

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

NEWLIFE

NEW YORK'S GUIDE TO ENLIGHTENMENT

SEPTEMBER-NOVEMBER 2016

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The Secret Truth
Behind America's
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Earth-Energy
Deprivation
and What to Do
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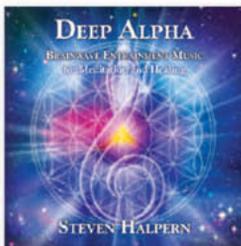
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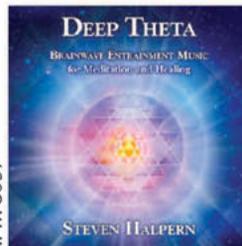
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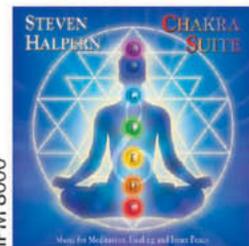
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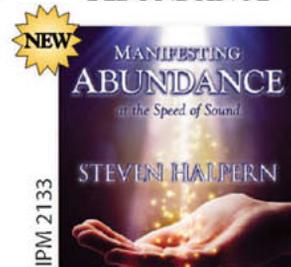
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SEPTEMBER-NOVEMBER 2016



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Letter from the Publisher



Hello NEWLIFERS,

Hoping everyone had the best summer ever. I hope you enjoy reading this issue as much as I have enjoyed editing it.

Two of our articles deal with a subject that has always fascinated me: UFO's.

There have been too many sightings, too many reports and numerous signs from ancient civilization proving to us that we are not alone.

Over ten years ago at the expo we had the ex-head of the strategic air command having us listen to audios from pilots exclaiming, "Did you see that?" and "What was that?" We have had astronaut, Edgar Mitchell at the expo explaining to us about the UFO's he experienced. We have had Sean Morton over 25 years ago at the expo talking about Area 51, which the government kept hidden. The United Nations created a committee years ago for when, not if, the aliens contact us. We have Hillary Clinton telling Jimmy Kimmel that she vows that barring any threats to national security, she would open up government files about the subject. She says, "There are enough stories out there that I don't think everybody is just sitting in their kitchen making them up."

Richard Dolan's article on Disclosure, and Ben Mizrech 's article on the 37th Parallel UFO highway will glue you to your seats.

Enjoy our articles on cutting edge health information which will help to enlighten you even more. The first being Dr. Jane Goldberg's article entitled "A New Disease: Earth-Energy Deprivation.

The next articles are on the dangers of fluoridation, and Dr. Sorge's article on "Digestive Magic."

With Fall upon us I know you will be thanking me for Debra Secunda's soup recipes.

Remember all of our author's will be appearing at the *NEWLIF EXPO* in New York City on October 21-23 at the Hotel Pennsylvania on 7th Ave.

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And remember...

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Om Shalom,

MARK BECKER

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Fluoridation Useless

CDC 2011/2012 statistics reveal low-income children's tooth decay rates are increasing substantially — despite record numbers of children served fluoride from water, foods, dental products and medicines causing an overall alarming surge in fluoride-overdose symptoms — dental fluorosis (discolored teeth), reports the New York State Coalition Opposed to Fluoridation (NYSOCF)

Fluoridation is the unnecessary addition of arsenic and lead-laced fluoride chemicals into public water supplies, being pursued by the NYS Dept. of Health and other states, ostensibly to protect poor children's teeth. But it seems to do more harm than good.

Decay rates for children, living 100% below the Federal Poverty Level, are 40% in 3-5 year olds; 69% in 6-9-year olds; and 74% in 13-15 year olds, based on Federal data to be presented at an American Public Health Association Meeting in November.

Previous cavity rates for similar children's primary teeth were much lower - 30% of 2-5 year-olds; 42% of 6-12 year-olds, and 34% of 15-18 year-olds' permanent teeth.

"Claims that poor children need fluoride are without merit or evidence," says attorney Paul

Beeber, NYSCOF President. "It's the dental care delivery system that needs fixing. Low-income Americans need dental care not fluoride."

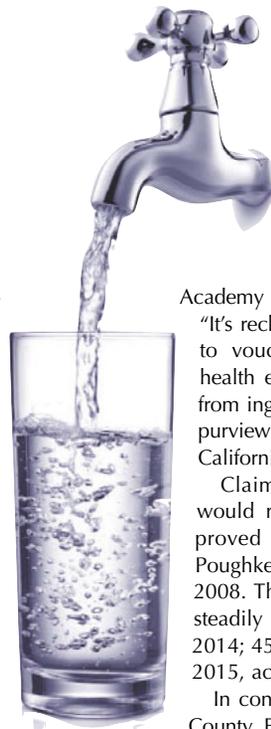
In fact, dental expenses were a leading contributor to Medical Debt in 2012

Along with low-income children's rampant cavities, all children's dental fluorosis rates surged, according to CDC's 2011-2012 survey. Fifty-eight percent of all children (6-19 year olds) now have fluorosis, with a staggering 21% of children displaying moderate fluorosis on at least two teeth. Black children are most afflicted.

"Fluorosis is the outward sign of fluoride toxicity," says Beeber.

Dr. Hardy Limeback, PhD, and fluoride expert says fluorosis is permanent scarring of the teeth just like acne can permanently scar facial skin.

"By focusing on fluoridation and more modes of fluoride administration instead of diet and dentist-access, organized dentistry allowed a national dental health crisis to occur on its watch and created a new one – dental fluorosis," says dentist David Kennedy, past-president of IAOMT (International



Academy of Oral Medicine & Toxicology).

"It's reckless to allow organized dentistry to vouch for fluoride safety. Adverse health effects, outside of the oral cavity from ingested fluoride, are not within the purview of dentistry, according to the California Board of Dental Examiners."

Claims that stopping fluoridation would raise tooth decay rates are disproved by several studies. Also, Poughkeepsie NY stopped fluoridation in 2008. Third-graders cavity rates declined steadily – 61% in 2013; 51% in June 2014; 45% in October 2014; and 31% in 2015, according to NYU researchers.

