

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

NEWLIFE

NEW YORK'S GUIDE TO ENLIGHTENMENT

SEPTEMBER-OCTOBER 2015

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- John 10:10 -

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Letter from the Publisher



Hello NEWLIFERS,

What an incredible summer. We were blessed to have such beautiful weather.

I love the idea of combining *NEWLIFE* Magazine with the *NEWLIFE EXPO* magazine. Now you the readers can read articles written by some *NEWLIFE EXPO*'s incredible speakers.

Chef Debra Secunda in her article "The Bounty of Summer Harvest." has given us some exquisite recipes to enter our palate this autumn. Join Debra at the *NEWLIFE EXPO* on Sunday, October 18 where she will prepare and have you taste her delicious healthy recipes. Her demo is a must see.

Dr. Robert Sorge explains why medical doctors should not be permitted to give you nutritional, holistic or lifestyle advice. Dr. Robert H. Sorge will be lecturing at the *NEWLIFE EXPO* on this topic on Saturday, October 17 and then on Sunday, October 18 his topic is "The Final Answer to Cancer." He will also be on the very informative Nutrition Panel on Saturday, October 17 at 5pm.

Stacie Breeze, psychic extraordinaire and our beautiful cover girl this issue, explains how to Live in the Breezeway. Come listen to her as she will be lecturing all weekend and you can meet her in person at her booth, which is booth 147.

Wait till you read about the Prolo technique by Dr. Larisa N. Likver. You will never have pain again. She will be lecturing at the expo on Saturday and Sunday.

And as usual Dr. Alex Shvartsman, the 21st century dentist, will explain another new innovative dental technique. You will be able to show Alex your teeth at his booth 176 or come to his lecture on Sunday, October 18.

I hope you enjoy this month's issue and come visit us at our new location on the first two floors of the Penn Plaza Pavilion, next door to the Hotel Pennsylvania on 7th Ave between West 32nd Street & West 33rd Street in the big apple.

And remember,,,,,

It's a NEWLIFE !!!!!!!

Om Sholom,

MARK BECKER

NEWLIFE

ISSUE No. 164
SEPTEMBER-OCTOBER 2015

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is published bi-monthly
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Subscriptions are \$60 per year.
For subscription and advertising
information, call 516-897-0900.

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BOOKS

The Gift of Shamanism Visionary Power, Ayahuasca Dreams, and Journeys to Other Realms

By Itzhak Beery
Destiny Books

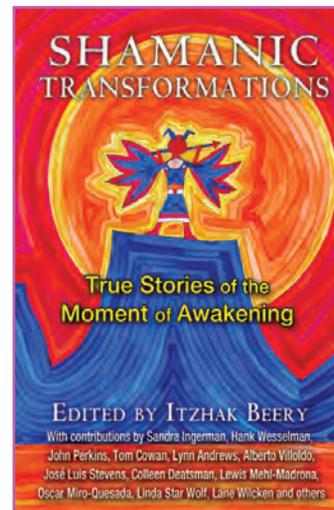
"Each and every one of us has shamanic powers", says internationally recognized shamanic healer and teacher, Itzhak Beery. Glimpses of them can arise at any age in the form of intuitive dreams, déjà vu, spontaneous visions, and out-of-body experiences. Most people dismiss these experiences. However, by embracing these gifts, we can unlock our shamanic potential to change ourselves and the world around us.

Revealing his transformation from skeptic

to shamanic healer, Itzhak Beery explains how, after countless prescient dreams and visions throughout his life that he brushed off, a series of synchronistic events led to his first shamanism workshop with Michael Harner, renowned shamanism

scholar and teacher. This, in turn, led to a trip to South America with John Perkins to work with indigenous shamanic healers.

In *The Gift of Shamanism*, Beery shares his experiences with ayahuasca rituals in the Amazon, messages from power animals and plant spirits, dreams that foretold future events, and holographic sightings of past lives and spiritual entities, both evil and benign. He details his shamanic way of "seeing" to diagnose spiritual, emotional, and



By Merikah Robertson

physical ailments via candle readings and remote viewing. Explaining how we are always surrounded by spirits, he recounts helping people communicate with loved ones who have passed on and shares powerful stories of soul retrieval during shamanic journeys to other worlds.

