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UP FRONT

A Note from the Editor

It seems the single most important—and powerful—choice anyone can make is to monitor their thoughts. Leading biologists, such as Bruce Lipton, PhD, have discovered that the actions of our physical bodies—from gene expression in DNA to the health of the organs, muscles, and joints—are influenced by the thoughts we think. Thoughts, as well as environmental factors such as air, water, and food, are epigenetic; that is, they have an impact on genetic expressions in the body. Whether we are aware of it or not, every action is preceded by a thought.

Therefore, it behooves us to ask: “Are the thoughts I think supporting the health and well-being of my life?” “What actions do my thoughts engender?” “What are my thoughts about events in the news?” “Do I judge politicians who don’t align with my personal values and beliefs?” “Do I drive myself to work hard in a job I do not like because I fear poverty?” Asking ourselves questions like these can help us understand where our thoughts come from and if they are beneficial to our lives. Negative thoughts can cause the body to have an inflammatory response while positive thoughts support the health and well-being of the body at a cellular level.

Psychologist Shannon McRae, PhD, writes in “Energy Medicine: The Reason We Heal,” this issue, about the constant flow of energy that feeds the cells in our physical bodies. She notes that scientists have discovered that the way DNA unfolds influences which genes express themselves. Environmental factors, such as the foods we eat or the pollutants we are exposed to,

influence this unfolding; however, the greatest pollutant is negative thinking. McRae writes that our negative thoughts cause resistance to the natural flow of optimal DNA unfolding and genetic expression.

In “A New Prescription for Chronic Pain,” two psychologists address the issue of the overuse of opioids to treat chronic pain. They suggest a new approach—psychological nutrition—and discuss how emotions are ingredients each of us consumes. The authors show how emotional reactivity changes one’s perception of pain, and assert that just as with non-nutritious foods, negative emotions can lead to pain and disease.

Diana Raab, PhD, in “Healing with Words,” states that when she got cancer, writing helped her to focus. Writing, or journaling, she says, can help the patient identify negative thoughts and increase awareness of mind, emotions, and an inner voice, as well as encourage reflection and emotional releases. It’s one of the best ways to heal.

Just as our thoughts impact our health, so do the foods and supplements we put in our bodies. Daniel Cobb, DOM, discusses cardiovascular disease and explains the importance of high doses of vitamin C in order to prevent the buildup of plaque in the arteries. What if cardiovascular disease could be prevented with vitamin C?

We hope you enjoy this issue of the *Journal* and that you find something in these pages to help you fully realize health in complete and ongoing well-being! Δ

—Scott Miners

Why Cardiovascular Disease Should Be Named Chronic Scurvy

By Daniel Cobb, DOM

In this article, the terms “chronic scurvy,” “heart disease,” and “cardiovascular disease” refer to the accumulation of damage, most commonly in the coronary arteries, that is associated with high blood pressure, plaque deposits, and the increased incidence of heart attacks. This condition is also known by several other names, such as “coronary artery disease,” “atherosclerosis,” “hardening of the arteries,” and “coronary heart disease.”

Introduction

Linus Pauling, PhD, championed a nutritional treatment for cardiovascular disease (CVD) called the Pauling Therapy. It is based on research into the relationship between CVD and vitamin C and was first publicly described in 1991. In the 25 years since, despite its exceptionally high success rate, this therapy has rarely been used by mainstream cardiologists.

This article discusses renaming the condition from CVD to “chronic scurvy,” which would focus attention on the true location of the pathology and, ideally, lead many more people to use the Pauling Therapy to treat CVD.

The History of the Pauling Therapy

The earliest known public pronouncement regarding the Pauling Therapy was in 1991, when Linus Pauling and Mathias Rath, MD, examined a body of research and concluded that there was a connection between vitamin C and CVD. That connection was based upon the observation

that CVD is, at its core, an accumulation of damage to the collagen and elastin fibers in the artery walls. Vitamin C is required for the creation of replacement collagen fibers, as discussed in Pauling and Rath's resulting 1992 paper, which concludes:

In this paper we present a unified theory of human CVD. This disease is the direct consequence of the inability of man to synthesize ascorbate in combination with insufficient intake of ascorbate in the modern diet. Since ascorbate deficiency is the common cause of human CVD, ascorbate supplementation is the universal treatment for this disease. The available epidemiological and clinical evidence is reasonably convincing. Further clinical confirmation of this theory should lead to the abolition of CVD as a cause of human mortality for the present generation and future generations of mankind.¹

Such was the success of their treatment therapy that perhaps Pauling and Rath then dusted off their hands and thought to themselves, "We're done with that disease." Unfortunately, the rest of the world has moved at a glacial pace in taking advantage of their breakthrough ideas.

Although Pauling and Rath's treatment has yet to enter mainstream medicine, their words did not fall entirely on deaf ears. The small group of people who are confident in researching their own medical challenges and making their own medical decisions have frequently discovered some version of the Pauling Therapy and are routinely reversing their CVD/chronic scurvy.² But what about the vast majority of people who depend upon conventional medicine for their heart disease treatment choices? When will their cardiologists advise them that their heart disease can be reversed in a matter of months, instead leaving them mired in a managed disease for the rest of their lives?

The Conventional Viewpoint

The conventional viewpoint about preventing and treating CVD is to focus the discussion on the plaque deposit-blood clot combination.

In the case of death from heart attack in a patient in which a plaque deposit suddenly became a 100 percent blocked artery, doctors instinctively look at the plaque deposit and then work backward. Almost all medical proposals refer to the deadly plaque deposit. Medical professionals discuss the fatty nature of the plaque, the cholesterol, the calcium buildup, the blood clot caused by plaque rupture, how to remove these problems, and how to prevent them.

The medical community has been proposing solutions for heart attacks caused by these plaque-blood clot combinations for decades, but heart disease still remains the number one cause of death.³

What Really Causes Heart Disease?

When a world-renowned heart surgeon condemns the long-held idea that cholesterol causes heart disease and points to the real cause of this epidemic, you sit up and listen.

After more than 5,000 open-heart surgeries over 25 years, Dwight Lundell, MD, has realized the egregious error he and his colleagues have made in asserting what actually causes heart disease. Until recently, the only accepted therapy was prescribing medications to lower cholesterol and a diet that severely restricted fat intake.

Lundell says, "These recommendations are no longer scientifically or morally defensible. The discovery a few years ago that inflammation in the artery wall is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments will be treated."

The biggest culprits of chronic inflammation are simple, highly processed carbohydrates (sugar and flour) and excess omega-6 vegetable oils, such as soybean, corn, and sunflower, that are found in processed foods.

Instead, choose complex carbohydrates, such as colorful fruits and vegetables, and eat meat for protein. Cut down on inflammation-causing omega-6 fats, and increase good fats. Chronic inflammation and poor health are reversible with proper changes in diet.

—Adapted from "World Renowned Heart Surgeon Speaks Out on What Really Causes Heart Disease," by Dwight Lundell, MD, at <http://disclose.tv>.

"Since ascorbate deficiency is the common cause of human CVD, ascorbate supplementation is the universal treatment for this disease."

Multiple Studies Debunk Health Risks of Saturated Fat

The prevailing recommendation for the last few decades has been to avoid saturated fats in order to reduce our chances of coronary disease. We have been told that saturated fats raise LDL cholesterol, clogging the arteries and putting us at increased risk for heart disease. The 2015 USDA dietary guidelines still advise limiting saturated fats to a maximum of 10 percent of daily calories, warning of such dangers.

Now this paradigm is undergoing a polar shift.

Research including the Oslo Study (1968) and the L. A. Veterans Study (1969), as well as a 2015 meta-analysis published in the *British Medical Journal*, found no association between high levels of saturated fat in the diet and heart disease.

What emerges from these studies is that replacing saturated fats with vegetable and corn oils has no benefit on atherosclerosis, heart attacks, and mortality. Switching to such a diet does not improve health, and in fact, can make it worse. Some of these studies showed that the more the total cholesterol was lowered, the greater the risk of death.

We know that omega-3 to omega-6 ratios in the standard American diet are far out of balance, which leads to a variety of health problems. Vegetable

Continued on following page

A Holistic Viewpoint

To understand how the nutritional treatment of chronic scurvy works, the plaque deposits must be viewed from a different perspective. Patients who have plaque deposits in the coronary arteries have chronic scurvy, but if the disease itself is to be found, the area *underneath* the plaque deposits must be examined. It is there that weak and damaged artery walls are found.

“Chronic scurvy results from years, if not decades, of inadequate levels of vitamin C, to which the body mounts a secondary defense.”

Scurvy is essentially a bleeding disease. Chronic scurvy differs from “normal” scurvy only in degree and by the body’s response. Both have, at their core, the inability to repair and replace collagen fibers in the vascular tissue, which leads to the resulting failure of that vascular tissue to contain the blood. The difference between the two conditions is that scurvy results from several months of near-zero levels of vitamin C, where as chronic scurvy results from years, if not decades, of inadequate levels of vitamin C.

Relevant comments from the Pauling and Rath paper state:

The invariable morphological consequences of chronic ascorbate deficiency in the vascular wall are the loosening of the connective tissue and the loss of the endothelial barrier function. Thus human CVD is a form of pre-scurvy. The multitude of pathomechanisms that lead to the clinical manifestation of CVD are primarily *defense mechanisms aiming at the stabilization of the vascular wall* [emphasis added]. After the loss of endogenous ascorbate production during the evolution of man these defense mechanisms became life-saving. They counteracted the fatal consequences of scurvy and particularly of blood loss through the scorbutic vascular wall.⁴

The arteries are a high-pressure system and if enough damage accumulates in one area of an artery, it may become weak enough that breakthrough bleeding occurs. Whenever there is damage to artery walls, the first order of business is to repair the damage. These repairs require a collection of nutrients. What happens if one or more of those nutrients are absent or in short supply is that repairs get backlogged and the arteries get weaker.

Vitamin C performs many functions. It is an antioxidant and it is required by the adrenals for the best response to stress. Vitamin C plays an important part in the immune system, besides being required to produce collagen fibers, a key component of arterial self-repair. It is also used by the body to chelate, or remove, heavy metals bit by molecular bit. It is important to point out that vitamin C is not stored in the body, nor does the human body produce vitamin C on its own.

—Daniel Cobb in “Reversing Heart Disease with a Vitamin,” *Well Being Journal*, Vol. 20, No. 4

When the arteries get to the point where breakthrough bleeding becomes a danger and the required repairs cannot be made due to nutrient deficiencies, the body has a “Plan B.” It builds up a layer of material on the inside of the artery wall to protect the damaged wall against the force of the blood pressure. This, of course, is plaque but could be called “nature’s perfect bandage.” This phrase can be used to remind people that the plaque deposits are *not pathological* but instead are an *adaptive response* to weakened artery walls.

A quote from the Pauling and Rath paper shows that this idea was proposed 25 years ago:

The genetic countermeasures...include inherited disorders that are associated with atherosclerosis and CVD. With sufficient ascorbate supply these disorders stay latent. In ascorbate deficiency, however, they become unmasked, leading to an increased deposition of plasma constituents in the vascular wall and other mechanisms that thicken the vascular wall. This thickening of the vascular wall is a defense measure compensating for the impaired vascular wall that had become destabilized by ascorbate deficiency.⁵

The positive resolution of this scenario involves making sure that the nutrients required to catch up on the backlog of vascular tissue repairs are in abundant supply. When these nutrients are adequately supplied and the arteries are repaired (thus removing the reason for the plaque deposits), the plaque gradually disappears on its own.

Treating chronic scurvy nutritionally, because it directly addresses the cause, almost always works.⁶ This is why, in this author’s clinic, there is a saying that heart disease is easier to treat than low-back pain.

How the Term “Chronic Scurvy” Can Change the Treatment of Heart Disease

The following is a discussion of two different approaches to treatment of CVD/scurvy and how terminology makes a difference in the prescribed treatment. Let’s look at an example of a patient who consults with a holistic, nutritionally oriented physician. The doctor names the patient’s disease “atherosclerosis,” which describes the complex development of the plaque deposits in a major artery. The holistic doctor and the patient discuss a nutritional treatment in terms of how it would heal and remove the plaque deposits. When the patient leaves the consultation, his attention is focused on the plaque deposits. The patient then may return to his cardiologist and ask, “How do I get rid of my plaque deposits?” Most of the time, the cardiologist will steer the patient into conventional treatment, because conventional treatment appears to be designed to fight those “deadly plaque deposits.”

In a second example, a patient consults with a holistic, nutritionally oriented healthcare professional who discusses the patient’s condition using the term “chronic scurvy.” It is made clear to the patient that this is a disease of weakened connective tissue in the arteries, and the discussion centers

Multiple Studies Debunk Health Risks of Saturated Fat

Continued from previous page

and corn oils are high in omega-6 fats, and excess amounts cannot be used for fuel. When heated for cooking, vegetable oils tend to oxidize, and once consumed, they are highly susceptible to oxidative damage in the body.

In short, vegetable oils do not reduce risk of dying from heart disease and are overused, and saturated fats do not increase risk of dying from heart disease. Moreover, reducing cholesterol is not necessarily a sign of improved health; it may actually raise the risk of death.

The fear of healthy dietary fat is also part of why we are currently struggling with obesity, diabetes, and heart disease of epidemic proportions. The rise of low-fat, sugar-based foods has created many more problems than it has solved.

Far from posing a risk, saturated fats provide a number of important health benefits, from providing fuel for the brain to helping us to feel full.

We must stop treating saturated fat as an enemy and start incorporating it back into our diets to improve our overall health and reduce the incidence of diabetes, obesity, and heart disease.

—Adapted from “Saturated Fat Finally Vindicated in Long Buried Study,” by Joseph Mercola, DO, at: <http://articles.mercola.com>.

Clinical Trials Funded by Big Pharma

New data from Johns Hopkins University suggests that the funding of clinical trials by corporations with vested interests is now the norm. Clinical trials, which are required for a drug to go to market, are most often funded by the pharmaceutical industry.

All drugs potentially destined for use by Americans must undergo clinical trials for safety and efficacy, but the tests are not required to be done by a third party. The drug industry is basically policing itself.

While clinical trials funded directly by the US National Institutes of Health (NIH) are considered independent, a large proportion of trials conducted by the NIH are now funded by major pharmaceutical corporations.

The Johns Hopkins report showed that the number of independent NIH-funded trials fell by 24 percent from 2006 to 2014, while pharmaceutical-funded NIH trials increased by 43 percent in the same time period. Fewer independent trials means that the FDA is not acting with impartiality.

