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Happy Summer NEWLIFERS,

Hoping you are having the best summer ever. The auspicious full moons of the summer, in conjunction with the long waiting Venus transit, has brought us the opportunity to have unlimited possibilities in our future as we are launched into the final half of our 2012 consciousness raising.

The Venus transit has caused the well-needed balance in the male and female energies of our planet. Now that women have proven their equality with men on all levels by being the spiritual warrior, they now are able to transform back to being the true Goddesses that they are with their strength, beauty, sensitivity and compassion to help heal the planet. There is no more need for competition, leaving room for love and harmony. For many of us our tumultuous relationships have ended, opening up the space for true supportive partnerships to journey through this adventure called life.

Here at NEWLIFE we have moved back to our roots in Manhattan, where NEWLIFE was created and nurtured, to help you on this journey as we manifest new ideas to open your mind to infinite possibilities to manifest your unlimited potential. This must be done as community to create a healthy sustainable planet. A planet of art, music, creativity, abundance, positivity and exquisite health. A planet that is a win-win for all.

So the universe has found us an incredible space on West 29th St in the same building as the Meta Center. This synchronicity is perfect since Jody has opened her space for me to bring my Yoga Teacher Training Course back to Manhattan to train new yoga teachers as well as fine-tune existing ones. For those who don’t remember, I created the course in 1976, have trained thousands of yoga teachers and created the first Yoga Teacher Training course in Omega Institute in 1981.

If you wish to join us in this transition, either as sales staff, editorial, photo or art contributors, or giving us new ideas for expo format or new and exciting speakers, we welcome your support. Feel free to e-mail me at mark@newlifemag.com or message me on facebook.

I hope you join us on our new adventure on the NEWLIFE 2012 CRUISE, the first expo on the ocean as we journey to Mayan land in Cozumel, Belize and the Grand Caymans. Speakers including Sean David Morton, Dannion Brinkley, Mayan Elder Elizabeth Arroyo, Nicki Scully, Stacie Breeze, Victoria of Light, Susan Shumsky, Carl Calleman will be taking you through time and to the future. I will be giving yoga classes and we will have the best time ever. More about this as you turn the pages of this issue.

If you can’t make it on the cruise, or even if you can, don’t forget to play with us at the next NEWLIFE EXPO in New York City on October 19-21. Enjoy the rest of the summer and Remember…….

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Getting Cultured – The Best Ferments

- Yogurt Cheese
- Fermented Hot Chili Sauce

Yogurt is the most known fermented food in the west, but before the age of industrialization and thus refrigeration, Europeans also consumed milk as cheese, and clabber (curds and whey). The process of lacto-fermenting which creates lactic-acid bacteria that begins to digest and break down milk sugar (lactose) and milk protein (casein). These friendly bacteria inactivate all putrefying bacteria by producing enough lactic-acid to successfully preserve milk from spoilage for several days or week. In the instance of cheese, which continues on to another form of fermentation, preserving it for years.

In earlier times before canning machines and freezers, preserving of fruits and vegetables for long periods of time was a must. The process of lactic-acid fermentation was used as a natural means to inhibit putrefying bacteria. Plant starches and sugars were converted into lactic acid and used to preserve foods. All living things have lactobacilli on their surfaces — and only the techniques for controlling and encouraging them are needed as with grapes being naturally turned into wine.

Besides preservation of foods fermentation has other advantages. It enhances digestibility, increases vitamin levels, and increases and restores enzymes, which help the body to absorb calcium and other minerals. Regular consumption of cultured dairy products lowers cholesterol and guards against bone loss. The beneficial bacteria and lactic acid provide much needed protection to keep pathogens at bay, safeguard against infectious illnesses, and aid in the fullest digestion possible. Besides enzymes, the production of lactobacilli in fermented foods also produces many antibiotic and anticarcinogenic substances, and promotes healthy flora growth in the intestines.

With only a partial list of lacto-fermented vegetables form around the world one can easily see the practice is universal. Romans used cucumbers, beets, and turnips; in Europe sauerkraut; and in Russia and Poland pickled green tomatoes, peppers and lettuces. Asian cuisines have their own varieties — Japan, China, and Korea prepare pickled dishes from napa cabbage, carrots, turnips, onion, squash — known as Kim chi by many, soy fermented into miso and natto, the prized umeboshi plums from Japan, and kom-bucha — a fermented tea with origins in East Asia to name a few. India ferments fruit to make chutney which is served in small amounts at every meal, and American tradition includes relishes such as sweet or savory cucumber relish or slices, corn relish, and watermelon rinds. Eastern and

Central Europe make a fermented beverage called kvass by fermenting black or white rye bread which is often flavored with herbs or vinegar and served as a cold soup in the summertime. Sourdough bread is another form of grain fermentation which allows the digested proteins and sugars in grain to create gases which leaven or raise the bread. Ethiopians make injera bread, a spongy flat bread made form the grain teff. As the industrial world grew and the abandonment of cultured foods were replaced by pasteurized and ultra-pasteurized ones so have the proliferation of new viruses. There is a whole range of human viruses that can be associated with chronic fatigue, cancer, and arthritis — and increases in pathogenic yeasts, and intestinal parasites. The very strength of our immune system has been compromised by the food we eat or do not eat. Organic acids found in these foods help to restore and repair our ailing bodies.