Through his true stories of visions that manifested in reality, Beery convincingly reveals that we all have the potential to be shamans. By igniting our natural intuition and developing trust for our inner powers, we can each connect to the oneness of nature where all knowledge is found. This book is a must read for anyone interested in learning about shamanism through first-hand experiences of a respected shamanic healer.

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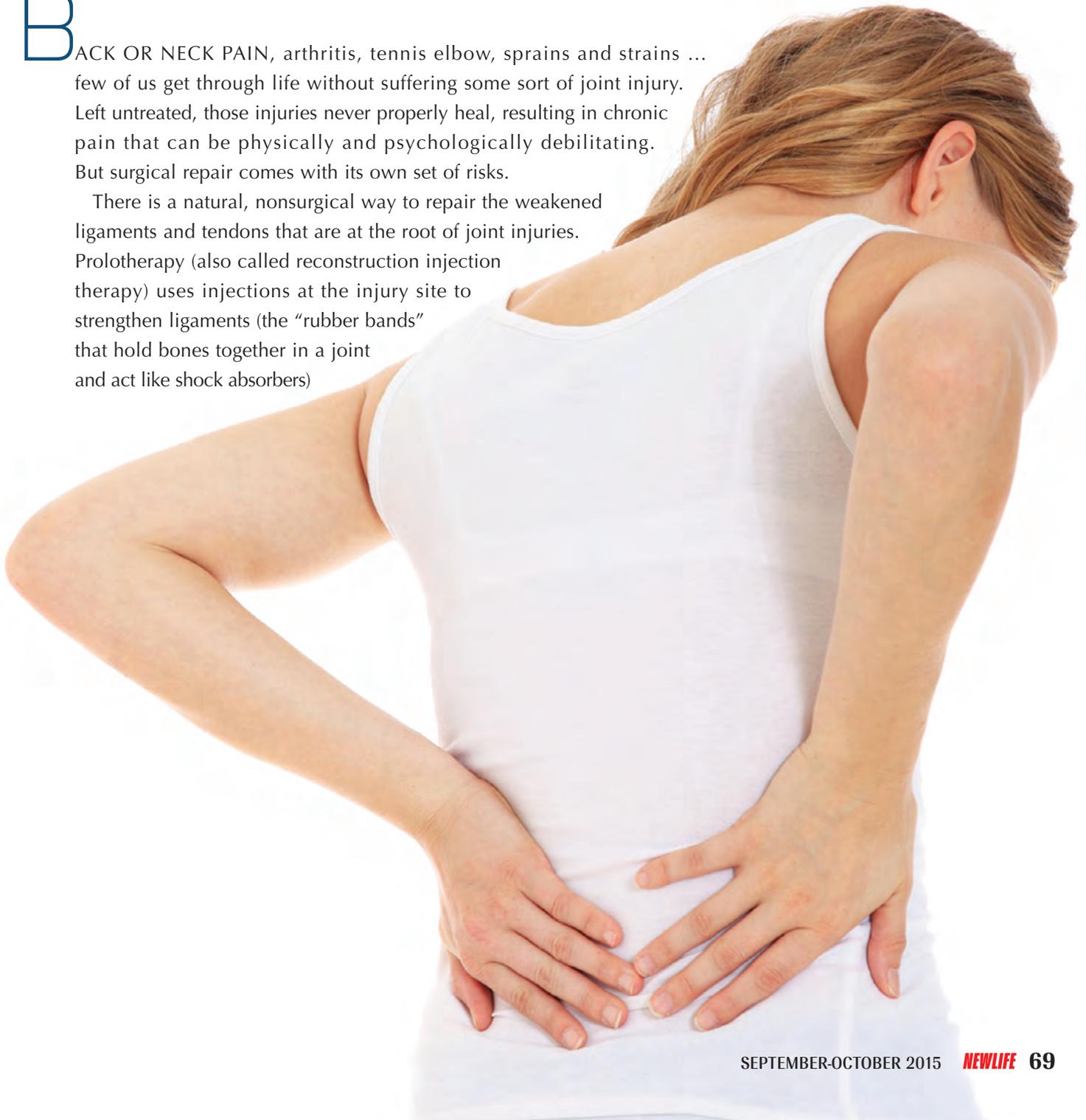
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GET BACK TO BEING YOU, WITH PROLO

By Larisa N. Likver, MD

BACK OR NECK PAIN, arthritis, tennis elbow, sprains and strains ... few of us get through life without suffering some sort of joint injury. Left untreated, those injuries never properly heal, resulting in chronic pain that can be physically and psychologically debilitating. But surgical repair comes with its own set of risks.