It is also worth noting that NIH has less money for running independent studies because Congress has cut its funding. Big Pharma is willing to fund the clinical trials, however, and is not held accountable for lack of transparency in drug testing.

—Adapted from “Unsettling Truth: Most Clinical Trials Are Funded by Big Pharma,” by Christina Sarich, at <http://www.naturalsociety.com>.

around which nutrients are required to repair connective tissue. When the patient leaves the consultation, her focus is on treating chronic scurvy by nutritionally facilitating repairs to the artery walls.

She then asks her cardiologist, “How do I treat my scurvy?” Almost everyone who has grown up in the United States learned in grammar school that European explorers frequently died from scurvy when they were on long sea voyages and that scurvy was later determined to be caused by a

“The difference is that naming the disease ‘scurvy’ rather than ‘atherosclerosis’ keeps the focus on the actual pathology in the artery walls.”

vitamin C deficiency. So, the discussion in the cardiologist’s office may start with vitamin C. Looking further into the disease, the patient will learn that scurvy is a connective tissue weakness that results in internal bleeding. Other nutrients to support collagen and connective tissue production can be added to the treatment.

The difference is that naming the disease “scurvy” rather than “atherosclerosis” keeps the focus on the actual pathology in the artery walls. In this way, the treatment

focus stays on the integrity of the arteries and does not wander back to the plaque deposits.

Medical Writers and Researchers Make the Mistake

One might think that what a disease is named would have almost no effect on how it is researched and treated, but in the case of heart disease, a quick examination of the evidence shows otherwise.

Medical writers and researchers tend to focus on plaque deposits. This author has reviewed many professional journal articles on topics such as tracking and evaluating the calcium score, using vitamin K2 to reduce calcium levels in plaque deposits, raising HDL and lowering LDL and total blood cholesterol, analyzing the ratios of HDL to LDL cholesterol, examining the dangers of oxidized cholesterol, tracking and lowering blood lipoprotein(a) levels, lowering blood triglycerides, and lowering the consumption of saturated fat. All of these approaches to treatment of CVD share

Research findings have shown that as we practice heart coherence and radiate love and compassion, our heart generates a coherent electromagnetic wave into the local field environment that facilitates social coherence, whether in the home, workplace, classroom, or sitting around a table. As more individuals radiate heart coherence, it builds an energetic field that makes it easier for others to connect with their heart. So, theoretically it is possible that enough people building individual and social coherence could actually contribute to an unfolding global coherence.

—Deborah Rozman, PhD, in *Heart Intelligence: Connecting with the Intuitive Guidance of the Heart*, by Doc Childre, Howard Martin, Deborah Rozman, and Rollin McCraty, page 124, Waterfront Press, 2016

the same problem. They address the problem of plaque deposits, thereby focusing only on the body's adaptive response to the underlying problem. Simultaneously, they miss the real pathology of the damage to the artery walls.

The Prescription

The basic formula for the Pauling Therapy includes vitamins C and E, zinc, copper, sulfur, and a couple of amino acids. What follows is a common prescription we use in my clinic for a chronic scurvy patient. Other doctors are likely to use similar nutritional prescriptions, and as long as these contain an abundance of vitamin C, full-spectrum vitamin E, sulfur, and L-lysine, and also address the copper-zinc status of the patient, the treatment should work well.

Nutritional Supplement Recommendations for Treating Chronic Scurvy

Vitamin C (pure ascorbic acid, not mineral ascorbates): 6 or more grams per day. Vitamin C is required for the production of collagen and elastin fibers. It is also an important antioxidant that prevents free-radical damage.

Take the vitamin C in small doses throughout the day. This provides better "coverage" of vitamin C needs.

Small doses of vitamin C in the form of mineral ascorbates might be safe to take, but at the high doses recommended here, the minerals in the ascorbate may lead to an overdose of minerals or create mineral imbalances. Purified L-ascorbic acid (the active isomer) is important because otherwise only half the indicated dose of vitamin C is actually obtained. The other half is d-ascorbic acid, which is not true vitamin C.⁷

Not all vitamin C is equally useful to the body. It is worthwhile to spend a little more money for the highest-quality product to get the best result, especially when treating an advanced case of chronic scurvy. There are three characteristics of inexpensive vitamin C that are problematic: 1) The product is not purified

for the l-isomer; 2) the vitamin C is derived from corn starch; and 3) the product is manufactured in China. It is important to note that almost all high-dose vitamin C that does not specifically provide information to the contrary has all three of these problems.⁸

The best is vitamin C from the Vitamin C Foundation.⁹ They sell only purified L-ascorbic acid, their vitamin C is not derived from corn, and it is never manufactured in China.

“Medical writers and researchers tend to focus on plaque deposits... They address the problem of plaque deposits, thereby focusing only on the body’s adaptive response to the underlying problem. Simultaneously, they miss the real pathology of the damage to the artery walls.”

L-lysine: 6 grams per day.

L-lysine is used in the production of collagen fibers and causes the release of plaque in very small pieces, which avoids embolisms.¹⁰

L-proline: 1 gram per day.

L-proline is similar in function and effect to L-lysine.¹¹

Vitamin E: Between 400 and 800 mg per day. Like vitamin C, vitamin E is an important antioxidant. Including vitamin E in a treatment formula relieves the vitamin C of much of its antioxidant responsibilities so that more vitamin C can be used to produce collagen fibers. Vitamin E is also a mild anticoagulant.

Be sure to take a vitamin E product that provides all four tocopherols and all four tocotrienols. The best result in the prevention and treatment of coronary artery disease (CAD) is obtained by taking a full-spectrum vitamin E that is high in d-gamma tocopherol.¹² Some studies for CVD are designed to fail because they use only d-alpha tocopherol, which does not do much to treat CVD and will actually suppress levels of all the other types of vitamin E, including gamma tocopherol.¹³

The A. C. Grace company makes a product line called “Unique E,” which includes a mixed tocopherols and a tocotrienols (in two different bottles).¹⁴

Organic Sulfur: One teaspoon per day. For best results, take organic sulfur in chlorine-free water on an empty stomach upon waking in the morning. Wait 30 minutes before eating or drinking anything. Organic sulfur delivers oxygen to cells, is excellent at removing a wide variety of toxins, and is required to form disulfide

Statin Side Effects Worse than High Cholesterol

Millions of people in the United States take statin medications to lower cholesterol and prevent heart disease. Some think that statins are a wonder drug, while others wonder whether the benefits outweigh the risks. With research studies uncovering questionable gain and serious side effects, critical concerns are justified. A thorough understanding of the way that statins work helps explain why they may not be the key to healthier hearts and longer lives.

Lower Levels of Cholesterol

Statins block the activity of the enzyme HMG-CoA reductase, an essential element in the synthesis of cholesterol. Inhibition of this enzyme prevents the body from producing cholesterol, lowering levels in the blood.

Cholesterol has several important functions in the body, and we can't live without it. It acts as an antioxidant, a repair molecule, and an essential component of all cell membranes. Cholesterol is used to make sex hormones (including estrogen, progesterone, and testosterone) and adrenal hormones, which help our bodies deal with stress and regulate blood volume. Cholesterol is also used to make bile, which aids the digestion and assimilation of dietary fats, and vitamin D, which increases absorption of calcium, builds strong bones, strengthens the immune

Continued on following page

bonds in the creation of collagen fibers.¹⁵ Organic sulfur is also known as MSM, but look for products that are described as “organic sulfur” because they tend to be more pure and therefore more effective. The only downside to organic sulfur is that it also “sulfates out” some beneficial minerals. To prevent long-term mineral deficiencies, increase the dose of magnesium and add a multimineral supplement containing molybdenum.

Magnesium (citrate or chelated): 400 mg per day. Magnesium helps to keep energy levels up and helps to maintain a good heart rhythm.¹⁶

Magnesium is also a mild anticoagulant.

“Organic sulfur delivers oxygen to cells, is excellent at removing a wide variety of toxins, and is required to form disulfide bonds in the creation of collagen fibers.”

Coenzyme Q10: 100 mg or more per day. The heart uses more Co-Q10 than any other tissue in the body because Co-Q10 enables the use of higher amounts of energy. This nutrient is critical to CVD patients, in whom hypertension (high blood pressure) is common. Hypertension means that when the heart pumps blood, it has to pump against a higher pressure; thus, the heart has to work harder and requires more energy. Statin drugs suppress the body's normal creation of Co-Q10, so many CVD patients are weakening their hearts by taking statins.¹⁷

Vitamin K: 100 mcg per day. Vitamin K is a natural blood coagulant.¹⁸ Blood clots and the effects of blood-thinning drugs are sensitive topics for CAD patients. Vitamin K is included in this list to neutralize the anticoagulant effects of magnesium and vitamin E. This results in an overall formula that is roughly neutral in its coagulant/anticoagulant effects.

Copper: 2 mg per day; **Zinc:** 20 to 30 mg per day. Copper and zinc work in opposition. High copper levels depress zinc, and high zinc levels depress copper. Copper is necessary for the production of collagen fibers, and is an essential part of artery wall repairs.¹⁹ An overdose of copper usually results in nausea, digestive problems, and occasionally mania.

Zinc is useful for the immune system and for tissue repair (such as repair of artery walls).²⁰ An overdose of zinc depresses the immune system.

Consider buying copper in a copper/zinc combination supplement so the two minerals do not get out of balance.

Vegetarians are likely to be deficient in zinc and have an elevated risk of copper overdose, so they should consider supplementing with zinc and relying on diet alone for copper.

People who have copper water pipes probably do not need to supplement with copper because they get enough from drinking and cooking with their tap water.

B-Complex: Use dosage recommended on the label. High homocysteine levels damage artery walls. Vitamins B6, B12, and folic acid, found in

B-complex formulas, dramatically reduce homocysteine levels.²¹

Rutin: 500 mg per day. Rutin is a bioflavonoid that assists vitamin C in its functions.²²

Omega-3 Fats (fish oil or flaxseed oil): Between one teaspoon and one tablespoon per day. Many studies have indicated that fish oils can be quite valuable in keeping the heart healthy.²³ However, these highly volatile unsaturated fatty acids are prone to rancidity. If a spoonful tastes bad, the product has likely turned rancid to the point that it is doing more harm than good. Throw it away and get a fresh bottle. Buy a small bottle so it can be used up while it is still fresh. Fish oil gel caps can also go rancid, but the gel caps conceal the taste. Once a week, bite one open and taste it to see if it is rancid.

It is important to take high-quality vitamin E while taking omega-3s; vitamin E protects omega-3s from oxidation within the body.

Conclusion

Plaque deposits are an adaptive response, like a bandage over a damaged area, to prevent breakthrough bleeding. Treating an adaptive response does not heal the underlying problem. Treating plaque deposits with cholesterol reduction, manipulation of the HDL/LDL ratio, and other standard protocols is the equivalent of treating a skin abrasion by picking at the scab. On the other hand, providing an abundant supply of the nutrients required to repair arterial damage uses normal body processes to heal naturally.

The Pauling Therapy will be more widely accepted when health professionals realize that CVD is “chronic scurvy,” a bleeding disease brought on by damage to the artery walls. Treatment should start much as one would treat scurvy: with high and frequent doses of vitamin C along with a few related nutrients. The focus can be almost exclusively on the efficient repair of the artery walls. Plaque deposits are not the pathology but are instead an adaptive and protective response to damage in the artery walls. Once the artery walls are repaired, the plaque deposits will disappear on their own. Δ

Given the pressing need to reduce cardiovascular disease (CVD) morbidity and mortality, there has been a focus on optimizing nutrition to reduce the many contributing risk factors. Over the past 2 decades, many studies have been conducted that have evaluated the effects of walnut consumption on CVD risk factors. Walnuts have been shown to decrease low-density lipoprotein cholesterol (by ~9–16 %) and blood pressure (diastolic blood pressure by ~2–3 mm Hg), 2 major risk factors for CVD. In addition, walnuts improve endothelial function, decrease both oxidative stress and some markers of inflammation, and increase cholesterol efflux. The effect of walnuts on multiple CVD targets over relatively short periods of time supports recommendations for their inclusion in a heart-healthy diet.

—Penny M. Kris-Etherton in “Walnuts Decrease Risk of Cardiovascular Disease: A Summary of Efficacy and Biologic Mechanisms,” abstract, available at <http://jn.nutrition.org/content/early/2014/02/05/jn.113.182907>

Statin Side Effects Worse than High Cholesterol

Continued from previous page

system, and provides protection against hypertension, autoimmune disease, and cancer.

Cholesterol also accounts for approximately half the dry weight of the brain, where it plays a vital role in insulating neurons and allowing cells to communicate. When the body doesn't make enough cholesterol, neurological problems can arise. Not surprisingly, side effects of statins include cognitive impairment, memory loss, mental confusion, difficulty concentrating, insomnia, personality changes, depression, anxiety, irritability, and violent behavior.

Deficiency of Coenzyme Q10

Statins also inhibit the synthesis of coenzyme Q10, an antioxidant and essential cofactor in the production of energy inside cells. Because heart cells have such large energy requirements, they contain the highest concentrations of CoQ10. Deficiencies can weaken the heart and compromise cardiovascular function.

The deficiency of CoQ10 caused by statins can start soon after treatment begins. A study at Columbia University found that after only 14 days of treatment with atorvastatin (Lipitor), CoQ10 levels were reduced by 49 percent. Once CoQ10 is lacking, heart problems can quickly follow, even in people

Continued on following page

Statin Side Effects Worse than High Cholesterol

Continued from previous page

who have no history of cardiovascular disease. A study published in the *American Journal of Cardiology* followed healthy adults with mildly elevated levels of cholesterol. After only 6 months of taking a low dose of Lipitor, 71 percent of participants developed early heart muscle dysfunction.

Some side effects of statins are related to the loss of CoQ10 in muscles and a reduced capacity for energy production. These include fatigue, shortness of breath, problems with mobility and balance, and muscular pain, weakness, and atrophy. Severe reactions can lead to rhabdomyolysis, a syndrome resulting in the breakdown of skeletal muscle that is sometimes fatal. CoQ10 deficiency has also been linked to heart failure, hypertension, and Parkinson's disease.

—Excerpted from "Why Statins Don't Help: The Statin Epidemic," by Sarah Cimperman, ND, *Well Being Journal*, Vol. 19, No. 4. Print back issue now available for \$1; see page 25 for details.

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“Plaque deposits are not the pathology but are instead an adaptive and protective response to damage in the artery walls.”

