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Cover Art
Mother Nature
by Jim Warren

From the wild & whimsical to the sweet & sensuous, for over 30 years Jim Warren has been painting his way into the hearts and minds of people the world over. Already considered a "living legend of the art world", Jim is ever-growing & ever-changing. His versatility ranges from his unique portraits for celebrities, CEO’s and families, to his illustrations for books, movies and album covers. Most notably Jim won a Grammy award for his artwork on Bob Seger’s 1981 album "Against the Wind". His fine art oil paintings are featured in some of the top galleries in the world. Jim’s latest paintings and classics are now being produced as high quality, limited edition Giclee canvas print. You can visit his website at: www.jimwarren.com
**Eat Broccoli To Beat Breast Cancer**

Researchers from the University of Illinois at Urbana-Champaign have determined that a compound found in broccoli and Brussels sprouts, called sulforaphane, hinders the growth of human breast cancer cells in the laboratory.

This magic bullet worked by disrupting the action of protein “microtubules” within the cancer cells, which are vital for the success of cell division and growth.

What is most intriguing about this finding, published recently in the *Journal of Nutrition*, is that certain cancer drugs work in a similar way. That means it’s quite possible that sulforaphane could be used in combination with other compounds or drugs to prevent and treat cancer.

It seems that sulforaphane works its magic on the detoxification enzymes that try to defend the cancer-promoting substances.

This latest research suggests there is a new mechanism for sulforaphane to battle cancer cells called microtubule disruption. And that is what co-study author Dr. Keith Singletary, a professor of nutrition at the University of Illinois, finds most intriguing since microtubule disruption is exactly how certain types of cancer drugs work.

So the big question remains: If you eat a diet that is rich in broccoli, Brussels sprouts, broccoli sprouts, and other sulforaphane-containing foods, will your risk for developing breast cancer decrease? Scientists aren’t ready to say that yet. However, numerous studies have linked a diet that is rich in vegetables and fruits to a lower risk of cancer, including breast cancer. What still is not known, however, is which specific vegetables work best for preventing cancer.

That said, it won’t hurt you to load up on broccoli, and it may very well be a lifesaving side dish you enjoy with dinner tonight! —*L.A. Times*

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**Reducing the Risk of Gallstones**

To reduce the risk of painful gallstone attacks, lose weight. A recent study of thirty thousand male health professionals found that the risk is greatest for men who carry most of their weight in the abdomen (apple-shaped). Men with waists measuring more than forty inches are twice as likely to develop gallstones as those with waists less than thirty-four inches. It’s estimated that ten to twenty-five percent of adults in the U.S. and Canada develop gallstones. Previous studies have shown that obese women are also more likely to have gallstone attacks—and that exercise reduces the risk. —*UC Berkeley Wellness Letter*

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**EATING DISORDERS HIKE BABY BLUES**

The risk of Postpartum depression, or baby blues, is higher among women with binge-eating disorder or bulimia nervosa, researchers reported recently in the International Journal of Eating Disorders.

Dr. Suzanne Masseo of Virginia Commonwealth University studied more than eleven hundred mothers. Bulimia nervosa was found to raise the odds of postpartum depression more than threefold, while binge eating more than doubled them. —*Reuters*
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Exercise Helps Wound-Healing In Older People

A small study suggests that regular exercise may act as a Band-Aid for the body, helping to speed wound-healing in older people. The study from researchers at Ohio State University is the first to find this exercise benefit. The study involved twenty-eight healthy but sedentary older men and women, aged fifty-five to seventy-seven. During the three-month study, half of the group exercised three times a week, including pedaling a stationary bicycle, walking on a treadmill, and doing strength training. After a month, participants received a small puncture wound (about 1/8 inch in size) on the back of their arm. The wounds were photographed three times a week until they were no longer visible (around six to seven weeks). At the end of the study, the researchers found that the wounds among the exercise group healed an average of ten days faster than in the non-exercisers (twenty-nine days in the exercisers compared to thirty-nine days in the control group).

In addition, saliva tests revealed the exercisers had a sharp increase in the stress hormone cortisol, which the researchers speculate may play a role in wound-healing, according to the Journal of Gerontology: Medical Sciences.

—Food & Fitness Advisor

Another Reason To Get Enough Vitamin $B_{12}$

According to a recent study from Tufts University, vitamin $B_{12}$ may help reduce the risk of osteoporosis. Those with higher blood concentrations of $B_{12}$ had higher bone mineral density than those with lower levels, even after controlling for calcium and vitamin D intake, age, weight, smoking, physical activity, and other factors. $B_{12}$ may have direct effects on bone metabolism, the researchers say. But many older people become deficient because they do not properly absorb the vitamin from food due to reduced stomach acid. The form of $B_{12}$ in supplements and fortified foods, such as cereals, is better absorbed.

People in China use forty-five billion pairs of disposable chopsticks every year. Most of them are made of wood, and so disposable chopsticks account for the logging of about twenty-five million full grown trees each year—for a product used for perhaps half an hour before being discarded.

As if that weren’t bad enough, China is a major exporter of disposable chopsticks, having shipped about a hundred and eighty thousand tons of the implements to other countries.

“It’s basic math. If one Chinese person consumes two pairs of wooden chopsticks a day, how many trees have to be chopped down? A large portion of those chopsticks are shipped overseas,” says Yang Dabin of the Chinese NGO Friends of Nature.

But a new grassroots campaign has prompted Beijing to introduce a tax on the disposable chopsticks, which began in April 2006. The tax is part of the Communist Party’s latest Five-Year Plan.

“We are losing our forest resources at an alarming rate to a rapidly growing economy. We cannot make people replace their wooden furniture with steel and switch to electronic newspapers. But we can have a law to make people pay for using disposable chopsticks. Or we can switch permanently to steel, aluminum or fibre chopsticks,” Yang said.

National People’s Congress deputy Nan Shunjia lauded the move. “We have wasted a lot of natural resources at our dinner tables,” she said. —The Independent
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The Secret has existed throughout the history of mankind. It has been discovered, coveted, suppressed, hidden, lost and recovered. It has been hunted down, stolen, and bought for vast sums of money.
Film and television producer Rhonda Byrne made six films in 2004, each of them grueling, each of them beset with thousands of problems. She’d barely had a day off. Five months earlier, her father had died and now she was worried about the mental health of her grief-stricken mother.

“You’ve taken a massive loss from these films,” her accountant told Byrne, an Australian native and mother of two grown daughters. “You’ll be broke by January.”

Byrne’s business, Prime Time Productions, had been going for ten years, following her two decades of production experience in Australian television, which stretched from The Don Lane Show to The World’s Greatest Commercials, Great Escapes and Sensing Murder.

Devastated, Byrne turned to a photocopy of Wallace Wattles’ The Science of Getting Rich, which was first published in 1910 and is widely thought to be the precursor to the “success” seminar industry.

“It gave me a glimpse of a secret,” she says. “It said, ‘do these things and your life will change’. From the moment I found this, all I wanted to do was share it with the world.”

Believing that the principle of The Secret she discovered follows a universal law, Byrne decided to make a film called The Secret relying on what she had learned from reading nearly one hundred books that year. She received a small amount of funding from Australia’s Nine Network, gathered and trained a crew in the principles of The Secret, and flew to the United States.

The Secret, which is revealed within the opening moments of the film, is a conclusion Byrne came to after months of research. Put simply, the film’s message is: What you think about, you bring about. The more time you think about debt, for example, the more debt you get. The more you think about wealth, the richer you become. Same goes for sickness and health, love and loneliness.

There, she says, she shot one hundred and twenty hours of film, interviewing fifty-five people in seven weeks, without making a single phone call in advance. She flew first to Los Angeles, then, on a hunch, boarded a plane to Chicago. She had just bought a cosmetic cream in Saks Fifth Avenue when her mobile phone...

Continued on page 16
Earth Star Up Front

Best Wine for Hearts

Not all wines are created equal and some may be better than others at reducing the risk of heart disease, scientists said yesterday.

For the most health benefits, wines from southwestern France and Sardinia could be the best of all because they contain high levels of procyanidins—compounds in grape seeds that are good for the heart.

“Perhaps we should be looking more at the type of wines we drink ... if we want to try and derive some benefit from their consumption,” said Professor Roger Corder, of Queen Mary, University of London.

Corder earlier identified a mechanism to explain a French paradox—how a country renowned for its love of cheese, rich sauces and foie gras has a low rate of heart disease. —Reuters

INDOOR STIR-FRYING

A ‘CANCER RISK’

Smoke from wood or stir-frying food indoors could cause cancer, with people in poor countries most at risk, according to research released in November. Scientists at the International Agency for Research on Cancer said indoor emissions from burning biomass fuel—such as wood, charcoal and dung—as well as high-temperature frying, could lead to cancer. Estimates are that about half the world’s population uses wood or coal for cooking and heating.

“It is, therefore, of enormous public-health importance that we call attention to the health risks of what is daily practice for so many people,” said Dr. Peter Boyle, of the Lyon, France-based IARC.

A summary of the study was published online by Lancet Oncology. —Reuters

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**Bedtime Beats: The Secret to Sleep**

By some estimates, insomnia afflicts thirty to forty percent of adults at any particular time—with about five to ten percent suffering severely or chronically enough to warrant a medical diagnosis.

*Bedtime Beats: The Secret to Sleep*, a two-CD selection of gentle, classical favorites, promises to help them drift off to the land of Nod. The set, a collection of about twenty famous works is easy on the ear and emotionally unintrusive. But there is more to the CD set than that—there is science, claims its creator, a New York-based music, lifestyle and entertainment development firm called Smash Arts. The scientific linchpin appears to be a study published in 2005 titled “Music Improves Sleep Quality in Older Adults,” by Taiwanese student Hui-Ling Lai and Marion Good, professor in the school of nursing at Case Western Reserve University in Cleveland. “I think it’s exciting that they’re interested in taking something from my study,” says Good, who consulted on the CD compilation but hasn’t heard the final version.

The musical pieces were chosen to fit specific criteria: All lack extreme variations in volume and tempo, and all lilt along at a soothing sixty to eighty beats per minute—nicely matching the resting adult heartbeat. “People of all ages can benefit from the package, provided they listen daily for at least two weeks at the outset and begin listening to the CDs at least fifteen minutes before bedtime,” the promotional material declares.

The compilation was co-released by Smash Arts and Burbank, California’s Rhino Entertainment in September and is available at retail outlets as well as http://www.rhino.com.

—L.A. Times

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rang. It was Chris Attwood, co-author of The Passion Test. “I heard you’re making a film called The Secret,” he said. “What teachers do you want? I can connect you with everyone.”

She completed all facets of post production in Melbourne. And to this day, Byrne still does not know where some of the three million dollar budget came from. She simply used The Secret to make The Secret and the rest is becoming history.

Since its launch in March 2006, hundreds of thousands of copies of The Secret DVD and the online streaming of the film have been purchased. And The Secret continues to impact lives on every continent, all without Byrne placing a single advertisement or following typical film distribution channels.

The Secret has been screened at several film festivals, many churches, various social organizations, and even within some large corporations. A legal agreement with the Nine Network has prevented direct sales in Australia until after the film is broadcast on TV sometime before December 31, 2006. Yet everywhere else, the film has been seen by a broad spectrum of people young and old.

Now based in Los Angeles, Byrne has written a supporting book and its complement audio book also titled The Secret. These new titles will be released throughout the United States by Simon & Schuster in late November 2006 with bookstores in other English speaking nations to follow very soon. At least seven other countries will have The Secret book translated into their native languages by early 2007.

“I couldn’t fathom that I’d lived my life not knowing this,” she says. “It is as important as the law of gravity. It affects every single moment of your life.”

The faces who appear in the documentary are a who’s who of speakers on the self-help and success circuit. There’s author Jack Canfield, of Chicken Soup for the Soul fame; Neale Donald Walsch, of Conversations with God; Bob Proctor, who runs the seminar You Were Born Rich; and Morris Goodman a.k.a. The Miracle Man, who tours the world speaking about how he taught himself to walk again after a plane crash left him with such horrific injuries that doctors thought he wouldn’t even be able to breathe without assistance from machines.
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There's a whole lot of Sagittarius going on during December, once Mars (5th) and Mercury (7th) join the planetary gathering of the sun, Venus, Jupiter and Pluto already there, forming a potent stellium (or crown—a group of four or more planets in close proximity) in that expansive, fiery sign. Opening up to the truth in a deeply transformational way is what the cosmos is strongly suggesting we do now. And, just in time for the holidays, we experience an outpouring of humanitarian feelings and sentiment, gushing forth in a veritable tidal wave of open-hearted good will and generosity to all mankind...with the possible exception of frantic forays to the shopping mall, and moments of wanton willfulness whilst in traffic.

Meanwhile, when the Sun squares eccentric Uranus on the 2nd—potentially a real shocker—flow with any changes in circumstances beyond your control. However, this is not the time to initiate change based solely upon a desire for greater personal freedom. Even so, creative inspiration abounds.

If the truth be told, it’s likely to come out around the talkative Gemini full moon on December 4th, give or take a few days, when people are wont to speak their minds. With Mercury, the dispositor (ruling planet) of this lunation, exactly squaring Saturn, some fixed, dogmatic ideas we’ve long held on to as truths, perhaps out of fear of change, may now become dislodged and dissolve in the fiery light from a wealth of fresh, Sagittarian input. Many questions spring to mind now, and in the weeks ahead, and a quest for answers begins. As Mercury is also conjunct hasty Mars for several days, one must think carefully before engaging one's tongue. While candor and frankness may be admirable, and indeed, would seem to be the order of the day, the words about to tumble from our lips must be tempered with wisdom.

When the ringed planet, Saturn, stations retrograde on the 5th, at 25°04′ Leo (until April 19, 2007), review your professional or academic ambitions. If necessary, seek vocational guidance from a wise elder. Sensitive issues from the past could resurface during the next four months, a sign that they may be ripe for resolution. With the lord of karma retrograde in proud Leo, resist the temptation to be overbearing, boastful, or arrogant when dealing with such situations when graciousness, humility and respect may be more appropriate, particularly if fellow professionals, family, or friends are involved. Restructure personal finances now, to afford both a greater degree of control and a stronger sense of security.

A series of powerful, potentially enlightening, planetary conjunctions with distant Pluto occur in alignment with the center of our galaxy—known as the Galactic Heart Center (GHC), at 26-27° of tropical Sagittarius—in December, with Venus (7th) first on the scene. This planetary pairing is a potent stimulus to compulsive behavior, so don’t be a fool for love, or money, around this period. At a higher level of expression, powerful energies exist for healing now. It may also be possible to transform a key relationship in need of change.

Mercury, Jupiter and Mars are all conjunct in 4° Sagittarius on December 10th, when freedom of speech will seem imperative. Anticipate important announcements. Sky watch!

You may hear the sound, albeit metaphorically, of sabers rattling around the 11th, when Mars aligns with Jupiter in 4° Sagittarius. Crusades are in vogue now, while financial enterprise is stimulated. Begin a new venture, or adventure, under these expansive auspices. “The sky’s the limit” might be the prevailing attitude, though some due diligence before advancing would be prudent. Sports requiring physical exertion or stamina are also favored now.

Extremist behavior could surface around the 18th as the sun aligns with Pluto at the GHC. Guard against explosive outbursts in relationships around this juncture. Deliberately cultivate an optimistic outlook, it may sustain you through
some jarring encounters. Whatever transpires around this period will assuredly have far-reaching implications.

The new moon on December 20th in 29° Sagittarius signals a time to review or upgrade educational objectives, and to expand your occupational horizons. Acknowledge and release any deep-rooted fears of failure that may have been holding you back from realizing your full potential. Circulate more in the coming weeks, connect with progressive people or groups with whom you share common goals or beliefs. Bold new beginnings and sweeping changes are in the wind! With four planets plus the sun and moon in outgoing Sagittarius now, a can-do attitude prevails, while self-restraint may be in short supply.

Mars squares Uranus just five minutes prior to the Winter Solstice on the 21st, so avoid acting on impulse...be aware in the moment, and take the time to consider the consequences of your actions. Drive with extra care. Back-up important computer files, as system or mechanical malfunctions are possible.

On a more mundane level, together with the multiple planetary conjunctions with Pluto at the GHC, seismic activity and volcanism are quite likely in geologically stressed regions around the planet through early January.

