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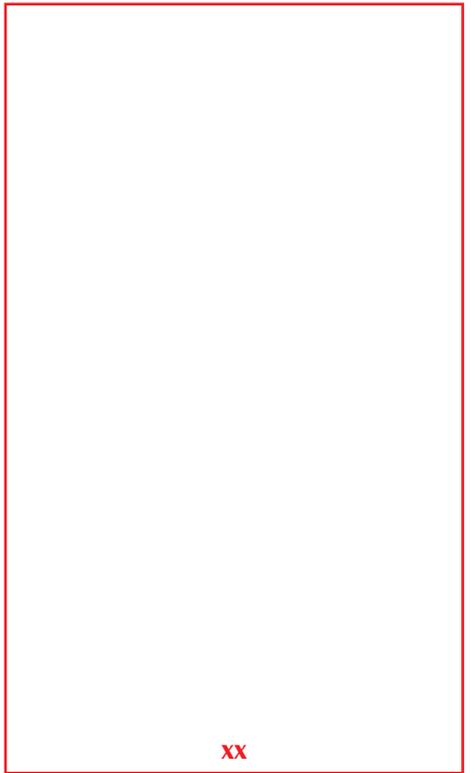
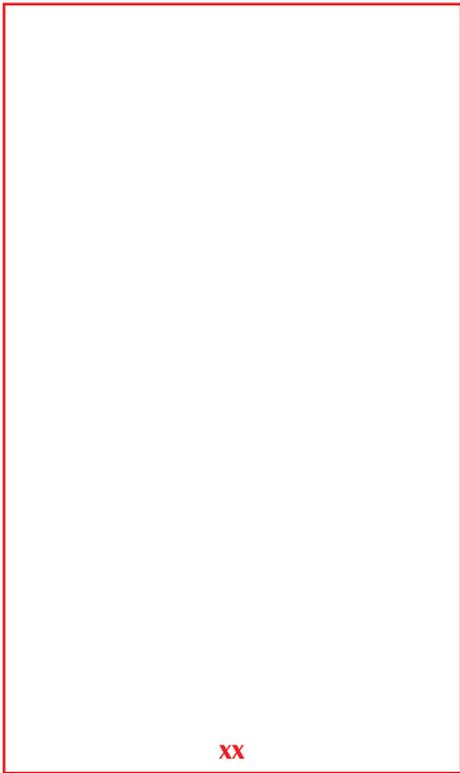
"I have come that ye may have life and have it more abundantly."

- John 10:10 -

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JULY-AUGUST 2015



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Hello NEWLIFERS,
XXXXXXXXXXXXXXXXXXXXXXXXXXXX

And Remember.....
It's a NEWLIFE !!!!
Om Sholom,

MARK BECKER

NEWLIFE

Magazine & Expo

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by Geozuwa

Have you ever wondered where you go when you die? Have you ever lost someone and never had a chance to, say goodbye, apologize, let them know that you love them? Do you wonder if your loved ones can still see and hear you? Did you choose your life and path? Are you on your correct path? Throughout this book Geozuwa presents an abundance of evidence from amazing personal and professional experiences of the existence of life after death. You will discover how you can easily and effortlessly visit loved ones and your Spirit Guides on the Other Side now! Discover your path, your purpose, and how truly amazing you are! After reading this book you will be aware that it is possible to receive all of the knowledge and wisdom of the entire Universe, and to gain extraordinary and powerful abilities now! This book is an invitation for you to experience, firsthand, the Pure Love, joy, healing, and perfection of the Other Side and know, with absolute certainty, that you are an infinite being and your Soul is eternal!

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Report From Cuba

Recently Dr. Kazuko Tatsumura and her Onnetsu therapy received huge recognitions in Cuba.

The first International Onnetsu Therapy congress was held on March 10-13, 2015 in Havana, Cuba, at the main Convention Hall in conjunction with the 5th Bionat (Convention Of Medicine of Bioenergy and Nature), sponsored by the Minister of Health, Minister of Agriculture, and Cuban Society of Bioenergy and Nature. Dr. Kazuko and other MDs presented cases. The Congress opened with the speeches including the Minister of Health, Mr. Roberto Morales Ojeda. Then Dr. Kazuko Tatsumura presented in detail the theories and method of Onnetsu Therapy. Followed by many interesting cases and findings of Onnetsu Therapy in the various hospitals in Havana.

Attendance was well over 1,500 at the main hall of Cuba's prestigious Conference Palace and Onnetsu Therapy caused much attentions

Prior to the congress, on March 9th, Dr. Tatsumura taught over 100 Oncologists and MDs. This event was requested especially due to the fact there were very impressive Cancer cases using Onnetsu Therapy in hospital trials. There were 40 cases of cancers and 38 of them produced remarkable results. Due to this big success, Dr. Tatsumura was invited to participate in Cuba's Next Holistic Medical Convention again. The first day of the program and some photos

The Tentative schedule and other conferences: Onnetsu Seminars and Lectures: This will be the same very important lecture given in Cuba to MDs and professionals, followed by her "hands on" teaching of method. Anyone is welcome.

Seminar and teaching In New York City (all tentative): August 8 & 9, September 19 & 20, October 10 & 11, November 14 & 15, December 12 & 13. Also at the *NEWLIFE* Expo in New York City, October 16-18

Japan: Teaching and training. September 12 & 13, December dates to be announced.

Other parts of the world (partial and tentative):

Spain: July 10-15

Conference Lectures in Mexico City: July 17-19

Australia, New Zealand: Mid-August

Chile: Late August

Conference Lima, Peru: September 1-9

Cancer Control Society, Los Angeles: September 5-8

Portland, San Francisco: Sep. 8-10

Please inquire about places, time and cost by email at kazuko@gaiaholistic.com or call 212-799-9711.



