

**AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT**

# **NEWLIFE**

**NEW YORK'S GUIDE TO ENLIGHTENMENT**

**JANUARY-FEBRUARY 2014**

**Preventive  
Medicine**

**Using  
Naturopathy**

**Vital Tests  
That Can  
Save Lives**

**Early Detection  
of Breast Cancer**

# Six Courageous Steps To Survive ObamaCare

Orthodox drug medicines one size fits all health care means...



**Orthodox drug medicines one size fits all health care means...**

- ❖ Fewer Doctors
- ❖ Less Care
- ❖ Shorter 3 minute office visits
- ❖ More quick prescriptions
- ❖ Your health care needs even your life will be dictated by druggers and bureaucrats
- ❖ More Holistic Doctors being sanctioned

**I can help you!**

**Robert H. Sorge, N.D., Ph.D.**

Doctor of Naturopathic Medicine Since 1964

## YOUR SIX STEP PLAN OF ACTION

**Step One: NUTRITION TESTING AND PERSONAL HEALTH EVALUATION**

To uncover the cause of your problems receive a 50 page computer readout.

**Step Two: NATUROPATHIC DETOXIFICATION**

To clean up the past.

**Step Three: NUTRITION SATURATION THERAPY**

To address your nutritional deficiencies and build an indestructible immune system.

**Step Four: OZONE THERAPY**

To purify and immune your blood and every cell of your body.

**Step Five: BIO-IDENTICAL HORMONE RESTORATIVE THERAPY**

For cellular rejuvenation, organ regeneration and regaining youthful libido.

**Step Six: SENSIBLE AND PRACTICAL LIFESTYLE MAINTENANCE  
YOUR NUTRITIONAL TESTING AND PERSONAL HEALTH EVALUATION**

Is the nations most comprehensive, combining the latest scientific breakthrough in laboratory blood diagnosis with the most extensive symptomlogy questionnaire developed to date and iridology into one master program that gives you 50 pages of computer data based on individual biochemistry.



208 Third Avenue  
Asbury Park, NJ 07712  
(Steps to the Ocean and NYC Bus Stop)

Call Now: **732-775-7575**

Website: **www.abundantlife.com**

*"I have come that ye may have life and have it more abundantly."*

- John 10:10 -

# NEWLIFE

CRUISE TO ENLIGHTENMENT



NORM SHEALY



JUDY SATORI



SEAN DAVID MORTON



GAIL THACKRAY



MARK BECKER



KERRY CASSIDY



DR. SUSAN SHUMSKY



VICTORIA OF LIGHT



STEPHEN BASSETT



MAUREEN ST. GERMAIN



LAI UBBERRUD



MELLEN-THOMAS BENEDICT



ED GRIMSLEY

## Seminar at Sea 2014

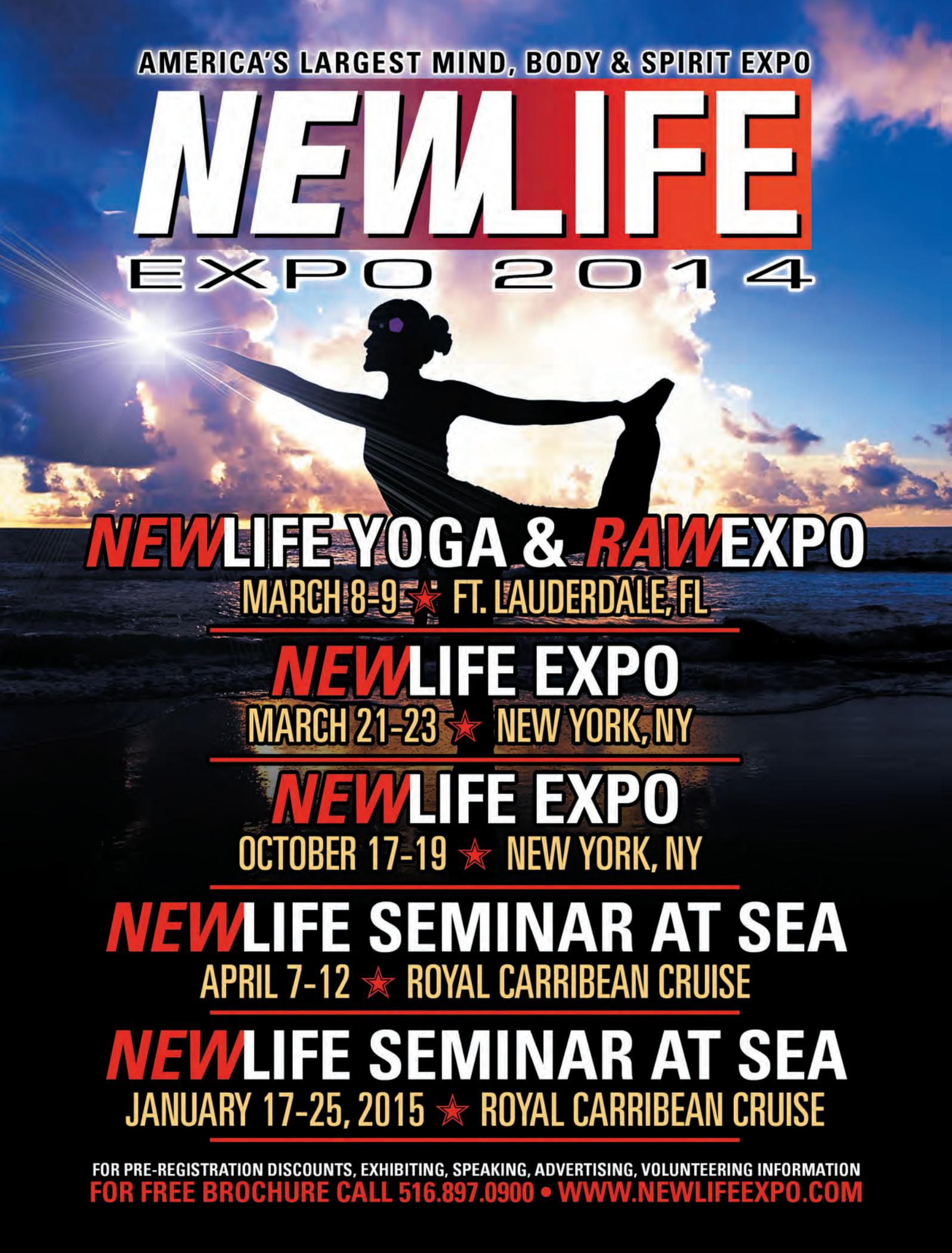
THE INCREDIBLE ROYAL CARIBBEAN LIBERTY OF THE SEAS  
APRIL 7-12 • 5 GLORIOUS DAYS  
FT LAUDERDALE, FL - THE WESTERN CARIBBEAN

FOR MORE INFO: [WWW.NEWLIFECRUISE.COM](http://WWW.NEWLIFECRUISE.COM) . TELE: 760-230-5624 . FIND US ON FACEBOOK: [WWW.FACEBOOK.COM/PAGES/NEWLIFE-CRUISE](http://WWW.FACEBOOK.COM/PAGES/NEWLIFE-CRUISE) . REGISTER FOR DISCOUNTS

AMERICA'S LARGEST MIND, BODY & SPIRIT EXPO

# NEWLIFE

EXPO 2014



**NEWLIFE YOGA & RAW EXPO**

MARCH 8-9 ★ FT. LAUDERDALE, FL

---

**NEWLIFE EXPO**

MARCH 21-23 ★ NEW YORK, NY

---

**NEWLIFE EXPO**

OCTOBER 17-19 ★ NEW YORK, NY

---

**NEWLIFE SEMINAR AT SEA**

APRIL 7-12 ★ ROYAL CARRIBEAN CRUISE

---

**NEWLIFE SEMINAR AT SEA**

JANUARY 17-25, 2015 ★ ROYAL CARRIBEAN CRUISE

---

FOR PRE-REGISTRATION DISCOUNTS, EXHIBITING, SPEAKING, ADVERTISING, VOLUNTEERING INFORMATION  
FOR FREE BROCHURE CALL 516.897.0900 • [WWW.NEWLIFEEXPO.COM](http://WWW.NEWLIFEEXPO.COM)

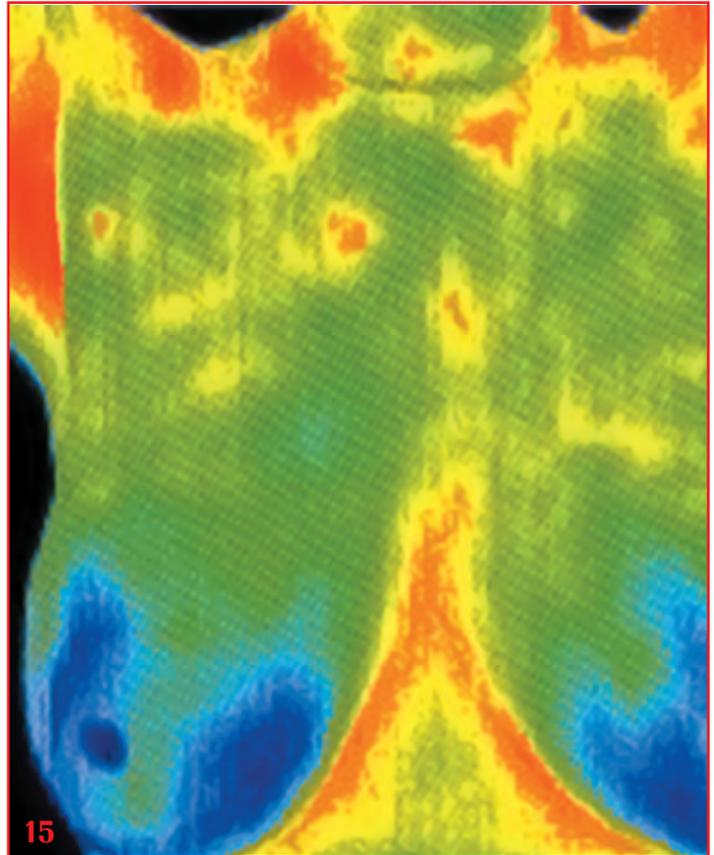
AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

# NEWLIFE

NEW YORK'S GUIDE TO ENLIGHTENMENT

www.newlifemag.com    www.newlifeexpo.com

JANUARY-FEBRUARY 2014



## DEPARTMENTS

**PUBLISHER'S LETTER** ..... 6

**BOOK REVIEWS** ..... 10

Herbs for Healthy Aging  
Total Body Detoxification

**NATURAL COOK** ..... 18

BY LISSA DEANGELIS

Culinary Food Forecast  
Amaranth Stir-Fry

## FEATURES

**Four Vital Tests That Can Save a Life – Yours or Someone You Love** ..... 10

BY PETER FRANKEL, M.D.

