

WAKEUP

The Newsletter for *Awakenings Health Institute*



110 North Rios Avenue
Solana Beach, CA 92075
Phone: (858) 794-9952
Awakenings Health Institute

AWAKENINGS' DONORS:

We would also like to thank the following for generously donating their time, services, or cold hard cash to our cause. Many thanks for your support. We couldn't have done it without you...

- Wilson 1972 Family Trust
- Michals Family Chiropractic
- Kabir Kadre
- Solana Beach Chamber of Commerce
- Rainforest Flora
- The Belly Up
- HeadNorth Foundation
- Colours in Motion
- Pro Motion Design
- David Lizerbram and Associates
- Pizza Port, Solana Beach
- Ability Center
- Kula Tax and Accounting Services
- Conscious Environments
- Flower Frenzy
- Foundation Yoga Center
- Gustavo Marquez and The Marquez Brothers International
- Solana Beach Sun
- Jordan A. Ressler Foundation
- Peter and Lillian Karch
- Christine Capitelli
- Ed Danenhauer
- Julie Grandi,
- Grandmother, Mary Templeton
- Jim Nader
- Melissa Nickle
- Chris Capitelli
- Gaby Rodriguez
- Donald Birkert
- Casey Lee
- David and Emiko Simko
- Alfred and Mary Birkert
- Brigadier General Ralph and Linda Parker
- Karen Penske
- Claire Sebal
- David Shepperd
- Brian Alben
- Charles Cvrk
- Kate Bunnell
- James Turlip
- Jenny Goodfriend
- Michelle Simko

Awakenings Health Institute
Functional Training • Bodywork • Nutrition • Massage • Acupuncture

Increasing the **quality of life** for individuals with neurological disorders & disabilities in a fun and caring environment.

In this issue:

- Year in Review, 2008
- In the Community
- How You Can Help
- Sponsor-A-Client for 2009
- The Trainer's Corner
- Nutrition Corner

Shout out to Evolution Health:

Have you heard of Evolution Health? It is an amazing catalog full of good stuff for health, wellness, and fitness. You need it, they got it and then some. You can check them out at www.evolutionhealth.com. Our good friends over there are helping to raise awareness about spinal cord injury by featuring AHI and two of our determined clients. Thanks to Evolution Health and Fitness, for spreading the word about us and spotlighting the hard work and determination that our clients put forth.

GREETINGS NEIGHBORS AND FRIENDS,

Happy Holidays!! Please allow us to introduce ourselves. For those of you who don't know of us, we are Awakenings Health Institute, a community based non-profit organization functioning as a 501(c3). We provide specialized exercise therapy and holistic supportive services for individuals living with a spinal cord injury or some neurological disorder. We are located in Solana Beach, CA and have been serving the greater San Diego area and beyond for more than 4 years.

In a nutshell, we were founded to fill the void that was left after traditional, medically established acute rehabilitation left off. Once a person has sustained a traumatic injury or been given a diagnosis of a debilitating condition and released from hospital care, they are often left feeling scared, hurting, and less than hopeful regarding their situation. This is where we jump into the picture; our mission is to provide an exercise-based therapy, post rehabilitation program to increase overall function, as well as quality of life for these individuals.

AHI is aligning itself with the major hospitals in town and calling in the big guns. We are adding a physical therapist as well as a psychiatrist to our already amazingly

talented staff. Hopefully these folks can shake up the insurance game and get some recognition and reimbursement for those paying out of pocket for care. We're playin' with the big boys now.

Year in Review:

It's been a big year for us here at AHI, as we strive to provide the best care possible. We'd love to share all the happenings:

- "Working Together" Conference (June) – a meeting of the minds to unify the spinal cord injury therapeutic community
- "Rafe's Bike-a-Thon" Fundraiser (June)
- CAF clinic (June) - Free exercise training for athletes living with a disability
- "Wounded Warriors" Hike (August) – a weekend adventure thru the mountains assisting injured Vets
- CAF triathlon (October)
- "Joe's run, walk, and roll-a-thon" Fundraiser (October)
- "Support at the Port" Fundraiser (November)

ACUPUNCTURE:

Ever tried acupuncture? While those needles can be off-setting for some, others rave about it's effectiveness for dealing with a variety of health issues.

No matter what your concern, Acupuncture can assist the healing process and relieve any pain, leaving one feeling amazingly relaxed and refreshed.

It has stood on its own as a complete medicine for over four thousand years. At the base, acupuncture' success lies with the ability to determine and diagnose health problems at the true core. Often the obstacles to our health, manifesting as dysfunction within the body, actually stem from imbalances in our emotional or spiritual aspects. Modern medicine focuses solely on the physical symptoms, resulting in pharmaceutical prescriptions to alter our physiology, but only mask the underlying cause. However, acupuncture can effectively treat the core issues by stimulating the body's own healing system to restore a healthy balance within body, mind, and spirit.

If you are interested in learning more about how acupuncture can help you, please call Awakenings at (858) 794-9952 and ask for Adam; He will be more than happy to discuss how acupuncture can benefit you.

For more information on Awakenings Health Institute or upcoming events go to www.AwakeningsHealth.org and be on the lookout for the next Wake Up Newsletter!

IN THE COMMUNITY:

While our focus is on neurological disorders, we aim to assist our neighboring communities to lead healthy lives by offering our services to the able-bodied population as well. We offer supportive therapies such as bodywork and massage, acupuncture and Traditional Chinese Medicine, and nutrition consultations. If you suffer from some disorder, aches or pains, we can help with what ails you and would love the opportunity.