The Winter Solstice arrives as the sun enters Capricorn on the 21st (7:22pm, EST). Since ancient times, the winter solstice has been a celebration of the return or rebirth of the sun. It is the darkest time of the year, with the fewest hours of daylight, when the spiritual force of both humankind and nature is at its lowest ebb. Thus, this is the time of year to acknowledge and rekindle that *pilot light* within—not that it ever really goes out!—that eternal flame or spark of the divine that all mankind possesses.

At this point in Mother Earth’s natural cycle, as the sun crosses Capricorn’s chilly threshold, it appears to hover motionless at the same latitude [Solstice literally means, *the sun stands still*] for a period of three days before heading north again...to be reborn, bringing light back to the world (in the northern hemisphere, at least), as the days begin to lengthen. Take the time, now, to send out love and healing thoughts to the major trouble spots in the world, and to those people in positions of power that make the decisions that can affect the lives of all of us, that they may act from the highest part of their being that they are capable of accessing.

Mercury conjuncts Pluto on Christmas Day (25th), so be aware of all you say and do now...thoughts and words have much power!

The full moon culminates in Cancer on January 3rd, emphasizing pressing domestic concerns, and yet the need to take care of business, career, or educational interests could also be strong. Strive for a healthy balance in both areas. Your intuition, imagination, and even dreams can be valuable assets now; used wisely and astutely, inspired ideas and insights that percolate through to your conscious awareness could bring you closer to realizing a dream or cherished goal.

On January 8th, a fiery trine between Mars and Saturn increases physical stamina, endurance and one’s determination to succeed. Be alert to opportunities for growth or advancement around this period. Act on business or career options and opportunities.

When the two benefics (lucky planets), Venus and Jupiter, align in conjunction on January 12th, consider your plans for the future, review your hopes, wishes and new year’s resolutions. Begin classes, attend a seminar or workshop. Financial enterprise involving foreign investments or travel is favored, while fund-raising activities and charitable work also get the green light. You feel like sharing with others now, and doing so brings a sense of contentment and satisfaction. Indeed, if resources allow, be the philanthropist today. A post holiday getaway break or field trip may appeal to some.

A momentous conjunction of Mars and Pluto occurs on the 13th, in 28° Sagittarius. When the god of war and the lord of the underworld get together, highly unstable and volatile conditions typically exist for a few days, and explosive events are possible. Issues concerning “power” are likely to arise, so avoid locking horns with anyone who will surely defend their beliefs as fiercely as you would your own.

Mars then enters its home sign of Capricorn on January 16th for a six-week sojourn. The red planet functions most efficiently in this earthy, cardinal sign, conferring greater self-control and discipline in physical activities. Constructive progress can be made toward professional objectives over the next month, so plan your career strategy now.

January’s Capricorn new moon arrives on the 18th, when powerful impetus exists for planning new professional beginnings, especially practical business ventures that help to educate people. Surf the internet for progressive business opportunities, contacts or information. Utilize email or Instant Messaging more often for communicating with friends or colleagues at a distance.

The sun enters Aquarius on January 20th, signaling a time to check and see if you are “up to speed” with the techniques or technologies that can keep you at, or get you to, the head of the pack in your chosen field. Assess your goals and ambitions over the next four weeks...are you on target? Align with organizations, groups or friends who share your objectives.

The first of three momentous squares (90° aspect) between Jupiter and Uranus occurs on January 22nd (then again on May 11th and October 9th), encouraging impractical idealism, impulsiveness and a tendency to go overboard. The urge to travel or to escape the routine may strike without warning. Act with prudence and avoid speculation. Be sure you can follow through on promises made now.

Following is a general overview of how the planetary trends for December 2006/January 2007 apply to each sun sign. If you know your rising sign (Ascendant), read that, too, for additional insights.
Be prepared to experience a surge in power and drive when your sign’s ruler, Mars, enters fiery Sagittarius on Dec. 5th. You may feel ready to begin your own personal crusade or a grand new adventure in the weeks that follow, and able to back up your beliefs with action. With six planets congregating in your solar ninth house of philosophy in December you may be forgiven for a modicum of self-righteousness. Just don’t overdo it. The Sagittarius new moon (20th) is a real powerhouse for Ram-clan members, with five planets plus the sun and moon in fire signs, plus Mars square rebellious Uranus, your innately willful nature comes powerfully to the fore. Nonetheless, avoid acting on impulse...be aware in the moment, and take time to consider the consequences of your actions. Be tactful with significant others and your progress will be swift. New career opportunities may arrive in January, as several planets transit your solar tenth house. Eschew confrontations around the 13th, when Mars and Pluto are conjunct, and you will dodge the potential for conflict. Mars then joins the sun in Capricorn (16th), increasing your drive to succeed. January’s new moon (18th) offers further promise of career gains, providing you act in a responsible manner.

Do all in your power to ameliorate relationship tensions in early December, as your ruling planet, Venus, approaches a conjunction with Pluto on the 7th. However, if you play your cosmic cards right, you can actually transform a rather tense situation with a significant other into a much more durable, worthwhile and satisfying alliance. If joint finances are a source of discontent, be open to a new and more flexible arrangement that offers greater security while maximizing your mutual assets. When Venus enters Capricorn on December 10th till early January, a new source of investment or working capital could appear, and finances in general will be taken more seriously. Indeed, business interests may actually have greater appeal than pleasure pursuits now. The Sagittarius new moon (20th) can strengthen your resolve to eliminate constraints to your financial wellbeing, as well as any issues concerning intimacy. When lucky Venus crosses your solar midheaven into Aquarius on January 3rd, a new work or professional opportunity could come your way in the weeks that follow. Don’t be shy about letting those that can help you know of your accomplishments that lay ahead. In January, a new phase of your career direction or emphasis, and quickly move to communicate your aims and values to others for much of December will likely stir up. However, with Jupiter’s recent arrival in your solar sector of significant others, whatever transpires will eventually, if not immediately, be to your benefit. Indeed, the Sagittarius new moon (20th) signals a new phase of growth in an important relationship or alliance, with perhaps the lifting of certain limitations or constraints, affording you greater freedom of expression. In early January, you clarify a financial goal, which may be linked to a shift in career direction or emphasis, and quickly move to communicate your thoughts and ideas to those who may be in a position to offer help. Right on cue, January’s Capricorn new moon (18th) cycle favors formulating the key ingredients of a business or educational plan.

Mercury’s recent two-month sojourn plumbing the murky depths of Scorpio’s emotionally turbulent waters was likely more beneficial to Crab-clan members than most other signs, as it powerfully stimulated the creative facet of your zodiacal nature, bringing numerous enterprising ideas to the surface. With the cosmic messenger’s enthusiastic arrival in Sagittarius and your solar sixth house of work and service on December 7th, you’re keen to apply at least some of these notions to your vocational field of endeavor. Indeed, with six planets occupying this solar sector during December, your employment prospects look extremely good. Likewise, efforts to enhance your health and fitness can be extraordinarily successful, with the expansive Sagittarius new moon (20th) perpetuating the trend through most of this forecast period. Offers of work may come your way, which could substantially increase your personal income. However, be sure to consult a partner or significant other before accepting such an overt, lest autonomous action on your part becomes a source of conflict, particularly once Mars enters your solar seventh house on January 16th. It’s possible, too, that some form of business partnership is proposed to you during January, following the business-like Capricorn new moon (18th).

A little self-belief and affirmative action can go a long way in early December, when Mercury, your ruling planet, squares Saturn (4th) then conjuncts Mars (9th). Move quickly through any fleeting worries, and cultivate a positive, optimistic outlook. On its way to the meeting with Mars, the wing-heeled messenger of the gods moves swiftly and enthusiastically into Sagittarius and your solar seventh house on January 16th. It’s possible, too, that some form of business partnership is proposed to you during January, following the business-like Capricorn new moon (18th).

When your sign ruler, Mercury, finally moves on into the more expansive realm of Sagittarius on December 7th, after trolling the emotional depths of Scorpio’s waters for fresh ideas for the past two months, it may feel as though a veil has been lifted which had obscured the future you’ve tried so hard to envision. Review your long term goals now, and let those that would support your efforts know your plans. If relocating to a larger, more luxurious home is what you seek, then the current planetary trends may be of enormous benefit to you. With six planets, including lucky Jupiter, gathered in your solar fourth house in December, your dream of domestic comfort and security could become a reality during this forecast period. At the very least, a little nest feathering may be in order. In January, creative ingenuity and your past experience are your strong suits, so make good use of both to accomplish your goals.
**LIBRA** (September 22—October 23)

When Mercury’s protracted tenure in Scorpio finally ends on December 7th, with its ingress into expansive Sagittarius, your mind loosens its tenacious grip on financial concerns as more appealing mental and literary objectives appear on your horizon. Indeed, during December, your solar third house of mind and mentality hosts a gathering of six celestial bodies, stimulating your intellect into greater feats and accomplishments. Your need to communicate is strong now, encouraging you to reach out to others of like mind. Be more outgoing, especially over the holidays, and you’re sure to make some new friends. Activities around the home increase during January, when some Scales-clan members may embark on a new home-based business enterprise. Photography, art, and music are areas that will have great appeal now, and it may be possible to somehow combine them into a new hobby.

**SCORPIO** (October 23—November 22)

With the passage of Mercury into Sagittarius on December 7th, after two long months in Scorpio and your solar first house, your thoughts now turn from self-analysis to financial manifestation, and there’s certainly plenty of celestial assistance to support your endeavors. Six planets occupy your solar second sector of personal income in December, providing the impetus and encouragement you need in order to work your magic. Seldom does such a gathering occur in your money house, so be sure to make every effort to advance your cause. The Sagittarius new moon (20th) is conjunct your sign’s ruler, Pluto, in your second house, while both are harmoniously linked with Saturn in your tenth house of career, a fine omen for your professional prospects in the weeks ahead. January favors planning your business strategy for the new year. Communications are likely to increase, and you may find yourself taking more short trips associated with your work. With lucky Jupiter occupying your money house for the next year, you will feel more confident about your expectations.

**SAGITTARIUS** (November 22—December 21)

After a period when your best efforts offered few rewards, your fortunes are about to change for the better. During December, six planets will occupy your solar first house of initiative and personal magnetism, greatly increasing your chances for success in your endeavors. Most importantly, your sign’s ruling planet, Jupiter, is amongst the celestial throng, and will remain in your first house throughout the coming year, adding an element of luck often just when you may need it. Following December’s Sagittarius new moon (20th) you consider expanding your professional activities or academic interests, while some unsettled Archer-clan members may feel that a change of physical location might be good for your soul, and provide the emotional nourishment and nurturing you may be lacking at present. During January your thoughts turn towards financial matters, and plans may be made to generate additional income. Indeed, the Capricorn new moon on January 18th would support your financial quest, while Mars’ arrival in your solar second house two days prior sharpens your instincts and increases your drive to manifest money.

**CAPRICORN** (December 21—January 19)

If you’re feeling less outgoing than usual, it’s because you’re picking up on the cosmic nudge to retreat to your ivory tower for some peace and solitude, after expending a great deal of energy in recent months in an effort to further your goals, while maintaining the necessary cash-flow. With six planets congregating in your solar twelfth house of seclusion during December, and with Saturn, your ruling planet, turning retrograde on the 5th, being home for the holidays may seem like a great idea. Tune in to your dreams and meditations now for intuitive promptings and guidance in clarifying the next phase of your life. Indeed, your nocturnal reveries could be especially colorful and vivid now, and perhaps prophetic, so be sure to keep a notepad or tape recorder beside your bed to preserve these potentially valuable insights. In January your energy levels increase and you’re ready to mix and mingle. When assertive Mars crosses your solar ascendant into Capricorn on the 16th, fresh challenges seem especially appealing.

**AQUARIUS** (January 19—February 18)

Your prospects of becoming involved with an exciting creative project are bright indeed during December, one that could set you up for great accomplishments and success in the future. Six planets will occupy your solar eleventh house this month, and you may feel like you’re truly in your element. The promise of a financial windfall is in the ethers, though you’d be wise not to count your chickens before they’ve hatched. Planning for the future excites you now. You also know that you can’t accomplish your objectives alone, and may enter into a formal partnership arrangement before this forecast period is over. Pay attention to your instincts and intuition in January, when valuable insights may be gleaned. Dreams, too, could be a rich source of guidance, so be sure to keep a journal or tape recorder by your bed to record your nocturnal reveries. Clearly define your hopes and wishes for the future, as your powers of manifestation are strong now.

**PISCES** (February 18—March 20)

Recent plans to expand your horizons to include new and more lucrative ventures could begin to bear fruit in the near future. Although Pisces natives are not known for being especially assertive, there’s a side of your ephemeral nature that thrives in the limelight. With six planets making appearances in your solar tenth house of career during December your potential for success in your professional endeavors is remarkably good. A new professional partnership or alliance looks likely in the weeks following the Sagittarius new moon (20th), or perhaps an existing relationship will become formalized. Your teaching and leadership skills could be much in demand now, and for much of the year ahead. It may be your particular uniqueness that helps to get you noticed, so play to and plan around your strengths. Take some time out for visioneering in January, when your intuition and instincts are sharp.

Tim Gunn is an astrological consultant, conference coordinator and producer, new age market and speaker consultant to the entertainment industry, and formerly program director of the national Whole Life Expos.

Tim prepares personalized no-nonsense interpretations of Natal Horoscopes ($40), Future Forecast Transit Reports ($75 for 1 full year), and Relationship Compatibility Reports ($45). Shipping is free. Send: Name (as you’d like it to appear on the chart), Date of Birth, Time (as close as possible), Place of Birth (city/country, etc.) for each person, and your return address, phone# and check to: Tim Gunn, c/o 75 Scotland Road, Newbury, MA 01951. (310) 281-7882.
"The Secret" Is Out To The Spiritual Cinema Circle
For Profound Change In Your Life And World

The Secret, says author and international speaker Bob Proctor in the film, “is the law of attraction. Everything that’s coming into your life you are attracting into your life. And it’s attracted to you by virtue of the images you’re holding in your mind.”

Proctor and others in the film explain that when you think of positive things that you want, and focus on them intently, then like a magnet, you will attract those good things you desire in health, wealth, happiness and relationships.

Producers of The Secret have received thousands of testimonials as a result of viewers applying these principles to their lives. The Secret book will expand on that success with a release to a global audience.

The Secret reveals amazing real life stories and testimonials of people who have changed their lives in profound ways. By applying The Secret, twenty-four great leaders and thinkers of our time present instances of eradicating disease, acquiring massive wealth, overcoming obstacles and achieving what many would regard as impossible.

The roster of teachers in the film include scientists, inventors, psychologists, business people, doctors, theologians, economists, best selling authors and philosophers including Jack Canfield, Bob Proctor, Rev. Michael Bernard Beckwith, John Assaraf, Dr. John Gray, Lisa Nichols and Dr. Joe Vitale—all people who have gained insight about this profound yet simple secret. They explain The Secret and its application in various areas of life, from health and wealth to career and relationships.

The Spiritual Cinema Circle, America’s fastest growing DVD club specializing in uplifting and inspiring films, is thrilled to offer their members The Secret as part of their December DVD collection along with three short films. For a limited time, as a special offer for the month of December, new subscribers to The Circle can receive a free trial membership (you pay just $4.95 shipping) by visiting: www.spiritualcinemacircle.com/secret or by calling: (800) 566-0129.

In 2007, SCC subscribers will also be receiving the full-length feature film Conversations With God starring Henry Czerny as Neale Donald Walsch in this incredible true journey of transformation.

The Spiritual Cinema Circle, which acquires shorts, documentaries and features from film festivals around the world, strives to deliver films that open the heart, expand the mind and stir the soul. Each month subscribers pay $21 and receive four films (or more) on DVD that is theirs to keep. With subscribers in more than seventy countries, The Circle aspires to serve movie lovers and the ninety million Americans who claim to be “spiritual” but not “religious.” Co-founded by veteran Hollywood producer Stephen Simon (Somewhere In Time, What Dreams May Come, Conversations With God), The Circle is committed to “entertaining people with movies that make you feel better about being a human being,” explains Simon.

The Spiritual Cinema Circle is the pioneer in subscription-based home entertainment for the Spiritual Cinema audience. The Spiritual Cinema Circle, a wholly-owned subsidiary of Spiritual Cinema, Inc., specializes in distributing spiritually-themed films that until now have gone virtually unappreciated and unseen. Spiritual Cinema is filmed entertainment that inspires and celebrates every aspect of the human spirit.

