

**MOA HAWAI'I 2013
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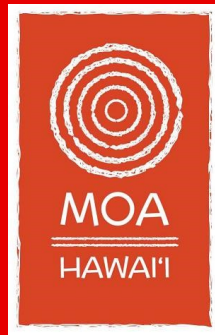
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MOA Hawai'i Newsletter

VOLUME 1, ISSUE 1

JANUARY 2014

Executive Director's Message

Aloha and Happy New Year!

I hope that everything is going well in your life and you are in good health. Thank you for your support in 2013 which was highlighted by the grand opening of our wellness center. The grand opening generated a lot of interest and many people have been introduced to our program. Please welcome the 37 new members who have joined MOA Hawai'i since October.

We will be resuming the MOA Hawai'i newsletter on a monthly basis. In this month's issue we are highlighting our partners at the MOA Wellness Center. These partners believe in Mokichi Okada's philosophy and supports his vision of creating a "New Civilization." Please schedule an appointment with them as they can assist you in living a lifestyle of good health and wellness.

I would like to invite all current MOA members to our Annual MOA New Year's Party on Sunday, January 19, 2014 @ 11:00 AM, at the TOHO NO HIKARI Hawai'i Social Hall, 3510 Nuuanu Pali Drive. MOA Hawai'i will be the host so just come and enjoy all the organic food and drinks and socialize with your fellow MOA Hawai'i members.

Mahalo again for your continued support!





Mai Fujii

Natural Foods Program Manager

Aloha everyone. My name is Mai Fujii and I am the Diet and Nutrition Program Manager and Nutritionist at the MOA Wellness Center. I've earned my undergraduate degree in Dietetics and my master's in Nutritional Sciences. I am originally from Kyoto, Japan, and I have lived in Hawaii since 2005.

I conduct healthy food seminars and hands-on cooking classes twice a month. You can learn to make varieties of traditional Japanese foods such as miso and soba. I am going to have tofu-making demonstration seminars on Saturday, January 25, from 4:00-6:00 p.m. and Thursday, January 3, from 11:00 a.m.-1:00 p.m. Each class is \$20 for MOA members including a light lunch/dinner. I am also going to start home visits and hold cooking seminars upon request. Please contact me for more detail if you are interested.

In addition to the cooking classes, I also conduct the Food Advocate Course, which is held once a month for 3 months. The course is \$100 (3 hours per session) using a textbook and challenge sheets with lectures and hands-on cooking. The course will help you to enhance your diet.

Basic curriculum includes:

- Measure your own body and come up with simple challenges to improve your condition in 3 months
- Learn the conditions of food culture changes and how it affects the individual, families and communities
- Learn how to prepare healthy meals
- Exercise and enjoy eating healthy meals
- Learn how to choose ingredients with spiritual or life energy, as well as the ideal food balance and how a traditional Japanese diet can enhance your natural healing abilities

Learn the necessity of balancing good diet, exercise, and rest.

This is a certification course so that you will be certified as a "MOA Healthy Food Advocate." Let's form a healthy food network with other certified food advocates and myself!

As the MOA nutritionist, I do consultation regarding diet and nutrition every Tuesday between 9:30 a.m. to noon, or by appointment. I believe that diet is the primary thing to obtain optimal health, and food can be your medicine if eaten correctly. If you are interested in seeing me, I am very happy to be of help to improve your dietary habits.

Vegan Millet "Meat" Ball Recipe (no meat, dairy, or eggs)

Ingredients:

- * Millet
- * Medium Size Onion
- * Your favorite vegetables
- * Japanese panko
- * Corn starch
- * Miso
- * Shoyu
- * Black pepper
- * Native sea salt
- * Turmeric
- * Oil

Directions:

- Soak 1 cup of millet in 1½ cup water and a pinch of sea salt overnight. The following morning, cook millet in a rice cooker. Let the millet sit 10 to 15 minutes once cooked. (Cooking direction is the same as cooking rice).

