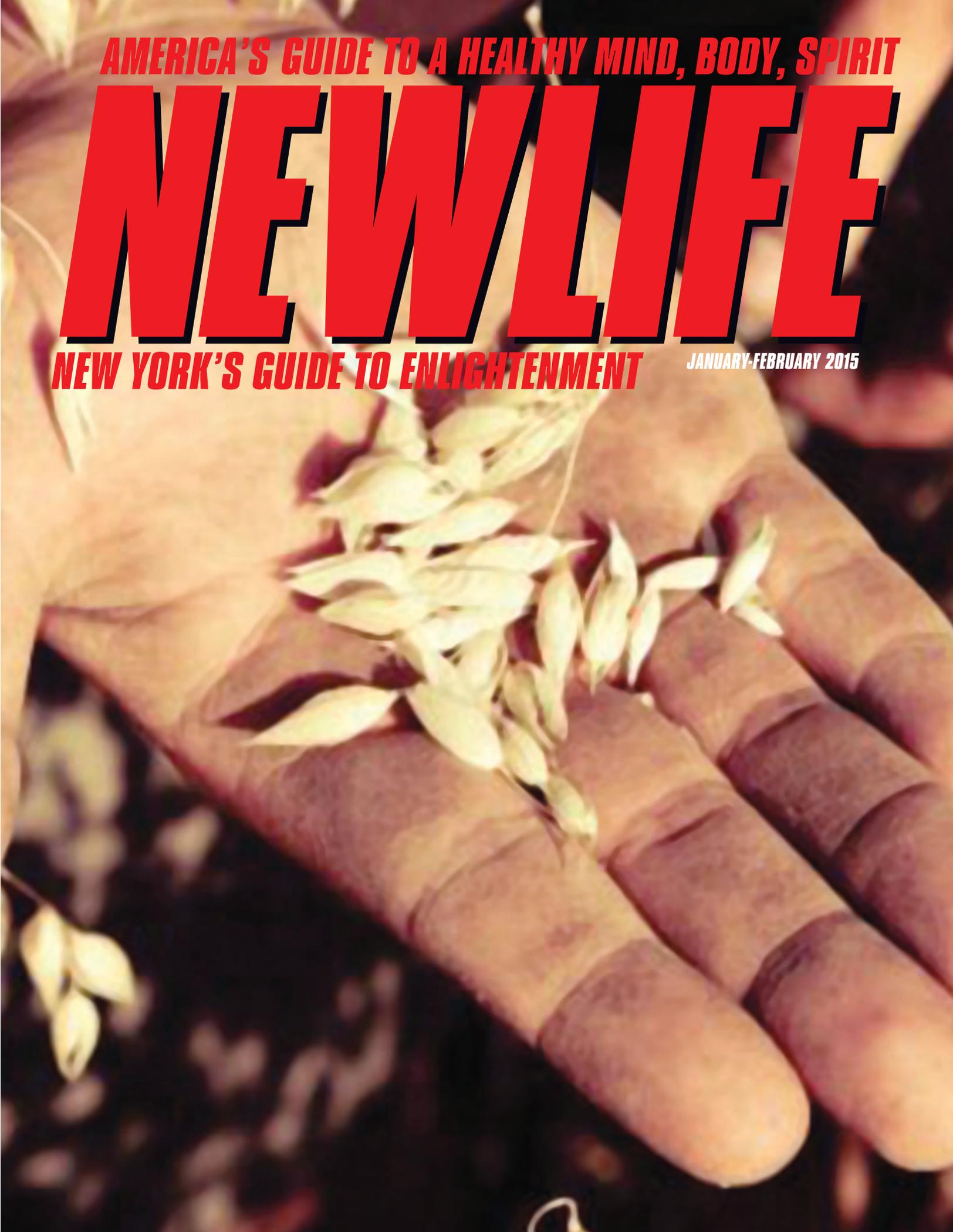


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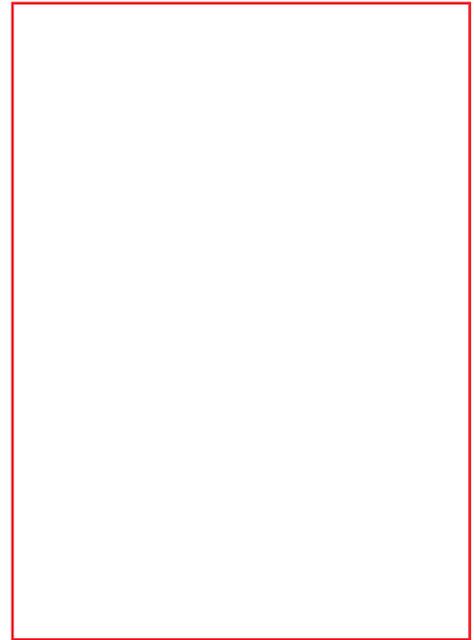
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JANUARY-FEBRUARY 2015



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Letter from the Publisher



Happy Holydays NEWLIFERS,

xxxxxxxxx

And Remember....

It's a NEWLIFE!!!