For more information visit: www.spiritualcinemacircle.com/earthstar.
all over the world, from Brazil to Ghana, West Africa to London, Paris, New York, Toronto and many places in between. Once people experience The Secret, they want to share it with loved ones…they keep spreading it.

“The Secret has been a very magical project every step of the way that continues to change lives and connect all the right people,” adds Byrne. “We did not know any of the teachers before we began working on the film. Many flew great distances for the filming…and all were chosen in a divine plan and through the law of attraction. Each teacher a selection of perfection.”

The message behind The Secret—that you can think your way to a cure—is one of the more confronting ones in the film. But Byrne, whose financial problems have been solved by The Secret, says she hasn’t received any adverse reaction. On the contrary, she has been inundated with emails from people who have used the message to improve relationships, finances and well-being.

“The Secret is just information,” she says. “You’re using it every moment of your life, even if you don’t know what it is.”

The Secret 2: The Next Step, is scheduled to go into production in January for release in August 2007. Byrne has turned down Hollywood offers and is filming the sequel herself. She and her entire Secret team will continue to use The Secret to make this and other future related media projects in harmony with the same pure intent and vision of the original production.

Rhonda Byrne is the author, creator and executive producer of The Secret. Go to www.thesecret.tv for more information.

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Asia’s Original Superfood - Goji Berries
Goji berries (also known as Gou-Qi-Zi and Wolfberries) have been revered in Asia for their youth preserving, health protective, strengthening and mood elevating properties. It is considered more than a mere fruit — it is regarded as one of the elite tonic herbs in the world — a Superfood.

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- **Potent immune-potentiator** — it significantly improves immune functions, thus providing resistance to a wide range of diseases.
- **Anti-Aging** — prevents or mitigates premature aging in many ways. In studies it has been found to protect our DNA from breaking down.
- **Physically strengthening** — it helps build muscle, reduce fat and increase both physical and mental energy in those you consume it regularly.
- **Protects our vision** — the orange pigment in the goji berry contain zeaxanthin, a powerful antioxidant that helps the liver and eyes.
- **Helps with cholesterol and chronic inflammation** — it has regulating effects on our cholesterol levels and reduces inflammation throughout the body.
- **Beauty Food** — it helps prevent drying and wrinkling. The goji berry is rich in phospholipids, the main lipid component of all cell membranes. Asian women are particularly fond of the influence goji berries have on their skin.
- **Helps the body regulate sugar** — it is beneficial to those who have sugar related problems. It has alkaline qualities not acidic.

“Happy Fruit” — goji berries are known as “Happy Fruit” in China. Studies have shown that consumption of goji berries for several months significantly enhances people’s moods.

If you would like more comprehensive information about goji berry juice, or to order please visit: www.dramy.freelife.com or email: DrAmy@tranquilS.com

Attention: This product is not intended to diagnose, treat, cure or prevent any disease.
According to the National Institute of Allergy and Infectious Diseases, there are an estimated one billion cases of the common cold annually, and as many as twenty percent of Americans contract influenza each year. As many people know, and science has proven, the immune system plays a crucial role in providing protection against the effects of bacteria and viruses.

First-of-its-Kind

ImmunExtra™ is the first supplement that contains ProLigna™, a patented botanical compound developed from pine cone extract. For hundreds of years the Japanese have used pine cones as a natural remedy. ProLigna™ was developed at the Tampa Bay Research Institute. For the past fifteen years, Dr. Akiko Tanaka, a renowned scientist, has led the team that discovered ProLigna™. Her interest in this ingredient was a result of growing up in Japan where she saw pine cone extract used by her family and community. The Tampa Bay Research Institute is known as being Florida’s first independent biomedical research institute and has trained more than eighty doctoral and post-doctoral scientists.

“We are pleased to bring ImmunExtra™ to market just in time for winter,” said Frank Tufaro, Ph.D., CEO of Allera Health Products, Inc. “ImmunExtra™ optimizes immune system activity and can be taken every day. It is the next generation supplement for the immune system.”

Consumer interest in nutritional supplements is widespread; approximately eighty-five percent of the general population used some type of nutritional supplement in the past year, and more than fifty-nine percent used them on a daily basis, according to a study by the Natural Marketing Institute. ProLigna™ is a new compound that is exclusive to ImmunExtra™.

All-Natural

ImmunExtra™ is manufactured from all-natural ingredients. Allera uses pine cones that are recognized by the Food and Drug Administration as a safe ingredient. They are harvested from the forests of Minnesota and Wisconsin. ImmunExtra™ is manufactured in a National Sanitation Foundation certified facility that uses Good Manufacturing Practices to ensure product quality and consistency. ImmunExtra™ does not contain animal products or allergens such as yeast, dairy, eggs, gluten, soy or wheat, artificial preservatives, colors or flavors. Allera uses vegetable sourced capsules that are acceptable to vegetarians.

ImmunExtra™ will initially be sold direct to consumers via www.immunextra.com and by phone at 1-888-IMMUNE-8 (Promo code: ESM1Y6). A bottle of sixty capsules sells for $39.95. The recommended dosage is one capsule per day.

About Allera Health Products, Inc.

Allera Health Products, Inc., of St. Petersburg, Fla., is a biotechnology company that develops specialty supplements that enhance the immune system and drugs that help fight illness and disease. The company holds the exclusive license for ProLigna™ the patented compound in ImmunExtra™, which was developed by the Tampa Bay Research Institute over the course of fifteen years of rigorous research. Allera’s products are developed and produced in the United States, in facilities certified by the National Sanitation Foundation. These facilities employ Good Manufacturing Practices to ensure product quality and consistency.

For more information, please visit: www.immunextra.com.
Maintaining Optimal Skin Health & Mental Performance

By Dr. Wayne Diamond, N.D.

For the past twenty-two years, I have combined natural medicine and psychotherapy to support overall health in my patients.

One area of medicine that has always interested me is how skin health is directly related to what we put into our bodies. This is how I came to do extensive research in this area.

The interconnectedness of stress, our food, the environment and our emotional state can manifest itself in conditions of the skin.

Skin is the largest bodily organ. It’s a perfect mirror of good or poor health. Every thought or emotional state affects the skin in some way. The brain and all the networks of nerves in the body are directly interconnected. For example, a strong emotional upset, for the time that it exists, interferes with how the immune system needs to support the skin to prevent various kinds of skin outbreaks, such as acne, herpes, rosacea, eczema and psoriasis.

Everything that we eat also affects the skin, both positively or negatively.

Pollution in the environment can affect the toxins in the air, food and water, which in turn affect the skin health.

How our skin appears affects our self-esteem. On the surface, it may appear to be quite difficult to control all of these elements, but actually it is possible. One area that can be easily controlled relates to diet. It is vital to understand that the skin heals fastest with a low acid diet. Controlling the pH level is one of the vital keys to maintaining healthy skin and the overall health of the body. This is because high acid levels in the body constrict blood flow. Thus, interfering with proper circulation and digestion by inhibiting digestive enzymes, the immune system and even brain function. The brain needs chemical and neurological balance to optimally function. When not in balance it cannot send the right messages to all parts of the body. Some form of breakdown will eventually occur.

Stress is another issue, which can affect the skin, body and even mental function. Stress is emotions which have been internalized by not properly expressing feeling in times of conflict. Some examples might be feelings of loss, rejection or just not being where you want to be in your life.

On a mind & body level stress can inhibit all that we are. On a psychological level there are many tools to deal with fear. Managing stress is one approach to skin and mental health.

Three of the natural formulas of Dr. Wayne Diamond, N.D. — Herpanacine®, Healthy Horizons® and DiamondMIND®—have been recommended eighteen times by Dr. James and Phyllis Balch in their definitive natural health reference book Prescription For Nutritional Healing and by Dr. Linda Page in the reference book Heal Thy Healing. The books, which have been called the Bibles of the Health Food Industry, are natural medicine staples.

Herpanacine Skin Support System was formulated to cleanse the skin layers, draw out toxins in the blood and liver, balance the body chemistry and most importantly build the immune system to support the body to fight fliture outbreaks.

Health Horizons is the one step solution to provide your body with all essential vitamins, antioxidants and stress fighters, to make up for what we don’t get in our food because of toxins and depletion of the environment.

For the mind there is Diamond MIND with important brain nutrients to help you think clearly, improve memory and strengthen your ability to focus while providing mental stamina. A perfect blend of neurotransmitters, amino acids, vitamins and herbs.

For more information about these and other formulas by Dr. Diamond, call (888) 467-4200 and ask for Dept. ES7.

WHAT IF OUR GRANDMOTHERS RAN THE WORLD?
Thirteen indigenous women elders are joining together to help guide humanity away from violence and destruction.

In a magical valley, protected by the ancient spirits of the towering Catskill Mountains, a sacred fire was lit.

The flame that kindled the sacred fire was originally ignited in 1986, just outside the United Nations Building by Chief Shenandoah of the Iroquois Nation. He rubbed two sticks together to create a spark, then lit a torch for peace in the International Year of Peace. That morning, in the gleaming sunlight of a beautiful sunrise, the UN building shone like the envisioned “Great Hall of Mica” spoken of in Hopi prophecy for over a thousand years. A message was to be delivered at an amazing shining place at the time of the “Great Turning,” in hopes of ushering in a millennium of peace in the world. The Hopi knew the times described in the prophecy had come.

Through extraordinary cooperation, the peace torch traveled from the Great Hall of Mica around the world through sixty-two countries in eighty-six days. During the flame’s miraculous journey, it was borne by thousands of runners and witnessed by millions of people, including many world leaders. When the torch returned to the United Nations, there were incredible stories about the powerful alchemical nature of the fire. Afterward, the flame was brought to the altar of the holy Santuario do Chimayo in New Mexico, where it has since been kept burning.

In October 2004 this sacred fire traveled to the hallowed land of the Iroquois.

Surrounded by golden woods and in the cool, still air of a mid-October evening, the flame initiated an unprecedented and historic gathering of thirteen indigenous Grandmothers from around the world, keepers of their tribes’ teachings from original times. The Grandmothers had come to fulfill another ancient prophecy, known by many of the world’s indigenous tribes: “When the Grandmothers from the four directions speak, a new time is coming.”

The council, which had been spoken of in prophecy and seen in visions since time immemorial, finally emerged in the aftermath of 9/11. The Grandmothers’ participation in the council had been foretold to each of the Grandmothers in different ways. When they were very young, a few of the Grandmothers had been told by their grandmothers that this was their destiny. All of the Grandmothers had been invited long ago, in a time before time as we know it, to meet at the time of the Great Turning to become a force for peace in the world. Prophecy revealed to each one that they must now share even their most secret and sacred ways with the very people who have been their oppressors, as the survival of humanity, if not the entire planet, is at stake.

The urgency of the world’s situation requires a global response. The Grandmothers, living legends among their people, represent tribes from the Arctic Circle; North, South, and Central America; Africa; Tibet; and Nepal. As the wise women, curanderas, shamans, and healers of their tribes, they were bringing to the council new visions and new prophecies for humanity, their tribes’ rich and varied sources of wisdom, and each tribe’s unique and secret teachings for living within the Divine Order of all things.

Until recent history, in every part of the world communities of indigenous peoples functioned as if one with their particular environment. As a result, the many tribes of this earth mirrored the lands of their origins and thus revealed the great diversity inherent in humanity. The unique culture of each of the thousands of indigenous tribes evolved from their necessary participation with the animals, plants, and the climate of the land on which they lived. Traditions, rituals, stories, art, and music were created that were as specific to their place on Earth as the flowers and trees found there. This is why indigenous peoples say that if their connection to the land is gone, as has happened to most Native Americans, they are no longer who they were.

Because of their absolute dependence on nature, indigenous peoples held that all of life was sacred. They did not see themselves as separate from nature or the cosmos, the Grandmothers tell us. So what was done to the Earth and the inhabitants of the Earth was also done to themselves. Everything was a part of the One. The animals and plants of Earth were never objectified. The objectification of nature opens the door for mistreatment and a lack of respect. As Joseph Campbell, in his PBS series with Bill Moyers, has pointed out, “The ego that sees things as a thou is not the same as one seeing things as an it.”

In many traditional societies, women elders were the ones who were looked up to as guardians to watch over the physical and spiritual survival of the family and also the tribe. They became the keepers of the teachings and rituals that allowed the tribe to flourish, and they upheld the social order. In many of the tribes around the world, including the great Iroquois Nation (whose constitution inspired the United States Constitution), a Council of Grandmothers was always consulted before any major decision was made, including the decision of whether or not to go to war.

Indigenous peoples lived in a communal system that was based on reciprocity—everyone sharing what they had and everyone taking care of everyone else. There was no hoarding, thus no one in the tribe ever went without and all prospered equally. Food brought back by the hunters was for the whole tribe. If one hunter was particularly skilled or successful, there was no concept of keeping more for himself as a result. Instead, he was given a place of honor in the tribe.

Since there was no perception of scarcity, except what the whole tribe experienced, there was no need for excessive accumulation of personal holdings. The tribes knew what they needed to do to sustain themselves sufficiently. Most had learned that sharing and transferring increased the value of what was given, and accumulation beyond the point of enough actually stopped the flow of resources. When everyone benefited, the individual benefited more.

The Grandmothers know there has been an undeniable corruption of humanity’s spirit. The global human family, a macrocosm of the tribal system, is lost in confusion and sickness. We are disconnected from ourselves and from the planet that nurtures us, body and soul. Violence and war have bred hunger, poverty, loss of culture, and a lack of understanding concerning basic human rights. Our waters, the blood of our
Mother Earth, are often too polluted to drink, the air in some places too polluted to breathe. Do we really want it this way for ourselves, for future generations, they ask? We have lost the most fundamental teaching: that all life is sacred, all life is One. The Grandmothers say we must wake up from our trance before the Earth begins shaking.

Prophecies of each of the Grandmothers’ traditions state that we are entering the Purification Times. The purification process is a natural cleansing of all the accumulated negativity caused by being materially instead of spiritually oriented. All of life must be honored and protected again, allowed its natural source of shelter and nourishment. Since all of life is connected, the Grandmothers believe that healing, quality of life, and spiritual evolvement are never separate from politics and consciousness.

The Grandmothers believe that each part of the world holds wisdom, a key to reigniting humanity’s pure spark. The thirteen Grandmothers came in council to mingle and fuse prayers, rituals, and ceremonies to create global healing and forge an alliance creating one voice. They speak of ways of bringing about sustainability, sovereignty, and a unified alliance among all the Earth’s people in the interest of life and peace.

By applying their ancient, indigenous ways of seeing and being to all the major issues of today, the Grandmothers hope to change the direction of the world and ensure eventual peace and prosperity for all the following generations. These spiritual leaders—shamans, medicine women, and channelers of sacred energy—address the essential elements in creating a healthy future: how to heal families, how to end war, the proper relationship between men and women, integrating traditional and indigenous medicine, maintaining the Earth’s balance, and bringing forth the collective power of wise women by deepening our relationship with the feminine.

Through sharing their visions, prophecies, and ancient healing and nur-
uring ways, the Grandmothers hope to inspire others to more consciously partake in the unfolding of Creation. As carriers of their tribes’ traditions, all these women elders are powerful; they are fierce in the best sense. Their deep knowledge and reverence make them poets of life and great storytellers. Even sitting within the potency of their silence, much is transmitted. Their myths and stories, their ways of explaining archetypes reveal multiple windows into the heart and psyche.

Another ancient Hopi prophecy, shared by many tribes, tells of the beginning of the world, when the Creator created four races of four colors, each assigned a task that together would ensure a world where all life was held in one sacred circle. The native peoples, the red people, were entrusted with the guardianship of the Earth, the teachings of the plants, foods, and healing herbs. The yellow race carried the knowledge of air, of spiritual advancement through knowledge of the sky, wind, and breath. The black people were given knowledge of water, the most adaptive and yet most powerful of the elements; this knowledge is connected to the depths of human emotion. The white people were given the knowledge of fire, which creates, consumes, and moves.

Breath, blood, and bones—at the most basic level not much distinguishes us one from the other. We all meet in the same place, the Grandmothers remind us. The Hopi prophecy states that not until all four races of humanity come together will there be true peace. Until now, the red race, the native peoples with their Earth-based wisdom, have been excluded from the world’s discourse. The Grandmothers helped to fulfill the Hopi prophecy, as all four races with their unique teachings came together for the first time in all of history to find a way to create a better world. They met with Western women elders from all walks of life, hoping to reconnect with the principles that allowed the planet to flourish for many thousands of years. They all came to the land of the Iroquois, a land of pristine rivers and ancient mountains, from many different countries but with one heart.

