



The Skeptic's Guide to The Adventures of Life

Fact Sheet

Abstract

The Skeptic's Guide to The Adventures of Life
by *Connie R. Siewert*

---An Experiential Review of Alternative Healing Modalities by an Open-minded Skeptic

The Skeptic's Guide to the Adventures of Life is a lighthearted look at life's deeper lessons and mysteries. It chronicles business strategist Connie Siewert's personal experiences and those of her healers during a three year journey to wellness through alternative sources of information and healing.

Healing modalities covered include past life regression, healing touch, trauma release, guided imagery, reiki, shamanism, naturopathy, iridology, homeopathic remedies, colon hydrotherapy, angel channeling, astrology, medical intuitive, distance healing, paintings that heal, color therapy, gem and mineral therapy, acupuncture, cupping, reflexology, sound and vibration therapy, equine assisted psychotherapy, spiritual counseling and communing with spirits from the other side.

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An Experiential Review of Alternative Healing Modalities

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The Skeptic's Guide to The Adventures of Life



About the Author

Always open to life's possibilities, Connie Siewert is constantly in motion as she finds herself meeting new people, exploring new thoughts and discovering new truths. She is totally energized by opportunities to gain new wisdom and has a passion for sharing her experiences with others through the written word.

Throughout her eclectic career, she has been immersed in innovative environments. Her work experience started as a CPA with Deloitte, followed by ten years as a telecom executive with Nortel Networks, four years managing the brand program for the 1996 Olympic Games, two years as a marketing executive with Internet companies and five years as a marketing consultant. Connie makes her home in Atlanta, Georgia and is co-founder of the Eclectic Ladies Network, a women's salon style social club that focuses on stimulating conversations and fun friendships.

Author's Comments

I wrote this book as a vehicle to introduce mainstream America to the exciting possibilities out there in alternative therapies. My hope is that I will encourage people to seek new solutions to their health challenges and ultimately improve their wellbeing.

One of the intuitives I profiled in Chapter 15 has an incredibly insightful piece of wisdom that is a belief I now hold true as a result of my healing journey:

"Each individual is gifted in some way--and challenged in others. However, always the gifts will and can be used to overcome the challenges. That is the formula for evolution of the soul and transition of the individual." Shannon Sambells

And so it is with this thought that I encourage ----

***Let Us Be Curious
Let Us Be Courageous
Let Us Inspire The Spirit
And Evolve The Soul***

Life is an Adventure---Live it Richly!

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What People Are Saying

"Connie's CPA sensibilities are challenged and inspired by the surprising and unexpected revelations her explorations have produced. It's like Arthur Andersen meets Tinkerbell!"
Mariette Edwards, Principal Star Maker Enterprises

"What a great adventure to journey with Connie in her search for alternative sources of healing! It reminded me of the inspiration I felt when reading *The Celestine Prophecy*."
Marci Mandell, Medical Sales Representative

"Connie Siewert, the 'healthy skeptic', charts a refreshing exploration into other healing modalities with honesty, wit, and charm. She inspires us to consider with openness new possibilities in our quest for wellness. "
Stephanie Maxine Ross, Medical Botanist and
Holistic Practitioner to CEO's and Celebrities

"Connie's book is an interesting read for clubs or groups that wish to learn about different types of healing -- it's a catalyst for discussions regarding alternative therapies and deciding which ones to explore as part of one's own individual wellness journey." Sharon Cuppett, Avid Reader and Book Club Member



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Excerpt from Chapter 8: Medical Intuitive/Healer Brent Atwater

Pages 126-127 describing first meeting with Brent Atwater, Medical Intuitive/Healer and Artist

My investigative reporter persona was in full swing and I was delighted to have such a willing subject to interrogate. I wanted to know everything about Brent and her medical intuitive abilities - what it was like to be her, how did it work, how did she feel about it.

Sometimes in my enthusiasm, I ask very penetrating questions, often oblivious to the potential impact they might have on someone. I process information rather quickly and even more effectively if I can keep a certain pace going when I am interviewing someone. I suspect it probably feels like my subjects have a big spotlight shining in their face as I continue my rapid fire probe for nuggets of insight. Brent took heart in knowing that I was genuinely interested in her and her gifts and luckily did not take offense from my intense questioning. In fact, she later said she found it somewhat liberating. In the small community she lives in, she doesn't get an opportunity to talk about it often, and certainly not to the degree sought this evening. The three of us became a totally captivated audience as we were drawn in by our fascinating dinner partner.