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Omega Fatty Acids and Heart Health

“Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

“Since we now know that cholesterol is not the cause of heart disease, the concern about saturated fat is even more absurd today. The cholesterol theory led to the no-fat, low-fat recommendations that in turn created the very foods now causing an epidemic of inflammation. Mainstream medicine made a terrible mistake when it advised people to avoid saturated fat in favor of foods high in omega-6

fats. We now have an epidemic of arterial inflammation leading to heart disease and other silent killers. What you can do is choose whole foods your grandmother served and not those your mom turned to as grocery store aisles filled with manufactured foods. By eliminating inflammatory foods and adding essential nutrients from fresh unprocessed food, you will reverse years of damage in your arteries and throughout your body from consuming the typical American diet.”

—Dwight Lundell, MD, heart surgeon and retired chief of staff and chief of surgery at Banner Heart Hospital, Mesa, Arizona, in “Prestigious Heart Surgeon’s Confession Reveals the Truth About Heart Disease,” by Alex Pietrowski at <http://wakingtimes.com>.



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Insulin Counting

A Nutritional Approach to Hormone Management for Women

By Fiona McCulloch, ND

ARE YOU LIVING WITH distressing symptoms such as irregular menstrual cycles, weight gain, infertility, acne, hair loss, or increased facial hair growth? If you are, high insulin levels might be to blame. You have probably heard about insulin and its role in diabetes, but you may not be aware of how it can affect female hormones. A new, easy-to-follow dietary method may help manage blood insulin levels and improve hormonal health for the millions of women suffering from insulin-induced symptoms.

What Does Insulin Do?

Insulin is likely the most well-known hormone that affects our nutritional metabolism. Its main role is to direct the glucose derived from our food into our cells, where it is used for energy. After we eat, our blood sugar levels rise, and the pancreas responds by releasing insulin to shuttle the extra glucose away. This keeps blood sugar under strict control.

When there is too much glucose for the cells to use as fuel, it is stored, usually in the cells of the liver and muscles, in a form called glycogen or is converted into fat for long-term storage. Moreover, insulin inhibits fat breakdown. After a meal, the metabolism is focused on storing fuel and not on burning fat.

Carbohydrates are well-known for spiking blood sugar levels, so it makes sense that they also cause significant insulin release. What many people don't know is that some protein-rich foods can spike insulin levels just as much as carbohydrates, or even more.

What Is Insulin Resistance?

Insulin resistance is a state where our cells are less sensitive to the actions of insulin. The pancreas makes more insulin to compensate for elevated blood sugar, as one of its main goals is to stop blood sugar levels from becoming too high. The end result is a lot more insulin floating around in the bloodstream. Insulin resistance is often associated with obesity (although the direction of causality is not entirely clear) and may be more likely to develop if we have the genes that predispose us to it.

Signs of Insulin Resistance in Women

How do you know if you have insulin resistance? The most typical signs include abdominal weight gain and significant difficulty in losing weight, as high levels of insulin inhibit fat breakdown.

Many women's ovaries overproduce testosterone when they are exposed to excess insulin. These women may experience irregular menstrual cycles—or even

infertility, as they can stop ovulating altogether. When testosterone becomes overly abundant due to insulin resistance, it can also affect a woman's skin. Cystic jawline acne, hair loss, and excess facial or body hair are troubling testosterone-induced skin issues. Other skin-related signs of insulin resistance include skin tags, and dark pigmentation in the skin folds.

If these symptoms are familiar to you, you're not alone. They are the hallmarks of polycystic ovary syndrome (PCOS), which affects 15 percent of women worldwide. PCOS is the most common hormonal condition in women, and half of those who are affected don't know they have it.

The Insulin Index

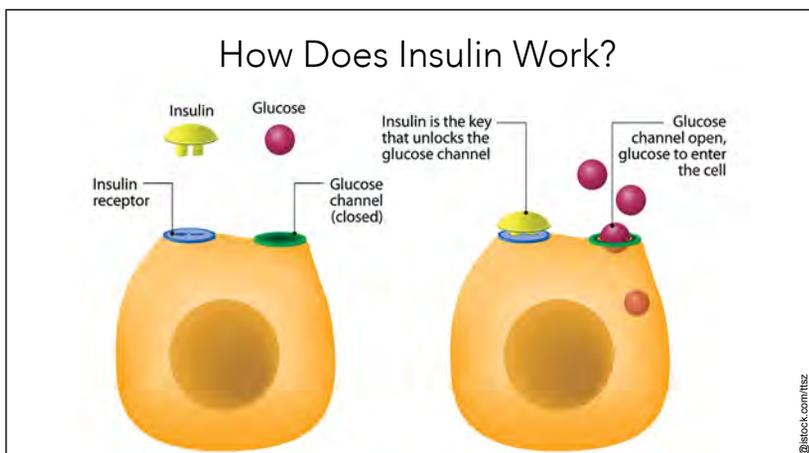
Fortunately, a little-known dietary scale—the insulin index—can help us in our battle against insulin resistance. You've likely heard of the glycemic index, which is a measure of how much a food we eat raises blood sugar levels. The insulin index does more—it tells us how much a consumed food raises insulin levels.

Most of the research on the insulin index has been conducted by the same team at the University of Sydney who did much of the pioneering work on the glycemic index. As a result, evidence for the insulin index sits atop many years of intensive research in nutrition.

Foods That Spike Insulin

Foods that are high on the glycemic index are also high on the insulin index, which comes as no surprise, since insulin is released in response to increases in blood sugar. However, the opposite isn't always true. In fact, some of the highest foods on the insulin index are very low on the glycemic index and don't raise blood sugar levels much at all. Dairy foods, for example, contain protein building blocks called *branched-*

“The most typical signs of insulin resistance include abdominal weight gain and significant difficulty in losing weight, as high levels of insulin inhibit fat breakdown.”



Cholesterol or High Blood Sugar Is the Cause of Heart Attack?

In 2004, *Time* magazine told the world that there's just one problem with the cholesterol hypothesis: "Sometimes it's dead wrong." More than half of the people who suffer from heart attacks have "low" cholesterol. And "high" cholesterol (300-350 mg/dL) is a natural and healthy part of aging. The higher their total blood cholesterol, the longer people live. Targeting this natural phenomenon, drug companies have convinced people otherwise—while profiting immensely.

If fat and cholesterol were the culprit in heart disease, due to their ability to "plug the pipes," then these ubiquitous substances would clog the entire 100,000 miles of adult veins, arteries, and capillaries. Instead, 90 percent of the time, heart disease is caused by the narrowing of the spaghetti-sized coronary arteries—those that rest over the heart. The rest of the cardiovascular system remains perfectly healthy despite being rich in cholesterol and fat. This commonsense observation renders the cholesterol and fat theory of heart disease obsolete. If you want to avoid feeling like an elephant is crushing your chest, look beyond cholesterol.

Coronary arteries bear little resemblance to pipes. Instead, they are made up of muscle sandwiched between two structural layers. When the muscle of arteries becomes inflamed, atherosclerosis, or heart disease, can set in. This is initiated by damage to the innermost structural layer that faces the bloodstream. Science has made great strides in identifying what causes damage to this layer.

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Cholesterol or High Blood Sugar Is the Cause of Heart Attack?

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Aside from smoking, the biggest culprit in today's heart attack pandemic is high blood sugar, which can come from frequent consumption of refined sugars or refined carbohydrates and bleached flours. It leads to a condition known as insulin resistance, or early type 2 diabetes. Insulin resistance causes blood sugar to float in the blood longer than it should. Muscle no longer vacuums it from the bloodstream. Over time, blood sugar reacts with amino acids floating nearby. The result of this reaction is a sharp knife termed *advanced glycation end (AGE) product*.

AGE products cut deep into structural layers of coronary arteries. Medically, this is called *glycation*, and it explains why diabetics have four times the risk of heart attack relative to non-diabetics. Overcome with high blood sugar, they face the debilitating process of AGE products.

Coronary arteries are most susceptible to AGE products, due to the mechanical stress in the region (heart beat). As the heart beats, the structural layer, which is made up of collagen and elastin, becomes sensitive to them. Arteries not subject to mechanical stress do not expose the structural layer as readily. Therefore, they are not as sensitive to the AGE products.

Damage caused by AGE products leads to supple, healthy coronary arteries becoming rigid—the same thing can happen to skin. This is what the name *atherosclerosis* was derived from. The term combines two Greek words, *athere* (gruel) and *sclerosis* (hardening).

The damage causes the body's natural repair mechanism to take over, and the inflammation cascade begins. This is an age-old immunological defense mechanism. Among the smooth muscles of coronary arteries, inflammation acts as nature's band-aid. Plaque can be the end result.

—Excerpt from "The Biggest Culprit in the Heart Disease Pandemic: Five Ways to Avoid It," by Shane Ellison, MSc, in *Well Being Journal*, Vol. 16, No. 2. Print back issues now on sale for \$1; see page 25 for details.

chain amino acids, which enter the bloodstream rapidly and cause a surge of insulin.

Most people are shocked to learn that 175 gm of low-fat fruit yogurt provokes more insulin release than two slices of white bread. (I don't recommend either of these foods!) Some other food culprits may surprise you as well—beef spikes insulin levels more than chicken, and whey protein powder is one of the highest foods on the insulin index.

The insulin index tells us how much insulin will be released when we consume a specific food in an amount that provides 240 calories. The food insulin demand (FID), a related index, takes into account both the insulin index of the given food and the portion size being served—an exceptionally useful tool we can use when planning meals.

Insulin Counting

I've created an insulin-counting program in my book, *8 Steps to Reverse Your PCOS*. It's an easy-to-follow system based on the FID (see adjacent food chart). The program includes a structured, reduced-carbohydrate dietary plan providing a low-insulin count at breakfast and an individually determined count at lunch and dinner to manage post-meal insulin responses. I discuss the best foods and portion sizes in detail, creating an approach to lowering insulin that focuses on the consumption of quality, whole foods.

I've been using this method with women at my clinic in Toronto, and we've been seeing major improvements in stubborn hormonal and metabolic health conditions. It's a very exciting time for nutrition and women's health! Δ

FIONA MCCULLOCH, ND, founder and owner of White Lotus Integrated Medicine, is a naturopathic practitioner who specializes in evidence-based therapies for PCOS, thyroid health, autoimmunity, weight management, and infertility. She is also a medical advisor for IVE.ca, Canada's premier fertility community, and is on the medical advisory committee for the PCOS Awareness Association. She is a graduate of the Canadian College of Naturopathic Medicine (2001) and the University of Guelph (BS in biological science). Her new book, *8 Steps to Reverse Your PCOS*, will be available on September 20, 2016, at Amazon.com and all fine booksellers.

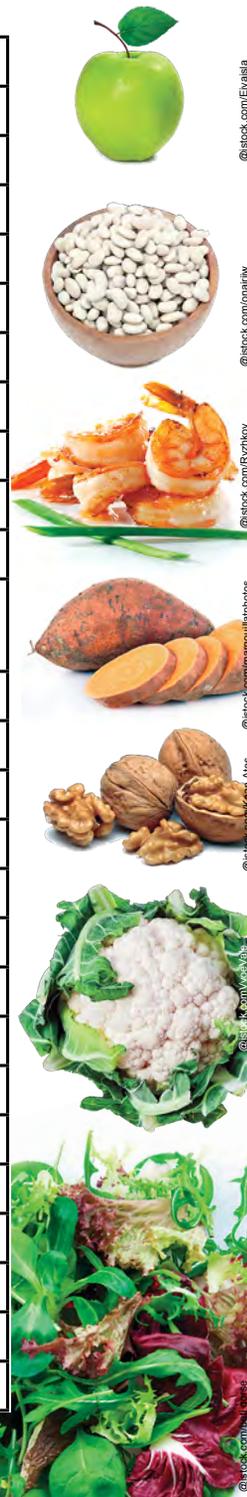
When you switch from burning glucose as your primary fuel to burning fat for fuel, cancer cells really have to struggle to stay alive.... At the same time, healthy cells are given an ideal and preferred fuel, which lowers oxidative damage and optimizes mitochondrial function.

—Joseph Mercola, DO, in "How a High-Fat Diet Helps Starve Cancer" at <http://mercola.com>

Insulin counts of the most commonly consumed foods, healthy and otherwise, in the standard American diet

Note: Insulin count is adjusted for quantity. For example, if you have 14 shrimp instead of 7, the count will double from 4 to 8.

Food	Quantity	Insulin Count
Chicken	130 gm	20
Lean Beef Steak	130 gm	30
White Fish	130 gm	17
Navy Beans	1/2 cup	14
Eggs	2 large	14
Shrimp	7	4
White Bread	2 slices	52
White Rice	1 cup	46
Butternut Squash	1 cup	26
Sweet Potato	1 small	37
Low-Fat Blueberry Muffin	1 muffin	116
Pancake	100 gm	83
Low-Fat Fruit Yogurt	175 gm	57
Low-Fat Cottage Cheese	1 cup	48
Skim Milk	1 cup	23
Avocado	1/4	2
Olive or Coconut Oil	1 Tbsp	2
Walnuts	1/4 cup	4
Almond Butter	1 Tbsp	4
Banana	1 medium	23
Orange	1 medium	11
Apple	1 medium	14
Berries	1 cup	3
Broccoli	1 cup	4
Cauliflower	1 cup	10
Leafy Green Vegetables	1 cup	0



A New Prescription for Chronic Pain

By Shoba Sreenivasan, PhD, and Linda E. Weinberger, PhD

Patients in chronic pain want their pain gone. Perhaps this is easier said than done. Pain management is complex and has no certain or easy solutions. Surgery may not improve—and may even exacerbate—the pain (e.g., low back pain). Non-opioid pharmacological treatments may also prove less than satisfactory. Chronic physical pain causes emotional pain, which, ironically, can result in heightening the patient's sensitivity to their physical pain. The debilitating effects of chronic pain span physical, emotional, social, and occupational functioning. In a 2014 report, the National Institutes of Health (NIH) Office of Disease Prevention estimated that chronic pain impacted one-third of Americans, or 100 million people. It has a high cost in terms of lost work and medical expenses. The dollar cost was estimated by the NIH at \$560 to \$630 billion a year.

The use of opioids may lessen pain in the short term, but long-term use remains problematic. For example, it may produce a chronic pain state, potentiate abuse, and deepen depression. Moreover, the side effects of opioids used alone or in combination with other drugs

(prescribed or illicit)—or misused by persons with co-morbid conditions (e.g., sleep apnea)—can range from sedation or respiratory suppression to liver damage or even death.