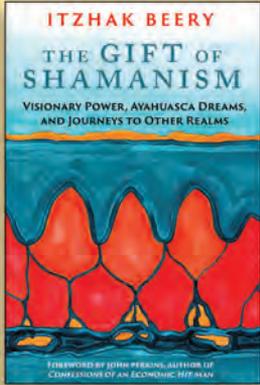
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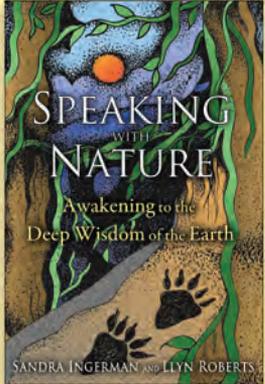
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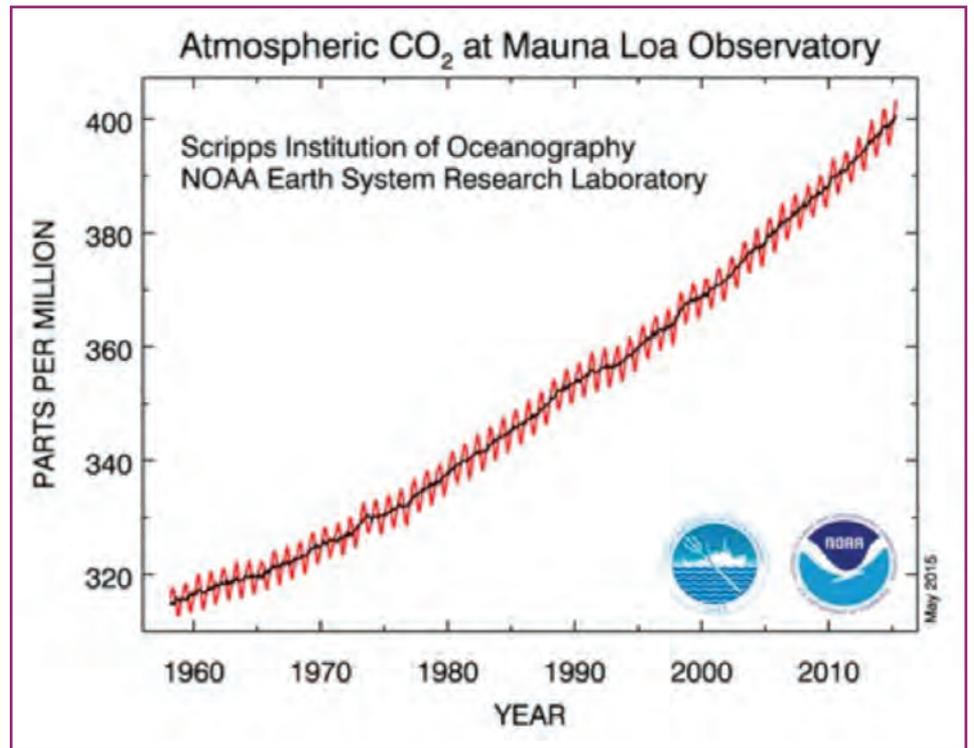
Carbon Dioxide Levels Reach New Global Milestone

Worldwide atmospheric levels of carbon dioxide, the gas scientists say is most responsible for global warming, surpassed 400 parts per million for the month of March, the National Oceanic and Atmospheric Administration said Wednesday.

Though there have been readings this high before, this is the first time that global concentrations of the CO₂ gas have averaged 400 ppm for an entire month. Measurements of carbon dioxide in our atmosphere began in the late 1950s.

"It was only a matter of time that we would average 400 parts per million globally," Pieter Tans, lead scientist of NOAA's Global Greenhouse Gas Reference Network, said in a statement. "Reaching 400 parts per million as a global average is a significant milestone."

The burning of the oil, gas and coal that provides the energy for our world releases "greenhouse" gases such as



The amount of carbon dioxide in the Earth's atmosphere, as measured at Mauna Loa Observatory in Hawaii, has risen steadily since the late 1950s.

CO₂ and methane. These extra gases have caused the Earth's temperature to rise over the past century to levels

that cannot be explained by natural variability.

The last time that carbon dioxide reached 400 ppm was millions of years ago. How do we know this?

Scientists can analyze the gases trapped in ice to reconstruct what climate was like in prehistory, but that record only goes back 800,000 years, according to the Scripps Institute of Oceanography.

It's harder to estimate carbon dioxide levels before then, but in 2009, one research team reported in the journal *Nature Geoscience* that it had found evidence of CO₂ levels that ranged from 365-415 ppm roughly 4.5 million years ago.

CO₂ levels were around 280 ppm prior to the Industrial Revolution, when we first began releasing large amounts into the atmosphere through the burning of fossil fuels.

Carbon dioxide is invisible, odorless, and colorless, yet it's responsible for 63% of the warming attributable to all greenhouse gases, according to NOAA's Earth System Research Laboratory in Boulder, Colo.

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This means, when Mars and Venus are trine the Moon it is the opportune time for romantic love. That transit time is planned and the affirmation is written: "I am in romantic love." Once the time has arrived (take note: some have been/will be in the middle of the night).

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motivate towards the affirmation. The talisman has been created for a purpose, in alignment with your mantra, at the most auspicious time, and acts as your daily reminder to live with intention.

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pletely tailored to you.



Why You Shouldn't Be a Part of the 90% of Americans Who Still Use Microwaves

By MARK DENICOLA



THEY'RE FAST, CONVENIENT, AND EASY TO USE. Manufacturers even produce packaged foods specifically for their use. What I'm referring to are of course, microwave ovens, the household appliance that is still regularly used as a part of meal preparation and re-heating in approximately 90% of American homes.