Om Shalom,

MARK BECKER

NEWLIFE

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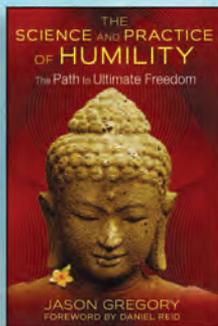
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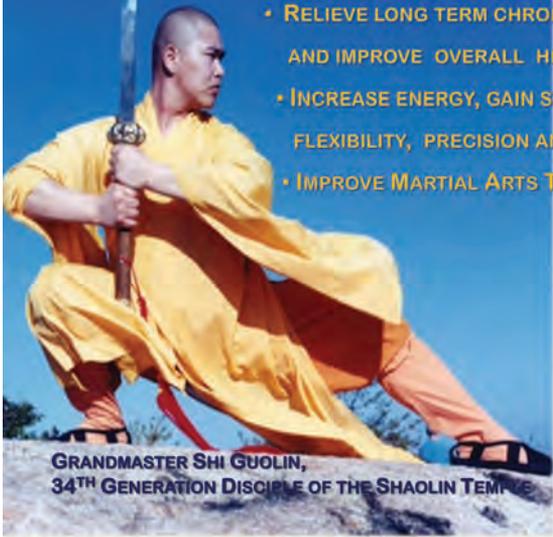
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BOOK REVIEWS

By Sarah Cirillo

Yoga For Cancer A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors

By Tari Prinster

HEALING ARTS PRESS

www.innertraditions.com

In this outstanding yoga guidebook for cancer patients and survivors, Tari Prinster provides a range of practices that look beyond the physical limitations caused by cancer. Unique to this book is the recognition that cancer survivors need more than just restful, restorative postures (but don't worry it provides plenty of these too), they also need poses that strengthen and challenge. Yoga for Cancer provides a range of poses from a 30-minute gentle practice for those still in treatment to a 90-minute more vigorous practice aimed at gaining strength, and everything in between. There is also a useful

chapter with poses to target common side effects cancer survivors encounter while in treatment and in the aftermath. Every pose presented comes with specific modifications that take into consideration the physiological challenges cancer survivors face.

While the pose descriptions and sample practices are the heart of this book, Tari Prinster's personal and professional stories are endearing and engaging, allowing readers to fully immerse themselves in the physical, mental, and spiritual benefits of the y4c methodology she presents. The links drawn between science and yoga provide ample research and information for the inquisitive mind as well as the skeptic.

Yoga for Cancer is an invaluable resource for any cancer survivor, caretaker, yoga teacher, or general yoga enthusiast. As a yoga teacher for a

YOGA FOR CANCER

A Guide to Managing
Side Effects, Boosting Immunity,
and Improving Recovery
for Cancer Survivors

"Yoga for Cancer aids the recovering cancer patient and survivor with experience, warmth, and good sense."

—LOREN M. FISHMAN, M.D., Manhattan Physical Medicine and Rehabilitation and assistant clinical professor at Columbia University

TARI PRINSTER
Foreword by Cyndi Lee, Founder of OM yoga

variety of ages and abilities, I have already incorporated many of Tari Prinster's tools into all of the classes I teach.



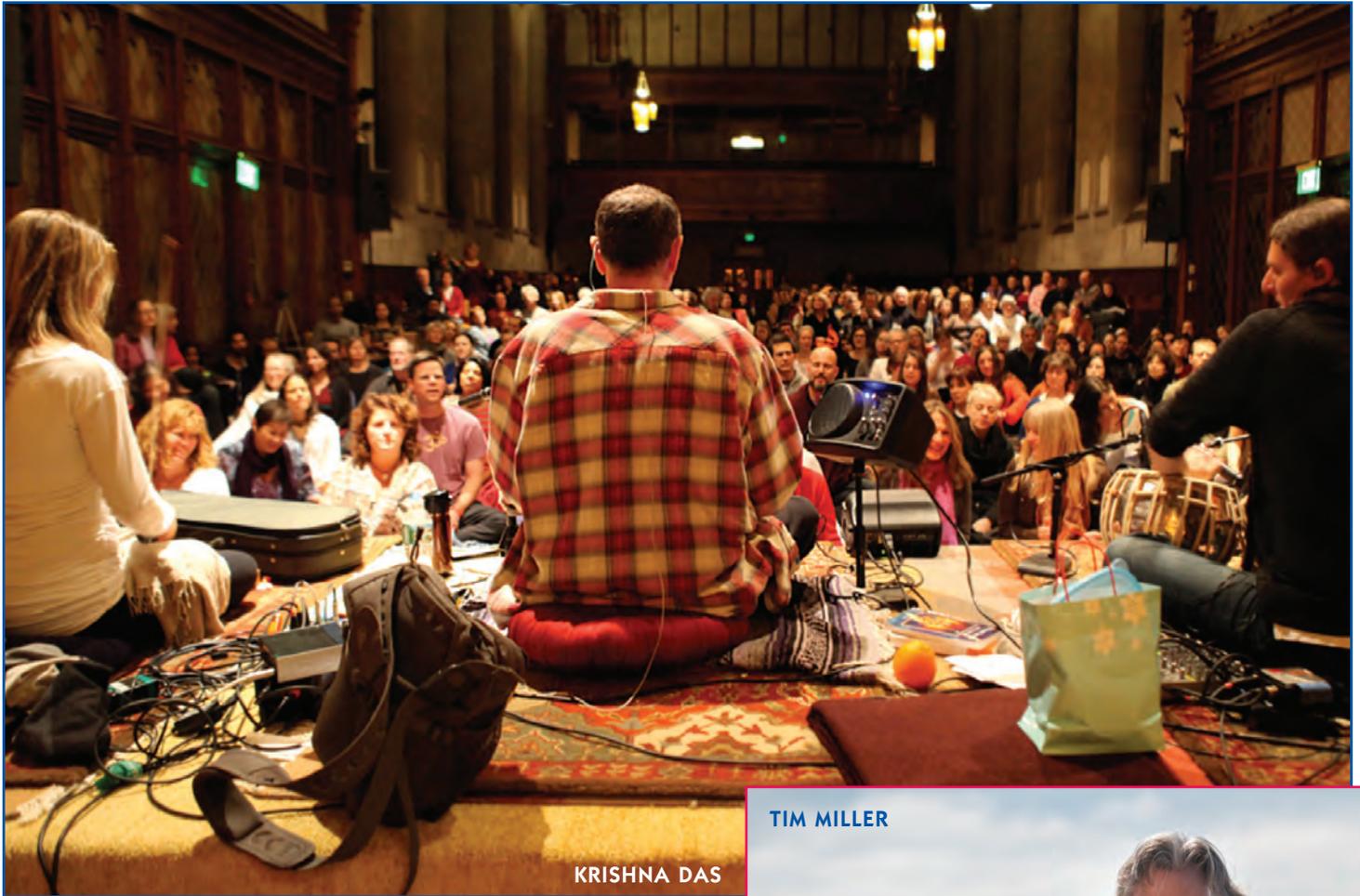
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KRISHNA DAS