Thus, alternate strategies for pain management have been developed. These include approaches focusing on psychosocial factors, including psychotherapy (such as cognitive-behavioral treatments to address distorted thinking, mindfulness treatment to reframe pain, and acceptance commitment therapy to augment psychological flexibility), meditation, yoga, aromatherapy, and acupuncture. These modalities have gained prominence as complementary adjuncts to traditional medical interventions. Their use has been validated in meta-analyses in which small to moderate positive effects were found.

Despite the negative effect of chronic opioid use, these drugs remain widely used in the management of pain. In part, this may be because discussing non-pharmacological interventions may not be met with receptivity by a patient in pain. Recommending non-opioid treatment may: 1) signal to the patient that their condition is hopeless; 2) worsen their emotional distress;



3) suggest that their physician believes they are abusing opioids; and/or 4) imply that the severity of their pain is doubted by the physician.

How can a medical provider begin the discussion of alternate treatments in a way that avoids a defensive reaction by the patient? Reframing pain management as the management of emotional or psychological nutrition may be one such method.

Psychological Nutrition: This is a concept developed by the authors, and it is readily accessible and

intuitive, as it adopts terminology and concepts with which patients are familiar, such as nutrition labels on foods, and applies them to emotions. Psychological reactions are conceptualized from the unique perspective that emotions are ingredients one consumes.

Today, many people are concerned about eating a healthy diet. They may examine the ingredients of a food product to find out whether it's high or low in fat, sodium, calories, fiber, etc., before they buy or eat it.

“Psychological reactions are conceptualized from the unique perspective that emotions are ingredients one consumes.”

Yet, people are not as attuned to whether their thoughts and interactions with others or their experiences with specific situations may be emotionally nutritious for them. Consequently, many unthinkingly consume a diet of unhealthy thoughts and emotions.

A diet that is high in non-nutritious emotional food (full of negative emotions) is not healthy. It can be energy draining and lead to feelings of anger, bitterness, fear, depression, and hopelessness. Just as there is junk food, there are junk emotions.

On the other hand, a nutritious emotional diet is energy augmenting and reinforces a positive sense of self.

Why would understanding one's emotional nutritional intake help manage pain? Chronic pain is associated with the activation of brain centers related to the interpretation of pain (the prefrontal cortex) and emotion (the limbic system), thereby explaining how emotional reactivity and cognitive mindsets can change

one's perception of pain. Indeed, "pain literacy"—that is, having knowledge about how and why the pain is caused and what to expect regarding its duration and intensity—can also reduce pain.

Self-management strategies where the individual reframes their thoughts and feelings about pain may actually bring about changes in neural activity (such as reducing activity in the amygdala, linked to anxiety/stress responses) that, in turn, help decrease the perception of pain. Understanding how negative emotional states heighten pain is another aspect of pain literacy and a self-management strategy. The following concepts provide the basis of psychological nutrition:

1. Non-nutritious foods (or negative emotions) are draining; they can heighten the perception of pain.

2. Nutritious foods (or positive emotions) are energizing; they can decrease the perception of pain.

3. High-stress, low-reward experiences lead to a diet heavy in negative emotions and lead to psychological malnourishment; low-stress, high-reward diets are rich with positive emotions and lead to a psychologically nourished state.

4. Developing a "snapshot" of one's day—determining the ratio of nutritious to non-nutritious emotions—will provide the patient with an understanding whether one is in an emotionally nourished or malnourished state.

Pain causes emotional distress, and, in turn, emotional distress heightens the perception of pain, which then heightens the suffering. Therefore, understanding how one's emotional responses impact one's perceptions of pain is important. For example, the more we focus on the pain, the greater the sensation. This, in turn, leads to psychologically non-nutritious foods, or emotions, such as stress, fear, frustration, helplessness,

and depression. Consequently, the patient is less motivated to follow the prescribed treatment, and so the pain and associated medical condition can worsen. But if the patient consumes a diet of nutritious emotions (such as optimism, calmness, confidence, and joy), their sensations of pain could be relieved and less apparent to them, thus making them more inclined to follow their medical regimen.

"Pain causes emotional distress and in turn emotional distress heightens the perception of pain, which then heightens the suffering. Therefore, understanding the cyclical nature of how one's emotional responses impact their perceptions of pain is important."



Psychological Nutritional Prescription for Pain Reduction

The initial step consists of a quality-of-life assessment. This helps the patient and doctor better understand what events and people are involved in the patient's psychological nutrition or malnutrition. Once they understand this, the patient will be better prepared for the following interventions by the doctor:

- In an easily understood manner, provide the patient with information about their medical condition and the nature of their pain. Lack of information can be highly anxiety arousing.
- Encourage the patient to develop confidence that they can exert control over their pain. Just as people can control their nutritional intake of food, patients can control their psychological nutritional intake of emotions.
- Help the patient recognize their negative emotional reactions (such as fear and depression) to pain and how they can be regulated if they focus less on them and increase their intake of positive emotions (such as focusing on thoughts and activities that do not center on pain and engaging in fun or spiritual activities).
- Emphasize stress management, coping skills, and relaxation. If the pain cannot be reduced entirely, its sensation can be diminished if the patient learns better adaptation strategies.

- Encourage the patient to attend pain support groups and explain to them, that these are similar in concept to support groups that help people modify their diet and improve their health. Sharing with people who have similar problems may feel more authentic for the patient and can help modify their emotional amplification of the pain.

Periodically, the patient should reassess their quality of life and level of psychological nutrition. As their emotional diet improves, so should their experience and reaction to pain. Psychological nourishment means living a meaningful life, one that places pain in the background rather than the foreground. Δ

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SHOBA SREENIVASAN AND LINDA E. WEINBERGER are authors of the new book *Psychological Nutrition*, which encourages women to live happier and healthier lives by monitoring the emotions that they consume on a daily basis. Learn more at <http://psychologicalnutrition.com>.

Psychological Nutrition (Holy Moly Press, 2016) can be purchased from Amazon and Barnes and Noble online.

Many people see only two options: express hostility or stuff it. Neither of these choices is a productive strategy for conflict management. A better solution would be to turn down the heat by expressing feelings without hostility, blame, and faultfinding. Instead, seek to create an outcome in which both parties are satisfied with the result, rather than one in which there is a winner and a loser.

—Linda & Charlie Bloom in *Happily Ever After...and 39 Other Myths about Love*, page 95, New World Library, 2016

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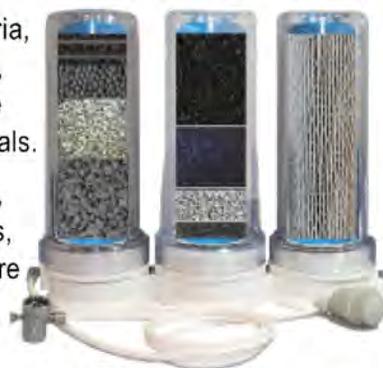


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Healing with Words

A Writer's Cancer Journey



By Diana Raab, PhD

DURING MY BREAST CANCER JOURNEY, my life-line was three-fold—immediate healthcare, an extremely supportive family, and the creative arts as a source of strength. For a long time, the arts have been associated with relieving tension and fears. Creative expression is a healthier alternative to keeping emotions bottled up inside or reaching for medications. Famous writer Virginia Woolf confessed that she wrote in her diary “to bring order to the chaos in her life.”

Those of us who have been afflicted by cancer know there are no magic wands to take the cancer away, but we can try to cope with our situation and reduce stress by finding our passion, whether it is writing stories, crafting poems, journaling, drawing, painting, or sculpture. If writing is your passion, then you understand how the mere act of putting your words on the page is a productive way to ground you in your experience and give voice to your feelings. At times, you may find it difficult to express how you feel, but if you try hard to document your cancer journey, you will soon discover that your writing will glisten with power and beauty.

Having been a writer since the age of ten, I have long understood the healing qualities of writing. Thus, it was no surprise that the first thing I did when returning home after my abnormal mammogram was to pull out my journal. From then on, I made a point to write early in the morning, when my thoughts had the most clarity and purity. It is not essential to have a writing routine, but most writing instructors will advocate some sort of regularity, particularly in the beginning. You should incorporate whatever works best with your lifestyle. I cherish my journal most during tenuous or challenging times. The journal or notebook becomes my best friend. During my breast cancer journey, I used my journal to validate my feelings. My surgeon also advocated this practice for me. And, as a matter of fact, it was initially his idea.

In the writing classes I teach, I instruct my students that journaling is sort of a reality check. Writing about the traumas in our lives not only is cathartic but can help provide answers to some mysterious questions. Journaling brings you face to face with your own truths

and what has happened to you. The simple act of moving your pen across the page can be soothing and meditative.

I cannot overemphasize the importance of journaling your feelings. After my surgery, my plastic surgeon encouraged me to write every day. He even asked me to mail him my musings. Because of their intimacy, there were certain things I preferred not to share. So, in addition to the journal written especially for him, I kept one for myself. My journal included many poems crafted during and after my breast cancer journey, such as the one below, illustrating the importance of flowers in my life.

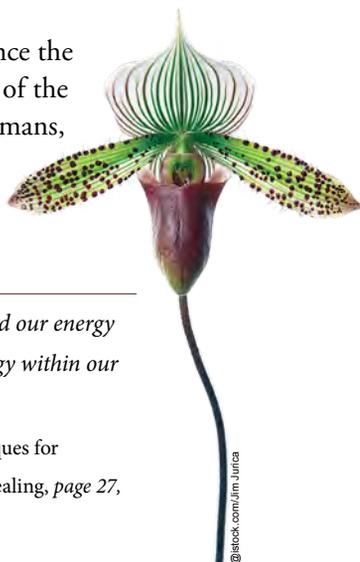
Although I love all flowers, orchids have a very special place in my heart and have been an important inspirational element in my healing process. My passion for orchids began while I was in the hospital, recovering from breast surgery. By the time I was ready to go home, all of the beautiful flower arrangements that graced my hospital room had died, except for one white Phalaenopsis orchid. In my heart, I took this as a message. I believed that, like the orchid, I would survive.

I brought the orchid home and placed it on my bedside table. As time went on, I became increasingly intrigued by its magic. Unlike any other flowering plant I had ever owned, it seemed as if it would flower forever.

I began studying orchids. I learned that they are one of the world's most popular flowers. In fact, they are the largest family of flowers on the planet. There are more than 25,000 naturally occurring species and about 100,000 hybrids. I read that, for some unexplainable reason, orchids elicit a deep passion and have been associated with love, luxury, beauty, and gentleness. There is just something pleasing and healing about having them in your presence.

People have been fascinated by orchids since the earliest of times. For example, in some parts of the world, they have been transformed into talismans, amulets, good luck charms, and whatever else was needed to help destiny take a more positive course. Orchids have been known

“Journaling brings you face to face with your own truths and what has happened to you. The simple act of moving your pen across the page can be soothing and meditative.”



We are the absolute greatest influence on ourselves and our energy fields...the greatest source of positive or negative energy within our own minds.

—Csongor Daniel in *Bioenergy Healing: Simple Techniques for Reducing Pain and Restoring Health through Energetic Healing*, page 27, Helios Books, 2016

Inert Ingredients in Roundup Found to Be Highly Toxic

As if serious concerns about the safety of glyphosate, the active ingredient in Monsanto's Roundup herbicide, weren't enough, mounting evidence shows that "inert" ingredients in Roundup and other glyphosate-based weed killers are dangerous.

Manufacturers of weed killers are required to disclose only the chemical structures of their "active" ingredients and can hide the identity of the rest as trade secrets, so for many years no one knew what other chemicals were in these products, let alone how they affected health.

Cellular and molecular toxicologist Robin Mesnage decided to change that and reverse engineered nine products containing glyphosate. He and his colleagues eventually unraveled the secrets of Monsanto's Roundup formulations, and their subsequent research showed that each of the supposedly inert ingredients was more toxic than glyphosate alone.

They found that not only did these chemicals—which aren't named on herbicide labels—affect biological functions, they did so at levels far below the concentrations used in commercially available products. In fact, polyethoxylated tallow amine (POEA), officially an inert ingredient, was between 1,200 and 2,000 times more toxic to cells than glyphosate, officially the active ingredient.

Evidence that the inert ingredients are harmful is hitting US courts.

Continued on following page

Inert Ingredients in Roundup Found to Be Highly Toxic

Continued from previous page

Attorney Robin Greenwald recently filed a court case against Monsanto on behalf of clients with non-Hodgkin's lymphoma. As the complaint puts it, Monsanto "knew or should have known that Roundup is more toxic than glyphosate alone." She is confident that the discovery process will show Monsanto intentionally misrepresented dangerous co-formulants. "My assumption is that we will find documents in their files that show they had ample evidence that the surfactants were not inert and that they too had the potential to cause illness in people," said Greenwald.

However, for one of Greenwald's clients, who is now in remission after undergoing chemotherapy, it doesn't really matter which chemical did what. When he was using Roundup, he had no idea that anything in the liquid that sometimes dripped on his clothes and skin might cause cancer. "That was never in my wildest dreams," he said.

Monsanto continues to insist its products are perfectly safe when used as directed.

—Adapted from "New Evidence about the Dangers of Monsanto's Roundup," by Sharon Lerner, at <https://theintercept.com/2016/05/17/new-evidence-about-the-dangers-of-monsantos-roundup>.

to ward off evil spirits, improve health, and increase courage and virility.

It was perhaps all these characteristics that intuitively inspired me to buy an orchid for a dear friend dying of cancer some years ago. Barbara was the friend who had faithfully brought me lunches when I was on bed rest with my first child, Rachel. Barbara had keen mothering sensibilities and taught me so much during those early days. I bow to her commitment as a friend and all the kindness she bestowed on me.

"There was something unique and healing about those orchids, and I prayed for one moment that the orchid I was about to buy had the power to keep her on this earth just a little bit longer."

We lived in different parts of the country and had been in regular contact over the years. A few years after my bout with breast cancer, her husband, Jim, phoned to say that she was dying of lung cancer. Feeling distraught and helpless, I immediately packed a suitcase and trekked out west. During the six-hour trip to Vancouver, I reflected on our special moments together and thought about what I could bring her, other than myself, to provide comfort.

