



Newsletter September 2002

Featured Article by Eric Rutberg, M.A.

Eric Rutberg, LCPC

Relax and Breathe

Taking the time to learn how to relax, is the greatest gift you can give yourself this year.

According to the book "LEARN TO RELAX," by Mike George, many of us have simply "accepted emotional and physical pain as a matter of fact, rather than a matter of CHOICE".

Mike George points to "Esoteric Stress," as being at the core of many people's anxieties and depression. Esoteric stress is ... "a state of un-relaxation triggered by a sense of ones meaninglessness in the Universe."

Each of us is connected to one another in some way. Yet, the impact one has on another often goes unrecognized.

Mike George foretells that "despite these far-reaching connections, many of us doubt the value of our input." Due to this insecurity, some of us withhold from expressing how we really feel.

"If a butterfly flaps its wings in Japan there may be a hurricane in NY." - unknown

When our feelings are rarely validated; our self-esteem then vanishes. We eventually feel inadequate, misunderstood and alone. Soon, "we begin to recoil from the world's conflict, only to find that the farther back we go the more scared and UNRELAXED we become."

Thus, we must become emotionally genuine and spontaneous in order to exercise our influence on life developments, and manage our STRESS

Featured Therapist: Michael Starkey, D.C.

Michael has been a Chiropractor for more than 15 years. He received his D.C. degree from the National College of Chiropractic in Lombard, Illinois. Michael is a trained chiropractic physician in the use of modalities, traction, spinal and extremity manipulation, foot orthotics, and nutrition. He has experience in treating both acute and chronic conditions as his patient load has always been a mix of people injured in sports, auto accidents and on-the-job, as well as the recreational weekend warrior who has stretched their physical limits. Michael is a physician who believes that proper function of spinal joints and good nutrition are keys for a person to achieve good physical balance. Michael resides in Chandler, Arizona with his wife Jane, 3 daughters, 1 son, a dog, cat, bunny, and parakeet. His interests include reading, sports, music, and hanging out with his family. **At the present time, Dr. Starkey is only accepting e-mail questions and the price is \$50.00 per question.**

Upcoming Events

The **free online chat session** will be on September 8th, 2002 and will be hosted by Dr. Judy Lewis, our NetVet. This is rescheduled from the August forum. Judy had an emergency and was not able to host that month. The October chat session will be hosted by Michael David Boarman, one of our counselors and will be held on October 6th, 2002.

Also, please check our website www.asktheinternettherapist.com for upcoming banners and vote for our website. Thanks!!

September Contest Winner

Congratulations to Elizabeth C. She is our September winner. Enjoy Elizabeth.

Featured Mental Health Videotape

Love Addiction Video

Is it real love? Do you feel like half a person without sex or a relationship? Are you afraid of abandonment? Do you feel you might die without your partner? Love addiction and Sex addiction is much more common than people usually think. This video describes the cycle of love addiction that is common in this type of relationship and compares healthy love to unhealthy love. By Jef Gazley, M.S. ©1998

Price: \$49.99 ea.

http://www.asktheinternettherapist.com/love_addiction_relationships_videotape.asp

Special Note

Check out our new Virtual e-mail function right on the top of the home page! It is the easiest way to access a staff member.

Be sure to utilize our **free** discussion boards. These chat rooms are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

Remove

If you would like to be removed from the asktheinternettherapist newsletter just reply to this e-mail and place remove in the subject.

*We believe better health
begins with better Mental Health.*
Jef Gazley M.S.
www.asktheinternettherapist.com