In contrast, in 80% fluoridated Collier County, FL, 3rd graders tooth decay "were among the highest levels documented in the United States," according to University of Florida researchers' presentation at the American Academy of Pediatric Dentistry's May 2014 annual meeting.

Research shows fluoride ingestion is more likely to cause fluorosis than prevent a cavity, according to Fluoride Action Network

Further, there is no evidence that consuming a fluoride-free diet causes tooth decay.

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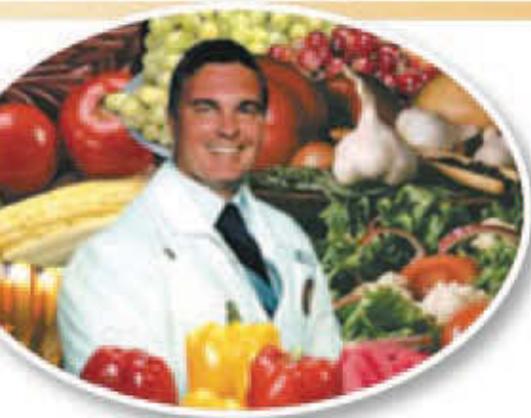
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- John 10:10 -

BOOK REVIEWS

Whole Body Vibration The Future of Good Health

By Becky Chambers

QUARTET BOOKS

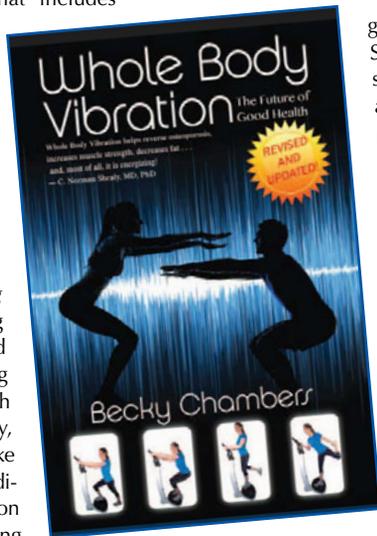
www.bcvibranthealth.com

In *Whole Body Vibration: The Future of Good Health*, natural-health practitioner Becky Chambers gives us a comprehensive guide to WBV, including the effect of vibration on muscles, the myriad benefits of WBV, and a guide to WBV machines. WBV boosts energy, mood, sleep, and libido, all while increasing muscle strength, bone density, balance, and flexibility. It helps you lose weight and offers dramatic physical therapy for many joint and mobility issues. With her engaging and accessible style, Chambers presents a well-documented book that includes

additional resources for the reader. Whole Body Vibration provides the answers you have been seeking to achieve wellness on every level.

In Chambers' second book, *Homeopathy Plus Whole Body Vibration: Combining Two Energy Medicines Ignites Healing* she explores the exciting possibilities for health and well-being by combining whole body vibration with homeopathy. Homeopathy, based on the principle of like cures like, is an energy medicine that treats each person individually by stimulating his or her own natural healing ability. And as Chambers has discovered, homeopathy plus whole body vibration creates a healing fire of epic proportions. Chambers presents this latest concept in healing with research from expert resources, including publications such as *Lancet*, the *British Medical Journal*, and the *New England Journal of Medicine*, along with inspiring stories from her own clients. Together these two books offer exciting possibilities in the treatment of illness and the quest to reach our highest potential.

The highly respected *MidWest Book Review* critiques Becky's books as "Exceptionally well written, extraordinarily well organized, impressively accessible for the non-specialist general reader... will prove to be enduringly popular." Becky Chambers, BS, MEd, is a natural health practitioner, teacher, author, and the president of Vibrant Health. Her first book, *Whole Body Vibration*, has been the best-selling book in



the USA on the subject since it was published in 2013.

Becky Chambers will be speaking at the *NEWLIFE EXPO* in New York City, October 21-23.

Herbs and Nutrients for Neurological Disorders Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures

By Sidney Kurn, M.D. & Sheryl Shook, Ph.D.

HEALING ARTS PRESS

www.innertraditions.com

In this scholarly yet practical guide, Sidney Kurn, M.D., and Sheryl Shook, Ph.D., explain how to safely and easily incorporate herbs, antioxidants, and nutritional supplements into the standard conventional treatments for 6 common neurologic disorders: Alzheimer's, Parkinson's, multiple sclerosis, stroke, migraine, and seizures.

The authors with their unique knowledge lay the scientific foundation for a holistic, naturopathic approach to neurologic disorders and a way to enhance the quality of life for those suffering from these conditions.

Neurological disorders are among the hardest diseases to treat. For each condition, the authors provide detailed strategies supported by scientific evidence

and years of successful clinical practice. They examine the biochemical role of each recommended herb, nutrient, or antioxidant and discuss potential side effects, counter-indications, and proper dosages to reduce symptoms, slow disease progression, and — in the case of stroke, migraine, and seizures — lessen the chances of recurrence. The authors explore the nutrient defi-

ciencies and physiological mechanisms, including inflammation, heavy metal toxicity, and mitochondrial dysfunction, that can cause oxidative injuries and initiate neurologic disorders. They reveal which common substances, such as aspartame and glutamate, can trigger these mechanisms at the cellular level and recommend specific herbs and antioxidants, such as turmeric, cannabinoids, resveratrol, and N-acetyl cysteine, to counteract their effects. They discuss the importance of sleep to overall well-being, especially for those suffering from neurologic disorders, and offer tips to help ensure a good night's sleep.

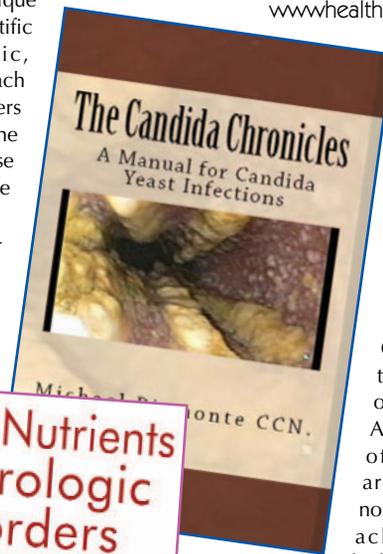
Well written and extensively researched this is a wonderful, accessible resource for doctors and patients alike. It fills an important void in the alternative medicine library. Highly recommended.