I say "still" in the previous statement because the dangers associated with microwave use have been documented for quite some time, dangers that I will once again outline in this article. Ultimately, arguments can always be made for the use of anything harmful if done in moderation,

but given the hectic nature of most of our lives, the convenience the device offers makes little to moderate use seem very unlikely to be practiced.

Microwaves Alter Your Food's Chemical Structure

Microwaves heat food by causing the water molecules contained within to vibrate at very high frequencies, eventually turning those molecules into steam. It is this reaction which increases the temperature of your food. The type of heating microwaves produce is known as dielectric heating, which bounces around the device and is absorbed by the food that you put into it.

Heating your food in general is known to deprive it of at least a portion of its nutrients, but many believe that opting to heat food via a microwave also subjects it to what is referred to as the "microwave effect." Many still argue that the microwave effect is a myth, but a number of studies have come out suggesting otherwise. Most notably, a study released by Penn State University in 2001 stated that conventional and microwave heating appear the same at the macro level but are very different at the molecular level. The study also referenced a 1995 study in which a scientist successfully demonstrated that microwaves – unlike other heating devices – are capable of destroying viral DNA.(1)

Another study conducted in 2003 examined broccoli prepared in the microwave and found that the vegetable had lost 97% of its valuable antioxidant content through the cooking process. Given that we live in a world dominated by processed food, and much of the fresh produce we do eat is grown in soil heavily depleted of its naturally occurring nutrients, the idea of losing even more nutrition seems almost like a knockout punch to our health. To most of us, myself included, eating completely raw is definitely not overly enticing, so opting for the best possible cooking method certainly does seem important.

The best possible cooking method

also extends into the oil you choose to prepare your food with, since many oils are found to turn rancid when heated past a certain point. You can find out more about that [HERE](#) and see one better alternative [HERE](#).

Container Chemicals & Food Fats Leak Into Your Food

We're all familiar with the "Microwave Safe" label found on a number of food containers, but this label is entirely misleading. Despite what many people think, it only refers to the container's ability to be used in a microwave safely without melting or starting a fire. What it doesn't refer to is the container's safety in terms of the numerous toxic chemicals it can leak into your food when heated – chemicals which you then ingest.

Chemicals such as polyethylene terephthalate (PET), benzene, toluene, xylene, the now well-known BPA, and even its so-called safer alternative BPS. Many of these chemicals have been linked to the impairment of female reproductive elements and brain development, along with diabetes, prostate disease, and more. The microwaving of fatty foods in "microwave safe" plastic containers has also been found to lead to the release of the known carcinogen dioxins.(1)

Oven-safe glass is widely recognized as one of the best alternatives when it comes to heating your food, and even though glassware can often be more expensive than many of its counterparts, it seems to be a worthy investment.

Even A New & Safety Inspected Microwave Can Leak Radiation

Microwave manufacturers do deserve a lot of credit for the heightened safety

standards they've put into practice when developing the newest microwave ovens. Thanks to their hard work, a number of previous concerns have been rectified, however there still seems to be some exposure, especially when within a certain radius of the appliance when in use.

Even a brand new, perfectly functioning and locking microwave can expose us to up to 400 milliGauss of unwanted radiation. To put that into perspective, a mere 4 milliGauss has been linked to leukemia.(1) Steering clear of microwaves when in use is certainly advisable for all but is particularly critical for both pregnant women and children. Given that microwaves are most often used in the midst of the cooking process, steering clear of them can often be quite difficult, further exemplifying why they should be avoided altogether if possible.

How To Move On Without A Microwave

There are certainly no shortage of alternatives when it comes to heating food. The one key difference between microwaves and the other available options, however, is time. As with so many other worthy changes we feel inspired to make in our lives, they take a level of commitment in order to be implemented properly.

A simple step such as planning ahead can go a long way towards avoiding the need for a microwave. Taking frozen ingredients out of the freezer well in advance of meal preparation time will give them the opportunity to naturally thaw out in time for when they need to be cooked.

I believe that the more we become consciously present with the meals we prepare, the more likely we are to naturally steer away from the need for a quick prep option. Both a toaster oven and conventional oven may take substantially longer to prepare a meal, but the health concerns that they successfully avoid is certainly worth the wait.

Can You Over Alkalize?

By Doctor Robert Young

There are NO dis-ease or diseases without being too acidic. You cannot have loss of energy, irritation, catarrh, inflammation, ulceration or degeneration without metabolic, dietary, respiratory or environmental acid. You cannot be sick and alkaline.

So if the body needs no help in adjusting its pH then why does it get sick. When we understand that the body is alkaline by design and acidic by function then we understand that the body does need help in maintaining its alkaline design with proper alkaline food, drink, exercise, thoughts and deeds. The basic knowledge that the body is alkaline by design and acidic by function is NOT taught at medical school. In fact, current medical savants know nothing about tissue acidosis or what I call "latent tissue acidosis" and the cause of dis-ease or disease.

What is "latent tissue acidosis"?

It is the buildup of acidic dietary and/or metabolic acids that are not properly eliminated through the four channels of elimination – bowels, kidney, lungs and/or skin which are then eliminated or deposited into the connective and/or fatty tissues. The body must eliminate its dietary and/or metabolic waste products from the blood via these four channels of elimination or the blood will lose its alkaline iso-structure and the result would be death.

Current medical savants are absolutely wrong when they state that the body needs absolutely no help in adjusting its pH. The

body needs a continued supply of alkalinity to buffer or neutralize the acids of environment, stress, diet and metabolism. Everyday the body produces more acids than the body can keep up with. Aging is actually a fermenting and acidic process. The body has an alkaline buffering system which helps to maintain alkalinity, but when this becomes compromised from an over acidic lifestyle and diet, you start having the symptoms of dis-ease or disease caused by metabolic acidic waste products. It is absolutely essential that you make daily attempts to increase alkalinity with alkaline ionized water with a pH of at least 9.5 and food to prevent and/or reverse dis-ease or disease.