Krisna Das The Heart of Devotion Retreat

WITH Tim Miller
SPECIAL GUEST Tulku Sherdor
Garrison, NY
March 13-15

Krishna Das is headed to the Garrison Institute, for the annual Heart of Devotion Retreat, a weekend of yoga, chanting and devotional heart-opening practices in a tranquil setting overlooking the Hudson River. Joined by respected yoga teacher Tim Miller, this 3-day retreat will also explore yoga asana and meditation, and special guest Tulku Sherdor, will offer an introduction to Tibetan Chants. This is a wonderful opportunity to spend time with a group of dedicated seekers and immerse your self in practices, teachings, and discussion.

Krishna Das is a Grammy-nominated chant

artist and has sung with people all around the world for over 35 years. His music offers the practice of chanting mantras mostly in the Indian tradition with Buddhist and Gospel infusions. By sharing his life experiences on the Path, through his workshops and his book "Chants of a Lifetime", people around the world have found a way to integrate spiritual practices to live their lives in a better way with some peace of mind.

Tim Miller has been studying and teaching Ashtanga Yoga for over 30 years and was the first American certified to teach by Pat-tabhi Jois at the Ashtanga Yoga Research Institute in Mysore, India. Through his dynamic, compassionate and playful teaching manner, Tim instills a passion for yoga practice.

Tulku Sherdor is renowned as a scholar and interpreter of Tibetan Buddhist teachings into Eng-

TIM MILLER



lish, and known for his quiet yet humorous and insightful manner. He has traveled far and wide with and translating for a great number of distinguished meditation masters.

Please visit Krishnadas.com for more information or to buy tickets. For information, visit www.krishnadas.com/tour_schedule.cfm.

NATURAL COOK

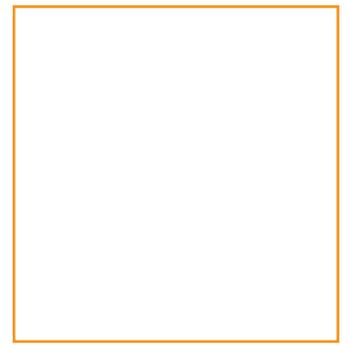
By Lissa DeAngelis, M.S., C.C.P.

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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.