There is a natural, nonsurgical way to repair the weakened ligaments and tendons that are at the root of joint injuries. Prolotherapy (also called reconstruction injection therapy) uses injections at the injury site to strengthen ligaments (the “rubber bands” that hold bones together in a joint and act like shock absorbers)



and tendons (the “bridges” that attach muscles to bones and regulate stability during movement).

When ligaments and tendons become weak or injured, they may not regain their original length, strength and endurance. That’s largely because blood supply becomes constrained, and so healing is slow and not always complete. Also, tendons and ligaments have many nerve endings that become inflamed due to injury, causing pain at the areas where these structures are damaged or loose. Weakened tendons and ligaments can’t support normal joint movement, and eventually arthritis will develop in the affected joints, further complicating the problem and causing more pain.

With prolotherapy, a doctor injects a sugar-based solution at the site where the ligament or tendon attaches to the bone (a spot where degeneration and regeneration occur), causing localized, “positive” inflammation. Inflammation is a first stage of healing, as it increases the supply of blood, oxygen and nutrients to tissues. Also, this controlled, localized inflammation will massage the immune system in those weakened structures, triggering a self-repairing mechanism that strengthens, tightens and thereby stabilizes them. Stronger tendons and ligaments restore proper joint support, spurring regeneration of the compromised joint so the pain can finally go away.

This concept is not new, by the way. There is historical evidence that a very similar therapy was performed as early as 400 BC. The term prolotherapy is derived from the Latin word *proli*, which means “to regenerate or rebuild.” The nickname *prolo* is short for

**The term prolotherapy
is derived from
the Latin word *proli*,
which means
“to regenerate or rebuild.”**

proliferation, because the treatment causes the proliferation (growth, formation) of new ligament and tendon tissue in weakened areas.

What would eventually evolve into modern-day prolotherapy began in the 1930s, when it was used as a treatment for weak ligaments. In the 1950s, Dr. George S. Hackett, a general surgeon in Canton, Ohio, began performing injections of irritant solutions in an effort to repair joints and hernias.

Today, doctors use prolotherapy to treat a wide variety of conditions, including back and neck pain; arthritis (shoulder, elbow, wrist, hip, SI joint, knee, ankle, foot, etc.); rotator cuff syndrome; tennis elbow; carpal tunnel syndrome; sprains and strains; and partially torn tendons and ligaments.

The response to treatment varies from patient to patient, depending on healing ability, underlying medical conditions and how advanced the problem is. Some people may need just a few treatments, while others may need 30 or more. The treatment process is repeated every three to six weeks.

When comprehensive prolotherapy is administered correctly by a properly trained medical doctor, and the patient is chosen well, there is up to an 80 percent chance the patient will become pain-free, and most people have reported significantly less pain. In many cases, prolotherapy can eliminate the need for orthopedic surgery.

Dr. Larisa N. Likvers is a Board Certified Physiatrist with more than twenty years of medical experience. She will be speaking at the NewLife Expo in New York City, October 16-18.



Elka Boren
Shamanic Healing

The work of Panama shaman healer Elka Boren exemplifies the dimensional shift people are seeking at this time. Gifted since childhood with innate spiritual abilities – studying and being initiated by Master healers from India and Ireland – Elka holds the space for divine beings and frequencies to enter her workshops, sessions and readings. These ascension energies disintegrate stagnant emotional density, even ancestrally, from individuals and groups.

Elka offers chakra cleansing, channeled messages, home, office and land clearings, Rising Star and Prema Birthing Initiation and Training. As subtle & physical blocks are removed in all her services, healing and greater well-being occur. There is a mystical dimensionality to Elka’s work – and her honesty & compassion make her presentations compelling & life-transforming.

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W A R N I N G !

SHOULD ORTHODOX DRUG DOCTORS BE PERMITTED TO GIVE YOU NUTRITIONAL, HOLISTIC, OR LIFESTYLE ADVICE?

Our medical doctors are the best in the world. That is why people come to America from every nation in the world to be treated. Our doctors are certainly among the most educated men and women of all our professions. As excellent as they may seem, this fact may also be our biggest weakness. We unconsciously assume that since doctors are so educated in their profession then they must also be 'all-knowing' in everything. This, of course, is not true regardless of how well trained they may be in their profession.

