

Palisadian-Post

Serving the Community Since 1928

18 PAGES

THURSDAY, JULY 25, 2013 ♦ PACIFIC PALISADES, CALIFORNIA

\$1.00

Jaspers Provide Holistic Health Care

By KELSEY BERRYMAN
Palisadian-Post Intern

Frank Jasper, co-founder of Osani Holistic Health Care on Sunset, brings a varied athletic background to the business he co-owns with his wife, Sanda.

Jasper, 54, played tennis in college, earned his black belt in aikido, turned to golf as an adult and then reconnected with tennis about eight years ago. This past spring, he advanced to his age-group quarterfinals in the USTA Southern California Sectional Championships in Claremont, and in June he won his first age-group title in 50 singles and 4.5 doubles at the Santa Barbara Open.

Jasper, whose center is across from Ralphs, has noticed that many tennis players in their 50s and 60s play once or twice a week, but have knee and back problems because they neglect stretching and strengthening exercises.

"They are active but get injured too often," Jasper said. "They need education, as well as nutritional support." In response, he and Sanda are devising a program called TAN (Tennis Acupuncture/Acupressure Nutrition), which will be available at their center in the near future. They hope to adapt the same concept to other sports.

"I have always loved tennis," Jasper said. "I played golf for many years but I noticed that after I turned 40, I was putting on weight so I went back to tennis. I was in decent shape because of all of the walking that comes with golf [when you don't ride a cart], but tennis is fast, dynamic and got me pumped. I thought that I was in shape for a man of my age, but so were all of my competitors."

Jasper has been interested in acupuncture since growing up in rural Idaho. He remembers looking at Time magazine when President Nixon went to China and seeing photos of people getting acupuncture and being awake during surgery. "I was fascinated by this," Jasper said. "I cut out the photos and put them in my scrapbook."

He earned a tennis scholarship to Eastern Washington Univer-



Frank and Sanda Jasper own Osani Holistic Health Care at 15113 Sunset.

Rich Schmitt/Staff Photographer

sity, where he took pre-med classes, while completing the athletic training program curriculum.

After college, Jasper moved to Los Angeles to become an actor. He was recruited to play a three-time state wrestling champion in the cult-classic wrestling movie, "Vision Quest," worked as a stunt man and took acting classes.

Continuing his education in Eastern medicine, Jasper attended Yoson University in Santa Monica for acupuncture and was in the first graduating class in 1993, receiving his master's degree in oriental medicine.

He and Sanda married in 1990, moved to Pacific Palisades and started their Osani Center in 1995. They chose the Palisades, Sanda said, because "We both love living near the ocean, and

since Frank is from a small town he liked the small-town feeling of the Village.

"We have lived all over the Palisades and love it: in the Alphabet streets we could walk to work, on Haverford we had great neighbors, and now in the Highlands, I love that we have beautiful mountain views and the feeling of being in nature. When we leave work and drive home it feels like we are going out into the country."

Sanda grew up in the San Gabriel Valley and watched her mother struggle with severe rheumatoid arthritis that eventually left her in a wheelchair.

"My mother took 20 pills a day and nine of them were just for side effects of the other 11 prescribed medications."

Hoping to avoid finding herself in the same situation, Sanda

made different nutritional choices, switching to foods that were organic and gluten-free.

"I do believe in traditional Western medicine," she said, "but what we do provide in holistic health care not only addresses healing and recovery, but also sustained wellness. We have had many patients going through chemo and radiation who then come to us to help with detox and rebuilding their bodies."

Using both a Western and alternative approach to health care is often referred to as Complementary Medicine, Sanda explained.

At Osani, Frank Jasper handles the acupuncture and Sanda focuses on the behavioral, emotional and psychological aspect of health. "The biggest problem we see these days is stress," she said. "It has increased significantly the last five years."

"We also see a lot of self-sabotage," Frank said. "People start to feel healthy and then they eat junk food."

"Food is medicine," Sanda said. "We try to get our patients on a healthy eating plan: lean protein, lots of organic fruits and vegetables, and for some people, no gluten or sugar. There is no one-size-fits-all diet. We encourage healthy lifestyle changes. Helping our patients and clients to go from surviving to thriving."

"Some people like the South Beach or Paleo diet," Frank pointed out. "They both have advantages and disadvantages, but whatever works best for your metabolism, that's what you should do. I personally like the Mediterranean diet best."

Sanda, who has a gluten sensitivity, noted that "Traditionally, Americans love macaroni and cheese, spaghetti and pizza, but often these are prepared in ways which aren't healthy. We provide our patients with delicious ways to make them healthier using rice pasta and lots of vegetables."

Frank added, "We are so lucky to have a farmers' market here where we can easily get fresh organic fruits and vegetables."

Contact: (310) 454-4427. Their Web site is osaniholistichealthcare.com