I knew nothing could save her life, so it would just have to be something to uplift her spirits. On the taxi ride from the airport, we passed a flower shop with a striking sidewalk floral display, just a few blocks from her home. I asked the driver to stop. Something drew me into this store, and I came face to face with the most magical selection of orchids. Barbara's name was written all over them. There was something unique and healing about those orchids, and I prayed for one moment that the orchid I was about to buy had the power to keep her on this earth just a little bit longer.

Barbara died two weeks after my visit and a few months short of what would have been her sixtieth birthday. When Jim phoned to tell us of her passing, he said that during her final weeks, the orchid had brought so much pleasure into her life, right up until her last breath. She had insisted that it be placed within her view from the hospital bed set up in their family room.

Continued on page 27



Children generally start life immersed in this experience of sheer amazement at the beauty of the world. The simplest things—a stone, a butterfly, a sunlit leaf—are magical and endlessly fascinating.... The heart of the problem of our contemporary civilization is that we have forgotten this primal experience of the natural world of creation as a sacred miracle.

—Louis G. Herman, PhD, in *Future Primal: How Our Wilderness Origins Show Us the Way Forward*, page 107, *New World Library*, 2013

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A few weeks later, Jim phoned back. He said he was calling to say hello, but at the end of the conversation, with his compelling Scottish accent, he asked, “By the way, what sort of care does the orchid need?” I could tell by the softness in his voice that he was also pulled into its magic.

Ask anyone who has ever owned an orchid, and they will tell you that this is what happens to orchid owners. You think it is just a plant to enjoy or let die, but then you notice yourself actually caring and developing a loving relationship.

Conversation with Flowers

Slipping into my own dreams
I glance out the window
and spot the lavender
glistening under the energy of
another day going down,
touched by the evening vapors
ever so lightly in the night’s breeze
waving another subtle good-bye.

When morning knocks,
I gently open the back door,
peek over the balcony’s ledge
in anticipation of
the morning’s dew once again
glistening on my lovely lavender.

I wonder if the bush ever sleeps,
or if it keeps busy watching
over me as I sleep.
The answer must be in its
everlasting fragrance
and in my dreams.

Writing for Wellness

There have been many books written about how to cope with the emotional aspect of illness. Most of them are the work of therapists who have studied the survivors of both acute and chronic diseases.

Over the years, studies have shown that writing down your feelings can improve communication, enhance immune function, improve lung function, decrease stress, facilitate healing, and improve mood and general well-being.

Other benefits of keeping a notebook include:

- The notebook is a companion and best friend.
- The notebook is a place to record and remember events.
- The notebook nurtures the creative spirit.
- The notebook increases awareness.
- The notebook clears the mind.



- The notebook builds self-confidence.
- The notebook allows self-expression.
- The notebook is a safe place to vent bottled-up emotions.
- The notebook connects us with our inner voices.
- The notebook encourages reflection.
- The notebook invites imagination.
- The notebook provides an emotional release.

Whether you call it a notebook, diary, journal, or daybook, it is a place to heal, to document actions, reactions, and observations during difficult times and turning points. Some exercises and prompts will resonate with you more than others. There is no correct way to keep a notebook. You must do what works well for you.

The Writing Process

The best way to start writing is to find a notebook or journal that resonates with you. It should lie completely flat, and the pages should be easy to write on. Then, choose a pen that glides comfortably across the page. Find a place to write where you feel comfortable. Some people like starting with a centering ritual, such as lighting a candle, burning incense, having a cup of tea, exercising, showering, or meditating. These practices get you in the mood for journaling.

When you first begin your writing routine, it is a good idea to write for twenty minutes a day, preferably at the same time every day. Many people find it easiest to write first thing in the morning, when their thoughts are clearer.

Always date your entries. Begin by free-writing or writing about the first thing that comes to your mind. Do not lift your hand off the page. It is okay if one thought leads to another. Go with the flow of your words. Do not edit yourself, make judgments, or cross out.

If you do not know what to write, you can start by writing over and over again, “I don’t know what to write.” It is amazing how thoughts will suddenly come to you. You can also start writing about an emotional upheaval or event that is bothering you.

“Over the years, studies have shown that writing down your feelings can improve communication, enhance immune function, improve lung function, decrease stress, facilitate healing, and improve mood and general well-being.”



You should be aware of the “flip-out rule,” devised by James W. Pennebaker, PhD, in his book *Writing to Heal*. He says this: “If you feel your writing about a particular topic is too much for you to handle, then do not write about it. If you know that you aren’t ready to address a particular painful topic, write about something else. When you are ready, then tackle it. If you feel that you will flip out by writing, don’t write.”

Writing is one of the best ways to deal with unresolved traumas from the past. At first, you may feel as if you are back in the traumatic situation, but you should keep in mind that you are safe while you are re-experiencing the emotions. Eventually, the distress will fade and might permanently disappear. In the end, this means that you have been working through the pain and not avoiding it.

Here are some ideas to inspire your writing:

- Write a letter to a loved one expressing your feelings.
- Make a list of all the wonderful things about yourself.
- Make a list of your biggest challenges and pick one or two to write about in depth.
- Make a list of 100 reasons to be happy.
- Make a list of 100 things that make you mad.
- Make a list of 100 things you want to accomplish.
- Write what you think about the saying “From all bad comes good.”

Write on!

It’s for you.

It’s for your health.

It’s for your life! Δ

Excerpted with the permission of the author from *Healing with Words: A Writer’s Cancer Journey*, by Diana Raab, PhD (Loving Healing Press, 2010).

DIANA RAAB, PHD, has been writing for over forty years and is the author of eight published books and over six hundred published articles and poems. She is a weblog writer for *Psychology Today* and the *Huffington Post*. For more, see <http://dianaraab.com>.



Energy Medicine: The Reason We Heal

By Shannon McRae, PhD

ONE OF MY TEACHERS ONCE SAID that it's far more difficult to be ill than well. Our anxieties—about the opinions or expectations others have of us or the stresses caused by social rules that limit us unduly—do not serve our happiness. Dwelling on negative thoughts and emotions each day leads, over time, to difficulties.

The interesting thing is that all our thoughts and beliefs are made of energy, as are all the molecules in our bodies. Quantum physicists have shown that physical matter is made of slowed-down light waves. The way I see it, our thoughts have an influence on these light waves and thus affect our health and well-being.

Based on my life-long ability to “see” intuitively, I also know that our bodies are supported by nonphysical consciousness—else they could not exist. Another way to say this is that our bodies do not exist on food alone; they are also nurtured with nonphysical consciousness of a loving, supportive nature, without which we could not live, no matter how much good food we had.

In my work as a psychologist and medical intuitive, I see a central issue that applies to almost all my clients: a resistance to this flow of nonphysical consciousness. Are you allowing the flow of well-being or are you temporarily blocking the flow by focusing upon things from the past or present that bring you down?

The expression *bring you down* is quite interesting when you consider that our bodies are made of light waves of varying frequencies. When you have a thought that brings you down, it actually lowers the frequencies of your cells and your DNA. Most people will admit that they have experienced a physical sensation of being “down” in times of despair. *Depression* is an apt word for this.

Research on the placebo effect also shows that the body is greatly affected by thought. Focusing on positive thoughts, such as “My body is being healed,” and actually feeling the emotion of that, brings you up! Chronic worry or anxiety that brings you down makes it difficult for your DNA to do its job of precisely replicating cells, along with the myriad other marvelous functions it performs to instruct your cells.

Certainly, inadequate nutrition can also bring you down. For example, lack of vitamin B12 can lead to depressive symptoms. However, in this article, we are focusing upon the nonphysical components of health and healing.

Scientists have recently discovered another layer of function in our DNA.^{1,2} The way DNA folds itself plays a role in which genes are expressed in our cells. It can turn on or turn off certain gene expressions. As I see it, nonphysical consciousness is the fundamental

Letter to the Editor

Dear Editor,

This is a thank-you note for all of your endeavors to impart important health information to readers. I have learned so much and have put much of the information to work on my own behalf.

I have had colon cancer, and it went into remission, and I am plagued with its return. I'm on chemotherapy again. I save all my copies of *Well Being Journal*. When I reread the January/February 2015 issue, I was amazed at what I had skipped lightly over and what our doctors are not promoting. They do not talk about how to prevent the return of cancer during remission periods. I am now heeding the information in your *Journal*. I'm hoping I will overcome and go beyond what the doctors are ignoring.

I've subscribed to your *Journal* for several friends and family members, and thank you that I can pass a lot of good health information on to them. So far, I've had comments on how much they like it.

Thank you, again, and may the God of us all bless your efforts.

—LJ, Santee, CA

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ingredient, since it is always feeding information to our DNA. Source consciousness and its interactive energies provide constant support—love, if you will—to our selves and our physical bodies. This is what is meant by the statement that we live by more than bread alone.

Scientists can keep cells alive indefinitely in the right environment, but they can only do so because cells are also fed by intelligent, supportive, nonphysical consciousness. Why then do our bodies get ill? Part of the reason our bodies succumb to disease is their exposure to harmful environ-

“It takes focus to change the quality of your thoughts, but focusing on the positive is one of the most important things you can do, from the time you awaken in the morning until you go to bed at night.”

mental, or epigenetic, factors: toxins such as herbicides and pesticides, fluoride in our water, and pollutants in the air. However, our bodies can detoxify with the right nutrients and clean water and air. Epigenetic factors, in fact, play a greater role than certain genetic predispositions. (See for, example, the work of biologist Bruce Lipton, PhD.) Good nutrition can alter gene expression to create better health. Another strong epigenetic factor is the quality of our own thoughts. Perhaps the greatest pollutant we face is errant thought.

Think of the judgments that people—perhaps you yourself—make every day about the government, politicians,

people from different cultures or religions, those who present new information that challenges the predominant beliefs, friends, relatives, significant others, and even the neighbor's yard. Think how many times a day so many of us bring each other down because we pollute the psychic atmosphere with such thoughts. When you multiply these thoughts by the billions of people on Earth, which do you think is greater: environmental or thought pollution? We are all at the effect of both, but it is personal thought that has the most immediate effect on our bodies.

It takes focus to change the quality of your thoughts, but focusing on the positive is one of the most important things you can do, from the time you awaken in the morning until you go to bed at night. We all have occasional thoughts that bring us down, and it's important to refrain from judging ourselves for having them. Such thoughts, if we entertain them only for a half minute or so, actually provide us with the opportunity to feel the difference between a dark thought and a light one.

Judging yourself or others is to be avoided because judgment lowers thought vibrations even more. Nonphysical consciousness is positive, loving, supportive, ever present, and never judgmental, and it is why our DNA and cells are constantly seeking and finding alignment at all times, no matter what thoughts we think. However, our thoughts can make the job of our cells easier or harder.

Energy medicine can help because it aligns with the nonphysical

consciousness that is always there to support the physical. We live in an interconnected world, although I acknowledge it can very much seem that we are separate entities in individual human bodies. However, I can assure you that our bodies are not closed systems and we are connected in more ways than our physical senses can discern. We are more than our bodies and egos; we are souls—nonphysical, conscious beings here to have a wonderful physical experience. You just need to tweak things a little if you are not experiencing the wonder of your life.

Here's an example of one of my client cases that demonstrates these principles—the power of thought in creating ills, its greater power in healing and in preventing ills, and the flow of well-being that energy medicine can facilitate. This is the case of a woman who was having pain in her foot and had created this pain through her thoughts. Here is how it happened.

Four times a day, on school days, this woman had to drive across a bridge to take her children to and from a private school. The complicating factor was that she lived in a coastal area near an earthquake fault line. Each time she crossed the bridge, she worried about an earthquake toppling it. Her fear was very present, and she carried it with her over the bridge each day. As she described her situation, I could see that her worry was affecting her entire body but causing the most damage to the ball of her foot—the part of the foot that contacted the accelerator of her car—and her toes.

The first time she called (after reading about my work in this *Journal*), she began by telling me about the pain in her foot. She said that she couldn't even take her dog for a walk and that she'd had to stop attending dance lessons. I asked her how she thought the pain might have developed. She said it might have been caused by the dance lessons, but she wasn't sure. I didn't see that as the cause; instead, I intuitively saw her in her car. I asked her, "When you drive your car, where do you go and what do you do?" It was then that she disclosed to me the drive over the bridge four times a day and the worry she had about earthquakes.

This property of matter and of light is very strange. It seems impossible to accept that something can be, at the same time, a particle—i.e. an entity confined to a very small volume—and a wave, which is spread out over a large region of space.

—Physicist Fritjof Capra, PhD, in *The Tao of Physics*, page 67, Shambhala Publications, Inc., 1975



What is intuition? Why do you call certain thoughts intuition? Because there is no rational explanation for such thoughts; there is no contextual precedent for such thoughts. An intuition is your glimpse at a future quantum leap.

—Physicist Amit Goswami, PhD, in *How Quantum Activism Can Save Civilization*, page 146, Hampton Roads Publishing Co., Inc., 2011

Magnesium

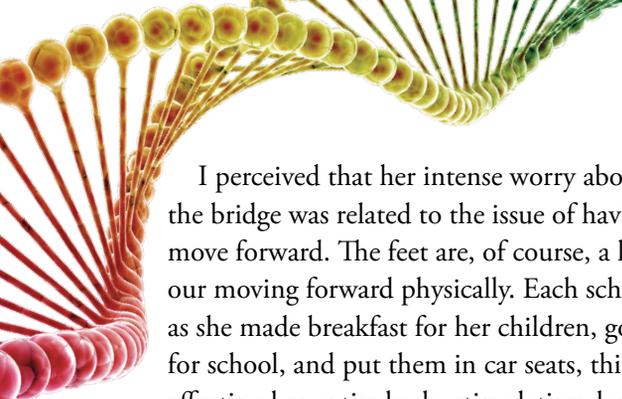
Magnesium acts as a muscle relaxant and is involved in hundreds of enzymatic reactions in the body. Approximately 65 percent of the body's magnesium supply is contained in the bones and teeth, with the second-highest concentration occurring in the muscles. The remaining magnesium can be found in the blood and other bodily fluids.

Magnesium is also an important nutrient for the heart, preventing coronary artery spasms that can result in heart failure. It is needed for energy production, maintenance and repair of cells, healthy cell division, proper nerve transmission, hormone regulation, and the metabolism of proteins and nucleic acids.

Plants that are rich in chlorophyll, particularly dark green vegetables, are the primary food sources of magnesium. Nuts, seeds, legumes, tofu, wheat germ, millet, brown rice, apricots, and avocados are other good sources.