**Preventive Medicine – Using Naturopathy** ..... 12

BY DR. ROBERT H SORGE

**How to Survive a Heart Attack When You Are Alone** ..... 14

**Breast Cancer – Early Detection** ..... 15

BY PATRICIA BOWDEN-LUCCARDI

## PROFESSIONAL PROFILES

Colon Therapy ..... 20

Dentists ..... 20

Doctors ..... 20

Health ..... 21

Hypnotherapy ..... 21

Metaphysical ..... 22

Psychology & Therapy ..... 22

# Letter from the Publisher

# NEWLIFE

ISSUE No. 155  
JANUARY-FEBRUARY 2014



Hello NEWLIFERS,

My wish for you is that 2014 will be your best year ever. To help validate this, our issue this month is dedicated to making sure it will be your healthiest year ever. All of our articles are written by exhibitors and lecturers who will be at the *NEWLIFE EXPO* on March 21-23 at the Hotel Pennsylvania in New York City.

Ladies, Patricia's Bowden-Luccardi's article on breast thermography explains how this technique is not only non-invasive, it is much more reliable and safer than mammograms, which scare many of you into having unnecessary procedures. After reading this article you will be lining up at the expo's breast thermography booth.

Another must-read article is Dr. Peter Frankel's article on four medical diagnostic techniques that can definitely save your life. Dr. Frankel will be performing these techniques for you at no charge at the expo even if you have no insurance. Unlike many medical doctors, Dr. Frankel is more interested in helping you remain well than he is interested in your money. Even though Dr. Frankel has four exhibit booths, come early since I am sure the lines will be enormous.

I know you will be enlightened by Dr. Robert Sorge's article about how naturopathic testing and treatment can prevent illness, save you money and ensure longevity in your life. Dr. Sorge will be lecturing at the expo and his lectures always end up to be standing room only.

*NEWLIFE* Magazine, started in 1981, is the oldest holistic magazine in New York. Thank you for your continuing support.

Don't forget: "an ounce of prevention is worth an pound of cure."

And Remember ...

It's a *NEWLIFE* !!!

Om Shalom

  
MARK BECKER

PUBLISHER & EDITOR

Mark Becker

EXECUTIVE ASSISTANT

Jenna Lakhan

ADVERTISING SALES

Jennifer Anderson

Lisa Bradley

ART DIRECTOR

Andrew Elias

CONTRIBUTORS

Mark Becker

Patricia Bowden-Luccardi

Lissa DeAngelis

Peter Frankel

Dr. Robert H. Sorge

## *NEWLIFE* MAGAZINE & EXPO

214 West 29th Street

Suite 1007

New York, NY 10001

TELEPHONE: (516) 897-0900

FAX: (516) 897-0585

EMAIL: [mark@newlifemag.com](mailto:mark@newlifemag.com)

[www.newlifemag.com](http://www.newlifemag.com)

*NEWLIFE* Magazine™ is published bi-monthly for \$40 per year by Serenity Health Organization, Inc., 214 West 29 Street, Suite 1007, New York, NY 10001. For subscription and advertising information write or call 516-897-0900. The opinions and suggestions of the authors contained herein, are for educational use only. Always consult a trained Health Professional on serious matters. Copyright © by Serenity Health Organization, Inc. All rights reserved. Reproduction without permission is strictly prohibited. Ads are put in at the discretion of *NEWLIFE* Magazine.

*NEWLIFE* Magazine and *NEWLIFE* Expo  
are now on Facebook



# Become a Certified Life Coach or an Executive Coach

Our *2 day intensive course* will teach you everything you need to know to succeed. All Certified Coaches Federation graduates also receive admission (at no additional cost!) to our 1 year CCF Continuing Education Program!

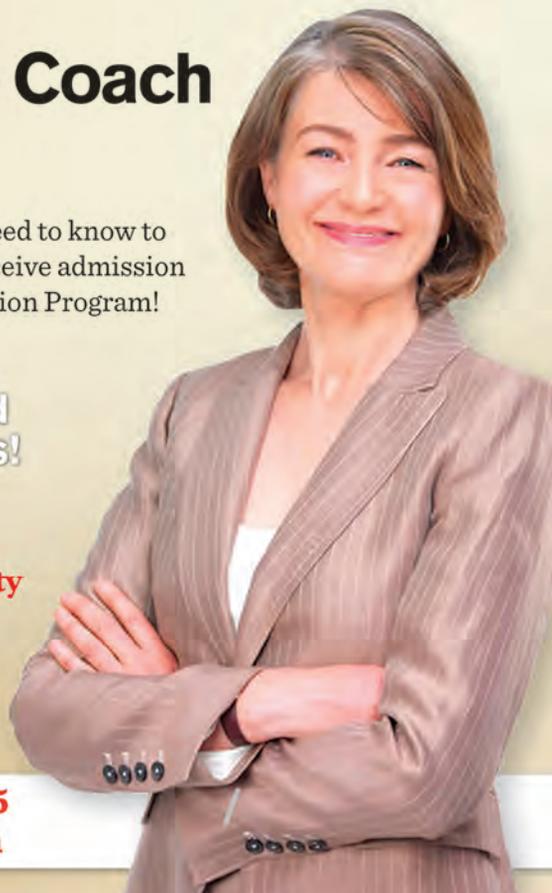
Only Certified Coaches Federation™ graduates earn the esteemed Certified Life Coach Practitioner™ designations!

## REGISTER TODAY

Certified Executive Coach Courses in New York City

*January 18 & 19 (weekend)*

For further information please call: **866.455.2155**  
or visit **[www.certifiedcoachesfederation.com](http://www.certifiedcoachesfederation.com)**



Jodi Serota's



**META**  
center  
NEW YORK



Multidimensional  
Education and  
Transformational  
Arts Center

A Place for the Spiritual Community  
to Gather, Connect & Enjoy!

### Consciousness Raising Events • Creative Arts Healing • Metaphysical Education

META Center New York is a Sacred Spiritual Environment focused on Transformative Metaphysical Education, Healing and the Creative Arts. We present New York's most cutting edge events, workshops & seminars with speakers from around the world.

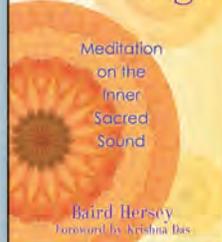
### New York's Best Space Rental

Our beautifully decorated rooms (holding up to 110 people) and private offices are available for lectures, conferences, workshops, creative art & dance classes, and for individual practitioners who share our vision.

For information about upcoming events or space rental,  
visit [www.metacenterny.com](http://www.metacenterny.com)  
or email us at [info@metacenterny.com](mailto:info@metacenterny.com)

META Center New York, 214 W 29th Street, 16th fl., NY NY 10001. Tel: 212 736 0999

### The Practice of Nada Yoga



### The Practice of Nada Yoga

*Meditation on the Inner Sacred Sound*

BAIRD HERSEY

Foreword by Sri Krishna Das

Hudson Valley author Baird Hersey provides meditation exercises for listening to the four levels of sound, to still the body, quiet the mind, open the heart, and connect with the Divine.

\$16.95, paper, 224 pages, 6 x 9  
24 b&w illustrations, ISBN 978-1-62055-181-3

New Edition of *Herbal Prescriptions after 50*

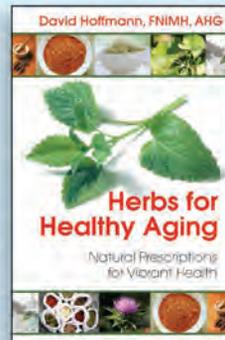
### Herbs for Healthy Aging

*Natural Prescriptions for Vibrant Health*

DAVID HOFFMANN, FNIMH, AHG

A guide to herbal remedies that promote longevity, restore the body's systems, treat chronic conditions, and maintain natural health.

