

Wisdom of Crowds • Myth of Multitasking • Laughter as Medicine

WELL BEING JOURNAL™

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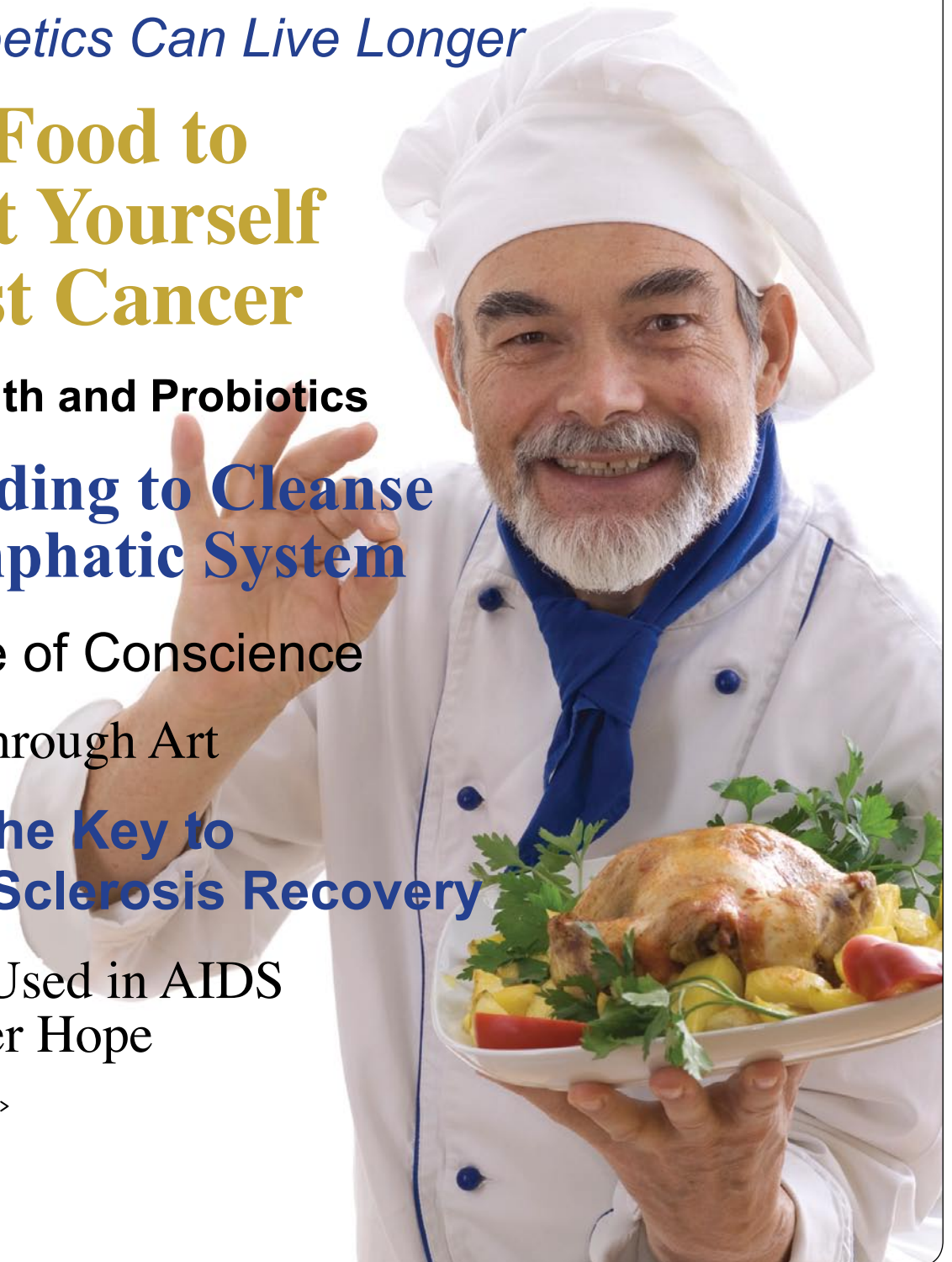
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FEATURES

The Organic Advantage

Karen Lamphere, M.S., C.N., *writes about the higher nutrient values, lack of pesticide residues, and farm-supportive organic food advantages.*

Using Food to Protect Yourself Against Cancer

Weston A. Price, D.D.S., *researched healthy people worldwide; now a foundation in his name educates about the foods they used.*

Rebounding: Good for the Lymphatic System

Dave Scrivens, *certified lymphologist, extols the virtues of rebounding to exercise and flush the body's cells and lymph system of toxins.*

Nutrients Used in AIDS Cases Offer Hope

Harold Foster, Ph.D. *Conventional AIDS therapies are expensive and ineffective, but four natural supplements reverse HIV/AIDS.*

Healing Through Art

Diane Coucoulas Calleson, Ph.D., *a health educator, created an art form that helped her "walk into" her own healing of ovarian cancer.*

The Truth About Colonic Cleansing

Steven E. Hodes, M.D. *For most people the colon is very healthy, but here is evidence for doubters, followed by a note on probiotics.*

Food is the Key to Multiple Sclerosis Recovery

Ann D. Sawyer and Judith E. Bachrach *recovered from MS using a nutritional program evolved by MS sufferers.*

The Voice of Conscience

Julie Gerland *writes that more people are choosing to perceive with love and confidence, connecting heart to heart, soul to soul.*

IN BRIEF

The Wisdom of Crowds

Laughter as Medicine

A Single Meal Can Lead to Good (or Bad) Health

Opening the Doors to Healing

Shannon McRae, Ph.D., *discusses a case of turning obsessive behavior into inner peace.*

How Diabetics Can Live Longer and Healthier

Shane Ellison, M.Sc., *describes a food that reverses insulin resistance.*

Health Notes and Tips: Editor's notes located throughout the Journal

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Super Fruit: Pomegranate

THE POMEGRANATE is being recognized as a super fruit in the Western world. The pomegranate seeds and surrounding juice sacs are the edible parts of this unique fruit. "Pomegranates are good for you, very good in fact," says author Denise Cox. Vitamins, minerals, antioxidants and phytonutrient levels in this fruit exceed those found in red wine, green tea, and orange and cranberry juices. The medical benefits of this fruit include lowering cholesterol levels naturally, thus reducing a person's risk of developing heart disease and strokes. The rind has been used in the treatment of dysentery and tapeworms. It has even been used to stop bleeding.

Pomegranates can be eaten raw, and their seeds and pulp are often used to complement poultry dishes. Blends of juice containing pomegranate are becoming more easily found on the shelves of local supermarkets and health food shops.

From "Mission Possible—Growing strange fruit 3: Pomegranates," by Denise Cox in *Organic NZ*, Vol. 66, No.1, www.organicnz.org.

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UP FRONT

Depressed? Take a Placebo

ON PAGE 37 OF THIS ISSUE there is a research note stating that many physicians give their unsuspecting patients placebos instead of recommended drugs, and the patients' conditions improve. Recently, in most every major publication in the UK, journalists announced a new study proving placebos work, oftentimes better than drugs; this study compared the SSRI Prozac to placebos and found that Prozac, despite vast quantities of sales, appears not to work for most patients—whereas placebos do.

Indeed, previous studies had indicated that the effects of Prozac and other anti-depressants—fluoxetine (Prozac), venlafaxine, nefazodone, and paroxetine (Seroxat or Paxil)—were exaggerated. Now a major study involving over 40,000 people demonstrated that placebo worked just as well in treating depression. Dan Clay, writing in *New Scientist* (February 26; more at www.newscientist.com), states: "The antidepressant Prozac and related drugs are no better than placebo in treating all but the most severely depressed patients, according to a damaging assessment of the latest generation of antidepressants."

The psychosomatic physician could easily conclude that the health we allow or deny is wholly related to our mindset

UK and US researchers led by Irving Kirsch of Hull University, UK, studied all clinical trials submitted to the FDA for the licensing of those four antidepressants, and, says Clay, they conclude that "compared with placebo, the new-generation antidepressants do not produce clinically significant improvements in depression in patients who initially have moderate or even very severe depression." Researchers warn, however, that those who have been taking Prozac or other antidepressants should consult with a physician before terminating use.

What is more, when patients in clinically controlled studies are given the same placebo pill, yet half are told that the pill cost ten cents and the other half are informed that it cost \$2, the half thinking they had the more expensive pill had even better results than those thinking they had the cheaper pill. If it is so that the power of psychosomatic reactions is more effective than drugs like Prozac, which often have adverse side effects—they have been linked to violent behavior and suicides—then one must assume depression can be traced to the thinking processes and resulting choices. Let's be aware of the real causes of illness and the best treatment options.

Given the effectiveness of placebos in pain control, even surgical placebos, the psychosomatic physician could easily conclude: the health we allow or deny is wholly related to our mindset, our moods and attitudes; our practiced thoughts are our drugs; there is no exception—our physicians can patch us up again and again, but negative thinking, if it is habitual, will usher us into a reversion to the disease.

The word *placebo* comes from the Latin word for "I shall please." It is certainly pleasing to feel wholeness, or well-being, the most powerful flow now occurring; science has proven that our sense of basking in this flow of well-being is more powerful than drugs—and a belief in health has no adverse side-effects. Δ

—Scott Miners, Executive Editor

The Organic Advantage

By Karen Lamphere, M.S., C.N.

SHOPPERS WHO BUY ORGANIC FOOD do so for many reasons, including a belief it's better for our health, a wish to avoid pesticides, and a desire to support better environmental practices. But is there proof that organic food is really more nutritious? And, overall, is organic food worth the higher price? The latest scientific evidence shows that organic food not only is free from toxic pesticide residues, it is indeed more nutritious than non-organic food.

PESTICIDE CONCERNS

Pesticides in food have been an ongoing concern since the 1960s, particularly among parents of young children. Two studies conducted several years ago by the University of Washington compared organic and non-organic diets in children.

The first study showed that children who ate predominantly organic produce and juice had only one-sixth the level of pesticide byproducts in their urine compared with children who ate non-organic foods. The second, more rigorous study confirmed the findings of the earlier study, concluding that an organic diet "provides a dramatic and immediate protective effect against exposures to organophosphate pesticides."

But while these studies showed that pesticides can be reduced dramatically by consuming organic foods, they didn't draw any conclusions about the difference this makes on health.

Since those studies, there has been a growing consensus in the scientific community that even small exposures to pesticides and other chemicals can affect people adversely, especially during critical windows of fetal development and in childhood. One effect of exposure to the widely used pesticide chlorpyrifos (banned in 2000 for home use in the United States but still allowed for fruit and vegetable crops) is that infants with the highest exposure are more likely to display mental and motor skill delays and to

develop ADHD and attention problems. The toxic effects of pesticides are not well understood, and in some cases are completely unstudied, so choosing organic foods for that reason alone is a prudent choice.

HIGHER NUTRIENT VALUES

Organic food also may provide higher levels of nutrients and antioxidants. Last summer, researchers at UC Davis compared levels of flavonoids in tomatoes grown over a 10-year period in organic and non-organic fields. Flavonoids are antioxidants (phytochemicals) that occur in virtually all plant foods and are associated with a range of health benefits. Levels of the flavonoid quercetin and its close relative kaempferol were almost twice as high in organic tomatoes in the campus test plot. An earlier study last year showed similar results for antioxidants, vitamin C and minerals in organically grown kiwi compared to non-organic fruit.

Another UC Davis study compared the total antioxidants in corn, strawberries and marionberries in foods grown organically (with no synthetic herbicides, fungicides, pesticides or fertilizers), sustainably (allowing synthetic fertilizers), and chemically (synthetic fertilizers and pesticides were used). Organic and sustainably grown foods were found to have significantly higher amounts of anti-

oxidants than chemically grown food.

Specifically, levels of antioxidants in sustainably and organically grown



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Children Who Eat Non-Organic Food Contain Pesticides

A NEW PEER-REVIEWED STUDY found levels of nerve-gas-like pesticides in the bodies of children who eat conventionally grown foods (foods from farms that use pesticides and herbicides). When the same children ate organically grown fruits, vegetables and juices, signs of pesticides were not found. "The transformation is extremely rapid," said Chensheng Lu, the principal author of the study, published online in *Environmental Health Perspectives*.

"Once you switch from conventional food to organic, the pesticides (malathion and chlorpyrifos) that we can measure in the urine disappear. The level returns immediately when you go back to the conventional diets," said Lu, a professor at Emory University's School of Public Health and a leading authority on pesticides and children. The pesticides are flushed out of the body in 36 hours when children consume organic produce.

Lu states that consumers need to be aware that even though organic foods may not always be available, it's important children have fruits and vegetables. However, he urges consumers to learn which fruits and vegetables tend to have the highest levels of pesticides. Studies have shown that peaches, apples, sweet bell peppers, nectarines, strawberries and cherries are among those that most frequently have detectable levels of pesticides.

From an article by Andrew Schneider, *Seattle PI*, 1/30/2008, http://seattlepi.nwsourc.com/local/349263_pesticide30.html.

corn were 58.5 percent higher than in chemically grown corn, while sustainably and organically grown marionberries had about 50 percent more antioxidants than chemically grown berries. Further, sustainably and organically grown strawberries had about 19 percent more antioxidants than chemically farmed strawberries. The study also found higher levels of vitamin C in the organic and sustainably grown produce.

The researchers believe that the higher levels of antioxidants in the organic produce are due in part to the absence of synthetic inputs. The reason is that antioxidants are produced in plants as a defense mechanism that can be triggered by nutrient deficiency, such as a lack of nitrogen in the soil. When non-organic nitrogen—present in synthetic fertilizers—is applied, this over-fertilization can hinder antioxidant production. Pesticides also discourage plants from making the natural antioxidants that protect them from pests and diseases.

GREENER PASTURES

The largest and most recent study undertaken in England reared cows and grew organic and non-organic produce side by side, then compared the two farming techniques over a four-year span. Overall findings will be published later this year, but early results show that organic potatoes, kiwi and carrots contained as much as 40 percent more antioxidants. Lettuce, spinach and cabbage had higher levels of beneficial minerals such as iron and zinc.

Even larger differences were found in milk, with organic milk containing 60 to 80 percent more antioxidants and healthy fats in the summer, when the cows are eating fresh grass, and 50 to 60 percent more in the winter.

Previous studies have shown significantly higher levels of vitamin E and the antioxidants beta carotene, lutein and zeaxanthin, as well as more of the heart-healthy, anti-inflammatory omega-3 fatty acids, especially in the summer months, when cows eat more grass and clover.

Yet another recent study, by researchers in the Netherlands, analyzed the breast milk of 312 lactating mothers consuming organic meat and dairy (from animals raised without synthetic fertilizers and pesticides, veterinary drugs, and genetically modified seeds). Those mothers consuming the greatest percentage of their meat and dairy from organically produced sources had the highest levels of conjugated linoleic acid (CLA) in their breast



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KNOWING WHAT YOU NEED

"DO NOT WORRY FOR YOUR LIFE.... Is not life more than the meat and the body more than clothing? Behold the birds of the air; they neither sow nor reap nor gather the harvest, yet they are fed. Are not you of much more value than they? And which of you by taking thought can add to your stature one inch? Consider the lilies of the field, how they grow: they labor not.... Take no worry for these things...for Spirit knows what you need...."

—Matthew 6:25-34

milk—with a decrease in levels as the consumption of organic meat and dairy fell.

CLA is a polyunsaturated fat found mostly in dairy but also in meat from ruminants. It's been studied for its suggested health benefits including reduced cancer and heart disease risk. Researchers are also investigating CLA's potential to boost immunity and reduce symptoms of inflammatory disorders such as allergies and asthma.

A 2007 British study found in fact that breastfed children whose mothers consumed organic dairy products and who later were weaned on organic milk, cheese and yogurt were about a third less likely to suffer from asthma and eczema in the first 2 years of life. The benefit was significant only for children eating exclusively organic dairy, not for those eating both organic and conventional dairy. Researchers believe the results were due to a higher concentration of CLA in organic dairy.

The diets of organic cows help explain the superior nutritional benefits of their meat and milk

In the last several decades the CLA content of non-organic meat and dairy has declined dramatically due to switching animals from pasture (grass diets) to feedlots where they're fed predominately high-energy concentrates such as cereals, corn and sorghum.

In 2006 the Union of Concerned Scientists reviewed several studies comparing pasture-fed and grain-fed diets. It found that grain-fed diets resulted in higher total fat content and lower amounts of healthy omega-3 fats in meat. It also found higher saturated fat and lower omega-3 and CLA content in milk from grain-fed cows.

In contrast, the diets of organic cows help explain the superior nutritional benefits of their meat and milk. Under federal regulations, organic dairies must provide access to organic pastureland. Cows convert the polyunsaturated fats in grasses to CLA. Unfortunately, the U.S. Department of Agriculture has refused to allow clarification on how much time organic cows must spend on pasture. Therefore it's important either to know the supplier or to inquire (call or write) to find out how much time their cows spend grazing. It's also important to consume whole milk dairy products if you want the most benefit from CLA—it's concentrated in the fat. For meat, choosing 100 percent grass-fed will ensure the highest level of CLA.

BIGGER ISN'T BETTER

Just as organic farming has been shown to produce food with higher levels of nutrients, industrial agriculture's focus on improving crop yields has led to a decline in the nutritional density, or the amount of nutrients per calorie of food.

A 2004 study by the University of Texas investigated the effects of modern agricultural methods on 13 nutrients in 43 garden crops for which USDA nutritional data was available from both 1950 and 1999. These nutrients included protein, calcium, phosphorus, iron, riboflavin and vitamin C. The researchers found declines in the recently grown crops, ranging from a 6 percent decline in protein to a 38 percent decline in riboflavin, compared to the 1950 data. No increases in nutrients were found, although some nutrients were unchanged.

