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Letter from the Publisher

Hello NEWLIFERS,

Welcome back from your summer vacation. Hope you are ready to go back to work and elevate your consciousness. Two old friends of mine, Lynn Andrews and Dan Millman (our cover boy this issue), have written our feature articles to assist you in doing just that, Lynn will show you the shaman’s way in switching your channel to get what you want. And Dan, The Peaceful Warrior, demonstrates how to change your channel to see life differently.

Dr. Alex Shvartzman, our newest contributor, tells you the newest techniques in dentistry. I love the needleless needles. And Dr. Sorge once again explains why so many medical doctors mis-diagnose people with thyroid problems.

Kat James’ article will give you another perspective of what we should be putting eating to stop out hormones from craving more food.

The NEWLIFE EXPO, in its 24th year is back in New York City at the Hotel Pennsylvania on October 17-19 with Dan, Lynn, Dr. Sorge and 150 other speakers. Join us for the best expo ever.

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Om Sholom,

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Dental Herbalism:
Natural Therapies for the Mouth
By Leslie M. Alexander and Linda A. Straub-Bruce

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Written by a medical herbalist and a registered dental hygienist, this book is a goldmine of information for any herbalist, professional or amateur, as well as for those seeking do-it-yourself approaches to tooth and gum care (beyond the multitude of chemical-laden products widely available at any grocery or drug store).

The book is divided into 4 well-organized parts. The first covers in easy-to-understand language the complete anatomy of the mouth and strategies for daily care, including brushing, flossing, rinsing, and tongue scraping. And the connection between inflammation in the mouth and inflammation in other areas of the body.

In the second part of the book, the authors describe dental issues related to each stage of life, from pregnancy to childhood to old age, as well as a chapter on tooth loss, bridges, implants, and dentures. As a parent, I was enthralled with the section on teething, thumb sucking, and recommendations for growing up with healthy teeth. The chapters on tooth decay and gum disease were especially eye-opening. The authors also cover the dental and oral effects of many common conditions, such as acid reflux, diabetes, osteoporosis, and stress.

The third part, as I mentioned before, is the herbal materia medica for the mouth. I already was aware that sage is known for its oral health-giving properties, but I was fascinated to discover that many herbs I was already quite familiar with (bee balm, calendula, echinacea, lavender, and yarrow to name a few) are also used in dental herbalism. For those do-it-yourselfers, this is the section that includes recipes for teas, tinctures, compresses, rinses, toothpastes, and tooth powders. The authors also explain how to use a “chew stick” for oral cleaning and health, which I can’t wait to try.

The fourth part covers food, drinks, snacks, and other issues that interfere with the health of your teeth and mouth. This part includes a chapter (“The Mouth as a Microcosm of the Body”) on current issues in dental health, which covers more controversial topics such as the use of fluoride, sodium lauryl sulfate, or triclosan in oral health products and the effects of the mercu-
The Third Muse
By Dana Micucci

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New York journalist Lena Leone is beautiful, successful, and has a devoted boyfriend. Yet something is missing. When her editor sends her to Paris to investigate and write about a stolen Renaissance masterpiece, “The Portrait of Giovanna Tornabuoni,” she becomes immersed in a dangerous art scandal that tests her to the core and jeopardizes her life. Lena’s haunting visions of Giovanna in Renaissance Florence turn up the heat.

The Third Muse combines mystery, suspense, history, and spirituality with radiant eloquence. Dana Micucci masterfully explores the timeless quest for wholeness through the soul connection of two women six centuries apart. At the heart of her exquisite novel is a story of female heroism rooted in the teachings of Mary Magdalene. Discover the seven life-altering initiations that lead Lena not only to solve the mystery of the stolen painting but also to open to a more expansive love.

Dana Micucci masterfully explores the timeless history, and spirituality with radiant eloquence. The Third Muse is a deep heart-centered wisdom inspired by Renaissance ideals and the goddess archetype. In our own time of great change and rebirth, Dana Micucci celebrates the return of a divine feminine consciousness and the power of love.” Order at www.amazon.com.

Dana Micucci is a healing practitioner, soul mentor, and widely published journalist and author. See Dana at the NEWLIFE Expo, October 17-19. Dana will share powerful heart-based teachings and practices from the world’s wisdom traditions to accelerate your journey to healing, wholeness, and bliss.