- Finely chopped ½ medium size onion. Other chopped vegetables (carrots, celery, shiitake mushroom, etc.). Heat oil (I recommend using coconut oil for aromatic flavor) and cook onion. When onion is cooked well, add other vegetables and cook another few minutes. Season with native sea salt and turmeric.
- Mix 1 & 2 in a glass bowl and add 50g Panko, 1 Tbs Miso, 1 tsp shoyu, a pinch of black pepper and a small amount of corn starch. Mix well (if the mixture is too dry, add some water to moisten the mixture).
- With your wet hands, take some of the mixture and form a bite sized small ball shape. Heat olive oil in a medium heated fry pan, and grill the millet balls until they get a good browning on both sides.
- Enjoy with your favorite sauce! Eat with rice..



Nature Garden



The MOA Nature Garden located at 3510 Nu'uuanu Pali Drive behind of the TOHO NO HIKARI church in Nuuanu Valley requests your kind participation. By bagging your waste food scraps at home you can provide an important component to our Nature Garden's commitment to composting.

The garden supports three powerful composting systems. Bokashi, thermophilic and vermicomposting. But we need a lot of the fuel that makes these systems work.

FOOD WASTE

Please just bag (keep in fridge or freezer or where ever is best for you) fruit waste. All veggie waste, cooked or raw. Most seeds and grains, cooked or raw. Meat and dairy waste is OK too (for bokashi composting). And when you find yourself connecting with friends at Toho No Hikari please bring along your bags of food waste.

DELIVERY

Drop the sealed bags either outside off the parking lot at the garden in the labeled bucket. Or in the labeled bucket in the waste collection room just off the kitchen on the ground level of the church. We will do the rest.

FEEL GOOD

And you will have diverted waste from our limited land fill space, provided fuel to create Humus from composting; Vermicast from vermiculture and Bokashi from a fermentation

process. All very important organic soil amendments that revive depleted soils and support important living organism.

CONNECTING

All questions and comments should be directed to Tom Gibson at 284-8129. Thank you for joining us in our work supporting a community of families filled with beauty. "Living soil" is the primary intention with the Okada method. At MOA Hawaii's Demonstration Garden we compost food waste using the Bokashi process. In addition, we have worm composting bins, thermophilic composting piles and use various plants as green manure.

Using the Nature Farming method without manufactured fertilizers, herbicides or pesticides creates a healthy clean organic "living soil" that grows healthy, clean, great tasting, organic produce that is most beneficial to our body.

Over 40 planted beds (and expanding) with Blue Kale, Collards, Eggplant, Green Onion, Mustard Greens, Bok Choi, Italian Snap Beans, Grape and Cherry Tomatoes, Daikon, Chives, Basil, Shiso, Bitter Melon, Broccoli, Carrots, Corn, Cucumber, Mizuna, Jalapeno, Hawaiian and Thai Peppers, Kabocha, Arugula, Beets, Choi Sum, Chard, and Red Russian Kale. Not to mention the dozen trees in the orchard and flowers blooming everywhere.

Reminder: Hands on Nature Garden experience every 3rd Sunday from 9:30 AM.



"Kohrinka" Flower Class



MOA Kohrinka flower classes are based on Mokichi Okada's deep respect for the life of flowers and its positive influence on man. He arranged flowers using and expressing the best features found in Nature.

The Kohrinka curriculum stresses three basic concepts: 1) Care for the flowers, 2) Care for the implements, 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

Classes are open to students of all ages.

