

# Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society in Portland, Oregon

[www.portlandbranch.org](http://www.portlandbranch.org)

Volume 6.9 September 2010

## THE HONEYBEE, SUSTAINER OF LIFE ON EARTH



By Gunther Hauk, Floyd, Virginia

Rarely are we aware of the very subtle interrelationships of life, for they are hidden by the facts that jump out at you. We all know that the buffalo provided meat, hides and bones for the American Indians. And yet, these gifts are almost a side-effect, compared to its critical role of building up the deep richness of humus in the prairies, a richness in fertility creating the breadbasket of our nation. Our conventional agriculture is still relying on, but depleting it by the year.

When we think of the honeybee, we think of her gifts of pollinating about 3/4 of our daily food, of the honey she prepares out of the nectar of plants, of pollen and propolis. These, too, are minor contributions to life on earth, compared to the far greater importance she holds as sustainer of life. She shares this task with all the stinging insects, the hornets and wasps, the other bee species and the ants.

"Sustainer of life?? Isn't this a bit exaggerated?", you might ask. It may seem so, but the facts verify this statement. Let me explain. If we pose the question which group of organic substances are at the basis of all life processes in plant, animal and the human being, the answer might astonish and surprise most people. It's the acids!

Little do we consider acids the basis of our physical life since we experience them as caustic, corrosive even dangerous. This they are, but in homeopathic dilution, however, we find them in all life processes in nature, in every part of our body: DNA, fatty acids, amino acids, peptic acid, uric acid, folic acid, just to name the more familiar ones. Without these acids, no life processes would could take place.

In plants it is the oxalic acid that provides the basic life-giving substance. Oxalis clover, rhubarb, wood sorrel have lots of it and thereby we can taste the sour acid element more easily than in most vegetables. In the animal kingdom, specifically in the stinging insects, it is the formic acid that plays a major role. Formic acid (formica= the ant) is the poison we feel when an ant bites us or a wasp, a bee

stings us. Each of these species produces a variation of formic acid.



### Bee is on an Anise Hyssop

As the bees and wasps receive nectar and pollen from the flowers, they are able to take in some of this oxalic acid, but they do not only take, they also have a gift for the plants. As these insects fly and crawl through nature, they in return, distribute their formic acid. An old forest ranger in Germany once told me that wherever ants are missing in forests, these lose their vitality and die more quickly than if there is an ample amount of these insects around. Thus, ant colonies are being reestablished and protected in European forests to keep the trees healthy.

This formic acid, in finest dilution, wafts through the air and in Spring the germinating seeds and budding perennials receive this formic acid that has been produced the year before and still saturates the atmosphere, as their Spring tonic. So, on such a basic level, these stinging insects are the nurturers of life on earth since plants provide food, directly or indirectly, to all other beings.

Each one of these two acids acts as an invigorator, as a boost on the life processes for the other kingdom. It is with

the help of these minute quantities of formic acid that the earth's entire plant life grows and thrives. And, on the other hand, it is the plants' oxalic acid that stimulates and invigorates all of the animal and human kingdom. The commonly accepted image we have of life being based on fight and competition, with the survival of the fittest, loses its sting when we consider this grandiose symbiosis, this mutually beneficial interrelationship.

Let us take a closer look at the role these acids play in our very own lives. As we eat our spinach, broccoli, chard, carrots, the fruit and berries, we also take up the oxalic acid contained in them. Now a mysterious transformation occurs: we are able to change this acid into our very own formic acid. Actually, one can achieve this very process in the chemical laboratory. Glycerin is added to oxalic acid in a retort; when heated, carbon dioxide escapes and the steamy vapors will condense, lo and behold, as formic acid.

As we have small amounts of glycerin in our body, the fire of our digestion is able to instigate this transformation and we all know that carbon dioxide is exhaled with our breath.

It is an established fact that our entire endocrine processes – governing growth, health, reproduction – function by virtue of miniscule amounts of the secretion created by the pituitary gland. Little, if any, scientific knowledge exists that on the same level of importance, this process of transforming oxalic acid into formic acid lets us live as spiritual beings in a physical body \*(Rudolf Steiner, "Bees").