The sacred fire would burn for seven days. As the Grandmothers approached the fire with their offerings, some were silent as they prayed, some sang, some walked slowly around the fire circle, pausing at the four directions. When Agnes Baker Pilgrim, the oldest living member of her tribe, the Rogue River (the Takelma Siletz) Indians of southern Oregon (and as the oldest Grandmother, the chosen spokesperson), circled the fire, the wind suddenly came up and swirled around the Grandmothers. Not one leaf on the surrounding trees even slightly stirred. “The Grandmothers from the other side are here,” Grandmother Agnes said, not at all surprised but deeply humbled. “They give their blessing.”
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We have all heard that subconscious patterns are the root of our limitations and that if we can change those patterns our quality of life improves. Without a doubt that is true. Yet, thousands of highly skilled students of growth still find themselves trapped in the cycle of two steps forward one step back.

Our brain comprises two hemispheres, connected by the corpus callosum and the brain stem housing our primitive brain. The left hemisphere (LH) and the right hemisphere (RH) both contain sensory, motor and association areas, except for certain functions the two hemispheres are asymmetrical.

Our thoughts create patterns of electrical energy that cause neurotransmitters, hormones, and chemicals to be released in the body and our bodies respond. We experience this physical translation of our thoughts to our bodies as emotions. When the anxiety response is activated the flow of neurological information and the flow of blood throughout the body are disrupted.

Under stress, energy for the brain areas of higher function are blocked, communication between the left and right hemispheres breaks down and conscious sensory input through eyes and ears diminish. At this point the survival state is activated and everything is hard to accomplish because communication between hemispheres is slowed or stopped.

The autonomic nervous system (ANS) can be divided into the sympathetic and the parasympathetic nervous systems. When the parasympathetic nervous system is active we are relaxed, our heart rate is calm and steady, and our breathing is slow and deep. On the other hand, when the sympathetic nervous system is active our body prepares for an emergency, and the “fight or flight” response is in effect, our heartbeat is fast and strong, and our breathing is shallow and rapid. Anxiety response symptoms can be present.

Blood flow patterns, which are an indication of neural activity, are dynamic. They change depending on our physiological and psychological conditions. In a sympathetic, anxious state, our blood flow and neural activity are increased to the large skeletal muscles and the heart. Consequently, in sympathetic overdrive, when we’re experiencing panic and fear, and thinking clearly becomes extremely difficult. The primitive brain says: “You don’t need to think, you need to run!”

There are tens of millions of differing neural connections to the brain. Each has a task. All these tasks merge to create a complete cognitive mechanism. Since all lobes of the brain are interconnected, none stands alone and each compensates for the others.

When we are functioning at our best, the brain and body functions well together, sending and receiving messages while keeping the entire organism in a state well connected for being present at whatever is tak-
ing place in our lives. In other words we are in Flow.

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NeuroShift is a gentle, powerful means for expanding and amplifying life experience by reversing the restrictive, cumulative effect of negative judgments and emotional imbalance. It is a simple technique that enables the quick release of old patterns and deep fears that holding back or limit, allowing an accelerated personal growth through new directions in life.

NeuroShift activates the choice factors all growth systems strive for, but which often seems just beyond your reach. The process itself is unique as it acts to inhibit the flight/fight area of the brain and activate a balance or shift to a neutral emotional state from which choice is available to re-code unpleasant memories with the wisdom of life experience. It is easy to learn and taught in a one-day experiential workshop format, offering an opportunity to identify experiences to restructure to create a more harmonious flow to life.

“I’m feeling really great. The process helped me to clear blocks I was not even aware of. Now I have the energy to do what I wanted to do.... I now have a calm stillness. When I (shifted) I felt a flow with all life. I don’t have to push and pull but just BE.” — Judy S., Boston

“Now, all those negative feelings and beliefs seem silly because I know none of it was really true. I’m feeling calm and quiet and wonderful.” — Vicki L., Dallas, TX

“I feel like I really became my ‘true’ self, centered and feeling like I belong.” — Judy V.


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Addiction affects all of us in some way. If it’s not us personally, it’s a family member, or a friend or a co-worker. For those addicted, even the thought of living without their friend and foe provokes feelings of being alone, vulnerable and empty; the hollow void that their problem can never fill, but they try to fill falsely, is killing their quality of life and sometimes them in the process. As time marches on, they become devoid and numb to the happiness, self-respect, and peace that is bypassed.

Many addicted people delude themselves and rationalize that their problem shields them from life’s harshness, sorrow, problems, and stress; these false belief patterns only fuel their habit’s continuum, perpetuating a vicious cycle that becomes a negative labyrinth of self-destruction. Of course, an addiction does not make one less accountable or susceptible or protect them in any way, but many try to convince themselves otherwise and live in a state of self-denial and delusion.

The fear of failing, pain and withdrawal, being hospitalized or in a facility, or attending a lifetime of meetings, can fuel overwhelming feelings and produce enough anxiety that one decides not to try to commit to any of the known options. Thus, taking any action becomes a decision for tomorrow and not today, or tomorrow’s promise.

Whatever the reason, people need to understand that there is a complete and effective solution that removes all the fears and uncertainty of an addiction-free life. The process removes the problem from its root system, thus all its contributors with virtually no pain or withdrawals, nor any meetings, hospitalization, drugs or downtime. This groundbreaking...
process was developed by one of the world’s foremost healers of addictions, Rhonda Lenair; her work yields unprecedented results while replacing and antiquating other known therapies.

Rhonda Lenair is a pioneer in the field of energy medicine and a gifted ‘healer of addictions’. She has developed a new paradigm that quickly and efficiently resolves addictions and related issues, seemingly effortlessly. In 1987 she established The Lenair Healing Center and since then has seen well over 30,000 clients for a wide array of problems, both addictive and non-addictive. Also recognized as a highly skilled medical intuitive, Lenair has been compared to the great ‘Sleeping Prophet’ Edgar Cayce. People from around the world seek her assistance for either in-office or telephone consultation work.

Her method in eliminating addictions, particularly alcoholism, yields impressive results: her clients report their outcomes as being miraculous. They lose all physical, psychological, and all other cravings, desires and contributors that caused them to engage in their addictive behavior. They re-enter their new life free of addictive encumbrances, labels, stigmas, and disease-oriented associations.

As an example, Kathy Gramsky, a nurse from Newark, Delaware, states, “I had been fighting alcoholism and its destructive impact on my life for over 21 years. I had tried AA, rehab and various other forms of treatment with no success. After the first treatment with Rhonda my craving for alcohol disappeared completely. I haven’t had, nor wanted to have, a drink since. I am in control of my life again. I don’t know how she does it but the effect was immediate and I expect permanent. Rhonda is a gifted healer and I am thankful that she has shared her gift with me.” Another client said of this process, “Your treatment was the beginning of what continues to be profound changes in my life. The effect of your therapy was instantaneous and absolute. This reality is a continuing source of wonder to me, and this amazing result has solidified my hard-to-come-by faith in forces we cannot see, and perhaps never will be able to quantify.”

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They rehear themselves through Rhonda’s echo of their inner knowing, not thinking self. Her work eases clients into their perfect metamorphosed state _ not a trance, hypnosis, beta field or biofeedback state _ but to a state where their higher, expansive consciousness flows, presides, and reunites with their greatest self _ their unnamed, unframed (by body) being.

Lenair explains that, in the simplest of terms, what she accomplishes for her client is complete problem resolution by detecting and correcting frequencies. The ‘medical intuitive’ is the detection part of the work - a mass identification analysis that bioelectrically tracks what lights up on their ‘systemic screen’ and is ripe for them to hear - their inner voice through Lenair’s voice. Her hands-on work both detects and corrects frequencies. This aspect of the work frees a person to transcend their physical being and return when the process is over, healed of their problem.

What Lenair is subject to when working with a client are multi-dimensional episodes that relate to and/or depict causes and solutions to health and other related issues. The telepathic view and deep comprehension of all a client’s triggers and their origins are depicted and elucidated. Lenair need not probe nor interpret their information; hers is a non-intrusive process of wonderment and offers deep self-connection. She extends far beyond a client’s physical limits that achieve truly miraculous outcomes.

Through this process there is a self-initiated reprogramming and reconfiguring of self; it is achieved through a cycle of re-synthesis and reformulation. Lenair states, “Streamline velocity of self is a pure truth, self-regulatory process that moves someone through their problem and known existence encompassing birth, sometimes prior to it, and through their entire life until demise.”

Lenair’s work is dogma-free. She permeates flesh (i.e. the physical boundaries as we know them) thus is not weighed down and can travel to see the totality of what’s being viewed and needing inner correction through detection.

A Non 12-Step, Non-Psychotherapy Approach
Many people will attempt a 12-step program to address their addictive problems and many others will go through some form of psychotherapy. Unlike in psychotherapy, the information source is not the client’s written or spoken word but their non-verbal, non-physical expressions. Lenair does not need or want to know any history or background about the client prior to interfacing with them; she wants to enter their pure truth, not their written, stated, or explained truth, as this can obscure or color the know-
ing information from their own internal source or self … where all knowledge exists and problems and solutions co-exist.

Through this modality, the client does not ‘work out’ their problem through talk therapy; it is ‘worked out’ for them by their consciousness’ re-heard truth and the voice of all consciousness through the verbal sound of Lenair. Lenair’s spoken voice is a reiteration of self(s); a validation of the ‘knowing’ self, not the thinking self (mind). This is the essence of Lenair’s healing. By hearing these truths and moving through their truth, the problem is obliterated.

According to another client, Norm McIver of Belmont, Massachusetts, “I sought out Rhonda Lenair a few years ago to treat my alcoholism and my visits with her have had a profound influence on my life. As of this day, April 11, 2000, I have not had a drink or a craving for one, for 8 years. I drank hard for 15 years and had ferocious, incessant cravings for alcohol. Rhonda lifted this terrible burden and I am now free of this ruinous addiction. Since seeing Rhonda, I am a transformed man.”

Some Professional Views
Dr. Hyla Cass is one of the country’s foremost authorities on the subject of integrative medicine, and author of several books in the field including “Natural Highs” and “8 Weeks to Vibrant Health.” An Assistant Clinical Professor of Psychiatry at UCLA School of Medicine, she has incorporated nutrition and natural health techniques into her clinical practice for more than twenty years.

She agrees that Rhonda’s hands-on healing work is remarkable in its ability to eliminate alcoholism. “Rhonda is a “doctor of energy medicine,” encompassing all areas/branches of medicine.

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Recent advances in understanding the origins of attention deficit hyperactivity disorder (ADHD) may allow symptoms to be managed with nutritional therapy and without the adverse side effects of commonly prescribed stimulant drugs such as Ritalin®. Essential fatty acids, B vitamins, choline, phosphatidylserine, amino acids, zinc, and herbal extracts all show promise in managing symptoms of ADHD.

Understanding ADHD

In the past, children’s discipline problems, poor grades, and roughhousing with playmates might be dismissed as “rambunctious behavior.” The growing trend today, however, is to label increasing numbers of children—and even adults—with the psychiatric diagnosis of attention deficit hyperactivity disorder, or ADHD.

At least 3-10% of children and 1-6% of adults in the US have been diagnosed with ADHD. Boys diagnosed with ADHD outnumber girls by a ratio of three to one. Symptoms of ADHD include an inability to concentrate or complete tasks, hyperactivity, compulsive or impulsive behavior, temper flares and mood swings, problems with short-term memory and learning, clumsiness, and distorted perception of time.

ADHD affects school performance, social adjustment, and the likelihood of cigarette smoking and substance abuse. In a follow-up study of fifty-five young adults at the age of twenty-two who were diagnosed with ADHD at the age of seven, 58% had poor outcomes, including antisocial personality, alcohol abuse, criminal record, reading disorders, and low educational level. “Childhood ADHD . . . appears to be a most important predictor of poor psychosocial functioning in early adulthood,” the investigators concluded. “It would seem appropriate to screen for such disorders in schools and clinics so that therapies may be started early.”

By Laurie Barclay, M.D.
Although conventional pharmacological treatment of ADHD with stimulant drugs reduces symptoms of inattentiveness and hyperactivity, the most commonly prescribed, amphetamine-like drugs such as Ritalin® (methylphenidate) have the potential for addiction, growth suppression, and other serious complications.

In a study of more than 200,000 preschoolers in three different health care settings, about 12% were prescribed stimulant drugs, and 90% of these prescriptions were for Ritalin®. Even more frightening, from 1991 to 1995, the use of Ritalin® tripled in two- through four-year-olds, and by 1997, two million US children were being treated with stimulants.

**Nutrients Show Promise**

Fortunately, recent advances in understanding the biochemical and neurophysiological roots of ADHD may allow these symptoms to be managed with nutritional therapy, without the adverse side effects of stimulants. Particularly promising are essential fatty acids, B vitamins, choline, phosphatidylserine, amino acids, acetyl-L-carnitine, zinc, and herbal nutrients that improve brain circulation. Because of the numerous and potentially adverse consequences of ADHD if left untreated, nutritional supplementation should be started as soon as possible.

In a recent study, twenty children diagnosed with ADHD were treated with either Ritalin® or food supplements containing a mix of vitamins, minerals, phytonutrients, amino acids, essential fatty acids, phospholipids, and probiotics targeting biochemical risk factors for ADHD. Following treatment, both groups of children recorded similar and significant improvements on psychological tests. The results offer support for the effectiveness of food supplements in improving attention and self-control in children with ADHD, and suggest that food supplements may be as effective as Ritalin® in treating ADHD.

“I have worked with ADHD for over thirty years, which has allowed me exposure to a range of treatments,” says study coauthor Richard Judah, Ph.D. “For many years, I was skeptical about nutritional supplementation as an effective way of addressing problems of inattention, distractibility, and motor-impulse control.”

Dr. Judah, a psychologist at Vermont College in Brattleboro, adds, however, “I have come to the conclusion that the natural approach can indeed be effective in reducing the symptoms of ADHD. The biggest challenge in providing support for good supplementation to alleviate the condition involves establishing good research protocols to prove and quantify that it works.”

**Disconnects in the Neural Network**

To be able to detect, discriminate, and respond appropriately to the barrage of sensory information encountered in everyday life, the neural network underlying attention must be intact and functioning properly. Just as severing phone lines and computer cables can significantly affect communication capability, disrupting nerve connections can affect communication in the human brain.

Sophisticated brain-imaging techniques, such as magnetic resonance imaging (MRI) and functional imaging, reveal abnormalities in ADHD patients. These abnormalities involve both the gray matter and white matter of the brain.

In the gray matter, tests show that blood flow and energy use are decreased in much the same areas that show anatomical abnormalities—namely, the prefrontal cortex and striatum. Structural deficits of the white matter are also apparent and may represent breakdown of the protective myelin coating of nerve fibers, which could decrease communication speed. These studies also show impaired regulation of neurotransmitters used by nerve cells to communicate with each other, including the catecholamine system, which is crucial to maintaining attention.

Other studies of children with ADHD support the hypothesis that impaired catecholamine regulation is involved in the development of ADHD. This “fight-or-flight” system, which also involves the adrenal
Good vision is much more than reading the small letters on an eye chart. It allows us to connect with our environment and gain meaning and understanding. It calls for the eyes to have full range of movement; to be able to follow or track something smoothly; to be able to work well together as a team and comfortably shift focus from distance to near and near to distance. When all these skills come together we experience easy, clear vision with good depth perception. When any of these skills is not working well we may suffer from blurry vision, headaches, eye strain or fatigue and our ability to connect to and comprehend the world is diminished.

We start developing visual skills the moment we open our eyes. These skills build on each other in a progressive way. If there is an interruption like an illness or stressor during our development, some of the skills may not fully mature. As we grow we often manage to compensate in some way. Later in life those visual compensations may break down resulting in some of the symptoms listed above.

The first skill is full range of eye movement. When we are born we connect with our caregiver and watch the activities around us. We can’t sit up and move our head, so it is the eyes that move. In this way the full range of the ocular muscles are developed.