The Candida Chronicles A Manual for Candida/Yeast Infections

By Michael Biamonte, C.C.N.

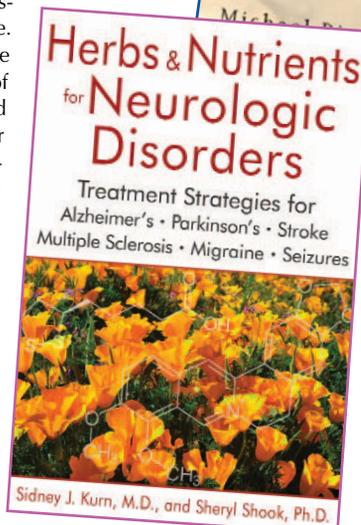
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www.health-truth.com



Finally the long awaited first book on Candida and Yeast infection is the first of a series of five books on what has been called "The scourge of the 21st Century." Candida is an intestinal infection that is often undiagnosed. And causes dozens of symptoms that are often mis diagnosed such as stomach bloating and lethargy to name a

few. Michael Biamonte is a New York State certified clinical nutritionist who has dedicated his professional life to understanding this syndrome and aiding those suffering with it for over 30 years and is considered by many as the world's authority on helping those with this condition. If you want to overcome Candida this is the only book you will need to change your life.



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MUSIC REVIEWS

Soul Traveler – Healing Journeys (Banned in China)

By Kevin Misevis
www.misevis.com

Experience the soothing, contemplative and revolutionary Soul Traveler Ch'i Gung Piano Healing Music Collection and the companion book Soul Traveler – Healing Journeys by author, channel and cancer survivor Kevin Misevis, which encompasses 25 years of research and experience on healing cancer and chronic dis-ease.

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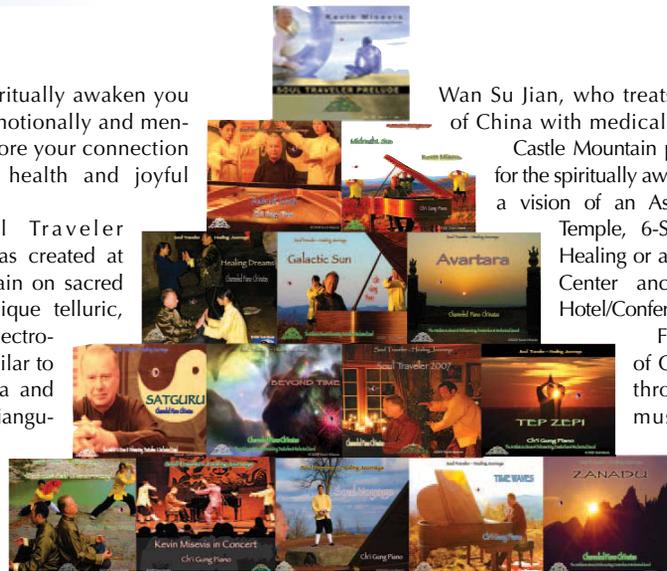
Wan Su Jian, who treats the President of China with medical Qigong.

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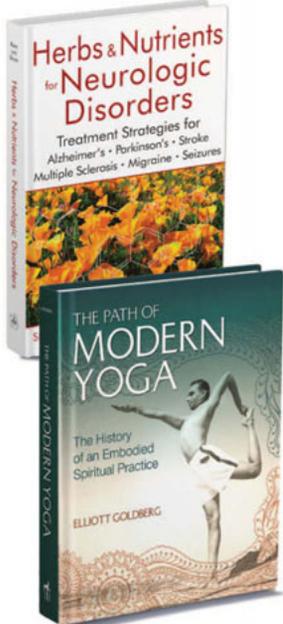


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Falling for Soup Season

There's an energetic chill that inspires a craving for soup as I shop among crispy falling leaves at the local Farmers Market. I always make a huge hearty pot that either disappears with friends or lasts in jars in the fridge for several days.

Although I still enjoy my Raw Food "Green Blender Meals", I rely on the following recipes to get me through those New York winters.

Most traditional soups begin by sautéing onions and garlic at high temperature in olive oil or bacon fat to develop layers of flavorful "caramelization". However, this process also develops free radicals and carcinogenic compounds, so I never do it. All of my soups are gently simmered in water, vegetable or mushroom stock. Before serving, oils can be added to the individual bowls, to taste. A simple stir and the delectable aromas will waft and warm their way to your tummy and heart.

VEGAN POTATO-LEEK SOUP

- 1 onion, diced
 - 2 ribs celery, diced
 - 4-5 organic potatoes, sliced
 - 2-3 Leeks, thinly sliced & thoroughly washed/rinsed
 - 4 cups organic veggie stock (or filtered water)
 - Celtic salt & pepper to taste (start with $\frac{1}{2}$ tsp. each and adjust later after blending.
 - 1 handful fresh parsley, dill, marjoram, or thyme, minced
 - 3-4 T grapeseed or coconut oil (to be added after heat is turned off)
 - OPTION: a few cloves minced garlic
- You may also add 1 cup diced cauliflower; zucchini; or broccoli before the last 5 minutes of simmering.
- Gently bring all ingredients except oil and herbs to boil in stock. Immediately reduce to a low simmer for 20 minutes. Turn off heat and add herbs and oil (reserve some herbs for individual bowls).
- Let cool slightly and blend with an immersion blender (easier than transferring out from the cooking pot to a Vitamix).
- Check your seasonings. The French would traditionally serve this with a baguette for elegant sopping. You could try a slice of organic sprouted Ezekiel Flax bread - "a la sante!"

VEGAN SPROUTED LENTIL & TOMATO SOUP

This curry is a mini trip to India in a bowl. The curcumin in turmeric is an anti-inflammatory and the stewed tomatoes have more lycopene than when raw. Sprouting the lentils before cooking increases their nutrition.