This list of fermented foods will remind you as to how many common foodstuffs started from a traditional place: beer, cheese, crème fraiche, kefir, labneh (yogurt cheese), sake, sauerkraut, sourdough bread, sprouted foods, Thai fish sauce, tofu, traditionally fermented pickled vegetables such as capers, olives, pickles, traditionally fermented soy products such as miso, tempeh, traditionally brewed soy sauce, traditionally marinated vegetables such as artichokes, olives, peppers, mushrooms, umeboshi plums, vinegars such as wine, cider, and balsamic, wine and sparkling wine, and yogurt.

Lacto-fermentation with its great source of enzymes and beneficial flora, vitamin C, and beta carotenes. Traditional hot sauces are fermented requiring chilies, salt, and time! Be careful not to overdo it.

- Yogurt Cheese

Labneh: A Mid-Eastern cheese that’s rolled into balls and served with extra virgin olive oil. It’s is one of the most simple of the recipes since you can buy yogurt and go from there!

1 quart fresh yogurt
1/2 teaspoon sea salt
Extra virgin olive oil
Herbs, fresh or dried (optional)
Cheesecloth, unbleached preferred

1. Set a sieve or colander in a bowl. Fold the cheese cloth into quarters and place inside.
2. Mix the yogurt with the salt. Pour the yogurt into the lined sieve. The bulk of the liquid will start to drain almost immediately.
3. After 5-10 minutes, carefully lift and fold the ends of the cheesecloth toward the center, twisting them gently. Tie the ends together with a rubber band so it can hang from a hook, kitchen faucet (or continue to leave in the sieve and bowl set up making sure there is ample room for the liquid when to collect). Be sure to set the bowl beneath to continue catching the whey liquid.
4. Hang yogurt for at least 12 hours and up to 18-24. The longer it hangs the thicker the “cheese” will be.
5. When you are ready remove the cheesecloth package to a plate and gently remove the cheese cloth. The yogurt will be smooth and lthick like cream cheese.
6. Store in small mason jars as is or prepare into walnut-sized balls, place in a wide mouths jar and cover with a layer of olive oil and fresh or dry herbs. Store both in the refrigerator.
7. Store the whey for later use in a separate jar.

Fermented Hot Chili Sauce

Explosive with flavor and heat, packed with enzymes and beneficial flora, vitamin C, and beta carotenes. Traditional hot sauces are fermented requiring chilies, salt, and time! Be careful not to overdo it:

1 pound fresh chili peppers (Scotch bonnets, Jalepenos, Serranos etc.)
2 cloves garlic, minced
1 teaspoon sea salt
1/2 tablespoons fresh whey

1. Wearing plastic or rubber gloves, snip the stem ends of the chilies.
2. Combine all ingredients in a food processor (or mince by hand with the gloves on) until chopped into a fine paste.
3. Spoon the chili paste into a glass mason jar and allow to ferment covered at room temperature for five to seven days.
4. After the chili paste has bubbled and brewed for about a week set a fine meshed sieve over a mixing bowl and spoon the paste in. With a wooden spoon, press the paste into the sides of the sieve allowing the sauce to drip into the bowl.
5. Pour the sauce into a jar or bottle and store in the refrigerator. The sauce will stay for several months.

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Lissa De Angelis, M.S., CCP is co-author of Recipes for Changes: Gourmet Wholefood Cooking for Health and Vitality at Menopause.
Sat Nam Yoga Spa is a very unique, beautiful and special place located in a vortex of ancient energy, the Catskill Mountains, just 1.5h by car or bus from New York City.

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July 21/22: Special Yoga Retreat, the Sacred Feminine – Diving into and connecting with Mother Divine, the Ultimate Creative Power. This Retreat, designed for men and women, allows to experience the Sacred Feminine within and balance the male and female energy. Forgiveness and Compassion are also aspects of the Sacred Feminine. Applying ancient wisdom of Kundalini Yoga and Meditation, as well as Pranayam (Breath Work) and the live Gong to break through the wall of blocks and resistance in order to experience the Sacred Feminine within us.

