbulent heart there is a place of peace, a place beyond time that cannot be touched by change or loss.

No tumult can disturb the quietness, no shadow can dim the light. Here in this stillness is rest and healing. Nothing we suffer, nothing that we fear, can damage its perfection.

~Pam Brown

Wish menopause came with directions?

What if you felt safe and supported in the messiness of midlife?

There's an immediate and accessible way to come home to your Self, your Strength and your Clarity.

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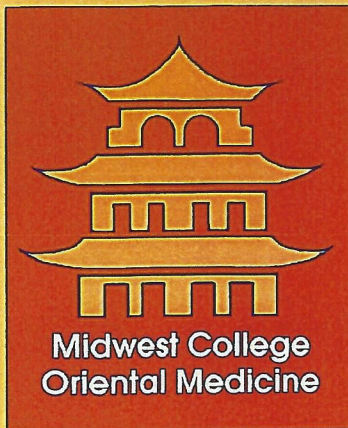
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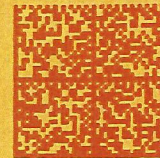
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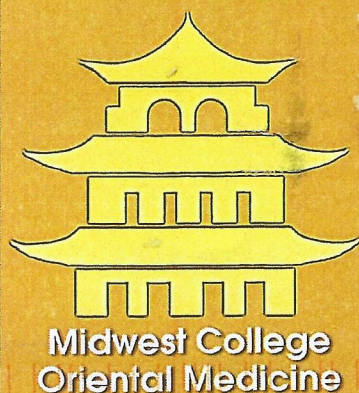
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*Racine Open House Thursday, June 15th 6:30pm
Evanston Open House, Thursday June 22nd 6:30pm*

*Application fees waived for Open House attendees
Please call to register 800.593.2320*

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