\$19.95, paper, 384 pages, 6 x 9, ISBN 978-1-62055-221-6



**INNER TRADITIONS**  
**BEAR & COMPANY**

Books for the Mind, Body, and Spirit

Rochester, Vermont  
[www.InnerTraditions.com](http://www.InnerTraditions.com) • 800-246-8648



# BOOK

## REVIEWS

### Herbs for Healthy Aging Natural Prescriptions for Vibrant Health

By David Hoffmann, FNIMH, AHG  
HEALING ARTS PRESS  
[www.innertraditions.com](http://www.innertraditions.com)

In this herbal guide to healthy aging, medical herbalist David Hoffmann discusses how to maintain the body's vitality as we age and how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect each of the body's major systems — from the muscles, bones, and digestive system to the pulmonary, cardiovascular, and reproductive organs — as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, bronchitis, varicose veins, and arthritis. He

shows how herbs can help minimize dependence on conventional medical treatments and provide a safe and welcome alternative to the unpleasant and sometimes dangerous side effects of synthetic drugs.

In the materia medica, Hoffmann details more than 150 health-promoting herbs and their actions on the body and mind, preparation methods, and recommended dosages. This authoritative guide to herbal preventive medicine offers holistic treatments designed not only to promote vibrant health but also to provide a way to age with grace.

Also available as an ebook.

David Hoffmann, FNIMH, AHG, has been a clinical medical herbalist since 1979 and one of the founding members of the American Herbalists Guild.

David Hoffmann, FNIMH, AHG



### Herbs for Healthy Aging

Natural Prescriptions  
for Vibrant Health



### Edgar Cayce Center (a non-profit group)

### NYC Holistic Health & Spiritual Growth Resource

**Transformative and Enlightening Workshops  
Wellness Services, Psychic Readings,  
Spiritual Growth Groups.**

Contact us for our Events Catalog or E-Newsletter:  
Tel: 212-691-7690 [www.edgarcaycenyc.org](http://www.edgarcaycenyc.org)

Facebook: [edgarcayce.events](https://www.facebook.com/edgarcayce.events) Twitter: @EdgarCayce\_ARE  
Meetup: Edgar Cayce's ARE of NY (or search: Edgar Cayce)

**Rental space available 7 days/week  
For workshops, lectures and individual practitioners  
Special pricing for multiple/long term arrangements**

**Midtown Manhattan: 241 West 30th Street,  
2nd Fl. Buzzer 102, New York, NY 10001  
(walk from Penn Station)**

# TRS INC.

## PROFESSIONAL SUITE

**THE RIGHT SPACE FOR HEALING, TEACHING  
AND BUSINESS IN NEW YORK CITY**

Helping to build careers for 27 years.

Private offices/group/conference rooms available  
by the hour. Seven days. No lease.

Complimentary office services.

Free WIFI, Massage tables and much more.

15 minutes from Penn Station. Easy access from all  
NYC transport, Long Island, Westchester & New Jersey.

Discount parking.

[www.trsincreprofessionalsuite.com](http://www.trsincreprofessionalsuite.com)

for Calendar of Events, Practitioner directory, etc.

**40 Exchange Place, 3rd Floor. NY, NY 10005  
212-685-2848**

## Total Body Detoxification The Way to Healthy Aging

By Robert E. Moroney, M.A., D.A.

SWING-HI PRESS

[www.amajordifference.com](http://www.amajordifference.com)

It is widely understood that our health is being affected by an environment that is becoming more and more toxic. However, in short supply is advice on "what to do about it?" *Total Body Detoxification: The Way to Healthy Aging* is the answer. This 240-page book is a must-read not only for people experiencing fatigue, body aches and pains, memory fog, fibromyalgia, cancer, diabetes, etc., but it is also an invaluable resource for anyone who wants to maintain a healthy body, mind, and spirit.

*Total Body Detoxification: The Way to Healthy Aging* details many of the underreported problems toxicity has on the body, while simultaneously providing clear and concise methods to

help deal with the daily challenges many of us face. The author ventures further into territory most shy away from – the mental-emotional dynamics of disease processes.

With an amazing history of recovery from self-destructive habits and addictions including pot, cocaine, and alcohol, author Dr. Bob Moroney articulates his own life struggles and gives an unfiltered, first-hand account of how his journey through alternative medicine helped him clear two major illnesses: lung cancer, and liver failure. The reader is taken through the practical battles Bob faced, while also gaining insight into how he dealt with the mental-emotional dynamics that effected his healing.

The reader is left feeling anything is possible, and that no matter how dire the circumstances, how far along the disease process, or how poor the prognosis, healing is always attainable.

A well-written, well-organized book deserving to be read by anyone who wants to either improve their health or simply maintain their current healthy status.

# TOTAL BODY Detoxification

*The Way to Healthy Aging*

ROBERT E. MORONEY, M.A., D.A.



## At last! Real reversal of eye & vision problems with nutrition & integrative therapy.

**Dr. Benjamin Clarence Lane**

Nutritional Optometrist

Fellow, American College of Nutrition



With 6 degrees from major universities, including 3 from Princeton and Columbia, Dr. Lane, offers 28 years clinical and research experience in nutritional optometry. He is the widely reported researcher-author-nutritional optometrist who discovered the importance of the trace-mineral chromium, the chromium-to-vanadium ratio, and the B-complex vitamin "folate" in the prevention and reversal of nearsightedness, the regulation of pressure inside the eye, the energy equations of eye focusing, and the enzymes that prevent and reverse floaters.

Dr. Lane and his supportive staff will help you to SEE to your maximum potential and will help you stay focused for life.

Call now to arrange a consultation or to schedule an appointment for your first preventive nutritional optometry exam!

MEDICARE & MANY INSURANCE PLANS ACCEPTED

**NUTRITIONAL OPTOMETRY ASSOCIATES**

Call (212) 759-5270 or (973) 335-0111

Offices in Manhattan & New Jersey

NY OFFICE: 425 Madison Ave., 8th floor (corner of 49th St.)

EMAIL: [Dr.Lane@NutriOptom.com](mailto:Dr.Lane@NutriOptom.com)

WEBSITE: [www.NutriOptom.com](http://www.NutriOptom.com)

## Glendale Psychic

Spiritual Healing by

*Christina*

Specializes in:

- Reiki Master
- Tarot Cards
- Crystal Readings
- Holistic Readings
- Chakra & Aura Cleansings

*She can bring forward your soul mate. Enhance your career and brighten your health. Christina holds the key to overcome all obstacles and conditions that may be part of your life. All sessions are private and confidential.*

**347-599-1371**

Monday thru Sunday  
8am to 11pm  
6916 Myrtle Ave  
Glendale NY 11385

Available for  
parties &  
gatherings

**Special  
readings \$10**



# FOUR VITAL TESTS

# That Can Yours or Someone You Love

by Peter Frankel, M.D.

**S**tatistics prove it. Cardiovascular health needs to be addressed. There are increasingly more fatalities related to heart disease than ever before and the older you get, the worse the situation.

There is hope for individuals who have a family history of heart disease or stroke and have witnessed one family member after the next surrender to the death call. Join Perry Frankel, MD, a board-certified cardiologist and lipidologist at St. Francis Heart Hospital and North Shore LIJ as he presents four all-important tests for preventing vestibular imbalances, heart attacks and stroke.

According to U.S. Centers for Disease Control and Prevention (CDC) statistics, heart disease is the leading cause of death in the United States, with stroke at #3. Many may not realize it, but accidental falls are among the leading cause of death in the elderly, killing approximately 13,000 seniors each year and resulting in more than 1.5 million visits to hospital emergency rooms. At the next *NEWLIFE EXPO* at the Hotel Pennsylvania on March 21-23, Dr. Frankel will discuss in detail four vital preventative tests that can save your life or the life of someone you love.

## Vestibular Examination

**D**octors previously attributed falls among the elderly to bone weakness, vision impairment and gait problems. A new study from the National Institute for Health reveals that approximately 35% of Americans over the age of 40 suffer from vestibular dysfunction, which is an inner-ear balance disorder. Data shows that inner-ear imbalances strike more than half of all Americans 60 years and older. People with inner-ear balance problems regularly suffer dizziness or vertigo, which could be one of the reasons they tend to fall down.

Vestibular examination is a non-invasive examination for detecting inner-ear balance disorders. Vestibular disorders can go completely unnoticed but, unfortunately, 69 million men and women over the age of 40 are more likely to have a serious fall due to some form of inner-ear dysfunction. Vestibular examination can help diagnose patients with inner ear disorders that are more likely to have serious falls and benefit from vestibular physical therapy to reduce risks.

## Carotid Doppler

**S**trokes kill approximately 157,000 individuals annually. It is the leading cause of permanent disability in the elderly. Yet, almost 75 percent of those who suffer a stroke never knew they had a problem with the carotid artery. For a stroke to occur, a vessel carrying blood to the brain either ruptures or becomes blocked. Brain cells, deprived of oxygen and vital nutrients, begin to die within minutes of the rupture or blockage. If the blood flow is not restored, permanent damage may occur. Detecting early signs of a stroke and getting help quickly can greatly reduce any long-term effects, including disability or death.

The Carotid Doppler Test is a non-invasive strategy using sound waves to measure the flow of blood through the large carotid arteries that supply blood to the brain. It also detects plaque (carotid artery disease) and can help determine stroke risk and the need for preventive measures. The Carotid Doppler is painless and harmless.

# Save a Life

## Abdominal Aorta Ultrasound

Approximately, 200,000 people in the U.S. are diagnosed with Abdominal Aorta Aneurysms (AAA) of which 2/3 have no prior symptoms. An aneurysm occurs when a portion of the aorta bulges or becomes weakened. The aorta is the largest artery in the body. It delivers oxygenated blood from the heart to the rest of the body. When an aneurysm balloons or expands greater than 50 percent of the artery's normal diameter, it is at risk of rupturing. Seventy-five to ninety percent of individuals with ruptured AAAs do not survive.

