

# View From Within



NEXT STEP STRATEGIES, LLC  
A Holistic Approach to Health & Vitality



## IMPORTANT CLASS UPDATES

### SAVE THE DATES

-May 6 & 7 (Fri & Sat)  
**Wellness Summit** at  
Georgian Court Univ.

This is an event open to public aiming to empower people over the age of 50 to age gracefully and peacefully. GCU Special Event & Conference and the **Holistic Health Dept.** has coordinated the effort to present a unique 2 day event at GCU Lakewood campus. Various lectures, workshops, and some exhibits are planned. For more information, please contact Special Event & Conferences at **732-987-2263**. *See us there!*

## Visit our Website

Come visit our **NEW** Website to find out more about the practices and natural techniques to good health:

[www.NextStepStrategiesLLC.com](http://www.NextStepStrategiesLLC.com)

609-752-1048

-May 19-22 **Health & Martial Arts Fest. & Symposium** Kutztown  
*See us there!*

-June 25th, 10AM-5PM  
**The Guide of T'ai Chi Chih, Sr. Antonia Cooper, Workshop** in New Egypt- **SAVE THE DATE must RSVP**

-August 13-17 **T'ai Chi Chih Retreat w/ Sr. Antonia Cooper** in Aston, PA

-September 17th  
**Holistic Health Day/Expo** In New Egypt

**REIKI I & II**- Pls. let us know yr. interest. Classes are forming for



High View Farm, New Egypt  
Pork, Lamb, Wool and Eggs available now! **Another GreatRecipe**  
See page 9

Spring!!! June 18 - Reiki I, July 10- Reiki II  
Contact me for more information

### Locations for classes:

-**New Egypt**

-**Brick**

-**Kingston**

-**Hazlet**

-**Langhorne, PA**

*We are always open to coming to **YOU!** For classes and 1-on-1 sessions.*

NEXT STEP STRATEGIES, LLC  
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Holistic Health Practitioner  
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Volume 1, Issue 5  
May 2011

### Special Points of Interest

- *Exciting insights*
- *Interesting news*
- *Class updates*

### Inside this issue:

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## Special Notes- **Save the Date!!**

This **Friday and Saturday, May 6th & 7th** at **Georgian Court University:**  
**The Wellness Summit** – You can still participate in all the activities by calling 732-987-2263 or [specialevents@georgian.edu](mailto:specialevents@georgian.edu). Along with other practitioners, Siobhan will be presenting on both days: T'ai Chi Chih® and Energy Medicine.

**May 19-22 Health & Martial Arts Fest. & Symposium, Kutztown, PA area.**  
Visit <http://taijiquanenthusiasts.org/> for more information or call Siobhan at 609-752-1048. This is a great way to meet other people with similar interests and participate or watch different T'ai Chi forms.

**Saturday, June 18th** at **Dorbrook Park, Monmouth County, learn Reiki I.**  
8-4 PM. Cost is \$115 + \$10 for materials. Course # is AAB13A.  
<http://www.monmouthcountyparks.com/program1/index.aspx>  
Registration opens on May 11th.

**June 25th, 10AM-5PM—The Guide of T'ai Chi Chih, Sr. Antonia Cooper, Work-shop in New Egypt— SAVE THE DATE must RSVP** by calling or e-mailing Siobhan at 609-752-1048 or [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com) Cost is \$75 for the day and includes a light lunch. This is great opportunity to meet and practice with the Guide of T'ai Chi Chih. And, it will provide insights for getting deeper into the practice.

**Sunday, July 10th** in **New Egypt, NJ— Reiki II.** Contact Siobhan to RSVP.

**Saturday, September 17th 10-5PM** in **New Egypt, NJ— Holistic Health Fair Day.** Meet 20-30 area practitioners. Raffle gifts and giveaways. More information to follow in future newsletters.

