



Greetings!

Things are growing at S'eclairer! Along with some new plants in our "therapy" garden (above), we are growing all sorts of new and exciting events happening this summer.

We are honored to host Tempa Lama on Friday (see below) in the latest in our Psychiatric Grand Rounds series. Watch for more exciting guests in coming months.

We've added another specialist in nutrition to our regular presenters. Deborah Barr will be presenting for the first time on June 20. (See below). More exciting presentations are in the works as well.

And how about you? Are you an Integrative Medicine Professional? The facilities here at S'eclairer are also available to use for day or weekend retreats. We have a country setting with several acres of grounds for walking, playing, yoga, or any other outdoor activity.

Contact us if you would like to be a part of our team, or just want to come out for a visit. This summer, think of S'eclairer as your location for mental health retreats!

Don't Miss This Special Event!
This Friday, June 7
Psychiatric Grand Rounds

**Stress and the Flexible Mind:
Benefits of Meditation
Practice from the
Bon Buddhist Perspective
with
Tempa Dukte Lama
1 pm at S'eclairer**

Tempa Dukte Lama is an ordained Tibetan Bon lama. He is the founder and spiritual director of **Olmo Ling Bon Center**, a Tibetan Bon Center in Greenfield, PA affiliated with **Menri Monastery**, and the founder of **Olmo Ling Publications**. He is an artist, poet, and the author of "*The Intimate Mind*" and "*Inexhaustible Miracles*."



Check the Calendar!

There are many classes, groups, meetings and events at S'eclairer each week.

Some changes: The DBT Group on Saturday is now on Thursday evenings. The Mindfulness Expression Group will no longer meet on Mondays.

These and all the changes are available online. Be sure to [bookmark our Calendar page](#).

MINDFUL NUTRITION SERIES:

Flavor Your Life with a Wise Appetite

with **Janet McKee**
Wed, June 5
11:30am-1pm
Please Register Here.

NEW!
Eating for your Inner Climate
with **Deborah Barr**
Thurs, June 20
11:30am-1pm

Food is therapeutic. It can give you clarity, focus, emotional harmony, good health, and vitality.



It reverses disease when used appropriately. Food is medicine; however, one man's nutritional remedy can be poison to another.

The value of food extends far beyond its nutrients. Food has essence, characters, and therapeutic properties that surpass description and science.

It's essential to determine whether you are hot, cold, damp, dry, and have excess or

[Please RSVP here for this Free event.](#)

Just Announced!

Friday, August 2 Psychiatric Grand Rounds

Herbal Support for Better Mental Health with Dr. Dan Wagner 1 pm at S'eclairer

Dan Wagner opened **NutriFARMACY** -- a new concept pharmacy specializing in nutrition, wellness and health care -- in April 1997. His "integrative" pharmacy concept was awarded the "Innovative Pharmacy Practice Award" for 2000 by Dupont Pharmaceuticals.



Dan has done extensive traveling and research on plant medicines in the rainforests of Belize, Costa Rica, Ecuador, Cuba and Western Africa, and has incorporated his knowledge and experience into his natural pharmacy practice. He is the recipient of numerous awards and recognition's. Most notably in 1999 he was recognized by American Druggist Magazine as one of "The Fifty Most Influential Pharmacists in America."

Dr. Dan hosts a radio show, "**Adventures in Natural Pharmacy**," every Friday from Noon to 1pm on WKHB, 620 AM radio. His special guest on Aug 2: our own Dr. Chaudhary! Call 412-825-6262 to ask your questions of Dr. Dan or Dr. Chaudhary!

[Please RSVP here for this Free event.](#)

Just Announced!

Friday, Sept. 6 Psychiatric Grand Rounds

Legal Aspects of Disability with Vincent Quatrini, Esq. and Michael Quatrini, Esq. 1 pm at S'eclairer

More details coming soon!

Item of the Week: Roman Chamomile Oil

**Roman
Chamomile**

restless leg
nerves
protects liver



deficiency patterns. You have an internal season which is often out of harmony with nature's season. Some people are internally in winter even in the heat of summer; others have a sweltering summer climate in the bitter cold of winter. These disharmonies affect the health of body, mind, and emotions in specific ways.

Join Deborah and learn some of the conditions related to coldness, heat, humidity, dampness, and dryness; how to assess your personal climate; and best foods for inner seasonal disharmonies.

Deborah Barr is a 28-year Holistic Health and Nutrition Counselor/Coach, speaker, and author, has helped thousands of clients reverse health and weight issues; achieve emotional harmony, radiant health, passion, peaceful living, and a life they love. In 1985 she founded Whole Health Resources, the premier Holistic Health Center in Pittsburgh.

Visit her website and learn more at wholehealthresources.com

[Please Register HERE.](#)

NEW DATES! The Music Cafe with James

*Outside, weather permitting:
June 18, July 2, July 23,
12:30-1:30pm*

On several Tuesdays this summer, we welcome you to join **James Buckley** for **The Music Cafe**. The Café provides a place for you to spend your lunch hour having fun and enjoying some live music. If you're looking for a good time in a friendly atmosphere, come join us. For further information contact james@seclairer.com.

[Click here to see a video of James describing his musical career!](#)

Save the Date: Friday Sept 20

Starting at 6pm, we are planning a "Celebration of Life" -- a chance to Meet, Eat and Greet with other Integrative Medicine Professionals. We hope to have a bonfire and drum circle, so mark your calendar for a relaxing evening of socializing and relaxing.

skin conditions
muscle tension
skin regeneration
neutralizes allergies

At S'eclairer, we're always striving to lead by example to live a more healthy and whole life. To that end, we are now featuring weekly favorites of the staff for items **available in both our Online and On Location stores for your convenience.**

Roman chamomile oil has a warm, sweet scent that is relaxing and calming for both the mind and body. Excellent for tension, it is great when added to massage oil for the relief of muscles after exercise. Widely used for its calming properties, this essential oil is especially soothing to body systems, and helps to support a healthy inflammatory response.

The most versatile of the chamomiles, Roman chamomile oil is extracted from the small, white, daisy-like flower of the Roman chamomile (*Anthemis nobilis*) plant. Soothing to all types of skin, Roman chamomile oil is used extensively in Europe in skin preparations for young and old alike. Its gentleness makes it especially valuable for restless children.

[Read more or purchase online.](#)

Stay In Touch

Our goal is not only healing you but educating you as well, as to how to live the most happy and healthy life possible. To do that, we reach out to you on the website and also all our social media outlets. Be sure to visit regularly for Event updates and the latest news and videos from our staff.

Sincerely,

S'eclairer

Stay Connected

Like us on Facebook 

Find us on Google+ 

Follow us on twitter 

Our Latest Video



**Yoga and Post Traumatic Stress Disorder:
How a Vietnam Vet found his answer.**

[Watch More Videos.](#)

Unable to come to our office for Counseling or Psychiatric advise?

Too far away, or have no means to travel?



S'eclairer now offers services **via web** using established telepsychiatric tools to connect you with your therapist or doctor.

Call 724-468-3999 to see if you could benefit from this service.

Join Our List 