An abdominal ultrasound is a preventive screening tool used to identify an AAA so that prompt treatment can be provided prior to aneurysm rupture. The ultrasound has good accuracy and is the preferred screening modal of the medical profession.

## ABI for Peripheral Artery Disease

Peripheral Artery Disease (PAD), more commonly known as hardening of the arteries, affects more than 8 million people in the U.S. It is caused by atherosclerosis, a buildup of cholesterol and scar tissue (plaque) that clogs the arteries. PAD causes pain and disability and can lead to an increased risk of heart disease, heart attack or stroke (especially in individuals over 50).

The ABI (ankle-brachial index) procedure measures the systolic blood pressure of the arms and ankles. This test is non-invasive and very easy to administer. An ABI index of .9 or lower indicates the probability of peripheral artery disease.

*Join Dr. Perry Frankel as he shares the particulars of these 4 vital tests at the March NEWLIFE EXPO in New York City, March 21-23. You could save a life... possibly your own.*

# Preventive Medic

By Robert H. Sorge N.D., Ph.D.

Doctor of Naturopathic Medicine since 1964

# W

E HAVE ALL BEEN brought up with the timeless proverb, "Procrastination is the Thief of Time." Our true Scientist tells us that most of our modern day diseases are degenerate in nature. This means they take time to become full-blown diseases.

For example, last year millions of Americans were devastatingly shocked with the diagnosis of cancer. Most Americans are not aware of the truth that it takes 20 years or more for most cancers to slowly develop to the point that they can be officially diagnosed.

If we're honest enough to objectively evaluate the outcome of Orthodox Cancer Treatment we must conclude it is a dismal failure. Chemotherapy is four percent effective. Most medicine treatment exacerbates the condition; patients get sicker from the treatment and die faster. What is true for cancer is equally true for all other named medical conditions.

What your orthodox drug medicine doctor may not have told you, is the science of laboratory diagnostics is ten years ahead of the standard orthodox practice. Cancer antibody tests are now available that are able to detect the propensity toward cancer, not just months, but years in advance before it is even diagnosed. The same holds true for every major medically named condition.

What is shocking to most people is these tests are seldom ordered for preventive

purposes. How is this possible you may ask? The answer is the simple. There are two types of medicine. The first type is mainstream orthodox drug medicine, which can be determined primarily as: The diagnosis, treatment and prescription of diseased symptoms. The second type of medicine has become known as "Alternative Medicine" or "Naturopathic Medicine. This deals with health enhancement, prevention and high level wellness.

The main difference is orthodox medicine diagnoses medical conditions after they manifest themselves. Naturopathic medicine seems to prevent the diagnosis from even occurring, by uncovering imbalances levels of toxicity and deficiencies.

## What Is True For Cancer Is Also True For Most Other Diseases

What is true for cancer is also true of stroke, heart disease, diabetes, high cholesterol high blood pressure, obesity,

chronic fatigue, pre mature aging, depression, constipation, sleep disorders, chronic fatigue memory loss, loss of libido, osteoporosis, liver disorders, Alzheimer's and most other diseases. They are mainly 100% preventable, treatable and curable without harmful drugs.

In naturopathic medicine we believe that every symptom is a sign of a nutritional deficiency and every disease and named medical condition is a sign of a long-term nutritional deficiency either ignored, or worse suppressed with a drug.

## The Good News Is Exciting

The latest scientific discovery in laboratory diagnostics cross correlates, blood, urine, saliva, hair biopsy and iridology with the naturopathic doctors' 1001 nutrition assessment questionnaire. This is the most extensive questionnaire developed to date for nutritional, hormonal and metabolic assessment.

The end result is the most comprehensive nutritional read out in history consisting of a 50-100 page computer read out encompassing everything concerning your individual biological chemistry. With technology now

# Us

sine

# ing Naturopathy

available would you consider procrastination to be irresponsible, foolish or an act of sheer stupidity, in so far as your health is concern?

## Would You Be So Foolish To Drive Your Car 200,000 Miles Before Changing Your Oil?

No. You wouldn't be so stupid. But, how many people do you know that it's ok to destroy Gods Temple (Your Body) without a minimum nutritional checkup? What does a foolish person do? They do little to nothing to build their physical, mental or spiritual health. They procrastinate until a crisis hits them. They go to their orthodox drug medicine drug doctor, seeking a quick relief to their problem.

Once pulled into the orthodox drug system it is not unusual for the short-term relief to result in long-term problems. Once into the drug system it's not easy to get out. I've got some patients who have come to me on twenty-five different prescriptions. The whole idea behind Naturopathic Medicine is not to suppress a symptom, but to uncover and address the bottom line cause.

We are what we eat; it's just that simple. Whatever you eat goes through an immediate process of building cells, tissues, and organs. After a lifetime of eating junk foods, devitalized foods, and nutritionless foods, the cells of the body break down and go into a process of deterioration. Most named medical conditions begin when the body is unable to repair itself.

It is impossible to regenerate cells on Whoppers, golden fries, Big Macs, Pizza Hut, buffalo wings, Taco Bell, Nathan's dogs, Danish, Dunkin Donuts, bagels, Starbucks, Wonder Bread, pastries, cookies, chocolates, (so called) health bars, chips, pizza, and dips.

## 2014 Resolutions To Get A New Start In Life

According to Hippocrates, the father of medicine, "A proper nutrition and lifestyle evaluation represents 50% of the cure". Your self-improvement resolution must begin with an in depth evaluation.

## 2014 RESOLUTIONS

- 1 Resolve to detoxify your body from a lifetime of toxins.
- 2 Resolve to become nutritionally sound.
- 3 Resolve to build an indestructible immune system.
- 4 Resolve to address stress, worry and anxiety
- 5 Resolve to get your body fat weight under control.
- 6 Resolve to stop the pre-mature aging process
- 7 Resolve to rebuild your hormones to youthful level with bio-identical hormone restoration
- 8 Resolve to begin a lifetime fitness program
- 9 Resolve to begin a lifetime spiritual life development program that includes prayer (C.M.) Christian Meditation, bible study, and continue to grow daily physically, mentally and spiritually.

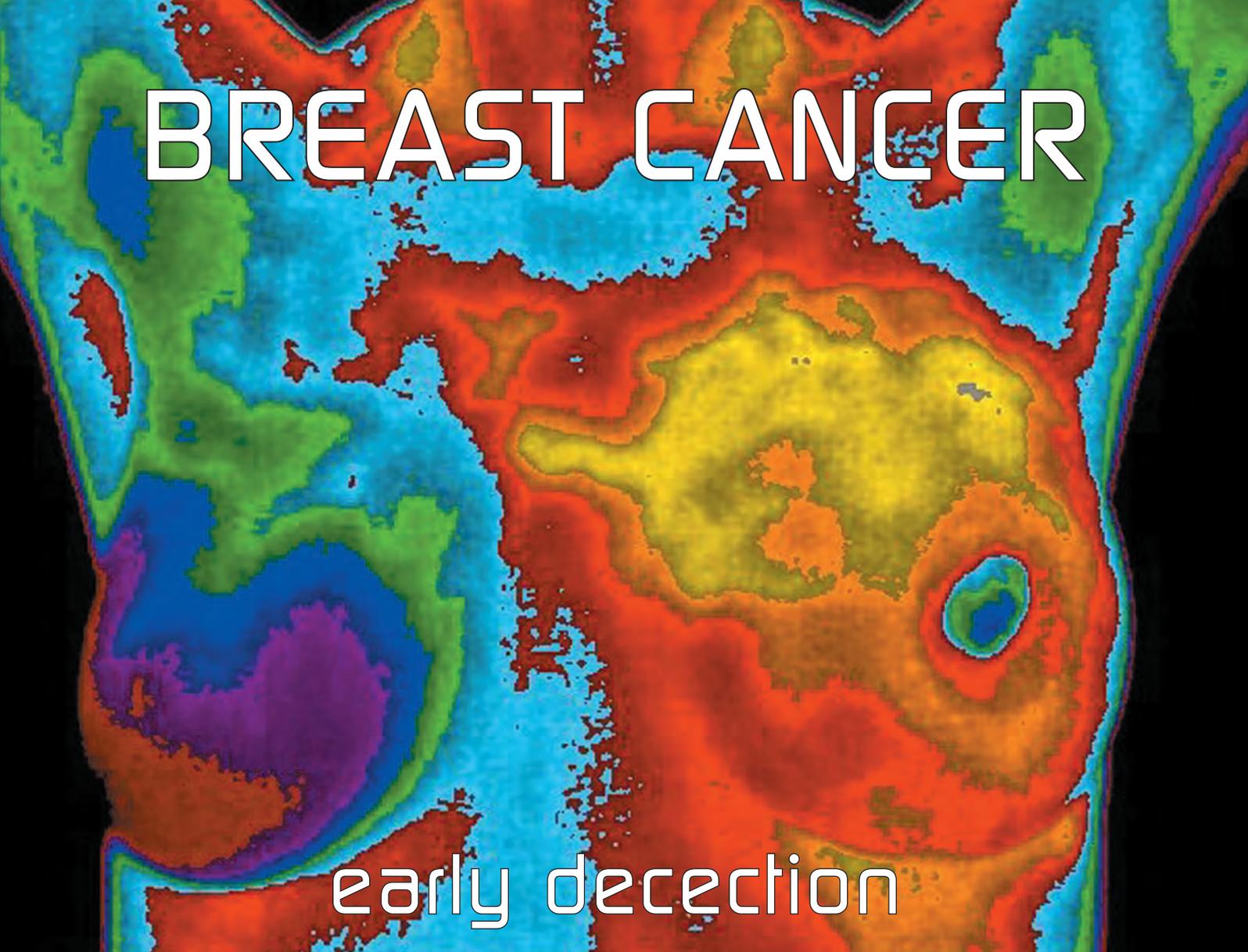
Congratulations, you're off your duff and on your way to a new way of life!

