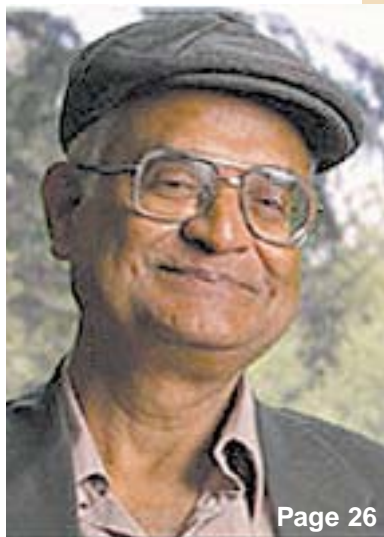


# EARTH STAR

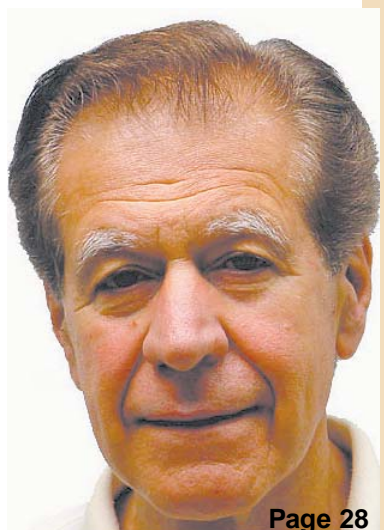
## CONTENTS AUGUST / SEPTEMBER 2008



Page 26



Page 18



Page 28

### ON THE COVER

- 16 **An Ayurvedic Approach to Lower Back Pain**  
*by the Maharishi Vedic Health Center*
- 18 **Despair Work**  
*by Joanna Macy, Ph.D.*
- 26 **Optimal Oral Health Care**  
*by Debora Yost*
- 32 **The Quantum Doctor**  
**Is Homeopathy for Real?**  
*by Amit Goswami, Ph.D.*
- 44 **King of California**  
**The Movie Mystic**  
*by Stephen Simon*

### FEATURES

- 12 **Down To Earth Astrology**  
*by Tim Gunns*
- 28 **Ten Commanding Choices**  
**Core Integration Guidelines for Self Care**  
*by Josef DellaGrotte, Ph.D.,*
- 36 **Qigong Basics for Everyone**  
*by Steven Cardoza, M.S., L.Ac.*
- 48 **Vision Tips**  
*by Rosemary Gaddum Gordon, D.B.O., M.A.*
- 66 **Mystical Stones**  
**Siberian Blue Quartz**  
*by Robert Simmons & Naisha Ahsian*

### DEPARTMENTS

- 5 **Up Front**
- 30 **Yoga Listings**
- 38 **Calendar of Events**
- 47 **Green Living**
- 49 **Directory of Professional Services**
- 68 **Book Reviews**
- 72 **Classified Marketplace**



Cover Art  
*Silent Waves*  
by Jean-Paul Avisse

For further information,  
contact  
Prestige Art Galleries,  
3909 W. Howard, Skokie,  
IL 60076. (874) 679-2555,  
[www.prestigeart.com](http://www.prestigeart.com).  
For a free color brochure,  
please send a S.A.S.E.



Jean-Paul Avisse  
with his daughter, Marine