First and foremost, Awakenings is an educational facility. With that in mind, we periodically hold seminars on a variety of healthy living topics as we feel it's important to give back to a community that supports our endeavors.

This is where you come in; as a non-profit, we rely on the generosity of others – individuals, businesses, and organizations who understand our mission and recognize the need to provide these much needed services in order to make a difference in the lives of those who have been touched with such extreme circumstances. For more information, please visit www.awakeningshealth.org.

THE TRAINER CORNER:

WHAT'S WITH LOW BACK PAIN?

Low back pain has become so commonplace in our society. Folks of all ages, sizes, and fitness levels can be susceptible and experience discomfort at some point in their lives. While there are many causes, the most common is as simple as muscle imbalances, as one muscle group becomes too tight and others start slackin' on the job. If you find yourself with an achy low back, here is a move that can help ease the tension and restore the balance between opposing muscles.

BASIC HAMSTRING STRETCHES

STEP 1: Stand and straighten your left leg on a bench, a step or a rail. Maintain that position with your left, supporting leg bent slightly. You can hold on to a bar or wall for support.

STEP 2: Gently bend forward from the hips until you feel the stretch in the back of the thigh, top of calf, and at the back of the knee. Without bouncing, hold for about 8 seconds, and then intensify the stretch by slowly leaning in further. Repeat the stretch on the other leg. Raise the height of the bench as your stretching capability increases.



WHAT YOU CAN DO TO HELP:

If you feel touched by our mission or the struggle of our clients and feel moved to help, here's what you can do.

To be direct . . . DONATE. Begging your pardon, but we've got big things to accomplish and we need your help to do it all. We've tried to make the act of donating quick, easy, and painless. You can go on to our very secure website at www.awakeningshealth.org and click on the button that says DONATE to safely use a credit card or check. Or, perhaps you have an old car that you don't know what to do with, sitting in your driveway. We can take it off your hands. Just call (858) 300-2900 or visit www.charitableautoresources.com. Regardless of how you give, a tax break will be coming your way along with many heart-filled thanks and good karma to boot. For more information, please call (858) 794-9952.

NUTRITION CORNER:

Being a health-focused facility, we strive to emphasize the important roll that food plays in our lives and well-being, promoting strength and harmony within the body or encouraging a state of weakness and disease. Healthful foods can be tasty, delicious, and easy to prepare. We love to offer tips, strategies for eating on the go, and giving savory recipes to try. Be on the lookout for future nutrition tid-bits... But for now, check out this festive dish, sure to liven any holiday table. Sweet and spicy, filled with vitamin A, fiber, and packed with cancer-fighting antioxidants as well.



Citrus Spiced Sweet Potatoes

Time to Table: 30 minutes

Ingredients:

- 1 1/4 lb. organic sweet potatoes
- 1/2 cup organic sweet onions
- 1/2 tspn organic orange zest
- 1/4 cup organic orange juice
- 1 organic apple
- 1/4 cup organic raisins
- 2 tblspn organic natural sweetener
- 2 tblspn organic butter

Preparation:

Chop sweet potatoes and apples into 1 inch pieces, keeping separate. Simmer potatoes and chopped onions in 1 inch of water in a covered saucepan until the potatoes are tender, about 8 minutes. Drain. Return vegetables to pan. Add orange zest and juice, apples, raisins, erythritol, and butter. Cook over low heat, stirring often, until sweet potatoes and apples are glazed (about 20 minutes).

Nutrition Information:

114 calories, 3g total fat, 2g saturated fat, 0g trans fat, 1g monounsaturated fats, 0g polyunsaturated fats, 8mg cholesterol, 57mg sodium, 22g carbohydrate, 3g fiber, 9g sugars, 1g protein

DONATE A CAR

Yes, you can even donate your car. Awakenings has teamed up with Charitable Auto Resources, Inc. (CARS). Please call 877-537-5277 for more information

WANNA SPONSOR-A-CLIENT?

Facing life after a major medical emergency is not only physically and emotionally devastating, but financially as well. By the time folks find AHI, they've exhausted all of their insurance benefits and are paying out of pocket. In order to help ease the financial burden of therapy, we have developed the "Sponsor-A-Client" program. Being chosen for the SAC program certainly has its perks. Costs are subsidized as clients receive funding for their training. We provide all marketing and promotional material, hold fundraisers on their behalf, and highlight their story on our website for maximum exposure. The program allows anyone who is moved by a story to provide financial assistance. In return, we ask that the client be our spokes person, representing AHI to get the word out for our cause, and give back, in some capacity, to the community.

Meet Joe Radzikowski and Brendan Regan, our 2009 participants of the SAC program.



Joe, an avid outdoorsman and nature buff, was injured back in 2006 after a traumatic car accident left him with a collapsed lung, broken ribs, and 2 dislocated cervical vertebrae. Unfortunately, the surgery to correct his injuries left him paralyzed from the neck down. Not settling for this condition, Joe continued his therapy when he joined AHI. His determination and drive are truly inspirational as he continues to make progress.

Brendan was on a trip with his baseball team when a fun day at the beach left him motionless, floating in the water. He compressed and broke the 5th cervical vertebra as he dove through a wave, hitting his head on the sandy bottom. After surgery to stabilize the area, Brendan received the word that he would never walk again. Refusing to believe the news and frustrated with the limited rehab he received, Brendan sought other avenues of therapy until he found AHI. He has great hope that he will one day walk again.

To read more about Joe or Brendan or to donate to the SAC program, please visit www.awakeningshealth.org