*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](mailto:abundalife@abundalife.com) or visit [www.abundalife.com](http://www.abundalife.com). Dr. Sorge will be appearing at the NEWLIFE EXPO in New York City, March 21-23.*

# HOW TO SURVIVE A HEART ATTACK WHEN YOU ARE ALONE?



**M**any people are alone when they suffer a heart attack, without help. The person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. It could save their lives!! A cardiologist says "If everyone who sees this post shares it to 10 people, you can bet that we'll save at least one life."

A thermal image of a human torso, focusing on the chest area. The image is color-coded, with red and yellow indicating higher temperatures and blue and green indicating lower temperatures. A prominent, irregularly shaped area of high temperature (red and yellow) is visible on the right side of the chest, suggesting a tumor. The left side of the chest shows a more uniform, lower temperature (blue and green). The word "BREAST CANCER" is written in large, white, sans-serif capital letters across the top of the image. The words "early detection" are written in a smaller, white, lowercase sans-serif font at the bottom of the image.

# BREAST CANCER

## early detection

By Patricia Bowden-Luccardi LMT, CNMT, CTT

**A**RE MAMMOGRAMS SAFE? As breast science evolves, so should your wellness strategy? Mammography has been the gold standard for 25 years for breast cancer screening, but many women are opting for Digital Infrared Thermal Imaging, aka DITI or thermography, which is non-invasive, radiation-free and painless. The promising aspect of thermography is to detect physiological changes in the body that are produced by developing pathology or disease years prior to identification on a mammogram and early enough to use preventive measures, rather than detecting disease at a stage where treatment is imminently required.

Developing breast cancer can be detected before it has the density to be seen on a radiograph. As the growing tumor develops a renegade blood supply through a process called angiogenesis, the increase in heat can be identified on a thermal image and compared to the opposite breast. Inflammation created in

the surrounding tissues and lymph nodes is also easily identified on highly sensitive medical grade cameras.

In recent years mammography has been controversial and has come into question as have other medical devices that emit ionizing radiation. It is well known that radiation is cumulative and carries health risks. In November 2009, the United States Preventative Services Task Force said it recommended that women begin regular mammograms at 50 instead of 40 and that mammograms are needed every two years instead of annually between the ages of 50 and 74. The aggressive guidelines were reversed because of the exposure to radiation.

The National Cancer Institute states, "Any level of radiation can cause cancer. It is ironic that ionizing radiation is our best screening tool now for 50 years." John Gofman, M.D., Ph.D. – a nuclear physicist and a medical doctor, and one of the leading experts in the world on the dangers of radiation – presents com-

pellent evidence in his book, *Radiation from Medical Procedures in the Pathogenesis of Cancer and Ischemic Heart Disease*, that over 50% of the death-rate from cancer is in fact induced by x-rays.

A study conducted by Dr. William Hobbins at the University of Wisconsin Medical Center concluded that thermography had 10 times the yield as compared to family history. Abnormal findings on a thermogram, not correlated by mammography, were followed for many years utilizing thermography for changes associated with cancer development. In many cases, mammography and resulting biopsy was positive, as much as 8-10 years later in the exact area the thermogram predicted that a cancer might be present.

In a 2008, The American Society of Breast Surgeons performed a study at NY Presbyterian Hospital - Cornell, finding thermographic interpretations identified 58 correctly of 60 malignancies, correlating to 97% accuracy. The conclusion was DITI is a valuable adjunct to mammograms and ultrasound particularly with women with dense breast parenchyma.

Women of all anatomies, sizes and ages, even pregnant women can use thermography. It is not modified by breast density and is ideal for women who have had cosmetic or reconstructive surgery, or to monitor treatment. Most adult females do not have a mammogram until age 40. This is a critical time period from age 20 -39 that thermography could be beneficial.

Thermography does not identify fibrocystic tissue, breast implants or scars as needing further investigation. It is good at detecting changes in the cells in the armpit area, an area that mammography isn't always good at screening. It is also used for general breast health assessment. As toxins and excessive hormones create increased heat in the breast, monitoring these heat patterns is an excellent way to promote wellness

and see the response to various health approaches and treatments.

Dr. Christiane Northrup, who endorses thermography explains, "Perhaps even more exciting is that a thermogram can help a woman diagnosed with ductal carcinoma in situ (DCIS) decide, along with her health practitioners, whether she requires aggressive or conservative treatment. If you've ever had an unnecessary biopsy or been scared by a false positive result on a mammogram, please consider getting a thermogram and using it in conjunction with the mammogram to figure out your treatment options."

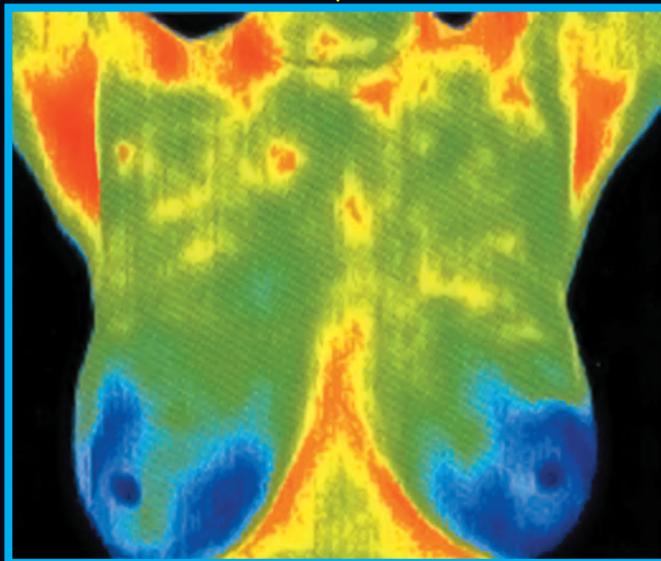
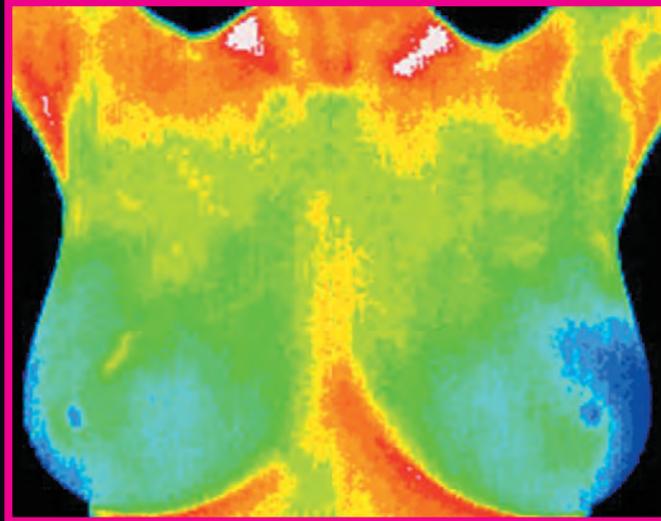
False diagnoses of breast cancer are very common – as high as 89% – leading many women to be unnecessarily and harmfully treated by mastectomy, more radiation, or chemotherapy. Thermography doesn't replace mammography, but is an additional tool that is available to women. When used adjunctively with other laboratory and outcome assessment tools, the best possible evaluation of breast health is made and detection rate increases to 95-98%, exceeding either technology as a stand-alone therapy.

Breast health also starts with optimal nutrition, healthy life style management, reduction of stress and environmental toxins, hormonal balance, optimal vitamin D and iodine levels. The earliest detection is true prevention. Taking care of your self is not a luxury. It is a necessity. Book your thermogram today!

*Patricia Luccardi is a certified thermographic technician and member of Breast Thermography International that offers the most advanced in the scientific standard of thermography, using PACT: Professional Academy of*

*Clinical Thermologist. Certified Interpreters. To find a location near you: [www.btiscan.com](http://www.btiscan.com). 877-315-SCAN*

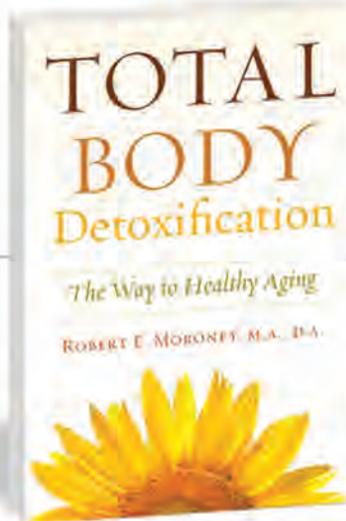
*Thermography scanning will be available at the NEWLIFE EXPO in New York City, March 21-23 at the Hotel Pennsylvania*



Disease affects your ability to perform everyday functions at a level you would like; limiting your ability to enjoy the company of your family, friends and the pursuit of hobbies; and draining your emotional and financial resources.



Total body detoxification is the secret to healthy aging, says AMD founder and inventor of the **IonCleanse®** system, **Dr. Bob Moroney** in this new book. Unique in his approach is the consideration of toxins on all levels – not only the physical toxins from a polluted environment, but also the mental and emotional toxins (often referred to as “stress”) that contribute to disease conditions.



This intriguing 200-page book gives new insight into toxicity and detoxification and provides a road map on how to deal with our environment.

