



ASPEN CENTER FOR
INTEGRAL HEALTH

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INTEGRAL HEALTH

Good Health Gazette

A quarterly update from ACIH

www.acih.org

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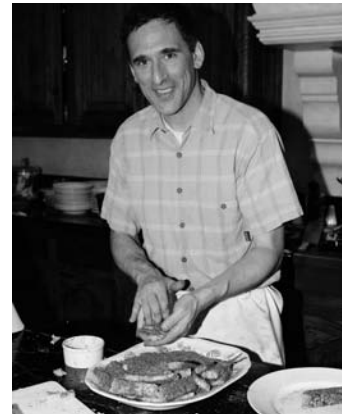
THE 2nd ANNUAL HEALTHY GOURMET FEST



Richard Crandall and Event Chair Pamela Levy



Laura Welch, Donna Wiedinmyer and Lexie Potamkin at the Tasting Dinner



Platinum Carrot Award-Winner for the Organic category, Jon Pell, prepares tempeh during the cooking class



Frog's Leap Vintner and Golden Cork Award-Winner John Williams



The ACIH Healthy Gourmet Fest Platinum Carrot Chef Award-Winners for 2006 with Lifetime Achievement Award winner Mollie Katzen



ACIH Board Chair Fred Pryor (left) with David Grimes



Jennifer Young and emcee Carolyn O'Neil present Heather Musselman of Wild Oats with the 2006 Citizen Award.



Pat Steele of SpaFinder, Glenda Greenwald, Sallie Helfer, and Sallie Fraenkel of SpaFinder at the Tasting Dinner

Far Up! Far Out! Far More!

Mark your calendars for ACIH's 4th Annual James Bond Gala, On Her Majesty's Secret Service, set this President's Day Weekend, February 16 & 17 in Aspen! Always one of the most anticipated and talked about events of the year, ACIH's 2007 Gala brings British extravaganza to a new level. Dressed to kill guests will spend an unforgettable evening dancing to the world's most sought-after Beatles tribute band, Beatlemania, mingling over Grey Goose POMtinis (shaken...not stirred), winning at the casino, and bidding on an unbelievable array of auction items. Proceeds from the Gala will help ACIH develop new programs and strategic partnerships, broaden the reach of our symposia, workshops and lectures,



Beatlemania

and continue to support our affiliates--the Children's Health Foundation and Pathfinders for Cancer.

ACIH Board Trustees, National Council and Founders, along with sponsors, special guests and premium table purchasers are also invited to the ACIH VIP Secret Service Party at the Caribou Club on Friday, February 16th, from 6-9 p.m. featuring a single malt whiskey tasting, hors d'oeuvres and a special selection of silent auction items.

The entire weekend is guaranteed to follow in the tradition of past James Bond Galas as being one of Aspen's most memorable events of the year!

LIVE AUCTION ITEMS

We are proud to announce that this year's live auction program already surpasses expectation; the lineup features a deluxe trip for two to Mike Wiegele Helicopter Skiing in British Columbia, an AspenPeak cover photo shoot in New York City for your child, a VIP Las Vegas vacation, and a fantastic Italian wine adventure at Castello delle Regine among other one-of-a-kind surprises.

HOW YOU CAN HELP

You can support this important fundraiser in one of several ways.

- Purchase tickets now at \$400 per person or reserve a table for you and your friends.
- Donate a bottle of fine wine to the ACIH's fundraising Wine Cellar.
- Donate a valuable watch or piece of jewelry you no longer wear to the "Crown Jewels" section of our silent auction.
- Help us by underwriting the costs of expenses so that we can retain as much of the revenue from this event as possible:

Featured entertainment- Beatlemania	\$10,000
VIP Secret Service Party	\$7,500
Opening band - Bennie and the Jets	\$5,000
Decorations	\$5,000
Centerpieces	\$1,000
Gift bags	\$1,000

Thank you for any help you can provide in making this Gala our best fundraiser ever!