Smaller Farms Are More Productive

MID-SIZED AND SMALL FARMS are more productive than large farms when measured by total farm output per acre rather than by the yield of a single crop, according to a review of the literature published several years ago by the non-governmental organization Food First. Mid-sized farms were also found to be better stewards of natural resources. But a recent U.S. Department of Agriculture report found that commodity payments to support row crops such as corn, soybeans and cotton go overwhelmingly to large operations that are pushing mid-sized and small farms out of business. The report also found that farms that receive commodity payments tend to grow even bigger. Currently, two percent of U.S. farms qualify as "small" (less than 50 acres), and 67 percent are considered "large" (1000 acres or more). More at www.ucsusa.org.

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Healthy Food Choices

TO MAXIMIZE NUTRITION when considering organic versus non-organic food choices:

- Local, seasonal (fresh) organic is best—Produce transported long distances will have more nutrient loss. Also, fruits and vegetables picked green have lower levels of antioxidant phytochemicals and vitamin C.
- Out-of-season—Eat flash-frozen or home-frozen.
- Minimize processed foods—Even if the food is organic, processing and refining cause vitamin, mineral and fiber losses.
- Choose full fat dairy products from cows that have been pasture fed, to take full advantage of the beneficial fats.
- Choose 100 percent grass-fed meats.
- Eat a wide variety of foods.
- Grow your own food if you can.

—Karen Lamphere, M.S., C.N.

Many other important nutrients such as magnesium, zinc, vitamin E and phytochemicals could not be studied because those data were not reported in 1950.

In a report issued last November by the Organic Center in Oregon, several recent studies were examined. One finding was that as fruits and vegetables grow larger due to higher crop yields, there's a decline in vitamins, minerals and antioxidants. Staple crops such as corn, wheat and soybeans had lower protein and oil content. The more a tomato weighed, the less vitamin C, lycopene and beta-carotene it contained.

One British data analysis determined that a person would have to eat three apples in 1991 to obtain the same amount of iron as would have been found in one in 1940. Analyzing old nutrient content data can be problematic, so more recent studies have grown low and high yield varieties side by side under comparable growing conditions.

One Washington State University study involving soft white wheat found significant declines in eight minerals, including an 11 percent decline for iron, 16 percent decline for copper, 25 percent decline for zinc and 50 percent decline for selenium. Another researcher, at the U.S. Vegetable Laboratory, grew broccoli cultivars and found that the larger the head weight, the lower the concentration of calcium and magnesium.

The nutrient decline occurs in the high-yield crops in part because heavy fertilizer use leads to shallow roots and less micronutrient uptake. This "overnutrition" causes plants to put their energy into making starch and lower quality protein.

Additionally, pesticide use discourages plants from synthesizing antioxidants. Spacing plants too closely together leads to a reduction in the amount of soil nutrients available to each plant. On the other hand, organic fertilizers, such as compost and manure, add more nutrients to the soil and encourage deeper, more robust roots that take up more nutrients.

The growing body of evidence from studies around the world strongly suggests that if you want to increase your intake of minerals, vitamin C and antioxidant phytonutrients while reducing your exposure to pesticide residues, genetically modified ingredients, hormone and antibiotic residues, and artificial additives used in food processing, you should choose organically produced food wherever possible. Δ

This article originally was published in *Sound Consumer*, a publication of PCC Natural Markets, Seattle.

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Just as organic farming has been shown to produce food with higher levels of nutrients, industrial agriculture's focus on improving crop yields has led to a decline in the nutritional density



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Doctors: No More Antibiotics for Colds

PHYSICIANS IN BRITAIN are being told to stop prescribing antibiotics for coughs, colds and sore throats. Overuse of the drugs is fueling the spread of antibiotic-resistant organisms. A new government program aims to diminish the use of the drugs.

Most colds, coughs and flu are caused by viruses, which cannot be treated with antibiotics since antibiotics only work on bacteria. Overuse of antibiotics has been blamed for the rise of drug-resistant tuberculosis, among other things.

—Full story in *The Telegraph*, January 9, 2008.

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Using Food to Protect Yourself Against Cancer

ONCE A RARE DISEASE, cancer is now widespread, affecting as much as one-third of the population in the U.S. The rise in cancer in the West has paralleled the rise in factory farming and the use of processed foods containing polyunsaturated and hydrogenated vegetable oils and other food additives.

Orthodox methods for treating cancer (radiation and chemotherapy) do not prolong life. The best approach to cancer is prevention.

Traditional diets, containing animal and plant foods farmed by nontoxic methods, are rich in factors that protect against cancer. Many of these protective factors are found in healthy animal fats.

Vegetarianism itself does not necessarily protect against cancer. In fact, vegetarians are particularly prone to cancers of the nervous system and reproductive organs.

NUTRIENTS IN WHOLE FOODS THAT PROTECT AGAINST CANCER

Vitamin A: Strengthens the immune system. Essential for mineral metabolism and endocrine function. Helps detoxify. True vitamin A is found only in animal foods such as cod liver oil; fish and shellfish; and liver, butter and egg yolks from pasture-fed animals. Traditional diets contained ten times more vitamin A than the typical modern American diet.

Vitamin C: An important antioxidant that prevents damage by free radicals. Found in many fruits and vegetables but also in certain organ meats valued by primitive peoples.

Vitamin B6: Deficiencies are associated with cancer. Contributes to the function of over 100 enzymes. Most available from animal foods.

Vitamin B12: Deficiencies are associated with cancer. Found only in animal foods.

Vitamin B17: Protects against cancer. Found in a variety of organically grown grains, legumes, nuts and berries.

Vitamin D: Required for mineral absorption. Strongly protective against breast and colon cancer. Found only in animal foods such as cod liver oil, lard, shellfish and butterfat, organ meats and egg yolks from grass-fed animals. Traditional diets contained ten times more of this natural vitamin D than the typical modern American diet.

Vitamin E: Works as an antioxidant at the cellular level. Found in unprocessed oils, nuts such as almonds, and animal fats like butter and egg yolks.

Conjugated Linoleic Acid (CLA): Strongly protective against breast cancer. Found in the butterfat and meat fat of grass-fed ruminant animals.

Cholesterol: A potent antioxidant that protects against free radicals in cell membranes. Found only in animal foods.

Minerals: The body needs generous amounts of a wide variety of minerals to protect itself against cancer. Minerals like zinc, magnesium and selenium are vital components of enzymes that help the body fight carcinogens. Minerals are easily absorbed from animal foods.

Lactic Acid and Friendly Bacteria: Contribute to the health of the digestive tract. Found in old fashioned lacto-fermented foods (miso, sauerkraut—free of vinegar, citric acid, and sugar—keifer and live yogurt cultures).



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Saturated Fats: Strengthen the immune system. Needed for proper use of the essential fatty acids. The lungs cannot function without saturated fats. Found mostly in animal foods and in coconut oil.

Long-Chain Fatty Acids: Arachidonic acid (AA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) help fight cancer on the cellular level. They are found mostly in animal foods such as butter, organ meats, cod liver oil and seafood.

Co-enzyme Q10: Highly protective against cancer. Found only in animal foods.

COMPOUNDS IN PROCESSED FOODS THAT CAN CAUSE CANCER

Trans Fatty Acids: Imitation fats (including hydrogenated oils) in shortenings, margarines and most commercial baked goods and snack foods. Strongly associated with cancer of the lungs and reproductive organs.

Rancid Fats: Industrial processing creates rancidity (free radicals) in commercial vegetable oils.

Omega-6 Fatty Acids: Although needed in small amounts, an excess can contribute to cancer. Dangerously high levels of omega-6 fatty acids are due to the overuse of polyunsaturated vegetable oils in modern diets.

MSG: Associated with brain cancer. Found in almost all processed foods, even when “MSG” does not appear on the label. Many flavorings and spice mixes, and hydrolyzed protein contain MSG.

Aspartame: Artificial sweetener in diet foods and beverages. Associated with brain cancer.

Pesticides: Associated with many types of cancer. Found in most commercial (non-organic) vegetable oils, fruit juices, vegetables and fruits.

Hormones: Found in animals raised in confinement on soy and grains (plant-based hormones are plentiful in soy foods). Also given to cows (rBGH) to promote milk production.

Artificial Flavorings and Colors: Associated with various types of cancers, especially when consumed in large amounts in a diet of junk food.

Refined Carbohydrates: Sugar, high fructose corn syrup and white flour are devoid of nutrients. The body uses up nutrients from other foods to process these refined carbohydrates. Tumor growth is associated with sugar (including alcohol) consumption. Δ

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“THE DOCTOR OF THE FUTURE will give no medicine but will instruct his patients in the care of Human Frame, Diet, and Cause/Prevention of Disease.”

—Thomas Edison, 1902-03



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A Role for Animal Fats

THERE ARE REASONS to not eliminate healthy animal fats in one's diet. The function of fats in one's body is primarily protective. Fat “pads” in the body act as a cushion, reducing or preventing injury to blood vessels, bones or joints. For example, fat pads in the hands provide comfort while we are doing tasks that require pressure to use a tool or other object. Having a lack of fat on the pads of the feet can make walking painful and difficult.

Subcutaneous fat also aids in protecting an individual from excessive environmental temperature changes. This tissue may save lives or protect vital structures in cases of frostbite or accidental burns.

Fat provides elasticity to the skin surface and has bactericidal properties; also adequate fat intake offers protection from infection and prevents dirt and grime from penetrating the layers of skin. The moderate dietary use of animal fat is indeed beneficial.

—From “In Defense of Fat,” by Francis M. Pottenger, Jr., M.D., in *Health & Healing Wisdom*, Vol. #31, No. 2, www.ppnf.org.

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- A RELIABLE SOURCE of accurate nutrition information.
- A strong voice against imitation foods.
- Does not receive funding from any government agency, nor from the meat and dairy industries.
- Campaigns for a return to healthy traditional fats.
- Warns consumers about the dangers of modern soy foods.
- Promotes access to unprocessed whole milk products from pasture-fed animals.
- Keeps members informed through *Wise Traditions*, a lively quarterly magazine.
- Helps consumers find healthy, farm-fresh foods through a system of local chapters.



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Why a School Garden?

SCHOOL GARDENS are a powerful means of instilling lifelong environmental and nutritional literacy in children. The garden engages students by providing a dynamic environment in which to observe, discover, experiment, nurture, and learn. It is a living laboratory where lessons are drawn from real-life experiences rather than textbook examples, allowing students to become active participants in the learning process.

Ten Reasons Why School Gardens Are an Excellent Idea

1. Magic happens when a child harvests a vegetable he or she has planted and nurtured. The child will want to eat it! It will increase interest and improve attitudes toward eating fruits and vegetables.

2. Students will learn where food really comes from—a carrot grows in the ground, a green bean on a vine and Brussels sprouts on a stalk!

3. School gardens foster an increased

awareness of environmental issues. Children learn to respect and care for the soil, where our food comes from.

4. Students will get to share their bounty with their classmates. Eating with their peers is one of the most important motivators for children to try new foods.

5. It gives children an opportunity to be outside and away from computer screens and, at the same time, significantly increase science achievement scores.

6. Children who garden in schools improve self-esteem, behavior, social skills and interpersonal relationships, as well as develop life skills including working with groups.

7. Research by Columbia Teachers College shows that hands-on gardening and cooking programs are the two things that are actually effective in behavior change; they get kids to eat more vegetables.*

8. The gardens are beautiful spaces that connect students to their school and

help them develop a sense of pride and ownership, which in turn improves attitudes towards school and discourages vandalism.

9. They provide opportunities for community involvement including neighbors, volunteers, parents, and local businesses.

10. School gardens promote good nutrition and exercise. The health of our kids and the health of our planet are fundamentally connected.

When investigating the benefits of school gardens, it's helpful to divide them into four categories: academic achievement, healthy lifestyle, environmental stewardship, and community and social development.

—From www.betterschoolfood.org.

* "Feeding Our Kids the Right Food...and Inspiring Them to Eat It," by Pamela Koch at www.ecoliteracy.org/publications/rs/pam_koch.html.

To read more about school gardens see www.edibleschoolyard.org.

Rebounding— Good for the Lymphatic System

Rebounder Exercises Can Also Help Body to Detoxify

By Dave Scrivens

THE BODY HAS A BUILT-IN NEED FOR ACTIVATION. The lymph system, for example, bathes every cell, carrying nutrients to the cell and waste products away. Yet the lymph is totally dependent on physical exercise to move. Without adequate movement, the cells are left stewing in their own waste products and starving for nutrients, a situation that contributes to arthritis, cancer and other degenerative diseases. Vigorous exercise such as rebounding [jumping on a therapeutic mini-trampoline] is reported to increase lymph flow by 15 to 30 times. Also, bones become stronger with exercise.

Vertical motion workouts such as rebounding are much different and much more beneficial and efficient than horizontal motion workouts, such as jogging or running.

The lymph fluid moves through channels called “vessels” that are filled with one-way valves, so it always moves in the same direction. The main lymph vessels run up the legs, up the arms and up the torso. This is why the vertical up-and-down movement of rebounding is so effective to pump the lymph.

REBOUNDING FOR DETOXIFICATION AND IMMUNE SYSTEM BENEFITS

The rebounding motion stimulates all internal organs, moves the cerebral-spinal fluid and the aqueous fluid within the eyes (many people claim improved eyesight), and does wonders for the intestines. Many immune cells such as T-lymphocytes and macrophages are self-propelled by amoebic action. These cells contain molecules identical to those in muscle tissue. All cells in the body become stronger in response to the increased G-force during rebounding, and this cellular exercise results in the self-propelled immune cells being up to five times more active. The job description of these cells includes eating viruses, bacteria and even

cancer cells, so it is good that they be active. This exercise directly strengthens the immune system.

Rebounding is an exercise that reduces your body fat; firms your legs, thighs, abdomen, arms, and hips; increases your agility; and improves your sense of balance. Rebounding strengthens your muscles overall, provides an aerobic effect for your heart, rejuvenates your body when it's tired, and generally puts you in a state of health and fitness.

Jumping on a rebounder is remarkably gentle on the joints. There's no solid ground to suddenly stop the bouncing of your feet. Your movements are perfectly safe, and they make the effect of gravity beneficial.

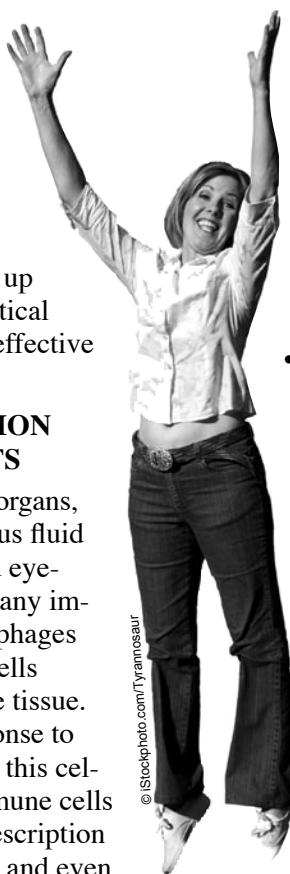
Some benefits of rebounding include:

- 20 minutes of rebounding = 1 hour of running for cardiovascular workout
- Easy on the bones and joints (when using a therapeutic rebounder)
- Rebounding strengthens the heart muscle
- Profound body detoxification is possible

By working against constant gravitational pressure while bouncing, you resist Earth's pull. Your resistance is subtle, but it builds cellular strength. Rebounding's alternating weightlessness and double gravity produce a pumping action that pulls out waste products from the cells and forces into them oxygen and nutrition from the bloodstream.

THE DETOXIFICATION EFFECT OF REBOUNDING

The lymphatic system is the metabolic garbage can of the body. It rids you of toxins such as dead and cancerous cells, nitrogenous wastes, infectious viruses, heavy metals, and other assorted junk cast off by the cells. The movement



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Are There Healthy Secrets in Relationships?

YOU BOUGHT A SPECIAL PRESENT for your partner's birthday, and you want it to be a surprise. Healthy secret. Your boss is trying to get you fired and it's causing so much tension that you are not much fun to be around, but you don't want to burden your partner with this information. Unhealthy secret. You take the garbage out even though it's your partner's job, and you don't tell your partner. Healthy secret. Your partner has a lump and is scheduled for a biopsy, and you're terrified, but you're trying to act as if nothing is wrong. Unhealthy secret.

Rule of thumb: healthy secrets bring you closer to your loved ones, unhealthy secrets create barriers. Healthy secrets are surprises that bring more love to both you and your loved ones. Unhealthy secrets hide a part of your heart [or] disguise your vulnerability, which denies a gift to your loved one or prevents your loved one from supporting you. Healthy secrets build relationships, unhealthy secrets destroy relationships.

—Barry Vissell, M.D., and Joyce Vissell, R.N., from *Shared Heart*, January 2008; www.sharedheart.org.

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performed in rebounding provides the stimulus for a free-flowing system that drains away these potential poisons.

Unlike the arterial system, the lymphatic system does not have its own pump. It has no heart muscle to move the fluid around through its lymph vessels. There are just three ways to activate the flow of lymph away from the tissues it serves and back into the main pulmonary circulation. Lymphatic flow requires muscular contraction from exercise and movement, gravitational pressure, and internal massage to the valves of lymph ducts. Rebounding supplies all three methods of removing waste products from the cells and from the body.

THE MUSCULAR EFFECT OF REBOUNDING

James White, Ph.D., director of research and rehabilitation in the physical education department at the University of California at San Diego (UCSD), has explained how jumping for health offers a true physical strengthening effect to the muscles.

“Rebounding allows the muscles to go through the full range of motion at equal force. It helps people learn to shift their weight properly and to be aware of body positions and balance,” says White.

Rebounding's alternating weightlessness and double gravity produce a pumping action that pulls out waste products from the cells and forces into them oxygen and nutrition from the bloodstream

An advocate of rebounding for athletic conditioning, White uses the rebounder in his rehabilitation program at UCSD. “When you jump, jog, and twist on this [jumping] device, you can exercise for hours without getting tired. It's great practice for skiing, it improves your tennis stroke, and it's a good way to burn off calories and lose weight,” says White.