How does a person measure the acid/base of the blood when the blood is always maintaining its delicate pH balance at 7.365?

Any excess acidity from diet or metabolism is eliminated from the blood and out into the connective tissues to preserve its delicate pH balance. The biochemistry in maintaining blood alkalinity is quite extreme. The body will sacrifice all other organs and organ systems to maintain the delicate pH balance of the blood at 7.365.

Sodium bicarbonate is produced by the body as the #1 buffer of dietary and/or metabolic acid to maintain the alkalinity of the blood and then the tissues. In the body, it takes 20 molecules of sodium bicarbonate to buffer or neutralize 1 part of carbonic acid (metabolite of metabolism) in order to maintain a blood and/or tissue pH of 7.35 to 7.4. That is a staggering 20 to 1 ratio. You would have to do some serious excessive alkalizing just to keep up with the body's need for more alkalinity. But that is why we age—or should I say "ferment" from over-acidity. Which by the way, I might add, is why ALL disease or most dis-ease is a result of excess acid and NOT excess base (alkalinity).

This was proven by Alexis Carrel in his chicken heart experiment in 1908. Carrel received a Nobel prize for this research. He was able to keep a chicken heart alive for 20 years until he decided to stop changing the alkaline mineral salts every 48 hours. What we learn from Alexis Carrel's work is that you can keep the body cells alive indefinitely if you maintain the alkaline mineral salts daily. The health of human cells that make up tis-

sues and organs are only as healthy as the alkaline fluids in which they are bathed. The human cell cannot tolerate low alkalinity and can never tolerate ANY acid condition. The cell begins its biological transformation becoming bacteria in the first stage; then yeast in the second stage; then mold in the 3rd stage of transformation until the anatomical elements of the organized cell (microzymas) are released to become part of some other organized cell.

In the "ph Miracle" book I share what I call the "fish bowl metaphor." The fish bowl metaphor begins with a question. The question is this; "If the fish is sick what would you do, treat the fish or change the water?" The logical answer is, you would change the water. Why? Because the fish is only as healthy as the water it swims in. The fish is the human cell and the water is the fluids around the cell(s). The ocean has a delicate pH balance of 8.3 and is maintained by alkaline mineral salts. Our internal fluids are like the ocean and are maintained by the same alkaline mineral salts - sodium, chloride, magnesium, potassium and calcium. At the present the ocean pH because of global warming has gone from 8.3 to 8.2. This huge decrease in the ocean pH has caused potential health risks to all sea life including the loss of the coral reefs. The same thing is happening to many of us with body warming, as dietary and/or metabolic acids are causing the loss of bone and muscle in order to maintain the delicate alkaline pH of the blood and tissues. The result is an array of health challenges from arthritis, osteoporosis to cancer all caused by the buildup from dietary and/or metabolic acid that the body could NOT manage!

Normally, the pH of the blood and most all body fluids has an alkaline pH at 7.365. Any change in this pH is the result of dietary and metabolic acids that have not been properly eliminated through the four channels of elimination – the bowels, kidneys, lungs and skin. When we over-burden our body with an acidic lifestyle and diet this causes stress and breakdown of these elimination organs not only kidney and lung dysfunction and degeneration but also breakdown in the bowels and on the surface of the skin. This is when disease and so-called disease will be manifested as an effect of the acidic cause. All your organs that filter or eliminate dietary and/or metabolic acids, including the bowels, skin, kidneys and lungs will begin to breakdown from excess tissue acidity and this will result in the symptoms that medical doctors call disease. Life depends on daily doses of alkalinity from ingesting alkaline foods and drinks. Exercise is also critical in helping

the body remove tissue acids out through the pores of the skin in the form of sweat. When the body cannot remove its own acidic waste products they are then stored in the fatty tissues, i.e. the hips, thighs, buttocks, waistline, breast and brain. The body will pack on more and more fat to store more and more bodily acids if the lifestyle and diet does not change to an alkaline lifestyle and diet. The ideal pH of the urine should run between 7.2 and 8.4.

Alkaline Diet and Cancer

Alkaline Minerals Prevent Cancer Growth. In March 2009, Robey, Baggett, Kirkpatrick et al published a paper in the American Association for Cancer Research Journal. Their research shows that the pH of the tumors are always acidic and by using highly alkaline minerals to raise the pH – the growth of the cancer (and involvement of lymph nodes) subsides.

Cardiovascular Disease and the Alkaline Diet Alkaline Minerals Critical to Prevention of CVD

In the Journal of Orthomolecular Medicine, Joseph Campbell provides a thorough review of the scientific literature surrounding minerals and disease and highlights that the alkaline minerals, magnesium and calcium, are critical to the prevention of cardiovascular disease (CVD). He also highlights that "Excessive consumption of acid producing foods, results in metabolic acidosis. When this occurs, the parathyroid hormone stimulates the removal of calcium from the bones and teeth (osteolysis), to buffer or neutralize the excess acidity. After many years, such calcium loss results in depleted bone, bone weakness and structure."

How You Can Guarantee Your Health With Alkaline Minerals

With that in mind, these are the two alkaline mineral supplements that I personally recommend to you. I have been using these personally and recommending them to my clients for over twenty years now and I know that they are incredibly effective.

Young pHorever Alkaline Minerals contains all four primary alkaline minerals: calcium, magnesium, potassium, and sodium almost instantly neutralizes harmful acids. Once these mineral buffers hit the system, they quickly neutralize excess acids!

WHOLE FOOD ALKALINE SOURCES

POTASSIUM: Avocado, Spinach, Soy sprouts, Lentils, Swiss Chard, Tomato,

Broccoli, Cucumber, Beetroot Greens, Alkaline water.