Location: Toho No Hikari Social Hall
3510 Nuuanu Pali Drive

When: 2nd & 4th Tuesdays
6:30 pm - 8:30 pm

or

2nd & 4th Thursdays
4:30 pm - 6:30 pm

Instructors: Jessie Nakata & Steve Ichikawa
RSVP to Steve Ichikawa @ (808) 222-2183

Cost: MOA Membership fee \$25 or family \$50
Class Fee: \$5 per session

Cost of flower per session: usually \$5 - \$7

Required Text Books:

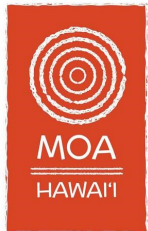
MOA Kohrinka Text \$20

MOA Kohrinka Guidebook \$10

Kohrinka record note book \$1

(Photo collection of Mokichi Okada's flower arrangements)

If you have any questions, please contact Arts & Culture Manager Roy Goshi-Otaguro @ 222-2031.



The MOA Support System

We Cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all of our outreach and community activities. Together, we will make a difference for the welfare of society.

Questions: please contact us at
(808) 952-6900 • Email: info@moahawaii.org
Website: www.moahawaii.org

Name(s) _____

Address _____

City _____ State ____ Zip Code _____

Telephone () _____

Fax () _____

Cell Phone () _____

Email _____

TYPE

\$25 Individual

\$50 Family (2 or more individuals)

PAYMENT

Check enclosed

Charge my credit card

VISA MC Discover JCB

Name _____

Card no _____

Exp. Date _____

Security code _____

Signature _____

Make checks payable to: MOA Hawaii.

Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawaii'i are tax deductible.



Bowenwork Hawaii

What is Bowenwork?

Bowenwork is a gentle and calming healing therapy that is very effective at reducing tension and pain patterns in the body. I use my thumbs and fingers to roll over muscles along the spine and other structures beneath the skin (tendons, ligaments, joints, nerve bundles, fascia). These gentle moves soften and relax areas of tension in the body, which then allow joints and muscles to move freer without pain.



Effect of Gentle Pressure on the Body

Lighter pressure activates deep physiologic responses, improving your body's ability to heal itself. Applying a gentle roll over a muscle will help the tissue to heal faster than tissue that is deeply stimulated. Additionally, light pressure produces a whole-body response such that people often

feel very relaxed following Bowenwork therapy.

Everything is Connected

My approach begins with an awareness that a problem or pain in one area of the body might actually be related to a dysfunction in another part of the body. For example, that neck pain you thought was caused by how you suddenly

turned your head might have its root cause in an uneven pelvis (hip). Therefore, in addition to addressing your neck, I would also work muscles around the pelvis.



You Are One in a Billion

No two people are alike, and even if both report pain in the same area, each body processes injury very uniquely. Therefore, in order to give you the best treatment with the best possible outcome, I will ask you for a health history and consult with you on any past injury(s) or life events which may have an influence on your current pain issue.

Recent Injury

Bowenwork often has its most dramatic effects in very new injuries. If you've suffered a concussion, sprain, or other acute injury, Bowenwork is gentle, safe and will help your body to heal the injury.

Chronic Problems

Bowenwork will assist the body in recovering its healthy balance even in chronic situations, such as fibromyalgia, low back and hip pain, and old injuries. Some problems may respond more slowly as the body works to change an unhealthy pattern to a new healthy one.

Connect with Ellen Okazaki

Bowenwork Hawaii

Cell: 389-0532

email: BowenworkHawaii@gmail.com

Locations:

600 Queen Street, C2

Honolulu, HI 96813

(at MOA Wellness Center)

32 Kainehe Street, 2nd Floor

Kailua, HI 96734

(above The Source Natural Foods)

Ellen Okazaki is certified in Bowtech®, the original Bowen Technique. She is registered with the Bowen Therapy Academy of Australia and the Bowenwork® Academy USA. For more information on how Bowenwork can help you, go to www.BowenworkAcademyUSA.com



ER Beauty Bar

Erlyn Pregill, Licensed Esthetician, COE, CLS

Erlyn Pregill Esthetician certified in Clinical Oncology Esthetics, Natural skin care and Threading hair removal. Certified in Oncology Esthetics, I can provide safe, personalized spa treatments to individuals with health challenged skin. We must be mindful of what we put on our skin since it is our largest organ and absorbs everything. I use products that are free of parabens, dyes, synthetic ingredients and fragrance.