“My students tell me it's so much fun that they often exercise on the rebounders for their own enjoyment.”

White adds that jumping for health is more effective for fitness and weight loss than cycling, running or jogging, and it has the added advantage of producing fewer injuries.

The gentle bounce of rebounding is effective in returning natural, regular bowel movements to chronically constipated persons. The steady bounce sets up a pulsating rhythm transmitted by the nervous system to the brain area responsible

for regulating the intestinal system, which reestablishes one's rhythmical bowel activity. Digestion is improved as well.

It is important to realize that as you age, your body may become more toxic due to the pollutants in today's world. It is also important to realize that if you have a disease, your cellular structure is compromised, as your cells are already being robbed of the correct oxygen, mineral and nutrient compounds that they need to stay healthy.

Rebounding is beneficial, but other commonsense health practices are also important to maximize health and well-being. Δ

DAVE SCRIVENS, certified lymphologist, is Canada's first full-time practicing lymphologist, and is co-author (with Philipa Corning, Ph.D.) of “The Importance of Mobilizing the Lymphatic System,” published in *Quest* (Winter edition, 2006), a Canadian journal that focuses on remedies for fibromyalgia, myalgic encephalomyelitis, and chronic fatigue syndrome. Scrivens: 613-276-3544 or www.bodybgood.ca.

“ACTING KINDLY...is one way to be an authentic healer without ever conducting ‘formal’ healing.”

—Warren Grossman, Ph.D., in *Be Healed by the Earth*

Rebound: Cleanse Your Cardiovascular & Lymphatic Systems

There is a most efficient and enjoyable way to boost your immunity to viruses and to ward off all sorts of illnesses naturally, without using more supplements or drugs, and keep your lymphatic system healthy. What is the lymphatic system?

The lymphatic system, as Dr. Morton Walker refers to it in his book *Jumping for Health*, is the "metabolic garbage can of the body. It rids you of toxins, such as dead and cancerous cells, nitrogenous wastes, fat, infectious viruses, heavy metals, and other material cast off by the cells." The lymphatic fluid is a clear liquid that contains the body's T- and B-cells, or cells that help the immune system ward off disease. CJ Puotinen outlined how lack of exercise and even restrictive clothing (bras) lead to constriction of the lymph system or allow it to lag and become clogged. ("Lymphatic Immune Support," May/June 2000 issue of *Well Being Journal*.)

When you rebound, you are helping your cells metabolize, cleanse and renew, and you are helping your lymph system to pump and drain out the body's waste. The cardiovascular hydraulics benefit too. Linda Brooks, author of *Rebounding for Health*: "Lymph is moved like a hydraulic pressure system.... The lymph tubes are filled with one-way valves that only open up, or allow drainage toward the center of the body. When pressure below the valve is greater than above (as when you are moving downward on the rebounder) the valves are forced open so the fluid can flow." There are only three ways for the lymph system to "pump" and cleanse: exercise, which helps muscular contraction; massage (via movement) of the musculature or tissues it serves to get it to pump back into the pulmonary circulation; and gravitational pressure with its resultant internal massage. Rebounding, remarkably, provides all three ways of removing waste from the cells.

Rebounding flushes the lymph, the toxic substances that the body is always rounding up from its normal processes, such as food wastes and environmental pollutants, before they can form new waste by-products. Dr. Walker sums it up: "[During rebounding] arterial blood enters the capillaries in order to furnish the cells with fresh tissue fluid containing food and oxygen. The bouncing motion moves and recycles the lymph and the entire blood supply through the circulatory system many times during the course of the rebounding session."

The feature of rebounding that sets it apart from all other exercises is that half of the time you do it you are not opposing gravity! When you are bounced upward by the springs and mat of the quality rebounder, your body is not being pulled by gravity. Because of this action each cell in the body and brain receives a positive stress. And the joy of it is that you don't have to exert yourself to get these benefits. The eldest of the elderly can do this, as well as the handicapped person, and the arthritic, by doing a very gentle, two-three-minute "health bounce." What is the "health bounce"?

HEALTH BOUNCE

Essentially the "health bounce" is a 2-3 minute session on a rebounder in which you bounce gently. Your feet do not need to leave the mat. You simply bounce, and the gentle bounce

alone is enough to stimulate your immune and cardiovascular systems. Linda Brooks, who studied with Al Carter, the "Father of Reboundology," writes about clients in her rebounding workshops who healed from cancerous tumors by adding rebounding sessions of 2-3 minutes of each hour in the day. These clients also changed their diets by using many vegetables and fruits, which helped purify the lymph system, and healthy fats; they drank only pure water, which helped flush the toxins; and they had a positive attitude.

Why health bounce for 2-3 minutes of each hour? Because the white blood cell count triples in number during the bounce, removing toxins and wastes from the body. Within an hour the white blood cell count returns to normal, so "health bouncing every waking hour," says Brooks, "keeps the white blood cell count optimal in the body, and it keeps the lymph moving."

Vision therapists have long used quality rebounders to help clients strengthen eye muscles. Arthritis, osteoporosis, cardiovascular disease and many other illnesses have been reversed by the use of rebounding exercise. (See online articles "The Health Bounce" and "Reversing Heart Disease" for more information about rebounding at: www.wellbeingjournal.com)

Where can you find a quality rebounder, one based on the design of Al Carter? Marie Miczak, D.Sc., author of *Age Reversal for Body and Mind*, says, "The Needak® is the standard of rebounders...it is the only one I recommend in my books' exercise sections." —SM

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Nutrients Used in AIDS Cases Offer Hope

By Harold D. Foster, Ph.D.

REGARDLESS OF THE EFFORT PUT INTO THE RUN, if it is made in the wrong direction, the planned destination is never reached. This, unfortunately, is the key to the constant failure of current HIV/AIDS research, which is largely based on the model of David Ho, M.D.,¹ that seeks to explain how HIV replication leads to AIDS. The Ho model presents the route from initial HIV-infection to death from AIDS as a positive feedback system. If this were true, however, patients in the developed world would each “produce more particles of HIV than there are atoms in the universe.”² Since Ho’s model clearly makes no mathematical sense,³ it is hardly surprising that research, and treatment based upon it, fails repeatedly.

As one might have anticipated, 2007 was a very bad year for HIV/AIDS research. Even the medical establishment is slowly beginning to admit that there is something seriously wrong with its prevention and treatment strategies. To illustrate, the International AIDS Society 4th Conference was held in Sydney, Australia, July 22 to July 25, 2007. As reported by the BBC News Service, President George W. Bush’s senior advisor on HIV, Anthony Fauci, M.D., admitted in an address to the attendees that the

world is losing its fights against AIDS.⁴ The best evidence for this is that far more people are becoming infected with HIV than are being treated for its consequences. As Fauci pointed out, “For every person that you put in therapy [on antiretroviral drugs], six new people get infected. So we’re losing that game, the numbers game.”

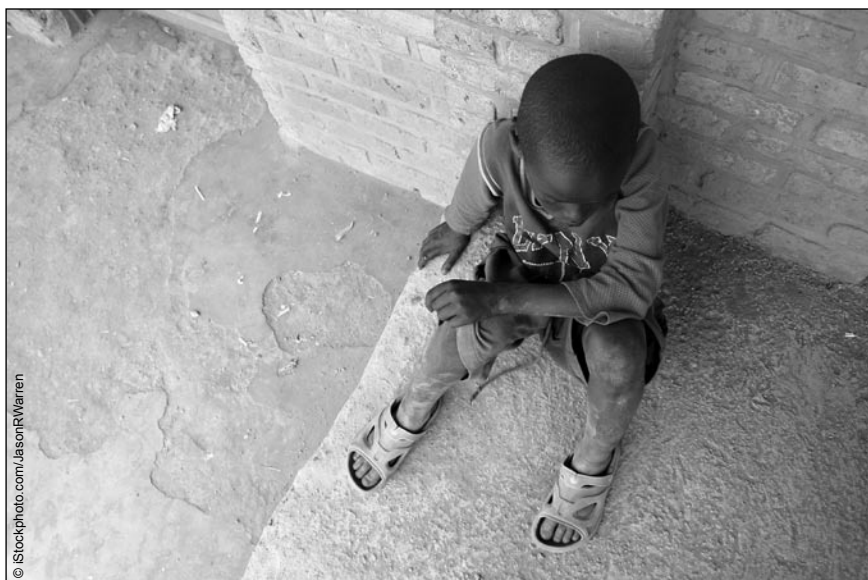
PREVENTION

Vaccines

In 1984, when HIV was first announced as the cause of AIDS, we were promised a vaccine within two years.⁵ Twenty-four years later, there is still no realistic sign of one, despite the billions of dollars spent in the search. The most promising, strongly promoted new vaccine was tested in nine countries in the STEP Study. In late 2007, it was sadly announced that it had failed spectacularly. Not only did this vaccine show no signs of protecting against HIV infection, but those who were given it had proved more vulnerable to the virus than those who were not.⁶ A vaccine that increased the chance of getting AIDS was not what the world was looking for. It has begun to seem as if Albert Sabin, M.D., the discoverer of the oral polio vaccine, was right, in 1992, when he predicted there would never be an effective vaccine against HIV.⁷ Nevertheless, current researchers continue to expect billions of dollars in grants and ten years more to develop this elusive vaccine.

Microbicides

Microbicides are antimicrobial agents formulated as foams, creams, gels, suppositories, sponges, tablets or intravaginal rings for vaginal use. They are designed to prevent HIV transmission and the diffusion of other diseases such as gonorrhoea, chlamydia and genital herpes. AIDS prevention took another serious knock in 2007. A gel that women could use to prevent infection by HIV during intercourse would play a key role in reduc-



ing viral spread. One such possible preventative, based on an HIV-blocking sticky molecule derived from cotton, cellulose sulphate, was recently found to be ineffective. Two advanced trials using this type of gel were stopped in February 2007 for safety reasons when its use was found to increase, rather than decrease, risk of HIV-infection in women.

Indeed, several microbicides that claim to prevent the sexual transmission of HIV and other sexually acquired diseases are currently for sale in China. Jiang and Lindsley argue that these microbicides contain octoxynol-9 or nonoxynol-9 or combinations of them and can damage the vaginal mucosa, increasing the risk of HIV transmission.⁸

Circumcision

Three trials, conducted among heterosexual men in South Africa, Uganda and Kenya, have shown that circumcision can significantly reduce the risk of male HIV-infection.⁹ However, the news in 2007 was more sobering. In December 2007, it was announced that, in United States studies, in Black and Hispanic men who had sex with their own gender, circumcision showed no sign of increased protection against HIV-infection.¹⁰ This also was found to be true in Australia.¹¹

TREATMENT

Antiretrovirals

2007 was also a very bad year for AIDS treatment. According to a Boston University School of Public Health Survey, more than one-third of patients who began to take HIV drug medication in sub-Saharan Africa died or stopped their treatment within two years.¹² What has happened to long-term patients who have taken their antiretrovirals faithfully since these drugs came onto the world market in the mid-1990s? *The New York Times* recently published an article on this topic, outlining the disadvantages of living longer with AIDS.¹³ It described the life of one such patient, who had been diagnosed with HIV/AIDS nearly 20 years ago and has been taking antiretroviral drugs for about twelve years. Now 59 years old, he suffers from complex health problems, largely due not to HIV-infection but to drug side effects. He has lung disease, diabetes, kidney failure, bleeding ulcer, severe depression, rectal cancer and weakened bones, making him in far worse health than his 84-year-old father. Antiretroviral drugs tend to have large molecules that typically cannot cross the blood-brain barrier. As a result, HIV continues to attack the brains of those who receive drug treatment. This thins the brain, and the patient suffers from increasing memory loss and an inability to think normally, defects that worsen with continued antiretroviral drug use.¹⁴⁻¹⁵

TIME FOR CHANGE

In the light of this continuing stream of failures in AIDS research, it is clearly time for change. My book *What really causes AIDS*, published in 2002, was dedicated to a racehorse. Foinavon won the British Grand National in 1967, in what was then, and still is, the slowest time ever recorded. Both his owner and trainer were so sure that he would lose that they did not bother to turn up for the race. Anyone lucky enough to bet on Foinavon to win that day pocketed £444 for each pound “invested.” Foinavon triumphed in the Grand National

Major Biotech Companies Pull Out of Hunger Assessment

AN EDITORIAL in the journal *Nature* criticized biotech companies for walking out of a recent conference. The editors said the view that “biotechnology cannot by itself reduce hunger and poverty is mainstream opinion among agricultural scientists and policy makers.” The Monsanto and Syngenta corporations withdrew from the International Assessment of Agricultural Science and Technology for Development—a four-year, \$10-million undertaking that aims to reduce hunger in developing countries—claiming that a draft report indicating biotech isn’t the answer to hunger does not adequately reflect their industry perspectives (that biotechnology will be necessary to produce enough food for the growing world population). —From Union of Concerned Scientists *Feed* newsletter, February 2008. More at www.ucsusa.org/food_and_environment/feed/feed-february-2008.html#5.

Gene Escapes from Genetically Engineered Canola

A RECENT STUDY found that canola plants in Quebec, Canada, that were genetically engineered for herbicide resistance have interbred with a weed called wild mustard, producing hybrid plants that are resistant to the herbicide glyphosate. Full story: www.ucsusa.org.

In the 1980s Chinese researchers showed that adding the trace element selenium to table salt could dramatically reduce the spread of three major viruses

Healing Modalities and Religion

CATHOLIC SISTERS practicing energy medicine and massage therapy add depth to the health care profession today. Sisters were providing holistic health care long before conventional medicine became the norm. "Who else would you expect to be on the vanguard of holistic healing?" asks Sister Anita Schugart, O.P., director of the Heartland Center for Holistic Health, in Great Bend, Kansas. "After all, who started the hospitals in this country?"

In fact, Sisters have been on the forefront of caring for the sick for 1,600 years, says Sister Schugart, a former hospital administrator, who founded the Heartland Center because she had experienced the current health care system as more of a "sickness system." Today, the ministry of the Dominican Sisters of Great Bend offers massage and homeopathy, among other therapies, as well as workshops.

Sister Mary Em McGlone, M.M.S., who in 1981 founded the Center for Human Integration (CHI) in Philadelphia, moved into holistic health care after witnessing the health care practices of another culture. As a nurse-midwife in Uganda in the 1960s, she saw how health care providers there treated the whole person. She noticed that in the U.S., specialists divide the person into categories and treat each accordingly.

"Jesus didn't just heal the body, but also the spirit," says Sister Helen Owens, O.S.F., founder and executive director of the Lourdes Wellness Center in Collingswood, New Jersey. "When you're talking holistic, that's what we mean. People come to us not just for physical healing, but healing of the spirit." Healing modalities help people get in touch with "what God is speaking within their hearts and bodies," says Sister Celeste Crine, a certified massage therapist and Reiki practitioner at the Franciscan Spiritual Center in Aston, Pennsylvania. "Then they can become the person God created them to be."

—Excerpted from "Catholic Sisters and Holistic Pioneers," by Marielena Zuniga, in *Spirituality and Health* (March/April 2004), www.spiritualityhealth.com.

because he trailed so far behind the other twenty or so horses that his jockey could easily avoid the total chaos that occurred at what today is called "The Foinavon Fence," where every other horse fell or threw off its rider.

In the race to find new and better ways to halt the spread of HIV and treat AIDS, we have now reached our Foinavon Fence. The track is littered, not with fallen jockeys and horses but with abandoned vaccines, gels and antiretroviral drugs that just don't work. A new approach is needed. It is obvious what this should be.

In the 1980s Chinese researchers showed that adding the trace element and essential nutrient selenium to table salt could dramatically reduce the spread of three major viruses, those responsible for hepatitis B and C and the Coxsackie B virus, which causes a heart disease.¹⁶⁻¹⁸ Around the same time, in 1984, Finland's government passed a new law that forced the addition of selenium

to all its farmers' fertilizers, in an effort to reduce that country's high death rate from heart disease.

This strategy worked, but strangely, as local diets became more selenium enriched, Finland's rate of new HIV-infection also began to slow. Soon it was far less than in neighboring Nordic countries. Nearby Estonia's adult prevalence rate for HIV-infection is now eleven times that of Finland, while adjacent Latvia, another selenium deficient country, has a rate six times as high as its Finnish neighbors.¹⁹ In Africa, Senegal is a dried-up arm of the sea that is rich in phosphorites, a type of rock that contains high levels of selenium. Despite its location, HIV-infection rates in Senegal are very low. The same is true of Bolivia, a South American country that exports selenium and has extremely depressed HIV/AIDS rates.²⁰

The ability of selenium to block HIV-infection explains why AIDS is occurring now. The burning of coal, oil and wood releases sulphates and nitrates into the air, causing acid rain. This then makes the soils more acid and stops selenium

passing into our foods. At the same time, the burning of fossil fuels releases mercury, arsenic and cadmium, which react with selenium, binding it to the soils. The fertilizers of the Green Revolution also depress plant selenium uptake. AIDS is rampant now because the earth's plants and also its insects, animals and humans are all becoming more selenium deficient. It is much harder for them to get adequate selenium in their diets because of these changes to the soils.²¹

Viewed together, this evidence strongly suggests that waiting for science to develop an elusive vaccine against HIV is a big mistake. We need to follow Finland and pass laws that make sure that the planet's agricultural soils are provided, where necessary, with additional selenium.

