



A Message from Executive Director, Liz Wiley



Dear Friends,

Happy 2019! It is with great enthusiasm that we announce the new beginnings and new directions happening here at The Marion Institute.

First announcement; new beginnings. I find myself in the fortunate position to have been chosen as the new Executive Director of the Marion Institute, succeeding our amazing Robyn Branco. Robyn worked tirelessly for the Institute for six years and was integral to our success and development. We thank Robyn for all her hard work and wish her the very best as she continues to bring positive social change in her future endeavors at the YMCA Southcoast. As for me, this is a return to the Marion Institute and to the work I am most passionate about. The Marion Institute has always held a special place in my heart and aligns perfectly with my personal and professional philosophy. If you are interested in reading more about me and my background, [check out my bio](#) or better yet, give me a call (508-748-0816 x116) or send an [email](#) so we can connect.

Second announcement; new directions. Last year the Marion Institute celebrated its 25th anniversary. A mind-blowing 25 years of turning aspiration into actions, influencing and educating locally, while supporting initiatives and leaders all around the world. One of the greatest achievements during this time has been the introduction of Bioregulatory Medicine to the United States. Most recently, the Institute helped create the [BioMed Center](#) in Providence, RI to promote this practice of health and healing in our region. We welcome you to visit the Center at one of the upcoming [Open House dates](#). The pillars of bioregulatory medicine include nutrition, immune building and detoxification. It is in this spirit that we will continue to advocate for nutrient-rich food for all, physical and spiritual wellness, and healthy and safe environments. More information about bioregulatory medicine can be found at our [website](#).

Last announcement; we continue to inspire and support change makers through our [Greenhouse Initiatives](#). We have three new incredible initiatives that are doing amazing work to make a difference in the world. Take a moment to check out their links below.

With health and gratitude,

FREE ON-DEMAND WEBINARS
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BIOREGULATORY MEDICINE
An Innovative Holistic Approach to Self-Healing

Dr. Dickson Thom, DDS, ND
Dr. James Paul Maffitt Odell, OMD, ND, L.Ac.
Dr. Jeffrey Drobot, NMD
Dr. Frank Pleus, MD, DDS, OMFS
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Greenhouse Initiatives Program Expands with the Addition of 3 New Fiscal Sponsorships

The Marion Institute has signed on three new fiscal sponsorships under their [Greenhouse Initiatives](#), an incubator program which provides a full range of administrative and fiscal support to domestic and international projects that align with the mission, vision, and values of the organization. Click on the links below to learn more about these progressive,

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powerful programs that create deep and positive change in the world.

- [The Leadership Brainery](#) is a non-profit organization that serves as a pipeline program for first-generation and diverse college student leaders to gain access to leading graduate/professional academic programs.
- [Speak for the Trees](#) works to improve the size and health of the urban tree canopy in the greater Boston area.
- [STEAM the Streets](#) is a dynamic outreach initiative inspiring and activating underrepresented youth to pursue STEM / STEAM career pathways.

BioMed Network Announces the Creation of the Mary Shands Scholarship Fund



Operated by The Marion Institute, the [Mary Shands Scholarship Fund](#), was set up to provide monetary assistance to those seeking care from one of the BioMed Network Care Providers, or a provider qualified to become a part of the BioMed Network.

Mary Shands was a visionary who dedicated herself with passion and generosity and pioneered the value of the tenets of bioregulatory medicine.

Financial assistance is offered for patients seeking treatment through bioregulatory medicine regardless of their health concern. To learn more or apply, [click here](#).



Staff Spotlight: Growing Healthy with Self Reflection

Article by Cheryl Radford, BioMed Programs Coordinator

The beginning of the new year is always a reflective time for me. I am choosing to take a moment to look back on some of the small changes I have implemented over the past year to improve my health and overall well-being. Seeing how these changes have enhanced my life, I feel privileged to have the opportunity to share them with you! [CLICK TO READ MORE...](#)

BACK TO BASICS: Natural Laws to Live By

Forget "resolutions" that only last a week into the new year. Instead, make this the year of "revolutions" by incorporating the Natural Laws in to your every day life. The Natural Laws are essential home therapies that EVERYONE can follow to achieve optimal health and well-being.

[Click here](#) for a downloadable, printable guide to get you started on the path to your personal health revolution!

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Back to Basics: NATURAL LAWS TO LIVE BY FOR A HEALTHY NEW YEAR

The Natural Laws are essential because they provide a blueprint for living in harmony with nature's optimal health and well-being. The tips below are taken from a presentation by Dr. Dick Thom, a renowned naturopathic doctor and the co-founder of the American Center for Biological Medicine in Scottsdale, AZ.

- 1 Get outside!**
A minimum of 30 minutes a day of exposure to fresh air and direct sunlight can have incredible health benefits. Consider wearing a hat and sunglasses during the day and sunglasses and gloves during the winter. Keep in mind you can't overexpose to UV light, so use sunscreen.
- 2 Be a Kid Again!**
Fun and play provides the most important benefit for your health. Play is a natural state of being and helps to reduce stress and improve your ability to recover and heal.
- 3 Breathe In, Breathe Out**
Daily nasal cleansing of breath is essential for health. Breathing in fresh air and breathing out toxins is a natural process that helps to keep your lungs clear and healthy.
- 4 Water is Kind of a Big Deal**
The natural condition for most people is to be hydrated. Drinking water is essential for health and helps to keep your body functioning properly.
- 5 Get a Move On!**
Engaging in 30 minutes of moderate activity each day can help to improve your health and well-being. Walking, jogging, and other low-impact activities are great options.

To access the full presentation as a PDF or video, please go to http://bit.ly/Natural_Laws.

The tips in our handout are taken from a presentation by Dr. Dick Thom, a renowned naturopathic doctor and the co-founder of the American Center for Biological Medicine in Scottsdale, AZ. [Click here](#) to access the full presentation and video of Dr. Thom discussing the Natural Laws.

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