Healing the Body & Awakening Consciousness with the Dalian Method: An Advanced Self-Healing System for a New Humanity
By Roshani Shay
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“The whether we are aware of it or not, ninety-nine percent of our physical, mental and emotional ailments are caused by repressed thought patterns and beliefs trapped in our body’s cellular memory. Repressing what we truly think and feel blocks our energy from having an outlet to live itself. After many years of accumulated stress the body begins to give us signals, in the form of pain, disease, anxiety, or depression, that something is not right,” says Mada Dalian.

Dalian Method™ (DM) is an advanced self-healing system for a New Humanity. DM quickly gains international acclaim, the Dalian Method™ (DM) is a remarkably unique system, which gives an opportunity to release many layers of accumulated stress and eliminate the causes of chronic pain, fear, anxiety, and illness. This completely new and groundbreaking technique is not derived from any other known healing modality and offers a master key for accelerating our healing journey into consciousness.

The book begins with Dalian’s story of her own tireless search for truth and experience of enlightenment at the age of thirty-three. She then takes us through the steps that led her to the exploration, discovery, and development of this healing modality of the future that is offered to us today.

Reading through Part I of the book you’ll discover how DM transforms the unconscious belief patterns hardwired in the body’s cellular memory to help permanently treat difficult health problems such as asthma, thyroid conditions, fibromyalgia, ulcers, chronic pain, fear, anxiety, depression, past traumas, and other physical and psychological ailments. Part II is the workbook to help you prepare for your session.

I feel that as more people begin to practice with DM we will see a revolution in how healing and personal transformation can be handled. And I trust that using the self-healing Dalian Method might one day be an integral and necessary part of human healing and awakening.


Mada Eliza Dalian is world-renowned spiritual teacher and best-selling award-winning author of In Search of the Miraculous: Healing into Consciousness. She will be offering a talk and demonstration at the NEWLIFE Expo in New York, Oct 17, 18, and 19. For info contact Jessica@madadalian.com

SEPTEMBER-OCTOBER 2014 NEWLIFE
Kale, Stand Up

- Kale, Yam and Quinoa Salad
- Creamed kale with Chickpeas

Kale is a part of the cruciferous vegetable family, which includes cabbage, broccoli, cauliflower, Brussels sprouts, and bok choy. This important group of vegetables all contain disease fighting phytochemicals, vitamins, minerals, and fiber. Kale in particular has high levels of sulforaphane, a unique compound that boosts the immune system, increases detoxification, and allows the body to eliminate harmful compounds. The polyphenol antioxidant content in kale is higher than any other cruciferous vegetable, is rich in enzymes, and has antibacterial and anti-inflammatory activity.

Kale provides special cholesterol-lowering benefits when cooked. The fiber in kale binds with bile acids in your digestive tract, making it easier for bile acids to be excreted resulting in lowering of cholesterol levels. Your liver needs cholesterol to make bile acids, specialized molecules that emulsify fat to aid in its digestion, absorption, and excretion. When fats are consumed, bile acids are released from your gallbladder into your intestine and the fiber-related nutrients in the kale bind with some of the bile acids and are later excreted. When this happens the liver replaces the lost bile acids by utilizing your cholesterol supply, and lowering your cholesterol levels.

The carotenoid compound lutein is especially abundant in kale and provides cardiovascular benefits also by lowering cholesterol.

Kale is especially rich in complex glucosinolate components that induce cancer-destroying enzymes and inhibits carcinogenesis. Italian scientists demonstrated that kale reduces the risk of many types of cancers and helps support the detoxification system of the body. It contains more than 45 flavonoids with quercetin heading the list providing both antioxidant and anti-inflammatory benefits.

Kale also contains a high quantity of the important and often overlooked vitamin K. It also is full of zeaxanthin carotenoid, and has an abundance of vitamins and minerals including vitamins A, C, and K.

There are many types of kales, which can be classified, by leaf type:

Curly-leaved or Scots Kale, plain-leaved kale with a longer and narrow leaf, rape kale with a broad curly leaf, crossed varieties that are a combination of plain and curly-leaved kale, Jersey kale or cow cabbage which is very tall and cavolo nero also known as black cabbage. Tuscan kale, Lacinato, or dinosaur kale. This hearty vegetable grows best in cooler climates and can be harvested through the winter after the frost and often found under snow.