Why is selenium so protective against viral infection, including that of HIV? A clue to the answer to this question comes from the doctors and nurses who have been accidentally exposed to HIV-contaminated blood when pricked by

What happens to an HIV/AIDS patient if they receive high doses of these four nutrients? The answer is quite simple. They dramatically improve

*LIKE BUTTER hidden in cream, / Wisdom dwells in all living beings.
With the mind as the churning rod, / One could ever churn out
Wisdom from within oneself.*

—Brahma-Bindu Upanishad

needles or medical instruments. Studies of such unfortunate events have shown that the chance of getting infected by the virus this way is only 0.3 percent, or roughly three times per thousand needle pricks.²² Since those who are exposed to contaminated blood from instruments do not usually develop HIV/AIDS, there must be something that protects them. This seems to be an enzyme called glutathione peroxidase. Human bodies cannot make this enzyme without adequate selenium.²³

Viruses and humans are involved in an “arms race.” In this struggle, viruses evolve better ways of infecting their hosts, while humans develop more effective ways of preventing this. In this contest, many pathogens have discovered ways of removing key nutrients from the human body, especially those that are needed by humans to defend against them. Simply put, once inside the body, as HIV is multiplied, it removes the nutrients necessary to make the enzyme glutathione peroxidase.²⁴ As a result, HIV-infection creates nutritional deficiencies of selenium and three amino acids. Slowly, as shortages of these four nutrients become worse, the patient develops the symptoms we call AIDS.²⁵ A lack of selenium causes a collapse of the immune system, inadequate glutamine promotes diarrhea and muscle loss, too little tryptophan gives rise to dementia, and cysteine inadequacy results in cancers and skin problems. AIDS, therefore, is a lack of four key nutrients caused by a virus that removes them from the patient’s body.

So what happens to an HIV/AIDS patient if they receive high doses of these four nutrients? The answer is quite simple. They dramatically improve. This idea was initially tested as economically as possible by developing a simple nutrient mixture of selenomethionine and beef liver. This, for example, was used in open trials in a South African hospice, where five of six AIDS patients greatly improved when provided with it. Another small trial took place in a Kenyan clinic. Here the patients were weak and passing into AIDS. They soon recovered their energy and regained their health when given selenium and desiccated beef liver.²⁶

Encouraged by such results, two larger open trials were set up. In Zambia, the nutritional supplements were given to a childcare and adoption society. Fifteen orphans and guardians who were HIV-positive or had AIDS experienced dramatic improvement when given this selenium-amino acid enriched nutrient mixture. Most showed noticeable improvement in the second to third weeks after receiving these supplements. Their complexions, hair texture and energy levels improved, and their mobility increased. Some that had been bedridden began to walk. In Uganda, at the Mengo Hospital in Kampala, a 40 HIV/AIDS patient open trial also was set up. After one month, 77% of these patients reported noticeable health improvement. These results were better than they seemed at first glance, since seven patients also had tuberculosis and one also had syphilis. One patient who had been bedridden for four years was able to walk from his home to the hospital to ask for more nutrients when his supply was exhausted.

In South Africa, nine extremely ill AIDS patients were then given capsules containing a mixture of 37 foods and nutrients designed to boost their levels of glutathione peroxidase and so improve

Law Makes HIV Testing Routine in Prenatal Care

ACTING GOVERNOR RICHARD CODEY of New Jersey signed into law a measure that requires pregnant women to be routinely tested for human immunodeficiency virus (HIV). The law also mandates testing of newborns whose mothers have positive or unknown HIV status. Although women will be allowed to opt out of the testing, the American Civil Liberties Union (ACLU) and some feminist groups contend that the law deprives women of the right to make their own medical decisions. Arkansas, Michigan, Tennessee, and Texas require clinicians to test mothers for HIV, unless they ask not to be tested, while Connecticut, Illinois, and New York test all newborns.

The Centers for Disease Control and Prevention (CDC) has recommended voluntary HIV testing for all pregnant women.

(From a story by Tom Hester, Jr., Associated Press 12/26/07.)



Yoga in Africa

THE AFRICA YOGA PROJECT aims to provide yoga to some of the most marginalized people of Nairobi, Kenya. Paige Elenson is the founder of the project (www.africayogaproject.com), which uses yoga and other healing modalities to encourage children and young adults in Kenya to focus on physical and mental well-being.

The project provides tools to educate, empower and inform community members. By focusing on inclusion, project leaders reach out to many poverty- and disease-stricken informal settlements to help build a platform for positive change and cultural exchange.

Yoga helps each practitioner become more aware of personal boundaries, and helps uncover each person's limitless potential to embrace change and to take action. Yoga stimulates the health of the body, emotions and relationships, and one's ability to be of greater good. Information: Sarina Fierman, sarina.fierman@gmail.com, 917-685-8686.

The Power of Appreciation

"I HAVE READ THE STORY of a tribe in southern Africa called the Babemba in which a person doing something wrong, something that destroys this delicate social net, brings all work in the village to a halt. The people gather around the 'offender,' and one by one they begin to recite everything he has done right in his life: every good deed, thoughtful behavior, act of social responsibility. These things have to be true about the person, and spoken honestly, but the time-honored consequence of misbehavior is to appreciate that person back into the better part of himself. The person is given the chance to remember who he is and why he is important to the life of the village."

—Christina Baldwin in *Storycatcher*, New World Library, 2005

response and correct all AIDS associated nutritional deficiencies.²⁷ All nine patients quickly recovered without use of antiretroviral drugs, and most returned to work.

A double-blinded registered clinical trial was then funded by the Friends of Mengo Hospital, a Canadian charity.²⁸ This involved 310 HIV-positive Ugandan patients, given one of two nutritional mixtures for one year. In the great majority of patients in both groups, serum glutathione peroxidase levels rose by roughly a factor of 2.5. With it came increases in CD4 cell counts and body weights, and improvements in quality of life.

Two points need to be stressed here. At high doses, selenium is poisonous. Even dying AIDS patients who were exceptionally short of selenium were never given more than 600 micrograms of selenium daily, in any of these trials. After four to six weeks of improvement, selenium dosage was dropped to 400 micrograms. Children received lesser doses, depending on their body weights. We are still uncertain of reasonable selenium doses for pregnant women, and further research has to be done to establish these. Secondly, these nutritional treatments do not *permanently cure* AIDS. The health of patients seems to improve so long as they take their nutrients. If they stop, decline into AIDS begins again. The best way to think about this treatment is to consider a diabetic's need for daily insulin. This nutritional treatment is not the final answer. We need something to rid the body of HIV permanently. A vaccine cannot do this and neither can antiretroviral drugs. However, if millions of people soon decide that nutrients must play a major role in prevention and treatment of AIDS, 2008 will be a much better year than 2007.

Here is one final comment, for those who want more detailed scientific information. The book *What really causes AIDS* can be freely downloaded from my website at www.hdfoster.com. Many of the journal and magazine articles I have written about HIV/AIDS are also available there. Δ

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"What great empire the mind has over the body, and how often illnesses proceed from it. My custom is to race to heal the minds before I start on the bodies."

—Clitandre, Act III, scene 6, Molière, *L'Amour médecin* (Love is the Best Doctor)

If millions of people soon decide that nutrients must play a major role in prevention and treatment of AIDS, 2008 will be a much better year than 2007

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Gout Linked to Soft Drinks and Fructose

A NEW ANALYSIS, published in the *British Medical Journal* on February 9, 2008, looks at the role of non-alcoholic drinks and fruit in the first onset of gout. It finds a strong association between sugar-sweetened soft drinks, usually containing fructose, and gout. Consuming two servings a day of a sugar-sweetened soft drink increased the risk of developing gout by 85%.

The study substantiates the view that the increase in gout in the UK is linked to an increase in soft drink consumption. There has been a related increase in the U.S. and Canada, especially with the consumption of high-fructose corn syrup (HFCS). The study was conducted over a 12-year period and involved 46,000 men aged 40 and over.

Gout causes painful, swollen joints, mostly in the lower limbs. It is caused by uric acid that has been crystallized from the blood into joints. Fructose inhibits the excretion of uric acid from the body.

—Full article in *British Medical Journal* (BMJ) 2008;336(7639):285 (9 February), doi:10.1136/bmj.39479.667731.80 and online at www.bmj.com/cgi/content/extract/336/7639/285.

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Healing Through Art

I'm not Harold, but I've got a purple crayon

By Diane Coucoulas Calleson, Ph.D.

WHEN I WAS A KID I had this book called *A Picture for Harold's Room* (1960) by Crockett Johnson. In case you are not familiar with the book, Harold is a little baby boy in a blue nighty who has this big purple crayon. He decides that he needs a picture for his room and pulls out his purple crayon and draws a frame for his picture. Then he draws some houses, and then hills and animals and moonlight. Then Harold thinks the moonlight is pretty, and he steps right into the picture! He lives in this world he has drawn. And then, when he decides to leave for food or some sleep, he “undraws” the picture. When Harold decides he needs another picture for the wall in his room, he picks up his big purple crayon again!

Last year, while healing spiritually and physically from

One day I saw my two-year-old niece, Ann Marie, and five-year-old nephew, Alexander, drawing on the back of their dad's big sheets of architectural paper, and I felt a spark inside of me. I hadn't felt that spark for a very long time. I started picking up their crayons, and I was quickly on my knees coloring.

Up and down,
and around,
and all over the paper,
on my knees on the floor...

Crayons are thick, and it takes determination to make the color move onto the page. It's active and it uses the body. It brings out the hidden child. Simply put, it felt good.

Linda, a dear mother-like friend, had said to me, “I'd do what makes you feel good.” I thought she said this to me because, well, you know, she thought I might not have much time left. I wasn't sure I liked her suggestion and initially didn't take it to heart. Now I understand that she knew that doing what makes me feel good might actually be good for me. How brilliant and true.

Now, getting back to drawing.... My niece and nephew were happy to have another artist drawing along with them. We were all about whatever came out on the paper—no judgment, no critical eye, just the feeling of being on our knees, moving color all over a big sheet of paper and letting it out. I could sense a smile inside. My sister, Andrea, saw it too. When I asked if she had any more

paper, she quickly handed me all her husband's recycled paper, and I headed home with something new to explore. Something was happening.

I moved from crayons to craypas. What's really fun with craypas, since they are oil based, is that you can put colors alongside and on top of one another and then, with



ovarian cancer, I picked up my own purple crayon—a box of craypas—and began to draw. I needed to create a picture of my world and what was inside of me because, like baby Harold, I wasn't able to write about what was there. There were no words, only images developing from somewhere deep inside.

tissue in hand, you can just rub them together. There is no limit to creating color with craypas. All through the next six months I kept using these large sheets of paper, three by four feet. Like Harold, I walked right into the picture I had created. Sometimes I would just move on it or sit with it, right on it, in it....

But unlike Harold's experience (perhaps), for me these pictures touched a deep well of emotion. In the drawing process, I would weep. They were prayers, my soul be-



ginning on a path of healing. In the way that many need to write, I needed my craypas and paper taped on the floor, illuminated by the winter sunlight coming into our little cottage. I needed to draw, to move on the paper, to heal from the inside out. In their book *Art and Healing*, Samuels and Lane say that "art and healing have always been one," that we "make art to heal, heal to make art," and that "art, prayer and healing all come from the same source in the body; they are all associated with similar brain wave patterns, mind body changes..." (*Art and Healing*, Ganin, 1999, xiii). That's what I have experienced.

After the image was on the paper—it would stay taped on the floor for several days at a time—and the tears had passed, the image became a part of my day, my week, my month. I was able to call upon it for strength and affirmation, and it would block or replace the negative images and stories that I had been drawing in my mind. Instead of thinking about the next hospital blood draw, I would see the image of me in blue or sometimes green with my oak tree.

Instead of disease, I could see a blue or a green vital and healthy body. Call it strange and odd—and initially I would have agreed—but it did change the inner imagery and frame I was living in. These drawings are what I have come to call "Live Images," life-affirming messages of hope that spring forth from me.

At another place in this drawing process, I drew lots and lots of spiral pictures. At first they looked more like candy canes, and then they became stronger, turning into fully formed deep-colored spirals.

I came to see this was my way of moving inward and giving myself the freedom to spiral in and discover my soul, my spirit. What does that feel like? Warmth, Love, Energy, Radiance, a part of me I had long buried that now was being reborn. It feels like Beauty.

Are there signs of this healing process? Well, my doctor has told me for nearly one year now that I don't need treatment for my ovarian cancer; there is only some disease present, and it is either stable or possibly regressing—a true miracle, healing without medicine. Ok, I'm on a different sort of protocol, if you will.

And, when I first picked up some crayons with my young artist friends, I was just like Harold. There were no words to express what was in some deep cavern somewhere inside of me.

But now I have begun to write and, as with this essay, have been able to put down in words what it means to me to "make art to heal, and to heal to make art." I can draw and write and heal. Maybe you can too.... Δ

DIANE COUCOULAS CALLESON, PH.D., is on the faculty at the School of Public Health at the University of North Carolina at Chapel Hill, and she doesn't go far without her craypas. She is also a regular contributor to allthingshealing.com.

Please note: In addition to art as a healing practice, Diane practices qigong, acupuncture and meditation, takes long walks, maintains a diet with no sugar or dairy and eats a vegan plus fish diet.



Ongoing World Transformation

THE DONGTAN DEVELOPMENT, on an island in the mouth of the Yangtze River near Shanghai, aims to build an eco-city three-quarters the size of Manhattan by 2040. The first phase will accommodate some 50,000 people. It is on target to be open by the time of the Shanghai Expo trade fair in 2010.

Up to four more eco-cities will be built, though exact locations have not yet been disclosed. Experts believe that the real challenge will be to build the cities in China's interior regions where heavy industry has caused pollution and depopulation, as millions of Chinese people move to the booming Pacific coast.

Peter Head, the director in charge of the eco-city at Dongtan, said: "We are going to help establish a model of how a sustainable city works, but it must also be a viable financial proposition in the long term to attract international investment." He also noted, "It is part of a new awareness of the environment by the Chinese government. They realize that with their growing population and economy they have to overcome the problems of environmental pollution and resource depletion."

The eco-cities are intended to be self-sufficient in energy, water and most food products, with the aim of zero emissions of greenhouse gases in transport systems. One international property group, Dublin-based Treasury, has already signed up with Shanghai Industrial Investment Corporation (SIIC) for a €1 billion investment in the Dongtan project.

From www.worldtrans.org. Full article in *The Guardian*: www.guardian.co.uk/business/2005/nov/06/china.theobserver.



The Wisdom of Crowds

JAMES SUROWIECKI'S BOOK *The Wisdom of Crowds* is based on the premise that "large groups of people are smarter than an elite few, no matter how brilliant—better at solving problems, fostering innovation, coming to wise decisions, even predicting the future."

In that vein, weblogs, wikis and RSS—perhaps more than any other tool—will most likely play a big role in enabling crowds to form and share opinions.

Surowiecki writes in *Wired* (June 2004), "Instead of looking to a single person for the right answers, companies need to recognize a simple truth: Under the right conditions, groups are smarter than the smartest person within them." He notes that crowds at such places as horse tracks do better at forecasting than individuals. But even more revealing, groups like the Hollywood Stock Exchange (which predicts box office results) consistently outperform industry forecasts.

Some CEOs are of course excellent leaders and managers, but "in an extensive study of intelligent CEOs who made disastrous decisions, Dartmouth's Sydney Finkelstein writes, 'CEOs should come with the same disclaimer as mutual funds: Past success is no guarantee of future success.'"

The same can be said of political leaders. Even if intelligent, leaders may not get crucial information. Surowiecki: "At so many firms the flow of information is shaped by political infighting...and a confusion of status with knowledge. Hierarchies [are]...outmoded as a way of making decisions. We all would do well to compile the collective wisdom instead."

Surowiecki notes one example of this wisdom, offered by Hewlett-Packard, which, in 1990, "experimented with artificial markets to forecast sales. Only 20 to 30 percent of employees participated, and each market ran for just a week, with people trading at lunch and in the evening. The market's results outperformed the company 75 percent of the time."

Political leaders are well advised to know what the people of a country think and want, both in domestic and foreign policies, regarding economics and social order. Surowiecki: "The evidence is clear: groups—whether top executives evaluating a potential acquisition or sales reps and engineers analyzing a new product—will consistently make better decisions than an individual. Companies have spent too long coddling the special few. It's time for them to start figuring out how they're going to tap the wisdom of the many." Δ

"NOTHING YOU CAN DO but you can learn how to be you in time...it's easy: All you need is love."

—John Lennon and Paul McCartney, "All You Need is Love," commissioned by the BBC for the UK's contribution to the first live global telecast, "Our World," June 25, 1967, broadcast via satellite to 26 countries and watched by an estimated 350 million people. Internet users: see video of the telecast "All You Need is Love" on YouTube.

The Truth about Colonic Cleansing

By Steven E. Hodes, M.D.

I KNOW THE COLON. From almost 30 years of caring for patients and after performing almost 40,000 colonoscopies, I know what is in it, what comes out of it and how the state of it can affect your overall health, well-being and state of mind.

Without a colon we would be continuously excreting liquid bowel wastes—hardly the most appealing of images. Its main reason for being is to facilitate a controlled elimination of the residue of our oral intake of food.

The colon, as well as the entire gastrointestinal tract, is a major organ system by which to explore the mind/body/spirit connection. The aware physician/healer will emphasize the patient's need to examine their emotional and spiritual state of consciousness. This will clearly have an impact on their colonic function—and a happy colon, performing its necessary functions effortlessly, makes all activities a lot easier to accomplish, meditation included.

One of the greatest challenges to mind/body/spirit-related colon care is that there is an enormous amount of misinformation “out there.”

Particularly disturbing to me are the numerous promotions that serve as “scare tactics.” They possess an obvious intention not to educate or inform but to promote a particular product or procedure that will generate dollars for the advertiser. In some of these ads and some editorial content, the colon is portrayed as an underworld, seething with horrific creatures and extraordinarily monstrous casts of retained fecal material that have been hanging around for years, if not decades.

It simply is not the filthy organ it is made out to be.