To expect the orthodox medical doctor to be an expert in nutrition is an act of stupidity on our part. Common sense tells us not to expect a doctor to give us cogent advice in financial planning, real estate, accounting, legal advice or anything else for that matter. Why should we expect him/her to give us expert advice in nutrition if they are not trained in it?

Exactly what is the orthodox drug doctor an expert in? He/she is an expert in the diagnosis and treatment of disease. How does the orthodox drug doctor treat disease? If you guessed DRUGS, you are correct! It takes an enormous amount of time and energy to become an expert in this field. Seven years of time, \$500,000 in schooling costs before the first prescription can be written. The doctor is in fact brainwashed in drugs.

Naturopathic medicine is for the most part the exact opposite. Advanced nutritional remedies are a significant part of naturopathic medicine's true body, mind, spirit phi-

losophy and practice of high-level wellness and prevention.

Here is how we do things:

The father of medicine, Hippocrates started with a philosophy that separated medicine from voodoo, which was an integral part of the pagan religious culture of his time. Ancient healing was a religious matter. This is where we get the term "medical science". It is not a science, but there is a scientific approach that is taken. Much of pagan religion, believe it or not, remains. The hex of death is just one example. When the doctor tells a terminal cancer patient they have six months to live, that is the hex! The fact remains that the doctor really doesn't know. Only God almighty knows. Some cancer patients of mine have out-lived their doctor even after the hex!

Hippocrates, 2,500 years ago in all his medical schools throughout the ancient Greek empire under Alexander the Great was the one in world history that instigated the change. Hippocrates' philosophy and practice of medicine consisted of three steps:

STEP ONE: A comprehensive nutritional and lifestyle evaluation represented half the cure.

STEP TWO: Cleansing the blood and cells of the body is the first task of the physician.

STEP THREE: Building an indestructible immune system. Food was to be the medicine and the first line of medicine was the food.

These were the founding principles of Hippocrates,

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

the foundation that medicine was built upon until the Pharmaceutical Trust took over and introduced what has become today's mainstream drug medicine.

MOST NUTRITIONAL ADVICE GIVEN BY MAINSTREAM DOCTORS IS DEAD WRONG!

Most doctors are smart, but dead wrong once they step out of their field of expertise. Not only are they wrong on nutritional advice. They are often dead wrong on orthodox medical advice.

Since I went into private practice in 1964, much of the medical advice has been proven to be dead wrong. The medical advice for a sore throat was to chop out the tonsils, an essential part of our immune system. This was followed by the medical craze of chopping out the appendix, which a good juice fast, a few coffee enemas, and colonic irrigation would solve. Following such medical malpractice was chopping out the Gallbladder, when a good naturopathic liver/gallbladder flush, change of diet and a series of colonic irrigations would have solved the problem naturally.

Doctors advise almost every patient to get their flu shot. This dangerous practice remains today even though our true scientist tell us it is impossible for the flu shot to prevent the flu. In many cases it gives the flu to people. However, the biggest act of malpractice in our time is the prescribing of statin drugs for high cholesterol. The American College of Cardiology and the American Heart Association have reported that lowering cholesterol had no effect on heart attacks or strokes.

Think about how this medical malpractice has blown hundreds of billions of dollars down the tube for 60 years. The drug is prescribed for stroke and heart disease. Our true scientists tell us the drug does nothing for the heart. Yet, doctors are still prescribing

it. Our true scientists are not on Big Pharma Payroll. There are seventy five million Americans being drugged unnecessarily.

I get a pack of diabetic magazines in the mail each month. I told the company to stop sending them. I am forced to throw them in the garbage. If anyone ever followed their advice the diabetes would never be corrected.

Malpracticing doctors tell people to stay out of the sun because it causes cancer when in fact sun exposure helps to prevent cancer. Malpracticing doctors tell their patients to take an aspirin a day. While our true scientists tell us the aspirin causes internal bleeding. Malpracticing doctors prescribe antacids for stomach and digestive problems. This is exactly the opposite of what the patient needs. They compound a simple nutritional deficiency and create a lifetime patient who will never cure the problem.

Every cancer patient is toxic, nutritionally deficient, and hypoxic. When they ask the doctor, "What should I eat?" they are told to eat anything. When a nutritionally deficient patient asks the malpracticing doctor what food supplement and vitamins he/she should take, they have been advised for the last 50 years not to take any vitamins.