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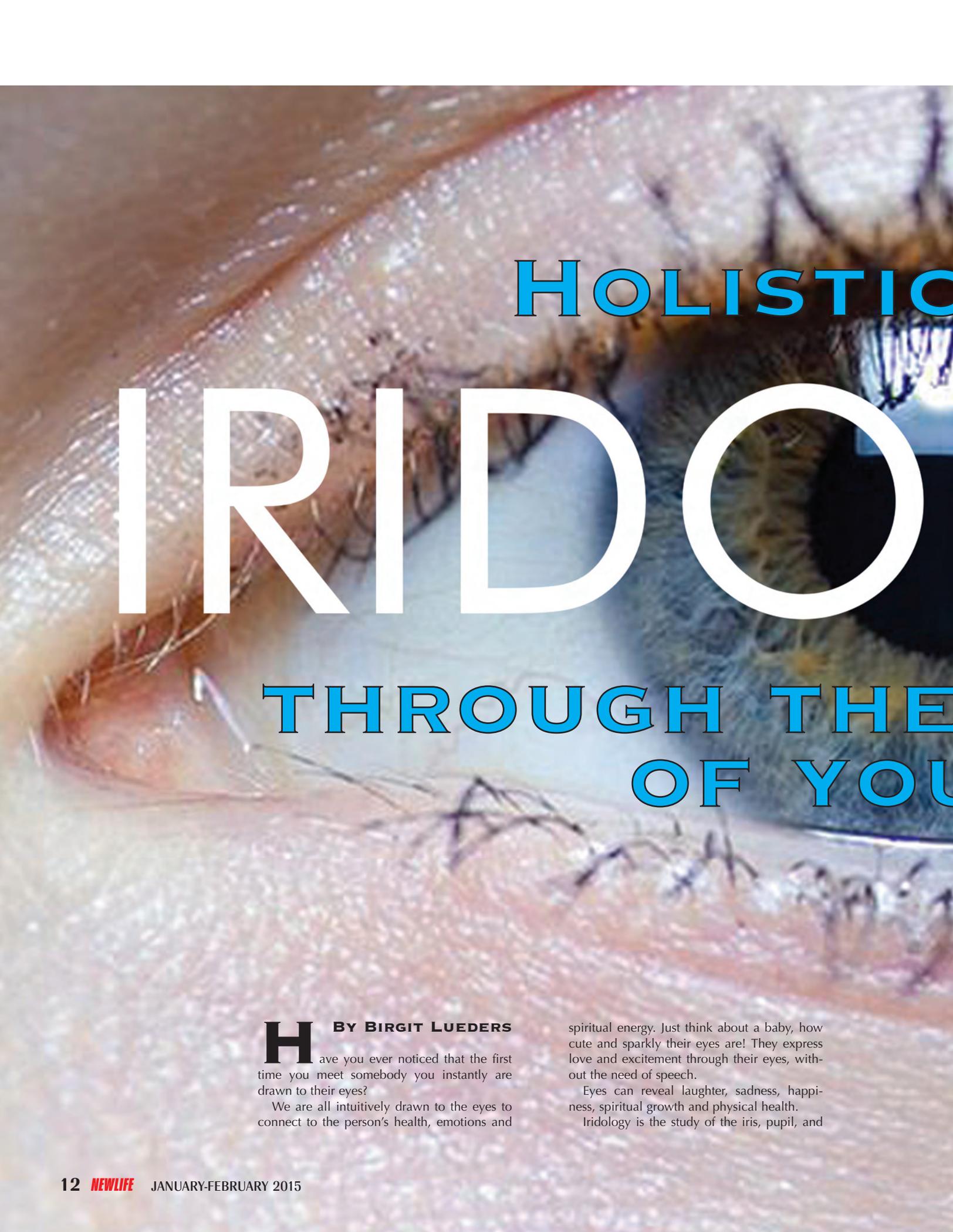
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HOLISTIC IRIDODO THROUGH THE OF YOU

H BY BIRGIT LUEDERS
ave you ever noticed that the first time you meet somebody you instantly are drawn to their eyes?

We are all intuitively drawn to the eyes to connect to the person's health, emotions and

spiritual energy. Just think about a baby, how cute and sparkly their eyes are! They express love and excitement through their eyes, without the need of speech.

Eyes can reveal laughter, sadness, happiness, spiritual growth and physical health.

Iridology is the study of the iris, pupil, and

A close-up photograph of a human eye, showing the iris and eyelashes. Overlaid on the eye is a complex, branching network of fibers in shades of blue and white, resembling a digital or biological structure. The text is overlaid on this image.

HEALTH

IRIDOLGY

PERSPECTIVE
OUR EYE

sclera. Each iris comes with its own unique pattern of colors, fiber density and structures. Each unique pattern represents certain energy within different body systems. By using a special digital iris camera a trained Iridologist can analyze patterns and identify underlying body weaknesses, strengths and genetic predispositions.

Iridology is not new. The first records of iris analysis date back as far as ancient Babylon. In the 20th century, doctors and scientists from United States, Australia, Europe and Russia brought worldwide recognition to Iridology. These great international Masters developed several

Iridology Charts, which made Iridology more easily accessible.

Within the physical Iridology specific colors and structures of irises have been grouped into constitutions. These constitutions have been clinically researched by Iridologists working with the medical community and are a guide for health assessment.

For example:

Within the blue colored iris we can find

- Weakness within the lymphatic system, probably more prone to sinus and throat infections.

- Prone to be more acidic which can cause a higher chance of arthritis and gout

Within the brown iris we can find

- Weaknesses within the digestive system

- Higher chance of sugar imbalance

Of course these examples are very basic, but it can give you an idea what Iridology is all about.

But Iridology is not just about physical signs, it can also identify emotional strengths and weaknesses. If an iris has a small indentation within the liver zone, it is an indication of holding onto past anger or suppressed feelings. Most of our emotional pain stays hidden deep within our sub-consciousness, but can be revealed through the eyes.

Each organ has specific emotional precursors that in an area of weakness can trigger a set of physical symptoms. Some emotional and physical connections within the body are:

- **GALLBLADDER:** An inflamed gallbladder is associated with hidden emotions like hatred, bitterness and the inability to forgive.

- **STOMACH:** Stomach complaints are often associated to the feeling of "it makes me sick to my stomach!"

Iridologists are like detectives who string together evidence of the physical and emotional body to guide clients to emotional and physical freedom. As an Herbalist I can't imagine a better evaluation tool than the eyes of my clients. The moment a client comes to my office, I can assess their physical, emotional and even spiritual health through their eyes.