MAGNESIUM: Pumpkin Seeds, Spinach, Soy sprouts, Swiss Chard, Broccoli, Sunflower Seed sprouts, Pumpkin seeds, Tomato, Celery, Quinoa, Almonds, Alkaline water

CALCIUM: Basil, Turnip, Thyme, Spinach Greens, Broccoli, Swiss Chard/Silverbeet, Romaine Lettuce, Kale, Celery, Cabbage, Green Beans, Asparagus, Brussels Sprouts, Garlic, Alkaline water

SODIUM: Avocado, Cabbage, Cauliflower, Kale, Lettuce Greens, Parsley, Peppers, Radish, Sunflower Seed sprouts, Turnip

Note on Sodium: I am talking about proper, pure sodium, not table salt or the salt added to refined foods. Today's common table salt is a poison that has nothing in common with natural liquid colloidal salt.

Most common table salt is made up of chemicals that pollute your body and wreak havoc on your health. Your table salt is actually 97.5% sodium chloride and 2.5% chemicals such as moisture absorbents, and iodine. Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt causing the potential for a myriad of health challenges in your body.

Sodium is essential in the body, and the above listed alkaline vegetables, fruit and water provide you with a good, clean source of this important salt.

Sufficient alkaline minerals in our food and drink is essential to good health. Your body really needs you to minimize the acids you consume and keep putting alkali in. When we consume acidic foods and drinks, your body uses the alkaline substances in your body (calcium from bones, for example) to neutralize these acids which causes havoc. The body only has a very tiny supply of alkaline buffers and so by giving the body an abundance of alkalinity we not only ease this burden but also give the body the tools it needs to work optimally. The four main alkaline minerals are calcium, magnesium, potassium and sodium (clean, not refined table salt). These are abundant in fresh vegetables (particularly greens), and we advise you to eat plenty each day!

I also recommend two supplements, pHlavor salts and pHour salts. In the short-medium term these will help undo any previous damage and assist in detoxifying dietary and/or metabolic acids, molds and fungus and in the long-term will help to maintain the alkaline design of your body, giving you a daily safety net to ensure you get enough of these life-changing/life saving alkaline minerals day-in-day-out.

BIOLOGIC ROOT CANAL THERAPY RE-INVENTED

R

OOT CANAL THERAPY has always been associated with a feeling of dread. The cost, the pain and for the health conscious individual, the TOXINS! Sadly, these are all very real concerns, which we will discuss in this article.

While it is true that root canal therapy can be associated with pain and suffering before during and after treatment. Very often people let the disease in the tooth get to such as state that the pain is described as being "worse than natural child birth". Regular dental exams and the use of 3-D digital dental scans can identify bone infections, abscesses and puss pockets around teeth as well as deep cavities infecting the nerve. By being proactive towards your dental health you will be less prone to costly dental emergencies. When the nerve in the tooth becomes extremely inflamed and painful or the tooth is badly infected, it may be difficult to get the tooth numb for a comfortable experience. Fortunately, advanced modern dental technologies, materials and techniques as well as a skillful hands can lead to a virtually pain free experience after root canal therapy.

Removing the infected nerve and all pathogens leaves the tooth a bit more drier and brittle requiring a protective tooth restoration so the tooth does not crack. Teeth without the nerve still function like the tooth was intended to by nature. It just doesn't "feel anything" because the "alarm wires" to the brain have been removed from the tooth. So the tooth is not "dead", it's just "nerve-less."

At L.I. Center for Healthier Dentistry, Dr. Alex Shvartsman has developed a revolutionary Biologic

Dr. Alex Shvartsman

Root Canal Therapy technique. The tooth is first isolated by a latex-free rubber dam, which is a rubber shield that keep saliva and other mouth contaminants away from the tooth during treatment. Complete disinfection is ensured by our triple sterilization approach using Laser, Ozone and irrigation disinfection. The Photona Laser P.I.P.S. protocol is confirmed by numerous studies to fully remove all bacterial and diseased nerve tissue from the main nerve trunk, all the nerve side branches and even down to the dentin tubules inside the root. Ozone water and Ozone gas disinfection is used to triple disinfect the tooth. (Just in case) In addition, the bio-ceramic sealer is itself anti-bacterial as it sets.

By sealing the tooth fully from both ends with safe, biologic materials and avoiding the leaky temporary fillings that most dentist place into teeth after root canal therapy bacteria can no longer infect the tooth. Since all temporary fillings do not seal the tooth, bacteria can leak in, and re-contaminate the tooth. A bonded restoration placed immediately after the root has been sealed and while the tooth is kept bacteria-free by the rubber dam is mandatory for long term success.

For those patients who want to keep their natural teeth and are concerned by health ramifications from improperly disinfected and poorly sealed root canals, Biologic Root Canal Therapy at LI Center for Heather Dentistry costs the same as conventional root canal, without all the worry, suffering and possible health effects.

SUMMER HYDRATION TIPS



STAYING HYDRATED is essential, especially in the summer. Water helps flush toxins out of your body. Your best bet is to drink pure water at room temperature, especially after periods of activity. Other tips: Drink 30 minutes before or 60 minutes after you eat so you don't dilute your gastric juices necessary for food digestion.

Avoid electrolyte replacement beverages, soft drinks, and other sugary drinks filled with chemicals. Just avoid them all.

When you are active, be sure to take plenty of pure water with you.

Drink mostly water, and have special drinks like those listed above occasionally when you feel that you need something with some flavor. Coconut water is also a good option.

The Institute of Medicine suggests letting thirst be your guide to summer hydration. There's no need to force beverages.

How can you tell if you are dehydrated? Along with thirst, urine color may be a good indicator you need more water. If your pee is amber colored, get thy water glass to thane lips!