For registration, information and if you would like to help in other ways, contact

Elise at 970.920.2957 x2
or elise@acih.org

**ACIH Winter
Board
Meeting
Tuesday,
January 2,
2007,
2-5 p.m. at
The Gant**

Please join us in thanking Cheryl Wyly for purchasing a \$15,000 table, Heidi Houston and Albert Prast for committing to a \$25,000 table, and Laura Welch and Fred Pryor for sharing a \$15,000 table. We would also like to thank Heidi Houston for chairing the Gala again this year. We greatly appreciate all of your support!

ACIH Summer Talks and Teachings

SUMMER HEALTH SYMPOSIUM

More than 500 people participated in ACIH's four-day health event in late July that combined our 6th Annual Summer Health Symposium and 2nd Annual Healthy Gourmet Fest with a special Questrom Public Lecture.

The event opened on Wednesday, July 26, at Paepcke Auditorium with the all-day, information-packed 6th Annual Summer Health Symposium. Five top medical experts presented data gathered from years of research and hands-on experience on such critical topics as heart disease, brain health, environmental toxins, anti-aging and pH balance. Each specialist offered the eager audience timely information, tools and invaluable tips to help lead longer, healthier and happier lives. The new ACIH Health Zone interactive tent also gave attendees the opportunity to mingle with health-conscious product and service providers. ACIH's mission was clearly fulfilled as the all-day symposium was abuzz with an excitement for health and sincere interest in learning and applying the information presented by the experts. Audio recordings are available through National Conference Recording Services at www.ncrsusa.com, and DVDs and program books are for sale through the ACIH office. Call 970.920.2957 x 2 for more information.



Tim Volk of Harris Private Bank, Heidi Houston and Arthur Bellis attend the Summer Health Symposium Patron Luncheon



New this year! The ACIH HEALTH ZONE at the Summer Health Symposium offered attendees and sponsors the opportunity to interact.



Dr. Stephen Sinatra, Patron Luncheon speaker



ACIH thanks Victoria Simms (center) for bringing keynote speaker, Dr. Mimi Guarneri (right) to this year's Symposium. Also pictured Rauni King (left)

HEALTHY GOURMET FEST

While the information from the Summer Health Symposium was being digested, the 2nd Annual Healthy Gourmet Fest was underway, catering to health-conscious foodies. Five of the nation's most talented healthy chefs descended upon Aspen, rolling up their sleeves for the two-day fest embracing nutritious, delicious and innovative cuisine. The edible education began with each of the chefs, recognized for is or her expertise in vegetarian, organic, everyday health, spa and live foods, leading intimate and interactive three-course cooking classes in luxurious Aspen homes. The event culminated the following evening under a tent at Aspen Highlands when ACIH honored each chef with a Platinum Carrot Chef Award for their culinary talents. Not only did guests experience a one-of-a-kind five-course dinner showcasing each chef's specialty, but organic wines, cava, port and vodka were also highlighted throughout the evening. An amazing array of health-conscious silent auction items and three luxurious spa vacations went quickly. Everyone enjoyed a summer evening of socializing and delicious, healthy cuisine.

TOP HEALTH TIPS

FROM THE 2006 SUMMER HEALTH SYMPOSIUM SPEAKERS

- Practice compassion, appreciation and love.
- When your heart speaks, listen.
- Try to eat more organic and raw foods.
- Drink at least one quart of water for every 30 pounds of weight per day.
- Exercise at least 30 minutes per day or until you break a sweat.
- Get mental exercise: Read. Write. Take up a new hobby.
- Be aware of toxins such as tobacco and mercury: Keep your bloodstream clean.
- Take alkalizing supplements like magnesium, calcium and potassium every day.
- Avoid natural gas or oil heat.