Soak 1 lb. Lentils overnight and sprout for 1-2 days (See how to sprout on my DVD, "Green Recipes for Health & Weight Loss" at www.rawfooddvs.com)

Add to large soup pot with 2 quarts organic veggie stock or filtered water.



- Add:
- 1/4 lb. organic brown or wild rice
- 6 chopped, skinned plum tomatoes
- 1 onion, diced
- 2 ribs celery, diced
- OPTION: 1 C. coconut milk
- 1 T. each: curry, cumin, coriander, turmeric powders
- Simmer 20 minutes.
- Add 1-2 sliced yams & simmer another 10 minutes.
- (Meanwhile mince 1 red onion and 3 cloves garlic and let sit 10 minutes to activate the allicin (for anti-bacterial, anti-viral properties.)
- Simmer another 5-10 minutes with the onions and garlic.
- Turn off heat & add coconut or grapeseed oil to taste before serving.
- Garnish with fresh chopped parsley and cilantro.

VEGAN TOMATILLO CORN SOUP

This is actually one of my year-round favorites. Festive with Mexican flavors and colors, it's also delicious at room temperature or chilled during summer.

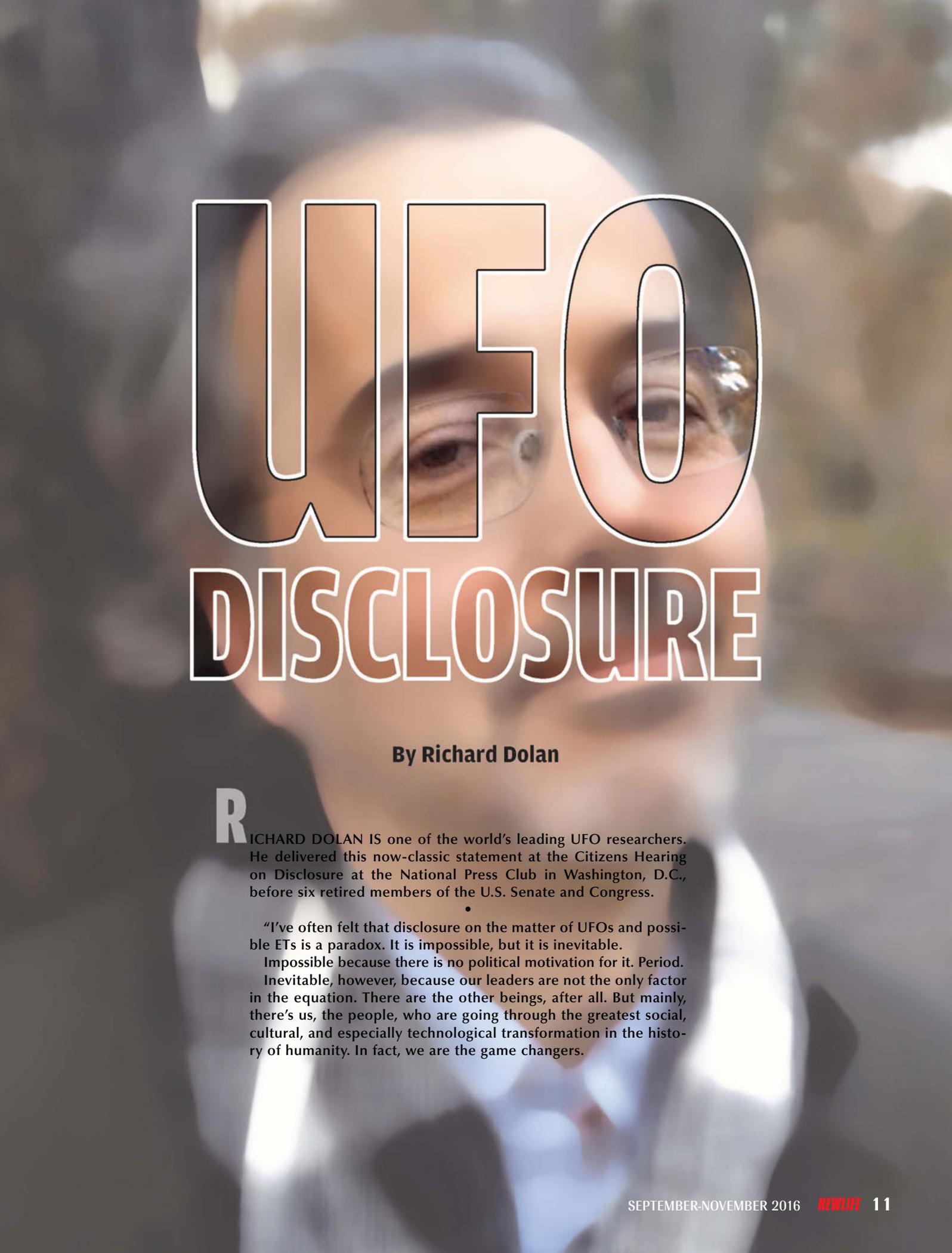
Boil several organic corncoobs for 1/2 hour in 2 quarts water and discard cobs (or use organic veggie stock)

- Add:
- corn kernels shaved from 4-5 organic cobs (or 1 lb. organic frozen kernels)
- 1 onion, chopped,
- 1 rib celery, chopped

- 1 red bell pepper, chopped
- 5-6 tomatillos, husked, rinsed, and quartered
- 1 T. each: cumin & coriander powder
- Celtic sea salt to taste
- 1/2 jalapeño chile, minced
- Bring to boil, immediately reduce heat to simmer until tender (around 10 minutes)
- Allow to cool enough to use immersion blender until desired state of chunky-smooth.
- OPTION: Add 2 T. grapeseed oil before blending
- Garnish with cilantro or parsley, chopped.