Magnesium deficiency is becoming more and more common. Contributing factors include poor dietary choices, overcooked foods, overuse of alcohol, and the growing of foods in nutrient-poor soil. Symptoms of magnesium deficiency include depression, fatigue, irregular heartbeat, gastrointestinal disorders, high blood pressure, memory problems, mood swings, impaired motor skills, muscle spasms, nausea, and tetany.

—Source: *Mineral Miracle: Stopping Cartilage Loss and Inflammation Naturally*, by Shari Lieberman, PhD, and Alan Xenakis, MD, page 16, Square One Publishers, 2006 ed., <http://squareonepublishers.com>.



I perceived that her intense worry about driving over the bridge was related to the issue of having faith to move forward. The feet are, of course, a large part of our moving forward physically. Each school morning, as she made breakfast for her children, got them ready for school, and put them in car seats, this worry was affecting her entire body, stimulating dark or slowed-down waves of energy. It was as if her DNA was hearing her fear-based thoughts and creating a problem in her foot so that she would not have to move in a direction that caused her worry. At the same time, she knew she had to move forward in order to transport her children. This conflict caused stress, leading to increased levels of inflammation, which mostly affected the ball of her foot and her toes. She also developed eczema on one of her hands, and, of course, the hands are involved in steering the car.

Once she had realized these connections, we worked together on self-forgiveness—in this case, forgiving herself for her worry and anxiety and for judging herself for being anxious. She was very motivated to make changes, as she knew she was in trouble, and the pain told her she needed some help. We did a lot of energy medicine, or long-distance healing, by phone, and she was very receptive to the energies I directed to her. This receptiveness was partly due to her practice of self-forgiveness, which helped tremendously to bring her energies up to a lighter state.

I received this email from her after the healing:

Subject: New Toe Joint

Hi Shannon,

Took a dance lesson today. Just have to show that your hard work and miracle healing for my toe joint paid off.... Danced the whole lesson. My toe seemed a little sore the first dance on the turns but then continued to improve and feel better as the lesson continued. Yes!... Mega thank you. —K.

An afterword: My client and her husband have since moved, so that she no longer has to drive her children over the bridge each day. Although she had mostly conquered her fears during our work, that decision has helped relieve her stress even more. Δ

SHANNON MCRAE is a medical intuitive counselor and energy medicine practitioner. Her new book is titled *The Healing Effects of Energy Medicine: Memoirs of a Medical Intuitive*, Quest Books, 2015. It is available at amazon.com and other booksellers. She may be reached at 775-315-7232.

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How to Avoid Swaying Your Back in the Shower

By Esther Gokhale

As your mother always said, practice makes perfect. Luckily, you are presented every day with countless opportunities to perfect your posture while sitting, walking, sleeping, and even showering.

Yes, that's right. You can, and should, be aware of your posture even while performing the most mundane of tasks. So, before your next shower, take a few meditative minutes to enjoy the healing properties of warm water, and then pause before you grab your shampoo bottle. Why? Because the half-minute you spend lathering your hair is probably the most vulnerable shower-time for your back.

Most people in industrial cultures, when lifting their arms above their heads, will sway their backs, putting themselves at risk for a couple of problems. Swaying is an excessive arching of the back that compresses spinal discs and compromises circulation around the spine. In the shower, be careful not to lean your head too far back while shampooing because this movement can exacerbate the sway.

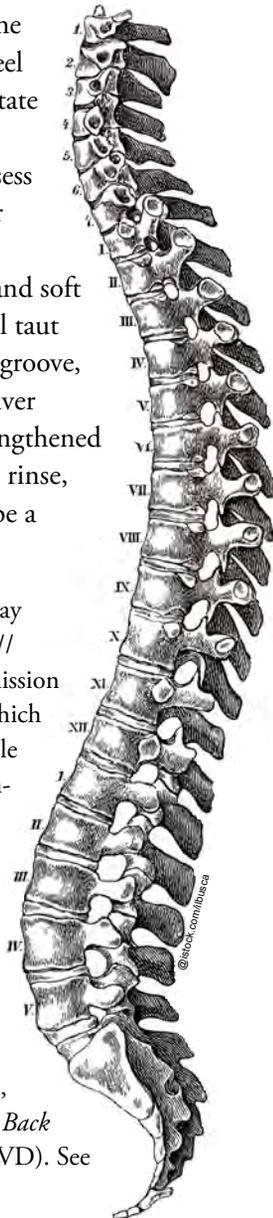
To prevent swaying, I recommend a technique called “anchoring the rib cage.” I teach this maneuver to students to help them achieve a healthy shape in the low back. To anchor your rib cage, contract your internal oblique abdominal muscle to pull the front of the rib cage downward and inward. This is easier said than done! Your goal is to lengthen and straighten your low back. To isolate the internal oblique muscle (as opposed to the rectus abdominis, the “abs” that modern Westerners are more aware of and tend to overuse), it helps to guide the action with your forearm or fists.

Place either your forearm or your fists over the lower border of your rib cage (you want to feel bone) and gently press backwards so as to rotate your rib cage forward a little.

When you think you've got it, you can assess the spinal groove in your low back with your fingers. A healthy low back shape has a mild groove, embedded bumps (your vertebrae), and soft ridges on either side of the groove. If you feel taut muscle ridges on either side of a deep spinal groove, your back is still swayed. Perform the maneuver described above to maintain a relaxed and lengthened position the next time you shampoo. Lather, rinse, and repeat—and before you know it, you'll be a proper posture pro! Δ

This article was originally titled “How to Not Sway Your Back in the Shower” and published at <http://gokhalemethod.com>; it is reprinted here by permission of the author. Classes in the Gokhale Method, which uses healthy posture and movement to help people restore their structural integrity and regain a pain-free life, are taught all over the world; see http://gokhalemethod.com/class_locations.

ESTHER GOKHALE lives on the Stanford University campus, where she raised three children with her husband, Brian White, chairman of the Math Department. Her book, *8 Steps to a Pain-Free Back*, has sold over 100,000 copies and has been translated into eight languages. In 2010, Gokhale hosted the nationally televised program *Back Pain: The Primal Posture Solution* (available on DVD). See more at <http://gokhalemethod.com>.





Homeoprophylaxis Instead of Vaccines

By Cilla Whatcott, HD (RHom) CCH, PhD

TRUTH IS STRANGER THAN FICTION. Vaccination, once sanctioned as the road to health and well-being, is now being examined, questioned, and laid bare by doctors, scientists, and educated parents. When a major TV producer, Del Bigtree, sacrifices a lucrative career to devote his time and resources to producing a movie such as *Vaxxed: From Cover-Up to Catastrophe* (see vaxxedthemovie.com), the public pays attention. Now, more and more people are asking questions.

In fact, three clients came into my healthcare practice today with the following concerns. Richard was leaving on a business trip to Costa Rica. He had been told by a travel clinic that he was required to get multiple vaccines in order to be allowed to visit foreign countries. He wanted to know whether this was accurate. Sharon and Greg came in with their 6-week-old infant, Molly. She was a healthy, robust cherub who was alert and glowing with vitality. They were fearful of vaccinating her, since their older son had stopped speaking and suffered from relentless diarrhea shortly after receiving his 12-month vaccines. They wanted Molly protected from infectious diseases but were questioning the safety of the ingredients in vaccines.

Ellen, a nurse, was 26 weeks pregnant. She had been told she had to get a flu shot or could not continue to work at her job, which she loved. She had been trying to get pregnant for 3 years and was fearful of the flu

vaccine's possible side effects impacting her unborn child. She had researched the vaccine's efficacy, which didn't seem all that promising.

Homeo-what?

I shared information with all three of them about something called “homeoprophylaxis” (HP). This 200-year-old method of disease protection has been used worldwide with no recorded deaths or injuries attributed to it. Large-scale observational studies have been conducted in Cuba for leptospirosis, in Brazil for meningitis and influenza, and in Australia for the prevention of childhood illnesses in 3,500 children.¹⁻⁴ The effectiveness of HP has proven to be robust and, in many cases, exceeds the effectiveness of vaccines. India has utilized HP for the prevention of Japanese encephalitis for over 20 million people.⁵

HP is not a homeopathic vaccine. It is made by serial dilution of infected tissues or secretions, or viral or bacterial cultures. It is diluted many thousands of times, rendering it devoid of any molecules of the original substance, and thus harmless. It maintains an energetic frequency, however, and this “educates” the immune system to recognize the specific disease when it is encountered in the environment and then either repel the disease or mount an effective immune response in the most natural way. For certain diseases, such as influenza, other types of homeopathic remedies are utilized.

HP is administered via tiny pellets to be dissolved in the mouth. This is where natural immunity begins—in mucous membranes. Initial immune responses are triggered as the pellets are placed under the tongue. HP contains no adjuvants, preservatives, or antibiotics, and the excipients (bulking agents) are simply sucrose and/or lactose. The “active ingredient” is only the energetic frequency of the disease. There’s no confusion, no viral competition, no crossed signals, no system overload!

A Safe Alternative

Richard, Molly, and Ellen could all receive HP as a safe alternative to vaccines. For those traveling to foreign countries, it’s an easy and safe alternative to tropical disease vaccines. While some travel clinics will claim that you must receive vaccines to travel, this is inaccurate. The only vaccine you require in order to re-enter the US is yellow fever—if you have visited a country where yellow fever is endemic.

Parents love the flexibility of the HP childhood disease program. A small kit can be used at home to administer the complete HP program, and it can be tailored to individual needs for protection from childhood illnesses.

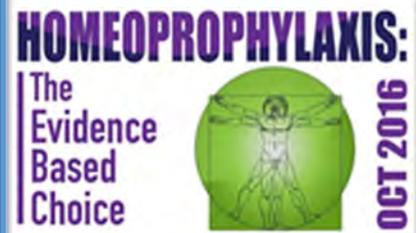
Those seeking to avoid flu shots can also benefit from HP. Seasonal dosing of “Influenzinum” (a homeopathic remedy made from the current flu vaccine) is safe and free of side effects. Δ

Ed. Note: Those who want to learn more can attend the second international Homeoprophylaxis Conference for parents and healthcare practitioners, taking place in St. Petersburg, Florida, on October 7-9, 2016. See <http://worldwidechoice.org/conference>. Researchers from around the world will share critical information about the immune system, homeoprophylaxis, and how to apply HP for your family.

CILLA WHATCOTT, HD (RHOM), CCH, PHD, is a classical homeopath, instructor at Normandale Community College, mother of adopted children from around the world, and advocate for safer healthcare. She is the author of *There Is a Choice* (2015) and *The Solution* (2012). Cilla can be reached through <http://worldwidechoice.org>. She can be contacted to administer individualized homeoprophylaxis programs for travel or childhood diseases at homeopath2@comcast.net.

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Healthier Sleep Habits for Teens



IN THE FIRST STUDY OF ITS KIND, researchers have determined that teens who are homeschooled have healthier sleep habits than those who go to most private and public schools. The findings provide additional evidence of teens' altered biological clocks and support the argument for starting traditional high school later in the morning.

"We have a school system that is set up so that the youngest children, who are awake very early in the morning, start school latest, and our adolescents, who need sleep the most, are being asked to wake up and go to school at a time when their brains should physiologically be asleep," said Lisa Meltzer, PhD, a sleep psychologist at National Jewish Health in Denver and lead author of the study.

"Adolescents need nine hours of sleep a night and if they're only getting seven hours, on average, by the end of the week they are a full ten hours of sleep behind schedule," said Meltzer, "and that impacts every aspect of functioning."

Meltzer and her colleagues charted the sleep patterns of 407 students. They found that adolescent homeschooled students slept an average of 90 minutes more per night than public and private school students, who were in class an average of 18 minutes before homeschooled children even awoke.

"That cumulative sleep deprivation adds up," said Meltzer. "The ability to learn, concentrate, and pay

attention is all diminished when you haven't had enough sleep. But more than that, a lack of sleep can also impact a teenager's mood and their ability to drive early in the morning," she said.

If your teenager needs more sleep, why not just send them to bed earlier? "It's not that simple," said Meltzer. Production of melatonin, the hormone that helps regulate our sleep, shifts by about two hours during puberty. So, even if they wanted to get to sleep earlier, teenagers are battling biological changes that are nearly impossible to overcome.

"It's not that they don't want to go to bed, but physiologically they simply can't fall asleep earlier. So, the logical solution is to allow them to sleep later," said Meltzer.

Fifteen-year-old Caelin Jones couldn't agree more. Jones, who lives in Denver, said he sets his alarm for six a.m. to get to school on time, though in the past he never quite felt fully awake until several hours later.

"Most days, I would get to school and pretty much be the same as all the other kids. We were all just bleary-eyed and wondering why we had to be here at this time," he said.

Jones' sleep problems became so consuming that he sought sleep counseling through Meltzer at National Jewish Health. "It's made a big difference for me," said Jones, who has learned habits to help him wind down at night.

The study concluded that more than half (55 percent)

of teens who were homeschooled got the optimal amount of sleep per week, compared to just 24.5 percent of those who attended public and private schools. Conversely, 44.5 percent of public and private school teens got insufficient sleep during the school week, compared to only 16.3 percent of homeschooled teens.

“The differences are stark,” said Meltzer. “Across the country, public and private schools that have changed their high school start times see considerable benefits. Students are tardy less often and graduation rates are actually higher,” she said.

While you may not be able to change teenagers’ biology, you can help them develop healthier sleeping habits. Meltzer offers this advice that can benefit you, as well as your teenagers:

- Get all electronics out of the bedroom. TVs, computers, video games, and phones are major distractions for teens and often delay sleep.
- Don’t look at any screens 30-60 minutes before bed time. Though turning off electronic devices is as simple as

flipping a switch, the human brain does not work the same way. Being stimulated by screen time just before bed can make the brain too active to sleep.

- Set up family charging stations, where mom, dad, and the kids plug in their phones at night so they are out of reach.

- Most importantly, set a consistent routine. Go to bed and get up at the same time every day, even on weekends. This one habit can help regulate your body’s internal clock and improve the quality of sleep you get. Δ

LISA MELTZER, PhD, is a sleep psychologist at National Jewish Health, which is known worldwide for treatment of patients with respiratory, cardiac, immune, and related disorders and for groundbreaking medical research. Founded in 1899 as a nonprofit hospital, National Jewish Health remains the only facility in the world dedicated exclusively to these disorders. See <http://nationaljewish.org> for more information.

This article is printed courtesy of National Jewish Health. The original post can be found at <http://njhealth.multimediansnewsroom.tv/story.php?id=549>.