The spiritual side of Iridology is not very common. I happened to tap into it after several years of practicing Iridology, when I started to notice small little clouds with-

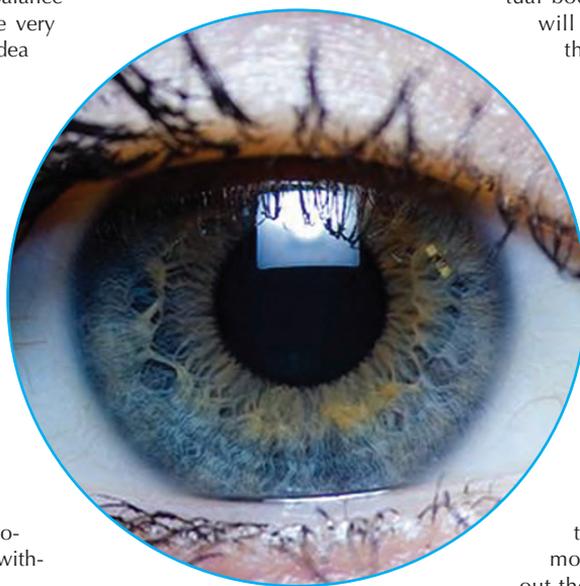
in the pupil. These clouds sometimes looked like objects or faces. I was confused by this, since Iridology teaches that the signs for the body's health are only within the pupil border and the iris fibers. Then one day I had a client who is a known Medium. Her digital iris picture showed a whole group of faces within the pupil. When I asked my client if she saw something strange within her pupil, she immediately replied, "Yes, I can see my spirit guides within my pupil!"

You can imagine how surprised I was! After reading hundreds and hundreds of eyes with my camera I finally realized that even the spiritual world is recognizable within our pupils. Since then I have been giving Iridology Readings that zigzag between the physical body, the emotional body and the spiritual body. I never know exactly what I will tell my clients before I meet them, but once I lay my eyes on their eyes I am able to give them information that can be used for their lifetime.

With health insurance rates rising and more and more people on expensive medications, it is even more important to take advantage of a holistic health module that breaks away from disease orientation and instead addresses each individual's search for optimum health.

I am Birgit Lueders, an Iridologist. I read my clients' Soul map so they are able to be healthier, happier and more spiritually engaged throughout their life.

Birgit Lueders is a certified Master Herbalist, Iridologist and Yoga Instructor. Birgit first learned the values of an organic vegetarian lifestyle in her home country of Austria. In 2009 she officially established her business called, BirgitCare. She offers wellness coaching, based on a private personalized evaluation. BirgitCare's holistic approach towards optimum health is rooted in the belief that our bodies have their own healing power. Customized herbal blends, super foods, vitamin supplements, exercise and good old fashion caring are the tools of Birgit's success. Visit www.birgitcare.com to see the difference she has made in her clients lives. Birgit now lives in Paoli, PA with her husband Mark and her two girls, Emma and Lisa.



THE GERM THEORY

M

ODERN DAY pharmaceutical medicine is only a theory, furthermore it is a false theory disproven by our true science from the start.

If the germ theory of disease was true medical science, there would be no life on the earth. The germ theory says that any killer epidemic would spread over the whole earth.

Everyone knows that an epidemic does not kill everyone. Why? Simply because some people have stronger immunity, which overrides the germ theory.

Antoine Bechamp was a doctor, chemist and biologist who believed and proved the opposite of Louis Pasteur, which was

By Robert H. Sorge, N.D., Ph.D.
DOCTOR OF NATUROPATHIC MEDICINE SINCE 1964

that human beings create their own microbes in order to establish order and balance inside tissues and organs. He said that germs are actually allies to the human system. If the germ theory of disease were true medical science, there would be no life on the earth.

Germs (bacteria) are not the cause of disease. However, in their action on the dead tissues and other wastes, preparing it for elimination from the body, fever is produced. When the waste has all been chemically changed and eliminated, the germs (bacteria) disappear.

It is dead things or dead cells that fall prey to bacterial infection. Germs feast upon dead cells, never attacking living matter. Germs (bacteria) feed upon a mass only when it ceases to live. Dead flesh or dead cells fall prey to bacterial infection.

Therefore, disease is not contagious. Germs (bacteria) are a result of disease, not a cause. This cancels the notion of "Contagious disease."

The positive evidence is that the purpose of germs is to break down and facilitate the elimination of poisonous material that we call infection. Disease comes first and bacteria later. This is the proper relationship of cause and effect.

The germs or bacteria are scavengers. Disease or sickness develops because of unnatural living.

And we do not "catch" colds or so-called virus infections. We develop colds and infections from nutritional deficiencies and unhealthy body conditions.

When the body is overly fatigued with excess stress, toxins and malnutrition, there is a breakdown of immunity. A person's nutritional status and hydration level is the prime determinant of health. Disease comes from within!

The Ebola "crisis" is proof that Bechamp was correct. Ebola is only an epidemic in West African countries devastated by decades of war, chemical pollutants, poor sanitation, malnutrition and dirty water – all things that compromise immunity. There are also reports that U.S. corporations and the military-industrial complex are testing bioweapons in the region.

The first U.S. Ebola patient, Thomas Eric Duncan, was sick when he came to the country. Yet, despite being cooped up in an apartment with him while he was sick, three of his acquaintances did not get Ebola. Nor did any of those who cleaned the area and the ambulance he rode in. Those three acquaintances were even quarantined in the apartment with Duncan's dirty linens for days.

The base cause/effect relationship between health and disease, sickness and wellness is toxins, nutritional deficiencies, hypoxia (cellular oxygen deficiency) and stress.