Enjoy kale boiled, steamed, stir-fried, and if young and tender in salad or on a sandwich. And remember to save the liquid it's cooked in and enjoy a little warm broth. While making dinner try with some added lemon juice or umeboshi vinegar.

**KALE, YAM AND QUINOA SALAD**

Lovely salad with a variety of flavors and textures and it's gluten-free!

- 2 yams
- 1 Tablespoon extra virgin olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon oregano
- 1/2 chipotle powder
- 1/2 teaspoon sea salt, more as needed
- 1/2 cup quinoa
- 1/2 cup filtered water
- 1 bay leaf
- 3 cups kale or other hearty greens
- 1/2 cup raisins
- 1/4 cup extra virgin olive oil
- 3 tablespoons apple cider vinegar
- 3 tablespoons golden balsamic vinegar
- 1 small shallot, minced
- 1 tablespoon grain mustard
- Sea Salt and pepper to taste

1. Preheat oven to 425 degrees F.
2. Cut yams into small cubes. Place in bowl and toss with olive oil, garlic, oregano, chipotle powder and salt. Place on a baking sheet or pie plate and bake in oven about 30 minutes until tender. Turn once halfway through. (This step can be done a day ahead of time.
4. In a medium pot add a 1/2-inch water and 1/2 cup chickpea stock or cooking liquid. Bring to a boil covered. Put in kale and cook until wilted, about 3 minutes. Toss into a colander and rinse with cold water. Drain well or spin in a salad spinner. Chop coarsely.
5. In a decorative salad bowl, combine the kale and baked yams. Using a fork, fluff the quinoa and raisins. Add to salad bowl.
6. In a 1 cup measure put the remaining ingredients and mix well. Add sea salt and freshly ground black pepper. Pour over salad, toss, and serve.

**CREAMED KALE WITH CHICKPEAS**

Try other greens such as collards, Swiss chard, or dandelions. Cook the chickpeas a day to before to speed up the preparation.

- 2 tablespoons coconut oil or extra virgin olive oil
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1 tablespoon ginger root, minced
- 1 teaspoon cumin seeds or 1/2 teaspoon powder
- 2 teaspoon garam masala or curry powder
- 1/4 teaspoon red pepper flakes
- 1 bunch kale, about 8 cups chopped
- 1/2 cup chickpea stock or cooking liquid
- 1 cup unsweetened coconut milk or other preferred milk
- 1/2 cup cashews
- 2 tablespoons tomato paste
- 2 cups chickpeas
- Sea salt and freshly ground pepper, as desired

1. Heat a large skillet and add oil and add onion. Cook on medium-high until softened and beginning to brown, about 5 minutes. Add garlic, ginger, and cumin seeds and cook another minute. Add remaining spices, and stir constantly to prevent burning for 1 more minute.
2. Reduce heat to medium. Stir in kale and stock. Cover and cook until kale is bright green, about 5 minutes. Stir occasionally.
3. In a blender put the coconut milk, cashews, and tomato paste and puree until smooth.
4. When the kale is cooked, add to the blender and whirl until everything in the blender is smooth.
5. Transfer the blender mixture back to the skillet. Add the chickpeas and bring to a simmer. Cook another 10 minutes. Adjust seasoning. Serve over brown basmati rice

**NOTE 1:** If curry powder is used it’s not necessary to use additional coriander and turmeric.

**NOTE 2:** Remove thick stems

**NOTE 3:** 1 cup dry chickpeas, soaked and cooked will be the perfect amount!

© LISA DE ANGELIS
Lissa De Angelis, MS, CCP is co-author of Recipes for Changes: Gourmet Wholefood Cooking for Health and Vitality at Menopause. She can be reached at lissad@optonline.net.
Is Dental Care During Pregnancy Safe?

Dr. Shvartsman has been safely treating pregnant women in a holistic manner for over 15 years. Since it is common for women to avoid dental care during pregnancy, small dental problems often turn into large and expensive ones. Many mothers refer their infants to the dentist for several weeks and even years after giving birth as they are caught up in caring for their new infants quickly becoming victims of dental neglect.