The habit of looking around like a baby is often curtailed as we age. We may be told to be less nosey or to look only at the teacher as he or she speaks. If we wear glasses, we cannot see clearly unless we look through the center of the lenses, so we will turn our head rather than move our eyes. If we spend hours in a cubicle working at the computer or studying, our peripheral vision is cut off. The usual distractions that might prompt us to look around are reduced. As the range of motion of our eye muscles shrinks, so does the circulation to them and they stiffen. We will have healthier eyes if we maintain the full breadth of these natural movements.

Here is a simple practice which I call Yoga Eye Stretches. Please go very carefully and slowly as you move your eyes. If you go too far too fast you may strain and give yourself a headache. First remove your glasses (and contacts if convenient.) Sit with your spine erect or lie down flat on the floor. Slowly look up towards the top of your head as far as you can without strain. Breathe, relax and hold for ten seconds. Notice what you can see. If you feel some strain, back off and look a little lower. Then look all the way down towards your feet and hold for ten seconds, remembering to breathe easily. It’s OK to blink. Then return to the straight ahead position, close your eyes and rest. Notice which muscles you have just stretched and how they feel. When rested, repeat these simple stretches with the same care in the other directions of gaze by looking from side to side, up-right and down-left and then up-left and down-right, resting between each pair. Follow these movements by rotating your eyes slowly several times in each direction. Notice what you see as you go around and let your eyes move as smoothly as you can. Keep breathing and relaxing. Conclude by palming. (Cover your closed eyes with your cupped hands and resting. Do not let your hands touch your eyes.)

These stretches stimulate your brain as well as your eyes. I wonder what you’ll notice.

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The holiday season is one of the busiest times of year for seasonal illnesses ranging from stress-related colds, flus, bronchitis and pneumonia to anxiety, depression, gastrointestinal symptoms and heart complaints.

Here are a few suggestions for coping with Holiday Stress:

**Prioritize holiday activities**
To prevent becoming over committed, prioritize holiday activities, family meals and social events. A firm and compassionate “no” allows you to take care of yourself, if you are becoming overwhelmed by too many commitments.

**Take time for a relaxing conversation with a friend or family member**
Engage in fun, uplifting discussions and build up the positive energy around the cherished times you are about to share at with your family in holiday activities or vacations. Try not to focus on the stressors, but create win-win solutions so that everyone may enjoy the festivities.

**Spiritual time management – enjoy a 5 minute mind/spirit break every hour**
Making room in your day for prayer, meditation, rituals, sacred music and other ways to commune with the sacred as you understand it—can strengthen your spiritual immune system. Add some personal time every day to center and ground. The over stimulation created by the festivities do not allow for releasing the tension and sensory overload. Remove yourself from the high stimulation environment, close your eyes and imagine yourself in safe and relaxing place, like a sandy beach.

**Breath deeply**
Remember to inhale deeply throughout the day. Stress induced shallow breathing causes oxygen deprivation. Breathe deeply throughout the day to oxygenate the 50 to 100 trillion living cells in the body.

**Don’t bite of more than you can chew**
The endless overwhelming tasks from buying gifts to turning out a gourmet meal, when added to rich mix of interactions with friends, family and coworkers can lead to excessive amounts of stress. Gauge your stress threshold and stop before you become ill.

**Supplements for surviving extra stress**
L-theanine, a component of green tea, is an excellent supplement to promote relaxation. It can be blended synergistically with the botanicals valerian and passionflower for even greater effect. Alternatively, ashwaganda also works with L-theanine to
produce a sense of calm. B-Complex is necessary to support brain chemistry under stress responses. Remember to invest in a good immune support supplement.

**Controlling Seasonal Weight Gain**
When stressed we default to less than optimal dietary choices. Added to the wide array of unhealthy foods at holiday gatherings many people consume high glycemic foods that create havoc on blood sugar levels. Consider adding nutrients that support healthy blood sugar levels like goat’s rue, chromium, vanadium and cinnamon extract. Fiber also reduces the damage caused by high-refined carbohydrate meals. Rice Bran Proteins concentrate is effective in lowering glucose levels.

**Alcohol consumption**
When we consume too much alcohol a toxic byproduct called acetaldehyde is created. This byproduct is responsible for a hangover and a reduction in antioxidant levels. N-acetyl Cysteine (NAC) helps slows down this process, while Kudzu, another natural substance, has been shown to reduce alcohol intake.

Try **Goji Juice** as a healthy and soothing alternative to alcohol. The therapeutic effects of this little known goji berry are numerous and it has a pleasant taste. The Himalayan Goji Juice is so nutrient dense that it supplements the unhealthy high carbohydrate holiday diet.

**Laugh until your stomach hurts**
There is nothing like a good gut wrenching laugh to release stress and put things in perspective. Practice the natural healing powers of laughter with your loved ones and friends every day.

**Find the peace within**
Feel the love that pours out of your soul when you remember who you are. No matter what is happening around you - find that still space within, every day. Connect your body, mind and spirit to that place of peace.

Good health is more than just the absence of illness. It is a strong state of physical and emotional well-being, that acknowledges the importance and inseparability of mind, body and spirit relationships.

May you enjoy the special warmth and joy created by the holiday festivities. Remember to take all these wonderful blessings and gifts into the New Year and touch everyone you meet with the beauty of your soul.

Dr. Amy Thakurdas, N.D.
Here is no doubt that today more and more people are turning to integrative medicine and alternative modalities for their health concerns and disease prevention. This popular movement, winning one out of every two Americans as converts, may seem to some like a new idea or a “health revolution”. In reality, it is a return to a period in time, over 400 years ago, when health was seen from a more whole person, integrated and even spiritual perspective.

Until the early 1600’s, the realm of human health was believed to represent a person’s spiritual state. If one was healthy that meant they bore not demons. If one was sick, that meant they needed to purge sickness, which was seen as “possession” or a spiritual incorrectness that had to be remedied. The prevailing church of the day, ruled by the Vatican, exerted a huge influence over the medical community and how people viewed the cause and cure of their disease.

In 1612, physician Anton DeCarte, a powerful, influential physician and scientist, declared, “I think therefore I am”, stating that the mind and body were two separate, unrelated parts of a human being, and as such the study and treatment of the human being needed to be separated into the mind or spirit portion and the physical bodily portion. DeCarte led the political movement to separate the body from the soul, a separation in which he and his peers literally brokered a deal with the Vatican, which was reluctant to give up control over its flock. However, the “scientific revolution” was gripping the culture and the church knew it was prudent to agree. Thus, the division of mind and body began and the practice of medicine started down the slippery slope to where we find ourselves today.

Since this division set up a medical system that treated only physical health, it became considered, by the mass majority, that this form of medicine was the only legitimate form of healthcare. However, over the course of the past 50 years people have grown sicker and increasingly dissatisfied with the medical system. This led to an increase in the use of “untried” remedies and treatments, which offered success and often cures for varied ailments. These “alternative” treatments attempt to address the whole person rather than just the physical body. Because of the success of alternative treatments, and their resultant popularity, we are currently experiencing a renaissance of the “whole-person” body, mind and spirit approach to healing.

Today, thanks to the Internet, we have more information about every aspect of health than ever before. Still, there exists confusion between allopathic medicine and integrative medicine, how their treatment approaches differ and how one can discern what is right for their particular need or condition. By comparing and contrasting both approaches individuals can be empowered with information to make an educated decision about how they would like to address their personal healthcare and what forms of health care they would like to incorporate.

Often called modern medicine, conventional or traditional, allopathic medicine defines health as the absence of disease. The term comes from the Greek roots meaning “opposite” and “disease”, referring to a principle of curing a disease, disorder or problem by administering drugs or surgery that produce the opposite effect of the problem.

In allopathic medicine the main cause of illness is considered to be viruses or bacteria and scientific tests are used to diagnose before drugs or surgery are prescribed. Furthermore, the emphasis here is more on “attacking the problem”,
seen as an invader or enemy outside the self rather than exploring the cause and effect of the problem and working to identify what needs to be changed or altered to bring about the return of health.

On the opposite end of the spectrum, alternative, natural, complementary or holistic medicine practices approach the problem or condition from a focus of identifying what particular choices or behaviors the individual might be making that is leading to the expression of symptoms collectively called their “disease or diagnosis”.

In contrast, because integrative medicine bridges the gap between traditional and alternative medicine, an integrative physician or practitioner would evaluate not only the patient’s physical health, but also the other aspects of their life that may be influencing their health. Scientific evidence and ancient teachings have proven that there are multiple components to health that make up a whole person, therefore, illness cannot be cured or wellness realized without taking multiple aspects into account.

For example, a traditional allopathic approach to a sore throat could include a drug substance or over the counter aspirin and possibly a cough and sore throat medicine. The integrative medical practitioner, trained to stimulate the body’s natural healing potential, may well prescribe nutritional changes, herbs, aromatherapy, gargling with various natural extracts, vitamins, garlic, broths, vegetable or juice extracts, calcium sources or homeopathic remedies.

By looking at different patient situations we can see how traditional and integrative medicine differs in their approach. Patient A is a 35-year old male who is married with two children and works in a high stress job. He considers himself healthy however, despite working out fairly regularly and eating healthy, he is constantly tired and has trouble sleeping at night. Patient B is a 50-year old single stay-at-home mom who is raising a young son. She has high cholesterol, is borderline diabetic and is generally not in good health.

**Patient A: Conventional Analysis & Treatment Recommendation**

This patient would most likely be given a blood test to check for anemia or pathology. After assessing that possibility, if the blood test came back “negative” (ironically, that’s positive!), the practitioner would then explore and discuss with the individual what they felt is contributing to their problem. Based on the patients’ self-awareness and the practitioners mindful listening and assessment of the patient, the practitioner might recommend a homeopathic remedy, a change in sleep venue or a new bed, meditation before retiring, an increase in stimulating food such as caffeine and alcohol, and an increase in fruits and vegetables in the diet. The multiple aspects of the individual’s life and their own innate awareness of their health would be considered.

**Patient B: Integrative Analysis & Treatment Recommendation**

This practitioner would also do a blood work-up to assess the patient’s various blood values. However, rather than prescribing a drug to lower or later levels, this practitioner may invite the individual into a discussion about what she felt she could do to bring these levels down to avoid the need for a medication. The discussion would outline and recommend options for lowering cholesterol which would include natural supplements, dietary changes or adding more vegetables and whole sprouted grains instead of high fat foods, an exercise program that she would be able to follow, drinking more water, using homeopathic remedies to improve her overall health, discuss her social life and recreation. This practitioner would focus on changing the causes of her chronic condition rather than just medicate it.

The options we are offered today through Integrative Medicine invite us to become more pro-active and better informed as well as become better health care consumers. This empowers us to take greater control over our health outcomes and longevity. That’s a prescription for good health we can all live with.

Georgianna Donadio MSc, DC, PhD is an award-winning integrative health expert, medical educator, writer and health practitioner. She is the founder and director of the National Institute of Whole Health in Boston, MA. www.niwh.org. 888-354-HEAL (4325).
DECEMBER

12/2: The National Institute of Whole Health is opening to the public its Whole Health curriculum Guest Lecturer Series. Notables like Bernie Siegel, MD, and Walter Willett, MD, DrPH, will be presenting. Conducted at the Newton Wellesley Hospital, Newton Mass. Lecturers are from 2:00pm-5:00pm. Dates of lecturers for the Fall are: 12/2, and 12/16. Reservations required. For more information about the series and NIWH Nutrition Educator Certification and Whole Health Educator Certification programs, visit www.niwh.org or call (888) 354-HEAL (4325).

12/2-12/3: Cymatron Sound Course - December 2 & 3, 2006, 10:00am-5:00pm. Faculty: Maureen Spencer, RN, M.Ed. Fee: $275.00. Location: Healing Tree Yoga, N.Quincy, MA. Cymatron sessions are highly effective for shifting and healing the subtle frequencies causing deep-seated diseases. The session includes use of a color test and set of questions to assist in developing a stated intent for healing. 15 contact hours awarded to nurses. For more information go to www.cymatronsoundhealing.com, or call (617)-754-5332.

12/9-12/10: Reiki I Certification with John Harvey Gray and Lourdes Gray, Ph.D., Rindge,NH. Awaken your healing skills studying with the longest-practicing Reiki Master in the West. Two days of learning, hands-on practice and no cut corners certifies you immediately to work on yourself, others and pets. 16.0 CEUs Visa/MC. (603) 899-3288 www.reiki.mv.com.

12/10: Guided Self Healing: Experience a framework that helps heal physical, emotional, relational and spiritual difficulties. Learn the GSH 5-Step Process for transformation, and energetic/spiritual practices. Through accessing deepest body wisdom, discover how our difficulties are stories that we are remembering to heal and grow. "Heal Yourself and Others" daylong workshops: Dec. 10th, Jan 20. Enneagram workshops: Dec. 9, Jan. 21. For info, contact GSH at: (781)-274-6633 Email: info@guidedselfhealing.org, www.guidedselfhealing.org. C.E.U’s pending.

12/17: Winter Solstice Circle (Yule Ritual) with Linda Marie Weibrecht at Open Doors, Braintree, December 17, 7:30pm-9:00pm, $15. Yule is the time of the Winter solstice. To register call (781) 843-8224. For more information, www.opebdoors7.com.

JANUARY

1/13: Psychic Development, Past Lives, & Angel Workshop with Ross Miller, psychic medium, regression therapist, healer. In this unique, experiential workshop you’ll learn how to identify your guardian angels and spirit guides by name and receive their guidance and healing; discover your soul’s life purpose; experience two of your past lives; give psychic readings to others in class and
UPCOMING

2/4: Super Yoga Sunday. Our yearly benefit for Voices Against Violence. Yoga classes, info on domestic violence, great food, and community. www.centerforyoga.us, (508) 654-0443 to register and/or make a donation.

2/10-2/11: Reiki I Certification with John Harvey Gray and Lourdes Gray, Ph.D., Rindge,NH. Awaken your healing skills studying with the longest-practicing Reiki Master in the West. Two days of learning, hands-on practice and no cut corners certifies you immediately to work on yourself, others and pets. 16.0 CEUs Visa/MC. (603) 899-3288 www.reiki.mv.com.

2/16: An Evening with John Lee, best-selling author and relationship expert. The Best Kept Secret In Psychology: Understanding Emotional Regression, on Friday, February 16, 2007, 7:00pm-9:00pm, $8. 115 Greenough Street, Brookline MA. For Tickets please call (617) 730-2700 or on-line at our website: www.brooklineadulted.org.

ON GOING

Shamanic Drumming Circle, founded 1993. Usually Second and Fourth Fridays of every month, 7:00pm. Quaker meeting-house, Cambridge. Open to all, please call first for full details and directions. Terrence (978)-952-2704 or Emily (781)-641-3980.

Buddhist Meditation Group with Peg Travers. Ordained Priest, Buddha Heart USA, Sunday evenings, Haverhill, MA, 5:00pm-6:00pm. Learn and practice the ancient arts of meditation, chanting, QiGong, Buddhist Yoga & Reiki. Call the Center for Spiritual Development, Haverhill MA, (978)-372-5173 or online @www.uuhaberhill.org/happenings.

Workshops for Pain Management and Improved Wellness. Offerings for Bodyworkers, athletes, Personal Trainers, Coaches and general pain-sufferers. Check website: web.maynard.ma.us/biz/bmassage, or call Barry Bailey at (978)-897-0110 for information and brochure of current offerings.

The Labyrinth Ladies Spiritual Empowerment Workshops. go to www.thelabyrinthladies.com for our latest programs and walks or call (401)-847-6551 for more information. Facilitator Trainings, site consultations, workshops for schools, hospitals and businesses.

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Ongoing Classes in Shamballa Multidimensional Healing and Healing Art offered at the Natick Community Organic Farm, by Joyce Cerutti, SMH may be thought of as an expansion of the energies we know as Reiki. No prior attunements necessary. Healing Art classes offered for both individuals and families, combining energy healing and art healing for greater benefit. Call for dates, times, and further information. Intuitive healing paintings also available. (508)-380-8273.

Reiki 1, 2, & Master — Teacher Certification classes, offered by Healing, Reiki & Shamanism LLC, Saturdays, 10:00am to 5:00pm, September 9, 2006 to April 22, 2007, in Johnston, RI. Call (401)-447-3671, contact us by email at: shamanism@cox.net, or visit our website: http://members.cox.net/shamanism. With Shamanism... Anything is possible!

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more. Saturday, 10:00am-5:00pm, Newton, MA. To register for the workshop or to schedule a psychic or past-life reading in person or over the phone with Ross Miller, please call (617) 527-3583 or visit www.TheMysticWay.com.

