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THE NEWARK MUSEUM

For Immediate Release

September 28, 2007

Media Contacts

Alicia Codrington 973-596-6561

acodrington@newarkmuseum.org

Jerry Enis, Herbert George Associates, 732-446-5400

Hganj@aol.com

Discover Ethnoscience: All Day Spa for Healthy Mind and Body

**Workshops, Demonstrations at The Newark Museum October 20 Explore
Alternative Medicine In Asian, African and Native American Cultures**

Wear Comfortable Clothing and Bring a Towel!

NEWARK – Since the beginning of man, foods, botanicals, oils, beverages and exercise techniques have been employed in every culture to maintain health and prevent or treat illness.

The Newark Museum explores this phenomenon on Saturday, October 20, 2007 with a day-long family event entitled *Discover Ethnoscience: All Day Spa for Healthy Mind and Body*. The program features lectures, demonstrations and participatory exhibits from 10:00 a.m. to 4:00 p.m.

Designed to encourage participation by children and adults, *Discover Ethnoscience* includes hands-on workshops that explore the use of Alternative/Traditional Medicine including tai chi, yoga, Native American and African herbal medicine, Reiki, reflexology, acupuncture, breathing and meditation, Tibetan chant, Indian Ayurvedic cleansing, transcendental meditation and the Chinese traditions of using food and teas as medicine.

The keynote lectures of the afternoon are Chinese Alternative Medicine presented at 1:00 p.m. by Dr. Daniel Hsu and Indian Alternative Medicine presented by Dr. Jagdish N. Vaidya and Dr. Steele Belok at 3:00 p.m.

Daniel Hsu, representing the New York AcuHealth Center, is state licensed as a Doctor and instructor of Acupuncture. He received a four-year Masters of Science in Traditional Oriental Medicine (M.S.T.O.M.) Degree from Pacific College of Oriental Medicine in New York City where he is currently a Doctoral

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Fellow. Hsu, who has appeared on the Oprah Winfrey Show, focuses on acupuncture and herbal pharmacology. He will discuss and demonstrate various forms of Chinese alternative medicine including tai chi, yoga, yin-yang (herbal Chinese medicine) and acupuncture.

Dr. Vaidya is a Professor of graduate and postgraduate studies at Government Ayurveda College in India. He immigrated to the United States in 1994 to work as a Maharishi Ayurveda expert and since then has traveled extensively throughout the US offering Traditional Indian Alternative Medicine programs. Ayurvedic is a traditional holistic health care system that has been practiced in India for more than 5000 years. Ayurvedic procedures are done either to detoxify the body or as a prelude to strengthening the immune system. Assisted by Steele Belok, M.D., Dr. Vaidya will also demonstrate healing remedies including Transcendental Meditation.

Dr. Belok, board certified in internal medicine and nephrology, has been a practicing physician in Boston, MA for 30 years. He is a frequent lecturer on the importance and relevance of Maharishi Vedic Medicine, a prevention-oriented natural system of health care. He's also a medical consultant for adults and children in the Transcendental Meditation Program at Maharishi Enlightenment Center. He and Dr. Vaidya will draw a connection between Indian alternative medicine and western medicine to illustrate the importance of alternative healing remedies.

Demonstrations and interactive workshops offered during *Discover Ethnoscience* and workshop leaders include: Acupuncture in China presented by Dohyun Kim, acupuncturist; Traditional Indian Medicine: Transcendental and Ayurvedic medicine presented by Harry Martinian, director of the Maharishi Enlightenment Center, and Gary P. Kaplan, M.D., Ph.D.; Yoga in China presented by Suresh Kumar, Ph.D.; Zen from Japan presented by Julie Myoko Terestman, a novice monk in the Soto Zen lineage.

Also, Reiki from Japan presented by Mariggela Kartatos, a certified Reiki Master; Reflexology presented by Mary Alice Arre, founder and director of the New Jersey Institute of Reflexology and a board-certified reflexologist; Massage Therapy presented by representatives of New Jersey Massage and the Academy of Massage; Art Therapy presented by Nitza Horner; Tibetan Chants presented by Tibetan Buddhist monks; Food as Medicine (Yin Yang) presented by Mary Joo, a traditional Chinese healer; and Music Therapy presented by Angela Guerriero.

Another feature of the afternoon that is sure to delight adults and children alike is a series of demonstrations of Tai Chi by World Champion Sitan Chen from 12:00-3:00p.m.

Whole Foods Market in West Orange, New Jersey will distribute free snacks and Vitamin water on a first come-first serve basis.

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Ethnoscience is being presented by The Newark Museum in conjunction with the exhibition *Body Wars: Fighting Infection, Staying Healthy* sponsored by Healthcare Foundation of New Jersey. Further information may be obtained by calling the Museum's Science Department, (973) 596-6561.

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ABOUT THE NEWARK MUSEUM

The Newark Museum is located at 49 Washington Street in the Downtown/Arts District of Newark, New Jersey, just 3 blocks from NJPAC and 10 miles west of New York City. The Museum is open all year round: Wednesdays through Fridays, from Noon - 5:00 p.m.; Saturdays and Sundays, from 10:00 a.m. – 5:00 p.m., October 1 – June 30; and Saturdays and Sundays, from Noon – 5:00 p.m., July 1 – September 30. Suggested Museum admission: Adults, \$7.00; Children, Seniors and Students with valid I.D., \$3.00. Members are admitted free. The Museum Café is open for lunches Wednesday through Sunday. Convenient parking is available for a fee. For general information, call 973-596-6550 or visit our web site, <http://www.NewarkMuseum.org>. The Newark Museum, a not-for-profit museum of art, science and education, receives operating support from the City of Newark; the State of New Jersey; the New Jersey State Council on the Arts/Department of State, a partner agency of the National Endowment for the Arts; the New Jersey Cultural Trust; and corporate, foundation and individual donors. Funds for acquisitions and activities other than operations are provided by members and other contributors.

The Newark Museum is just a few steps from the new NJTransit Light Rail Washington Park Station. Direct connection with the Light Rail at the Broad Street Station and through Penn Station makes the Museum a convenient ride from all points in the region.