For our life on Earth we depend on the vast numbers of individual stinging insects, which enliven the plant kingdom with their formic acid. Our attitude toward these insects will have to undergo a drastic revision, away from disdain, anger, and fear toward gratitude and respect, toward nurturing instead of killing.

Considering the honeybee, the ants, wasps and hornets, we can now understand that our lives depend on them. But why does the honeybee take a special place among all these formic acid producing insects? In contrast to the solitary and bumble, carpenter and orchard bees, the hornets and wasps, the honeybees live through the winter as a colony of perhaps 10 -20 thousand individual workers. By the end of March they may have already doubled their numbers and by the summer solstice reach 40-60 thousand individual worker bees. Bumble or orchard bees, wasps or hornets have only young queens surviving the winter and it takes two to three more months until a colony of several hundred insects can do their enlivening work in nature. The vast numbers of honeybees flying already in early Spring not only contribute to the much needed pollination, but to the amount of formic acid released into nature.

Now we may better appreciate the statement that our very lives depend on the care of the honeybee, on beekeeping. To those who are aware of this fact, Colony Collapse disorder (not only a national, but rather a global phenomenon) becomes a crisis far more serious than global warming. In the US alone we have lost millions of colonies in the last two decades. Can farmers, gardeners, forest rangers witness a decline in natural vitality? You bet! Not only our elm trees are practically gone, now it's our ash trees, coastal oaks, beeches and other species that are being diminished in great numbers. Of course we will try to find the causes in beetles, viruses or air pollution. These may be a contributing factor, but on a much deeper level, it is the diminishing multitudes of stinging insects---many of these are simply diminished by the monocultures and lack of forage, as well as by all the poisons and pollution put into our environment--- that pose a real threat to nature's and our own well-being.

**IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPIHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (503) 908-0131.**

**THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS AND FRIENDS FOR THEIR GENEROUS DONATIONS IN 2010!**

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The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the wider anthroposophical community. Printed copies of the newsletter are available at the Takacs Clinic, Portland Waldorf School, Cedarwood Waldorf School, Shining Star and Swallowtail School. The newsletter and calendar are also posted on the Portland Branch website at [www.portlandbranch.org](http://www.portlandbranch.org).

Questions, suggestions and submissions may be sent by e-mail to [anthroposophy@earthlink.net](mailto:anthroposophy@earthlink.net). Items selected for publication in the Portland Anthroposophic Times may be edited for style, content and length. The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for publication in that month's edition. Submit calendar items to [branchcalendar@mindspring.com](mailto:branchcalendar@mindspring.com) no later than the first of each month for publication in the next edition.

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**Please submit your Donations to the Portland Branch  
 c/o Ruth Klein at 3609 SE Center, Portland, OR 97202**



## AGM CONFERENCE IN CHICAGO

Please save the dates, October 15-17, 2010, for this year's **annual conference and members' meeting** ("AGM") in collaboration with the Natural Science Section and the Social Science Section of the School for Spiritual Science:

### *Transforming Social Capacities through Spiritual Experiences of Nature*

October 15 - 17, 2010 at the Chicago Waldorf School.

Our modern education tells us that what we see, measure, and weigh are the scientific criteria by which we can know the reality of the outer natural world. Furthermore, if we know the material world deeply enough, we will come to understand the deeper, more hidden realities of nature. By taking the outsides of things as the only true reality, profound misunderstandings of nature result, leading to the mistreatment and exploitation of the earth, plants, and animals. This then carries into the human realm—by only seeing the outer human being, ailing relationships and anti-social attitudes find a foothold in our dealings with one another. We become less human.

Our task in evolution is to become more fully human, not less so. Anthroposophy supports this evolutionary path.

Join us in Chicago as we work with Gunther Hauk, Jennifer Greene, and members of the Natural Science and Social Science Sections of the School for Spiritual Science to address the question: What do we need to do to become more fully human?

**DETAILS AND ONLINE REGISTRATION CAN BE FOUND ON THE INTERNET AT [WWW.ANTHROPOSOPHY.ORG](http://WWW.ANTHROPOSOPHY.ORG)**

## EVENTS IN THE DISTANT HIMALAYAS



**Walter Rice High in the Himalayas**

This article is from Walter and Susan Rice. Walter is the founder of Waldorf Travel Service and has taken groups all over the world for 35 years. He is also on the Board of the Portland Branch. Susan has been a Waldorf Kindergarten teacher for 14 years, and is now at Shining Star Waldorf School.