What is not taught in medical schools and what is not known by most people is the founder of Germ Theory Louis Pasteur renounced his theory shortly after it was accepted by the orthodox medical profession.

Pasteur continued to renounce his theory until his dying day. On his deathbed he said: "Bechamp was right. The germ is nothing. The body's terrain is everything!"

What does this mean to us today? The germ is nothing. Toxins and building an indestructible immune system is everything.

Immunity Builders

If our immune system is strong and healthy we could sleep with people dying with "contagious disease" and never get sick. This includes the disease du jour Ebola – or SARS, N1H1, avian flu, the common cold or whatever. What a relief this is to know but how difficult it is to get people to believe.

So how do we ensure we have strong immune systems? It starts with a rested body and a healthy alkaline diet. Higher alkalization means oxygen and more oxygen signifies higher immunity.

For an alkaline diet we must consume whole, nutrient-rich foods, mostly from raw, living sources. When you eat more than 50 percent raw foods, you can stop the inflammation triggered by processed, refined or even cooked or baked foods.

Our diet should be 80 percent vegetables (organic) with only 20 percent meats (preferably free range and to exposed to GMOs or antibiotics). Avoid anything processed, which creates acidity in the body. Acidity leads to disease.

Building an Indestructible Immune System in Advance

1 Step one is a professional Nutrition and Lifestyle evaluation. Stop toying with your health. The father of medicine, Hippocrates, taught in all his medical schools 2500 years ago "A proper nutrition evaluation represents 50% of the cure."

2 Start on a daily fitness program.

3 If you have health challenges that are slow to respond consider Ozone Therapy, Colon Hydro Therapy and Vitamin Immune Drips.

4 Start on a "Jug One" protocol. Mix one quart pineapple juice, one quart grapefruit juice. Add two tablespoons of Super C Active, Power Cell, Ionic Liquid Silver, and Immune Formula. Drink daily over the course of the day.

This is the reason the Abunda Life Naturopathic Program has gotten such incredible and consistent results for so many years. The program addresses the bottom line cause of most health problems.

EDITOR'S NOTE: Doesn't meat add acidity to your diet?

Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of AbundaLife Medical Nutrition Testing Clinic at 208 Third Avenue, Asbury Park, NJ. He can be contacted at 732-775-7575, by email at frontdesk@abundalife.com or visit www.abundalife.com. Dr. Sorge will be speaking at the NEWLIFE EXPO in New York City, March 20-22.

AD
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Why Do Love

By ???????

W

OULD YOU LIKE TO TASTE the health-giving grain found in the tomb of King Tutankhamun? Or feast on the unprocessed kernels said to have been stored on the ark by Noah? Or how about a vodka made from traditionally farmed Bolivian quinoa? If any of this whets your appetite, you are not alone.

In the past five years there has been an explosion in popularity of so-called “ancient grains” in the American food market.

There is no comprehensive list of “ancient” grains, but the category is generally agreed to include amaranth, barley, bulgur, buckwheat, kamut, millet, spelt, teff and quinoa.

Many of these grains — Bolivian quinoa and Ethiopian teff, for example - have been planted and harvested in the same way for thousands of years.

“It’s been a positive perfect storm for these ancient grains,” says Cynthia Harriman, director of food and nutritional strategies at the non-profit organisation, the Whole Grain Council.

“They fit with our desire to look for a super-food, a magic bullet we should be eating,” she says.

Ancient grains are perceived as the opposite of modern wheat, which is the descendant of three ancient strains of wheat — spelt, einkorn and emmer - and often heavily refined.

They are seen as more healthy, more natural and better for us, providing more vitamins, minerals, fibre and protein than modern wheat - partly because they are rarely eaten in processed form.

ANCIENT GRAINS

- **AMARANTH** : 1 grain, used by the Aztecs, which is both gluten and wheat-free and is a source of vitamin C
- **BARLEY** : An excellent source of fibre, manganese, selenium, and thiamine
- **BULGUR** : A quick-cooking form of whole wheat which is high in manganese

Americans Ancient Grains?

- **KAMUT** : Has a nutty flavour and is high in fibre, protein and several minerals, including selenium and manganese.
 - **MILLET** : A small, whole grain is a staple in many Asian and African countries but thought of mostly as bird food in the United States
 - **SPELT** : Commonly eaten in medieval times, spelt is part of the wheat family and is high in protein and fibre
 - **TEFF** : Common in Ethiopia, this grain has the highest calcium content
 - **QUINOA** : Perhaps the best known ancient grain, quinoa is a complete protein since it has all nine essential amino acids
- Many of the grains are also gluten-free, or at least low in gluten, tapping into a growing demand from consumers.
- Part of the popularity of these grains are the stories that surround them, says Harriman.

"We're drawn to the idea that kamut comes from King Tutankhamun's tomb, the story draws our attention," she says.

"It's a revolt against processed food. It's the opposite of modern." Other nutritionists agree.

"Aztec, Indian, African," says Vandana Sheth, nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

"People might be more interested in trying these grains because of their place of origin, history and the culture," she says.

One of the first references to ancient grains as a health food was in an article in the New York Daily News in 1996.

Since then they have seen a steady surge in popularity, with a huge increase in consumption over the past five years, particularly in the last year.