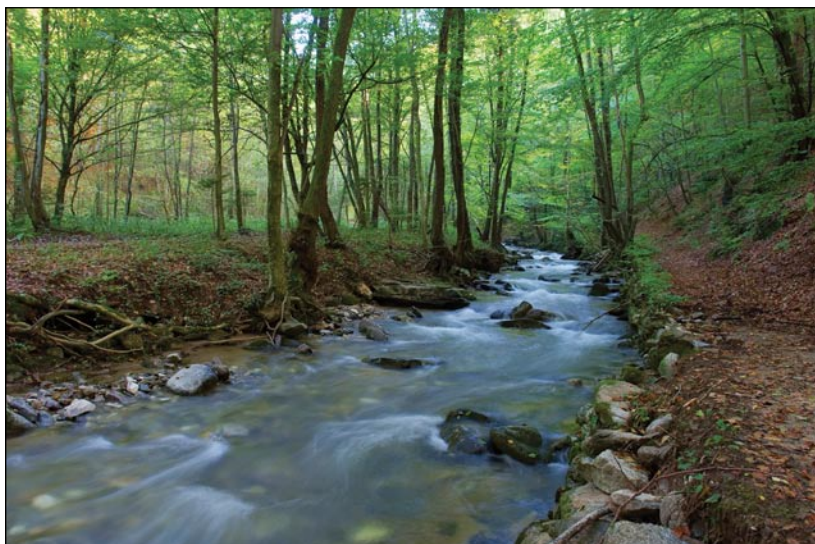
We all retain enormous amounts of bacteria in our colons. But in truth, this is meant to be; these are helpful bacteria. They help us digest fiber, and create our waste products as well as ordinary colonic “gas.” These bacteria also synthesize vitamin B12 and detoxify bile acids, which can then be reabsorbed. In a normal colon, they are not pathological or dangerous; rather, we exist in a symbiotic relationship with them.

Also, let me reassure you that the vast majority of healthy Americans do not possess pathologic parasites or worms. Third world inhabitants and those unfortunate enough to live in abject poverty may harbor parasites, but they are a tiny minority of “us.”

I am concerned that these approaches are being used to frighten the unsuspecting into purchasing a particular “colon cleanser.” Even more disturbing to me is the recurrence of an old-fashioned fad—enema therapy. Often referred to as colonics, colonic irrigation or hydrotherapy, this is promoted as the answer to every type of physical and emotional ailment known to humanity. I know there are many consumers who swear by it, but my issue is that this kind of “therapy” is simply not necessary for good colon health. In some cases it can even result in fluid and electrolyte imbalances. Besides, it is uncomfortable and expensive.

Colon mythology floods the Internet and infomercials. I cringe when I see some of the ways advertisers try to reel in consumers. A prime example is the use of the phrase “death begins in the colon.” This concept seems to have been “borrowed” from 1908 Nobel prize-winning Russian Ilya Mechnikoff. It reflects an even earlier notion that the colon and its waste products are the source of “auto-intoxication,” a self-poisoning by virtue of our own fecal residue. This can occur, but that it is a common phenomenon is pure myth, I assure you. It is not unlike the myth that some traditions hold about a woman being unclean and dangerous during menstruation.

I have spent many years in practice reassuring my patients that there is no such thing as a “normal” amount or frequency of bowel movements. As opposed to what some of us were taught as children—“once in the morn-



© iStockphoto.com/Tjarze

Flu Vaccine: *What's in That Needle?*

SHERRI TENPENNY, a physician who has specialized in vaccine research, and author of *Fowl! Bird Flu: It's Not What You Think*, writes: "The annual flu shot contains three separate strains: two influenza A strains and one strain of influenza B. Most commonly, two strains are the same as [ones in] the preceding year's shot; one new strain is selected each year and then modified in the lab through the reassortment process before it is added to the seasonal shot.

"Two viruses—the new strain expected to hit the population during the upcoming season and a second influenza virus known to grow well in eggs—are injected into fertilized chicken eggs. The genes from the two viruses 'mix together' through the reassortment process, forming as many as 256 possible newly created genetic combinations. Researchers select the virus for the vaccine that has both the (H) antigen from the upcoming year's virus and the internal genes from the virus that grows well in eggs. That new virus, along with the two other strains from the previous year, make up the vaccine for the current season.

"... After the viruses are separated from the egg, they are inactivated (killed) with formaldehyde, a known carcinogen. The surface antigens, (H) and (N), are then 'split' by a detergent called Triton® X-100. The process spreads the surface antigens apart, increasing the probability of

Continued on next page

ing" or "no more than twice a day"—we don't all have to have "regular" bowel movements. It varies from person to person, and we are not all expected to produce identical quality or amounts during bathroom visits. We are each unique.

Under ordinary circumstances, in the absence of a perforation or tear in the colon, we do not become ill as a consequence of our own feces. No doubt, constipation or "obstipation," the more extreme example, is highly uncomfortable. There are even examples in which "impaction" occurs and the patient can present symptoms and signs of an intestinal obstruction. But that auto-intoxication from the colon is common is an absolute myth.

Still, our sense of well-being requires that we encourage elimination in a timely fashion. I encourage colon health by what I refer to as a natural colon cleansing.

Dr. Steve's Prescriptions:

- Be aware of the relationship between your emotional and spiritual state of being and the function of your entire gastrointestinal tract, your colon included. When problems arise with bowel elimination, don't overlook the underlying issues that need to be addressed.

- I have been shown many labels from products that exist in the marketplace and, quite frankly, most of them are reasonable. The ones that seem most appropriate are based upon fiber supplementation. Fiber, of which there are numerous varieties and forms, is the basis of "natural" colon cleansing. There are soluble and insoluble fiber preparations from a variety of sources, and they need to be evaluated on a personal basis. Of course, each patient is unique, and there are many who require more than fiber to accomplish their goal.

- Water intake is essential to allow fiber to manifest its effects.

- Exercise stimulates colonic muscular peristalsis; the more vigorous forms—aerobics, for example—are more effective in promoting colonic motility.

- There are a variety of other agents, fitting into a variety of categories, including "stool softeners," "osmotic laxatives," "stimulant laxatives," "prokinetic agents," and chloride channel stimulants.

- There are a variety of organic and herbal laxatives that come in the form of powders, teas and pills. Senna, cascara sagrada and aloe are some of the more well known. They can be prescribed in appropriate amounts and for certain durations, as well.

- In my mind, there is no one way to treat every patient. The experienced practitioner can guide the individual patient through a series of trials to see what works best with them.

Clearly other underlying disease states, such as diverticulosis, diverticulitis, colon cancer, Crohn's disease, colonic strictures and ulcerative colitis, need to be checked and treated differently. (Ed. Note: See *Optimal Digestive Health*, ed. by Trent Nichols, M.D.)

In general, be good to your colon. Feed it well, add fiber and water, exercise, and exhibit common sense. You may choose to go for colonoscopies every five years if you are over age fifty, or sooner if there is a family history of cancer or symptoms occur. But don't fixate on it. It will usually take care of itself. Δ

STEVEN E. HODES, M.D., author of *Meta-Physician on Call for Better Health: Metaphysics and Medicine for Mind, Body, and Spirit* (Praeger Publishers, 2007), is a board certified physician. He has been in private practice for almost 30 years, teaching about the connections between metaphysics, medicine, and healing. More at www.meta-md.com.

Be aware of the relationship between your emotional and spiritual state of being and the function of your entire gastrointestinal tract, your colon included

Probiotics and Healing

THE INTEGRATIVE APPROACH TO HEALING blends the best of traditional medical science with that of the complementary and alternative world. Probiotics are fast becoming the poster child for integrative medicine, gradually being embraced by practitioners of all backgrounds and philosophies.

So-called good bacteria, probiotics are natural inhabitants of our colons, with approximately four hundred varieties. When they have been diminished by a variety of factors, including antibiotic use, excessive alcohol or medication usage, stress, and dietary imbalances, our colons tend to function abnormally.

The consequences of such an imbalance are symptoms such as bloating, abdominal pains, and alternating diarrhea and constipation. These are typical symptoms of the irritable bowel syndrome, one of most common and bothersome of all gastrointestinal conditions. There are clearly emotional and psychological factors that contribute greatly to this condition, the epitome of the mind/body disease process. Yet the evidence that probiotics can greatly improve these symptoms lends support to the contention that irritable bowel syndrome is multi-factorial in its origin and cause.

Available probiotics include lactobacillus, acidophilus and bifidobacterium, as well as others. Some have been added to yogurt and other food products, while others can be taken in capsule form.

Their healing benefits appear to include improvement in the function of the immune system. They may possibly reduce the risk of digestive cancers by inactivating an enzyme known as beta-glucuronidase. This is believed to be a co-factor in the association of the ingestion of red meat and the increased incidence of colon cancer. Probiotics also seem to have beneficial effects on lowering cholesterol and other lipid levels.

Their reduction of the rate of *Helicobacter pylori* infections of the gastric lining (implicated in ulcers and possibly stomach cancer) as well as the rate of antibiotic-associated colitis known as *Clostridium difficile* adds further support for their increased usage.

They also seem to work best with a diet replete with what are known as prebiotics. These include foods containing soluble fiber, such as Jerusalem artichokes, oats, wheat and barley. Live yogurt, miso and tempeh are considered to be prebiotics as well.

Continued studies under the auspices of the National Center for Complementary and Alternative Medicine [a subdivision of the National Institutes of Health] and a variety of well-established medical centers demonstrate a growing interest in the healing potential and use of probiotics.

Finally, as a practicing gastroenterologist with nearly 30 years of experience, I appreciate their low risk for toxicity, coupled with their demonstrated potential for improving the health of my patients. I predict that the use of probiotics will continue to grow as evidence of their overall healing benefits does as well. Δ

—Steven E. Hodes, M.D.

Ed. Note: Also see the feature article "Probiotics: A Link to Better Health," by Ana Luque, upcoming in the July/August 2008 issue of *Well Being Journal*.

Flu Vaccine: *What's in That Needle?*

Continued from previous page

developing an antibody response. Traces of Triton X-100, made by Dow Chemical, can remain in the vaccine solution. Product information on this compound states the following: 'Excellent detergent, dispersant and emulsifier for oil-in-water systems. Uses: Household & industrial cleaners, paints & coatings, pulp & paper, textile, agrochemical, metal working fluids, oilfield chemicals.'

"... By the time the flu shot is ready for packaging, the solution contains the following: various egg proteins, Triton-X100, formaldehyde, resin, gelatin, tri-butylphosphate, polysorbate 80, and in some instances gentamicin. To preserve this chemical brew, in doses of up to 25 micrograms, thimerosal (a mercury derivative) is still added to many of the shots."

—From "Influenza Vaccines: What's in That Needle," by Sheri Tenpenny, D.O., full article to be printed in the upcoming July/August 2008 edition of *Well Being Journal*.

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Laughter as Medicine

DECREASE STRESS, process food better and increase the power of your immune system, all by laughing? In one recent study researchers measured the effect of watching a funny movie on how heart blood vessels expand, or vasodilate. The researchers found that laughing increased blood flow as much as a 15- to 30-minute workout.

There were 20 healthy men in the study, and all 20 watched both a stressful film (about war) and a funny film. After seeing the stressful film, 14 of the 20 participants

had significantly reduced blood flow. However, after watching the funny film, 19 of the 20 volunteers had significantly increased blood flow. Blood flow decreased by about 35 percent after experiencing stress, and it increased by 22 percent after laughing.

Scientists have found that stress hormones such as adrenalin and cortisol, released when a person is stressed, challenge the body by suppressing the immune system and constricting blood vessels. Researchers believe laughing

may boost the immune system and reduce inflammation, which is widely acknowledged to increase the risk of illnesses. (From *Washington Post*, 3/14/05.) Researchers have also found that laughing causes the body to release beneficial chemicals called endorphins, the “feel good” hormones.

One study even found that laughing helps diabetics process sugar better (*Diabetes Care* 5/03; 26:1651-1652). Another study, by professor Charles Schaefer

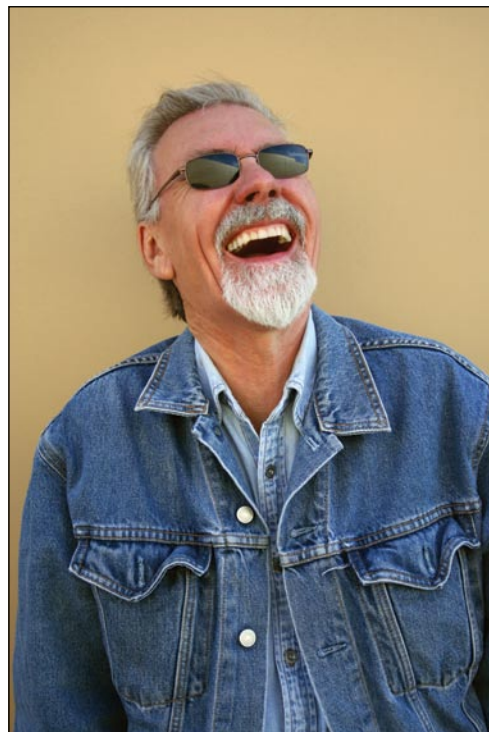
(Fairleigh Dickinson University in Teaneck, New Jersey, 4/03), proved that even faking or forcing laughter helps. Shaefer: "Once the brain signals the body to laugh, the body doesn't care why. It's going to release endorphins, it's going to relieve stress as a natural physiological response to the physical act of laughing."

Madan Kataria, an Indian medical doctor and student of yoga, wrote a paper for a medical journal in the mid-90s titled "Laughter Is the Best Medicine." Kataria was convinced of the medical benefits of laughter and yogic breathing exercises, but wondered how to actualize the practice. He then began his practice of Laughter Yoga. He reasoned that anyone can laugh without reason, so he combined laughter exercises and yoga breathing as a group exercise. He found there were health benefits in hearty laughter.

He also found that laughter exercises, even if begun by faking it, almost always lead to real laughter, especially when practiced in a group. Kataria: "Whether your laugh becomes real or not does not really matter. The body does not make the difference between simulated laughter (as long as you are willing to laugh) and real laughter, and produces the same 'happy' body chemistry.... Laughter is very contagious. Considering that laughter is hard-wired into your system (it is the very nature of life to be joyful), laughter seen, heard or even just felt in a group setting creates more laughter as the body quickly overrides the artificial limitations imposed by the mind (e.g., shyness, inhibitions, etc.) and reconnects in a way with its true nature."

Kataria's Laughter Yoga is now practiced in many places in the world at laughter clubs and laughter studios, in the workplace and in many specialized applications including schools, government departments, military and police settings, hospitals and hospice. There are more than 5000 laughter clubs and studios in more than 50 countries, with new venues opening daily.

Laughter Yoga International (www.laughteryoga.org) provides laughter yoga trainings for leaders and teachers, as well as retreats and workshops for business groups. Kataria, a noted speaker, may be contacted through the website. Δ



Xylitol—A Sugar for Dental Health

DURING THE SECOND WORLD WAR sugar was in rare supply in countries such as Finland. Thus, an entire population started to use xylitol as a sweetener. Xylitol is made from, among other sources, birch tree bark, and it is as sweet and wonderful tasting as refined white sugar (and looks the same), but has half the glycemic index and is safe for diabetics. Intriguingly, at the end of the war, dentists began to notice a significant decline in dental cavities in the Finnish population. A recent study has corroborated these findings as more than anecdotal, and substantiated earlier research, as scientists in Finland have now proven that xylitol kills several kinds of dental bacteria.

E.M. Söderling and fellow researchers (in Finland), in an article titled "Growth Inhibition of *Streptococcus mutans* with Low Xylitol Concentrations," stated that xylitol, a low glycemic natural sweetener, inhibited *Streptococcus mutans*, a bacteria linked to cavity formation.

Conventionally used sugars, fermented by oral bacteria such as *Streptococcus mutans*, are the principal cause of dental cavities. *S. mutans* produces acids through the fermentation process that eat through the enamel of teeth and cause decay.

The investigators found that xylitol's ability to inhibit *S. mutans* was most effective at the highest xylitol concentration tested in this study, 1 percent, which inhibited *S. mutans* by 61 to 76 percent compared to the controls not treated with xylitol.

(Excerpted from "Dental Health and Xylitol," to be published in the upcoming July/August issue of *Well Being Journal*.)

YOU ARE THE PURE ONE. Awake and arise, Almighty One! This sleep does not become you. Almighty One, arise and awake, and manifest your true nature!

—Vivekananda, from *Vivekananda: Lessons in Classical Yoga*, ed. by Dave DeLuca, p. 114

Santa Cruz: A Psychiatric Drug-Free Zone

RESIDENTS OF SANTA CRUZ, California, are applying their health-conscious values to the mental health care system. Green Body and Mind, a nonprofit organization, has drafted a first of its kind petition declaring Santa Cruz a psychotropic, psychiatric drug-free zone.

Gwen Olsen, a 15-year veteran pharmaceutical rep turned whistleblower and inspirational speaker, and Genita Petralli, H.H.P., N.C., M.H., a nutritional biochemist and orthomolecular practitioner specializing in psychotropic drug detoxification and addictions, are gaining local and national support in mobilizing mental health reform to protect Santa Cruz residents from the adverse effects of the use of psychiatric drugs that are causing or contributing to:

- Pharmaceutical related deaths (making iatrogenic illness the number one cause of death in the U.S.)
- Addictive, aggressive and violent behavior, as demonstrated in school shootings, suicides, infanticides, and other murders
- Decreased productivity
- Long-term brain and physiological damage in children and adults
- Increased emergency room visits and hospitalizations
- Rapidly climbing Medicaid/Medicare expenditures
- Drug-associated degenerative disease rates rising to an all time high
- Increased incarceration rates and homelessness

To deconstruct current profit-driven mental health care practices, Green Body and Mind has appointed a Holistic Health Care Reform Committee to draft a new mental health care model titled "First, Do No Harm," which identifies, proposes and implements safe, non-toxic, evidence-based holistic therapies.

More information: <http://www.greenbodyandmind.com/mediarelease.html>. Green Body and Mind, 903 Pacific Ave. Suite 207-A, Santa Cruz, CA 95060; 831-440-8860.