Alcoholic, sugary, and caffeinated beverages dehydrate you, which is another reason water is best.

Avoid any unnecessary diets like the diet by blood type or any of those gimmicky diets seen on TV.

Since it's 80 degrees this summer and we can expect more blistering heat please check out these 5 healthy summer drinks to beat the heat! (Like this post if these recipes help beat the heat).

CUCUMBER MINT WATER

You can mix this right in your glass or in a pitcher. To make a single serving, put a few slices of cucumber and a mint sprig into your glass, add a handful of ice, top off with water, stir, and sip!

CHIA SEED CITRUS COOLER

I talked about how to eat more chia not too long ago, and this simple chia cooler packs a nutritional punch.

INGREDIENTS:

- 2 teaspoons chia seeds
- 4 cups citrus juice (your choice!)

COOKING DIRECTIONS:

You can either use a one-quart mason jar or two pint-sized jars. If you go with the latter like I did, just divide the chia seeds between the jars. For a quart, just put all of the seeds in one jar. Pour in the juice and stir well. Chia seeds love to clump when you get them wet, so stirring is really important. You might also want to give the jars a good shake once you close them and before you drink.

Chill in the fridge, letting the seeds soak for at least a few hours before you drink.

HOMEMADE RASPBERRY SODA

In a juice glass, muddle a small handful of raspberries, top with ice and soda water. Stir well to combine before you drink!

BASIL LEMONADE

Lemonade is a sugary treat, and cutting it with soda water helps cut the sugar without sacrificing taste. Combine one part lemonade with one part soda water in a pitcher. In each glass, muddle a few leaves of basil. Add a handful of ice and fill the glasses with the sparkling lemonade.

CITRUS SODA

You can do this in a pitcher or in individual glasses. Over a handful of ice, combine 1 part orange or tangerine juice, 1 part grapefruit juice, and 1 part soda water. Mix and serve.

The Feel Great Hormone

Everyone Needs!

TREGNENOLONE IS AN ESSENTIAL HORMONE for men and women. It is 100% natural, manufactured by your body. It is a precursor to many other hormones. The challenge that we all have is, its production is reduced with age, stress, excess body fat weight, lack of fitness, medications, junk foods, alcohol and other faulty living habits. The result is most Americans are sadly deficient.

Another challenge is listening to your Big Pharma conditioned medical doctor who is quick to prescribe a cholesterol lowering drug, rather than counseling you on dietary, exercise and life style changes.

Most doctors may not even realize it, but statin drugs cut off the healthy and necessary production of healthy cholesterol which is necessary for the production of pregnenolone. This sets the body up for memory loss, depression, loss of libido, arthritis, sugar cravings, lessens our ability to concentrate and much more.

The Physician's Desk Reference Manual

The reference book that every doctor has studied states, "Pregnenolone is a natural chemical found in the brain that helps make many other chemicals in the body. It is used for sleeping problems, tension, stress, depression, PMS, to enhance memory and helps stop memory loss in conditions like Parkinson's disease and Alzheimer's."

When was the last time your primary care doctor talked to you about natural pregnenolone?... Why all the deleterious so-called medications?... Gets you wondering if the docs are reading their own basic literature!

Pregnenolone is known as the mother hormone. It's the precursor to DHEA, progesterone, testosterone, cortisol, estrogen, progesterone and much more.

The Life Extension foundation advocates pregnenolone as an anti-aging hormone. This has

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

led many new age scientists to encourage the daily use of pregnenolone as a way to both turn back the clock and prevent many premature aging systems.

Pregnenolone is a mood boosting, feel good hormone that everyone loves. It's a safe, potent, natural hormone supplement that boosts vitality, endurance and most importantly, reverses the symptoms of premature aging and their related symptoms.

In scientific tests pregnenolone has been found to be 100 times more effective for memory enhancement than all other hormones tested. What's more important, it has been widely reported to make people feel happier too, due to its well-known mood heightening qualities. Medical studies have demonstrated its enhancing performance on the job and dramatically increased mental alertness while helping to relieve stress and undue fatigue.

Many cutting edge physicians and scientists believe that pregnenolone replacement therapy to more youthful levels, is an important step in the prevention of taking many unnecessary prescriptions and over-the-counter remedies and psychotropic drugs. Pregnenolone is widely considered to be one of the most important natural hormones because of its balancing the levels of all the other important hormones into their proper ratios and balances.

Pregnenolone also operates as a powerful neurosteroid in the brain, modulating the transition of messages from neuron to neuron and strongly influencing learning and memory processing. In other words, it helps you to think quickly, understand and retain more complex topics and even speak with greater clarity.

The correct amount of pregnenolone with other healthy foods, hormones and nutrients can help your body to increase the production of other needed neurosteroids which experts believe helps your quality of life by rejuvenating your mind and body to a more youthful function.

Powerful Immune Builder

RESearcher and scientist, Clayton South, has stated that pregnenolone is an immune booster and stress reliever. He claims it helps improve energy levels and improves sound sleep.

Dr. Joseph Mercola, D.O., has stated, that unlike synthetic hormones which can sometimes have terrifying side effects (poisoning effects), natural pregnenolone is carefully extracted from wild yams. Clinical studies have proven it to be virtually free from all side effects. Dr. Mercola said, "Low pregnenolone levels are a sign of premature aging symptoms."

Astonishing Additional Beneficial Functions

INCLUDE the relief of symptoms of rheumatoid arthritis and osteoarthritis, reduces excess cortisol levels, helps build an indestructible immune system, combats chronic fatigue, increases endurance, relieves many symptoms of clinical depression, alleviates many symptoms of chronic depression, helps relieve many symptoms of chronic degenerative diseases, such as diabetes, MLS, and lupus, insomnia and other sleep disorders, aides the body in the healing of nerve injuries, and nervous conditions such as stress and anxiety.

