

**Special
Red Shark
Issue**

Nebraska Natural Health Center

**“Nebraska’s Most Progressive Holistic Health Care
Center”**

Volume 6 Issue 3

May-June 2001

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“Multiple Personality”

by Trudy Stevens-Brandt

Multiple Personality is defined as a mental condition in which 2 or more personalities appear to inhabit a single body. Those of you that have known Dr. Shawn Schmidt for any length of time, and who can mark the calendar not by a mere numeric, but rather a surging passion, know it's....*racing season*.

Thus begins the season of the multiple personality of Dr. Schmidt. As the full-time clinic director and practicing chiropractor of the Nebraska Natural Health Center for the past eleven years, he expends numerous hours tending to and nurturing the bodies of his patients to achieve a state of equilibrium and optimum health.

On weekends from April until September you will find him dedicating just as many hours in pursuit of his other passion...**RACING!** With the

same vigor that he displays in his health practice and years of racing Indy Cars, he nurtures a 700 horsepower winged sprint car to achieve a state of equilibrium and expects it to fulfill its promise of optimum speed and performance.

Are these the pursuits of a madman driven to distraction or a disorder of some type or the pursuance of the dreams of a very self-actualized individual who craves the fullness and richness that life can afford? Having and following the path of those dreams are very im-

portant to Dr. Schmidt.

The lure of auto racing has always seemed to cast a powerful net around him. He has paid his dues from the humble beginnings of a wrench turner to the owner of Red Shark Racing. Having spent most of his adult life in some form of motor-sports, he has a strong desire to reach the pinnacle of racing by competing in, and winning the prestigious Indy 500.

As a means to gain the opportunity he needs to reach Indy, Dr. Schmidt will be racing starting in May, in the Nebraska Sprint Car Association series. **He will be piloting the K-ROCK 93.3 sprint car (in over 24 races) sideways through the banked curves and shooting across the wickedly fast straight away**



Racing Season is here !!!

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**For All Your Nutritional Health Needs
Contact :**

**Jeanne Longenecker
Natural Health Center
399-2020**

New Patient Day

**First Tuesday of
Every Month**

**For Appointment
CALL 399-2020**

“Yoga For Your Health, Yoga For Life”

by Jeanne Longenecker, RN, JD

To most Westerners, the term “yoga” brings to mind Indian gurus in long, flowing robes and the pretzel-like poses of popular lore. But behind these stereotypes lies the rich time honored teaching on how to achieve physical health, psychological well-being,

and spiritual peace.

Yoga (the term means literally “union”) aims at the integration and harmonization of all the various human faculties – mind, emotions, body, and spirit. In India, where it originated, this process of harmonization takes many forms: the

yoga of devotion, of meditation, of selfless service, of knowledge and study. But the discipline that is usually referred to when one says simply “yoga” is **Hatha Yoga, literally, “the union of opposites”**. Through a series of physical poses,

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May 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Patient Day: Call For Appointment	2	3 Office Closed	4	5
6	7 Weight Management Class 6:30 pm	8	9	10 Office Closed	11	12 Health & Wellness Class 12 pm
13 Mother's Day	14 Weight Management Class 6:30 pm	15	16	17 Office Closed	18	19
20	21 Weight Management Class 6:30 pm	22	23 Health & Wellness Class 6:30 pm	24 Office Closed	25	26 Memorial Weekend
27 INDY 500	28 Memorial Day	29	30	31 Office Closed		

“Mutiple Personality” by Trudy Stevens-Brandt (Con’t)

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at speeds of over 120 mph. At the same time fending off up to 20 other competitors who think they own the track!

As if that weren't enough of a challenge, Dr. Schmidt will be attending several Indy Racing League races to advance his cause and keep abreast of the vast changes occurring in that series. Additionally, he is meeting with regional companies to attract businesses that would benefit from marketing opportunities

through motor-sports affiliation.

Whether you are a patient in the clinic or a fan at the track, (or both) you will have the opportunity to witness first hand the varied and multiple personalities of Dr. Schmidt. His drive and commitment to both are a joy to witness. His actions are the carefully sculpted and ordered desires of a man living life to its very depth and breadth. Join us in wishing Dr. Schmidt good luck on another season of racing!

See you in the winners circle!

With the same vigor that he displays in his health practice, he nurtures a 700 horsepower winged sprint car

“Yoga For Your Health, Yoga For Life” (Con’t)

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called asanas, Hatha Yoga teaches us how to quiet the mind by placing attention on the breath and on the movement (and stillness) of the body.

THE BENEFITS OF YOGA

One can engage in Hatha Yoga on many different levels: as a

brief and relaxing interlude in a hectic life; as a more demanding regime for strengthening and invigorating the body; as a therapeutic practice for particular physical difficulties or ailments; or as a path to higher states of consciousness and union with the Divine. Whatever your motivation or level of practice, Hatha Yoga offers profound bene-

fits that will affect all aspects of your life: work, recreation, eating habits, family life, and relationships with others.