**Correction to April Newsletter:** [www.healinginthehurtingplaces.org](http://www.healinginthehurtingplaces.org).

# The Wellness Summit

at

## Georgian Court University

All aspects of a person's needs—psychological, mental, physical, and social—should be taken into consideration and kept in balance to remain in optimum health and to better treat and manage disease. In this two-day event, brought to you by the faculty of the GCU Department of Holistic Health in partnership with Meridian Healthcare Systems, the Ocean County Health Department, and the New Jersey Department of Health and Senior Services, you'll learn ways to prevent disease and improve your health and receive instruction and guidance in complementary medicine techniques. The program will include guest speakers, workshops, and balanced choice lunches and snacks.

### Day 1

Friday, May 6

- 9:00 AM Opening Address: Gerry Mackenzie, Community Resources, Education, and Wellness Program Manager, New Jersey Department of Health and Senior Services, presents **"Taking Control of Your Health"**
- 10:00 AM Concurrent Sessions: **Tai Chi** with Siobhan Hutchinson, '09 or **Introduction to Meditation** with Sachiko Komagata, Ph.D., GCU Chair of the Department of Holistic Health, Exercise Science, and Physical Education Studies
- 11:30 AM **Joyful Heart Lunch**
- 12:30 PM Keynote Speaker: Lisa Calabrese, R.N., Nurse Educator, Meridian Health, presents **"Anti-Aging"**
- 1:30 PM **Movement for Memory Enhancement** with Sachiko Komagata, Ph.D., Chair of the GCU Department of Holistic Health, Exercise Science and Physical Education
- 2:45 PM Closing Session: **Solutions to Balance Problems** with Natalie Billie, Physical Therapist Assistant and Wellness Coordinator, Meridian Life Fitness and Rehabilitation
- 3:45 PM **Nature Walk**

Day 2 schedule on reverse side

## Day 2 of Wellness Summit at Georgian Court University

**Saturday, May 7**

9:00 AM Opening Address: Sachiko Komagata, Ph.D., Chair of the GCU Department of Holistic Health, Exercise Science, and Physical Education, presents “**Discover The Fountain of Youth—How?**”

10:00 AM Concurrent Sessions: **Herbal Remedies** with Sachiko Komagata, Ph.D. Chair of the GCU Department of Holistic Health, Exercise Science, and Physical Education or **Aromatherapy** with Nancy Anderson, a GCU-affiliated holistic health practitioner

11:30 AM **Balanced Choice Lunch**

12:30 PM Keynote Speaker: Colette Hayes, D.C., GCU Lecturer in Holistic Health Studies, presents “**Homeopathic Health Remedies and Approaches**”

1:30 PM Concurrent Sessions: **Introduction to Acupuncture** with Keith Koehler, MAOM, C.A., GCU Holistic Health Graduate Program Advisory Board Member, or **Energy Medicine** by Siobhan Hutchinson, '09

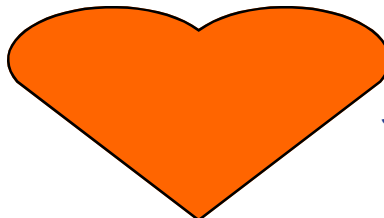
2:30 PM Closing Session: Sachiko Komagata, Ph.D., Chair of the GCU Department of Holistic Health, Exercise Science, and Physical Education presents “**Massage Therapy: Is It for You?**”

**Location: Little Theatre, Georgian Court Lakewood Campus**

**Dates: May 6 (Friday) and May 7 (Saturday); 9:00 AM–5:00 PM; registration begins at 8:30 AM.**

*Brought to you by the faculty of GCU Dept. of Holistic Health, Meridian Health, Ocean County Health Department, & NJ Department of Health and Senior Services.*

**Cost: \$50 for both days; \$30 one day only; paid MILL members receive \$5 discount each day; free to GCU students with ID,**



**reservations are required. Lunch is not included for students only.**

## Learn about a Great Resource in Your Area: The Center for Vocational Rehabilitation

Each day the Center for Vocational Rehabilitation (CVR) **brings dignity** to those who might otherwise not enjoy the respect every human being deserves. For over fifty years CVR has provided what people with special needs desire most- **self-respect and the esteem of others** through **Work**.