It is a great pleasure to be associated with MOA Hawaii and it's Health and Wellness Program. You can contact me at 808-384-1920 or by email: erbeautybar@gmail.com

To your best!
Aloha and Happy New Year!

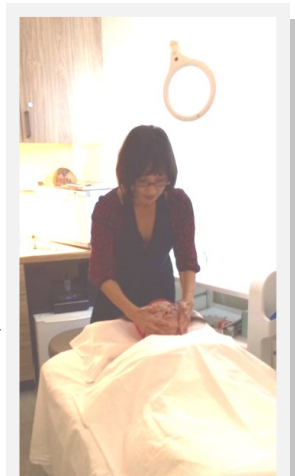


5 REASONS TO HAVE A PROFESSIONAL FACIAL:

- 1) CLEAN OUT BLACKHEADS AND CLOGGED PORES:** Just like a good dental cleaning a professional facial cleans the pores on a much deeper level. Often times left unchecked, pores can start to stretch and widen with the buildup of oil and debris.
- 2) PROFESSIONAL STRENGTH EXFOLIATION:** Skin is a living organ, as we age it takes longer to slough off dead skin cells leading to a dry, dull appearance. A professional strength exfoliation will leave you with results that smooth the skin, increase cell turn-over and soften fine lines.
- 3) INDIVIDUAL SKIN ANALYSIS:** Treatments are one hour allowing proper analysis to address your needs and concerns. Having a professional Esthetician is like having a personal trainer for your skin. Its important to recognize all the characteristics that make up your unique skin type and then personalize your treatment to bring your skin to its healthiest state.
- 4) INTENSE HYDRATION:** Hydrated skin is healthy glowing skin! All skin types need hydration, even oily skin. With oilier skin types the skin will produce more oil when moisture is lacking. Regular facials will help to regulate the proper moisture level for whatever skin type you may be.
- 5) INCREASED CIRCULATION:** Aging leads to slowed circulation which can result in dry, dull and tired looking skin. Professional strength enzymes, steam, massage, LED and sonophoresis all increase blood flow. Massage stimulates blood and lymphatic circulation and boosts your immune system. This increase in circulation will leave your skin healthy and glowing!

5 GOOD THINGS TO DO FOR YOUR SKIN HEALTH:

- 1) PHYSICAL SUNBLOCK:** Use sunblock and remember: SPF 30 blocks about 97% of ultraviolet rays - SPF 15 blocks 93% and anything higher than SPF 30 remains in the 97% - 98% range. Double the SPF does not mean double the protection! Always choose a physical sunblock (zinc oxide) over a chemical sunscreen (oxybenzone).
- 2) VITAMIN C:** Use a topical antioxidant (Vitamin C) before applying sunscreen. Antioxidants reduce sun damage and free radicals. Vitamin C neutralizes effects of photon from the sun giving you added protection.
- 3) CHIRALLY CORRECT:** Choose a skin care line that is chirally correct. This means that ingredients are in a form that the body can use without side effects. Most skin care products combine natural ingredients with synthetic ingredients in a way that synthetic ingredients penetrate the cell (for short term results) however they can't be utilized by the cell and potentially cause long term damage. Very few products can claim that they are chirally correct.
- 4) USE PEPTIDES:** By stimulating fibroblast, the building-block of collagen and signaling the skin to produce more protein, peptides increase firmness, tone and diminish fine lines, promoting healthier skin.
- 5) TAKE CARE OF YOUR LIVER:** They don't call those dark spots "liver spots" for no reason. Taking a liver support supplement can help to lighten hyperpigmentation and melasma.