Fortunately, over the last 5 years, newer scientific evidence has shed more light on the safety of dental treatment during pregnancy. Research thus far indicates that mothers who receive dental care through the second trimester (both restorative dental care and gum disease treatment) do not appear to increase the risk of adverse events during pregnancy. The National Institute of Dental and Craniofacial Research (NIDCR)-supported Obstetrics and Periodontal Therapy Trial (OPT) has provided some of the most scientifically rigorous data. The OPT reported in 2006 in the New England Journal of Medicine that pregnant women, most with early to moderate gum disease, had an increase in preterm birth or other negative pregnancy outcomes.

Researchers report findings from a follow-up study of the OPT on women patients and their children born during the original study. Nascent system development was evaluated in over 400 children, including 22 preterm infants, 2 years after the study. The scientists found no difference in the brain development of children from mothers previously assigned to the treatment or control group. They also report slight associations between improvement in a mother’s gum disease status during the original study and higher cognitive and motor skills in their children.

Dr. Shvartsman feels that caution should be exercised during the first trimester. Dental treatment ought to be limited to emergency dental treatment. The first trimester is dominated by development of tissues and organs, which may be affected by the administration of medicines during dental care. While the second and third trimesters are devoted to growth. In light of the new research, going the tooth during the second and third trimesters is.

Dr. Shvartsman is careful not to use toxic materials in his office. This is critical for dental treatment during pregnancy. His office is mercury-free and BPA-free. He practices in a laser-free manner. Air filters, 97% air cleaners and air ionizers are always used during dental treatment to create a safer atmosphere. Dental lasers for cavity treatment will eliminate or minimize the pain and trauma of traditional surgery. Although x-rays are not usually taken during pregnancy, sometimes in emergency situations it may become necessary. Women are double draped with shielded aprons and digital x-rays are used that emit 95% less radiation than traditional x-rays. Great care and thought is made to ensure the safety of your baby.

Keeping your gums healthy during your pregnancy is extremely important. Studies have found a statistically significant correlation between gum disease and preterm labor, miscarriage, premature births, low birth weight babies. Due to the hormonal changes gums become easily inflamed, get red, swollen and bleed easily a condition called pregnancy gingivitis. In extreme circumstances some women develop gum growths called pregnancy tumors. These growths need to be excised surgically.

Gum disease causes increased inflammation load in the body and bacteria form chronic infections gums easily enter the bloodstream. Neither situation is good in the developing baby. Make at least 2 cleanings during your pregnancy.

Taking care of your oral health means taking care of your developing child’s health as well.

Long Island Center for Healthier Dentistry
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MORE AND MORE PEOPLE are turning to alternative medicine over allopathic medicine to help cure their ills. Many are just tired of conventional medicine's symptom focused approach.

Instead of focusing on helping the body heal naturally, as in naturopathic medicine, conventional medicine focuses on drugs and surgery. For thousands of years people have used natural medicine such as herbal medicine and energy medicine as healing modalities. Abandoning this ancient wisdom and thousands of years of success in healing seems irresponsible and foolish.

While Naturopathic medicine is an important health care system, we cannot dismiss modern medical advances, technology and techniques. This is why the Integrative Medical model can be a highly successful approach to health care. Today, with our improved understanding of biology and how our body works, we can better understand how natural medicine heals.

Dentistry is no different. Incredible advances in diagnosis and treatment have occurred in the past several decades. 3-D low radiation digital x-ray technology allows me to finally see the full picture and not just extrapolate and guess from a 2-D film. Lasers have literally revolutionized dentistry. Cavity diagnosis, gum disease, tooth decay removal, tooth whitening, TMJ therapy, pain management have all been improved by laser dentistry. Needleless needles are now being used for injection to eliminate pain. Biomimetic restorative materials allow me to reconstruct teeth to emulate nature, so the tooth and restoration act in harmony with each other. However, just like conventional medicine, conventional dentistry is stuck in the symptom based treatment approach.

