

# Notes from the Hill



Issue 1, October 2006

www.septemberhill.com

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## A Note from Deb...

Welcome to our first issue of the September Hill Midwifery newsletter, "Notes from the Hill!" You will receive a new copy from our practice quarterly. Each issue will feature some regular columns and new areas of interest for our clients. We have some exciting new services for the practice which we will feature in this, our maiden issue.

Also, you will be able to access each newsletter and additional information on our brand new web site:

<http://www.septemberhill.com>

Please, as always, feel free to share any feedback you may have with our staff. We look forward to hearing from you!

~ Deb  
Deb Bissonnette, CNM



## The Nutrition Corner

A monthly column by SHWC's  
certified Whole Health Educator, Jayne Bidwell

Hello, my name is Jayne Bidwell, and I am the certified Whole Health Educator at September Hill Midwifery. The role of a WHE is to provide respectful listening, "the big picture of health," and personalized health research information to offer a clear, basic understanding of the cause and effect of health and disease. Whole Health Education recognizes that we initiate lifestyle changes when information is presented in a simple, easily understood style that honors our ability and willingness to participate in solutions necessary for our own health restoration. This understanding is presented through an overview of the five aspects of health which influence an individual's state of well being. These include: Physical – how the physical body functions in health and wellness; Emotional – how the mind and body communicate as

one, producing health or disease; Nutritional – how what we eat affects our body-mind function; Environmental - the influence of external and internal environmental factors; and Spiritual – how belief systems, as well as our relationships, affect our health.



In our monthly newsletter, we will be featuring a **Nutrition Corner**. What we eat has a tremendous influence on our state of health, and our food choices have great impact. (As always, if you have a particular health condition that requires monitoring of your

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## September Hill Goes Online!

New site gives established and prospective clients  
access to new resources & information

This past summer, September Hill Women's Center moved in a new direction with the creation of [www.septemberhill.com](http://www.septemberhill.com). Working with Michael Horning & Associates of Painted Post, NY, Deb developed a site plan that would bring a wealth of knowledge, resources, and links to September Hill's clients from the comfort of their own homes. Check back frequently at [www.septemberhill.com](http://www.septemberhill.com) for updates and new content relating to midwifery, women's care, whole health education, parenting, classes at September Hill, and more!



## Upcoming Events at September Hill

Whole Health Nutrition Class:  
"The Basics of Nutrition,"  
Oct. 4th, 6:30-7:30pm

Ladies' Night Out, sponsored by Healthy  
Women Partnership & September Hill:  
Oct. 18th, 6:00-8:00pm

HypnoBirthing - Maria Butts, Instructor:  
Oct. 21, Nov. 18, Dec. 16  
(Third Saturday of each month). Email  
Maria at [butts\\_maria@yahoo.com](mailto:butts_maria@yahoo.com) for  
more information.

All dates subject to change; call SHWC for information!

## ***October's Suggested Readings***

Below is a list of books on a variety of health-related subjects that may be of interest to you. Keep in mind, however, that portions of the information presented in these books do not necessarily reflect the views or practices of September Hill Midwifery. We will be adding to this list as we discover new books of interest. Enjoy!

The Anatomy of Hope

by Jerome Groopman, M.D.

The Heartmath Solution

by Doc Childre and Howard Martin

Transforming Anxiety

by Doc Childre & Deborah Rozman, Ph. D.

You, the Owner's Manual

by Michael F. Roizen, M.D. & Mehmet C. Oz, M.D.

The Wisdom of Menopause

by Christiane Northrup, M.D.

Eat, Drink and Be Healthy

by Walter C. Willett, M.D.

The Slow Down Diet

by Marc David

Prepare for Surgery, Heal Faster

by Peggy Huddleston

Kitchen Table Wisdom

by Rachel Naomi Remen, M.D.

Molecules of Emotion

by Candace Pert

Strong Women Stay Young and Strong Women, Strong Bones

by Miriam E. Nelson, Ph. D

The Complete Guide to Prayer-Walking

by Linus Mundy

### ***From page 1...***

diet, it is absolutely essential that any diet-related changes that you would like to implement, are previously discussed with your health care provider). The information that will be presented is based on solid, evidence-based research. There is so much information out there, much of which is conflicting, confusing and restrictive. The subject of nutrition is a fascinating one, and new recommendations are always emerging. Our goal is to stay current of new findings, without being influenced by unsubstantiated claims and trends.

We will also be having monthly classes in basic nutrition, nutrition during pregnancy and breastfeeding, cardiovascular health, metabolic X syndrome, osteoporosis and more. Classes will be held on the first Wednesday of each month from 6:30 – 7:30 PM at September Hill Women's Center. Our next class will feature "The Basics of Nutrition" on October 4, and will include handouts, recipes and a sampling of some healthy foods.

*Good nutrition is the basis of good health!*

Wishing you wellness,



### ***On Midwifery:***

"Throughout my pregnancy, I received wonderful care, learned tons about my body, and devoured books from the midwives' lending library. My husband attended all of my appointments, and was always made to feel that he was sharing in my pregnancy. My daughter was born in February of 1999 without medication and it was an empowering, incredible experience. When I became pregnant again, I returned to the birth center for care. When my new daughter was born in September of 2000, I realized then how much these women had affected my life."

- Cindy Meza, mother, quoted on [www.midwife.org](http://www.midwife.org)

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