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## Faye Schenkman and Kim Rosado - Wholistic Healing Arts

By [Linda Saslow](#)

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**"We helped our patients learn an approach to health care more concerned with the absence of disease and a positive state of being."**

After practicing for 20 years at a well known health center on Long Island Faye Schenkman and Kim Rosado decided it was time to go it alone and open Wholistic Healing Arts in 2003. The "w" in wholistic is intentional - it reflects the philosophy of treating the "whole" person, Schenkman said.

"We had helped dying cancer patients to prolong their lives with the best quality of life possible, and others to go into remission. Over the years, we had treated people with MS, rheumatoid arthritis, diabetes and hypertension, individuals with chronic back pain, athletes with shoulder or knee injuries, women with infertility problems and children with persistent allergies and ear infections. We helped our patients learn an approach to health care that is not just concerned with the absence of disease, but with a positive state of being."

Rosado added, "We knew that many patients were depending on us to continue what we had been doing-- providing natural, non-invasive modalities for both treatment and prevention of disease."

Schenkman and Rosado shared a mission: to promote



Faye Schenkman (left) and Kim Rosado (right) of Wholistic Healing Arts.



healing of their patients through alternative and complementary medicine. The result of their mission is [Wholistic Healing Arts](#), a health center and treatment clinic which also offers workshops and classes in amma therapeutic massage, holistic nutrition, herbalism and Qi Gong.

### What is Alternative Medicine?

Wholistic medicine, once considered no more credible than voo-doo, has slowly been accepted by the medical mainstream over the past two decades. Six years ago, only 15 medical schools had some course in complementary medicine. Today, over 75 schools include complementary medicine as part of the curriculum. And the number is growing. Even the National Institutes of Health have a division dedicated to alternative medicine, the [National Center for Complimentary and Alternative Medicine](#). While the terms alternative medicine, complementary medicine and

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**Faye Schenkman practices Amma Therapeutic Massage at Wholistic Healing Arts.**

side effects. In growing numbers, they are replacing or complementing their health care system with holistic medicine."

At Wholistic Healing Arts, patients are not passive recipients of health care, but encouraged to take responsibility for their own health and to become active participants in their own healing. Using a team approach, Schenkman and Rosado treat patients of all ages, from infants to the elderly, with minimally invasive, natural approaches, including [acupuncture](#), [amma therapeutic massage](#) (an ancient Chinese massage technique, the word am-ma literally means push-pull), herbal medicine, [cranio-sacral therapy](#) (a form of gentle head and neck massage), and nutritional and lifestyle counseling. The traditions and disciplines of Eastern healing arts are combined with the advances of modern Western medicine to help patients reach their optimum level of wellness.

As pioneers in holistic medicine, Schenkman and Rosado have watched the changes in public awareness over the past 30 years. "We have worked hard to change the perception of holistic medicine," Schenkman explained. "[30 years ago] the public didn't know of or understand acupuncture or massage therapy. The only patients who came were those who were desperate, and we were their last resort. But through word of mouth, our reputation began to grow. Studies show that today more and more physicians are comfortable recommending some form of complementary therapy to their patients. "

holistic medicine are often used interchangeably, there are subtle differences.

As Rosado explains, "Alternative makes it sound like it's at odds with western medicine, but it's not. Complementary suggests that it complements western medicine. And holistic implies that it encompasses all of the modalities that can be used to treat a patient and treat the physical, emotional, mental and spiritual aspects of an individual which are often intertwined."

Schenkman adds, "As American consciousness is awakening, more people have begun to look beyond a western medical system that relies heavily on invasive treatments like surgery and medications with many possible



**Kim Rosado practices cranio-sacral therapy on a patient.**



**Ancient Eastern medical therapies that involve a holistic approach to patient care are accepted by more and more traditional Western medical practitioners.**

fix my problem in three treatments. After three acupuncture sessions, when my allergies completely disappeared, I knew that I wanted to learn more about Chinese Medicine."

