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## KATHRYN S. RAMIREZ



American College of Healthcare Sciences

### Favorite Quotes:

- "It's not what happens to you that matters, it's not what becomes of you -- it's what you become that's important." Hugh Nibley
- "The absence of proof is never proof of absence." Nassim Nicholas Taleb
- "If you don't like something change it. If you can't change it, change your attitude."-Maya Angelou
- Live the life you love to live! - Anonymous
- "When your heart speaks, take good notes." Judith Campbell
- "The person who says it cannot be done should not interrupt the person doing it." Chinese Proverb

### Contact me:

[kathryn@serendipityscents.com](mailto:kathryn@serendipityscents.com)

<http://serendipityscents.com>

<http://www.linkedin.com/pub/kathryn-s-ramirez/19/565/643>

<http://www.facebook.com/home.php#!/serenscents>

<http://www.facebook.com/home.php#!/pages/Serendipity-Scents/254362016316>

## Total Wellness

Wikipedia defines the term Holistic Health as "a concept that all potential contributing factors which may affect a person's well-being, are taken into consideration when assessing a person's overall health."<sup>[1]</sup> SpaGlo says it is, "A philosophy which seeks to achieve balance and harmony and to promote wellbeing by attending to elements of life such as emotional, spiritual and physical health as well as lifestyle."<sup>[2]</sup> The European Spas Internet Portal defines it as, "An 'alternative' or 'complementary' approach to health and fitness which focuses on lifestyle, mental well-being and spiritual awareness."<sup>[3]</sup> I'd simply say that it is total wellness. Watch for future newsletters to teach you more about total wellness.

When an individual presents imbalances and evidence of being unwell there is a myriad of issues that should be considered. The first steps should

be the most basic, a good listening ear can be all that is needed. When the emotional wellbeing is under stress the body can present signs that can be alleviated by just having a good talk with a good listener. Other times the disparities may need a more nutritional approach. Herbs and other botanical treatments such as aromatherapy may be useful. Last but certainly not least a more focused diagnosis in a specific body system may be necessary.

Often times the more nagging, chronic, long term issues are best treated by emotional, mental or lifestyle changes. Just by changing one's attitude about a particular situation the stress is lifted and when the pressure comes off the physical warning signs take care of themselves.

In the case where a systemic diagnosis is needed pharmaceutical medicine, at

## Who Am I...

Please call me Kathy, all of my friends do. I am a student at American College of Healthcare Sciences working on my Associate of Science in Complementary Alternative Medicine. I am an Air Force wife, the mother of three grown children, and Nana to two grandsons. I am working on a

double major of herbal medicine and aromatherapy. I am engaged in wellness coaching and nutritional analysis for my community and family.

Upon completion of my current courses (27 credits to date) I will have completed the coursework for a cer-

*Empowering holistic vitality.*



(Microsoft Clip Art Image)

times, forgets the lifestyle modulating guidance that can also be supportive.

That is where a good wellness consultant can help. Aromatherapy, nutrition, homeopathic, iridology, herbal support and mind-body techniques are just some of the fields to explore. Look for a wellness counselor in your area and see what they can do for you.

[1] [http://en.wikipedia.org/wiki/Holistic\\_health](http://en.wikipedia.org/wiki/Holistic_health)

[2] [http://www.spaglo.com/spa\\_terms.html](http://www.spaglo.com/spa_terms.html)

[3] <http://www.visitspas.eu/glossary/>

tificate in Aromatherapy. I plan to sit for the Aromatherapy Registration Council's exam in October 2011.

The next stage of my studies begins in August when I will start my herbal studies and wellness and holistic nutrition consulting certificates.