Brent had been part of a group of young children identified with extra sensory perception skills and had been the subject of a study all through their childhood. Yet these gifts had not become a focus in her adult life. Rather she had chosen to pursue the study of law and eventually settled on using her artistic talents as an illustrator and painter. She had met the love of her life and they had been in a close relationship for many years when they had finally decided to get married. Hours after becoming engaged, he was killed in a tragic accident that sent Brent into a wild emotional and physical tailspin that left those around her fearful she would not recover. She was taken to the Duke Center for Integrated Medicine, where she had a long standing relationship from the earlier childhood studies. At first puzzled at what was causing her dramatic and dangerous shift in vital signs, the medical researchers eventually discovered that it was due to a rise in the accessibility of a high powered energy level which heretofore had been dormant. When they walked her into their MRI lab, all the equipment immediately powered down. When she stepped out of the room, the power came back on and all the equipment returned to full operation. Excitedly they performed other tests to validate their theory. They marched her into a room full of x-rays and had her tell them what she thought about them. Even though she had not been trained in the medical field, she was now spouting medical terminology reflecting the conditions she was viewing.



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Arthur Andersen meets Tinkerbell in *The Skeptic's Guide to The Adventures of Life!*

An Experiential Review of Alternative Healing Modalities by an Open-minded Skeptic

ATLANTA, GA--Nov. 12, 2004—Expanded Thought Press announces the release of ***The Skeptic's Guide to the Adventures of Life***, a lighthearted look at life's deeper lessons and mysteries as it chronicles business strategist Connie Siewert's personal experiences, and those of her healers, during a three year journey to wellness. Although open-minded and curious, Connie considers herself a skeptic when it comes to examining new thoughts and ideas. When it came to exploring alternative healing modalities, she preferred to jump in and experience the therapy for herself before she drew any conclusions.

As part of this focused quest for optimum health, Connie reveled in extraordinary a-ha's and breathtaking buzzes as she evidenced some truly remarkable events. She explored past lives with a hypnotherapist and spirit guide from Sylvia Browne's Society of Spiritus Novus. Through reiki, healing touch and shamanic rituals, she was introduced into the world of our energetic selves and came to understand the power that it wields over our physical bodies. She experienced the power of distance healing and was given the gift of knowing momentarily what it is like to have a highly developed sixth sense. She has been cupped and had her acupoints punctured, her feet and related organs reflexed, her colon cleansed and her eyes studied as an uncanny source of information regarding her health. Connie has learned the vibrational affects of color, music and minerals, been counseled by the planets, angels and horses and communed with the other side. And through it all, she was able to significantly improve her lung condition, eliminate the pain and stiffness from arthritis in her knee and improve her overall wellness, all while stimulating the mind and delighting the spirit.

Upon reading ***The Skeptic's Guide to The Adventures of Life*** Mariette Edwards, principal of Star Maker Enterprises, summed up the healing odyssey as, "Connie's CPA sensibilities are challenged and inspired by the surprising and unexpected revelations her explorations have produced. It's like Arthur Andersen meets Tinkerbell!"

When asked what prompted her to write her book, Connie shares, "I wrote this book as a vehicle to introduce mainstream America to the exciting possibilities out there in alternative therapies. My hope is that I will encourage other people to seek new solutions to their health challenges and ultimately improve their wellbeing as I have."

Stephanie Maxine Ross, medical botanist and holistic practitioner to CEO's and Celebrities, had this to say about ***The Skeptic's Guide to The Adventure's of Life***, "Connie Siewert, the 'healthy skeptic', charts a refreshing exploration into other healing modalities with honesty, wit, and charm. She inspires us to consider with openness new possibilities in our quest for wellness."

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Available from Expanded Thought Press in late November 2004, readers will find that it's a great book to take to the beach or as a travel companion while flying to their destination. It promises a fresh perspective on some preconceived notions, new ideas to consider and new approaches that might help them along their way.

Advance copies will be on sale at the November 13th Atlanta Art Show for medical intuitive/healer/artist Brent Atwater's Paintings That Heal. Visit www.paintingsthatheal.com for event details.

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More Than One-Third of U.S. Adults Use Complementary and Alternative Medicine, According to Government Survey

According to a nationwide government survey, 36 percent of U.S. adults aged 18 years and over use some form of complementary and alternative medicine (CAM). The survey was conducted by the Centers for Disease Control and Prevention (CDC) in 2002 and the results were released May 27, 2004.

CAM is defined as a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Other terms for conventional medicine include allopathy; Western, mainstream, orthodox, and regular medicine; and biomedicine. Some conventional medical practitioners are also practitioners of CAM.

CAM Practices

Biologically based practices use substances found in nature, such as herbs, special diets, or vitamins (in doses outside those used in conventional medicine).

