

The

LIGHT



HOUSE

*A Beacon of Health*

**NATURAL HEALTH CENTER, P.C.  
8001 CHICAGO ST. OMAHA NE, 68114**

Sept–Oct 2002

## “Seventy-two Hours At Ground Zero”

by Dr. Shawn Schmidt

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**The Cleansing Diet**

**Class Is Back !**

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On September 11, 2001 we, as Americans, lost a bit of our innocence. We started to view ourselves and our world in a different content. A different perspective than anything most of us have known in our lifetimes.

We all have our own memories of that early September day. We likely remember the sick feeling deep inside, the emotion of pain, the feeling of helplessness. We felt the human loss and the desire to help.

December presented a rare opportunity to assist in the recovery process. A national request went out to the chiropractic profession for seasoned and experienced chiropractors. Chiropractic was needed at the tragedy sites to assist in the health care of the rescue workers.

Chiropractic doctors had

been on site at Ground Zero since day one, twenty four-seven providing care to the stressed bodies and over burdened spirits of the on site workers.

With the approval of my daughter Jordan, I departed for New York City on December 22nd. That evening I checked into historic St. Paul's Chapel the primary relief center at Ground Zero.

St. Paul's Chapel is located directly next to the twin towers within in the high security, quarantined area around the Twin Towers. Built in 1766, George Washington would pray here when visiting New York City. It was the only structure not damaged by falling debris.

It was here Chiropractors, Podiatrists and Massage Therapists provided health services to the workers day and night. It was a sanctuary for the tired and fatigued rescue workers. Daily mass was performed, a haven to heal

the pain and sorrows that permeated the air.

December 23rd, my first shift started at 8 p.m. Firefighter crews and iron workers in groups of six to eight, police officers in pairs would come to St. Paul's to get a hot meal, warm socks and well deserved rest and sleep on one of the many cots provided. Anything and everything was made available to the rescue efforts

Like clockwork, the firefighters, iron workers, police officers and other on site volunteers would line up for chiropractic care. Most had never before experienced the benefit of healthcare healing without drugs.

One by one I would realign spines boosting more life into a body that had been working twelve hours shifts. Work shifts

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## “Seventy-two Hours At Ground Zero” by Dr. Shawn Schmidt

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performed in horrible, stressful and dangerous conditions.

This timeless church, the pews and limited opened space were used to their fullest to keep the recovery process running smooth. Shifts of every type of personnel were coming and going into the early hours of the night to the next sunrise.

Ground Zero was described outside by one iron worker as “a graveyard of bones” . A sobering thought to think, considering it had been 90 days since the towers fell. Many people were still missing, never to be found.

During my first shift twelve intact bodies were found and another fire truck was uncovered. It was hard to believe something so big could have been lost until later when I would see with my own eyes the massive destruction.

At 2 a.m. I ended my first shift relieved by a doctor from North Carolina. It was strange to be performing chiropractic care at two in the morning, but I left emotionally charged. It could of been the middle of my day at my Omaha office as far as I was concerned.

I returned by subway to my mid-Manhattan hotel. I felt ‘safe’ in New York City for the first time in the many times that I had been there. The city has been changed by this tragedy.

I returned the next morning on Christmas Eve, December 24th, at 8 a.m. re-charged for another shift.

The morning continued as clock-work with many more spines and spirits to recharge. I returned and slept the afternoon at my hotel, knowing I would be back that night.

In arranging my volunteer schedule with the New York Chiropractic Council, I was there for three days to work as often and as long was needed to cover the late and early hours. This provided the local doctors the chance to stay home with their families during the holiday.

I returned the evening of Christmas Eve to assist a doctor from New Jersey. Dr. Steven Clark and I made an immediate friendship. He had arrived on September 11 and treated over a hundred people strained by the lifting and digging. He has been there many times since giving incredible support.

Midnight Christmas Eve mass was held for families of the victims, the workers and local dignitaries.

In their thick New York accents my ‘new’ patients expressed their appreciation. They were surprised that a doctor from Nebraska was there for ‘their needs’ through the Christmas holiday. They were giving their best, months into this tragedy, to me it was the least I could do.