Malpracticing doctors tell patients not to eat eggs because of the cholesterol. But the true scientists tell us that eating cholesterol has nothing to do with our blood cholesterol. Our brain, heart, and hormones need cholesterol to function optimally.

Malpracticing doctors take their patients off of salt for their high blood pressure. Our true scientists tell us it is not about salt because we need salt. It's the sugar that contributes to the high blood pressure. We recommend Himalayan salt for our patients.

ORTHODOX MEDICINE WRONG AGAIN. HEART ATTACKS ARE NOT CAUSED BY CLOGGED ARTERIES.

Do you know that by the time you have been diagnosed with blocked coronary arteries your body has already developed detour blood vessels (collateral circulation) around the blockage to keep the coronary artery filled with blood? Did you know that if this were not true, anyone with blocked coronary arteries (many are diagnosed with 90%-95% even 100% blockage) would already be dead? Did you know coronary angiograms clearly showing the blockages in coronary arteries fail to show collateral circulation?

It is for these reasons and more medical intervention takes place and billions of dollars are blown down a mindless rat hole for angioplasty, stents, and bypass surgeries that are all temporary Band-Aids that never get down to the real cause.

The simplest person would shout out stop! Not our medical scientists. They tell us we need more time, more money, more research, more chemo. Our true scientists tell us chemotherapy doesn't work.

Pancreatic cancer is the perfect example. There is not a single case where chemotherapy has worked ever for pancreatic cancer. Yet what do orthodox drug doctors do? Load the sick patient up with more poisonous substances and a medical bill as much as a million dollars for a worthless and life debilitating therapy.

I am the only practicing Naturopathic Doctor in the state of New Jersey's history that has permission to practice naturopathic medicine by a court order signed by the Attorney General and a Supreme Court Judge. One aspect of medicine that I agreed to not practice was drug medicine.

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. He will be speaking at the NewLife Expo in New York City, October 16-18.

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NEW All-Natural TOOTH Bone Graft You Should Know About

Today tooth loss is a common human condition. Not including wisdom teeth, 90% of all people in the USA have lost at least one tooth. It is usually their first molar, also known as the “6-year molar” because it is the first adult tooth in the mouth and has the longest time to become damaged by dental disease. The trouble is, first molars are our primary chewing teeth. Just losing ONE leads to a 45% decrease in chewing efficiency. As people lose more teeth, their chewing ability suffers. When people lose their ability to properly chew natural food due to tooth loss, they begin eating softer, more processed food. Improperly chewed food creates many digestive problems and puts strain on your body and health. In fact, people with five or more missing teeth have been shown to live less and have more health problems. Worse, losing all your teeth and wearing plastic dentures shaves at least 10 years off your life. Living with missing teeth is counterproductive if you are interested in health, wellness and a long life.

Fortunately today, synthetic body-parts are available to improve the quality of our lives. Just like total hip, knee or shoulder replacements, we now have a total tooth replacement. They are called dental implants. Not having to wear removable plastic and metal dentures or having your teeth drilled down to stumps for a bridge is a main advantage of free-standing dental implants. Today, dental implants are considered the ideal choice in replacing missing teeth.

In order to be a candidate for dental implants, you need enough bone in your jaw. Unfortunately, following tooth extraction the bone does not always heal predictably. And within 2 years 50% of the bone is lost. In fact, every study over the



past several decades has shown that bone grafting the tooth extraction socket helps to preserve bone, have it heal as best as possible and dramatically increase your chances for being a dental implant candidate.

Over the decades many different types of bone grafts have been tried. The patients’ own bone, cow bone, pig bone, human cadaver bone, coral, synthetic bone, and even plaster of Paris! Not surprisingly, human bone works the best, and is widely used in dentistry and medicine for that very reason. However, many people find it disturbing to have another person’s dead bone placed into their body. While harvesting the patient’s own bone is ideal, it usually requires additional surgery. This increases your risk of infection, nerve damage, pain and swelling at the harvesting site.

Now we have a new better, safer and healthier option! An innovative device can turn your extracted tooth into the best and healthiest socket bone graft material. Teeth contain natural stem cells and are made of the exact same substance as bone.

Once the extracted tooth is processed, which takes 10 minutes, the recycled tooth is placed back into the extraction socket to help

develop an ideal site for your future dental implant.

Long Island Center for Healthier Dentistry is proud and excited to be the first and only dental practice in our area to offer this innovative technology to our patients. This approach fits well within our natural, minimally invasive and healthier approach to our patients’ dental care.