東西醫學

Symmetry

Acupuncture & Herbal Medicine

Sheryl Malin, RN, MAcOM, BSOE, CNOR, LAc

Sheryl Malin is a registered nurse with 23 years experience in the surgery arena and has been a licensed acupuncturist for 13 years. She provides individualized patient care through acupuncture, Chinese herbs, and Taoist diet. Sheryl delivers holistic patient care in a balanced blend of Eastern and Western medical traditions.

Her career has included surgery nurse, surgical services educator and performance improvement specialist and consultant, and guest lecturer at the University of Hawaii Nursing School. She is a Six Sigma green belt.

Sheryl has a Master Degree in acupuncture and Oriental Medicine from Tai Hsuan College, a nationally accredited college for the study of Traditional Chinese Medicine in Honolulu, Hawaii. She studied Oriental Medicine under Dr. Lily Siou Chang who is a 64th generation Taoist lineage holder inherited from the Han dynasty. Traveling for one month through China with Dr. Chang, Sheryl saw first hand how seamlessly Eastern and Western medicine combine to deliver holistic patient care.

She holds a nursing degree from Louisiana State University Medical Center, New Orleans where she served as Class president for two years and received the Outstanding Graduate and the Alumni Award. Sheryl is licensed as a registered nurse in five states. She earned a B.S. degree in Occupational Education from Wayland Baptist University and graduated with Honors.

Other Honors and Awards Sheryl has earned include:

The General's Coin of Excellence, Tripler Army Medical Center. She was recognized and published in "50 Years of Outstanding Perioperative Contributions" AORN (Association of periOperative Registered Nurses) Journal. She was a college scholarship recipient from AORN.

Here are some testimonials from Sheryl's patients:

Remarkable!

Results undeliverable by Western Medicine. Sheryl's technique is so much more effective than other acupuncture treatments I've had.

JY, M.D.

I noticed marked improvement in my back after the treatments. I was nervous about acupuncture to begin with, but your techniques were efficient and relatively painless. The herbal prescriptions helped as well. I would recommend your services to anyone with lower back pain.

Thanks!

Nick C.

Sheryl is a professional who has a positive spirit and compassion for her patients. I always feel better physically, mentally, and spiritually after seeing her for a treatment. I struggled with infertility for years before seeing Sheryl. I got pregnant while I was under Sheryl's care and my son is now an active two-year-old. Sheryl helped my husband and I attain our dream of being parents. She is truly an angel and has a special gift to heal others. Her diet plan improved my health and feeling of well-being.

Thank you for everything you have done for me and my family.

Chris Y.

To find out more about acupuncture and the conditions it treats, visit Sheryl's website:

www.acupunctureinhawaii.com.

Also be sure to visit, and like, her blog on diet, food, and health at: www.thehappieastbelly.com.

Sheryl offers a 20% discount on treatments for MOA members, seniors, and military.

COMPLEMENTARY & ALTERNATIVE MEDICINE

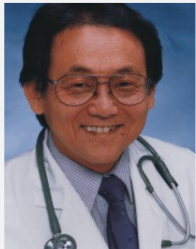
Interest in Integrative Medicine, also known as Complementary and Alternative Medicine (CAM) is at an all time high. At the same time, people often wonder if the therapies they are receiving are legitimate. This is why you should consider coming to the CAM department at the MOA Wellness Center.

About our practitioners

All of our health care providers are licensed and educated in multiple disciplines. You can choose from doctors who are trained in Internal Medicine to Pediatrics, to Ayurvedic Medicine to traditional Chinese medicine. You can make an appointment to see one of our practitioners by calling 566-6922.



Lifestyle Medicine



Terry Shintani, MD, MPH, is the Associate Chair of the department and in charge of the clinical practice. He is a Harvard-trained nutritionist and board certified in Preventive Medicine. He is a member of the National Advisory Board of the American College of Lifestyle Medicine.



Traditional Chinese Medicine

Dr. Mian Long, L.Ac, is nationally certified in China in conventional medicine and Chinese medicine. She is licensed in acupuncture. She has extensive knowledge of and conducted research with traditional Chinese herbs.