We are back from 4 1/2 weeks in the high Himalayas in the far NW of India. This is a Buddhist area made up of Ladakh, the ancient Kingdom of Zanakar and the Lahaul and Spiti Valleys. It is in the Indian State of Jammu-Kashmir, which has a pre-dominantly Muslim population, and is bordered by China and Pakistan, The



**The bee larva spins a cocoon on the ninth day (from the day the egg is laid), just like the butterfly does. With each adult bee emerging from a cell, the cell gets darker and darker and when it gets almost black, the beekeeper melts the wax of the honeycomb. What remain are the layers of cocoons. Since there are two sides to a honeycomb, you gently have to lift one layer of cells off to get the picture you see. Fantastic geometry!**

My book "Toward Saving the Honeybee" (first published in 2002) predicted a serious crisis if the present day exploitive, highly mechanized beekeeping practices, combined with our poison-loaded agriculture, do not find their way to a new paradigm. Both are the major components, are at the root of the Colony Collapse Disorder (CCD) phenomenon.

In 2006, before CCD, Spikenard Farm was founded with the vision to establish a biodynamic farm with a honeybee sanctuary at its heart. A sanctuary is a place where a being is cared for in the best possible way so that a healing can take place. Annual and perennial forage is being planted and organic, sustainable beekeeping methods are being taught, methods that are, to a great part, diametrically opposed to conventional beekeeping practice.

In 1923, in his lectures on bees and other insects, Rudolf Steiner said that, if we were not to change the industrialized beekeeping methods (which had been introduced two to three decades before), the honeybee might not survive the 20th century. This statement was not accepted by Mr. Mueller, the beekeeper attending the lectures. Steiner simply said that the long-term effect of these methods could not be seen right away. He offered Mr. Mueller a conversation in 80 years. They talked in 2003. Guess what Mr. Mueller had to say now?

[See \*Queen of the Sun\*, September 17th in the Calendar.](#)

Indian military forces are very present with well over 1 million troops along those troubled borders. Thanks to the military, the remote city of Leh has a small airport.

The elevation is high---the norm is between 9,000-15,000 feet. It is like always being at the top of Mt Whitney and still looking up 2 miles to high peaks! It makes everything very 'breathless'---especially the grand scenery of either the deserty flat western edge of the Tibetan Plateau, the verdant strips along the few rushing rivers and water courses, or the stunning outlines of the peaks that outline each brilliant panorama.

We were a very small group and we had an amazing time. We have traveled in and thru the old Himalayan kingdoms from Nepal, Bhutan, and Tawang since the early 70's. This trip was to visit new areas and to celebrate our 40th Wedding Anniversary! Our timing for the trip was so perfect, as we had no glitches and all went perfectly. This was a blessing, as the trip was very remote and rugged. Even during the very harshest of times, it was always magical. To be so removed from our 'modern world' is always a treat. To be in touch with and experience deeply the very different reality that has worked for centuries for many of our fellow human beings always re-opens our minds, feeds our souls and deepens our connections with all of humanity. And the beauty of the peoples we met--so strong, humble, kind, gentle, wise, witty, responsible, and full of such character. And they live such spiritual lives. Truly, they are the final remnants of the timeless Tibetan Buddhist traditions, with some people still nomadic. They have such depth to their beings and live so close to nature and her spirits! The fields where cultivation was possible were rich with growth--their wild flowers, peas, wheat and barley crops were flowering beautifully. We hated to leave, yet, after a month, comfortable beds and bathrooms were sounding very nice!

In the ancient Kingdom of Zanskar, we were blessed to attend the wedding of a young man we helped put through university and graduate school, along with some other friends about 5 years ago. He was orphaned at age 4, and the Dalai Lama and his close associates found him to be very intelligent on one of their tours of the region, and helped him with his education. He escorts/guides groups in the Himalayas during the tourist season, and that is how we had the good fortune to meet him! Being included in the wedding and its days of festivities was such an incredible experience, and the hospitality and warmth from all of the kind souls involved was overwhelming.