The philosophy of CVR is that contact with reality should come early in any rehabilitation program, and that work is real, tangible and rewarding. Much of each therapeutic day is spent in a work situation wherein the person served performs real work on real contracts and earns real money.

CVR also believes that the more we collaborate with area employers, service provider organizations and the general public, our people with special needs will always have the

proper support necessary to continually promote the quality of life. The original mission has been successfully addressed, but not completed. As our population grows, so does the size and needs of people with different abilities and true to form CVR continues to respond.

**Increase your company's productivity without compromising the quality!**

**Packaging Services:**

Shrink Wrapping  
Blister Packing  
Pricing  
Labeling  
Bar coding  
Clam Shell  
Bagging  
Clam Packing

**Production Services:**

Light Assembly  
Collating  
Wiring  
Repack  
Quality Control  
Point of Purchase Displays  
Rework

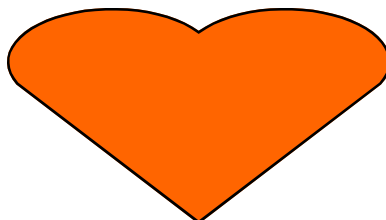
**Fulfillment Services:**

Warehousing  
Order Entry  
Pick & Pack  
Shipping  
Bulk Mailings

**The Center for Vocational Rehabilitation is turning business opportunities into jobs for people with special needs!**

Center for Vocational Rehabilitation  
15 Meridian Road  
Eatontown, NJ 07724  
732-544-1800x231

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# Melaleuca

## By Catherine Charles

We all know that it is **time to clean up the environment**. Years of irresponsibly manufacturing and using harmful cleaning products made of toxic, even deadly chemicals to clean our homes and offices has been a major contributor to the destruction of our once clean environment. Our streams and rivers are polluted with phosphates and other toxins, carcinogens that are not only harmful to our wildlife but often end up on our kitchen table! Our landfills are stacked with heavy plastic laced with traces of chemicals that continue to seep back into the land and the waterways, aerosol cans that once wreaked havoc on our ozone layer, and foam products that take hundreds of years to decompose, all producing a total eyesore to the local residents who do not have the means to move away.

It has also taken a heavy toll on humans, as chemicals from household products alone continue to cause countless cases of cancer, birth defects, genetic changes, and heart disease.

### *In fact, did you know:*

- The **EPA** reported that **indoor air pollution is one of the nation's most important environmental health concerns**. Indoor air is generally much worse to breathe than outdoor air, with most homes having airborne concentrations of hazardous chemicals that are two to five times higher indoor than outdoor.
- Such toxic vapors found in cleaning products, personal care products and other household goods can affect the air quality even while they are being stored!
- **The Consumer Products Safety Commission** reports that **150 common household chemicals have been linked to allergies, birth defects, cancer, and psychological abnormalities**. One study showed that women who worked at home had a **54% higher death rate** from cancer than those who had jobs outside the home.
- The **National Institute of Occupational Safety and Health** reports that after analyzing **2,983 chemicals found in personal care products, 884 were found to be toxic!**

**But it's not too late to reverse this trend.** We can do our best to clean up this mess we've made and to set an example for our children and grandchildren about how to be responsible for our own health and the health of our planet. Many of the larger consumer products companies have now put out a "green" line to satisfy the growing population of people who really care. But these companies are still producing their existing toxic line of products. And our government has done little to put tighter controls on what is produced.

**I feel quite certain that several cases of disease and illness that has occurred in my personal life and that of my family has been the result of such toxins present in my home and the environment** – both indoor and out. And, so I have decided to align myself with a company that produces only **green products**. It was founded on the principle that you can clean your home without dirtying the environment. The company is **Melaleuca**, a registered pharmaceutical company which takes its name from **Melaleuca oil or tea-tree oil** as many call it. The oil is a natural antiseptic, fungicide, and solvent. It is aromatic, penetrating, and healing.