According to figures released by the US Whole Grains Council, sales of kamut rose 686% in the year from July 2013, while sales of spelt rose by 363% and amaranth by 123% — all, admittedly, from a low base.

Such growth figures have spurred the processed food industry to take notice, especially against a backdrop of falling sales of breakfast cereals.

"In the past year ancient grains saw a 50% growth across all categories, and a 44% growth in the cereal category," says Alan Cunningham, marketing manager for new products for the food giant General Mills.

The company has announced it will be launching a new line of its successful breakfast cereal, Cheerios, with ancient grains next year.

"It's a way to bring this product into the mainstream," Cunningham says.

"Consumers may feel that the barrier to eating ancient grains is that they're not convenient, so we figured a way to deliver them in a bowl of cereal."

But this will also mean including five times as much sugar as in the original Cheerios recipe - 5g of sugar per 28g serving, instead of just 1g - though, as Cunningham points out, about half as much as in the company's best seller, Honey Nut Cheerios.

"We feel great about the health profile of this Cheerios," he says.

But the addition of sugar and heavy processing has led some to accuse companies like General Mills of cynically making money from the "health halo" surrounding ancient grains.

"Like any grain they can be used in a healthy or unhealthy way," says Hemi Weingarten, founder and CEO of the food blog site Fooducate.

"The gullible consumer is going to buy more if it sounds healthy," he says.

Nutritionists argue that consumers should look at carefully at nutrition labels before buying processed food, to check for the amount of whole grains, and of added ingredients, such as sugar.

"I have heard industry analysts talking about taking advantage of the ancient grains trend," says nutritionist Cynthia Harriman.

"With ancient grains on the label, you could increase the price by 50-300%," she says.

The main barrier standing in the way of incorporating more ancient grains into the American diet is a shortage in supply.

There are also concerns that the exploding market for the grains could have an adverse effect on populations that have eaten them for centuries, the quinoa-growers of Bolivia, for example.

But experts do not see this as a passing fad.

"By incorporating ancient grains, we'll benefit by not only getting more whole grains but enjoying a wider array of flavours, textures and nutritional profiles," says Vandana Sheth.

"Although they are currently thought of as a hot trend, I believe that ancient grains are here to stay."

21st CENTURY

W By Alex Shvartman

ere are a decade and a half in to the 21-century. Like many industries that are affected by innovation, dentistry has advanced significantly since the 1800's. Sadly, most dentists are still using Civil War era techniques and technology in a world of space age materials and advances. Fortunately, Drs. Alex Shvartsman has embraced current, state of the art thinking, technologies and techniques to provide his patients with modern, comfortable dental care.

Biomimetic Dentistry is a modern approach to tooth restoration. Its focus is to restore teeth as close as possible the natural biomechanical structure of the tooth. The original practice of drilling ditches, pits, dove-tail undercuts, and placing pins into healthy tooth structure as dictated by woodworking principles used with silver-mercury amalgam fillings weakens the tooth and makes it more susceptible to fracture. In addition, metal fillings are just space fillers and do nothing to add strength to an already decayed weakened tooth. 21 Century dentists, like Dr. Shvartsman use biological adhesives to bond tooth colored fillings into teeth, reinforcing them from the inside. There is no material that is as good as your own natural tooth therefore minimally-invasive and tooth structure-conserving dentistry is the trend of 21 Century Dentistry.