Dr. Alex Shvartsman will be speaking at the NEWLIFE Expo in New York City, October 16-18. For more information, call Alex Shvartsman at the Long Island Center for Healthier Dentistry at 631-361-3577 or visit www.SmithtownSmiles.com.

By Dr. Alex Shvartsman



LIVING IN THE

By Stacie Breeze

I am often asked "How is it that you are happy ALL the time?" "Simple...I am connected to my unseen Crew 24/7. I never feel alone or helpless or forget that anything and everything is possible. All I have to do, is stop trying to do it all myself and ask for help and the answers are immediately there." I softly smile as I send up a huge 'thank you' to God and my helpers, as I answer.

"Ok, yes...but isn't it easy for you, since you have been seeing the other side and they have been talking to you since you were 4?" They ask? "Absolutely not," I reply.

I explain, "We live in such a fast paced and busy world, that I have created lil stations (as we had in Kindergarten) through out my home as a reminder to check in with spirit through out the day. Which is where the idea of Living in the Breezeway website, classes and KITS came from.

I wanted to share the same ideas with my friends, family and clients. I set reminders on my phone to check in with them throughout the day, have lil reminder cards near my coffee pot (to summon them setting my intentions, put my pizza order in for the day, and make gratitude lists), I have lil note cards in my bathroom to remind me to cut cords and rinse off anything that no longer serves me. I have a bell and a picture of Archangel Michael next to my door. It reminds me, as I'm leaving, to ring it and call on him to come with me, pave the way and keep me in the right place at the right time as well as keep me safe. I also have post-it notes near my bed to end the day with gratitude and remove any negative imprints, memories, faulty programming, habits, any one's energy that I have absorbed. I ask them to remove and

replace with something better as I sleep. I have created 7 fun and easy kits. They range from releasing your story, cleaning negative energy from your home and work space, protection, manifestation, picking specific types of helpers to work with each day and how to co create with them to remembering who you came here to be. People can take them home, set them up, connect to Spirit and see an immediate result of contact with their unseen helpers. I have gotten unbelievable stories from clients as to the life altering things that they have manifested from using the kits!"

This method really is a foolproof way of changing the way you look at life and to give up having to control everything... ITS EXHAUSTING! When you are Living in the Breezeway..You learn to let go of the little things, and get an aerial view of your life. You realize that your angels, guides and other helpers are at the end of the breezeway which connects you to them. Ask and it is given..You are able to take control of your life instead of life happening to you. You are able to LOOK at your life, the people in it, why you are having the experiences and interactions that you are having, decide if you like them, and change accordingly. It's a better alternative to reacting all the time and being stuck and a victim. I am in the process of creating kits for the office and traveling as well. They remind you to communicate with your helpers through out the day, which gives you the freedom to let go, stopping the mind chatter, the "What ifs" and know...that everything is unfolding and is as it should be and allows you to be internally calm and emotionally present each and every moment. Isn't it time? Spirit thinks so.

Stacie Breeze is a Medical Intuitive and DNA Healer. She will be appearing at the NewLife Expo in New York City, October 16-18.

BREEZEWAY

the bounty of the

H By Debra Secunda

AVE YOU BEEN TO your local Farmers Market recently?

The bins are overflowing and conjure up all the astrological depictions of Virgo:

Mama Nature in the throes of her September harvest...Replete with her cornucopia of vegetable and fruity goodies, with staffs of wheat for hair.

There I stand: Surrounded by ripe heirloom tomatoes; bulging zucchinis and yellow squash; beets with voluminous fresh green tops; peppers; eggplants; cauliflowers; cabbages; frizzy fennel bulbs; onions; turnips; parsnips; potatoes; melons (even with seeds!) from the organic growers.

Here are my Harvest Moon (this year September 27) Recipes with you:

RAW VEGAN PESTO PARTY

Creamy and garlicky like a Carbonara sauce, but Heart-healthy!

Combine in food processor:

1 C Almonds (soaked 24-48 hours in fridge and peeled) or substitute Raw Cashews (soaked 2 hours.)

Juice of 1-2 Lemons

3 C fresh Basil leaves (pulse and push down the sides to blend completely)

3 T. Nutritional Yeast

Pinch Celtic Sea Salt to taste

1/4 C organic cold pressed Olive Oil

3-4 cloves minced Garlic

Splash of filtered water to smoothly blend as needed

Serve on shaved or spiralized Zucchini "pasta" strips and garnish with 1 C halved cherry tomatoes.

