



HOLISTIC LECTURE SERIES WINTER-SPRING 2019



Audubon Library
350 John James Audubon Parkway
Amherst, NY 14228
(716) 689-4922

PLEASE REGISTER IN ADVANCE
BY PHONE OR IN PERSON

Tuesday, February 5th at 7pm
Ayurveda for Modern Life

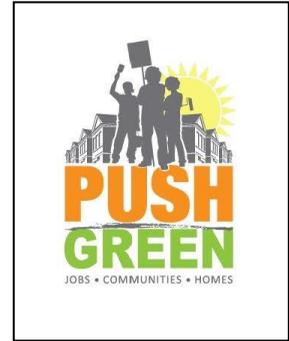
Ayurveda is an ancient holistic medical system that promotes health on all levels: physical, emotional, mental, and spiritual. Its methods of healing include: diet, herbs, exercise, lifestyle routines, asana postures, breathwork, and meditation. In this informational session, learn about how the five elements of ether, air, fire, water, and earth came together in unique proportion at your conception to make you who you are. Also, explore the ways that you have, over time, created habits that are not natural to your elemental constitution, the seasons, and your phase of life. These imbalances may have led you to suffer from ailments and diseases of the mind and body. Ayurveda takes each of us on our journey to self-heal by helping us identify the root causes of our suffering and by offering practical ways to live and grow.



Jessica Mascle is an Ayurvedic Yoga Specialist(AYS), certified by the Himalayan Institute. She is a devoted yogi, living an Ayurvedic lifestyle, and is passionate about sharing what she has learned about nature's infinite wisdom and the power of self-study. Her business, Root and Rise Ayurveda, provides consulting services, educational workshops, yoga classes, professional development, retreats, book clubs, and other events throughout Western New York. Her goal is to inspire the community to cultivate happy and healthy lifestyles guided by the principles of Yoga and Ayurveda. Visit her site: rootandriseayurveda.com

Tuesday, February 12th at 7pm
Home Energy in Action

Tonight’s presentation will be about energy efficiency in your home for sustainability and savings. It will be conducted by PUSH Buffalo, and sponsored by the Amherst Energy Conservation Citizens Advisory Committee. They will cover how solar energy works, and what community and residential solar programs and incentives are available in Western New York. Participants will also explore home energy efficiency programs and discover practical do-it-yourself tips for saving money by conserving energy at home. There will also be a chance to win FREE home energy efficiency supplies provided by PUSH Green!



PUSH Green is a community-based energy efficiency program that is part of a statewide effort to make your home or small business more comfortable, reduce your energy usage and bills, address climate change and create local jobs. They provide building owners across Western New York access to free energy assessments, installation services, [low-cost financing](#), [solar](#), and [workforce opportunities](#) in green jobs. Their Community Energy Advisors are Building Performance Institute certified, which means they have studied building science with the nation’s premier certification and standard-setting organization for home performance professionals.

Tuesday, February 19th at 7pm
Consumer Health: Finding Reliable Health Information to be an Effective Health Care Advocate for You and Your Family

You are your best health care advocate. In today’s world of fragmented health care, understanding your medical conditions is the first step toward becoming an informed health care consumer. Find the best sites to research your conditions. Several case studies that demonstrate the power of locating the right information at the right time will be shared. Cultural Competence - a concept that is critical for your health care record – will be explained. Both public web sites and resources available at the Health Sciences Library at UB will be demonstrated. These tools will not only help keep you healthy, but will allow you to be a partner with your doctors to choose the best treatments.



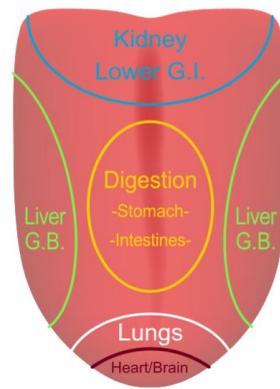
Pamela Rose has been a health sciences librarian for over 50 years, having the privilege of instant access to medical information. People who know her often ask for help with their medical issues, so eventually she decided to formalize a method to extend her skills to anyone in need. She received her certification as a Consumer Health Information Specialist from the National Library of Medicine in 2012, and now regularly teaches and consults to help others manage their own health care. Much of her volunteer work is with animals. Over the years, upon recognizing the need, she began offering her librarian skills to help veterinarians with their research, and enthusiasm from having her own therapy dog inspired her colleagues to agree to bring therapy dogs into UB. Now it's hard to separate those worlds, as each connects with and synergizes the whole.

Tuesday, February 26th at 7pm

Chinese Medicine Tongue Diagnosis: a Low-Tech, Inexpensive, Non-Invasive, Powerful Diagnostic Tool

Tonight we will learn about tongue diagnostics, a powerful tool that can show what is going on **BEFORE** lab tests, blood work, and other diagnostic tests. Learn how to do a 'quick & dirty' Chinese medicine tongue diagnosis. Learn what the tongue can tell participants about their health, and what a healthy tongue looks like. Find how to assess your own tongue and notice any existing imbalances. You will be using a mirror to draw your own tongue.