Sadly, 1 week after we left, the unheard of happened. The storm clouds that ravaged Pakistan and left the millions homeless, actually came over the many high mountain ranges from NE Pakistan into Ladakh. This is unheard of. During the night a massive series of cloudbursts inundated

the area and flash floods of unbelievable strength and power wiped our houses, fields, villages, families, and roads. Less than 200 so far found dead, but so many more missing, and many of those buried under the tons of mud and debris. With the crops devastated, they face a terrible reality for this winter---very little food, shelter and clothing. After 2 weeks of waiting, we got word that our friends and their families, luckily, are alive and OK!

Here is an email describing the situation:

*"I was thinking of you all for the last three days. But suddenly we are living in a different world than before, with no connection with the rest of the world. Only two internet shop works which has satellite connections.. Hundreds are always in line. So it is difficult to get chance. We are shocked with the sad disaster that happened early morning of August 6<sup>th</sup>. Since then people are in a panic. With every sound of thunder and lightening people start leaving their home to get shelter in the mountains. Sadly they think, the cloud will burst only in the town and not in the mountain!!! Leh has such terrible changes between then and now- the map has changed! The charm has been lost. The trust is lost. The peace is lost. Everyone seems to be running in panic and worry, anxious and in big hurry."*

They and their families are alive and unhurt with their homes intact. surprise! They have gotten no press coverage here in the US, and they are not getting any international aid. The Indian Gov't seems to have good intentions, but it is not immediate and people are desperate. The fear of not being able to take care of your family and of survival.

We are asking everyone who can to gather a bit of money to donate to these people in great need. Sadly, with the roads having been washed out, the prices for everything has skyrocketed due to the scarcity of goods. Any amount, literally \$10 or more, is a great help and can go such a long way! A check can be made out to us, as we are planning on transferring funds in late-September. We have already raised almost \$1000 just from word or mouth! These funds will not be going to any organizations with overhead and staff--rather to the individuals with whom I have worked in Ladakh for the past 7 years, who are responsible, caring and compassionate Buddhists. They will purchase goods and give them directly to villages, families and individuals with great needs.

We are praying that the snows, which lock the world out for them, will be late this year, and that the roads will be quickly rebuilt, and basic necessities for life will be brought in!! We are so filled with great gratitude for the lives we are able to have here, and we never want to forget that there are so many people out there living in quite another reality!



If you wish to contribute to help the people in Ladakh, kindly make a check out to Walter or Susan Rice and send it to: 5316 SE Sherman Street/PDX 97215.

**BRIGHT STAR**

Bright star, would I were steadfast as thou art--  
 Not in lone splendor hung aloft the night  
 And watching, with eternal lids apart,  
 Like nature's patient, sleepless Eremite,  
 The moving waters at their priest like task  
 Of pure ablution round earth's human shores,  
 Or gazing on the new soft-fallen mask  
 Of snow upon the mountains and the moors--  
 No--yet still steadfast, still unchangeable,  
 Pillowed upon my fair love's ripening breast,  
 To feel for ever its soft fall and swell,  
 Awake for ever in a sweet unrest,  
 Still, still to hear her tender-taken breath,  
 And so live ever--or else swoon to death.

John Keats

**WINTERGREEN FARM ADVOCATES**

The food legislation that is now making its way through Congress would have a serious impact on small and medium sized farms, like Winter Green Farm. Read this interesting *News from the Field* article on page 2 of the box notes of August 31<sup>st</sup> from the CSA at the following link:

[www.wintergreenfarm.com](http://www.wintergreenfarm.com)

**The School for Spiritual Science in North America**

THE EXTENDED ANTHROPOSOPIHICAL COMMUNITY OF FAIR OAKS, CA,  
 THE ANTHROPOSOPIHICAL SOCIETIES OF THE UNITED STATES AND CANADA,  
 THE NORTH AMERICAN COLLEGIUM OF THE SCHOOL OF SPIRITUAL SCIENCE,  
 AND THE EXECUTIVE COUNCIL AT THE GOETHEANUM

*would like to invite*

*All members of the First Class of the School of Spiritual Science to save the dates for a Conference of the Nineteen Lessons of the First Class*

AUGUST 7-12, 2011

*To be held at Rudolf Steiner College in Fair Oaks, California*

*In the months ahead, you will receive more information from local Class Holders, by mail, and in News for Members.*

**Beautiful house for sale by owner**

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# Portland Anthroposophical Society Calendar - September 2010

## Ongoing Activities and Study Groups

### **Anthroposophical Course for Young Doctors Study Group**

Once a month on the 1<sup>st</sup> Wednesday at the Pohala Clinic, 12050 SE Holgate Blvd. 7-8:30 PM. Contact Julie Foster by phone at (503) 572-4196 or by e-mail at [julie@pohalaclinic.com](mailto:julie@pohalaclinic.com).