Twice I was personally taken by New York’s finest to view directly the carnage of the fallen buildings. Standing at the edge overlooking the huge mass of steel it was difficult to find a single focus on anything recognizable. Twisted steel, a gray mass of disrupted lives.

Stepping into that world would leave an impression on anyone. What we saw unfold on television left us in disbelief. But seeing the incredible fortitude displayed by the workers those two days left each of us with a positive redeeming effect.

To me there are no words written or spoken, any photos, nor any television images that can depict the magnitude of destruction and the emotions that a person would experience being near these tragic sites. The emotional feeling was at least overwhelming.

I met many incredible people from around the world who were there to help see through this tragedy. We all felt the need to help in any way we could.

December 25th, Christmas day came and I returned for a final early morning shift before I departed on my afternoon flight.

My experience at Ground Zero has given me the greatest experience of my personal and professional career. I was able to give my best at a time when it was truly needed. A small contribution to the efforts of this unfortunate tragedy.

On this anniversary of September 11th I send my best to all those that so greatly touched my life and gave their best in America’s time of need.

*Best of Health,  
Dr. Shawn Schmidt*

## “Surviving Loss” by Jeanne Longenecker, RN, JD

**September 11<sup>th</sup> rocked our world. As a nation we suffered many losses – not only thousands of lives, but also loss of our innate sense of safety and security.** When a tragedy or loss of this magnitude occurs, grief takes its toll on our emotions and can negatively impact our health. As we have learned in the aftermath of 9-11, this experience of loss is not limited to death. There are all sorts of losses we experience throughout our lives – loss of a pet, loss of youth, loss of a job, loss of a home. This list could go on and on.

When this type of loss occurs, many of us undergo an initial sense of shock which can manifest as panic, anxiety, disbelief, loss of appetite, insomnia and depression, to name a few. If severe, these conditions can interfere with our ability to function in our day-to-day lives. There are many natural remedies that are useful in treating these reactions.

### SHOCK, PANIC, ANXIETY

Many of our patients have found comfort with Dr. Bach’s Rescue Remedy, a combination of five flower essences beneficial for treatment of panic, grief, feelings of desperation, nervous tension and impatience. **Flower essences work very subtly but very powerfully. This remedy is a liquid homeopathic that does not interfere with any other medication you may be taking.**

### INSOMNIA, SLEEPLESSNESS

If you are having difficulty falling asleep or staying asleep, I have

found that valerian root can be very beneficial. Valerian root has also been used to treat fatigue, intestinal cramps, and other nervous conditions. A magnesium deficiency can also contribute to insomnia. Kava kava is another excellent sleep aid in times of emotional distress. We have a product that combines the sedative effects of calcium, magnesium, valerian, kava, passion flower, and hops, into one supplement called Myocalm P.M. Taken at night, it helps relax your body as well as your mind allowing sleep to come more easily. We also carry the individual herbals.



### DEPRESSION

Feelings of hopelessness and helplessness are common after a tragedy or loss occurs. When these feelings of despair hinder your ability to function on a day-to-day basis, or if they lead to insomnia, I strongly recommend 5-hydroxytryptophan (5HTP). Tryptophan, an essential amino acid used to promote relaxation and treat depression, is converted to 5HTP, which is then converted to serotonin. For depression and mild insomnia, I recommend taking a 50mg. capsule of 5HTP one to three times a day, preferably later in the day &/or just before bedtime.

### NURTURE YOURSELF

There are many nurturing activities you can participate in to help with the healing process. The slow and gentle practice of yoga and meditation can help you feel more calm and balanced. Writing your thoughts and feelings in a journal can also help get repetitive thoughts of worry and fear out of your mind and onto paper. This simple practice can actually help you sleep more soundly if done at bedtime.

**A strong circle of family and friends can be quite powerful and will remind you of all the positives in your life. Develop a deep sense of gratitude for all of your many blessings. Reach out and ask for the help you need.**

### BOOST YOUR IMMUNE SYSTEM

**The stress of loss can trigger many physical and chemical changes within our bodies. When your body is weakened by stress, fatigue, and lack of sleep, it is crucial to protect your immune system.** I recommend Galt Immune with colostrum to protect and rejuvenate the immune system in times of prolonged stress.