Get it on DVD or CD

Were you unable to attend the Symposium?
Were you there but would like to hear the information again?
Give someone a healthy-minded gift.
Call ACIH at 970.920.2957 for more information.

QUESTROM LECTURE SERIES

JULY 29, 2006

DR. JOAN BORYSENKO



Dr. Joan Borysenko

The four-day TO YOUR HEALTH! event, filled with information and inspiration, concluded with the Questrom Public Lecture Series' presentation of world-renowned psychologist Joan Borysenko to a packed Paepcke Auditorium. Dr. Borysenko spoke on "The Healing Power of Love and Compassion" and explained how anger, stress

and positive emotions impact our health from a scientific and spiritual perspective. The lecture, co-sponsored by Spiritual Paths and the Shakti Foundation, furthered the success of the TO YOUR HEALTH! event in putting the ACIH mission into motion.

AUGUST 14, 2006

DR. JEREMY GEFFEN

The ACIH community was graced by the inspirational words of oncologist Dr Jeremy Geffen during his presentation of "The Journey through Cancer and the 7 Levels of Healing" as part of the Questrom Public Lecture series in August. The lecture, which took place at the Given Institute, introduced a seven-level program based on the belief that for any healing to be successful, all the dimensions of who we are as human beings--mental, emotional, spiritual as well as physical--must be addressed in a meaningful and effective way. This talk is being aired on Grassroots TV in Aspen, and DVDs of the lecture are available through the ACIH office. Call 970.920.2957 x2 for more details.

FROM THE EXECUTIVE DIRECTOR...

Dear Friends of ACIH,

I would like to thank all of you who participated in and supported our programs this summer. The 6th Annual Summer Health Symposium was considered by many to be our best Symposium yet, and the new Health Zone was an overwhelming success. As for the 2nd Annual Helathy Gourmet Fest, guests agreed that the chefs honored prepared some of the most delicious dishes ever served in Aspen.

This summer, a special task force working with the ACIH Board of Trustees created a strategic plan mapping out the future of ACIH, including new programs, new partnerships, an enhanced website and increased national impact and exposure. In order to meet our goals over the next three years, new demands are being placed on the office that require updated technology and equipment. We would be grateful if you could help us by contributing to or underwriting the cost of the following:

- | | |
|---------------------|---------|
| • New Color printer | \$2000+ |
| • PC computer | \$1000 |
| • Digital camera | \$400 |
| • Website software | \$250 |

We look forward to seeing you in Aspen this holiday season. Thank you again for your ongoing support!

Sincerely,
Jennifer Young
ACIH Executive Director

ACIH Welcomes New 2006 National Council Members

Christiana Wyly Brian Johnson

Get involved!
If you are interested in becoming part of ACIH's National Council, please contact ACIH at 970.920.2957 x 2 or info@acih.org.

WHAT ARE YOU READING? Recommended Resources

"I've just read another of Buddhist master Thich Nhat Hanh's books, *LIVING BUDDHA, LIVING CHRIST*. Also, *TAMING THE TIGER WITHIN, Meditations on Transforming Difficult Emotions*."

-Kelli Questrom, ACIH National Council Chair

"I'm reading *RULING YOUR WORLD*, by Sakyong Mipham Rinpoche, which talks about eliminating the "chatter" in your mind, staying in the present moment and decreasing stress in your life. It helps explain what reality really is."

-Donna Wiedinmyer, ACIH Finance Committee Chair

"I'm currently listening to *YOUNGER NEXT YEAR FOR WOMEN*, a book on DVD by Chris Crowley and Harry Lodge, and I'm learning how exercising six days a week actually makes your body younger and how stress and too little exercise cause the body to decay. The book explains the actual biology behind all of this in a fascinating, accessible manner that makes you want to jump on the treadmill right away!"

-Jennifer Young, ACIH Executive Director

What have you been reading, watching or listening to that is helping to enhance your knowledge about health and well-being? Let us know! E-mail your recommendations to elise@acih.org.