Naturopathic Medicine is the study and application of a variety of alternative healing modalities which include homeopathy, herbal medicine, Ayurvedic Medicine, Chinese Medicine, energy medicine, Supplementation, diet, as well as other alternative healing modalities. Naturopathic medicine is all about helping the body heal itself. It works with the body, focusing on causes rather than just addressing the symptoms. Our body is used to nature. When we expose our system to unfamiliar, synthetic medicine, chemicals that our biology has never come in contact with, our body gets confused, inflamed, poisoned, and often sicker. It is no wonder that today’s modern drugs are full of nasty side effects.

Integrative medicine has emerged as a highly successful healing approach by borrowing the best of both conventional and alternative medicines. Dentistry can also benefit from such thinking. Staying current in modern dentistry as well as Naturopathic Medicine convinces me that I can help and heal my patients better.

Already my patients are benefiting from this fusion.

Ozone therapy has saved many teeth from root canal treatment and cleared up infections without antibiotics. Homeopathic anti-anxiety remedies have calmed the nerves of many patients; natural remedies and supplements have helped speed up healing and recovery after surgery. Energy medicine has helped to choose biocompatible materials for the individual patient. My extensive knowledge of alternative medicine techniques allows me to be “on the same page” with my patients.

For more information, call Alex Shvartsman at the Long Island Center for Healthier Dentistry at 631-361-3577 or visit www.SmithtownSmiles.com.
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TWO worlds

By Dan Millman

Our awareness resides, moment to moment, in either a conventional or transcendental reality. Each of these realities has its own truths. From a conventional view, illness is a misfortune and death is final. From a transcendent perspective, illness (or any adversity) is a natural part of life, and death is an illusion.
Most of the time, conventional reality monopolizes our attention with the stuff of everyday life—the challenges of education, earning a living, relationships, family, and health. Conventional reality contains the complications of experience, memory, identity, and duality fashioned out of the meanings and stories we impose upon a pure and mysterious Field of Being. Our dramas, played out in the theater of gain and loss, desire and satisfaction, seem real and important to us. Conventional life involves the pursuit of satisfaction and fulfillment, wherein our happiness depends upon events unfolding in line with our desires, hopes, and expectations. Thus immersed in our conventional agreements—clinging to the versions of reality that seem entirely true and justified, trying to make things work out—we suffer from attachment, craving, and anxiety, leading lives of “quiet desperation.”

Then one day, on the path of our personal evolution, we simultaneously realize two things that had previously escaped our notice: First, we discover that we live and believe, nearly all the time, in the conventional world; second, we notice that we are suffering. If we suffer a lack of money, making more money alleviates this pain; if we suffer physical illness, a return to health solves this issue. Every problem has a solution.

Only when we are willing to risk all that we think we know, to relinquish familiar truths that no longer serve and to look beyond consensus reality and venture into the unknown, can we finally step out of the endless search for conventional solutions. We need to realize that we ourselves are the center and cause of our situation.

This Marks a Turning Point
We become interested not just in self-improvement, but also in self-transcendence. We take a leap of faith that launches us on our search for a Teacher, Process, or Path to awakening. We may attend seminars, read books, engage practices, and learn from a variety of guides.

The spiritual traditions point to such a transcendent Reality than that which we perceive in our usual state of consciousness. This Reality lies outside our everyday stories and assumptions, beyond the boundaries of our common beliefs. Its truths are not found in formulas, visions, or mystical experiences, but in a simple yet profound shift in perspective—a shift that reveals the Great Simplicity of What Is, prior to all our complications.

The Great Traditions point to It, recommend It, remind us of It, and rhapsodize about It. They may advise paths or practices involving meditation, fasting, breath work, bodywork, chanting, concentration, contemplation, reflection, and service. The Sufis advise, “Live in the world but not of the world”—to function in this conventional world while viewing it from a larger, transcendent perspective.

My work is not about abandoning the “Western Solution” to happiness, striving for material success. Nor do I recommend exclusive focus on the “Eastern Solution” to happiness, turning from the world and “going inside” for answers. My work involves integrating both East and West, male and female, flesh and spirit, reason and faith, left-brain and right-brain, conventional and transcendental truths:

Freedom lives right here, right now, as close as our breath, as intimate as our next heartbeat. Awakening does not require us to abandon the conventional world. Rather, we can bridge both worlds and all apparent dualities; we can keep our head in the clouds and our feet on solid ground.

We are already free and perfect. Nothing needs to be done to complete or fulfill us, because we are already Home, because no separation truly exists and no others, no world, no time, no space, and no God exists separate from us. All is the Heart.