As a lifelong competitive athlete, **Ariel Wachowiak** experienced an identity crisis when she suddenly became ill with ascending paralysis. She suffered for years in a wheelchair and on crutches with many symptoms that no doctor or diagnostic test could identify. Ariel recognized the need to find a solution for true healing, both for herself and for others, which is when she turned exclusively to using acupuncture and Chinese botanical medicine to heal. Slowly but surely, she regained strength to walk independently, and took back control of her health and her life. In her spare time, she can be found on the ice, both as a volunteer women's hockey coach and as a hockey player. Her web site is: NortheastIntegrativeMed.com



Tuesday, March 5th at 7pm
What Is Homeopathy Anyway

Homeopathy offers a safe and effective way to deal with many of today's health concerns. Learn what homeopathy is, and how we interact with our clients in order to select a homeopathic remedy. Allergies and other respiratory symptoms, recurring ear infections, aches and pains, fears, grief, and other emotional problems are just a few examples of when homeopathic remedies can be of benefit. Homeopathic remedies can also be used alongside conventional treatment for chronic conditions, such as autoimmune conditions, and can improve results, and reduce the need for conventional medication, or sometimes eliminate it. Bring your questions, and we will have plenty of time to answer them.



Marcia Sikes, CCH has practiced homeopathy for the last 20 years. She is a graduate from the School of Homeopathy in England. To further develop her understanding of homeopathy, she has continued her studies with homeopaths from the US, Netherlands, England and India. She is a Certified Classical Homeopath. Marcia began her studies back in the 1980's after having personally experienced the healing power of homeopathy. Marcia was born in Buffalo, attended local schools and is a graduate of Canisius College. She is currently in practice in Hamburg.

Ann Herman, DHom, a practicing Homeopath of 25 years, is one of the founders of Heart of Healing Homeopathic Associates in San Diego, CA. and Buffalo, NY. She has been helping people with this gentle yet effective healing method for everything from teething children to flu and phobias. Ann offers lifestyle counseling and simple ways to shift gears and experience life with more satisfaction. Being part of the Healthy Revolution is an honor and a privilege and makes a big difference in the lives of people young and old.

Elaine A. Smith, CCH has practiced homeopathy for 10 years. She is a graduate from the School of Homeopathy in England, continued her studies with many internationally acclaimed homeopaths, and has achieved North American certification as a Classical Homeopath. Elaine is a graduate of SUNY Empire State College and UB Law School. Her greatest joy is to help others find relief from chronic conditions without the use of conventional medicines.

Tuesday, March 12th at 7pm

Inflammation: How We Can Manage It For Better Health

Staying healthy is mostly a result of the choices we make. Chronic inflammation seems to play a role in a host of many of the most prevalent diseases such as heart disease, Alzheimer's, cancer and type 2 diabetes. Learn about lifestyle choices that we can make to decrease chronic inflammation and potentially live a happier and healthier life.



Sally Gower started her healthcare career and wellness quest in the pharmaceutical industry in the 1980's. She earned her Bachelor of Science degree in Business Administration from the University at Buffalo, as well as her MBA in Marketing also UB. She is a certified health coach through the Institute of Integrative Nutrition, certified in Plant Based Nutrition through Cornell and most recently received the prestigious title of a PCRM (Physicians Committee for Responsible Medicine) Food For Life Educator. She currently is owner of Eat Well Buffalo where she believes and teaches that you can both prevent and reverse disease through lifestyle and diet. Sally is proud of her background that consists of both a traditional science focused track, as well as an alternative mind body wellness approach.

Tuesday, March 26th at 7pm

Developing Your Intuitive Gifts

We are all born with a connection to our intuition. Often as we go through our lives we focus more on what we can see with our physical eyes and we forget about our intuition. Join us tonight and learn to remember what you already know! Angie will talk to you about why developing your intuition can enhance your life. And she will teach you some basics that will help you reconnect with your intuitive side.

You will leave with enough "tools" to help you receive intuitive messages for yourself & for others.



Angie Hewett-Abt has a BA in Psychology and Counseling, and is a graduate of Fellowships of the Spirit School of Healing & Prophecy located in Lily Dale, NY. She has been a practicing spiritual counselor, as well as a psychic/medium. She has been teaching Meditation & Intuitive Development for over 25 years. She is the owner of Santosha Holistic Center located in Williamsville. Visit the web site at: santoshaholisticcenter.com

Tuesday, April 2nd at 7pm

Using Native Plants in Your Garden

This lecture will cover a large variety of native plants that grow successfully in our area including trees and shrubs. It will also cover what really are native plants and why it is important to keep them in our landscape.