MENTION THIS AD AND SAVE 20%

**Call A Major Difference**

**AT 877.315.8638**

OR

**Visit [www.amajordifference.com](http://www.amajordifference.com)**

AND enter promo code NEWLIFEMAG

© A Major Difference, inc.

7318 S Revere Pkwy, Suite B-7  
Centennial, CO 80112

### Culinary Food Forecast What's Hot

- Amaranth Stir-Fry

Gluten-free eating continues to gain understanding and popularity as more and more foods are available in stores and restaurants. Gluten is found in grains such as wheat, barley, and rye. Gluten causes inflammation in the small intestine and by eliminating all gluten contained foods one can become free of pain and discomfort.

On a gluten free diet there are a wide variety of foods to choose from; beans, nuts, seeds, eggs, fish and other animal foods, fruits and vegetables, many dairy products and some grains including amaranth, buckwheat, corn and cornmeal, flours made from rice, soy, corn, potato and beans, millet, quinoa all the whole grain rice's, sorghum, and teff.

Always avoid foods and drinks that contain barley including malt, and malt vinegar, rye, triticale, and wheat. Avoiding wheat can be the most challenging as there are so many forms it comes in bromated, enriched, phosphated, plain, whole grain and self-rising. Other wheat foods are bulgur, durum flour and pasta, farina, graham flour, kamut, semolina, and spelt. Foods and beverages that are not labeled "gluten-free" are to be avoided such as cereals, cakes, cookies, beer, croutons, French fries, gravies, sauces and anything in a sauce, matzo, pasta, all processed foods and prepared mixes, salad dressings, sauces including soy sauce, snack and junk foods including tortilla and corn chips, soup and soup bases, food addi-



amaranth plant



amaranth seeds

tives and medications and vitamins that can use gluten as a binding agent. Many of these foods are best to avoid anyway since they are highly processed and missing nutrient density.

#### Amaranth Stir-Fry

SERVES 4

Sprinkle into salads, add to cookie batter, or stir in soups, this easy to cook ancient grain always adds a little crunch. Quinoa is also an easy alternative substitute.

- 1 cup amaranth or quinoa
- 1 cup purified water
- 1/2 teaspoon sea salt
- 2 tablespoons extra virgin olive oil, unrefined sesame oil or coconut oil
- 1 onion, sliced thinly
- 1 carrot, chopped
- 1 celery stalk, sliced
- 1 cup mushrooms, sliced
- 3 cloves garlic, chopped
- 1/2 cup almonds, chopped
- 1/4 cup sunflower seeds
- 2 tablespoons natural soy sauce
- wasabi, optional

Bring the amaranth (or quinoa) and water to a boil. Reduce to a simmer and cover. Cook until all water is absorbed, about 10-12 minutes for amaranth and 12-15 minutes for quinoa.

In a wok or large fry pan sauté the vegetables adding one at a time allowing the pan to heat up again before adding the next ingredient. After adding the mushrooms, cover for 2 minutes.

Add garlic, almonds, seeds, and soy sauce.

Using a fork, scratch the surface of the grain to fluff.

Toss amaranth or quinoa into vegetables

and toss until the flavors are thoroughly coated on the grains. Add additional seasoning as needed.

Serve in a bowl with wasabi on the side.

Sauté veggies, garlic, almonds and seeds in the oil until vegetables are tender crisp. Add soy sauce, seasonings and amaranth or quinoa. Mix well until warmed through.

#### The Full Scoop on Amaranth and Quinoa

Cooking amaranth is very easy — measure grains and water, boil water, add grains, gently boil with the occasional stir for 15-20 minutes, then drain, rinse, and enjoy! Yes, it's really that simple. Cooked amaranth behaves a little differently than other whole grains. It never loses its crunch completely, but rather softens on the inside while maintaining enough outer integrity so that the grains seem to pop between your teeth. In fact, the sensation of chewing a spoonful of cooked amaranth grains has been compared to eating a spoonful of caviar (without the salty fishiness, of course). None of our culinary experts reported any success when trying to prepare amaranth for a pilaf, but the cooked grains can be spread on a plate or other flat surface to dry a bit, then sprinkled on salads, added to cookie batters, or stirred into soups.



© LISSA DE ANGELIS  
Lissa De Angelis, MS, CCP is co-author of *Recipes for Changes: Gourmet Wholefood Cooking for Health and Vitality at Menopause*.

# MICROBIOLOGICAL DENTISTRY



## Non-Surgical Preventive and Cure

Here you'll experience dentistry at its finest. Dentistry practiced with the most advanced techniques. As you know, the first signs of poor health are evident in the mouth. Whether it's caused by stress, nutritional deficiency, Candida or allergies.

Here you'll learn the facts. The facts about how we detect the first signs of this deterioration and how to stop it. About the cause and effect of bad breath. About the serious link between gum disease, heart attacks, stroke and bronchitis. About the risk of mercury fillings.

Good dentistry is a combination of technical expertise and artistry with a gentle hand. This is evident in all the procedures performed.

- Digital ultra low radiation x-rays
- Metal-free non-toxic fillings
- Microscopic, Bacterial, Toxicity protein testing
- Non-toxic root canals
- General family dentistry
- Cosmetic Dentistry
- Metal-free 'invisible' braces
- Hi-tech computer imaging

And equally important, we provide you with special instruments and solutions so that you may continue our professional procedures at home. This is your introduction to the finest in dentistry.

Dr. Efron attended Tufts University School of Dentistry School of Dental Medicine and has been practicing Holistic Dentistry for 10 years. Patients will be able to ask the right questions and get the answers they need when it comes to planning their treatment. Topics that will be covered include – when it is time for a filling what is the best treatment? Gum disease diagnosis/prevention. Non surgical gum treatment, filling materials, root canals.

**DR. HAROLD EFRON, D.M.D.**  
261 Fifth Avenue  
Suite 1401  
New York, NY 10016  
(212) 475-7912

[www.drefron.com](http://www.drefron.com)



**IN ORDER TO SAVE YOUR HEALTH, YOU MUST SAVE YOUR TEETH**



*Change - Let Go - Transform - Improve*

In Sacred Space sessions, improve your physical potential and receive...

*Divine Gifts - Insights - Improvements*

Improve Finances, Relationships, Career, Health  
Let Go of Fears, Limitations, Karma, the Past

— *Improve Your Future!* —

**BeWillingToBeAmazed.com**

[www.natdent.com](http://www.natdent.com)  
**212-813-9461 N.Y.C**  
**845-657-2322 Shokan, NY**



Holistic Dentistry &  
Natural Dental Products  
**Dr. Victor Zeines**

Non-toxic restorative material  
Holistic exam  
Tongue assessments  
Mercury removal  
Nutrition

Non surgical TMJ & periodontal therapy  
Sleep apnea  
Restorative & cosmetic dentistry  
Kinesiological testing  
Aromatherapy

Available for phone consultations

### COLON THERAPY



#### Intestinal Cleansing and Detoxification with Kiva Process

JoAnne Greylen Asher, Director

**Colonic Irrigation at its finest;** disposable accessories, triple-filtered hyperactive oxygenated water; Kiva process, a new method that biologically cleans for greater detoxification and purified through ultraviolet sterilization.

Intestinal cleansing may eliminate years of accumulated toxic wastes and stop the unnecessary recycling of poisons that build up in the large intestine. Diluting toxic load may reduce stress on the liver, allowing greater functioning of the eliminating organs. The quality of water used is particularly important in this process.

It is Kiva processed to become soft and carries balanced electrolytes in conjunction with negative ions. The PH is balanced into a more natural state.

#### Clean – Safe – Painless

- Nutritional Counseling
- Ear Candling
- Gluten Intolerance
- State of the Art Hyperactive
- Candida Diet
- Parasite Cleansing
- Oxygenated Steam Sauna

The use of a sauna should be part of any detoxification program. The sauna increases the eliminative, detoxifying and cleansing capacity of the skin by stimulation of the sweat glands and also promotes healthy

skin tone and texture due to increased blood circulation.

- Relaxes and Loosens Muscles, and Oxidizes Toxins
- Stimulates Vasodilatation of Peripheral Blood Vessels
- Eliminates Bacterial and Viral Infections of All Kinds
- Speeds Up The Metabolic Processes of the Inner Organs and Endocrine Glands resulting in a loss of 200-450 calories in a 20 minute session

JoAnne Greylen Asher combines her twenty eight years of study in colon therapy, homeopathy, Reiki, polarity, herbology, reflexology and massage, and brings to you a personal and comprehensive approach to well being.

Medical doctor on premises.

If you would like more information about colon therapy please call:

**JoAnne Greylen Asher, Director**  
**New York Health and Synergy, Inc.**  
 825 Seventh Ave. Lower Level Suite  
 NY, NY 10019 (between 53rd & 54th Streets)  
 TEL. 212-582-6400 FAX. 212-582-6404  
[www.newyorkhealthandsynergy.com](http://www.newyorkhealthandsynergy.com)  
 Providing unsurpassed service since 1986  
 Featured in *The New York Times* 911 list

### DENTISTS

#### STEINWAY NATURAL DENTAL

with

**Dr. Ana Balica**

Holistic & Cosmetic Dentistry



I offer a **COMPLIMENTARY** examination, including periodontal (gums) and oral cancer screening. My patients receive very high quality service and the most affordable fees in NYC. I have almost 20 years of experience and can help you to save your natural teeth.

My patients enjoy a warm and friendly environment, where they can easily discuss their oral health concerns. I take the time to explain WHY treatment is needed and use a special camera to SHOW it to the patient!