A Single Meal Can Lead to Good (or Bad) Health

RESEARCHERS LED BY JAMES O'KEEFE, M.D., have found that it takes just one "bad" meal—a fast food or junk food cheeseburger, fries and a soda, fried chicken and biscuits, a slab of chocolate cake and ice cream—to do damage to your body. This is the highly processed, calorie-dense "diet." However, eating just one good meal of whole foods, minimally processed—vegetables, fruits, meats, fish, nuts and seeds—will start to repair the damage.

The body converts food into glucose (sugar), lipids (fats) and amino acids (the building blocks of protein). A bad meal with excess sugar causes a large spike in your blood-sugar levels, called "post-prandial hyperglycemia." In the long term this can lead to an increased risk of heart attack, but there are short-term effects as well, such as:

Eating healthy foods, such as fresh vegetables and fruits, lean proteins, and high-fiber items, will stave off post-prandial spikes and help to keep your blood-sugar levels even

- Tissue becomes inflamed (as occurs when it is infected).
- Blood vessels constrict.
- Damaging free radicals are generated.
- Blood pressure may rise higher than normal.
- A surge and drop in insulin may leave you feeling hungry soon after your meal.

Eating healthy foods, such as fresh vegetables and fruits, lean proteins, and high-fiber items, will stave off post-prandial spikes and help to keep your blood-sugar levels even. Sometimes even a small amount of alcohol, such as red wine, appears to help blood-sugar levels stay stable. The study noted, "A diet high in minimally processed, high-fiber, plant-based foods such as vegetables and fruits, whole grains, legumes, and nuts will markedly blunt the post-meal increase in glucose, triglycerides, and inflammation. Additionally, lean protein, vinegar, fish oil, tea, cinnamon, calorie restriction, weight loss, exercise, and low-dose to moderate-dose alcohol each positively impact post-prandial dysmetabolism. Experimental and epidemiological studies indicate that eating patterns, such as the traditional Mediterranean or Okinawan diets, that incorporate these types of foods and beverages reduce inflammation and cardiovascular risk. This anti-inflammatory diet should be considered for the primary and secondary prevention of coronary artery disease and diabetes."

The researchers emphasized that the desire to eat junk food is a vicious cycle: the more you eat it, the more your body craves it, or becomes addicted. This occurs because junk food distorts the body's hormonal profile, stimulating appetite and causing cravings for the sugary, processed or refined carbohydrate foods (such as non-whole grains in white breads, pastries and pasta), making you feel unsatisfied when you start to change to eating only healthy foods.

Full research story in *Journal of the American College of Cardiology*, January 22, 2008; 51:249-255.

Food is the Key to Multiple Sclerosis Recovery

By Ann D. Sawyer and Judith E. Bachrach

CONVENTIONAL MEDICINE views multiple sclerosis (MS) as a chronic, degenerative disease from which there is no escape. However, some of those who have had MS, even those very disabled by it, have been fully recovering from its ravages for over fifty years, just by changing what they eat.

The recovery diet for MS has been developed and refined over the last fifty years. Below, we provide the cohesive, comprehensive guidelines. First, however, let's look at a brief overview of MS.

A PRIMER ON MS

The conventional view is that MS is too complex, too multifaceted in cause, symptoms, and processes, as well as too idiopathic, to be easily dissected. None of the theorized causes (genetic, environmental, geographic, a possible vitamin D deficiency,¹ an early infectious event,² or a varying period of dormancy that is broken by some triggering event) have been found to be necessary and/or sufficient to effect manifestation of MS. Because one infectious agent has not been isolated, a new theory is that multiple infectious agents are capable of causing the immune system to reprogram, resulting in molecular mimicry by which the body's immune cells mistake myelin (the protective sheath surrounding the nerves) for invading cells.³

With the advent of the disease, immune cells are first activated in the blood stream and then pass through the blood-brain barrier into the central nervous system, where they wreak their havoc. Recent research has discovered that there are two main disease pathways. The first is the damage to the myelin and nerves, which results in the well-known lesions or sclerosis as seen on MRIs. Even this

is more complex than previously thought, for there are actually four distinct lesion types.⁴ Moreover, the myelin appears to be the target in only two of these types. The oligodendrocytes (the cells that make the myelin) are thought to be the target in the other two. The second disease pathway, which was recently identified, is actually the primary cause of disability.^{5,6} In this, axonal apoptosis (death of the long nerve cells) occurs for no apparent reason, in the face of what appear to be normal white (myelinated) and gray matter. Symptoms, too, are difficult to study and pinpoint, as there is not a direct correlation between any identified event or location in the central nervous system and the symptom profile of the individual.

THE DIETARY HEALING APPROACH

There are two universal facts in MS: One, the immune cells are activated in the blood stream before they enter the central nervous system. Two, the blood-brain barrier is breached, rendering the central nervous system no lon-



Sun Exposure Health Benefits Outweigh Risks

U.S. AND NORWEGIAN researchers have found that moderate sun exposure offers more health benefits than risks, particularly for people who are deficient in vitamin D or who live in colder, northern latitudes.

The study found that vitamin D levels were linked to survival rates for cancer patients. Those who lived in sunnier, southern latitudes where they had higher vitamin D levels were less likely to die from cancer than people with lower D levels in northern latitudes.

The researchers found that people in northern latitudes produce significantly less vitamin D than people nearer to the equator. Specifically, they found Australians produce 3.4 times more vitamin D than people in the United States, and almost 5 times more vitamin D than Scandinavians.

Rates of major cancers such as colon, lung, breast and prostate increased amongst populations studied from north to south, while survival rates decreased in the same populations from north to south. The researchers say these findings provide further support for the importance of sun-induced vitamin D in the body, and in cancer prognosis, at the very least.

—Full story in *Proceedings of the National Academy of Sciences*, January 7, 2008; www.pnas.org

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ger inviolate. The dietary approach to healing MS is based on these two facts.

As people with MS struggled to find answers, they used reasoning and observation, along with a few studies, to establish that certain foods activated MS symptoms. Food, however, is not the cause of MS; rather, certain foods fuel the disease. Once these foods are identified and eliminated from a person's diet, and a person uses foods that assist in repair and recovery, the disease process can be reversed.

RECOVERY GUIDELINES

1. Saturated fats: Saturated fat intake is best limited to less than 15 grams a day. Red meat, dairy and eggs are eliminated from the diet. Saturated fat is also found in nuts, some vegetables and fruits like avocado and coconut and even in the healthy oils. These all need to be counted.⁷

2. High allergenic foods: Three theories offer explanations why these foods can be troublesome: the fact that these foods are relatively new to the human diet, the idea of three-way molecular mimicry because these foods, the infectious agents, and the myelin are all protein rich, and the fact that many of these foods contain lectins. (Lectins are under investigation as being able to unlock the blood-brain barrier and the endothelial cells to the intestinal wall, as well as activating the immune cells.) Individual sensitivity to these foods varies greatly.^{8,9,10} The common allergenic foods are:

- Gluten-containing grains, especially wheat, as well as barley and rye. Oats are still open to question.
- Dairy. This category of food can be troublesome both because of its high saturated fat content and because many people find that it's a trigger food to which they are highly sensitive. Some theorize that is due to pasteurization and homogenization.
- Legumes. These include peanuts, soy (and all its derivatives such as tofu), and the bean family in general.
- Eggs. Both egg whites and yolks have been implicated.
- Yeast.

3. Sugar: We often find sweets irresistible, but sugar needs to be limited, again depending on the individual sensitivity. Sugar is also implicated in many diseases,^{11,12} and is found in many different forms: sucrose, glucose, fructose. Be aware of the ubiquitous corn syrup and high-fructose corn syrup now found in many prepared foods and drinks. Such processed sugars may be causative to the breach of the blood-brain barrier and subsequent damage to nerve cells.

4. Identify and stop ingesting foods to which you may be uniquely sensitive. Consistent with MS's modus operandi, each person's trigger foods are unique and may go beyond saturated fats, the highly allergenic foods, and sugar. Leaky gut, where partially digested food particles enter into the blood stream and are identified by the immune system as antigens, explains some of these idiopathic sensitivities.

5. Digestive health is important in stopping the MS disease process as seen in the unique sensitivities described above. Unthinking, we ingest many substanc-

For people with MS, only the MS recovery diet has been shown to completely restore full health and functioning

"OH! MY LORDS; Press not a falling man too far: 'tis Virtue."

—Lord Chamberlain cautioning Lord Surry about Cardinal Wolsey (www.multied.com/amistad/amistad)

es in our modern life that are very rough on the digestive tract. For the best results, the following substances should also be held suspect and minimized or avoided.

- NSAIDs: non-steroid anti-inflammatory drugs like aspirin and Tylenol
- Antibiotics: these kill not only the harmful bacteria but the helpful flora in our gut
- Antacids
- Alcohol
- Tobacco
- Caffeine

FOODS THAT HEAL

6. The essential fatty acids (aka PUFAs, the polyunsaturated fatty acids)¹³ and the monounsaturated fats: These oils (omega 3, 6, and 9) are the ingredients for nerve and myelin repair. They are found in flax seed oil, fish oil, sunflower oil, safflower oil, walnut oil, grape seed oil, and olive oil. A daily ingestion of 4-10 teaspoons is recommended. (Remember to account for the saturated fat; for example, 1 tablespoon of olive oil contains 2 grams of saturated fat, and 1 tablespoon of flax seed oil contains 1 gram.)

7. Lean protein, especially from fish and poultry, as well as generous servings of vegetables and fruits (as tolerated for sugar content) make up the basic daily foods.

8. Special care should be taken to ingest foods rich in antioxidants, like the colorful fruits and vegetables; raw foods for enzyme boost; cultured foods; and supplements such as digestive enzymes and probiotics to support healthy gut flora.

9. Drink water to keep hydrated and insure toxins are flushed out.

10. Get plenty of sunshine for vitamin D, shown to be very important to healing MS.¹⁴

11. Exercise to retrain your muscles and restore strength.

12. Get sufficient rest.

Once MS sufferers begin to attend to these changes, they may see subtle patterns emerge. It is possible then to discover the cause and effect relationship, relating back to what was eaten and the resulting symptom states. There is no one-size-fits-all diet; each person must discover and fine-tune the specifics of their own recovery diet. It can take varying amounts of time, patience, discipline and dedication to reap the rewards of a complete restoration of health. Given the alternative of yielding to MS's fury, and the dearth of any other effective, safe treatment, the diet is well worth doing.

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FDA Approves Milk and Meat from Cloned Animals

THE FOOD AND DRUG ADMINISTRATION has declared that milk and meat from cloned animals and their offspring are safe for human consumption. But the U.S. Department of Agriculture asked producers to continue the voluntary moratorium by not placing these products into the food supply. Many consumers remain opposed to the controversial technology, citing ethical, humane or health objections. Clones are frequently born with severe defects and may possess subtle genetic damage that harms their health and may compromise the safety of their milk or meat. A bill to label products from cloned animals has been introduced in Congress. Meanwhile, there is anecdotal evidence that, despite the moratorium, cloned products have already entered the food supply. Read more at www.ucsaction.org. From Union of Concerned Scientists' *Feed* Newsletter, February 2008.

Poultry Workers More Likely to Carry Resistant Bacteria

THE UNION OF CONCERNED SCIENTISTS (*Feed*, February 2008) reports that poultry workers are 32 times more likely than the average person to harbor *E. coli* bacteria that are resistant to the antibiotic gentamicin, according to a study by Johns Hopkins University researchers. The scientists compared stool samples from poultry workers with those from local community residents. The workers were also significantly more likely to harbor bacteria that were resistant to multiple drugs. The study concluded that occupational exposure to chickens may be "an important route of entry" for these dangerous bacteria into the community. More at www.ucsusa.org.

By necessity and even more by choice, most people who have recovered from MS remain careful and conscious eaters. The contrast of once having had MS provides many gifts, including a sense of gratitude and appreciation for the value of good health.

CONCLUSION

For people with MS, only the MS recovery diet has been shown to completely restore full health and functioning. That is a gift beyond measure—it literally saves lives. The side effects are wonderful, too. How many people glow with health and truly feel good in their bodies? On the MS recovery diet, people get that exact feedback from family and friends.

Despite being eschewed and disdained by the health care establishment over the last fifty years, the MS recovery diet has continued to be developed, refined and spread by word of mouth. The information about this effective treatment, which has no cost and no bad side effects, needs to be integrated into mainstream medicine so more people can reclaim their lives. Please help spread the word. No one should suffer unnecessarily from MS when there exists such a wonderful healing path. Δ

ANN D. SAWYER AND JUDITH E. BACHRACH are co-authors of *The MS Recovery Diet*, Avery/Penguin Group USA, 2007. For more information or to contact them, visit their website at www.msrecoverydiet.com.

No one should suffer unnecessarily from MS when there exists such a wonderful healing path

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Judi's MS Recovery Story

My MS SPECIALIST in Manhattan ascertained through careful questioning that my first episode of MS occurred when I was 16 years old. After I had gone for a solo swim in an outdoor heated swimming pool, I found that I could not climb up the ladder to leave. I felt like a limp noodle with no strength. After fifteen scary minutes, my arms felt strong enough to haul myself out. I went home and slept straight through the next 24 hours. I awoke feeling groggy but returned to my life with the immortal resilience of a teenager.

After my diagnosis when I was 35 years old, I could see that there had been many “silent” indicators of MS throughout the intervening years. As a dancer, I realized that I had varying inconsistencies in my muscular strength, endurance and proprioception. I sometimes “thought” I was moving my back, or pointing my toes, or aligning my hips in a dance routine, but I actually wasn’t. My peers could party all night long, but I went to sleep before the party could even begin. Throughout the years, I had experienced frequent bouts of cystitis, yeast infections, and digestive disturbances that seemed to last for months and then disappear.

Within 6 months after the traumatic birth of my second child, I

had tunnel vision that was followed by increasing numbness bilaterally from the waist down. Within 2 weeks I could barely walk, let alone carry my baby. I lost bladder control, had paralyzing confusion and was emotionally labile, all of which led to my diagnosis. I have never been completely free of numbness since then, so I was labeled as having secondary progressive MS. Within that definition I had many symptoms that still came and went (relapsing/remitting), including the initial severity of the dead feeling in my legs. Diplopia (double vision), nystagmus (rapid lateral eye movements), the sensation of “cobwebs” across the face, tingling and weakness in various body parts, sensitivity to heat, and sporadic digestive problems were among them.

I read as much as I could find about MS and was so discouraged by the offerings from the allopathic community at the time (1986) that I explored many alternative healing treatments instead: acupuncture, apitherapy (bee stings), many kinds of bodywork (Continuum, Rolfing, etc.), psychotherapy and hands-on healing. I believe they all helped me in subtle ways to stay focused on healing and kept me ambulatory and vital for at least fifteen years. I also experimented with a very benign drug called Prokarin that initially

gave me a brief window of energy and a limited return of sensation.

Despite my best efforts, although I continued to regain some moderate functions, the overall trend was still increasing loss. I could not think clearly, act clearly, or retrieve words. I experienced exhaustion in all of my systems, the return of deep numbness, and the weakening of my entire left side (including now my left arm and hand), and I could not tolerate even sitting up, let alone standing or walking, for more than 15 minutes at a time as my trunk muscles grew weaker. This led to spending most of my time in bed for 3 years, and finally to my involvement with an MS specialist in Manhattan. He put me on 9 months of IV chemotherapy (Novantrone), 12 months of IVIG (gamma globulin infusions with low dose pulses of steroids), and finally 1½ years of Copaxone (daily subcutaneous injections), all to no avail.

My decline perhaps had slowed down a little, but I was still bedridden. I also now experienced excruciating trigeminal nerve headaches (caused by the “ice cream headache” cranial nerve). These are as bad as the worst migraines, and I lost 2 days of my life with every episode from the agony that strong neuralgic pain relievers barely touched.

When I went on the MS recovery

diet in January of 2006, within 1 week, I regained the feeling between my toes for the first time in many years. I found that, contrary to the other treatments, both alternative and allopathic, this diet enabled me to steadily begin to recover lost functions and keep them. This was the first sense of actual sustained recovery I had experienced. I no longer had to crawl upstairs to my bedroom on all fours. I slept well, had healthy elimination processes, and best of all, could participate in a normal life for hours on end without fear of collapse or headaches for the rest of the week.

Two years into this recovery process, I anticipate a full return of all muscular responses, strength and endurance, and continued gains in cognitive and mental faculties, perhaps for the first time in 40 years. If you had said to me 2 years ago that I could ever co-author a book with Ann, exercise rigorously on a daily basis, and find my way back into the world, I would have said you were crazy. Thanks to changing my diet, these accomplishments are no longer wishful thinking but a reality for which I am profoundly grateful. Δ

—Judith E. Bachrach

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Ann's MS Recovery Story

MY MS ANNOUNCED ITSELF with a fury in October 1996, leaving my left torso from shoulder to groin numb. Several weeks later my whole left leg was lost to dead numbness, which in the next weeks migrated to my right foot. Walking became hobbling. To some degree, all of these symptoms stayed with me until I was well into my recovery.

A paralyzing fatigue, a state beyond any understanding the word conveys, plagued me. We have renamed this symptom "multi system failure," to better capture the experience of not functioning on any level, there being a loss of cognitive ability, loss of emotional control and loss of any energy to move. The only way to cope with this is to sleep. I was sleeping my life away, having only two periods of wakefulness a day lasting for about five hours each.

Lastly, there were the stealth symptoms, which appeared and disappeared seemingly out of nowhere and for no reason. The terror of these symptoms is that I never knew if they would last an hour, a day, a month or forever. Waking up with both arms lost to numbness, having leg pains that prevented sleep, enduring painful left-side only headaches, not being able to finish my sentences or thoughts as my cognitive abilities were compromised, having bladder control problems, and having my visual field filled with strange sparkles all tormented me at one time or another.