1/13-1/14: Reiki I Certification with John Harvey Gray and Lourdes Gray, Ph.D., Rindge,NH. Awaken your healing skills studying with the longest-practicing Reiki Master in the West. Two days of learning, hands-on practice and no cut corners certifies you immediately to work on yourself, others and pets. 16.0 CEUs Visa/MC. (603) 899-3288 www.reiki.mv.com.

1/19-1/21: Sound Healing with Mitchell Kossak. Fri 6:00pm-9:00pm, Sat & Sun 10:00am-5:00pm, $295 ($275 early by 1/5/07). To register please contact: Charles River Institute, 585 Mass. Ave., Cambridge, MA, (617) 868-4585 or E-mail us at: info@CharlesRiverShiatsu.com.

12/20: Odetta: A Concert for the Holidays - Wednesday, December 20, 7:30pm at the Museum of Fine Art’s Remis Auditorium, at 465 Huntington Avenue, Boston. General admission $25. For tickets and information call (617) 369-3306.
Drumming Circle with Kristine Malpica
(of Imagine Studios) on third Friday of each month. 7:00pm-8:30pm. Center for Spiritual Development, 15 Kenoza Ave, Haverhill, MA. (978)-372-5173.

Interested in Whole Health continuing education or Career Training? Attend a free introductory Whole Health education class at the New England School of Whole Health Education. NESWHE offers CEUs and on-going continuing education certificate programs for medical professionals as well as our unique Whole Health focused Career Trainings in Medical Assisting, and Life-Work Coaching. Classes are conducted on Saturdays, in Boston, at the New England Medical Center, Stearns Auditorium. For audit availability and further information about Whole Health career trainings, visit us at www.wholehealtheducation.org, or call toll free 1-888-354-HEAL (4325).

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Readings with Richard Lanza at Open Doors, Braintree. Call (781) 843-8224 for times and to make your appointment. $60/Half Hour. For more information visit, www.opendoors7.com.

The Hellinger Approach to Family Constellations - Monthly Saturday seminars (10:00am-5:30pm) facilitated by Jany and Peter Faust. Held at Healing Arts of Belmont, Belmont, MA. Cost: $100/day. CEUs available. Call (617) 484-HEAL (4325). Visit www.HellingerBoston.com for this month’s seminar date and to register.

Christ Church Unity - Experience the healing power of music, prayer and meditation, every Wednesday at 7:00pm. Daily Word Discussion Sundays at 10:00am. Sunday Service, 11:00am. Corner of Colchester & Chapel Streets, Brookline, MA 02466. Call (617) 232-4548 for more information or visit: www.unityboston.org.

The Deadline for listings in the February / March issue is January 20th

The Museum of Fine Arts, Boston - 465 Huntington Avenue - (617) 369-3306

Michael Mazur: The Art of the Print - Saturday, December 16, 2006 - Sunday, June 17, 2007

Coming in December, the panoramic triptych Wakeby Night will be on view in the Lower Rotunda

This exhibition of twenty-five works, created from the late 1950s to the present, celebrates the New England painter and printmaker's gift to the MFA of his archive of editioned prints. The selection reflects Mazur's amazing diversity of style, from expressive figuration to lyrical abstraction. The panoramic triptych Wakeby Night, one of Mazur's most ambitious and poetic prints, is a typically unconventional blend of several printmaking media: lithography, woodcut, and monotype.
Twelve years ago when the founders of Indigenous apparel set out to make a difference in the world, the term “organic” applied mainly to food and was often associated with mottled, brown produce or poorly merchandised products. Boy, have things changed for the better.

Thanks to premium quality, organic fashion companies like Indigenous and the growing influence of natural retailers like Whole Foods (the world’s leading natural and organic foods supermarket), organic has gone from ugly duckling to swan, transitioning from a few limited items to a broad range of quality products sought after in the mainstream marketplace.

Whole Foods is proving that organic has not only grown up but grown out, enthusiastically expanding their offering of natural goods to include Indigenous’s luxurious fair trade, organic apparel in all of its stores from San Diego to Vancouver, British Columbia. “In a society where Whole Foods epitomizes the integration of quality ‘organic’ into the mainstream marketplace, it’s essential that any apparel they carry evolve to the same premium level as the rest of their products. We indeed fulfill that promise,” explained Scott Leonard, co-founder of Indigenous.

Since its inception in 1994—before the idea of organic food, let alone apparel, had reached its awkward adolescence—Indigenous’ success as both an organic clothing supplier and a fair trade employer has continued to grow. As Whole Foods’ number one clothing supplier in the Pacific Northwest, the company provides quality handmade apparel by artisans from more than two hundred and seventy-five knitting cooperative groups in Central America, South America and India. “Indigenous artisans have the opportunity to earn twice what they would make working independently, and just as important, preserve their rich cultural traditions of knitting and weaving that spans over a thousand years. This is a fact supportive of our company mission statement,” said Matt Reynolds, co-founder of the company. “Our path is chosen—we make clothing that honors both people and the planet.”

The recent addition of Indigenous apparel to the all-natural family of Whole Foods-worthy products isn’t the only indication of the industry’s faith in the company. Leading outdoor retailers, upscale resorts, direct mail catalogs and fashion boutiques across the U.S. and Canada are also featuring Indigenous apparel not only because of its contemporary design and handmade quality, but also because of its reputation for having the most ambitious commitment in the apparel industry to elevating fair trade and organic standards.

“In 2005 organic cotton production improved the lives of twenty-five thousand farmers worldwide and prevented over fifteen million pounds of toxic chemicals from entering our environment,” stated Rebecca Calahan Klein, president of Organic Exchange, September 2006. “Increasing demand for this organic cotton has been driven by LOHAS (Lifestyles of Health and Sustainability) consumers and is expected to grow to two point six billion dollars by 2008. Indigenous has been an integral part of growing this organic cotton sector for a decade and is among the top twenty organic cotton consumers in the world.”

The company offers several contemporary and casual lifestyle collections for women, men and children, all of which are handmade using premium natural and organic fibers, including blends of organic cotton, Tencel, alpaca, silk, and bamboo to name a few. Many of these collections boast fashion-forward extras such as hand embroidered embellishments, hand-linked seams, intricate hand twisted yarns and cable-knitting, one-of-a-kind buttons and—perhaps most impressively—rich, stylish, eye-catching color.

Indigenous Designs is located at 975 Corporate Center Parkway #110, Santa Rosa, CA 95407. More information is available on their website: www.indigenousdesigns.com.
The National Institute of Whole Health Lecture Series Continues

The National Institute of Whole Health offers you the opportunity to hear and meet some of the country’s most renown experts and authors on Health and Nutrition, such as Bernie Siegel, MD, Barry Sears, PhD, Mona Lisa Shulz, MD, PhD, and many others. Lectures will be held at the Newton-Wellesley Hospital, Newton, Mass. in the Shipley Auditorium from 2pm-5pm. Your voluntary donation benefits the Newton-Wellesley Hospital Charitable Fund. Two notable events are scheduled for December. On 12/2, *Entering the Zone: A Dietary Roadmap*, with Barry Sears, PhD, a leading authority in dietary control of hormonal response. Dr. Sears is the world renowned author of *Entering the Zone*. And on 12/16, *Stress Response and Brain Function* with David McCobb, PhD, an Associate Professor of Neurobiology and Behavior at Cornell University. Professor McCobb has focused on the stress response and central nervous system circuitry, as well as cardiovascular and behavioral functions downstream of adrenalin release. For more about the National Institute of Whole Health and its Nutrition Educator & Health Educator Programs, visit: www.niwh.org.

Zen Noir

Following a successful theatrical run in select markets, *Zen Noir*, a brilliant and captivating Buddhist mystery, is now available on DVD. Produced, Written and directed by acclaimed theatre director Marc Rosenbush, *Zen Noir* has won several major festival awards including; the “Grand Jury Award for Best Feature” at the D.C. Independent Film Festival, “Best Feature” at the Moondance Film Festival and the coveted “Audience Award for Best Feature” at the Rhode Island International Film Festival.

*Zen Noir* is a unique, original mix of Buddhist thought, surreal imagery and vaudevillian comedy. In the critically acclaimed film, a nameless detective, still mourning the loss of his wife, investigates a mysterious death in a Buddhist temple, but his logical crime-solving techniques are useless in the intuitive, non-linear world of Zen. Increasingly confused and unnerved, he finds himself drawn into a deeper, more personal mystery, where he must confront terrifying questions about love, loss, and the inevitability of change and death.

*Zen Noir* was specifically written to be a *koan* for the audience, a Zen riddle designed more to be experienced rather than understood rationally. The idea for his first feature film came to filmmaker Rosenbush a few years ago when he was meditating in a Buddhist temple at 5:00am. Zen Buddhism has been an integral influence on the filmmaker’s life and work. He first practiced Zen in the Japanese Rinzai tradition for several years before becoming a student of Vietnamese Zen Master Thich Nhat Hanh more than ten years ago. In the film, Rosenbush explores many Buddhist and existential themes, often utilizing humor to address the more serious questions about life, death and impermanence.

Featuring veteran character actor Kim Chan (*Lethal Weapon 4*, *Kundun*, *Shanghai Knights*, *The Fifth Element*) as the “Master” and Duane Sharp (*Road To Perdition*) as the hapless detective, *Zen Noir* delivers a powerful message with stunning visuals, surreal imagery, and a hauntingly beautiful original score.

The DVD will feature the widescreen version of the film; two commentary tracks—one on the making of the Film and one on the Buddhist ideas behind the Film, featuring a discussion between filmmaker Marc Rosenbush and Buddhist author Brad Warner. It also features 5.1 surround audio. For more information please visit www.zenmovie.com.
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She is highly sought after by celebrities, business executives, speakers, and authors. She has made numerous appearances on TV and radio and you may have recently heard her name on Coast to Coast AM.
Serena has been gifted since childhood with the ability to see many dimensions of life. She has spent many years in spiritual practice and enjoys working on her own healing and evolvement so that her service to others is of the highest quality.

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Libby is a gifted, knowledgeable Reiki Master with 26 years experience. She is co-author of Reiki Energy Medicine. Libby was featured in a Reiki segment for the PBS nationally televised series, Body and Soul. Libby has conducted Reiki classes at the University of Maryland, School of Social Work and at Kripalu Center for Yoga and Health. Libby has been the Reiki producer and presenter on the PBS nationally televised series, Body and Soul. Libby has taught medical and nursing students at Harvard, Brown, Tufts, and Yale as well as staff at Massachusetts General, Beth Israel, Mt. Auburn, Emerson, Dartmouth-Hitchcock, Southern New Hampshire, New York Foundling, and New York Columbia Presbyterian. Libby has conducted Reiki classes at the University of Maryland School of Social Work and at Kripalu Center for Yoga and Health. Libby's current passions are teaching hospice staff and volunteers. Fueled by Reiki energy, their healing touch is enhanced, affording greater effectiveness in calming agitation, soothing pain and providing comfort.

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Laura Barry is a spiritual mediator with shamanic and clairvoyant abilities. She works in the unconscious realms to retrieve relationship dynamics/patterns surrounding the nature of the conflict. This process assists the individuals involved to shift perception in order to understand the underlying patterns of conflict, and move towards resolution.

Laura communicates and connects with the Archangels and Spirit Guides to provide guidance, insight and healing for your life path. Channeled information along with shamanic techniques works to heal emotional wounds, and inner conflicts, retrieve lost aspects of self and promote soul integration.

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My Background includes training in Rolfing with Ida Rolf, and in Craniosacral Therapy with John Upledger. I am a graduate of the Gestalt Training Center of San Diego and the Cambridge Family Institute and have a private practice in psychotherapy. I have worked in these modalities in the Boston area for the past thirty years.

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Other research highlights deficiencies in dopamine neurotransmitter systems, which regulate movement and mood, in patients with ADHD. The inherited basis for ADHD may involve a gene coding for the dopamine D4 receptor, or a gene controlling receptors for serotonin, another neurotransmitter.

Some studies suggest that abnormal genes may interact with environmental culprits to trigger or aggravate ADHD in susceptible individuals. Among these potential triggers: food additives; food intolerances; sensitivities to chemicals, molds, and fungi; heavy metals such as lead; pollutants such as polychlorinated biphenyls (PCBs); and nutritional deficiencies.

“Nutrient deficiencies are common in ADHD; supplementation with minerals, the B vitamins (added in singly), omega-3 and omega-6 essential fatty acids, flavonoids, and the essential phospholipid phosphatidylserine can ameliorate ADHD symptoms,” notes Parris M. Kidd, Ph.D., in a recent review of the scientific literature on ADHD. Dr. Kidd also notes, “Many if not all of the drugs used to treat ADHD have poor benefit-risk profiles. An integrated approach using diet, nutritional supplements, and detoxification is consistently effective in benefiting individuals with ADHD. Children are far better served by using nutrients first and turning to pharmaceuticals only as a last resort.”

Limitations of Drug Treatment

Ritalin® and other stimulant drugs that increase dopaminergic activity may improve ADHD symptoms—particularly inattentiveness, hyperactivity, mood swings, and impulsive behavior—in about 60% of patients. Paradoxically, however, these drugs are unlikely to improve school performance. Combining psychosocial interventions with medications may improve response to treatment.

About one third of children with ADHD either do not respond to stimulant drugs or cannot tolerate their side effects. “Psychiatric medication has major risks in children,” cautions Dr. Josep Berdonces of the University of Barcelona in Spain. Science journalist Brian Vastag warns that “Ritalin® acts much like cocaine.” In individuals who later develop bipolar disorder, taking stimulant drugs in childhood may cause an earlier onset of the disease.

Other drugs thought to be effective in some ADHD patients include those affecting the neurotransmitters noradrenaline, dopamine, or acetylcholine; bupropion; tolmetin; atomoxetine; theophylline; and gabapentin. While better tolerated than Ritalin®, these drugs may also be limited by side effects.

Nutritional Therapy for ADHD

Alternative therapies for ADHD include nutritional supplementation, dietary management, exercise and neurofeedback strategies, laser acupuncture, massage, and vestibular stimulation. Some scientists have noted that ADHD is very common among individuals with generalized resistance to thyroid hormone, and others have noted that thyroid treatment improves ADHD in individuals with documented thyroid abnormality.

A study of 114 parents of children with ADHD showed that more than half had used complementary and alternative therapies, such as nutritional supplements, in the past year. An Australian study had similar results, and a US study showed that about 20% of parents had given herbal therapies to their children with ADHD.

Because 90% of total brain growth occurs in the first three years of life, nutrients required for its development must be supplied to support optimal brain health in these early years. However, fewer than 1% of US children and adolescents receive the US recommended daily allowance (RDA) for the five food groups (fruits, vegetables, meat, dairy, and grains), and 16% do not consume the RDA of any of the five food groups, according to a US Department of Agriculture survey of three thousand three hundred participants.

In a controlled study of nearly five hundred schoolchildren, those who were randomly assigned to receive daily multi-vitamin/mineral supplements containing 50% of the RDA for four months had a 47% lower rate of antisocial behavior than those who received placebo.

“A group of children confined in a psychiatric correctional facility all had clinical signs of poor nutrition that were confirmed with blood analysis,” says lead author Stephen Schoenthaler, Ph.D., a professor of criminal justice at California State University, Stanislaus. “Correction
of those deficiencies with better food and daily supplements produced a reduction in serious violent acts while they were confined, from one hundred and thirty-seven during the previous three months to nine while under treatment for the next three months.”

“What our research has suggested is that poor nutrition negatively affects a whole host of parameters related to delinquency, including behavior and academic performance issues, which are definitely linked,” said co-investigator Ian D. Bier, N.D., Ph.D., of the Dietary Research Foundation in Durham, NH. “As nutritional intake is improved, either through diet or nutritional supplementation, you start to see a return to sufficient levels of vitamins in the blood, and correction of these issues.”

Another dietary approach to treating ADHD involves avoiding sugar, sweeteners, and other additives such as dyes and preservatives. While some studies suggest that avoiding food dyes and preservatives can improve ADHD symptoms, other studies, particularly those examining the effects of sugar and sweeteners, are inconclusive.

“Although the results of several controlled studies are contradictory, there is no scientific evidence that sugar, artificial food colorings, or sweeteners are responsible for behavior or learning problems in children,” according to Dr. Enrique Chaves-Carballo of the University of Kansas Medical Center’s Department of Pediatrics.