When we do grasp this Great Simplicity, this Realization does not make us famous, successful, glamorous, wealthy, or even holy. Nor does it release us from the obligation to raise our children, go to work, and live our lives. It only brings us peace. It only gives us joy. It only sets us free. As the poet Masahide once wrote, “Now that my house has burned down, I own a better view of the rising moon.”

Such liberation from conventional beliefs may appear unpredictable, even frightening to those who have not yet tasted it. So, like children on a school-day morning, we may turn off the alarm, put a pillow over our head at the first wake-up call, and say, “Please let me sleep just a little longer!” We start out wanting to wake-up, but end up settling for success within the dream. This is perfect, too. Reality waits with infinite patience.

We do not need to heal; we need only to see that we were never sick in the way we imagined; that our “sickness” was only a story we believed and so experienced as true. The transcendent perspective reveals that no matter what our apparent challenges, our lives are always unfolding in divine order and perfection; Not always pleasurable or pleasant, but perfect in terms of our highest good and our soul’s evolution.

A bridge exists between worlds. It is right in front of us, around us, inside us. To cross it we need only inquire into and trust our own true nature, to see the transcendent perfection of this world and of our lives unfolding. When we open our eyes in this manner, in this moment, we find within us the truth that sets us free.

Dan Millman will be lecturing at the NEWLIFE Expo on Sunday, October 19 in New York City at the Hotel Pennsylvania. www.NewLifeExpo.com
If you are reading this, you’re probably quite evolved on your path to greater spiritual and physical health. I know that I was, even as I crept toward the health crisis that nearly took my life before the age of thirty. I’d banished sugar (or so I thought) and junk food and even most synthetic products from my life. But my biochemical impulses — courtesy of my addictive and metabolic heredity and my SAD juvenile diet — were deep-seeded by then, and no amount of psychological work or self-discipline could overcome the dark (biochemically-perpetuated) cloud that predisposed me to compulsive self-sabotage and its resulting diseases—not even my “advanced health food diet” that any thinking person might have adopted back in 1990 when my crisis arose (I was vegetarian for seven of my most compulsive years). Sure I felt much better when I first got off the processed junk I grew up with, but the causes behind my need for that fix remained and my physiology (more specifically, my whacked-out dopamine pathways, leptin and insulin functioning, adrenals, thyroid, and yeast colonies) compelled me to exploit any remaining dietary loophole—even a plate of beans, brown rice, berries or a dairy free, gluten-free, sugar-free raw and organic energy bar—to get it’s fix. My binges on these “health foods” resulted in autoimmune liver disease (accompanied by a head-to-toe litany of other issues) at twenty-four.

In the late ’80’s, my illness forced me to search outside of any diet I’d seen. In ’90, two random, uncharacteristically high fat food choices (more than a month apart) gave me a memorably distinct moment of freedom from my usual roller coaster energy and mood patterns, which you can read about in my book The Truth About Beauty. But those incidents launched a year and a half personal experiment to replicate those two fleeting feelings of freedom and make it both continuous and permanent. The final “Rubik’s Cube” click transformed my body and life beyond recognition and has made me younger looking at 49 than I looked at nineteen. In fact, science now supports that what I achieved biochemically without knowing can take as little as three days to achieve, if done perfectly (more on that, below). Equally miraculous is the fact that we can live in rare freedom from even the minor cravings and weight concerns most “healthy” people live with—without willpower.

No More White Knuckling or Willpower: Correct The Chemistry of Cravings

Most people occasionally use foods, caffeine, alcohol, prescription drugs or nicotine to stimulate or relax themselves at one time or another, taking years off one’s life. Sugar and alcohol binges, for example, are shown to spike dopamine (the brain chemical that gives cocaine its pleasurable effect), and over time, disable our natural receptors for it. They also deplete serotonin, another extremely important well-being neurochemical. And so repeated indulgences over time can lead to seriously handicapped function of the brain’s feel-good responses, diminishing our sense of wellbeing and making us vulnerable to increasing depression or cravings between “fixes.” When one can no longer ride out a low without bingeing again, they have officially become an addict.