The beginnings of MS are best seen in retrospect. Looking back, all the strange symptoms and anomalies of the past decade began to make sense: spasms in my calves, loss of energy, bladder control issues, and problems with my ankles. My first reaction to the major attack mirrored my reaction to the symptoms of the past decade. I denied anything was truly wrong and tried to ignore my symptoms. I willed myself to keep going, until it was very evident that I was simply no longer functioning, by any definition. The diagnosis of MS finally propelled me to action. I simply could not go to the dark future that I could clearly feel engulfing me. I researched all available information until I found the keys, one after another, to recovery through dietary changes. With each key that I followed, the better I got. The disease stopped its progression; symptoms abated and disappeared as sensation and function were restored. Fatigue lingered for a while, but then slowly vanished.

Four years after my first major attack and three years after starting the diet, I hiked down the Grand Canyon to Inspiration Point and back in one day, a total distance of 12 miles and an elevation change of 3,000 feet. I was triumphant, for I knew that I was back. Δ

—Ann D. Sawyer

I researched all available information until I found the keys, one after another, to recovery through dietary changes

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BALANCED
HEALTH

The Myth of Multitasking

ONE OF THE BIGGEST DETOURS...is the misperception that we can multitask. Our brains weren't set up for it, yet we all insist that we can do it. For example, I continue to sweep up dog and cat hair while chatting on the phone with friends. I do try to limit myself as to how far I'll go with multitasking, because scientific experiments support the notion that it tends to backfire.

My dog, Olivia, and I conducted our own multitasking experiments. This is something that you can try at home. All you need is a dog (or any other species) that's relatively interested in retrieving and two objects to be fetched.

Just so you have a clear picture of our experiments, Olivia's mother is a border collie, and her father was half German shepherd and half rottweiler. All three breeds are smarty-pants...and needless to say, Olivia is frequently too clever for her own good. When it comes to playing with objects, she sinks right into the border-collie half and is downright obsessive. If another dog is around, she can be very competitive and even sneaky. Just to crystallize this picture for you, there are balls—and other toys—all over my house. In fact, Olivia considers the furniture to be a safe-deposit box. At some point during the day, she'll look under a piece of furniture, and lo and behold, there's yet another ball that she has saved.

So the experiment goes like this: Her eyes bear down on the ball in my hand. When I throw it, she catches it in the air like a champ.

Then, when she's gloating a bit over how great that was, with plans to hang on to it, I immediately toss her another ball. You don't have to be a pet psychic to picture the thought process: *Do I catch the ball? But I have to drop this one. Is there a way to catch the other ball with this one in my mouth? Hmm, I'll have to put the first ball down, I think. I might be able to catch the other one.*

At this point, the ball is milliseconds from her nose. She jumps to catch it, and guess what? She loses both balls. Sometimes she'll drop one and catch the other. The reality is, she can't catch the new one *and* hold on to the old one. As she tries to do two things at once, there's simply confusion, verging on chaos. She wants both so badly that she can hardly concentrate on maintaining one or seizing the other.

We humans aren't any farther down the road as far as perfecting multitasking. We can delegate activities to others, and we can prioritize—that's about it. We can *try* to do a couple of things at once, but usually neither gets done or they both turn out badly. And our minds are certainly not quiet at that point and definitely not receptive.

Sadly, this is the state of most of us in this frenzied, overstimulated world. We're missing the best opportunities to just have a fun moment with our animal companions because we're trying to do everything at once. We aren't *being* anything, but we're *doing* a lot. (If we are being anything, it's chaotic!)

—Joan Ranquet in *Communication with All Life: Revelations of an Animal Communicator*; Hay House, Inc., 2007 (www.hayhouse.com or www.hayhouse.co.uk).



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Opening the Doors to Healing

Sophie's Case

By Shannon McRae, Ph.D.

AS A MEDICAL INTUITIVE experienced with hundreds of clients, I am able to scan people's bodies and discern the subtle variations within each person's energy fields. Those fields indicate when there is, or will potentially be, a health problem that needs addressing. My work includes not only scanning but also healing those areas that are out of balance. Most clients can feel a sensation of tingling or warmth when energies are being rebalanced. Some say they can feel the healing energies working after an appointment has been made, even before the appointment takes place. This indicates to me that the person has a positive intent to become whole again. It is an important factor, because it is necessary for each of us to be a participant in our own healing process.

Sophie, a woman in her late 30s, first telephoned me to ask about a chemical imbalance (allergies) in her body. I felt it was important to start slowly with her, as I could sense that she was in a delicate emotional state. I knew intuitively that there was trauma stored in her energy field from the time her son was born and that there were unresolved emotions from earlier childhood events. I thought both of these issues were central to her healing.

I suggested an exercise routine, to get the endorphins flowing and provide more oxygen to her body. After this first part of our phone call, she asked me if I'd be willing to work with her in an intuitive way to help resolve some difficult emotions and also coach her about nutrition for her family.

She then disclosed that she kept thinking the same things over and over, and doing things

such as rearranging her kitchen cupboards over and over, thinking she couldn't get it quite right. She said she thought she was too fastidious in some ways and overly critical. I asked her if she knew anything about people who are obsessive-compulsive. She paused and then said, "You know, sometimes I wonder if I have that." Then the door opened within her, and I knew I would be able to help her.

She said she had a deep fear that she could be a victim of obsessive-compulsive disorder, and she was afraid her children could inherit this disorder from her, as one of her young children had exhibited what she feared was the same thing. I didn't want to say more at this point regarding what I intuitively sensed

about her first child. I wanted to guide her to the point where she would have her own insights, and then talk about them.

Using energy medicine techniques, I began to smooth the sharp sparks of energy that I saw jumping out of her energy field. At this point I also suggested that she begin keeping a journal.

In her next phone call, she told me she had started writing in the journal. In the process, she regained the memory of herself as a very young girl standing in front of an immense door at her great-aunt's home, with dread and fear paralyzing her so much that she couldn't bear to go through that door. She had fear of the smells in the home and the way her great-aunt would treat her. She never felt good enough, in her great-aunt's eyes.

We worked together to uncover the origins of this disorder,



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which had started in early childhood. Her parents had constantly questioned her about what she was doing in school and why her hair wasn't combed correctly. She said she had compulsively complained to her father about things that bothered her, but in turn he criticized her for complaining. If he asked her how she was, instead of saying "just fine," she would be honest and tell him how she felt. She never felt that she was good enough, and when she told him her feelings, it just reinforced this issue because he criticized her. This vicious cycle with her father had never been resolved for her.

Once this memory surfaced, I felt we could start the process of healing. If she would shift her dread and fear, it would contribute to a much healthier approach to life for her.

There was an added factor in these issues: the dread was from her childhood, but the fear was more related to memories of 9/11 and the twin towers.

I encouraged her to take time each day to begin forgiving herself for any negative thoughts or feelings she had, toward herself first, and then toward others

One of her children was born in NYC a day after the twin towers were destroyed. Three of her husband's friends died in the towers, and she felt abandoned by him as he searched for them and grieved that loss instead of staying with her while she was in labor with their child.

She knew I had been using energy medicine with her while we talked, and she said she could feel the energy moving and that she felt calmer. She could feel me pulling negative emotional energy out of her field and replacing it with feelings of unconditional love. I encouraged her to take time each day to begin forgiving herself for any negative thoughts or feelings she had, toward herself first, and then toward others. She reacted in a positive way, and later told me she had started doing this practice every day.

At my suggestion she had begun tracking her behaviors (in her journal). She made a list of those obsessive-compulsive things she caught herself doing. Each time we talked, we addressed these things and how they played out in her life. Once she saw the pattern, I suggested she stop whatever habit she was performing in mid-step or mid-thought; in other words, she could consciously break the habit and replace it with feelings of harmony in her life.

Sophie is very committed to her self-healing as well as the mental, emotional and physical health of her children. She diligently practiced self-awareness, catching herself in compulsive or obsessive thoughts or behavior, and making notes when she had insights. These notes would help her in becoming aware of similar patterns in her children. Each time we talked, I sensed more peace and stability within her, and her voice became lighter, her energies brighter. Within two months she had begun to create new ways of outwardly expressing the inner peace she finally felt. Δ

SHANNON McRAE, Ph.D. (psychology, UCLA; nutrition, Clayton College), works with intuitive and energy medicine; she is available by phone at 775-315-7232 and 775-841-6555.

"THE INDIVIDUAL HUMAN MIND is like a computer terminal connected to a giant database. The database is human consciousness itself."

—David Hawkins, M.D., in *Power vs. Force*

Doctors Admit to Prescribing Placebos

ACCORDING TO A NEW STUDY by University of Chicago researchers, almost 50 percent of doctors prescribe medications that are placebos. The researchers did a survey of 466 faculty physicians at Chicago-area medical schools and found that 45 percent said they had prescribed placebos in regular clinical practice, with just over half having prescribed them in the previous year.

The most common reasons physicians prescribed placebos were: (1) to calm a patient down, (2) to respond to demands for medication the doctor thought was unnecessary, or (3) to do something after all other treatment options had failed. Almost all of the doctors believed that the placebos could have a real therapeutic effect.

In a separate study by researchers at the University of Michigan, when patients were told they were receiving painkillers but instead were given placebos, they nevertheless had increased production of endorphins, the brain's natural pain relievers.

For more see *Time*, January 3, 2008, and the *Journal of General Internal Medicine*, January 2008, Volume 23, Number 1.

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Vaccines, Food Additives and Your Brain

RUSSELL BLAYLOCK, M.D., a board-certified neurosurgeon, in a recent article writes, "Current recommendations by the CDC for adult vaccinations include a total of 14 separate inoculations with infectious agents and powerful immune adjuvants.... Multiple vaccinations ... are separated by no more than 4 weeks, which is close enough together to trigger a smoldering process of brain inflammation and excitotoxicity that can not only result in depression, anxiety and high suicide rates, but the risk of developing one of the neurodegenerative diseases as well."

Blaylock states, "We have also seen that in many cases a person will be injected with several vaccines during a single office visit.... Compelling studies ... have shown that this overactivates brain inflammatory mechanisms that can last for years."

Blaylock, in the same article, writes about the impact of MSG on the brain and mood; the link between elevated brain glutamate and inflammation; the connections between pesticides and neurological disorders; the impact of an expanding vaccine schedule for the elderly; facts linking brain inflammation to neurodegenerative diseases; how vaccine additives such as mercury and aluminum impact brain health; and the danger of live virus vaccines.

(Full article, "Vaccines, Depression and Neurodegeneration after Age 50," by Russell Blaylock, M.D., at www.mercola.com)

How Diabetics Can Live Longer and Healthier

By Shane Ellison, M.Sc.

AS A MEDICINAL CHEMIST, I'm often asked, "How can I live to be 100 years old?" My answer is simple: "Learn to control blood sugar and insulin."

The biggest threat to longevity is high blood sugar and insulin. Known as type II diabetes—or more accurately insulin resistance—it has become a nationwide epidemic that steals 11 to 20 years from a person's lifespan. It is one of the main culprits behind depression, obesity, heart disease and even cancer. Understanding two simple facts about the pandemic killer may help you avoid it—and live to be 100 years old rather than 65 or 70!

Banaba leaf works at the molecular level by fine-tuning the damaged insulin receptor—the cause of insulin resistance

Fact #1: Anti-Diabetic Drugs Like Avandia and Actos Are Deadly

To curb the threat, family physicians are madly prescribing Avandia and Actos in hopes of reversing type II diabetes—total sales have reached over \$4 billion annually. Unknown to most, Avandia users have a whopping 30-40% increased risk of heart attack and other heart-related adverse events (heart failure) compared to patients treated with placebo.¹ This side effect is partly due to the drug's ability to lower hemoglobin.

Hemoglobin is used by the body to transport oxygen throughout the entire 100,000 miles of adult veins, arteries and capillaries. Without it, a condition known as *ischemia* sets in. This is a fancy term for *suffocation*. Clinically, heart attack or heart failure can result from the lack of oxygen.

Actos belongs to the same class of medicine as Avandia—glitazones. Not surprisingly, it carries the same risks. Health Canada sounded the alarm as early as 2001, but the danger is being hidden from the American public.

Commenting on the unannounced danger, the U.S. Congress stated that the "FDA's apparently callous disregard for the safety of diabetics taking Avandia is very reminiscent of the Agency's failure to move on Vioxx when substantial safety signals first became known. Like Vioxx, Avandia may have unnecessarily risked the lives of tens of thousands of Americans."²

Fact #2: Natural Medicine Can Safely Reverse Insulin Resistance

In the process of designing anti-diabetic drugs, Big Pharma surveyed a myriad of natural products to find a "leading compound" that would show them how

best to design a synthetic drug. Corosolic acid from the banaba leaf was among the most potent.³

Corosolic acid successfully reverses insulin resistance, as seen by lowered blood levels of insulin and glucose among users. Rather than promote the natural medicine to the millions who suffer from insulin resistance, Big Pharma has been working rigorously to make a synthetic copycat—so they can monopolize it. They have failed miserably. Fortunately, the natural source is readily available as “banaba leaf” at local health food stores.

Banaba leaf works at the molecular level by fine-tuning the damaged insulin receptor—the cause of insulin resistance. This benefit rests in its ability to selectively initiate a chemical reaction known as phosphorylation, at the receptor site. In effect, what is “jammed” becomes unjammed, thanks to the banaba leaf. Akin to a key being inserted into a lock, insulin is free to interact with the receptor, thereby triggering the cell to open the doors for blood sugar.

Users of banaba leaf not only avoid dangerous prescriptions while increasing insulin sensitivity, but also melt fat and build muscle in the process. This beneficial effect comes from the subsequent balancing of hormones that occurs once blood levels of insulin and glucose are normalized. Men rid their bodies of excess estrogen and boost testosterone, and vice-versa for women. Of course, lifestyle habits such as exercise and minimizing sugar while increasing healthy fat and protein consumption are prerequisites to the success of banaba leaf.

Closing

Those populations who live the longest thrive courtesy of being naturally ultra-sensitive to insulin. And conversely, those who die the youngest from obesity, diabetes, heart disease, and cancer are grossly insensitive to it courtesy of type II diabetes—or they are “following doctor’s orders” and swallowing a prescription drug like Avandia or Actos. Δ

SHANE ELLISON holds a master’s degree in organic chemistry and has first-hand experience in drug design. He is an internationally recognized authority on therapeutic nutrition and author of *Health Myths Exposed*, *The Hidden Truth About Cholesterol-Lowering Drugs* and *The AM-PM Fat Loss Discovery*. See the *Secret Cures* newsletter at www.thepeopleschemist.com.

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“HE EVIDENTLY SUPPOSES the president of the United States to possess what we understand by arbitrary power—the power to decide cases and to dispose of persons and of property, mero motu, at his own discretion, and without the intervention of any court.”

—John Quincy Adams, in his argument of the Amistad case before the Supreme Court, speaking of the assumptions of Spanish minister Calderon that the president of the U.S. would send the Amistad Africans into slavery to the Spanish captain of the Amistad (www.multied.com/amistad/amistad.html)

Right Thinking

Just as one comes to ruin
Through wrong eating and obtains
Long life, freedom from disease,
Strength and pleasure through
right eating

So one comes to ruin
Through wrong understanding
But gains happiness and complete
enlightenment
Through right understanding.

—Nagarjuna in *Yoga Gems*,
ed. by Georg Feuerstein,
Bantam Books, 2002

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The Voice of Conscience

By Julie Gerland

THE MAN'S FACE CHANGED SUDDENLY, a frown replacing his smile.

"Are you telling me," he asked solemnly, "that if I go home and kick my cat and beat my wife, that has something to do with peace in the world?"

"Yes," I beamed, delighted to be sharing my innermost convictions with someone so "important."

"Julie," he concluded, shaking his head, "I thought you were an intelligent young woman. Now I know we have nothing to say to each other."

If the world is run by people who think like he does, I thought, it is definitely not going to improve.

In 1980 I was an idealistic 21-year-old working at the United Nations in New York issuing planetary passports for a nongovernmental organization called Planetary Citizens. It was there that I met with this elderly member of the U.N. Disarmament Campaign, who had worked with the organization since soon after the League of Nations was founded. I had spoken of inner peace and of how if individuals were peaceful, we wouldn't have wars. I told him that if we didn't plan for wars, we could feed and

provide clean drinking water for the whole human family.

Over a quarter of a century after the first planetary passports, however, the concept that we are all citizens of this beautiful planet seems far from the general consciousness. Many people still perceive nature and one another as threats and prepare for war against *the enemy*. We project our inner realities onto the greater global life. Today wars and fighting seem ever more prevalent. Domestic violence, beginning from the moment of conception, is on the increase. So are the wars on the larger world stage. We have the "War on Terror," disease, famine, and innumerable commercial and trade wars. We are still preparing for war instead of peace.

FIGHT, FLIGHT, OR FREEZE

Everyone is familiar with the hormone adrenaline and its response of fight, flight, or freeze to a perceived danger. When we perceive a threat, our reptilian hindbrain takes over to ensure our survival. Most of the body's energy rushes to the arms and legs, making them up to 10 times stronger. This reaction is known to have saved lives:

Years ago, a flight attendant jumped over a huge airport fence to escape the flames of the burning aircraft. No one could understand how she had done it, but she did! Such is the power of a sudden rush of adrenaline. When used in the context of a real danger this reaction is nature's blessing. But when we see others as a threat and live under the constant influence of these stress hormones, they become harmful to us. This vision feeds fear, stimulates greed, and leads to the need to dominate and control. The result is the capitalistic global control dynamic that provokes the extreme imbalances humanity is witnessing today. This vicious cycle then causes even higher stress and adrenaline levels, leading to greater frustration, disease, and uncontrolled violence. The French unions



have recently been calling for stress to be accepted as a named disease with all that that entails. It is crippling economies, yet the systems and behaviors that provoke and sustain it remain intact.

It is time for us to take a good look at what is causing this stress and come up with some *soul*-utions! When we are in stress there is no energy left for growth, repair, healing, or creative thinking. Ironically, in this nuclear age, the actual survival of humanity no longer depends on primitive, fear-based instincts but rather on creating and implementing these new solutions. The fight or flight response is now inappropriate in facing our global challenges. We need to let go of the chronic stress levels that plague humanity, and start creating the world we wish to live in.