Benefits of Essential Fatty Acids

When considering nutritional supplementation in the management of ADHD, omega-3 essential fatty acids may be the best place to start, as they play a key role in the structure and function of membranes enclosing brain cells, as well as in the transmission of impulses between nerve cells. Long-chain polyunsaturated fatty acids are more fluid and less rigid in structure than saturated fatty acids—such as the hydrogenated shortenings found in commercial baked goods—and therefore help promote healthy brain cell function.

The fatty acid composition of membrane phospholipids in brain cells reflects their intake from supplements or dietary sources such as cold-water fatty fish. The ratio of omega-3 to omega-6 polyunsaturated fatty acids affects transmission in nerve networks controlled by serotonin and catecholamines. When present in excess, omega-6 polyunsaturated fatty acids may increase inflammation and neuronal dysfunction, because their breakdown generates pro-inflammatory prostaglandins. These inflammatory prostaglandins are more likely to cause inflammation than are the breakdown products of omega-3 polyunsaturated fatty acids.

Some features of ADHD may relate to abnormalities of fatty acid metabolism. Several studies have identified abnormal membrane fatty acids in individuals with ADHD. Preliminary data suggest that some patients with ADHD have higher rates of oxidative breakdown of omega-3 polyunsaturated fatty acids. This observation provides an additional rationale for supplementation with omega-3 essential fatty acids in the management of ADHD.

Compared to children without ADHD symptoms, those with ADHD are more likely to have low levels of the essential fatty acids arachidonic acid and DHA (docosahexaenoic acid), and children with low omega-3 levels have more temper tantrums, learning disabilities, and sleep disturbances than those with high levels. Adults with ADHD have similar deficiencies of essential fatty acids relative to controls, with significantly lower levels of total polyunsaturated fatty acids, total omega-6 fatty acids, and DHA.

In a controlled study of forty-one children, aged eight to twelve years, who had specific learning difficulties and above-average ADHD ratings, those who were randomly assigned to receive supplementation with highly unsaturated fatty acids for twelve weeks showed significant improvements in behavior and cognitive problems characteristic of ADHD compared to those receiving placebo.

A preliminary study of fifty children showed some improvements in ADHD-like symptoms (compared to placebo) from four months of treatment with a polyunsaturated fatty acid supplement providing a daily dose of 480 mg of DHA, 80 mg of EPA (eicosapentanoic acid), 40 mg of arachidonic acid, 96 mg of GLA (gamma-linoleic acid), and 24 mg of alpha-tocopherol acetate (vitamin E). Areas of improvement included conduct and behavior reported by parents, poor attention as rated by teachers, and rebellious attitudes and acting-out episodes.

Another four-month study, however, showed no improvement in ADHD symptoms with DHA supplementation (345 mg daily) compared to placebo, and a two-month study in which 3600 mg of DHA were administered weekly also produced negative results. “Treatment of ADHD with fatty acids deserves further investigation, but careful attention should be paid as to which fatty acid(s) is used,” concluded Japanese investigators who conducted the latter study.

A prominent investigator in this field, Dr. Alex Richardson of the University Lab of Physiology and Mansfield College in Oxford, UK, recently noted that both omega-3 and omega-6 polyunsaturated fatty acids are crucial to brain development and function, and that modern diets in developed countries often lack sufficient omega-3 polyunsaturated fatty acids.
“Increasing evidence ... indicates that [polyunsaturated fatty acid] deficiencies or imbalances are associated with childhood developmental and psychiatric disorders including ADHD,” he writes. “Preliminary evidence from controlled trials also suggests that dietary supplementation with [polyunsaturated fatty acids] might help in the management of these kinds of childhood behavioral and learning difficulties.”

Phosphatidylserine is a phospholipid nutrient related to fatty acids. Its structure combines an amino acid component and a fatty acid component. Like essential fatty acids, phosphatidylserine is vital to normal brain metabolism, connections between brain cells, and fluidity of the brain cell membrane. It may also help lower cortisol levels, which are increased in conditions of chronic stress.

ADHD, dyslexia, and certain behavioral disorders in children are referred to as “phospholipid disorders.” Future research should help clarify phosphatidylserine’s role in the nutritional treatment of ADHD.

Brain Chemistry Maps Offer Clues

A new technique related to magnetic resonance imaging (MRI) is proton magnetic resonance spectroscopy (1H-MRS), which reveals important information about chemical compounds in different brain areas.

Recent studies using 1H-MRS suggest that choline, creatine, glutamate, and other specific compounds may play a role in ADHD. Choline is one of the building blocks of acetylcholine, an important neurotransmitter involved in memory. Glutamate and glutamine are amino acids involved in the production of GABA (gamma-aminobutyric acid), a neurotransmitter that inhibits certain nerve impulses and may affect hyperactivity.

In one study, 1H-MRS analysis showed that children with inherited and structural features linked to poor memory had lower concentrations of creatine-phosphocreatine and choline-containing compounds, whereas creatine and N-acetyl aspartate were associated with good memory, reflecting differences in energy metabolism in the frontal lobes of the brain.

Paradoxically, however, a 1H-MRS study of ADHD showed a mild increase in the ratio of choline to creatine on one side of the striatum, a deep brain region in which about one quarter of the nerve cells were lost or severely dysfunctional. The investigators concluded that neurotransmission involving acetylcholine was mildly hyperactive.

In another 1H-MRS study, eight children with ADHD but without learning disabilities had increased glutamate-to-glutamine ratios in both frontal areas, and increased N-acetyl aspartate and choline in the right frontal area, compared to eight controls.

Investigators from Venezuela found diminished blood levels of the amino acids glutamine and phenylalanine in ADHD patients. They hypothesized that this imbalance could cause alterations in amino acid metabolism and transport to the brain, which might alter central nervous system function. Their findings support the theory that ADHD represents a disorder of the inhibitory neurotransmission system.

Choline supplementation is theoretically more beneficial for diminished memory and learning than for other ADHD symptoms such as hyperactive, impulsive behavior. Choline has an unpleasant taste, so children may prefer DMAE (dimethylaminoethanol), a supplement that increases brain levels of choline. DMAE may speed up production of acetylcholine in the brain, and it has been used in ADHD treatment for reduced attention span, learning and reading problems, hyperactivity, and poor coordination.

Acetyl-L Carnitine Boosts Brain Energy

Abnormalities in energy production and fatty acid oxidation may underlie behavioral and brain changes in ADHD. Acetyl-L-carnitine helps transport fatty acids into the mitochondria, the energy-producing powerhouses within each cell. This process boosts energy production when the fatty acids are burned, or oxidized, as cellular fuel.

In one study of ADHD, treatment with acetyl-L-carnitine reduced impulsive behavior and increased levels of the neurotransmitter noradrenaline in the medial frontal cortex. “[Acetyl-L-carnitine], a drug devoid of psychostimulant properties, may have some beneficial effects in the treatment of ADHD children,” according to Italian investigators.

In a randomized, controlled study, thirteen of twenty-four boys treated with carnitine improved significantly (by 20-65%) in behavior at home and school. “Treatment with carnitine significantly decreased the attention problems and aggressive behavior in boys with ADHD,” reported researchers in the Netherlands.

Effects of Vitamins and Minerals

Vitamins and minerals may be helpful in some ADHD patients because they act as cofactors that facilitate the actions of enzymes involved in energy metabolism and neurotransmitter synthesis. B vitamins are needed to burn carbohydrates as fuel and support neurotransmitter synthesis and nerve-insulating myelin. Vitamin B6 supplementation may help boost low levels of serotonin in hyperactive children.

Zinc is an important cofactor for
the production of neurotransmitters and the metabolism of dopamine and fatty acids. Alterations in these biochemicals may play a role in the pathophysiology of ADHD. Zinc deficiency in children with ADHD is associated with decreased blood levels of fatty acids. The relationship between zinc and fatty acids was demonstrated in a study showing that evening primrose oil, a supplement rich in GLA, improved school behavior in children with ADHD but only in those who were deficient in zinc.

In a well-controlled, randomized study of four hundred children with ADHD, zinc sulfate was statistically superior to placebo in reducing symptoms of hyperactive or impulsive behavior and impaired socialization. Patients most likely to benefit from zinc were older and more over-weight, and had low levels of zinc and fatty acids.

Children with ADHD treated with Ritalin® for six weeks had better behavioral ratings by teachers and parents when they also received zinc sulfate (55 mg/day) compared to children who received Ritalin® and a placebo.

Magnesium levels in blood plasma and red cells may be low in patients with ADHD. Supplementation with magnesium, alone or in combination with vitamin B6, may reduce hyperactivity.

In a recent study, iron deficiency, which causes abnormalities in dopamine neurotransmission, was present in 84% of fifty-three children with ADHD. Because measures of iron deficiency were correlated with more severe ADHD symptoms, French researchers concluded, “low iron stores contribute to ADHD and... ADHD children may benefit from iron supplementation.”

**Herbs May Improve Brain Circulation**

In those with AD HD, blood flow and energy metabolism are decreased in specific brain regions notably the prefrontal cortex and striatum. While Ritalin® increase blood flow in these areas, certain herbs may achieve this benefit without dangerous side effects. These include ginseng, ginkgo biloba, ginger, and other “hemorheological” agents used in traditional Chinese medicine to dilate blood vessels and reduce blood viscosity.

In a preliminary study, thirty-six children with ADHD were treated for four weeks with American ginseng (200 mg/day) and ginkgo biloba (50 mg/day). Between one third and three quarters of the children experienced reduced anxiety, shyness, social problems, hyperactivity, and/or impulsiveness.

A few case studies suggest that some ADHD patients may benefit from pycnogenol, an extract of French maritime pine bark that is a potent antioxidant and supports blood vessel dilation. Sedating herbs such as passionflower, valerian, or lemon balm may help control symptoms of hyperactivity in children with ADHD.

**Combination Therapy May Hold the Key**

Exciting advances in understanding the origins and mechanisms of ADHD suggest multiple strategies or treatment with nutritional supplements. ADHD is characterized by disrupted communication networks in the brain and local abnormalities in neurotransmitter systems, blood flow, and energy metabolism. Moreover, ADHD is aggravated by deficiencies of vitamins, minerals, and essential fatty acids.

Time and future research will tell which nutrients—and in which combinations and dosages—are best suited to treating ADHD symptoms. At present, omega-3 fatty acids, acetyl-L-carnitine, choline, B vitamins, zinc, magnesium, and herbal therapies that improve blood flow appear especially promising.

Chrysanthemum Stone

Keyword: Grounding, prosperity, discovering and achieving the soul’s purpose

Element: Earth

Chakras: All

Chrysanthemum Stone is a black and white rock made up of gypsum clay, dolomite and limestone, with internal crystals of Calcite, Feldspar, Celestite or Andalusite, in patterns which can resemble chrysanthemum flowers. These stones, originally discovered in Japan, are also found in Canada, China and the USA.

Chrysanthemum Stone can act as a catalyst for activating the dormant capacities that lie within individuals. Those who are aware in themselves of a certain nagging feeling—that they are not living as they were meant to live, that they have not quite heard or followed their inner calling, that some seed within them still needs to germinate—may find in this stone the ally that will help them awaken their sleeping potential. If one has always wanted to do something—write, dance, climb a mountain, start a business—Chrysanthemum Stone offers energetic support for finding the courage and opportunities to live one’s dreams. If one doesn’t yet even know one’s dream, sleeping or meditating with this stone can help one receive the inner message that makes clear the nature of one’s neglected purpose.

Those auspicious stones offer even more. They are magnets for positive synchronicities—the sorts of things some people call ‘luck’. Many individuals on the spiritual path are aware of the way in which the universe throws much assistance before one’s feet, in the form of synchronous unexpected opportunities, once one has begun the journey. When we embark on the road of our soul’s longing, the very act of turning in that direction and moving forward can give the Universe the cue it needs to help us. Chrysanthemum Stone, like other talismans of good fortune, seems to draw, or at least be present at the occurrence of, such welcome turns of fate. Perhaps this is because it vibrates in resonance to the flowering of our highest good.

Chrysanthemum Stone harmonizes well with Moldavite, another stone that works to further one upon one’s highest path. It is also synergistic with most healing stones, especially Seraphinite. For enhancement of the life force and vitality necessary to get up and go after one’s deepest desires, combining Chrysanthemum Stone with Cuprite, Zincite or Carnelian is highly recommended.

Chrysanthemum Stone is an ally you can call upon for grounding, wealth and good fortune in all things physical. It promotes a sense of balance between the spiritual and physical realms and its energy encourages the expression of love and joy. Its mineral composition creates an energy that can burn through obstacles to abundance, health and joy in one’s life. Chrysanthemum Stone is powerful for shamanic work and for practitioners of astral travel, as it assists one in maintaining one’s physical body while one is absent from it.

Chrysanthemum Stone reflects the burst of primal creative energy in its beautiful flowerlike patterns. This energy of creation can be used for manifestation or for physical fertility. Chrysanthemum Stone encourages one to experience the joy of physical reality and to recognize that all of creation is a manifestation and a reflection of the Divine. This is a stone representing good fortune on all levels of physical life and is therefore an excellent gift as an amulet for infants and for newly joined partners.

Additional information on stones and their metaphysical properties can also be found at www.heavenandearthjewelry.com, www.thebookofstones.com, or by calling 1-800-942-9423.
Energetically able to detect problems on all levels, she acts as the human equivalent of an MRI, CAT scan or diagnostic lab. Moreover, she becomes the client’s voice, beyond the usual constrictions of time and space. She knows deeply and expresses accurately what has happened, is happening, and what is pending within a person systemically and beyond physical boundaries. Despite the depth and fullness of her reading, she ensures that the individual hears what they need to without feeling intruded upon or threatened.”

According to a Cape Cod therapist, Tree Borden, LISCW, who works with abuse & trauma and addictions, and who had experienced Lenair’s work over the phone, “Rhonda Lenair is more than a pioneer in the field of energy healing and addictions; she is a conduit to purity of the ethereal world, a place where only clarity and goodness exist.” She adds, “Rhonda has worked with several of my clients on addiction and trauma issues, eradicating them and leaving an open space for love of themselves. I have seen those who have struggled for years with alcohol and food issues leave them behind.”

Borden continues, “People who have been traumatized and abused are known to suffer for years with negative patterned thinking and self-destructive behavior, much of which includes alcoholism, food addictions, and sexual addiction; many use these behaviors as a way to numb their pain. Rhonda not only clears the addictive behaviors but dovetails that with healing the original trauma (pain).” She adds, “For those seriously considering ‘giving up’ their addiction, there is no easier and direct way than through Rhonda Lenair.”

To Learn More
Lenair opened the doors to her practice in Massachusetts in 1987 and now sees clients from around the world in rural Vermont. She has been writing about her work and the sacred information that flows through her; she is pursuing writing to enlighten, teach, and assist through this work. Her writing will not only reflect the philosophy of the work, but of all existence, as she is privileged to be subject to the wisdom of collective universal consciousness.

Since 1993, R. Barry Chalfin has been Director of Programs at The Lenair Healing Center. He has witnessed the total transformation of thousands of clients who have come to the Center from around the world to be healed. For further information, contact the Center at (888)-412-8392 or visit www.lenair.com. A free comprehensive 48-page brochure is available, as well as access to free Telegatherings; also inquire about upcoming teachings through Telegatherings.
**Winter Reading**

**Integral Spirituality:**
*A Startling New Role for Religion in the Modern and Postmodern World*
By Ken Wilber

In this groundbreaking book, Ken Wilber, the developer of an “integral theory of everything,” confronts one of the greatest challenges facing us today: How can we successfully balance the truths of modernity and postmodernity, and all of their subsequent breakthroughs in science and culture, with the essential insights of the world’s great religions? He shows how spirituality today combines the enlightenment of the East, which excels at cultivating higher states of consciousness, with the enlightenment of the West, which offers developmental and psychodynamic psychology. Each contributes key components to a more integral spirituality. At a moment in time when global conflicts surrounding religion are sparking discussions throughout the media, Ken Wilber’s *Integral Spirituality* proves a vital contribution to the ongoing dialogue.

Integral Books. Paper, $22.95.

