

March 2010

### Upcoming Events

- ✓ [Energy Hygiene Workshop](#),  
Saturday April 17<sup>th</sup>, 1-4 pm,  
Mago Healing Arts Center, Cheyenne
- ✓ [Reiki I Training](#),  
Sunday, May 16th

### Paula's Update

I'm teaching an Energy Hygiene workshop next month at the Mago Healing Arts Center in Cheyenne. Designed for people who are sensitive to the energy of other people or places, the workshop will give you fun and easy ways to sense, clean, clear, and balance your subtle energy field. [Click here](#) for more details.

Have you ever wondered why some offices, homes and other spaces feel welcoming, and others make you want to head right back out the door? Did you know that places can absorb and hold negative energy? From now until tax day, I'm offering a special rate of \$75 to clear the energy in your home or office.

### News on Health & Wellness

I recently read a great article called "[How American Health Care Killed My Father](#)", the cover story in the September '09 issue of the Atlantic magazine. A provocative, but somewhat misleading title, the article is really about what is fundamentally wrong with our health care system. With the health care debate in Washington stalled, I encourage you to consider the radical ideas outlined by the author, David Goldhill, a self-proclaimed Democrat and businessman.

Goldhill states "All of the actors in health care—from doctors to insurers to pharmaceutical companies—work in a heavily regulated, massively subsidized industry full of structural distortions. They all want to serve patients well. But they also all behave rationally in response to the economic incentives those distortions create. Accidentally, but relentlessly, America has built a health-care system with incentives that inexorably generate terrible and perverse results. Incentives that emphasize health care over any other aspect of health and well-being. That emphasize treatment over prevention. That disguise true costs. That favor complexity, and discourage transparent competition based on price or quality. That result in a generational pyramid scheme rather than sustainable financing. And that—most important—remove consumers from our irreplaceable role as the ultimate insurer of value."

As a consumer whose health insurance (major medical policy with a \$3000 deductible) just went up 30% in one year without any claims, I believe it's time to think outside the box.



*For, you see, so many out-of-the-way things had happened lately that Alice had begun to think that very things indeed were really impossible.*

*- Lewis Carroll*



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