### **Karma Exercises and Study**

The study group has just completed its multi-year work with the entire *Karmic Relationships* lecture cycle, and is now starting to work with Rudolf Steiner's karma exercises on the first and third Thursday of each month. Call James Lee for information 503 249-3804 or e-mail him at [anthroposophy@earthlink.net](mailto:anthroposophy@earthlink.net).

### **Mystery Dramas, with Speech-Formation Exercises**

On the second and fourth Wednesdays each month, 7:30 - 9:00 PM, in SW Portland. Currently working on the 2nd *Mystery Drama* by Rudolf Steiner, *The Soul's Probation*. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at [drumage@comcast.net](mailto:drumage@comcast.net) or by phone at (503) 908-0131 for information.

### **Portland Waldorf School Community Choir**

Every Friday morning from 8:45 - 10:15 am (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the Orchard room, whenever school is in session. Anyone in- and outside the PWS community who enjoys singing songs through the seasons, across the centuries and around the world is very welcome, including drop ins. This event is free and a community builder. More information: Marion Van Namen (503) 956-4046.

### **Spiritual Psychology Study Group**

Working with the Steiner text, *Psychology of Body, Soul and Spirit*, we meet the second and fourth Tuesday of the month, 7:30 PM - 9:00 PM. Call Cheri Munske for more info: 503-484-4133.

### **Waldorf Education and Teacher Training**

Lectures and courses conducted throughout the year by the Micha-el Institute. Contact John Miles at 503/774-4946. [johncmiles@usa.net](mailto:johncmiles@usa.net).

### **Knowledge of the Higher Worlds**

First and third Tuesdays from 7:30 - 9:00 PM at 3046 NE 33rd Avenue, Portland, OR 97212. Contact Donna Patterson and Bob Kellum at 503-331-7393.

### **Portland Youth Discussion Group**

At the moment the group is taken a break. Please contact Chrystal Godleske if you are interested in meeting again. [socialsculptor@gmail.com](mailto:socialsculptor@gmail.com)

## Events

### **Sunday, SEPTEMBER 12**

#### **First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 5 at 8:30 AM, class at 9:30 AM sharp. Lesson 6. Please contact Diane Ramage at (503) 908-0131.

### **Tuesday, SEPTEMBER 14**

#### **Formation of 2011 Portland Branch Council**

You are invited to attend the September 14<sup>th</sup> meeting to help form the new Branch Council. Interested members and friends of the Branch and those who would like to join the Council are invited to attend. Location: The home of Chrystal Godleske, 1304 SE Main St., Portland 97216. For information phone Chrystal at 503-816-2440. Please call Valerie Hope to confirm your attendance: 503-775-0778.

### **Friday, SEPTEMBER 17**

#### **Queen of The Sun**

National Theatrical Premiere at the Hollywood Theater in Portland, the movie brings to the world Rudolf Steiner's vision through many of the Anthroposophical, Biodynamic, Beekeepers that are highlighted in the film such as Johannes Wirz, Gunther Hauk, Host and Jennifer Kornberger, Gunther Friedmann, Michael Thiele, Jacqueline Freeman and David Heath. Audiences hearts are opened up to understanding on a deeper level the incredible contribution and gift of the honeybee as well as the rich and often unknown world of Rudolf Steiner, Waldorf Teaching and Biodynamic farming to a greater audience.

**SEPTEMBER 17 and 18****[Anthroposophy through the Cycle of Life](#)**

In Sandpoint ID with Don Melcer. How can we form a more comprehensive view of material and spiritual life? We are all "beginners" in this endeavor. This weekend we will explore how knowledge and practice of anthroposophical concepts can lead to self-development and a clearer awareness of our purpose in life. Dr. Don Melcer is a licensed psychologist and brings a wealth of knowledge and life experience to the subject of our weekend. Donations at the door. If you want to go and know more, please contact Michael Pinchera [thestarpainter@gmail.com](mailto:thestarpainter@gmail.com) or (208) 265-2200.