Serves 4-6

VEGAN RAVISHING RAINBOW RATATOUILLE

A gently cooked pot of hearty, healthy Veggie stew:

2-3 Zucchinis, chopped

2 Yellow summer Squash, chopped

1 Eggplant, chopped

1 bell Pepper, diced

1 Celery stalk, diced

1 large onion, chopped

8-10 Plum Tomatoes (full of lycopene), skinned (par-boil 1 minute) and chopped

1 T Celtic sea salt

1/2 Tsp. Red Pepper flakes

Fresh handfuls of basil, oregano & parsley from the garden or windowsill: Chopped (and reserve some as garnish later).

1 T dried Italian seasoning

3-5 cloves Garlic, minced or grated

10 minutes ahead (to activate allicin)

(OPTIONAL: 1 Rutabaga, finely chopped)

In a large soup pot, place the celery and onions on the bottom.

Add all other ingredients, cover with water and bring to a boil.

Reduce to a simmer until just tender, stir and turn off heat.

Add a splash of organic cold-pressed olive oil (Never boil your Olive oil! It creates oxidized free-radicals)

Check seasonings, garnish with remaining herbs and serve hot, room temperature or chilled.

Leftovers keep 3 days in fridge.





RAW BEET AND NAPA CABBAGE SALAD ON WILTED BEET GREENS

5 Beets, peeled raw or slightly steamed, then shredded
 or roasted for easier removal of skin, then rubbed
 with paper towel when cooled)
 1 Celery stalk, finely diced
 2 C shredded Napa Cabbage
 1/4 C Red Onion, minced_1 C Orange or mango segments, diced
 1 C sprouted & steamed Quinoa or Wild Rice
 (see www.rawfooddvs.com for sprouting and package for cooking directions))

In ceramic saucepan, gently heat chopped Beet Greens Tops in 1 T coconut oil and the shredded Napa Cabbage, covered, for approx.1 minute. Mix and cover until slightly tender.

Combine with other ingredients and Dressing: Cashew Creamy-Dreamy Dressing:

Combine in Vitamix or other blender with "Ice-crush capacity":

1/2 C Orange Juice, freshly squeezed
 1/4 C organic cold-pressed Olive Oil
 1/4 C Apple Cider Vinegar
 1 C Cashews, soaked 1-2 hours
 Filtered Water if needed

Pinch Celtic Sea Salt and Cayenne Pepper to taste Mix thoroughly with other ingredients and serve 4-6. Great as chilled leftovers too!

RAW VEGAN CORN SALSA SALAD

3 ears of organic corn, kernels shaved from cobs

1/2 C diced tomato
 1/2 C diced red pepper
 1/2 C diced cucumber or zucchini
 1/4 C chopped red onion or scallions
 1/4 C chopped cilantro &/or parsley
 3-4 T. cold-pressed organic olive oil
 3-4 T. Bragg's apple cider vinegar
 1/4 Tsp Cumin