What's more, a number of cutting edge medical researchers, scientists and doctors of naturopathic medicine, say this is only the tip of the iceberg. It is also believed that pregnenolone also improves: cardiovascular health, increasing muscle mass while decreasing the percentage of body fat. It helps convert the inactive T-4 to the active T-3 in your thyroid gland thus improving the symptoms of hypothyroidism, reversing the unfavorable effects of excess cortisol, subsequently improving energy, vitality, sleep, pre-menstrual symptoms, mental clarity, reduces cravings for carbohydrates, eliminates high/low mood swings, dramatically improves sex drive, accelerates recovery from any kind of acute stress, mental strain, eliminates chronic joint and muscle aches, and enhances vision.

What To Do – What Not To Do

UNDER no condition, take a hormone before being tested nutritionally, hormonally and metabolically. Hypocrites, the Father of Medicine, taught in all his medical schools in the Greek Empire, 2,500 years ago, "A proper nutritional and life style evaluation represents half the cure".

Next, never accept a synthetic hormone, no matter who your doctor is. He's dead wrong. Our Creator did not design the body for synthetic chemicals foods or hormones. When you get your annual nutritional evaluation, blood, urine, hair biopsy, saliva, iridology and the Naturopathic Doctor 1001 Nutrition Assessment Questionnaire, request the hormone panel and be sure to ask your doctor to test for pregnenolone.

If you are deficient in hormones, make sure you get the right ones in the right amount and make sure you are properly supervised. There is a right way and a wrong way to do everything. This is especially true when it comes to your temple.

Dr. Robert H. Sorge has been a practicing doctor of Naturopathic Medicine since 1964. He is the Director of Abunda Life Medical Nutrition Testing Clinic at 208 Third Ave., Asbury Park, New Jersey 07712. He can be reached at 732-775-7575



HEALTHY FOODS

By Lewis Harrison

Here is a more in depth listing of foods to include and foods to avoid if you want to have a healthy balanced holistically based nutritional program.

baking bread at home

ALLOWED: Natural yeasts, living starters, unleavened products.

AVOID: Baking powder, baking soda, preserved yeast.

beverages

ALLOWED: Herb teas (chamomile, mint, papaya; no caffeine.) Fresh fruit juice. Fresh vegetable juice.

AVOID: Alcohol, cocoa, coffee, carbonated



beverages, canned and pasteurized juices, artificial fruit drinks.

carbohydrates

ALLOWED: Use whole grain sources of starch and fiber. Whole grains are high in complex carbohydrates and high quality fiber. The most common varieties include whole wheat, rye, corn, whole unrefined corn meal, barley, buckwheat (kasha), millet, brown rice, 100% whole grain breads, pita pockets, pasta and pancake mixes.

AVOID: Refined white flour products such as white rice, pasta, white flour pita pockets, white bread and other low fiber wheat, rye and other dark breads that are made from white flour with coloring and preservatives added.

cheese

ALLOWED: White raw cheese, 99% Fat Free Cottage Cheese, Hoop cheese.

AVOID: High fat cheeses and any pasteurized processed cheeses, cheese spread. Note: Instead of cream cheese use Low fat or no fat cheese. Use skimmed or partially skimmed milk cheese (mozzarella, St. Ortho, Jarlsburg etc.) to reduce your caloric intake.

chocolate

ALLOWED: Carob and carob powders.

AVOID: Milk Chocolate, chocolate and carob candy bars made from hydrogenated vegetable oil.

dairy products

ALLOWED: Raw milk, sugar free-low fat yogurt, butter, and buttermilk in limited quantities. Non-fat cottage cheese, and white cheese.

AVOID: All processed and imitation butter (margarine) any yogurts containing Nutrasweet TM, sugar, cane syrup, gelatin, modified food starch or any artificial colors or flavors. Note: One of the foods that people are most sensitive to is cow's milk. Some of these reactions are

classical allergic reactions but others are less specific.

desserts

ALLOWED: Rice Dream and soy based frozen desserts, Fruit flavored yogurt, naturally prepared pudding, fresh fruit compote, or any dried fruits.

AVOID: Ice cream, commercial frozen yogurt.

dressings

Salad Dressings and various condiment sauces

ALLOWED: Dressings prepared from dried herbs and herb blends, tofu, non-fat yogurt, extra-virgin olive oil, Tabasco sauce, home-made ketchup, home made barbecue sauce, natural mayonnaise (homemade or natural foods store eggless, tofu based variety).

AVOID: Pourable salad dressing (read label for oil content and composition; some may contain coconut or palm oil). Avoid commercially bottled or packaged dressings containing Monosodium Glutamate (M.S.G.) modified food starch, artificial colors, flavors or preservatives, ketchup with sugar, A-1 sauce, etc. Note: In recipes calling for mayonnaise, use low-fat yogurt, buttermilk, or a low calorie no cholesterol mayonnaise substitute that is available in a health food store.

fruits

ALLOWED: All dried (un-sulphered), stewed, fresh, frozen (unsweetened) fruit.

AVOID: Canned, sweetened fruit.

grains

ALLOWED: Use whole grain sources of starch and fiber. Whole grains are used in certain cereals, breads and muffins. The most easily available whole grains are rye, oats, wheat, bran, buckwheat, millet, cream of wheat, brown rice, corn, whole seeds (sesame, pumpkin, sunflower, flaxseed).

AVOID: While flour products, hulled grains and seeds (e.g., pasta,

crackers, macaroni, snack foods, white rice, prepared or cold cereals, cooked seeds).

nuts

ALLOWED: All fresh, raw nuts. Nuts in shell, blanched and home-roasted whole nuts.

