

## **Heide E. Clark, RN, CCN's Medical Advisor**

### *Cancer Concierge Network*

Heide, the Medical Advisor for CCN and a Preferred Provider as MICAH's Wellness has 40 years of nursing experience and integrates mental, physical and spiritual healing of others. She is passionate about conscious health awareness since her husband's death from testicular cancer. She is trained in Compassionate Pain Relief Program and Mind/Body Medicine. She worked with Dr. Deepak Chopra and Dr. David Simon in the development of Chopra's Magical Beginnings Enchanted Lives Program. Heide's vision is to facilitate wellness through Christian faith based meditation, healing touch, pain and stress management, post surgical services, childbirth education, and doula services.



**1965 21st St. • Signal Hill, CA 90755**


**(562) 342-6830 • [www.cancerconciergenetwork.org](http://www.cancerconciergenetwork.org)**

# FAITH NURSING


- Physical, Mental and Spiritual Connections
- Body's Natural Healing Powers
- Proactive Health and Wellness

MIND - BODY - SPIRIT

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind” ...Romans 12:2*

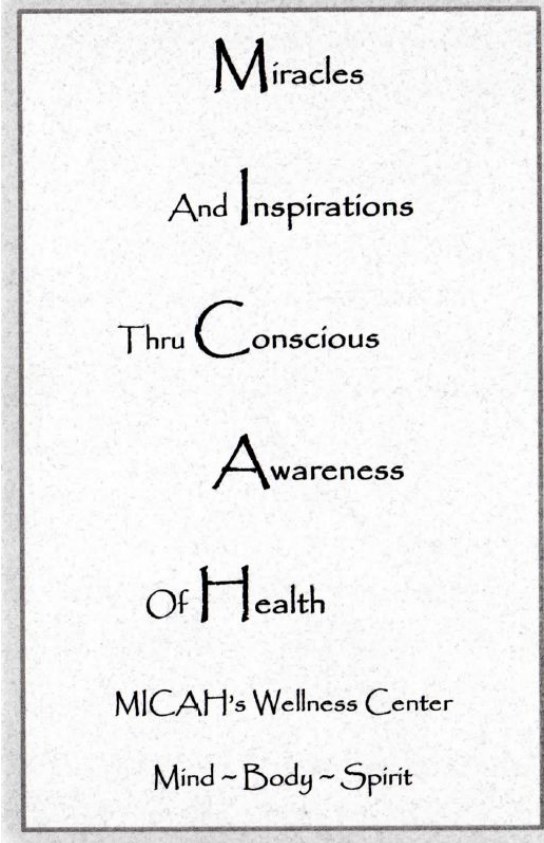


MICAH's Wellness Center  
Miracles & Inspirations thru Conscious Awareness  
of Health  
P. O. Box 212397  
Chula Vista, CA 91921  
619-779-6477



Heide Clark, R.N.  
Consultant, Educator & Owner

# Micah's Wellness Center



Miracles  
And Inspirations  
Thru Conscious  
Awareness  
Of Health  
MICAH's Wellness Center  
Mind ~ Body ~ Spirit

*“To act justly and to love mercy and walk humbly with your God” ...Micah*

# CONSCIOUS AWARENESS OF HEALTH

- PERSONAL MEDICAL ADVOCATE
- MEDITATION
- HEALING TOUCH
- STRESS & PAIN MANAGEMENT
- EDUCATION-HEALTH & WELLNESS RETREATS
- POST SURGICAL SERVICES
- CHILD BIRTH EDUCATION/DOULA SERVICES

*“Rest in the Lord and patiently wait for him”  
...Psalm 37:7*

# PERSONAL MEDICAL ADVOCATE

## FEATURE

- Advocate between you and your doctor
- Personal Medical Education
- “MICAH’S” Mind-Body-Spirit Connections

## BENEFIT

- Advocates and assists you and family in understanding your present and past medical conditions, asks appropriate questions on your behalf, explains medical terminology and lab results to assist you in making informed decisions and determining an acceptable plan of care. Available to accompany to Dr. appointment and home visits.
- Educates on medications and medical treatments and refers to appropriate resources as needed.
- Guides you to your own Mind-Body-Spirit Connections helping to access your inner pharmacy (body’s natural healing powers)

*“My mouth shall speak wisdom; the meditation of my heart shall be understanding.” ...Psalm 49:3*