VEGAN BLACK BEAN SOUP

- 1 lb. organic black beans, soaked overnight
- 2 quarts veggie stock or filtered water
- 1 onion, chopped
- 2 ribs celery, diced
- 1 carrot, diced
- 2 T. cumin
- 1 tsp. Celtic salt
- 1/2 jalapeno chile, minced
- Garnish: Handful minced red onion, parsley or Cilantro, chopped
- Combine all ingredients (except garnish) in a large pot and bring to a boil.
- Immediately reduce heat to a low simmer for one hour.
- When slightly cooled, mash some of the beans with a potato masher until desired consistency of chunky-smooth.
- Take off one of those extra sweaters and ENJOY!
- Debra Secunda is a broadcast journalist, health chef & coach, and presents "Demo & Tasting" classes and workshops nationwide. See excerpts and recipes from her DVD, "Green Recipes for Health & Weight Loss" at www.rawfooddvs.com and meet Debra at NewLife Expo in NYC*



UFO DISCLOSURE

By Richard Dolan

RICHARD DOLAN IS one of the world's leading UFO researchers. He delivered this now-classic statement at the Citizens Hearing on Disclosure at the National Press Club in Washington, D.C., before six retired members of the U.S. Senate and Congress.

“I’ve often felt that disclosure on the matter of UFOs and possible ETs is a paradox. It is impossible, but it is inevitable.

Impossible because there is no political motivation for it. Period.

Inevitable, however, because our leaders are not the only factor in the equation. There are the other beings, after all. But mainly, there’s us, the people, who are going through the greatest social, cultural, and especially technological transformation in the history of humanity. In fact, we are the game changers.

Someday, and it won't be too long in the future, something is going to force someone's hand. It could be a major sighting, a major leak, something. Something that can no longer be denied. After all, we are fast approaching what experts in artificial intelligence call the Singularity, when computing intelligence exceeds our own. In such a future, can we really think we will still be stuck in neutral on this issue?

THE ANNOUNCEMENT

Something will force the President's hand. He or she will finally hold that long awaited press conference and make that bombshell understatement: "I have been advised by the national Security Council, and heads of our intelligence community that there is a reality to some of the UFO phenomenon, in that some UFOs are real physical craft not manufactured by any known civilization on earth." Or, words to that effect. It's the kind of statement that many proponents of UFO disclosure would like to hear, but the real question is, what next? Because there will be quite a few follow-up questions.

At the top of the list will be questions about who these other beings are and what their agenda might be. This will be a very difficult question for any President to answer. What if at least some of that answer includes information that might be deeply upsetting? Divining the intentions of non-human visitors—or permanent residents—might not be the easiest thing to do, but it's entirely possible, judging from the data we do have, that some of them don't really care very much about humanity. Some may, some may not. What if an agenda has been determined within the intelligence community, and this agenda includes something to do with alleged abduction phenomena? And even if that isn't true, does any President honestly believe he or she can contain rampant speculation along these lines?

Even if the intentions of these other beings are said to be neutral or positive, there will clearly be tremendous suspicion by large swaths of humanity. This will not be an easy sell. There will already be a sizable number of people predisposed to interpreting these other beings as nothing less than demonic. Short of bringing one of these entities to a podium and subjecting it to hours and days and weeks of questions by an insatiable public, it is very likely that any moment of disclosure will not satisfy the public the way it would like to be regarding these alien motivations.

That's only the beginning of the problems. One early and obvious question that will arise, one which will have deep, profound political implications, will be the very simple "Why did you managed to keep this secret all these years?"

Consider that our entire society has been told that UFOs do not represent anything truly anomalous, that ET's or aliens are definitely not here on Earth interacting with us, that UFO believers may be well-meaning but had been mistaken about all of that. This has been a mindset embedded within all of our major institutions.

Political careers have been destroyed, or at least severely undermined, by the UFO taint. Remember what happened to Dennis Kucinich in 2008 after it became known that many years before he had seen a UFO. Never mind the fact that the two witnesses he had been with came out and corroborated the sighting. They saw the same thing.

All of these institutions and others have treated the UFO topic as nothing more than a joke, something suitable for

immature minds. Can it really be that professors throughout the United States uniformly have dismissed this phenomenon without any cooperation from the intelligence community? Ditto with the world of science, politics, and media? Well, no, not when the most modest amount of research shows strong intelligence community influence over all of those institutions.

In other words people will see very clearly that the national security apparatus has created a global culture that has suffocated the truth. Researchers will begin to investigate in a serious way just how these relationships have undermined the credibility of all of those institutions, and undermined our apprehension of truth.

But it won't stop there. Citizens will naturally want to know specifics about the structure of secrecy itself. That is, they will want to know, if the US president has been out of the loop all these years, as it seems, then who exactly has been in the loop? Who has been running the UFO cover-up? If the answer is anything along the lines of my own research so far, it will show that the cover-up has long ago gravitated away from formal presidential authority into international and private hands. It's not that the U.S. President is a non-player in all of this, but rather is more like the public face of the true power elite that stands behind. We all have come to understand this when it comes to power in general, and this will likely be the case when we begin a sophisticated analysis of UFO secrecy.

In other words, the moment of disclosure will trigger an intellectual revolution worldwide relating to the true structure of power on planet Earth. It will be a moment in which the world sees and The political fallout will be tremendous, and a great battle will develop within the first year of Disclosure. Think of it this way. Just because the president has been forced into making an announcement doesn't mean that the CIA and all the other intelligence groups that had been managing this will simply walk away from the table. There has been a concerted effort spanning an entire human lifetime to control this topic. A great deal has been invested, and mere disclosure is not going to change that. The real issue in the immediate post-disclosure world will be: who controls the spin on the story?

Because right away there will be a great divide, a chasm. Once this topic is available for open discussion, you can be sure that people around the world will be demanding answers. You can be just as sure that on the other side of the fence, information will be handed out as sparingly as possible. Government spin doctors will be out in great numbers trying to control the situation according to national security policy, but this time independent UFO researchers may very well get a public hearing that they had never gotten before. If the official spokespersons are making misleading or false statements, it's going to be much easier, post-disclosure, for independent researchers to point this out. Because this time, the world will be much more likely to listen. And there will be many, many more investigators into this topic after disclosure than there are today. How all that will turn out only time will tell.

There are many other topics to be disclosed. Tao for instance would be the President Kennedy Assassination and the 9/11 Travesty.