AVOID: Roasted, dry roasted and/or salted nuts, especially peanuts.

fats and oils

NOTE: All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats. Saturated fats, trans fats, and cholesterol tend to raise "bad" (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats, trans fats, and cholesterol.)

ALLOWED: Expeller pressed unsaturated, unrefined oils, (corn, sesame, safflower, extra-virgin olive, soybean, peanut); dressings made from safflower, corn; eggless mayonnaise,

AVOID: Highly processed and chemically refined fats and oils (unsaturated as well as saturated); margarine or mayonnaise; foods high in saturated fats, such as meat drippings, coconut oil, palm kernel oil, hydrogenated and partially hardened vegetable shortenings; foods high in both saturated fats and cholesterol, such as lard, lard-based shortenings, beef fat, beef fat-based shortening, and butter, sour cream and other whole milk or cream based dairy products. Read package labels when choosing processed foods. Remember that "vegetable oil" could mean coconut or palm oil, both high in saturated fat.

NOTE: Remember which foods are dietary sources of saturated fat and cholesterol. As a rule of thumb, saturated fats and cholesterol are generally found in foods from animal sources, while

polyunsaturated fats come from vegetable sources - coconut and palm oil are the exception

protein sources

ALLOWED: There are many excellent vegetarian proteins. These include:

1. Sunflower seeds or meal, raw, unsalted.

2. Sesame seeds or meal (Protein-aids brand is best).

3. Raw, unsalted nuts such as almonds, pignolias, Brazil nuts or pecans. Ground meal or butters of these nuts are also excellent, but should be raw and unsalted at all times.

4. Soy beans, garbanzo beans (chick peas). These should be soaked overnight so that they will not require as much cooking. Dried lentils, kidney beans, lima beans & split peas are also fine proteins. Beans form an even higher quality protein when combined with grains or deeds such as brown rice, millet, and corn or sesame seeds.

5. Bee pollen pellets are a fine source of protein and B-vitamins.

7. Bovine hormone - free low fat milk and other dairy products

8. Tofu and Tempeh

9. Micro algae - spirulina, chlorella, etc.

Avoid or use in moderation: Meat, fish, poultry, eggs, high fat dairy products.

seasonings

ALLOWED: Herbs, garlic, onion, parsley, marjoram, cayenne pepper, pure sugar free extracts. Choose low-sodium seasonings such as lemon or lime juice, herbs, spices, Bragg's Aminos, low sodium tamari Vegit or Spike brand low sodium seasoning, salt substitute (check with medical adviser before using). To avoid hidden sodium in foods, choose salt free bakery goods, fresh fruit, raw vegetables, unsalted nuts, unsalted un-buttered popcorn, fresh or frozen vegetables, and homemade soups. soy sauce,

AVOID: Excessive use of Black and

white pepper, salt; chemical imitation flavor; barbecue or soy sauce with any sugar, preservatives artificial flavors or colors added. Higher-sodium foods include; catsup, relish, mustard, soy sauce, barbecue sauce, prepared frozen dinners, processed or salted meats, fish and poultry, potato chips, pretzels, salted nuts, salted, buttered popcorn, canned vegetables, canned soups, and powdered bouillon.

NOTE: If your medical adviser has given you instructions to decrease sodium and salt intake and increase your potassium, learn which foods - and how much of them - satisfy your potassium needs. Example of foods high in potassium are oranges, bananas, peanuts, potatoes, and beans. You can also make a Potassium Broth by cooking potato's, zucchini and string-beans together.

snack foods

ALLOWED: Natural corn munchies, rice cakes, nuts and seeds.

AVOID: Potato chips, corn chips, pretzels Unless whole grain), salted nuts, salted buttered popcorn.

soups

ALLOWED: Homemade soup (e.g., salt-free vegetable,) natural vegetable bullion from a health food store.

AVOID: Canned and creamed (thickened soups, commercial bouillon, fat stock.

sprouts

ALLOWED: All especially wheat, pea, lentil, alfalfa, and mung.

AVOID: All varieties are acceptable. Use alfalfa sprouts in moderation

sweets

ALLOWED: Raw honey (not to be used by children under two years of age), un-sulphered molasses, carob, barley malt or rice syrup. Pure maple syrup and Sucanat (dehydrated sugar cane juice) can be used in limited amounts.

AVOID: Foods containing refined

sugars (white, brown, turbinado), chocolate, candy, syrups, sugar syrups, etc., fructose, high-fructose corn syrup, glucose, eating sweets between meals.

NOTE: When buying packaged foods read the labels for information on sugar content. I cannot stress strongly enough the importance of avoiding too much concentrated sugar. Studies have shown refined white sugar to be a source of food sensitivity, as well as a factor in tooth decay and a possible factor in various health problems - for instance, low blood sugar (hypoglycemia), elevation of triglyceride levels which could result in hypertension, and loss of minerals, including calcium from the body. When discussing sugar most people think of table sugar (sucrose) but there are many other types of refined sugar as well. Being familiar with the all the other labels for sugar will be of help when you grocery shopping. They are glucose (dextrose), high fructose corn sweetener, maltose and lactose.

- Limit sugary desserts. Instead, top off your meal occasionally with fresh fruits, which both satisfy your desire for sweets and provide valuable nutrients.

- To reduce sugar intake from soft drinks, limit intake or dilute them with seltzer water.

- If you add sugar to foods such as coffee, tea or cereal, add less each time; you may gradually eliminate it.

vegetables

ALLOWED: Vegetables in season. All raw and not over-cooked fresh or frozen, potatoes baked or boiled.

AVOID: Packaged, canned vegetables, fried potatoes in any form. A Conversation on Creating a Basic Nutrition Program

Lewis Harrison is Director of the Natural Healing Academy and offers Life and Wellness Coaching and many on-line classes and courses through www.chihealer.com. He can be reached at Lewisheals@gmail.com

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