**Fragile Things: Short Fictions and Wonders**
By Neil Gaiman

*Fragile Things: Short Fictions and Wonders* is a masterfully written collection of thirty-one haunting and brilliantly conceived short stories and poems. Ranging from the perversely romantic to the wickedly eerie, the stories within *Fragile Things* tell of the living and the dead, of tortured hearts and twisted minds, and they showcase Gaiman’s incomparable talent for combining science fiction, fantasy, erotism, and poetry into wonderfully inventive tales. Gaiman also includes *A Study in Emerald*, a brilliant homage to Sherlock Holmes that combines the best elements of H.P. Lovecraft and Sir Arthur Conan Doyle. An absorbing collection of alternately bone-chilling and heart-warming well-written short stories for the cold, dark winter nights ahead.


**Superbrain Yoga**
By Master Choa Kok Sui

In *Superbrain Yoga*, Master Choa Kok Sui, one of today’s foremost authorities in utilizing energy (or prana) in healing, shows us how to provide our brains with the “energy fuels” necessary to keep our brains fit and functional, reducing or eliminating “senior moments” and increasing brain power. In his work, Master Choa incorporates both traditional medicine and hard scientific research with energy healing and spiritual training, allowing him to tap into a variety of sources of knowledge, which he shares in this lavishly illustrated book. He believes that the mystery of healing should be available to anyone. He says, “Everyone has the innate ability to heal or learn healing.” *Superbrain Yoga* is a simple tool that can be used to facilitate this process.


**8 Weeks To Optimum Health**
*A Proven Program for Taking Full Advantage of Your Body’s Natural Healing Power*
By Andrew Weil, M.D.

In this expanded and updated edition, in which one of America’s most brilliant and respected doctors presents his now famous program for improving and maintaining health, Dr. Weil has added the most up-to-date findings on such vital topics as cholesterol, antioxidants, trans fats, and much more. *Eight Weeks To Optimum Health* focuses all of Andrew Weil’s expertise in both conventional and alternative medicine on a practical week-by-week, step-by-step plan that covers all aspects of daily living that affect health and well-being. Straightforward and encouraging, this book has proved to be an essential health reference.

Knopf. Hardcover, $22.00.

**Sacred Vow**
By C.G. Walters

*Sacred Vow* is a metaphysical novel about a man who responds to the mysterious call of a woman, opening the way to redefinition of both himself and his understanding of the world around him. The novel’s central character, Ian Sarin, is drawn into the world of a complete stranger with whom he is immediately familiar and unexplainably becomes aware of various other lives they are sharing even now. Much to Ian’s amazement, he finds out that the bond between him and this mysterious woman is a key element needed to heal a growing disintegration in the Collective Consciousness that makes up all reality. As Ian learns the part he and Katerina—the mysterious woman—are destined to play and the vast ties they have, he and those around him come to realize that life and the world before them was never as one dimensional or as isolated as they had imagined. A compelling, thought-provoking book.


**The Science of the Dogon**
*Decoding the African Mystery Tradition*
By Laird Scranton

The Dogon people of Mali, West Africa, are famous for their unique art and advanced cosmology. In *The Science of the Dogon* Laird Scranton offers a case-by-case comparison of Dogon descriptions and drawings to corresponding scientific definitions and diagrams from authors like Stephen Hawking and Brian Greene, then extends this analysis to the counterparts of these symbols in both the ancient Egyptian and Hebrew religions. What Scranton ultimately reveals is the scientific basis for the language of the Egyptian hieroglyphs, which was deliberately encoded to prevent the knowledge of these concepts from falling into the hands of all but the highest members of the Egyptian priesthood. *The Science of the Dogon* also offers compelling new interpretations for many of the most familiar Egyptian symbols, such as the pyramid and the scarab.

Inner Traditions. Paperback, $16.95.
**Alan Oken’s Complete Astrology**
*The Classic Guide to Modern Astrology*
By Alan Oken

Out of print for more than two years, *Alan Oken’s Complete Astrology* is a seminal classic of astrology, a book that has launched tens of thousands of personal and professional practitioners. One reason for its popularity is its accessibility. From the utmost basics of the sun signs and planets to a more comprehensive guide for building and interpreting an astrological chart, this book is all you need to get started in astrology. Oken introduces and reinforces the basics, while providing food for thought with different paths the more advanced practitioner may take. Extensively illustrated, this new edition includes exercises, workbook sections, background material, appendices, a bibliography, and an index.

Ibis Press. Paper, $29.95.

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**The Loving Relationships Treasury**
By Sondra Ray

Featuring sixty essays from Sondra Ray’s groundbreaking series of relationships books, *The Loving Relationships Treasury* captures the core of Sondra’s wisdom in a carefully edited collection of her most honored and beloved teachings. Her gentle musings read like a journal, and guide us on a progressive journey toward the most meaningful and fulfilling relationships possible. In this celebration of her greatest work, readers learn how to infuse relationships with sacred purpose, form connections that strive for peace and serve the community, and to live a life greater than oneself. *The Loving Relationships Treasury* offers an opportunity to build spiritually healthy partnerships that nourish individuality, strength, creativity, and our contribution to the world.

Celestial Arts. Paper, $14.95.

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**Grandmothers Counsel the World**
*Women Elders Offer Their Wisdom for Our Planet*
By Carol Schaefer
Foreword by Winona LaDuke

Grandmothers—an activist organization founded in 2004 calling for new solutions to the problems facing our planet in this new millennium. Coming from across the globe, these women are dedicated to shifting human consciousness by sharing their own ancient traditions, beliefs, and practices and applying them toward the most pressing issues of our time—environmental degradation, poverty, nuclear proliferation, war and peace. Together they offer insights and solutions toward bettering our world for future generations.


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**An Illustrated History of the Knights Templar**
By James Wasserman

James Wasserman provides a lavishly illustrated, comprehensive look at the mysterious history of the Order of the Knights Templar and the many mysteries and legends that still surround it. He presents the evidence for the Templar connection to mystical Islamic organizations such as the Assassins, as well as their ties to “heretical” groups such as the Cathars, who were targeted by a crusade in southern France to expunge the challenge they presented to orthodoxy. In addition to providing an overview of the Templars’ actions during the Crusades, Wasserman revisits the charges leveled against them, and their trial, showing how the Order was ruthlessly crushed. He also explores the nature of the treasure they left behind, which has fueled popular imagination for centuries.


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**The Mysteries of Druidry**
By Brendan Cathbad Myers

The ancient Celts embraced a spiritual relationship with an enlivened Earth. Their art, music, stories and all of nature was sacred to them; a world filled with a mysterious energy that animated every tree, rock, animal and even the weather. Their priests, the Druids, had a special knowledge and connection to these mysteries. In *The Mysteries of Druidry*, author Brenden Cathbad Myers, who roamed the Irish countryside for four years, traverses centuries-old Celtic pathways in order to re-discover the “living spiritual mysteries” over which the ancient Druids kept vigil. *The Mysteries of Druidry* is also a contemporary guide for modern Celts and Druids. Myers illustrates successfully how an ancient earth-based spirituality is not only appropriate for the 21st century, but possibly crucial to healing the Earth.


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**Voices of Flowers**
*Learning to Use the Essence of Flowers to Heal Ourselves*
By Rhonda PallasDowney

Flower essences, essentially homeopathic liquids, are increasingly popular with the millions of people who are turning to alternative healing solutions, especially those that offer a measure of individual control. PallasDowney, a traditionally trained homeopath, has made it her life’s work not only to treat people, but also to teach them to take charge of their own healing and wellness. In *Voices of Flowers* she teaches readers to discern their own needs for healing, based on the chakra energy system, and to immediately begin working with the flower cards to learn the characteristic essence of each of the 48 flowers to bring wellness into their lives.

**Before The Pharaohs**
*Egypt's Mysterious Prehistory*
By Edward F. Malkowski

Since the late nineteenth century, speculation has existed that Mayan and Egyptian civilizations are related—that both survive as remnants of a once greater, highly sophisticated culture. Discoveries by modern researchers from the fields of archaeology, genetics, engineering, and geology, now support this once derided claim. Hard scientific evidence shows the Sphinx to be thousands of years older than Egyptologists have claimed, and reveal that the pyramids were not tombs but geomechanical power plants. Complex astronomical star maps discovered in the megaliths of the Nabta Playa must have existed 4,000 years before conventional historians deem such knowledge possible. In *Before The Pharaohs*, historical researcher Edward F. Malkowski collates the latest research from a wide range of scientific disciplines, confirming the idea of a prehistoric civilization—one predating Egypt and Sumer.

Bear & Company. Paper, $18.00.

**Your Heart Knows the Answer: How to Trust Yourself and Make the Choices That are Right for You**
By Gail Harris

*Your Heart Knows the Answer* is a step-by-step, how-to beginner’s guide for learning how to connect with your inner wisdom. The idea behind this book, Harris asserts, is that the only true way that people can become the best person they can be is by trusting themselves and knowing that if they listen to their heart they will make the right choices. *Your Heart Knows the Answer* enables women and men to allow their true self to emerge, so that they can be confident, clear and at peace with life’s choices. Along the way, readers discover their inner problem-solver and what it’s like to truly love and honor their bodies, live in the present moment, and have fulfilling relationships and careers.


**A Rare and Precious Thing**
*The Possibilities and Pitfalls of Working with a Spiritual Teacher*
By John Kain

In *A Rare and Precious Thing*, John Kain interviews teachers and students from a wide variety of traditions—Christian, Jewish, Muslim, Buddhist, Native American, and Vedanta—to gain a deeper understanding of the nuances of the student-teacher relationship. Featuring chapters on eight prominent teachers, this book includes would-be pilgrims with a guide to what teachers can and can’t do for our souls. Interspersed with the in-depth profiles are sections on finding a teacher, the spiritual shopping scene, the abuse of power, projection and transference, life in a community, disillusionment, and the meeting (or Lack thereof) between Western psychology and religion. As Kain points out, it’s a rare and precious thing to work with someone whose sole purpose is to open our eyes to a saner reality.

Harmony Books. Hardcover, $23.00.

**Spiritual Journaling**
*Writing Your Way to Independence*
By Julie Tallard Johnson

*Spiritual Journaling*, Julie Tallard Johnson’s guide to creative journaling for teens, shows that the maturing process—the painstaking, sometimes painful, process of self-discovery leading to growth of self-awareness—is powerfully enhanced by cultivating qualities of introspection and conscious awareness, and that both of these are germane to the creative journaling process. Johnson encourages the reader to discover their own unique voice by learning to listen to their inner wisdom. Gentle and succinct instructions to the use of complementary tools such as meditation and visualization equip teens for exploring the myriad writing-connected activities offered here. As readers move through the book’s activities, and develop a writing practice in their own journals, they consider themselves and their lives from other perspectives, gaining insight into their emotional and creative processes.


**Lessons from the Light**
*What We Can Learn from the Near-Death Experience*
By Kenneth Ring, Ph.D.

Foreword by Caroline Myss

In this remarkable and perhaps most complete book on the Near-Death Experience ever written, Kenneth Ring presents evidence that merely learning about NDEs can have similar positive effects to those reported by people who have actually had a near-death experience. This is a must read for anyone interested in life’s possibilities, and what truly happens after death. Filled with insights into the deepest aspects of human nature, *Lessons from the Light* is a distillation of all that death can teach the living.


**The Instruction Manual for Receiving God**
*Lessons from the Light*
By Jason Shulman

In *The Instruction Manual for Receiving God*, modern Kabbalist, scholar and spiritual teacher, Jason Shulman, offers readers a profound meditative exploration of what it means to be a human being in relationship with the Divine. An eloquent compendium of what Shulman calls “seed passages,” *Receiving God* is at once intimate and poetic, deeply mystical and conversational. This inspirational book offers encouragement, hope and compassion for the journey through life and the spiritual quest to be in relationship with God. Each passage is no more than a few hundred words and is designed to serve as a focus for daily meditation or inspiration. Its insights and exercises also form a completely practical path for daily practice.

Sounds True. Hardcover, $22.95.
The Acid-Alkaline Diet for Optimum Health
Restore Your Health by Creating pH Balance in Your Diet
Revised 2nd Edition
By Christopher Vasey

In *The Acid-Alkaline Diet for Optimum Health*, naturopath and detoxification expert Christopher Vasey shows how a simple change in diet to restore your acid-alkaline balance can result in vast improvements in health. Vasey provides easy test methods to determine your acid levels and instructs how to interpret these test results. He categorizes foods by their effect on the body, explaining that some foods, such as fruits, can have either an alkalizing or an acidifying effect, depending on who eats them. In this updated and expanded second edition, he provides the latest information on proper hydration and deacidification, important alkalizing supplements, and how to eliminate the body’s accumulated acids through intestinal cleansing. He also includes a new, detailed example of an alkaline detoxifying diet and explains how to design a diet best suited for your particular health needs.

Healing Arts Press. Paper, $12.95.

Dying to Be Alive
Death as Spiritual Healer
By Linda Bonnington Vocatura

Through folk stories, dreams, and active imaginations, we come to know Death as a personified entity who announces Itself, and who we subsequently get to know as our guide from “Here” to “Elsewhere” and beyond to the Divinity existing in the infinite space outside our created world. Vocatura’s ideas have collective implications as she sheds new light on the apocalypse predicted in Holy Scripture. *Dying to Be Alive* is a perfect blend of psychology and modern mysticism that will provide comfort and hope to those who are literally facing death, as well as inspiration for us all.


Pagan Every Day
Finding the Extraordinary in Our Ordinary Lives
By Barbara Ardinger

According to author Barbara Ardinger, a contemporary spiritual experience can show up in some of the most unexpected places. *Pagan Every Day* is not your ordinary goddess-a-day or spell recipe book! Rather than writing about the usual sabbat rituals and offering the standard goddess-speak, Ardinger offers 366 literate and witty entries on various topics that provoke readers with new ideas and new ways of exploring paganism as a spiritual practice. Included are the holy days of other cultures, pagan elements in literature, lessons from history, famous pagans, and popular culture and paganism. Intertwined are some more traditional pagan beliefs, with a contemporary twist. Readers are provided with good reminders that every day offers something ordinary and luminous at the same time.


Mozart The Freemason
The Masonic Influence on His Musical Genius
By Jacques Henry

*Mozart The Freemason* is an exploration of Mozart’s strong ties to Freemasonry and how its principles shaped his music. Musicologist Jacques Henry provides a rigorous and original analysis of Mozart’s works that reveals their inner meaning as shaped by the composer’s profound embrace of the spiritual principles of Freemasonry. Mozart constructed his Masonic compositions by creating auditory correspondences to the symbols present in the rituals, choosing keys and tempos that transpose their content into harmony. His understanding of the use of symbols allowed him to create music that would lead the listener into a harmony that transcended earthly existence. Henry’s exploration reveals Mozart showing us with his music that when we lose ourselves in the expression of pure harmony, it is the same as the symbol being subsumed into what it symbolizes.

Inner Traditions. Paper, $14.95.

Encounters with the Unseen Spirits of the Earth
A Woman’s First Spellbinding Account of Her “Reluctant” Apprenticeship
By Kay Whitaker

Kay Whitaker’s *The Reluctant Shaman: A Woman’s First Encounters with the Unseen Spirits of the Earth* was a spellbinding account of her “reluctant” apprenticeship to Domano and Chea Hetaka, two charismatic shamans from the Amazon Basin. Although the meeting seems accidental, they come to teach her—a young homemaker—to be a kala keh nah seh, a builder of webs of balance, and to hand down the ancient wisdom of their people. In spite of her doubts and fears, Whitaker found the balance and harmony she was destined to know. This remarkable spiritual journey continues in *Sacred Link*.


A Year To Enlightenment
Enriching Your Life One Day at a Time
By E. Raymond Rock

In *A Year To Enlightenment*, E. Raymond Rock presents a holistic approach to a complete meditation experience. The book is divided into 365 “days”—each composed of an Insight, a Reflection, and a Meditation—which, he says, will help awaken your intuition, insight, and inner knowledge to reach that state sought after by mystics and seekers throughout the ages: enlightenment. *A Year To Enlightenment* encourages you to read only one page at a time, practicing a single technique until a personal insight arises. Only then do you turn the page and go on to the next “day.” By using this method, your own insights become your personal teacher.

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Linda Leith, founder of Polarity Loft and the new Q Technique has been a professional energetic and intuitive therapist for over 17 years. She has training in reiki, reflex therapy, herbology and aromatherapy and is a certified teacher and practitioner of polarity therapy, RYSE, and the Yuen Method. She is also certified in hypnotherapy and is a member of the National Guild of Hypnotists.

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