Many addictions lead to others. Eighty percent of alcoholics smoke. One in five people who have eating disorders are addicted to one or more other drugs. Alcoholics who are abstaining desperately crave sugar, which has a similar molecular structure. And while alcohol, cigarettes and coffee are often cited as the most widely used drugs, the abused substance that trumps them all in popularity is sugar in its countless forms—the most deceivingly destructive everyday drug—and

Over half of women and over a quarter of men are now on a diet.

Over 65% of our country is overweight; more than a third are obese.
Nearly two-thirds of Americans are estimated to be pre-diabetic.

23% of teens and adults binge drink at least once a month.

One in five have a substance-addicted family member.

Kat James

Nearly two-thirds of Americans are estimated to be pre-diabetic. 23% of teens and adults binge drink at least once a month. One in five have a substance-addicted family member.
The world is awakening; it truly is. The energy of evil and disharmony that exists today is a reflection of the awakening of spirit within us. The imbalance between the male and female aspects of ourselves is mirrored in today's events. When looking at this from a positive point of view, we can celebrate the awakening of our spirit from within and the work that we are all doing today in the spiritual realms; all of us are part of this awakening! We are making a difference. Today’s age of new thought and mindfulness is based on shamanic principals. Conservation, energy renewal, carbon footprints and protection of our wildlife are all shamanic practices. In shamanic terms, our intent to save the earth and its beings is the beginning of the emergence of the sacred feminine and our internal instinct to save her mother earth. As a people, we have evolved and we now stand before a crossroads of power.

Shamanistic Tools

Learning to stand in your own power in a shamanic way is about self-worth; about taking personal power; and it is about healing yourself by connecting with the voice of your own unique wisdom. Shamanic teachings, meditations, and visualizations open up your ability to use and to strengthen your imagination. You must learn that what you imagine is real. When teaching in the spiritual world, choose every word and sound carefully to produce an elevating effect within each individual.

Deep Trance Visualization

The art of deep trance visualization is an ancient shamanic technique used for spirit journeys and employs symbols rather than the spoken word. Symbols reach a greater depth and provide shamans with an extraordinary landscape for their work. In ceremony, always begin with words for the sake of communication and sacred harmony and then move into the powerful realm of each person’s individual self-worth.

The Sacred Wheel Of Life

Using the ancient teachings of the sacred wheel of life, you can learn to harness that power and use it to choose your direction wisely when you find yourself standing at the crossroads of power in your life. This crossroad is a place of great power because it is a place where decisions must be made and acted upon. This way of looking at life gives you the opportunity to see the whole picture at one time and it shows you how to recognize the energies that are driving whatever the relationship or situation is that has brought you to the crossroads. Once you understand the energies at work, you stand in the center of the wheel as you chart your way forward from a place of confidence and knowing. This will propel you through any crossroads in a conscious and intended way as you discover the truth of what you are facing.

We are all transforming and awakening to the disharmony between our male and female selves. We are learning to recognize the internal conflict within ourselves. The ancient tools for healing are now being shared in mainstream media, and thorough healing is occurring.

It is even more important now to learn how to use these tools. Lynn will be teaching in New York City at the NEWLIFE Expo October 17-19 with the ancient tools of the wheel of life, our male and female shields and the power of prayer and communication.

Lynn Andrews is a New York Times/internationally bestselling author of Medicine Woman and 19 other books. A shaman healer and mystic, Lynn is acknowledged as a major link between the ancient world of shamanism and modern societies. For more info: www.lynnandrews.com

Why Are People So Interested In Shamanism Today?
America’s Most Under-Diagnosed AND Under-Treated Disease Epidemic

For every cell, nerve, gland and organ of your body depends on what? If your answer is optimum thyroid function, you are correct. Your brain cells need the thyroid hormones to think. Muscle cells need thyroid hormones to move. What happens when your thinking is not working optimally? You eat food and breathe oxygen but, if you don’t have enough T-3, your body is unable to manufacture it in order for your food to be digested properly or to make energy for your brain nerves, muscles, reproductive organs and other cells of your body.

If you don’t have optimum thyroid function your brain may feel like it’s in a fog. Your memory may fail you. Without optimum thyroid hormones your digestion may not work properly. You may not be able to conceive a child. Medical opportunists rake in tens of thousands of dollars for what they call fertility treatment before considering the basics: sound nutrition evaluation, bio-identical hormonal support and optimizing thyroid function.