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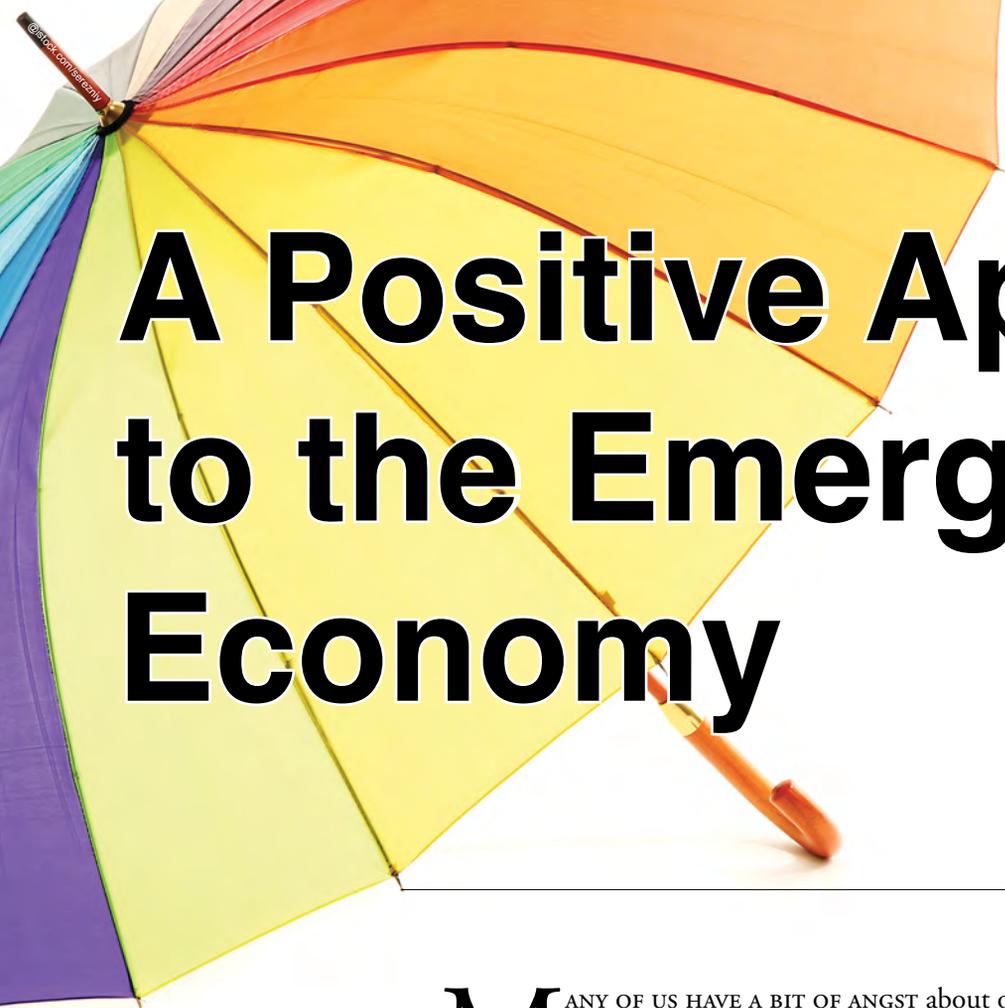
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A Positive Approach to the Emerging Economy

By Scott E. Miners

MANY OF US HAVE A BIT OF ANGST about our collective resource-management systems, jointly known as the economy. We are still emerging from a perturbation in the financial sector that led to widespread losses of homes and savings, largely due to mismanagement. Interestingly, the word *economy* originally meant “management of household resources or wealth.”

The question is: What positive changes can we make in how we manage our personal and collective resources? Quantum physicists have discovered that, at least at the atomic level, we create the paths of particles by the act of observation. When you extrapolate that concept to larger systems, such as your finances, you might speculate that you give momentum to what you focus upon. Do you focus on the wealth in your life or upon perceived lack?

There are those who are thriving economically—and not because of acts of deceit or selfishness. Why? One reason, for many of these individuals, is that they embrace change. The environment changes constantly, and each change is an opportunity to adapt and expand. When a baby is born, there are challenges, although the child is beautiful and welcomed. It changes the lives of the mother and father, who have to adapt to the new dynamics in the family. Ultimately, however, the family is strengthened and their lives are enriched.



Changing Systems

Today, some of our older resource management systems are approaching their final years, leading to new challenges and opportunities for us as a society. For example, our unsustainable reliance on fossil fuels and hydrocarbons is being challenged by those promoting clean energy and a healthy environment. In this time of change, some good questions to ask ourselves are: What kinds of systems will I participate in creating from now on—locally, nationally, and internationally? At our current crossroads, what are the opportunities that lead in different directions? Is it my desire—and within my means—to purchase an electric car that can be recharged with solar energy in order to support an environmentally conscious industry?

In the past, there have been slave- or serf-based economies in many nations. What about today? What economies am I helping to create or perpetuate now? How does my bank use the money I deposit—to promote good or ill in the world? Where is my clothing made, and what community of workers labored to produce it? Is it an emerging, sustainable community or one that is dysfunctional in some way, perhaps fostering limited beliefs, racial bigotry, or religious intolerance or using child labor? Do my purchases further the kind of economy I'd like to see emerge?

What am I focusing upon and what momentum do I therefore create? What we are doing or thinking right now affects our use and management of resources. Do I have the positive attitude that things will always work out no matter what, thus creating that quantum path to what I want? Am I confident that abundant resources will continue to flow into and out of my hands?

Abundance and Renewal

I can choose to focus on natural abundance—the flow of air, water, sunlight, food, and other material resources, all of which come from an ultimately unknowable source—or I can focus on a perceived lack. Either way, I experience what I focus upon to one degree or another. It's like listening to the radio: I have to tune in to a different frequency for a rock-and-roll station than for one that plays classical music. My emotions are influenced by what I'm tuned to. Giving my attention to the endless drama perpetuated by the network news leads to emotions that are other than positive, hopeful, or joyful. Instead, I can tune in to the good news networks on the free media or to the core good inside me and others, which is the repository of all the beautiful feelings imaginable, including hope and optimism for the future.

What if my house burned down and I lost everything? Undoubtedly, I would grieve for awhile, which is natural, but I'd move on. Friends and neighbors would lend a hand, just as I would for them. This is not a random thought, as millions of people have lost all possessions in fires, storms, and other natural disasters. Many

Importance of Silica

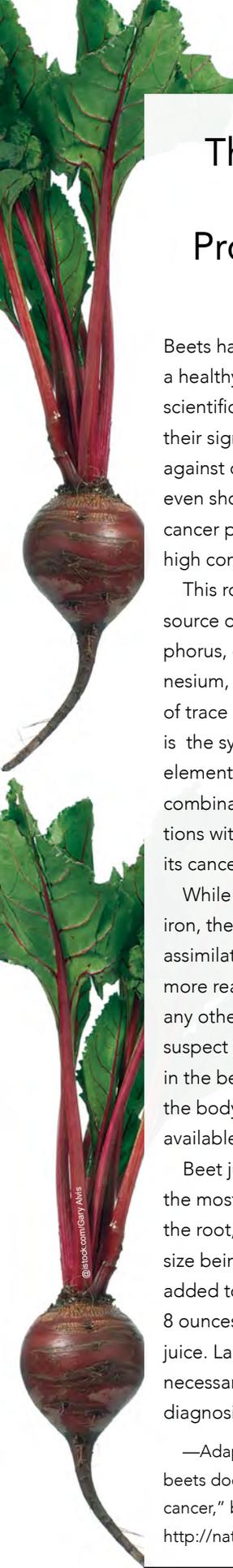
Silicon is the most abundant mineral in the earth's crust. In the body, where it takes the form of silica (silicon dioxide), it is most commonly found in bone, blood vessels, cartilage, collagen, tendons and other connective tissue, eyes, and nails. The body requires silicon for tissue strength and stability, and healthy bones, skin, hair, and nails. Due to its ability to penetrate deep into the tissues to aid in the elimination of stored cellular toxins, silicon is considered a detoxification mineral. Recent research also suggests that it may play a role in cardiovascular health (as a protective agent against heart disease and hardening of the arteries), tissue repair and healing, and stamina and endurance.

Silica is a primary component of plant fibers. Its levels in the soil are becoming more and more depleted, and there is speculation that this deficiency may affect the inherent structure of plants. Silica is also lost during various types of food processing. Common signs of silica deficiency in humans include brittle nails, osteoporosis, tendonitis, and weak, malformed, or calcified bones.

The hulls of oats, rice, and wheat are the most abundant food sources of silicon. It is also found in alfalfa, avocados, cucumbers, lettuce, onions, and strawberries, as well as many dark green leafy vegetables, such as dandelion greens. The herbs comfrey, horsetail, and nettle are other good silicon sources.

— From *Mineral Miracle: Stopping Cartilage Loss and Inflammation Naturally*, by Shari Lieberman, PhD, and Alan Xenakis, MD, page 16, Square One Publishers, 2006 ed.

See also the *Well Being Journal* special edition CD *Strong Bones or Osteoporosis* at <http://wellbeingjournal.com>.



The Cancer Fighting Properties of Beets

Beets have long been known as a healthy source of nutrients, but scientific evidence also validates their significance as a defense against cancer. Some research even shows cases of remission in cancer patients who were given high concentrations of beet root.

This root vegetable is a good source of iron, potassium, phosphorus, calcium, sulfur, magnesium, iodine, and a number of trace minerals. However, it is the synergy between certain elements found only in specific combinations and concentrations within the beet that give it its cancer-fighting power.

While other foods contain iron, the human body is able to assimilate it from the beet root more readily than from almost any other food. Researchers suspect that there is a catalyst in the beet root that helps the body more easily use the available iron.

Beet juice powder is one of the most concentrated forms of the root, with a typical serving size being a teaspoon or two added to 8 ounces of water plus 8 ounces of fresh vegetable juice. Larger dosages may be necessary for those with a cancer diagnosis.

—Adapted from “Benefits of beets documented to defeat cancer,” by Jonathan Landsman, at <http://naturalhealth365.com>.

of them moved on and thrived because of community and social services. You might call that the ultimate resource of love.

What are my attitudes toward natural abundance? Do I believe there is enough food and natural resources to go around forever? Do I feel worthy of my fair share? Something very great is providing resources for us, but we must use and conserve them wisely. Humanity could not get enough resources together, despite all the technology in the world, to launch into orbit another earth. Do I focus on the experience of natural abundance and the knowledge that things are always going to work out?

“There is a global web of interactive economic relationships. The networks that crisscross the Internet are akin to neural connections in our brains.”

The ultimate values of all cultures and religions can also be seen as resources. There is the wealth of love and heart coherence and the resources of kindness, compassion, generosity, sharing, and inclusion. These are perennial values that spend easily in our society. What values do we make our own? Am I supporting a value that serves to exclude anything or anyone? Am I being judgmental, and, if so, who made me the judge of the world?

Who gave me the authority to devalue another human because of race, sex, creed, social status, sexual focus, or age? Am I selecting values that allow the abundant flow of goodwill for myself or values that resist it?

There is personal empowerment in making small changes to support the economies we prefer. Some of these changes serve the entire human household. Is my business—or another’s business that I support—producing goods that enhance life or ones that damage health, both personal and environmental? Each time we trade our resources for some good or service, we add momentum to that particular aspect of our economy.

Information as a Consciousness Resource

There is a global web of interactive economic relationships. The networks that crisscross the Internet are akin to neural connections in our brains. Indeed, the owner of each website you visit benefits in some way, small or large, from your actions when you visit that site, whether you seek information, do your banking, pay bills, or buy clothing, food, or household goods.

There’s a feedback loop: What you put into that system is recorded and subsequently affects what the system delivers to you. The major information management companies are aware of your level of consciousness because of the articles you read and the websites you visit. Is it your interest in sensationalized news they record or perhaps your fears, and does that help them sell products? What are you telling them about yourself? Managing your own consciousness is part of the information economy. Your consciousness is a core resource and wise management of it is an essential part of creating or energizing new and emerging economies that work better than the old.

Food and the Environment

We thrive on live foods. Are the foods you purchase in the store, online, or at the farmer's market nutritious ones that support your brain and body? Do you consume junk foods full of refined sugars and carbohydrates that promote inflammation in the body and dull the brain? What happens to you as a resource if you have a compromised brain and body?

A Denmark builder is creating housing communities that incorporate raised-bed gardens in every front yard, making it socially acceptable to grow food instead of lawns that require the application of herbicides. What if I focus on changing the community rules where I live, so that someone who wishes to garden without pesticides or herbicides may do so in their front or back yard?

Organic farming is increasing worldwide to replace chemical pesticide-and-herbicide-based agriculture. Russia and most European countries have banned either GMO foods or herbicides and pesticides toxic to the environment. What kinds of food do I purchase, and does my choice influence the farming and food processing industries to rely on more toxic chemicals or less? What beliefs or political agendas do the individuals or businesses that provide these foods support? Are they inclusive or exclusive?

Choices Have an Effect

There is personal and collective wealth in valuing each person on Earth. Compassion and love are resources, and they underpin the expansion of the human race in sustainable ways that ripple out to enrich all nations and even the planet itself. You will seldom see a violent adult who was loved and valued as a child.

We create an insecure household and lessen our wealth when we marginalize one member of our family (immediate or global). How is our family affected by laws that make crimes of victimless acts? Do these laws detract from the kind of economy we want by placing otherwise productive people into jails and prisons? Do we choose to support these laws by turning a blind eye, or do we help to establish new laws?

Our greatest power lies in our conscious alignment with the resources inside us. Let's not be against something but rather for what we want. Instead of energizing dysfunctional resource

There was something in the push-pull of life in small, decentralized, democratic, and self-sufficient communities, living in resonance with the natural world, that sustained and promoted the quest for truth.

—Louis G. Herman in *Future Primal: How Our Wilderness Origins Show Us the Way Forward*, page 23, *New World Library*, 2013



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Brewery Develops Biodegradable Six-Pack Holder

We've all seen those horrible photographs of animals, particularly water-dwelling creatures, stuck in a ring of a plastic six-pack holder. Often, the animal will grow with the ring choking off some part of its body.

Now there is hope for eventually eliminating this tragic problem. A craft beer maker in Florida has created a six-pack ring that feeds animals instead of endangering them.

Saltwater Brewery has developed a six-pack carrier made out of the wheat and barley waste from making beer. The rings are as strong as the plastic version but are biodegradable and even safe for animals to eat.