And we use it in 2/3 of our products.

**Melaleuca's** cleaning products are **free of toxic chemicals** such as ammonia, chlorine, aerosols, formaldehyde, and phosphates. In fact, they are packaged without child-proof caps. They are pH balanced and are made from naturally derived sources like thymol from thyme and citric acid from lemons, both EPA approved disinfectants. They are all concentrated so that we save on billions of pounds of plastic for their packaging and delivery. And they are all available for a reasonable price, since we eliminate millions of dollars' worth of advertising and retail distribution costs. Instead they are marketed consumer direct, each customer ordering their products *direct* from the manufacturer through their own secure online website and receiving them days later at their home.

In addition to our clean green line, we also **manufacture here in the U.S.**, using American labor and American resources, four other product lines, all being superior products at reasonable prices:

- A personal care line made with the best of **nature and science, infused with herbs, vitamins, antioxidants; also free of toxic chemicals.**
- A complete collection of **high-end mineral makeup made from natural sources** such as apple extract and grape seed extract, a fraction of the cost of what you pay for in department stores.
- A line of unparalleled and patented **vitamins, nutritional supplements, natural weight loss products, and sports nutrition.** We have natural solutions to heart health for high cholesterol, high triglycerides, and high blood pressure that are also effective against allergies, asthma, ADD, and migraines.
- And finally a small pharmacy for basic ailments and personal care including a lotion proven effective against **eczema, psoriasis, rosacea and dry skin** due to climate.

And all of **Melaleuca's** products come with a **100% money-back guarantee!**

Should you be interested in more information on bringing these cleaner, safer, better products into your home, please feel free to contact me. Thank you!

**Melaleuca, The Wellness Company**

**Catherine Charles**

**609-903-3090 cell**

**609-275-7039 home office**

**philcath@aol.com**

# ***A FEW THINGS TO KEEP IN MIND BEFORE STARTING A WEIGHT LOSS PLAN***

**By Steven J. Loder, FPC, MES, CSCS**  
**Certified Nutrition/Food Psychology Coach**  
**Certified Strength & Conditioning Coach**

It CAN BE **VERY CONFUSING** when it comes to losing a few pounds, or more. So many miracle diet plans and so many experts (legit and not so legit) all vying for your attention and your wallet. **Where do you start?**

As I explain to my clients, choosing the right nutrition plan for ourselves takes some homework and some planning . . . And, sometimes a little trial and error. But with some sage advice from an experienced nutrition coach and consistent effort on your part, you can significantly enhance your health and well-being while reducing your waistline. **Here are a few tips to get you started . . .**

First keep in mind that **diets don't work** for the long-term. You may lose some weight initially, but in **almost all** cases, the weight returns as soon as an individual resumes with their "normal" eating habits.

Like it or not, your body has a pre-determined weight that is appropriate for your body referred to as a **set point**. This pre-determined weight is not easily changed and can be adversely affected by extreme and chronic yo-yo dieting routines. **Oprah's** ongoing struggle with weight gain issues is a prime example of this type of situation.

Finally, remember that calories do count and that **your body does not care about the origin of a calorie**, i.e., carbohydrate, protein or fat, and will store excess calories as body fat regardless of their source. Your metabolism also fluctuates over the course of a day and thus, so does calorie expenditure. This is one of the primary means by which your body attempts to regulate your set-point. Metabolic levels are generally higher in the morning and during the middle of the day and lower in the evening prior to going to bed. Taking this into account, **higher calorie meals are best during the first two-thirds of the day**, while less calorie dense foods are good choices for later in the day.