In addition to the above, many of the common over-treated symptoms treated with drugs, are directly attributed to hypothyroidism or at least a thyroid functioning less than optimally, including high cholesterol, PMS, depression, body fat, weight gain, cold hands/feet, chronic and undue fatigue, fibromyalgia, high blood pressure, diabetes, high homocysteine and much more.

**But My Doctor Says My Thyroid Is Normal**

This is the biggest reason so many people are on so many different medications, unnecessary prescriptions and psycho-quackery medicines. Medical doctors are trained at pathology. As long as your tests fall into an average range with the rest of the masses, you are considered normal. You are never told what is optimum. In Naturopathic medicine we don’t start with the disease model. We start with the optimal; what should your blood profile numbers be if the environment were perfect, your body temperature was perfect and your body was working perfectly.

**Treat the Individual, Not the Disease**

This is the primary difference between mainstream orthodox drug medicine and naturopathic medicine. Drug medicine treats the named medical condition, which is often the symptoms. Naturopathic medicine treats the individual, for toxicity, deficiencies and imbalances. Both allopathic and naturopathic medicine is the science of uncertainty, the art of probability. Thes two systems are never told what is optimum. In Naturopathic medicine we don’t start with the disease model. We start with the optimal; what should your blood profile numbers be if the environment were perfect, your body temperature was perfect and your body was working perfectly.

**Bio-Identical Plus Nutrition vs Synthroid**

Dr. Broda Barns, M.D., one of the foremost authorities on the thyroid, wrote after 40 years in practice that he had never seen a single hypothyroid case corrected on synthroid. He also said that over 50% of his patients totally corrected their hypothyroidism on bio-identical thyroid replacement within two years, many in as little as three months. This means they no longer experienced any thyroid support. Dr. Barns, remember, used only bio-identical thyroid in his treatments. He never employed naturopathic nutritional support therapy or naturopathic detoxification.

Patients tell me their orthodox drug doctors told them that the thyroid never heals, balances or corrects. When they ask, how long do I stay on synthroid? They are told, for life! In our form of naturopathic medicine, we use in addition to bio-identical thyroid, naturopathic detoxification, nutritional saturation therapy, homeopathic remedies, herbalogy, photo-luminescence, rife vibration medicine, chelation therapy, I.V. nutritionals far infrared detoxification sauna, ionic foot bath and much more . . . all without drugs.

High homocysteine is a known risk factor for sudden heart attacks, crippling strokes, memory loss, peripheral artery disease, increased risk of bone fractures, dementia and attention deficit. People with low thyroid function tend to have high levels of homocysteine. Mental burn out, fatigue, sadness, irritability, anger, sleepiness, sense of being chilly or hot, forgetfulness, hair falling out, difficulty getting started in the morning are all signs of hypothyroidism.

**Conclusion**

Hypothyroidism is America’s most under diagnosed and under treated disease. What most doctors don’t know is, synthroid and other synthetic chemicals do not work for most patients. Bio-identical thyroid was used for 50 years before the greedy pharmaceutical companies added thyroid to synthroid. Many patients are on synthroid for life and suffer from all the symptoms of hypothyroidism because their metabolism is unable to efficiently convert the T-4 to T-3, the active hormone, and their nutrition is so deficient in the essential elements that allows the body to manufacture its own hormones.

It is not unusual for children to be hypothyroid. Some through life with thyroid symptoms that could have been corrected early. It is disgusting to think of how many children are on psycho-quackery drugs on a pseudo psycho-quackery diagnosis of attention deficit and the lacky public school system is more concerned with their big pharma commission checks they get for each drugged child, than they are with the health, education and welfare of the child. In short: The medical, pharmaceutical system has failed us.

It’s time to take personal responsibility for your health and wellness.

Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of AbundaLife Medical Nutrition testing clinic in Asbury Park, NJ. He can be contacted at 732-775-7575, by email at abundalife@abundalife.com or visit www.abundalife.com. You can find these products in most health food stores or if you prefer to have the convenience of a single package contact Dr. Sorge at your convenience. Dr. Sorge will be speaking at the NEWLIFE EXPO in New York City, October 17-19.
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