We definitely live in exciting times

Richard Dolan will be lecturing at the NEWLIFE EXPO in New York City, October 21-23.

THE 37TH PARALLEL

THE SECRET TRUTH BEHIND AMERICA'S UFO HIGHWAY

BY BEN MEZRICH

When Jimmy Kimmel recently asked Hillary Clinton in a late-night TV interview about UFOs, she quickly corrected his terminology. "You know,

there's a new name," Mrs. Clinton said in the March appearance. "It's unexplained aerial phenomenon," she said. "U.A.P. That's the latest nomenclature."

Mrs. Clinton has vowed that barring any threats to national security, she would open up government files about the subject. She says, "There are enough stories out there that I don't think everybody is just sitting in their kitchen making them up."

The subject of UFOs and extraterrestrials has long been and continues to be a hot topic.

A 2012 National Geographic survey showed that 36% of Americans believe extraterrestrials have visited Earth. And the same poll indicated that 80% of those surveyed believe the US government has kept UFO information hidden from the public. Popular television programs and radio shows such as Coast to Coast AM frequently delve into these unexplained phenomena, with guests that range from scientists, to conspiracy theorists, to the believers, including Blink-182 co-founder, Tom DeLonge.

Now, *New York Times* best-selling author Ben Mezrich offers rich new material about UFO phenomena with *The 37th Parallel: The Secret Truth BEHIND AMERICA'S UFO HIGHWAY* (ATRIA BOOKS), a real-life mix of *The X-Files* and *Close Encounters of the Third Kind*. *The 37th Parallel* is the exclusive, true story of an ordinary family man whose growing obsession with the unknown leads him to a startling discovery that may well change the way we view the world.

The 37th Parallel came about when Beau Flynn, who produced the blockbuster movie *San Andreas*, called Mezrich and they started talking about their mutual love of *Close Encounters of the Third Kind*. Flynn told Mezrich that he was looking into a story about a microchip engineer and sheriff's deputy named Chuck Zukowski who was known as the "Mulder" of El Paso, Colorado, because of his hobby of taking his family on trips to look for evidence of aliens.

As long as he can remember, Chuck has been fascinated by UFOs: unexplained lights in the sky that so many thousands of people had claimed to have seen, all over the world. He isn't sure where this obsession had started for him or why, even as a child, he'd stayed up late in his backyard staring at the stars, waiting to see something. But by his late teenage years, he'd begun collecting newspaper articles,

reading books, and combing through magazines. By his early twenties he'd begun attending the sort of conventions that sprung up around Southern California during the seventies and eighties.

Today, Zukowski has spent nearly 30 years researching and investigating unexplained phenomena, particularly cattle and horse mutilations. He's investigated multiple incidences of mutilated livestock, whose exsanguination is inexplicable by any known means. Tracking these locations launched him on

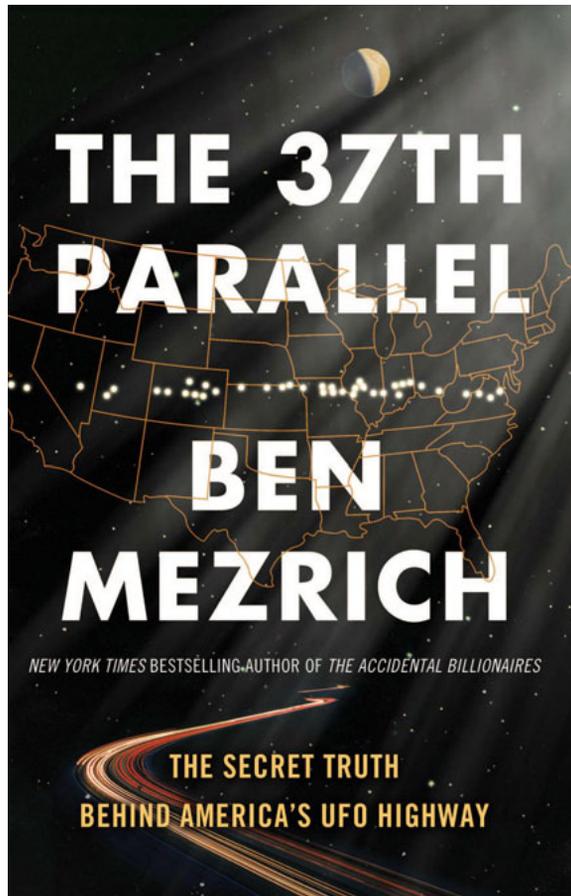
an extraordinary journey to underground secret military caverns and sacred Native American sites, beneath strange, unexplained lights in the sky, and into shady corporations that take over investigations.

Intrigued, Mezrich flew out to Colorado and got to know Zukowski, speaking at great length with him about his passion for investigating and researching the unknown. Then, each strapping on his Glock, they went out into the field looking for UFOs. And when Zukowski told Mezrich about his discovery of the 37th Parallel (a highway of anomalies stretching from one end of the country to the other) connection to the animal mutilations and other strange phenomena, Mezrich was hooked—and he knew he had his next book.

Chuck Zukowski's story moves from El Paso and Rush, Colorado, to the mysterious Bigelow Aerospace Company and MUFON, from Roswell and Area 51 to the Pentagon and beyond. *The 37th Parallel* is a true, never-before-told adventure

in the vein of Mezrich's *New York Times* and international bestsellers *Bringing Down the House* and *The Accidental Billionaires*. Inspiring and terrifying, this hair-raising account will keep readers up at night—staring at the sky, and wondering if we really are alone... and what might happen if we aren't.

Ben Mezrich graduated magna cum laude from Harvard. He has published eighteen books, including the *New York Times* bestsellers *The Accidental Billionaires*, which was adapted into the Academy Award-winning film *The Social Network*, and *Bringing Down the House*, which has sold more than 1.5 million copies in twelve languages and was the basis for the hit movie *21*. He will be lecturing at the NEWLIFE EXPO in New York City on Saturday, October 22.