By making the body stronger and more flexible, Hatha Yoga can free you of your habitual defenses and allow you to face life with greater

(Continued on page 3)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Weight Management Class 6:30 pm	5 New Patient Day: Call For Appointment	6	7 Office Closed	8	9 Health & Wellness Class 12 pm
10	11	12	13 Health & Wellness Class 6:30 pm	14 Office Closed	15	16
17 Father's Day	18	19	20	21 Office Closed	22	23
24	25	26	27	28 Office Closed	29	30

“Yoga For Your Health, Yoga For Life” (Con’t)

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poise, openness, and equanimity. By teaching concentration and awareness, yoga can snap you out of your “consensual trance” and draw you gently but firmly into the reality of each moment.

Just as ecology teaches us to live in harmony with the other beings on our planet, so yoga teaches us to live in harmony with all the many parts of ourselves. As we achieve balance inside, we come to recognize balance outside, learning as Native American wisdom puts it, to “walk in balance” on the earth.

A BRIEF HISTORY

Although yoga had its beginnings in Indian pre-history, it is **not a religion** and does not teach subservience to a guru, god or dogma. **Rather, Hatha Yoga is a psychophysical technology developed and refined over the centuries by spiritual aspirants who needed to strengthen and energize their bodies for long hours of medita-**

tion. As such, it can be used with great benefit by anyone, regardless of his or her religious or philosophical beliefs.

WHY YOGA WORKS WHEN DIETS OFTEN FAIL

Yoga offers the inner harmony and body awareness required to achieve a healthier approach to eating. It is non-judgmental, non competitive, and non critical. This is why we have incorporated YOGA into our natural weight loss program here at Natural Health Center. **The daily practice of yoga helps you develop a more loving connection with your body so that you naturally gravitate toward healthier food choices.** If you are interested in our next class, which will be offered later this summer, please call and put your name on the waiting list.

LET US HEAR FROM YOU

If you are interested in joining a Yoga class here at Natural Health Center, please call and we will put

you on our list. Once enough interest is generated, I will be happy to begin teaching a weekly class. I would also like to hear from anyone who would like to learn more restorative, gentle yoga, such as those suffering from chronic conditions like fibromyalgia or chronic fatigue. These classes would be shorter with very slow and gentle movements, and an emphasis on breathing techniques and meditation. Please call if you are interested.

NAMASTE
(I BOW TO THE DIVINE IN YOU)

Jeanne Longenecker

Jeanne is our nurse/attorney/nutritionist who obtained her certification to teach Yoga in 1996 through the White Lotus foundation of Santa Barbara, California.

Yoga offers the inner harmony and body awareness required to achieve a healthier approach to eating

“Why a Shark and a Bear Became Friends” by Jim Jensen

The Centering Corporation is North America’s oldest and largest bereavement resource center. Begun in 1977 by Dr. Marv and Joy Johnson. Marv was a chaplain in a large mental hospital in Iowa; Joy a leader in a state-wide women’s church program. In 1960, Joy had produced 9 little coloring books for hospitalized children. Requested by a pediatric nurse who said, **“We need something to show these kids so they won’t be so scared,”** information on **Spinal Taps, Upper GI’s, Tonsils, Surgery, X-Rays and more were crudely created even before Patient Education was a concept or a word.** The little books proved very popular. On April Fools Day, 1978, Joy and Marv left their jobs, moved to Omaha from a small town in Iowa, and started full-time in the Centering Corporation, their dream. They had 9 little coloring books, had created two workshops for nurses treating hospitalized children, enough money to live on for six months and no

idea about marketing. “Today,” Marv says, “we have 150 Centering books, five workshops on bereavement, enough money to live on for six months and we know a LOT about marketing.”

Centering Corporation is also the nation’s emergency resource team, an effort which began with the Oklahoma City Bombing and has continued on through the Columbine High School and Santana shootings.

Another important part of the Centering Corporation is “KidsKamp for Grieving Children” which three times a year helps children who have experienced



**TOUCHING THE LIVES OF THOSE TOUCHED
BY FATE**

the death of a loved one. Dr. Schmidt (a.k.a. Red Shark Racing) met the Johnson’s while treating the actor David Prowse (a.k.a. Darth Vader of Star Wars) a friend of the Centering Corporation. Having his own 10K run and seeing the efforts of Marv and Joy, the two decided to join efforts for the benefit of the kids. **This year will mark the 7th Annual Teddy Bear and Red Shark 10K Run and 5K Memory Walk:**

When: July 22nd

Where: Chalco Hills

Registration: 7:00 a.m.

(You may pre-register)

Start time: 8:00 a.m.

This year will be better than ever with many local businesses offering their services and prizes. One of the other highlights is a “Butterfly Memory Release” for children who have suffered the loss of a loved one. **Those of you who are interested in volunteering or participating in this great event are encouraged to contact Centering Corporation at 553-1200.**

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*“Nebraska’s Most Progressive
Holistic Health Care Center”*

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US Postage Paid
Omaha NE
Permit No. 1525