I am experienced with patients who are very nervous and can quickly help them become more comfortable. I receive many referrals from friends and family of delighted patients, after receiving treatment at my office. I truly offer a personalized approach, where you are not just a number.

In addition to being a “mercury-free” office, I believe in the use of hypoallergenic and non-carcinogenic materials. I follow the Dr. Hal Huggins Protocol, including nutritional and detoxification support.

My practice offers a clean and modern setting, offering many advanced services in addition to Holistic dentistry. Cosmetic, Invisible Braces and “metal-free” crowns, just to name a few. To protect your health, I always exceed the ADA sterilization guidelines.

**Insurance plans welcome, interest-free financing available.**

**31-49 Steinway Street, Astoria, NY 11103**  
 (R & M train to Steinway subway station)  
**718-545-7175 [www.drbalica.com](http://www.drbalica.com)**

### DOCTORS

#### CENTER FOR UNLIMITED VISION



**DR. JOSEPH SHAPIRO**

20/20 Sight is not perfect. Eyeglasses and sight-improvement techniques (i.e., Bates) are not always the answer. Vision is a total body process. A sophisticated visual analysis requires 21 different tests to determine your unique visual pattern.

Most eye exams lead only to a prescription for glasses which reinforces visual weakness and may not uncover more fundamental visual problems, which may result in the following symptoms: eyestrain, fatigue, discomfort with your glasses or contact lenses, oversensitivity to light, short attention span, inability to concentrate, general nervousness and tension, headaches, blurry or double vision, poor reading skills, and academic underachievement, coordination difficulties, the need to rub your eyes, and permanent squint or frown.

I will analyze your vision and prescribe special lenses and/or daily eye exercise to rid you of your symptoms and make your everyday life more comfortable. In

addition, I am the only optometrist in Manhattan who practices Photoretinology, i.e., the branch of ocular science that uses varying light frequency therapy.

Due to Dr. Shapiro's perspective and pioneering efforts in the field of vision therapy, he is well-received in both holistic and traditional medical circles. He practiced in one of the first holistic centers in New York City, Served as a staff member of the Chiefs of Ophthalmology of Manhattan Eye and Ear and Lenox Hill Hospitals, and served as staff member and clinical supervisor at the New York Light House Low Vision Service. He has done grand rounds, workshops and lectures at 6 major metropolitan hospitals on the subject of functional vision testing and therapy. *Call for information.*

#### CENTER FOR UNLIMITED VISION

128 West 13th St.  
 New York, NY 10011  
 (212) 255-2240 [centerforunlimitedvision.com](http://centerforunlimitedvision.com)



**I can help you!**

**Robert H. Sorge, N.D., Ph.D.**  
Doctor of Naturopathic Medicine Since 1964

### Nutrition Testing And Personal Health Evaluation

Represents 50% of the cure of any health problem according to Hippocrates the Father of all Medicine.

Abunda Life's unique nutrition testing is not available from your regular doctor or local hospital.

The testing combines the latest scientific breakthrough in laboratory blood analysis with the most detailed symptoms questionnaires developed to date.

21st century computer technology provides 50 pages of computer data explaining your exact nutritional needs.

Definitive nutritional recommendations are made with a personal protocol base on your individual biochemistry.

- Uncover the hidden cause of your health problems

- Discover your exact nutritional needs
- Learn if your cells are oxygen deficient
- Discover the foods you need to avoid
- Discover the foods you need to eat
- Special profile available to reveal your exact hormonal needs
- Profile available to catch diabetes, heart disease, cancer and Alzheimer's years in advance of an official diagnose.

#### Abunda Life Medical Nutritional Testing Clinic

208 Third Ave. Asbury Park, NJ 07712  
(Steps to the Ocean and NYC bus stop)

Call Now for Free Phone Consultation: **732-775-7575**

Or pre-recorded information message  
Visit our Website [www.AbundaLife.com](http://www.AbundaLife.com)



## KESSEL CHIROPRACTIC

**Dear Friend, We start each New Year with goals of Health, Happiness & Success!!**

The most important of these is health, but without it there is no happiness. Success in life means nothing unless you have it. My New Years Resolution this year is to have all of you start the New Year as healthy as possible. In order to fulfill this goal, please accept this as a gift certificate to receive a comprehensive wellness screening. (\$200 value)

- FREE SALIVA TEST
  - FREE EVALUATION for undetected nerve damage
  - FREE STRESS TEST
  - FREE HEALTH CHECK UP
  - FREE WEIGHT LOSS EVALUATION
- Offer good for only 60 days.

[www.lkessel.com](http://www.lkessel.com)

email: [kesselfb@gmail.com](mailto:kesselfb@gmail.com)

**481 3rd Ave.** (near 33rd St.) NYC 10016  
**212-683-6666**

## HEALTH



### LAURA NORMAN REFLEXOLOGY CLASSES

Foot • Hand • Face • Ear

Certifications • Continuing Education

NY LMT, NCBTMB, AMTA, AOTA, ARCB CE Provider

- Discover How to Heal Yourself and Others
- Start a Career in Complementary Health
- Add to Your Beauty & Wellness Services
- Be Guided Through Hands-on Exchanges
- Leave with Valuable Skills and Knowledge
- Increase Your Business and Income
- Bring a friend and SAVE \$\$\$!

#### Class Info:

Location: 241 W 30th St, NYC  
(btwn 7th & 8th Aves)

Hours: 9:00am-6:00pm (1-hour lunch break)

#### FACE & EAR REFLEXOLOGY CERTIFICATION

Sat-Mon, February 8-10 (24 CEs)

#### INTRO TO FOOT & HAND REFLEXOLOGY

Sat-Sun, February 22-23 (16 CEs)

#### FOOT REFLEXOLOGY CERTIFICATION - PART 1

Fri-Sun, March 21-23 (24 CEs)

#### FOOT REFLEXOLOGY CERTIFICATION - PARTS 2 & 3

Part 2: Fri-Sun, April 4-6 (24 CEs)

Part 3: Fri-Sun, May 2-4 (24 CEs)

#### HAND REFLEXOLOGY CERTIFICATION

Part 1: Sat-Sun, June 7-8 (16 CEs)

Part 2: Mon-Wed, June 9-11 (24 CEs)

#### TO REGISTER:

Visit [www.lauranorman.com](http://www.lauranorman.com)

Email [diane@lauranorman.com](mailto:diane@lauranorman.com)

Call 212-532-4404

## HYPNOTHERAPY



### Hypnotherapy Certification Training

Professional Training Program

With JOE TORCICOLLO,

MBA, MS in Mental Health Counseling

Beginning January 25, 2014 in Brooklyn, NY

Enroll today to earn a certificate in Hypnosis I, Hypnosis II and earn eligibility to become a certified hypnotherapist recognized by the American Board of Hypnotherapy (ABH) over 7 Saturdays, starting January 25, 2014.

Hypnotherapy Certification Training

In this training you will gain useful tools in Hypnosis for use in your practice and your life. You will learn:

- Advanced Rapport skills
- Suggestibility tests
- Words patterns of Dr. Erickson that create options for your clients
- Various pathways to trance
- Trace through asking questions
- Secrets of trance induction that others don't cover
- Self-hypnosis
- Using hypnotic phenomenon
- Using suggestion techniques to allow clients the freedom to change their lives

**Detailed information and dates about this and our other workshops on**  
[www.enchantmentsbrooklyn.com/Events-Blog.html](http://www.enchantmentsbrooklyn.com/Events-Blog.html)



## STOP SMOKING IN JUST 1 SESSION WITH THE NY FRENCH HYPNOSIS CENTER

We are now offering Hypnosis sessions in English and French. Hypnosis can help you get rid of unwanted habits and empower yourself.

We can help you overcome these habits and lead you into a new way of affronting life's challenges.

Hypnosis has been proved effective for :

- Smoking Cessation
- Stress And Anxiety
- Low Self Esteem
- Migraines
- Post Traumatic Disorder
- Weight Loss
- Sleep Disorders
- Depression
- Nail Biting
- IBS
- Phobias
- Eczema

### CONTACT US TODAY!

Make the decision to change your life!

**Maeva Althaus**  
Certified Hypnotist  
347-217-0299  
73 Spring Street  
suite 201  
New York, NY 10002

maeva@theny frenchhypnosiscenter.com  
www.theny frenchhypnosiscenter.com

## METAPHYSICAL



## Jodi Serota

is a Metaphysical Educator, Channel, Vibrational Healer, Lecturer and Professional Artist available for:

- Channeled Akashic Record Readings/Vibrational Healing Sessions – Channeled Information, Activations and Initiations for Higher Consciousness Learning.
  - Regularly Scheduled Metaphysical Classes, Events and Multidimensional Seminars.
  - Multi-Media Vibrational Healing Concerts & Events Combining Vibrational Sound, Art, Color, Light, Music & Information.
  - Paintings Vibrationally created for Individuals, Environments (Medical, Healing, Sacred, Homes, Offices & more). Art Studio visits 'By Appointment'.
- All of her work is "Divinely Guided" to educate through Metaphysics and the Arts. Her work activates, initiates and acts as a catalyst to promote Consciousness Raising, Healing, Personal Growth & Creativity.

She is the Creator & Owner of META Center New York (Multidimensional, Education and Transformational Arts Center) and co-author of the book "Healing The Heart of the World".

Higher learning CDs and Products available: Sound Healings, Experiential Seminars, Meditations, Books & More. Visa/MC/Discover accepted for seminars and products.