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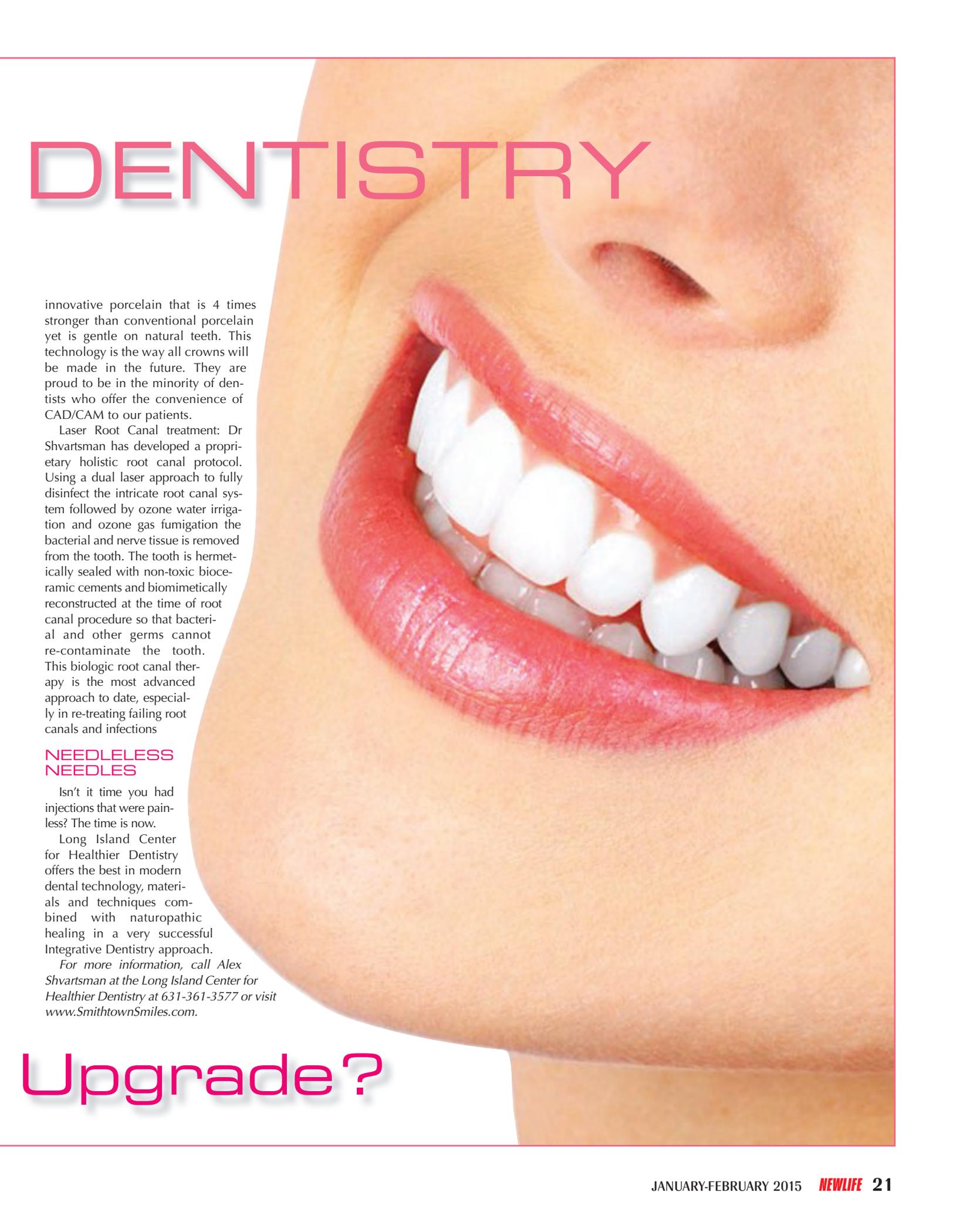
especially in the past decade. Like many industries, dental lasers are used to improve the results of many traditional procedures. Dr. Shvartsman uses 4 different dental lasers in his practice. Procedures include painlessly and precisely detecting tooth decay without pointy metal picks, tooth decay removal, bloodless surgery, canker sore and cold sore treatment, periodontal disease treatment, root canal therapy and TMJ treatment, pain relief and laser tooth whitening, to name a few. Dental lasers help reduce swelling, pain and remarkably help to improve our bodies healing response. In properly trained hands dental lasers are safe, effective and are transforming the dental experience for our patients.

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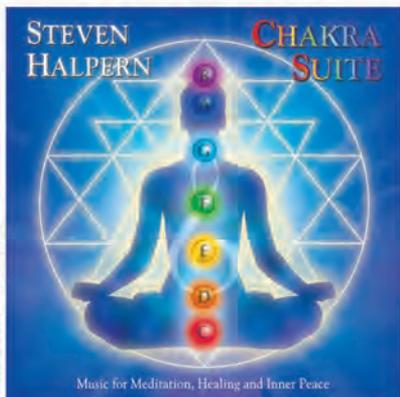
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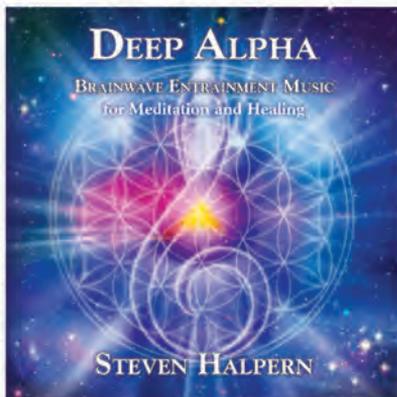
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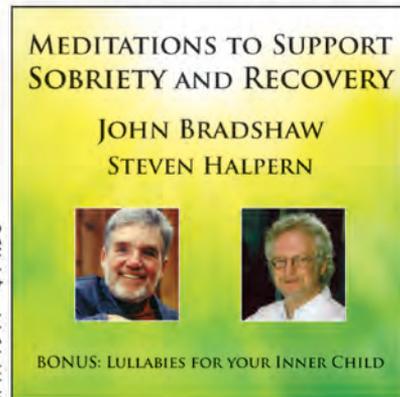
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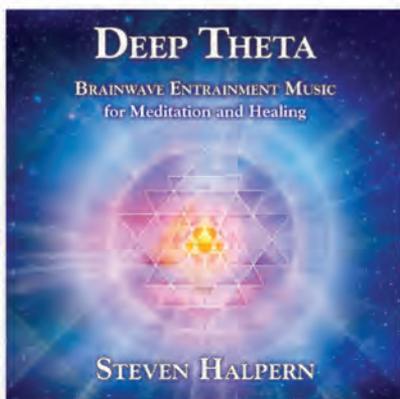
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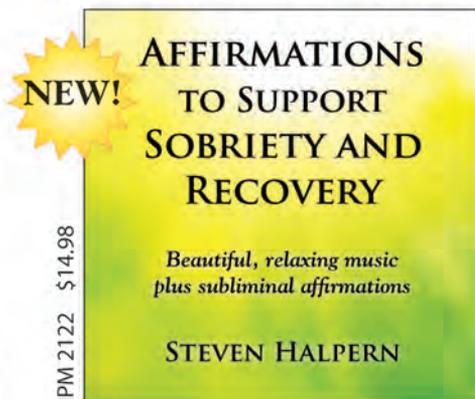
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