Ayurvedic Medicine



Dr. Tamar Hoffmann, MD, is board certified in Internal Medicine and practices holistic medicine.. She is credentialed in Ayurvedic Medicine – the traditional healing arts of India.



Traditional Chinese Medicine

Dr. Elizabeth Chen-Christenson, MD, L.Ac, ABHM, FACP, FAAMA is board certified in Family Practice, Pathology and Holistic medicine. She is also a licensed acupuncturist and certified in harp therapy and is an accomplished music therapist.



Ori Ann Li

Celebrity Vegan Chef Ori Ann Li's family came from a long line of scholars, artists and medical doctors. Her own sister is a well known doctor of traditional Chinese medicine in Australia. Due to family influence and her long time passion for advocating health, she is determined to prepare foods that not only taste good, look appealing and at the same time, promote healing. With training and certification in Ayurvedic and Traditional Chinese Nutrition and Plant-based Nutrition at Cornell University, she is dedicated to introduce healing, plant-based dishes to her readers, fans and clients through her cookbooks, website & social media, e-magazine and classrooms. She is the author of Ori Ann Li's Vegan Paradise: Asian Cooking Essentials (available for sale at www.oriannli.com and Amazon.com, Amazon Europe and Kindle) featuring Asian, Fusion and Healing Kitchen. She is working on her highly anticipated second book, Ori Ann Li's Vegan Paradise: European & Middle Eastern Cuisines (due out in Spring, 2014).



Raj Kumar

Psychologist, Hypnotherapist, Ayurvedic Wellness Counselor, Reiki, Yoga and Meditation Master

Raj Kumar is the author of several books on health and spiritual living. He believes that health is order and disease is a disorder due to the imbalances at Mental, Physical and Spiritual level. He helps people to find the root cause of their health problem and teach them to use alternative methods of healing and Ayurvedic herbs to restore their health and live a healthy and happy life.

His fee is \$100 an hour and he is available to see clients in the evening and on Saturday. To schedule a visit with Dr. Kumar for a consultation or Stress, Anger management and Wellness counseling, please call him at 372-1444 or email at cosmicyoga@yahoo.com.

Free evaluation to know your mental and physical constitution and imbalances through the Ayurvedic pulse diagnosis.

MOA Wellness Center Hours

Monday	9:00 am—6:00 pm
Tuesday	9:00 am—6:00 pm
Wednesday	9:00 am—6:00 pm
Thursday	9:00 am—6:00 pm
Friday	9:00 am—6:00 pm
Saturday	9:00 am—5:00 pm



MOA Hawaii's Presents

~Live healthy, be happy~

Wellness Yoga

All levels are welcome
Every Wednesday
5 - 6PM
MOA Wellness Center
'Ohana Room
600 Queen Street, C-2, Honolulu,
Hawaii 96813 (center from South St.)

Instructor: Gregory Mandryk,
RYT 200 certified yoga teacher

Please bring your own yoga mat, water bottle and towel.
Yoga mats are available if you don't have one.

RSVP MOA Wellness Center - 952-6900



Phone: 952-6900 * Email: info@moahawaii.org * Website: www.moahawaii.org

Total Relaxation
Yoga



Physical Well Being & Mental Health are major issues in the United States, obesity, diabetes, high blood pressure, osteoporosis, arthritis, gout, and cancer. Conditions that can be controlled without using drugs. The best is to not need to answer some of these problems. It is a discipline performed in a one square-foot area utilizing your mind, body, and spirit. *comes to work for entrance.*

John Cerizo, instructor



Monday, Tuesday, Thursday, Friday
5:00pm - 6:00pm
\$10 per class

MOA Wellness Center, 'Ohana Room,
600 Queen St., C-2, Honolulu, HI 96813, Pk. 952-6900,
info@moahawaii.org, www.moahawaii.org



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Honolulu, HI 96813