**OCTOBER 7-10****[The Christian Community](#)**

Reverend Sanford Miller of The Christian Community will be in Eugene, OR. He will give evening talks and Sunday services. Contact Sandra Burch for details and also about carpooling possibilities. (503) 353-1818 or [galenaly@gmail.com](mailto:galenaly@gmail.com).

**Saturday, OCTOBER 9****[Soul Moods in Color](#)**

9.30AM-5PM Workshop with Jannebeth Roell. We will explore soul moods through colors given by Rudolf Steiner for eurythmy. Fee \$75.00 all materials included. Contact [jannebeth@mindspring.com](mailto:jannebeth@mindspring.com) or call 503-249-3807. Location: 3135 NE 17<sup>th</sup> ave, Portland 97212. Please send a check to reserve a place.

**Sunday, OCTOBER 10****[First Class of the School of Spiritual Science](#)**

Bothmer Hall, Blue card required - Discussion on Lesson 6 at 8:30 AM, class at 9:30 AM sharp. Lesson 7. Please contact Diane Ramage at (503) 908-0131.

**Tuesday, OCTOBER 12****[Portland Branch Council Meeting](#)**

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Chrystal Godleske, 1304 SE Main Street, Portland, OR 97214. Phone 503-816-2440 All Branch members are welcome to attend

**OCTOBER 22 - 24 Sebastopol, California.****[Colors of Money](#)**

A 3-day immersion into a new view of economic life and money that recognizes that economic life is now the shared responsibility of all human beings, not just

the province of bankers, financial planners and experts. Arthur Edwards, Associative Economist, Stroud, England leads the interactive sessions offering a radical yet concrete and in-depth approach to money in our times.

Two Public Lectures: *Beyond the Market Economy* and *Youth Financial Literacy*

The public is invited to attend a Welcome Reception and Lecture, 'Beyond the Market',

Friday, October 22, 5:30-9:00 PM at French Garden Restaurant.

A public lecture will also be held Sunday, October 23, 7:00 PM, 'Youth Financial Literacy, Enterprise Education: Is personal finance enough?' at Sophia Hall, Summerfield Waldorf School.

Registration: Susan Gravelle: [susan@theaecafe.com](mailto:susan@theaecafe.com)

Information: Contact Daniel Osmer by e-mail at [daniel@theaecafe.com](mailto:daniel@theaecafe.com) or by telephone at (707) 292-5281 <http://www.theaecafe.com/index.php?id=8>

**FEBRUARY 18- 20, 2011****[Polarities](#)**

Light and dark, straight and curved, big and small, life and death, our world is filled with polarities. A course exploring polarity and the space between, with Laura Summer, cofounder of the Free Columbia Art Course. [www.freecolumbia.org](http://www.freecolumbia.org), [www.laurasummer.com](http://www.laurasummer.com). Location and details TBA. Contact [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)


**MAY 13-20, 2011****[International Postgraduate Medical Training](#)**

Fourth Annual! At Ions Retreat Center, Petaluma, CA. Sponsored by PAAM. More information, and, in September, online registration on PAAM's website, [www.paam.net](http://www.paam.net).

**AUGUST 7-12, 2011****[Nineteen Lessons of the First Class](#)**

The school for spiritual science would like to invite all members of the school to a conference of the nineteen lessons, to be held at Rudolf Steiner College in Fair Oaks, California. Look for more information in News for Members.





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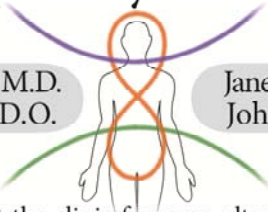
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### Multi-Specialty Health Clinic

Debra Glasser, M.D.  
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Janel Guyette, M.D.  
John Takacs, D.O.

The Physicians at the clinic focus on alternatively extended medicine including Comprehensive Family Practice, Internal Medicine, and Physical Medicine and Rehabilitation. They utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spatial Dynamics®, and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury.



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