Digestive Magic

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

Most medical training these days focuses on drugs. While this couldn't make the pharmaceutical companies any happier, there are more than a few Naturopathic Nutritionists and health pioneers and early researchers who have made major contributions for many of our most common digestive issues.

The solution for many of our modern day digestive issues that people suffer from today were discovered many decades ago but have largely been ignored by both modern medicine and health and nutrition proponents.

In the 1930's, very astute researchers were able to show that combination of our meal selections had a stronger influence on our digestion than what we eat. At Abunda Life, a large percentage of our patients who have digestive challenges are cured with our No/No List. This is probably the most valuable advice that we issue our patients.

Unfortunately, most people, through no fault of their own, are living on basically a junk food diet. Amazingly most people think they are eating healthfully.

FOOD COMBINING

Many young people seem to have cast iron stomachs¹ and the digestive capabilities of wild animals. In Naturopathic medicine this is referred to as strong "digestive fire" and can be one of the most powerful tools to deal with junk food and poor food combinations.

Unfortunately, as many of us get older, the fire in our bellies begin to fade and what is left of that fire seems to work its way out either end of our digestive tract creating all kinds of havoc.

The concept of food combination affecting our digestive tract and eventually our overall health, including every named medical condition isn't a new one. This ancient healing system has understood the importance for thousands of years.

The principle of food combining has been ostracized by the orthodox medical profession for being unscientific and popularized at a time when we had only a limited understanding of the full workings of the digestive system. It's also not surprising who is going to pay for such research. No one has any financial incentive to spend the money on this area of study. However, most of the initial research done in the early 1900's was done well.

As far as our knowledge of the digestive system, we still don't fully understand it. What is important to remember is that people who have experienced major health challenges for centuries, thanks to a proper food combination diet, have corrected their problems. At our Medical Nutrition Clinic we've experienced incredible results with people with severe digestion challenges.

We believe in our form of Naturopathic Medicine we must fix the gut fist, before we address anything else. Food combining may not be the cure all to all diseases and often times, why it works hasn't been totally in line with known physiological principles but it has been a godsend "for many" suffering from severe digestive concerns.

WHY FOOD COMBINATION WORKS

Part of our digestion, starting in our stomach's, is acidic. The next part, beginning in our small intestines is just the opposite - alkaline.

We are fearfully made by our Creator. It is amazing that the two areas can co-exist, but both are essential for the breakdown and digestion of so many various types of food and nutrients.

Acid is required to break down meats, bones and cartilage and the assimilation of minerals. Alkaline compounds are needed to break down fats and buffer the acid content coming from the stomach so that the PH environment is ideal for processing starches and sugar.

In Short: The digestion of protein and assimilation of minerals requires acid. The stomach contents are always acidic. It has to be this way to properly do its job. Proteins are principally digested in the stomach with hydrochloric acid and pepsin. The digestion of carbohydrates requires alkaline compounds. Carbohydrates are not digested in the stomach but in the small intestines by pancreatic secretions, which are alkaline.

Fats pass through the stomach pretty much intact. The digestion of fat takes place completely in the small intestine. When fats enter the small intestine from the stomach, they trigger the release of bile from the gall-bladder. Bile, since it is slightly alkaline does a couple of things. First, it helps neutralize the acids that have passed through from the stomach. Second, it works like soap, in that it breaks down and emulsifies fat globules into smaller particles so they can be more easily absorbed.

MAKING THE CASE FOR PROPER FOOD COMBINING

For younger people and those who have a strong "digestive fire," eating high protein and high carb meals may not be a problem. Some people are like goats. They can eat anything. However, we've seen great results over the years and decades in our Clinic with proper diet and food combining. We are convinced that to achieve optimal digestion, it's best to practice this ancient Naturopathic principle.

A recent nationwide survey shows that 72 percent of our population is living with gastrointestinal discomfort, making it apparent that few are truly healthy or have strong digestive fire.

In addition to proper food combining, we recommend in our Clinic, four tablespoons of Crude Apple Cider Vinegar in an eight ounce glass of distilled water before meals; not Rice, Wine or Balsamic Vinegar but Crude Apple Cider Vinegar ONLY. Use it on your health salad. Definitive studies done at Arizona State University proves it works. It was also shown to lower postprandial blood glucose levels as much as 25 percent. Crude Apple Cider Vinegar has an effect comparable to the popular diabetic medication Metformin. We recommend to our patients in the Clinic, four tablespoons in a glass of distilled water at bedtime.

IN CONCLUSION

Don't mix a heavy carbohydrate with your protein meal. Lunch; health salad with your carbohydrate meal. Dinner; health salad with your protein meal. Breakfast; fruit. Eight ounces of Super Drink at mid-morning and mid-afternoon for optimal digestion.

Robert H. Sorge, N.D., Ph.D., has been a practicing Doctor of Naturopathic Medicine since 1964. He is the director of the Abunda Life Medical Nutrition Testing Clinic in Asbury Park, N.J. He can be reached at 732-775-7575 or at acundalife.com.

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ON A CELLULAR LEVEL, OUR BODIES ARE IN A CONTINUOUS process of creation, renewal, regeneration, recovery as well as repair, defense, and vigilance against both external and internal attacks. We are also in the unending process of dying.

We persistently and relentlessly wear out our cells and have to replace them. We trade in the old lining of our gut for a new one every two to three days. We replace our skin every six weeks, and our liver every eight weeks. Even brain cells grow anew (contrary to the experts' understanding from a mere 20 years ago that brain cells only die after birth).

We are beings of energy, or voltage. We emit energy, we harbor energy, holding on to it as our life depends upon it (which it does), and we absorb energy from external sources. Energy, both bodily and psychological, is why we are sick and, as well, why we are healthy.

But when we don't have enough energy/voltage in our bodies (the words "voltage" and "energy" can be used interchangeably), we can neither repair old cells, nor make new ones. This is the beginning of a death spiral because sick cells remain sick, and eventually become burdensome dead debris within our bodies. Low bodily voltage means that new cells are not being created to replace the sick ones.