# # #

Jackson, NJ resident Steven Loder, **“Coach Steve”** has been assisting individuals just like you to reach their Weight Loss & Wellness goals since 1990. To request **your copy** of Coach Steve's Body Transformation Report, **“The Six Steps to Transforming Your Body in Record Time”** Coach Steve can be reached via email at **coachsteve@newbeginning4all.com** Or, you may also reach Coach Steve via his mobile phone, **201-259-7586**. Please visit Coach Steve online @

[www.newbeginning4all.com](http://www.newbeginning4all.com)



**New Beginning**  


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**Wellness**





## High View Farm

**All of our animals are raised humanely, given the best of feed and care, and are not treated with medications or growth hormones.** High View Farm is an **Animal Welfare Approved** facility and our production is limited because we care about our products, our animals, and our friends who consume them. Our meat is USDA inspected and processed by one of New Jersey's few remaining family owned butchers, Bringhurst Meats in Berlin, New Jersey.

You can purchase our products from Whole Earth in Princeton, NJ; Harvest Local, in Lansdowne, Pa. and McGregor' Farm Market on highway 537. The Yarn Tree in Brooklyn, NY. sells both our meat and our yarn. Pins and Needles in Princeton, NJ. carries our yarn as well. **The yarn is worsted weight, all natural color.** All products can be purchased directly from the farm by appointment.

We carry a full line of frozen pork and lamb products including scrapple, chops, spare and country ribs, shoulder, leg and loin roasts as well as a variety of sausages. Bacon, ham and smoked products are nitrate free. Custom butchering is available seasonally upon request. If you are interested in additional information please call **609 758-6708** or visit our web site **[www.highview-farm.com](http://www.highview-farm.com)**.



### Slow Roasted Pork Loin or Shoulder

This is a very forgiving recipe, developed by Paula Wolfert for her cook book "The Slow Mediterranean Kitchen". Very slow Roasting --- at a very low temperature is absolutely one of my favorite ways to cook meat. Once the preferred internal temperature of the meat is achieved, it will stay at that temperature for a long while, remaining moist and tender.

\*\*For extra flavor and moisture, the pork may be brined a few days in advance.

One 6 to 7 pound pork roast  
 1 head of garlic  
 1 tbsp coarse sea salt  
 ½ tsp freshly ground pepper  
 1 ½ tsp dried oregano or marjoram  
 1 tsp dried thyme  
 1 large onion, thinly sliced  
 1 carrots, sliced  
 ½ cup sherry  
 4 cups chicken stock  
 Crushed hot red pepper  
 1/12 tsp balsamic vinegar

***Siobhan's Note:* Because Linda's recipe in April's Newsletter made me appear to be a gourmet chef for my family and friends when I made it, I thought we should include another one of her favorite recipes.....so that everyone can be a STAR in their own Kitchen!**

Preheat the oven to 450 degrees. Crush the garlic with the salt, pepper and other spices. Rub over all the meaty parts of the roast.

Set the roast fat or skin side up on a rack in an oiled shallow roasting pan. Roast for 45 minutes or until a deep golden brown.

Scatter the onion and carrot around the pork. Pour half the sherry and half the stock into the pan. Add a good pinch of hot pepper. Reduce the oven temperature to 180 degrees and continue roasting, basting once or twice, until a probe thermometer inserted in the center of the meat reads about 170 ( about 12 hours). It will not hurt the meat to cook it longer --- up to a total of 24 hours! Avoid opening the oven door any more than necessary. Once the meat has reached 170 degrees, reduce the oven temperature to 160.

About 30 minutes before serving, remove the meat from the oven and transfer to a carving board. Cover loosely and set aside in a warm place. Pour the remaining sherry and stock into the pan. Bring to a boil, scraping up the browned bits from the bottom of the pan. Boil until the liquid is reduced to about 1 cup. Strain the pan juices into a bowl, pressing on the vegetables. Skim off as much fat as possible. Stir in the vinegar and correct the seasoning.

Slice the meat across the grain and arrange on the serving platter. Pour the pan juices over the meat and serve.