Schenkman became an apprentice for Dr. Sohn, and part of a group of students who studied with him. In 1976, they opened the Institute for Self Development, followed by the Wholistic Health Center in Manhasset, New York. From Dr. Sohn, Schenkman learned about the principles of holistic medicine. Under the tutelage of Sohn's Korean wife Tina, Schenkman learned [Amma](#), one of the oldest forms of Chinese massage.

For Schenkman and Rosado, the changing perception is welcome news. "It is so gratifying to see such remarkable transformations in our patients and to see people suffering less as a result of what we do," says Schenkman. Rosado quickly agrees. "While we help their bodies to function better, we encourage our patients to look at their lives and make appropriate changes to become happier and more complete. In essence, we help them to become more whole."

#### **Approaching Holistic Medicine from Two Sides**

Schenkman and Rosado's personal career paths converged in 1989, when they first met at the New York College of Wholistic Health, Education & Research, in Syosset, New York, a suburb of New York City. Schenkman was teaching Chinese at a high school in Brooklyn, when someone asked her if she'd be interested in translating several books about Chinese Medicine. Fascinated by the challenge, she agreed, and met Dr. Robert Sohn, a teacher of spiritual works and master of Chinese Medicine.

As Schenkman remembers her first interaction with Sohn. "I had been suffering from severe allergies for many years, and nothing was helping. As soon as I met Dr. Sohn, he told me that he could



The institute and health center expanded to add a school for massage therapy, and later, other degree programs in different fields of holistic medicine. Schenkman became a licensed massage therapist and a Diplomat of Asian Bodywork therapy and Chinese Herbal Medicine.

While Schenkman was studying Chinese massage, Rosado was mastering Japanese martial arts. She was a black belt in Shotokan Karate, when she discovered that many of the martial arts techniques were related to the principles of Eastern medicine. She was eager to learn more, and enrolled as a student at the Syosset school, where she earned an Associates degree in massage therapy, and later a Bachelors degree in Oriental Bodywork and a Masters degree in Acupuncture. Rosado first met Schenkman in the classroom. Schenkman was one of her teachers, and guided her along her educational journey - both personally and professionally.



**Wholistic Healing Arts is not just a place where patients come for treatment, but a teaching clinic as well.**



**Kim Rosado (pictured above) and Faye Schenkman are most proud of their growing list of patient success stories.**

When the administration changed and the new Board decided to shut down the Wholistic Health Center, Schenkman and Rosado weren't willing to turn their back on what they had learned. They had found their calling. Now they needed to create a practice. And they decided to do that together.

#### **Success Stories**

Five years later, their patient's success stories are still a continuing source of pride for Schenkman and Rosado.

Schenkman recalled one of her favorites - a patient who had Stage 4 breast cancer which had metastasized to her liver and bones. "She had been given two months to live. For the next few years, we treated her with a combination of acupuncture, amma, herbal therapy and nutritional counseling, and today, five years later, you'd never know she had cancer."

Rosado has fond memories of the young woman who came to the health center because she had been unable to become pregnant. After a few months of treatments with an integration of acupuncture, amma massage and herbs, the patient conceived, and to the pride of her therapists, gave birth to a healthy baby boy.

Both Schenkman and Rosado could talk for hours about the many grateful patients who have validated the partner's decision to hang out their holistic shingle. There was the six year old who had suddenly developed odd movements of his head and shoulders, and was diagnosed with Tourette Syndrome. Traditional Western doctors had put the boy on heavy doses of medication. After being treated for several months with cranio-sacral therapy and a combination of herbs, all his involuntary motions stopped, and have never returned.

And there's the 72 year old man who came to their office in desperation, after being diagnosed with acute leukemia. His traditional prognosis was three months to live. Schenkman and Rosado designed a treatment plan the included weekly amma massages, dietary changes, acupuncture and herbal therapy.

Although he did ultimately pass on, his most recent checkup labeled him as one of the longest living survivors of his particular form of cancer.

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