The brewery was founded by fishermen and surfers who have close connections to the sea. They realized that even when the plastic rings are cut to keep animals from getting entangled in them, birds and sea turtles still eat the plastic. They decided to figure out a way to make the product safer for wildlife.

It is expensive to make the edible rings, but Saltwater Brewery president, Chris Gove, says if other breweries adopted the idea, mass production could bring the cost down to be competitive with plastic.

—Adapted from "New Edible Rings on 6-Packs Can Feed Animals Instead of Harming Them," by Terry Turner, at <http://goodnewsnetwork.org>.

management by focusing on it, let's take action toward what we believe is an improvement.

Emergence of the Information Economy

Many in the emerging generations across the globe value gender equality, inclusiveness, and peace and reject war. They support methods of resource management that ensure clean air and water and healthy food. They foster sustainable economies and trade with increased understanding of the impact of their actions.

"Our nature is basically compassionate, and, because we are, at our core, loving beings, our world economy will continue to expand."

They see how their money is being used because, through the Internet, they are tapped into a worldwide source of information that is unprecedented in our history.

This new information economy is embraced by billions of people globally, as well as multinational corporations, governments, militaries, and private institutions. Discernment is an evolving commodity in this economy. We must consider: What parts of it do I engage with on a regular basis? How are the information tracks that I leave on a website used? What advertisers do I support with each click I make on a web page? The more knowledge we have, the greater our ability to create the kind of economy that serves the universal principles of compassion for self and others. Awareness enables us to take appropriate actions to manage our resources and create sustainable economies that serve others and preserve the planet.

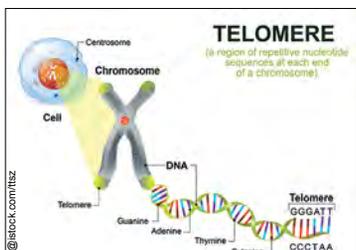
The Dream

You might say I'm a dreamer, but, well, I'm not the only one. It is a perennial dream of many to create a more perfect union on Earth. It's our responsibility to ensure that our collective life does not repeat the wars, violence, and pain of the past. Our nature is basically compassionate, and, because we are, at our core, loving beings, our world economy will continue to expand. It may hit some snags and take some unexpected turns, but, in the long run, we will create new economies that are better than the old. We have been doing so throughout history, and we are doing so now. We are continually learning, but one thing is certain: The phoenix always rises from the ashes. Δ

SCOTT E. MINERS is the founder and editor-in-chief of *Well Being Journal*. See more at <http://wellbeingjournal.com>.



Things That Make You Go Hmmm...



Researchers found that leukocyte telomere length is better preserved in people who practice yoga regularly. Practitioners also have lower systemic oxidative stress levels, compared to those with relatively sedentary lifestyle and no obvious medical disorders. The researchers stated, “The habitual yoga practice seems to inhibit replicative cellular

senescence,” meaning cellular replication is more precise in yoga practitioners than in sedentary individuals.

—Source: “Association of Leukocyte Telomere Length with Oxidative Stress in Yoga Practitioners,” in *Journal of Clinical & Diagnostic Research*, at <http://ncbi.nlm.nih.gov/pmc/articles/PMC4413062>.



Much research has focused on the medical properties of cannabinoids, compounds in cannabis that provide pain relief and other therapeutic benefits. However, cannabinoids—and cannabimimetics, which act in similar ways—are found in other plants as well.

Among these plants are echinacea, which is well known for its ability to help people fight off the common cold, and *Acmella oleracea*, a daisy

native to the Amazon region. The cannabinoid-like compounds in these plants regulate pain and inflammation in the body. *Acmella* is also used as a remedy for dental ailments, such as impacted wisdom teeth.

Helichrysum umbraculigerum, a plant from South Africa, has strong mood-stabilizing and anti-depressant effects due to a large amount of cannabigerol, a compound also found in cannabis.

Black pepper (*Piper nigrum*) contains a molecule that binds with certain cannabinoid receptors, with the effect of reducing inflammation.

Liverwort (*Radula marginata*), indigenous to New Zealand, contains a compound that is strikingly similar to THC but without the psychoactive effects. It is used in treating bronchitis.

Theobroma cacao, from which chocolate is made, has many therapeutic properties, including providing a general feeling of well-being. Chocolate contains three compounds that act in a similar way to cannabinoids.

—Source: “6 plants other than cannabis that are high in healing cannabinoids,” by Anna Hunt, at <http://wakingtimes.com>.

Benefits of Meditation

Do you meditate? If not, it might be time to start. There is growing evidence that meditation can make you healthier and happier and can change your brain in a number of beneficial ways. Some studies reveal meditation even has anti-inflammatory effects.

Stress is known to lead to ill health. When you are stressed, activity in the prefrontal cortex, which is associated with conscious thinking and planning, decreases, while activity in certain other regions of the brain increases. Studies suggest that meditational mindfulness reverses these patterns during times of stress.

Research has also linked meditation to benefits such as improved attention, memory, processing speed, and creativity. Meditation may also help counteract age-related loss of brain volume. In one study, those who meditated were found to suffer less age-related brain atrophy; the meditators’ brains appeared better preserved than those of non-meditators of the same age. Moreover, the researchers were surprised to find less age-related gray matter loss throughout the brains of meditators.

Meditation can also provide all the benefits of a nap (without the sleep hangover many people experience), leaving you feeling alert and refreshed.

So, if you meditate, keep it up. If you don’t, there are some very good reasons to start.

—Adapted from “The Many Benefits of Meditation” by Joseph Mercola, DO, at <http://articles.mercola.com>.



Qigong Is as Easy as: Stand, Relax & Breathe

By Noel Plaughter

QIGONG IS GAINING IN POPULARITY and for good reason, as it is a great meditative exercise. It is a very simple way to exercise the mind and body with intention. Your body will enjoy such benefits as better balance, and your legs will become stronger. However, at some point, the study of qigong has become unnecessarily complicated. The goal of this piece is to show how simple starting to practice qigong can be.

Qigong is a set of Chinese energy exercises. The word literally means “energy work.” These exercises are used to increase one’s power in the study of martial arts and also to increase health. Although qigong has become very popular lately, there is often some confusion about what the practitioner really needs to know. You do not need to understand any esoteric concepts to study qigong, and there is little required to start practicing it, other than some very simple instructions, such as found in the title: stand, relax, and breathe.

After being a victim of violent crime in 1990, I

began studying martial arts as a way to deal with the stress and anxiety that followed the experience. I ended up becoming a lifelong martial artist, and now I teach and write about martial arts and qigong. Originally, qigong was something that I was interested in primarily to increase my martial power, but I wound up really enjoying it for the health and meditative benefits I received. There are many types of qigong, including moving forms, but the type that really attracted me was the standing variety.

Standing qigong exercises consist of the practitioner holding specific postures for a period of time. There are many postures to choose from. While standing in these postures, the body is relaxed and the breathing is done diaphragmatically. The whole body is exercised in a subtle but meaningful way. Try the exercise below and you will see what I mean.

Standing qigong is the easiest form to learn, as it requires the least amount of movement, and for this

reason, this is where I like to begin. The exercise below is quite simple. After following the initial instructions, try to feel your body, relax, and breathe.

1. Stand with your feet about shoulder width apart.
2. Bend your knees slightly and shift your weight gently to the outside edges of your feet.
3. Imagine that your head is floating upwards.
4. Drop your shoulders.
5. Inhale and let your arms float up to about the level of your heart.
6. Exhale and position your arms as though they were embracing a sphere in front of your chest.
7. Drop your shoulders (I know I said it previously, but it is worth repeating).
8. The finished posture should look as though you are embracing an imaginary sphere or a tree.
9. Hold the form with as little effort as possible, and release excess tension or stiffness, especially in the arms and shoulders.
10. Push out your abdomen as you inhale.
11. Let the abdomen contract when you exhale.

Do this exercise for 2-5 minutes a day. You will feel the most benefit from the exercise if you do it consistently. Like everything, consistency is the key to success. When I first started studying qigong, I did this exercise every day for 15 minutes for about a month, and I felt absolutely amazing. Start with small increments of time and slowly increase the duration.

As you perform the exercise, your body will quickly learn the posture and you will do less policing of the physical movements. As you stand and concentrate on your breath, you will start to relax more deeply into the posture and feel a deeper connection to the earth, your body, and yourself. Maintain a consistent practice and you will start to feel the benefits. Start now! Δ

NOEL PLAUGHER is a third-degree black belt in Kung Fu Shou Shu, and a certified teacher of Xing Yi Chuan. He has studied various arts including aikido, judo, and forms of qigong, and is author of the book *Standing Qigong for Health and Martial Arts—Zhan Zhuang*, published by Singing Dragon. He lives in Atlanta, Georgia, and can be contacted at shunshifu1990@gmail.com. See more at <http://mooresofatlanta.com>, and <http://facebook.com/noel.plaugher.author>.

My anger stems from my passion and desire for a better world. I want things to be better for everyone (including myself—especially myself). But it's my current inability to express these things and be heard, to be taken seriously, that gives rise to the firestorm that is my anger.... The first step of moving away from my punishing anger is admitting that I'm angry, understanding why, and forgiving myself for it.

— Sam Russell in "Punished by Anger," at <http://tinybuddha.com/blog/punished-by-anger>

Boost Glutathione Levels Naturally

Glutathione occurs naturally in the body and is important to health and wellness. Much of glutathione's ability to improve longevity and overall health comes from the fact that it can detoxify various chemicals from the body, thereby preventing them from damaging cellular DNA.

Research has shown that glutathione levels decline as we age, although there need not be a corresponding decline in our health. It's also possible that a drop in glutathione levels may be related to exposure to heavy metals, such as mercury, lead, and cadmium.

N-acetylcysteine (NAC) is a supplement used to treat acetaminophen overdose. It can often head off severe liver or kidney damage, and it can neutralize toxins in the liver because of its ability to boost glutathione levels. Taking 600 mg of NAC daily has been shown to increase blood plasma levels of glutathione by up to 38 percent.

Eating sulfur-rich foods can also help the body raise glutathione levels. Cruciferous vegetables are some of the richest food sources of glutathione and sulfur, with Brussels sprouts being the most potent. Other food sources include cauliflower, broccoli, cabbage, kale, bok choy, watercress, mustard, horseradish, turnips, rutabaga, and kohlrabi.

—Adapted from "NAC: A glutathione booster," Dr. David Williams, DC, at <http://drdavidwilliams.com/why-you-need-glutathione>.

Three Steps for Effective Communication with Dogs and Cats



By Tim Link



WE ALL HAVE SUCH A CLOSE AND ENDEARING heart connection with the dogs and cats in our lives. We love them, provide for them, and always look for ways to make their lives better. Even after all that we do for our furry family members, we are still left wondering “Am I doing enough to make their lives happy?” I can’t count the number of times my clients have asked me, “What is my dog thinking?” or, “Do my cats like what I do for them?” Have you ever said to yourself, “I wish I could have a conversation with them like I do with everyone else in our household”? Well, I’m here to tell you that you can. Here are three easy steps to follow:

1. Say What You Want Out Loud

Many people ask what I really mean by “talking” to animals. Surely, I don’t mean that we have a direct verbal conversation like a human would have with another human, do I? The animals can’t possibly understand the words we’re saying, can they? They don’t hear words like we do, or speak our language, do they?

But the truth is that animals do understand us when we communicate verbally with them. They sense our meaning and moods on other levels as well, but they are perfectly capable of processing verbal information. We should talk to the animals just like we’d talk to any person. They do understand what we’re saying—and so much more.

2. Mentally Visualize What That Looks Like to You

Though we can communicate with animals verbally, as we do with people, we can express ourselves and send information to them through strong and clear visualization.

While spoken language is important, visual images and thoughts play a crucial role as well. For example, when we say a word or phrase out loud, animals hear us with their ears but also visualize what we're saying by forming pictures in their minds based upon what they receive from our minds.

You may not realize it, but when we speak to animals, we subconsciously project a visual image that's associated with the words. In turn, our animals see or pick up on this image. They hear what we're saying to them and, more important, they see the picture we're projecting to them. The clearer we are with our spoken words and the corresponding images we project, the more quickly the animal responds.

3. Communicate Using a Positive Tone and Positive Energy

Animals understand the meaning behind what we say. When we train animals, we use verbal commands to express what we want, what we need, or how we expect the animals to behave. We use different tones, raising or lowering our voices depending on the command and its urgency. Through repetition of these commands, we believe, the animal will eventually respond. But what about those times when we say, "Stay," for example, and our dog doesn't? We then repeat the "stay" command and raise our voice or respond with a stronger, less positive tone and energy. We become annoyed, frustrated, or angry that we have to repeat ourselves. The truth of the matter is, a dog doesn't ignore you out of spite or because she is "hard-headed." It's more likely that what the dog saw in her mind in association with your command was unclear. For example, the image you project may be contrary to what you want; that is to say, you might say "stay" but actually see your dog not staying, or perhaps she was simply choosing to deflect the negative energy

emanating from you. Honestly, can you blame her?

Keep in mind that your energy or current emotional state affects the communication process. Animals always respond better to positive words and positive emotions coming from their human companions. When we use positive words such as "good boy," "great job," or "you're the best cat" in conjunction with positive emotions, including excitement, joy, and happiness, we automatically convey our desires at a higher energy vibration. These higher-energy messages are clearer and more pleasant for your cat or dog to receive. They're more pleasant to respond to as well.

So, the next time you decide to have a chat with Sir Fido or Princess Fluffy, make sure that you talk to them verbally, visualize what you are telling them and the outcome you desire, and feel positive that they understand what you are saying and showing them. Try these steps when improving behavior challenges such as litter

box problems, going to the vet, walking on a leash, excessive barking, separation anxiety, digging, aggressive behavior, or fear of storms. Or simply use the steps to communicate more effectively and bond with your dogs and cats. Either way, you'll be happy that you did. Δ

This article is based on the book *Talking with Dogs and Cats*, copyright © 2015 by Tim Link, and is reprinted with permission from New World Library. More at <http://newworldlibrary.com>.

Tim Link, nationally syndicated radio host, animal communicator, and Reiki practitioner, created his Wagging Tales consulting practice upon discovering his "talk to the animals" abilities. He lives in Cumming, GA, and he often works with animal rescue organizations. His website is <http://wagging-tales.com>.

"Keep in mind that your energy or current emotional state affects the communication process. Animals always respond better to positive words and positive emotions coming from their human companions."



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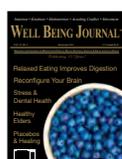
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