Loss of any kind is difficult, but I am certain that with nurturing and support, you can make it through. Here at Natural Health Center, you will find a sympathetic ear and the help you need to feel better.

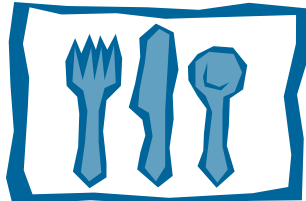
Yours in health,

## **“THE CLEANSING DIET CLASS - BACK BY POPULAR DEMAND”** by Jeanne Longenecker, RN, JD

After a summer of fun in the sun, barbeques and beer, it's time to give your body a rest. Our unique cleansing diet program can do just that. This 4 week program will help you shed unwanted pounds, clear the cobwebs from your brain and add that certain spark back to your life and bounce to your step.

**We had great success with our last class with**

many life changing benefits.



Proper diet is key to overall health and wellness

Jeanne Longenecker Registered Nurse and Nutritionist will be teaching the classes and mentoring you through the program.

There will be a free introductory class on Wed. Sept. 18th at 6:30 p.m. to explain the program and to begin to prepare for the class.

Classes will be held on 4 Mondays beginning October 7th. at 6:30 p.m. - 8:30 p.m. Cost is \$ 75.00 for classes and approximately \$125.00 for nutrition. Call 399-2020 to get signed-up

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## **“Flower Essence Remedies and Healing”**

by Jim Jensen, BioMeridian Technician

Dr Edward Bach studied medicine at the University College Hospital, London, and was a House Surgeon there. He worked in general practice, having a set of consulting rooms in Harley Street, and as a bacteriologist and later a pathologist he worked on vaccines and a set of homoeopathic nosodes still known as the seven Bach nosodes.

**Despite the success of his work with orthodox medicine he felt dissatisfied with the way doctors were expected to concentrate on diseases and ignore the people who were suffering them.** He was inspired by his work with homoeopathy. So in 1930 he gave up his lucrative practice and left London, determined to devote the rest of his life to the new system of medicine that he was sure could be found in nature.

Just as he had abandoned his old home, office and work, so now he abandoned the scientific methods he had used up until now. **Instead he chose to rely on his natural gifts as a healer, and use his intuition to guide him.** One by one he found the remedies he wanted, each aimed at a

particular mental state or emotion. His life followed a seasonal pattern: the spring and summer spent looking for and preparing the remedies, the winter spent giving help and advice to all who came looking for them. **He found that when he treated the**



**personalities and feelings of his patients their unhappiness and physical distress would be alleviated as the natural healing potential in their bodies was unblocked and allowed to work once more.**

In 1934 Dr Bach moved to Mount Vernon in Oxfordshire. It was in the lanes and fields round about that he found the remaining 19 remedies that he needed to complete the series. **He would suffer the emotional state that he needed to cure and then try various plants and flowers until he found the one single plant that**

**could help him. In this way, through great personal suffering and sacrifice, he completed his life's work.**

Dr. Bach's remedies are still used today all over the world. And in fact Bach was not the first to use flower remedies. **The oldest known culture to use flower essences are the Aborigines. The Australian Flowers have been used for psychological, physical, spiritual imbalances as well as emotional.**

When a flower essences is taken orally or applied upon the skin it is said to work its way through the circulatory, nervous system and the meridian system where it interfaces between the subtle bodies and the physical body. **In simplest terms it allows our positive qualities to flourish thus removing the negative. Ultimately healing can then take place.**

For more information on flower essences you can read "[Bach Flower Therapy](#)" by Mechthild Scheffer and "[Bush Flower Essences](#)" by Ian White. Or go [online to www.floweressence.com](http://www.floweressence.com).

# Health & Wellness Class Schedule

## Health & Wellness 101

### September Classes

Monday, September 16th @ 6:30

Saturday, September 21st @ 11 a.m.

### October Classes

Saturday, October 5th @ 10 a.m.

Tuesday, October 15th @ 6:30 a.m.

**SIGN UP @ THE FRONT DESK  
OR CALL 399-2020 FOR MORE  
INFORMATION**

**\*THIS IS A NO FEE CLASS**