For upcoming events, more info, or to be on the mailing list, call META Center New York 212-736-0999 Ext. 1 or email events@metacenterny.com

Follow Jodi on FaceBook or Twitter@jodiserota or subscribe to her Blog at www.metacenterny.com

www.jodiserota.com

## PSYCHOLOGY & THERAPY

**EXPRESSIVE BODY PSYCHOTHERAPY**  
For artistic accomplishment & emotional growth



**RON PANVINI, PH.D.**  
Certified Bioenergetic Therapist

Just as the story of the wind is written in the sand, our life stories, our fears, disappointments, and longings are written in the structure of our bodies. To move beyond the limits of our history, we must change in mind and body. When we do so, we alter the course of our lives-our fate-and create the chance for embodying new possibilities.

If you are seeking freedom from the limits of inhibition or social phobia, relief from anxiety or depression, if you want to improve your ability to communicate and relate to others, or increase your expressiveness for public speaking, singing, acting, or writing, consider this personal, in-depth, active approach. Therapy or coach-

ing, private sessions, groups, and workshops are offered.

Dr. Panvini's work in expressive body psychotherapy spans twenty-five years. His broad and varied background includes an extensive performing arts career, acclaim as a body-oriented voice teacher, a Ph.D., in Clinical Psychology, Certification in Bioenergetics, and treatment of substance abusers, and victims of torture as a Psychologist at Bellevue Hospital. He is internationally known for his innovative skills in helping people live more passionate personal and professional lives.

**Ron Panvini, Ph.D., C.B.T.**  
(212) 595-4952  
www.bodypsych.com

# VOLUNTEERS WANTED

AMERICA'S LARGEST MIND, BODY & SPIRIT EXPO



**MARCH 21-23 • NEW YORK CITY**

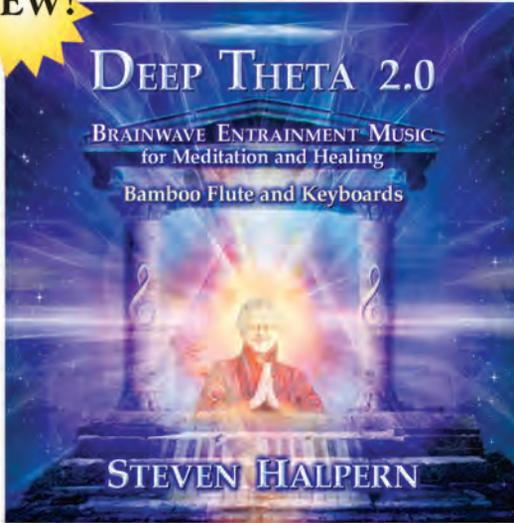
Friday, Saturday, Sunday • Hotel Pennsylvania

Call 516-897-0900 for information

www.NewLifeExpo.com

# Healing Music plus Brainwave Entrainment = Sonic Spiritual Technology™\* for Deeper Meditation, Enhanced Healing and Creativity...from STEVEN HALPERN

**NEW!**



UPC: 0-9379180842-9, \$14.98

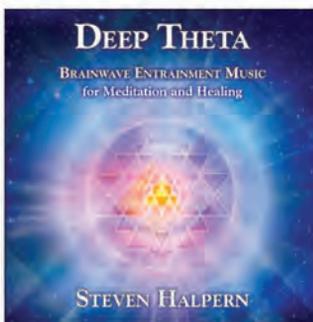
- ★ Ancient and modern instruments from Eastern and Western meditative traditions
- ★ Each track features exquisite melodies on shakuhachi or bansuri bamboo flute
- ★ Guest artists: JORGE ALFANO, Grand Master RONNIE NYOGETSU REISHIN SELDIN and SCHAWKIE ROTH
- ★ Also features Rhodes electric piano and other celestial keyboards
- ★ Each track entrains the brain to 4 Hz for deepest meditation and healing

“\*These soundtracks seem to resonate the pineal gland, stimulating the release of bliss-inducing endorphins for a natural sonic high. The music comes from a profoundly deep place of peace. While recording, I felt like I was embraced in the arms of the infinite. I hope you find it makes a wonderful addition to your personal sound healing library.” — STEVEN HALPERN



STEVEN HALPERN is the GRAMMY® nominated composer, recording artist, brainwave researcher and pioneering sound healer.

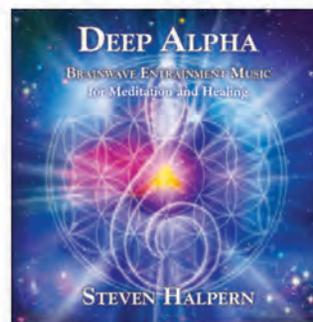
## DEEP THETA



UPC: 0-9379180472-8, \$14.98

- ★ 27 weeks in TOP TEN on the **Billboard** New Age chart!
- ★ For deeper meditation, healing, creativity
- ★ Entrains your brain to the Theta zone (4-7 Hz)

## DEEP ALPHA



UPC: 0-9379180482-7, \$14.98

- ★ 2012 GRAMMY® Nomination for Best New Age Album
- ★ Entrains your brain to the Earth harmonic (8 Hz) for inner peace and well-being



Hear samples, buy MP3s and CDs at: [www.StevenHalpern.com](http://www.StevenHalpern.com)

Also available at [amazon.com](http://amazon.com) and [iTunes](http://iTunes)

SoundR<sub>X</sub>®

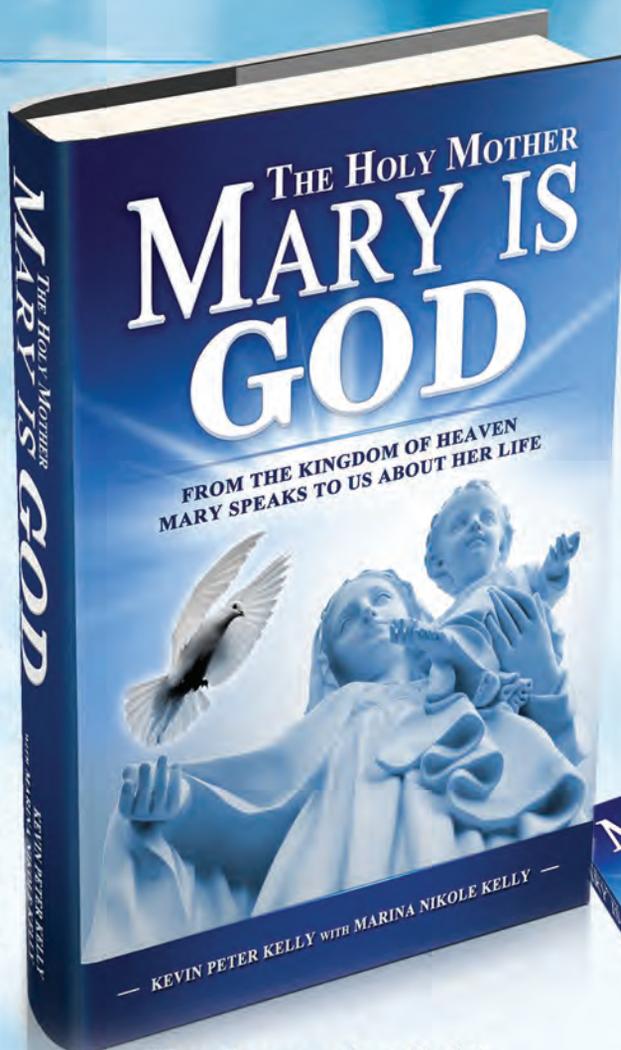
*Hidden for thousands of years...*  
**God's true identity  
is now revealed.**

Has there been a time  
when Holy Spirit,  
The Divine Feminine,  
Mother God  
has incarnated into  
this realm of matter  
that we call Earth?

**Yes!**

Read this  
groundbreaking book  
sharing the enlightening  
and astonishing true  
story of why God waited  
thousands of years  
before revealing this  
wondrous secret.

Retailers contact Ingram  
or call 1-800-345-6665  
[www.DedicatedLightWorker.com](http://www.DedicatedLightWorker.com)



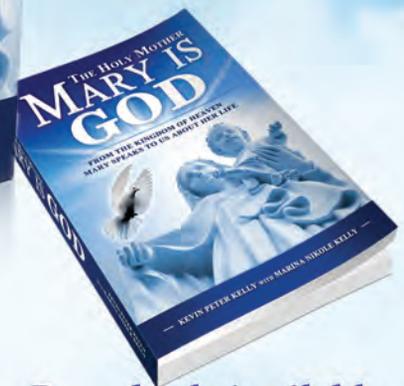
**Hardcover Available**

**November 11th!**

Hardcover-ISBN: 978-1-62954-001-6

The Book that will  
go down in history  
as the revelation  
of who and what  
God truly is.

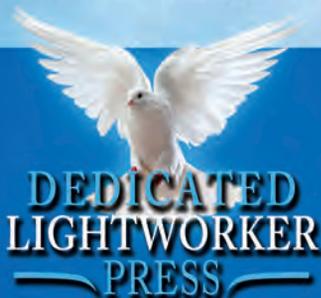
“This book is charged with  
high vibrational energy.  
You might start experiencing  
what we call light frequencies  
passing through your body”  
~Yeshua, Jesus



**Paperback Available**

**October 28th!**

Paperback-ISBN: 978-1-62954-000-9



Available at:  
Barnes and Nobles  
Amazon.com  
Any bookstore



E-book is at:  
Amazon, Barnes & Noble,  
the Apple iBookstore,  
Kobo, Sony, Samsung,  
Baker & Taylor