In the world of busi-ness it is important to maintain integrity and be responsible for where we invest our time and energy, making quality of life the goal. When companies work against the best interest of individuals—for example, training an “aggressive” sales staff—customers and clients can feel threatened and enter into the stress cycle. We don’t have to look far to find examples of the countries, corporations, and individuals who are poisoning the earth and enslaving humanity with fear and stress to feed their greed. Playing God and alienating people from Nature’s intelligence are symptoms of very serious social illness. If we don’t take these people to the crimes against humanity courts, then Nature surely will.

The late-twentieth-century luminary Omraam Mikhael Aivanhov wrote in *Aquarius: Herald of the Golden Age*: “Man as conceived by Cosmic Intelligence is such that if he is to be fulfilled, he must connect himself with the light and power of the Higher World. If not, if he puts all his trust in his own limited faculties, he will be unable to see ahead and in his blindness he will make drastic errors in all domains. If he puts his faith in technology, trade and material development, sooner or later he will fail...”

It is essential for us to question where and to what end we expend our energy. On a recent flight, I found myself seated next to a chemist who works for the pharmaceutical industry. Our conversation only deepened my convictions about the craziness of our current commercial terrorism. He quite overtly told me that most of the pharmaceutical drugs that are being manufactured are “blah blah blah,” as he put it. They have nothing to do with helping people to heal, but merely serve commercial gain. Innocent people are being abused—as employees and as guinea pigs—to line the pockets of greedy and overzealous apprentice sorcerers. This chemist also admitted that when not in a state of adrenaline, the body heals itself.

“We know that,” he said. “I wouldn’t take any of these drugs. We have better results with placebos. Madame, don’t be naive. This world is about profit,” he shrugged.

“Isn’t this a crime against humanity?” I challenged.

And he whispered, turning inward, “There is nothing we can do.”

But he was wrong, there is.

LOVE: A CHANGE OF HEART

What would it be like if we began caring for our planet and each other? If all our energies went toward healing rather than toward fighting, defending, or inertia? Powerful love hormones could then replace the old, prehistoric patterning, opening doors to greater awareness, creative intelligence, intuition, and

We need
to let go of
the chronic
stress levels
that plague
humanity, and
start creating
the world we
wish to live in

LETTERS

Cloned Food

DEAR EDITOR,

I won’t eat cloned food, nor will I feed it to my children, who are not guinea pigs. I have nothing against technology. My second, miraculous child would not be here if not for the gift of modern science. However, testing thus far on cloned animals isn’t rigorous enough to warrant mass, unlabeled release into the food supply. And who did the testing? The companies selling the technology, as far as I’ve been able to tell.

Why are cloned animals so likely to die prior to complete gestation, or soon thereafter? And what could the birth defect predilection, obscured deeply within the genes of a future Dolly, do to my children’s own genetic integrity? Last year, *Science* magazine printed an article in which two of the biggest guns at the National Institutes of Health (NIH) discussed the impact of environmental factors (what we eat, chemical exposure, etc.) on human disease. They basically said that genes aren’t the whole story; what washes over and interweaves with our DNA throughout our life has an impact about which science understands relatively little.

Then there is the basic Constitutional issue of my right to know what I’m eating. The FDA has deemed cloned meat and milk “safe” so that they require no tracking of processes or labeling of foods from cloned animals (or the offspring thereof). If the clones are so “safe,” why do cloning corporations not want us to know we’re eating meat/milk that’s been cloned? A label, at the very least, should be our tax-paying prerogative.

Given the recent salvo of

Continued on next page

LETTERS

Continued from previous page

drugs recalled due to their previously undiscovered/undisclosed dangers, I don't particularly want the FDA to be the "safe" designator for my family. Over-the-counter cold medicines the FDA said were perfectly safe for kids caused fifty-four children to die. And those are just deaths directly attributable and recorded. Surely some deaths went undocumented. While fifty-four isn't the biggest number in the world, when it comes to children dying because corporate profits somehow outweighed children's health, fifty-four is *huge*.

That our DNA may not define our fate is an idea I can accept. That the FDA may define our fate—without long-term testing or acknowledging our legal preferences—is an idea I cannot support. So, I will be calling my representatives in D.C. to urge them to back the Cloned Food Labeling Act (S.414 and H.R. 992). I hope you do, too!

—Kelly Corbet

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bliss. Our partners, work associates, and global family members could then become cocreators in a world of living intelligence and abundance.

The good news is that, like new skin growing under an old, crusty scab, a silent revolution is generating. This new way of thinking is emerging. Increasing numbers of people are choosing to perceive the world and one another with love and confidence, connecting heart to heart, soul to soul. Fear and love are mutually exclusive, and people are consciously choosing the love hormone response. Once our stress is managed and we are bathed in powerful endorphins and oxytocin, doors do open. We come face to face with intelligence, intuition, healing, discoveries, creativity, and the untold treasures of the human brain and cosmic intelligence. This is the "higher world" referred to by Omraam. People from all cultures and ages are reaching this state of awareness.

THE INNER VOICE

We each quiet ourselves and turn our attention inward by being still and listening to the small voice within. Feeling the bliss of being an integral part of the intelligence of life, my colleagues and I begin to make the decisions that will affect our lives, our activities, and the quality of the services we have to offer. Our objective is to be led by this voice. Our work or business is then guided and fueled from inside ourselves. The feeling that I am in love with life gives me an energy greater than anything I've known before, facilitating creative intelligence and opening vistas of previously unimaginable frontiers.

People laugh when, faced with a question, I say, "Let me close my eyes and see." But it works. Try it. When we look within, our "problems" become challenges, the solutions flow, and our faces light up as we begin to witness the synchronicities that show us we are not alone.

Though they may not realize it, corporations stand to gain substantially from offering stress management programs to their employees. Quiet meditation rooms would become the inner eye of the workplace. How about a relaxing body massage or a few minutes of meditation to calming music just before the next board meeting? An increasing number of businesses are already reaping the rewards of these practices as they align their activities with the new paradigm.

The feeling that I am in love with life gives me an energy greater than anything I've known before, facilitating creative intelligence and opening vistas of previously unimaginable frontiers

MAKING THE PARADIGM SHIFT

In his bestseller *Confessions of an Economic Hit Man*, John Perkins writes that the voice of his conscience saved him. He clearly reveals the sordid details of how he was lured into acting as an economic hit man and cheating countries out of trillions of dollars. Because he made sure that they couldn't repay their debts to the United States, these countries were forced to hand over their natural resources.

There are people who prey on our weaknesses by promis-

"GOD MADE MAN to play the game of love with himself."

—Rumi

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ing material success, while intending to trap us in unethical jobs and commercial crimes, be they overt or covert. But, we do have a choice. Perkins allowed the quiet inner voice that had haunted him to finally triumph—he resigned from hurting people and began working for their well-being. In so doing he found his own, and he now inspires others to follow in his footsteps. Perkins concludes:

“These are the times that try men’s souls. We will be faced with increasing acts of desperation by those who feel cheated and oppressed by the corporatocracy. Whether terrorism occurs in Manhattan, Madrid, London, Riyadh, or La Paz, it is essential that we understand that in the long term these horrible acts will not be stopped by military or by security guards in airports and along our borders. They will only be stopped when enough of us demand that our corporations, banks, and governments cease to exploit the majority of the world’s population and resources and when we insist on dealing with the world from a plane of compassion—the very place envisioned by our Founding Fathers....”

I learned this lesson in Hong Kong when, at the age of 19, I spent a year selling international real estate. The company sent me to Europe to visit developments and villas for sale. But upon my return I was horrified to discover that my boss had advertised one of our popular developments in Spain as having a swimming pool. Knowing that it didn’t, I went to question him. Brushing me off as naive he said, “Julie, you’re not going to make a fuss about that!” But I was already well set on my tracks and refused to be dishonest. I didn’t need to cheat. I put myself in my clients’ shoes and thought about how I would like to be treated.

I enjoyed serving people and helping them to find the property or investment that suited their real needs. As a result, I had very satisfied clients. I actually had more than all the other consultants put together. When I met them socially I felt a healthy pride for having given a good service. Many became friends, and I started to sell more properties through their recommendations. However, this was not my boss Ron-the-Con’s way of doing business. Unable to continue investing my soul in that job, I chose to resign. This experience had confirmed my belief that it is indeed possible to succeed in business with integrity. Like Perkins, I knew that when enough people refused to work out of greed and fear, our societies would blossom and flourish in love and mutual respect. Many of my friends told me that I was crazy to give up the income and prospects the job offered, but I knew that no amount of money could buy such a feeling.

Having faced emotional despair as well as a life-threatening disease, I have learned to put my trust in life and its innate intelligence. Life knows exactly what to do when we give it the right conditions. How often do we hear our inner voice warning us, showing us, guiding us? In my experience we usually get three warnings and then it goes quiet. Sometimes it is not easy to follow its advice. It takes courage. But things always work for the best when we do. It isn’t the voice that screams or insists; it’s the quiet one. The one that you’ve heard often, didn’t listen to, and found yourself later saying, “Something inside me told me what was going to happen,” or “I knew I should have done that.”

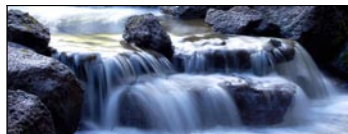
This same inner voice led a whole tribe on an Indonesian

Oral Contraceptives Increase Breast Cancer Risk

ACCORDING TO A META-ANALYSIS published in the *Mayo Clinic Proceedings*, use of oral contraceptives increases risk of premenopausal breast cancer, writes Dennis Byrne (*Chicago Tribune* 12/3/07). The greatest increase in risk, 52%, was in parous women [those who have already had children] who used oral contraceptives for four or more years before their first full-term pregnancy (Kahlenborn C, Modugno F, Potter D, and Severs W. *Mayo Clinic Proc* Oct 2006;81(10):1290-1302). More at www.aapsonline.org/newssoftoday/006.

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Genetic Cousins

"How BIOCHEMICALLY IDENTICAL are we to our fellow humans? The DNA sequence in your genes is on average 99.9% identical to [that of] any other human being," says Aaron Shafer, a geneticist at Stanford University. "Meaning, if you have a gene that is 1000 bases long, on average there will be only 1 base that is different between you." That is to say, only .1% of our DNA is responsible for all of the differences that we see in each other.

From "Ask a Geneticist," by Aaron Shafer, Ph.D., of Stanford University, in Understanding Genetics, The Tech Museum of Innovation, at <http://www.thetech.org/genetics/ask.php?id=166>.

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island during the recent devastating tsunami. They made for high ground along with the animals. Not one member of the tribe was killed or injured. You, too, can choose to listen to this voice. It will lead you, your family, and your business out of darkness into light, out of disease into health, out of sadness and isolation into happiness and prosperity.

When people visit Providence, our beautiful holistic living center in the south of France, they often exclaim that it is paradise. I smile. Many people predicted that I would not get anywhere. My home is more than a house; it's a place where people are inspired and empowered to make the life changes necessary to make their own dreams come true.

Just as stress is contagious, so is well-being. This is reflected in the dynamic increase of the natural health and wellness industry. Yet when people leave Providence saying that they want to set up the same type of center, I find myself cautioning them. A very healthy vigilance is required in order not to fall into the usual trap of becoming a business shark in order to provide a well-being product or service. As we move forward into the new paradigm, the success of a company will be measured by the degree of health and happiness of its members and employees. It is not a place or a service that makes it—it's Love.

Why is it that we generally don't accept that a woman would have sex for money? According to the dictionary, the definition of a prostitute is: "A person who willingly uses his or her talent or ability in a base and unworthy way, usually for money." Isn't this what so many people are doing with their energy and intelligence? When I question my unhappy friends and clients as to why they stay in jobs they dislike that are making them ill, the reply I often hear is, "Well, I have to earn my living." It is crucial to be able to put your heart and soul into whatever you are doing. Then you will no longer be "working for a living," but living and loving, instead. When love and mutual respect are present in our relationships and our work, everything changes. We reap the rewards of happiness, health, and financial gain.

GLOBAL FAMILY IN HARMONY WITH MOTHER NATURE

Let's dare to see and side with the innate intelligence in all things. We are all a part of this web of life, held together by that amazing stuff called *love*. We now live in a global village, and it is certain that everything we do affects the whole planet.

I was reminded of this recently, in a very pertinent way, when I visited the beautiful plains of the Masai Mara in Kenya. I stood with a newfound friend, enjoying the pure warm feelings passing between us as we looked out over his homeland. This handsome Masai asked me if I would return to help his tribe with stress management. I was shocked.

"Surely you don't need that out here," I gasped.

"We are very stressed," he replied with deep sadness. His eyes fixed mine with a look that pierced my heart. He asked, "What are they doing to our planet?"

My mind's eye showed me all those sprawling cities, the consumption, the waste, obesity, starvation, disease, pollution, children committing suicide at the

When love and mutual respect are present in our relationships and our work, everything changes. We reap the rewards of happiness, health, and financial gain

"WHEREVER YOU STAND, be the soul of that place."

—Rumi

age of five...murder—the planet is being raped! How could I begin to answer?

What will it take for us to feel that we are citizens of the same world, brothers and sisters in a global family? It really is up to us to make it a happy family, in harmony with cosmic intelligence. Although the situation looks bleak, I know, as others do, that we can do it. That means you and me. When we choose to perceive the innate loving intelligence behind all life and create the love hormone response, we actually move our sick, unbalanced world toward health, happiness, peace, and plenitude.

Just as our body is made up of cells, our world is made up of human beings. Our personal health is determined by how we treat our cells, how they are nourished and how they feel, communicate, and grow. In the same way, our global health depends on how individuals are nourished, how they feel about themselves and the world, and how they communicate and co-create. In the global body, countries represent the various organs. Each country has a unique participation in the whole. Corporations are also organs within our societies. They employ people who fulfill certain functions. The health of the company—and its long-term wealth—therefore relies on the health and happiness of its employees. As we progress into a future shaped by love, unethical companies will be doomed to collapse, making the Enron disaster look like a little incident. Those that are grounded in integrity are co-creating a positive future in harmony with the laws of nature and the heart. Δ

JULIE GERLAND has, for more than 30 years, inspired and helped countless numbers of people to heal and transform their lives from soul to cell. She is co-founder of Association Suryoma and director of The Holistic Parenting Programme: Preconception to Birth & Beyond, which empowers parents and training professionals to participate in the regeneration of humanity. Julie and her husband, François, are co-founders of Providence, a holistic community in the French Pyrenees, where they live and receive people from around the world for individual stays, sessions, workshops and professional trainings. She travels and teaches internationally. Visit www.suryoma.com or contact julie@suryoma.com.

The French Food Connection

RESEARCHERS AT CORNELL UNIVERSITY found that even though French diners consume more rich foods than do Americans, they don't have an obesity condition. The researchers attribute the difference to a novel finding: the French use internal cues—such as no longer feeling hungry—to stop eating, while Americans use external cues—such as whether their plate is empty. (*Obesity* October 2007 15:2920-2924.)

The researchers did not factor in two other suspected appetite enhancers: artificial ingredients in most American processed foods—aspartame, MSG—which seem to stimulate appetite even when a person is full, and the denatured condition of manufactured foods, a condition that leaves the person's belly full but with a lack of nutrients, which the body continues to crave.



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Notes on a Universal Health Care System

"I'M BOTH A HEALTH-CARE-CARD-CARRYING CANADIAN RESIDENT and an uninsured American citizen who regularly sees doctors on both sides of the border.... In Canada (and many other countries with universal care), doctors run their own private practices, just like they do in the US. The only difference is that every doctor deals with one insurer, instead of 150. And that insurer is the provincial government, which is accountable to the legislature and the voters if the quality of coverage is allowed to slide. The proper term for this is 'single-payer insurance.' In talking to Americans about it, the better phrase is 'Medicare for all.'

"Doctors in Canada do make less than their US counterparts. But they also have lower overhead, and usually much better working conditions. A few reasons for this: ... they don't have to charge higher fees to cover the salary of a full-time staffer to deal with over a hundred different insurers.... In fact, most Canadian doctors get by quite nicely with just one assistant, who cheerfully handles the phones, mail, scheduling, patient reception, stocking, filing, and billing all by herself in the course of a standard work-day.

"... My doctor in California worked a 70-hour week: 35 hours seeing patients, and another 35 hours on the phone ... with insurance companies. My Canadian doctor, on the other hand, works a 35-hour week, period. She files her invoices online, and the vast majority are simply paid—quietly, quickly, and without hassle. There is no runaround.... Care is seldom denied (because everybody knows the rules). She gets her checks on time, sees her patients on schedule, takes Thursdays off, and gets home in time for dinner.

"One unsurprising side effect of all this is that the doctors I see here are, to a person, more focused, more relaxed, more generous with their time, more up-to-date in their specialties, and overall much less distracted from the real work of doctoring. You don't realize how much stress the American doctor-insurer fights put on the day-to-day quality of care until you see doctors who don't operate under that stress, because they never have to fight those battles at all. Amazingly, they seem to enjoy their jobs."

From "Mythbusting Canadian Health Care," by Sara Robinson, a two-part series posted at www.ourfuture.org as well as www.alternet.org.

Statin Drugs and Atrophied Muscles

STATINS, a term that applies to a widely prescribed set of drugs used to lower cholesterol, have been found to result in muscle weakness and pain, and even debilitating and life-threatening muscle damage for those who use them. Researchers have found so far that a gene known as atrogen-1 plays a

role in statin-related muscle toxicity.

Statins (such as Lipitor, Zocor, Pavacol and Mevacor) may activate the gene atrogen-1. Three separate tests showed that even at low concentrations, statin drugs led to atrogen-1 induced muscle damage. As the concentration was increased, the damage increased as well.

Full story: *The Journal of Clinical Investigation*, December 2007; 117(12): 3940-51.

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