After retiring as a kindergarten teacher, **Lyn Chimera** followed her lifelong love of nature and gardening and received her Master Gardener certification from Cornell. She began a garden consulting business, Lessons from Nature, which provides on-site garden consulting, site assessment and gardening classes, which also sells organically grown perennials and native plants. She makes house calls to help solve garden problems. Lyn is also an active volunteer for Master Gardeners, for which she teaches and mans the hotline phones. She has published a book, **Five Keys to Better Gardening**, writes a monthly gardening column for **After 50** magazine, and contributes for **Garden Tips to Upstate Gardeners Journal** as well as articles for the **Master Gardener Newsletter**, and **Figure 8**, the Federated Garden Clubs publication.

Tuesday, April 16th at 7pm

Climate Change and Food Security

Climate change is having an ever-increasing impact on people's way of life as well their sense of food security. Our speaker will stress the urgency for an immediate end to all fossil fuel use, while giving numerous examples of how climate change impacts our planet. *We will*



hear about the greenhouse effect, greenhouse gases, and how temperatures are responding to gas increases. There will also be discussion of how the jet stream is affected by climate change. Closer to home, we will hear about how the Northeastern states and Western New York will be affected by temperature and precipitation trends. Also, there will be discussion about agriculture and food security concerns, along with introducing and explaining "chilling degree hours," and how we are

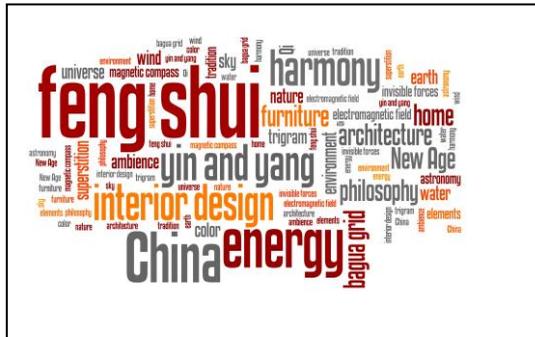
entering the Earth's sixth great mass extinction and why we should be worried. The discussion will wrap up with positive talk about how we may mitigate some of the effects of Climate Change, as we take a look at the Solutions Project and Paul Hawken's book *Drawdown, the Most Comprehensive Plan Ever Proposed to Reduce Global Warming*.

Jack Kanack is the owner of Weathermedic Inc, which is a weather consulting and applied climatology business. He received a BS in Geosciences in 1983 from Buff State. He is the Vice President of the Western New York Chapter of the American Meteorological Society, which will be holding its monthly meetings in the Audubon Library Meeting Room on the third Wednesday of every month. His Radio Weather show is on WBNY (91.3 FM) on Mondays from Noon to 1pm. Visit his web site: weathermedic.com

Tuesday April 23rd

Feng Shui Basics in the Year of the Pig

Empower yourself and learn how you can create balance and harmony in your surroundings with Feng Shui, the ancient Chinese art and science of placement. Gain an understanding of the fundamentals – what it is, when it began and how to apply some basic techniques to your home or office. Special emphasis will be placed on the new annual energies in this Year of the Pig, which starts on February 5th. Find out the best areas of the house to focus on to promote health, wealth and love -- and which to avoid! Join us for this fun and informative session to help jump start your home for success this spring.



A Certified Classical Practitioner for over 16 years and graduate of the American School of Classical Feng Shui, **Linda Ellson** is founder and owner of Feng Shui Your World, which has provided comprehensive Feng Shui services throughout North America for residential and commercial properties since 2002. Linda is an active speaker on the topic, offering seminars to a variety of public and private groups, along with appearing on television, radio and in newsprint. Her web site is: fengshuiyourworld.biz

Tuesday, April 30th at 7pm

**Osteoporosis Prevention and Treatment:
A Lifestyle and Dietary Supplement Approach**

Dr. Levy will speak primarily about many different vitamins and minerals, which are important in the maintenance of bone density and bone strength. He will also address the importance of healthy eating and exercise. He will briefly explore a possible role of inflammation, food sensitivities, and environmental factors in the “epidemic” of osteoporosis. This presentation is based on the book *Preventing and Reversing Osteoporosis* by Alan R Gaby, MD (Prima Publishing. 1994), which B&ECPL owns.



Dr. Sanford Levy is an internist (adult medicine specialist) practicing in Buffalo, NY. His office provides a self-pay specialty practice of integrative and holistic medicine. The focus of his practice is both wellness care and the treatment of a variety of chronic health conditions with lifestyle changes and dietary supplements. Professionally, he has achieved prestigious fellowship in the American College of Physicians, the nationwide academic organization for internists. He is also a member of the Academy of Integrative Health and Medicine, and a 2003 diplomate of the American Board of Integrative Holistic Medicine. Dr. Levy is a 1986 graduate of the University at Buffalo Medical School, and he serves as volunteer faculty at the school, a clinical associate professor of medicine.

**IF YOU ARE INTERESTED IN ATTENDING ANY PROGRAMS IN THE SERIES,
PLEASE REGISTER BY PHONE (716-689-4922) OR AT THE LIBRARIAN'S DESK**

**E-mail AudubonHolistic@gmail.com
for questions, comments, or to join the e-mail list**