Unfortunately, because of the degradation of our environment (our denatured foods, the depletion of our soil of necessary minerals, the pollution of earth, water and air, and so on—you know the drill of the sorry state of today's earth ecosystem), many of us are in poor health precisely and specifically because we are low in voltage. While the contributory factors of polluted food, water and air are well-known, there is one factor affecting our energy levels that you may not have thought of: the amount of concrete that has been poured over so much of Earth's surface. On any given day, as a New Yorker who walks to most places, I am stepping on a massive mound of concrete each day.

Because of living so much on a coating of earth (that we call sidewalks, roads, floors, bridges, railroad tracks, etc), and wearing yet another insulation barrier between us and earth (that we call shoes and socks), the natural energies of earth that are emitted from its surface are not absorbed by our bodies. Those of us living in high-rise apartments live day-to-day, every moment we are comfortably relaxing in our homes, away from earth's essential energies. Many of us, and especially those who live in urban environments, suffer from what I call the sickness of Earth-Energy Deprivation.

In 1961, Russian cosmonaut Yuri Gagarin became the first man to be shot out of earth's atmosphere, and he circled around earth for a brief but fateful 48 minutes. When he descended back to earth, he was near death; many of his metabolic functions had been severely compromised. In spite of having had sufficient water, food and oxygen, he had severe bone loss, muscle degeneration, loss of perception and disorientation, as well as debilitating depression.

The Russians decided they wouldn't send any other men into space until they could determine what had caused the problem. They came to understand that being separated from earth's gravitational pull, as well as losing the energies of her pulsating magnetic field, have severe negative health consequences on the human body.

Since Yuri Gagarin's first foray into space, every other manned space flight has had a pulsed magnetic device on board: thus, problem solved for space travel and consequent ill health.

Since the Russians, and then the US space program, developed the first pulsed magnetic devices, these machines have become affordable, and widely used in holistic health facilities—though less in the US than in Europe. In Germany, every holistic cancer clinic begins therapy with a pulsed magnetic treatment (PEMF: Pulsed Electro-Magnetic Field). They have found that whatever therapy is administered subsequently will be better absorbed and better utilized by the body when the body first receives the revitalization of the pulsed magnetic energy. In the US, in spite of FDA approval of PEMF for treatment of brain cancer and repair of bone fractures, the treatment is still relatively unknown and under-used here.

I personally use the PEMF device on most days, and my wellness center is, I believe, the only center in NY that offers this treatment. The other device I use regularly is the BioModulator, which not only confers energy, but has the additional capability of measuring voltage of the body. Both devices can be

applied anywhere on the body as well as directly onto the head for brain stimulation and cognitive rejuvenation. Also, both serve as valuable tools in sleep disorders and run-of-the-mill insomnia.

But there are three other "therapies" that are fun, equally effective, and free of cost:

- walking barefoot;
- hanging out with trees;
- cuddling with a dog.

WALKING BAREFOOT

WHEN WE WALK BAREFOOT, we absorb through our feet, all of the various known energies of earth. Of course, lying on the beach ON the sand (not on a towel IN the sand) does the same thing. But, the feet are an ideal part of the body with which to absorb the life-giving energies because feet have the largest pores in the body, and they are connected to many other parts of the body.

HANGING OUT WITH TREES

HANGING OUT WITH TREES (even hugging a tree) is a powerful way of increasing Earth-Energy in the body/brain.

As with human beings (and all other living beings), trees have an energy frequency. Because trees stand very still, the specific vibrations of trees are slow and steady. Their roots dig deep into the earth, and their branches reach skyward, and thus, they absorb the energies of the earth as well as the universal forces of the atmosphere and sky. When our own energy connects with trees, we respond with mind, body and spirit.

The Japanese actually have a word for tree-hanging out: Shinrin-yoku. A rough translation is Forest-Bathing. Science has validated that just looking at trees has beneficial health effects. Studies have shown that hospitalized patients recover more quickly with a 'green view.' Mount Sinai Hospital in New York has redesigned its interior so that recovery rooms now have a view of Central Park. Research documents that just looking at a forest view (even on paper) for 20 minutes lowers the amount of the stress hormone cortisol by 13%.

Qing Li, from the Tokyo Medical School, tested blood and urine samples of people while they were Forest-Bathing. The results showed that the level of natural killer cells was significantly higher on the Forest-Bathing days. Natural killer cells release an anti-cancer

protein that attacks tumors and cells infected by pathogens. The study showed that the levels stayed elevated for a full 30 days after the trip to the forest. In addition, the levels of adrenaline in the urine were reduced.

The therapy of Forest-Bathing is now practiced in England as a treatment for anxiety, depression and stress. Physicians in Doncaster and Camden (North London) have been sending patients to "Green Gyms."

DOG CUDDLING

IF YOUR DOG SCAMPERS around outside on your lawn, or garden—anywhere there is earth—then the dog is absorbing the energy of the earth—because (s)he is barefoot. When you hold your dog, the electrons from your dog travel over from him/her to you. Your dog is donating electrons to you, and this confers energy to you, making you healthier and less susceptible to illness. (And your dog benefits from the contact with you, even if your voltage is lower than your dog's because petting is an important stimulation to the dog's immune system, as it is for humans as well.)

Because I am an oncological psychoanalyst (a psychoanalyst who specializes in working with cancer patients), I am interested in cancer statistics. It is interesting to me that cancer is rare in primitive tribes as well as in animals who live in the wild. Both of these animal and human populations live in a way that brings them continuously in tactile contact with earth. Cancer has been called a disease of civilization with good reason. It is my belief that we will eventually discover an untold number of other energies, beyond gravitational and magnetic that our first mother, Mother Earth, emits.

Dr. Jane Goldberg will be speaking at the NewLife Expo in New York City, October 21-23.

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By Dr. Jane Goldberg

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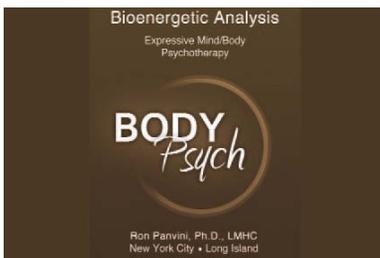
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