Energy medicine involves the use of energy fields, such as magnetic fields or biofields (energy fields that some believe surround and penetrate the human body).

Manipulative and body-based practices are based on manipulation or movement of one or more body parts.

Mind-body medicine uses a variety of techniques designed to enhance the mind's ability to affect bodily function and symptoms.

Whole medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States.

The survey, administered to over 31,000 representative U.S. adults, was conducted as part of the CDC's 2002 National Health Interview Survey (NHIS). Developed by National Center for Complementary and Alternative Medicine (NCCAM) and the CDC's National Center for Health Statistics (NCHS), the survey included questions on 27 types of CAM therapies commonly used in the United States. These included 10 types of provider-based therapies, such as acupuncture and chiropractic, and 17 other therapies that do not require a provider, such as natural products (herbs or botanical products), special diets, and megavitamin therapy.

CAM Therapies Included in the 2002 NHIS

Acupuncture*(4%)

Ayurveda* (<1%)
 Biofeedback* (1%)
 Chelation therapy* (<1%)
 Chiropractic care *(20%)
 Deep breathing exercises (15%)

Diet-based therapies (7%)

Energy healing therapy/Reiki*(1%)

Folk medicine* (1%)

Guided imagery (3%)

Homeopathic treatment (4%)

Hypnosis* (2%)

Massage* (9%)

Meditation (10%)

Megavitamin therapy (4%)

Natural Products **(25%)**

Naturopathy*(1%)

Prayer for health reasons (55%)

Progressive relaxation (4%)

Qi gong (1%)

Tai chi (3 %)

Yoga (8%)

* indicates a practitioner-based therapy.

(%) indicates percentage of survey participants who had used the therapy.

Bold indicates therapies experienced and chronicled in *The Skeptic's Guide to The Adventures of Life*.

Overall, the survey revealed that CAM use was greater among a variety of population groups, including women; people with higher education; those who had been hospitalized within the past year; and former smokers, compared to current smokers or those who had never smoked.

Used CAM in last 12 months, by selected characteristics:

United States 2002 (excludes megavitamin therapy and prayer)

Sex

Male	30%
Female	40%

Age

18-29	33%
30-39	38%
40-49	39%
50-59	40%
60-69	33%
70-84	25%
85 and older	15%

Race

White	36%
Black or African American	26%
Asian	43%
Hispanic or Latino	28

Education

Less than high school	21%
High School graduate/GED recipient	30%
Some college-no degree	39%
Associate of arts degree	40%
Bachelor of arts or science degree	46%
Masters, doctorate, professional degree	49%

Family Income

Less than \$20,000	30%
\$20,000-\$34,999	34%
\$35,000-\$54,999	37%
\$55,000-\$74,999	37%
\$75,000 or more	43%

Region

Northeast	36%
Midwest	37%
South	30%
West	42%

According to the survey, Americans are most likely to use CAM for back, neck, head, or joint aches, or other painful conditions; colds; anxiety or depression; gastrointestinal disorders; or sleeping problems. It appears that CAM is most often used to treat and/or prevent musculoskeletal conditions or other conditions involving chronic or recurring pain.

Use CAM in last 12 months by Disease or Condition For Which It Was Used

Back pain or problem (17%)
Head or chest cold (10%)
Neck pain or problem (7%)
Joint pain or stiffness (5%)
Anxiety/depression (5%)
Arthritis, gout, lupus, or fibromyalgia (5%)
Stomach or intestinal illness (4%)
Severe headache or migraine (3%)
Recurring pain (2%)
Insomnia or trouble sleeping (2%)
Sinusitis (1%)
Cholesterol (1%)
Asthma (1%)
Hypertension (1%)
Menopause (1%)

(%) indicates percentage of survey participants who had used CAM therapy to treat disease or condition.

The survey found that most people use CAM along with conventional medicine rather than in place of conventional medicine.

In addition to gathering data on the use of CAM practices, the survey also sought information about why people use CAM. Key findings indicate that:

- 55 percent of adults said they were most likely to use CAM because they believed that it would help them when combined with conventional medical treatments
- 50 percent thought CAM would be interesting to try
- 26 percent used CAM because a conventional medical professional suggested they try it
- 13 percent used CAM because they felt that conventional medicine was too expensive

NCCAM, a component of the National Institutes of Health, DHHS, is dedicated to exploring complementary and alternative healing practices in the context of rigorous science, training CAM researchers, and disseminating authoritative information to the public and professionals. For additional information, call NCCAM's Clearinghouse toll free at 1-888-644-6226 or visit NCCAM's Web site at nccam.nih.gov.