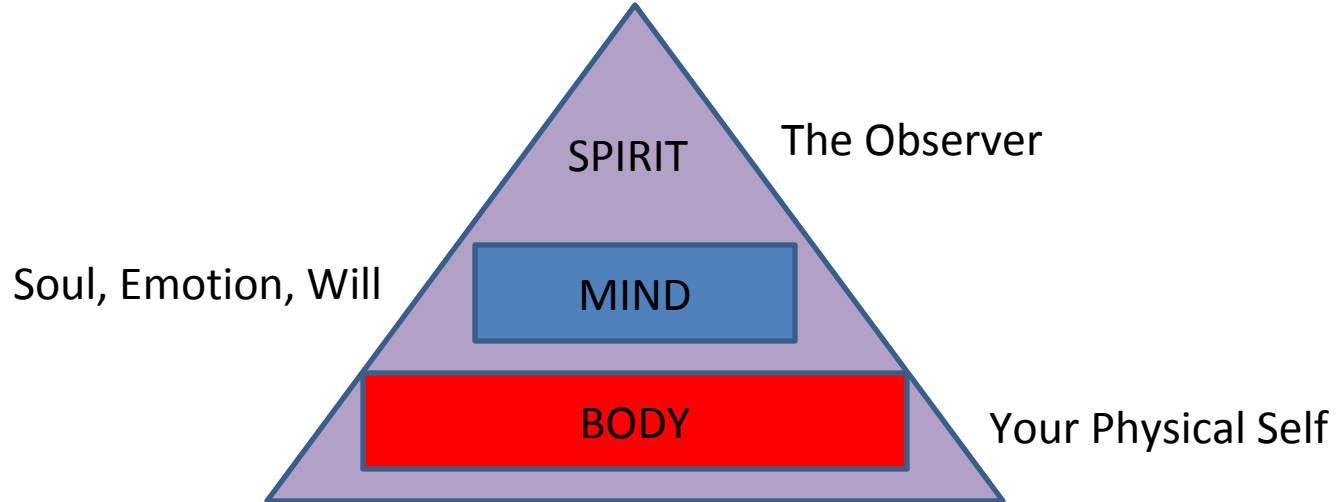
# MEDITATION

1. Restful Alertness.
2. Decreased Skin Resistance.
3. Efficient Oxygen Consumption.
4. Decreased Blood Pressure, Pulse and Respiration lessening the workload on the heart.
5. Long term meditator can have a biological age between 5 and 12 years younger than their chronological age.
6. Expanding the quiet space between your thoughts restores the inner harmony and balance.
7. Harmony cultivates non-judgment
  - a) Ego-What's in it for me?
  - b) Spirit-How can I help?
8. Do things to enhance the quality of your life.
  - a) Primordial Sounds.
  - b) Life is a labor – give birth to yourself.

*“Be still and know that I am God”...Psalm 46:10*

# Access Your Inner Self

- Who are you?
- How do you identify yourself?
- What do you identify yourself with?



*“...to put off “your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.” ...Ephesians 4:22-24*



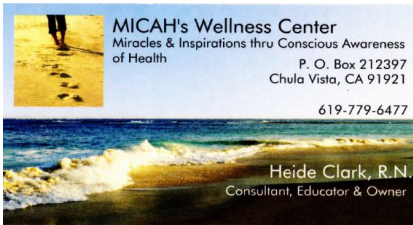
# How Close To The Edge Are You?

At the University of Washington Medical **How Close To The Edge Are You** School in Seattle, Dr. Thomas H. Holmes and Richard H. Rahe devised a **“Social Readjustment Scale” test** which lists 42 common life changes in the order in which they found them to be important as indicators of illness. Oddly enough, as outstanding personal achievement can often lead to disease. When Astronaut Edwin “Buzz” Aldrin, Jr., the second man on the moon, returned to earth he committed himself to a psychiatric hospital. He said: “None of us knew how to handle it.” The test is widely used now, especially in the armed forces to determine how susceptible you are to disease. –If you have a score of less than 150 within a period of a year you have only a 37% chance of getting sick within the next two years...if you score 150-300 chances of illness is 51%; score over 300 chances of illness is 80% within the next 2 years.

**WANT TO TAKE THIS TEST?**



# MIND, BODY & SPIRIT MEDITATION



WHEN: TUESDAY, SEPTEMBER 13, 2016

6:30 PM – 8:00 PM

WHERE: CCN'S WELLNESS CENTER

1965 21<sup>st</sup> STREET, SIGNAL HILL

COST: \$10.00

MEANING OF DISEASE:

“DIS” MEANS APART FROM “EASE”

**RSVP TO: [heideclarkrn@gmail.com](mailto:heideclarkrn@gmail.com) or 619-779-6477**

# MICAH'S WELLNESS CENTER

## AVAILABLE CLASSES & RETREATS

- RETURN TO WHOLENESS CANCER PROGRAM
- MEDITATION CLASS
- STRESS MANAGEMENT CLASS
- PAIN MANAGEMENT CLASS
- WOMEN'S WEEKENDER RETREAT
- DETOX RETREAT
- CREATING HEALTH COURSE
- CHILDBIRTH EDUCATION CLASS