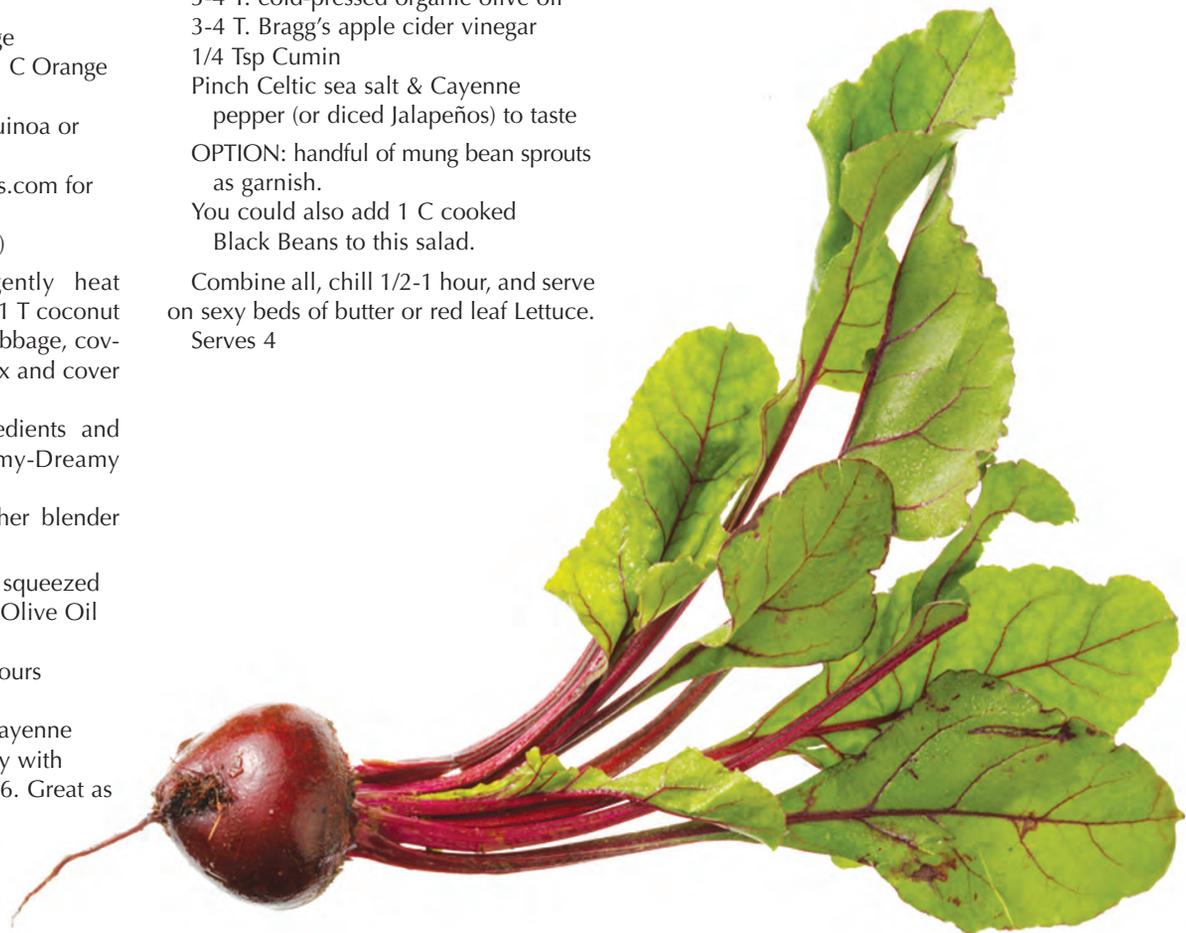
Pinch Celtic sea salt & Cayenne pepper (or diced Jalapeños) to taste

OPTION: handful of mung bean sprouts as garnish.

You could also add 1 C cooked Black Beans to this salad.

Combine all, chill 1/2-1 hour, and serve on sexy beds of butter or red leaf Lettuce.
 Serves 4

Debra Secunda is a broadcast journalist, health-chef, speaker, 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 the NewLife Expo in New York City, October 16-18.



summer harvest

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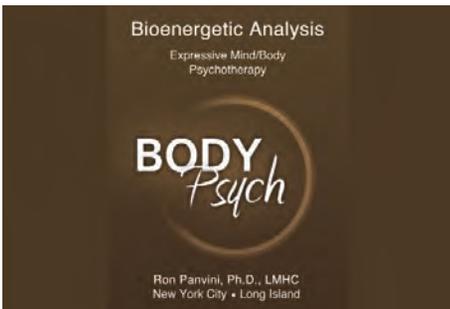
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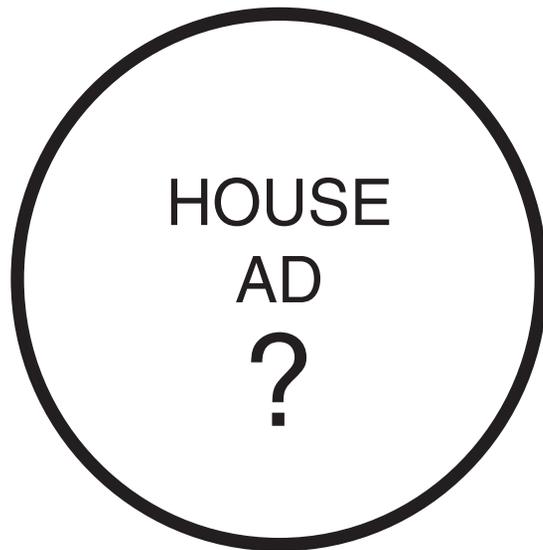
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