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Richard Shrobe is a psychotherapist, specializing in the Gestalt approach. He is currently on the faculty of the Gestalt Associates for Psychotherapy. In addition, he was formerly Head Teacher-Integral Yoga Institute and is currently Head Teacher Chogye Zen Center. His psychotherapy approach utilizes his experience with Western and Eastern disciplines for the past 30 years.

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INVASION OF THE SERENITY SABOTEURS

By Lizette Alvarez

Yoga is about casting off petty annoyances and toxic judgments — a seemingly Sisyphean task for those who have opted for New York City living. But what if irritation trails you right onto your mat, in the guise of ring tones, exhibitionists or bliss-busting interruptions? Is there not a compact of dos and don’ts inside a yoga studio? Not really. Common sense and fellowship usually dictate. Still, teachers and students, no matter how tolerant, harbor pet peeves.

Here are a few, in no particular order, culled from interviews and online rants.

Barging Out

Hearing a fellow student leave class noisily, as you soak in those final minutes of well-earned relaxation, is akin to being awakened midsleep by an air horn (well, almost). It is too sudden, too soon.

“You are Zenned out,” said the blogger YogaDork, who asked to remain incognito, describing the splendor of Savasana, resting pose. “And people are fumbling for bags and rolling up the mats.”

Barging In

The same goes for people who march into a class, whip open their mats and plunk down their belongings, sometimes while others are meditating.

“The thwapping of the mat — that is very jarring,” said Anya Porter, a teacher and teacher manager at Yoga Works in Midtown. “The class is quiet. Sometimes there is music playing. People can be really loud.”

Overexposure

Some men take a minimalist approach to yoga wear, and not everyone is pleased about having a sweaty, stripped-down man within arm’s reach. “There are guys in European bathing suits,” said an outraged Kendra Cunningham, a yoga lover and comedian who lives in Brooklyn. “We’re not in Capri here; it’s Cobble Hill.”

Ralph De La Rosa, a manager at Yo Yoga in Williamsburg, Brooklyn, who describes himself as mostly tolerant, also draws the line at the half-naked male practitioner. “I like it when guys keep their shirts on,” he said.

Worse still are the men who wear loose-fitting shorts for comfort, with nothing underneath, prompting discomfort in the ladies around them. “It’s wrong,” said an anonymous woman who posted on the Web site fitsugar.com, which recently riffed on what not to do in yoga class. During lunges, she said, “It was all hanging out.”

Going Solo

Ms. Cunningham strongly objects to people who defy the chanting of “Om,” and instead belt out “Ah.” Again, the culprit is usually a guy. “It’s a syllable,” Ms. Cunningham said, incredulously.

Yogis and yoginis who conduct their own session within the class, choosing poses that diverge from the instructor’s calls, can be a challenge for teachers. “It is certainly distracting,” Ms. Porter said. “It brings the attention and focus onto that person.”

Sound Effects

Jennifer Ginsberg, a blogger who posts on angstromom.com, wrote recently about the day her teacher uncharacteristically played a pop song in class and the “unimaginable happened.”

“The woman doing yoga next to me began to sing along to the song,” she wrote. “Loudly and off key.”

Ms. Ginsberg refrained from yelling an obscenity-laden command for her neighbor to shut up. She thought about leaving the class. But her teacher came to the rescue and asked the woman to stop singing.

Broadway-caliber grunts are more common than singalongs and only slightly less exasperating. Grunts are, of course, acceptable since they are a natural reaction to exertion. But, as the YogaDork pointed out, it gets awkward if they sound ‘orgasmic.”

Cellphones

It goes without saying: Cellphone chatter, unending ring tones and texting are roundly booed. One teacher whose list of grievances was posted on fitsugar.com remembered a woman who answered her cellphone and shouted, “I’m in (explosive) yoga. Why are you calling me?”

Hygiene

No one smells like a rose in yoga class. And you shouldn’t, because some people are allergic to or just dislike inhaling perfume. But body odor shouldn’t make you gag, either. Foot odor can be even worse. “I can handle B.O.,” the Dork said, “but there is nothing worse than stinky feet when you are mat-to-mat and you are upside down and close to people’s feet.”

In theory, none of this should bother us — or at least some of us. “Not to sound pessimistic,” Ms. Cunningham said, “I feel like the only people who have achieved that degree of serenity are the teachers who have been practicing in India in mud huts.”

So, for those who live in walk-ups, arise to the melody of garbage trucks and slumber to the lullaby of barking dogs; keep your clothes tight, your cell phone off, your oms in line. And, for Shiva’s sake, wash your feet.

Namaste.
A Journey on the First Expo Cru
If you have ever been to the NewLife Expo you have experienced the excitement and energy of our enlightening event. In the twenty-one years I have been producing the NewLife Expo the same thing occurs every evening—-Nobody wants to go home. Now for the first time ever you do not have to go home since we will hold a NewLife expo at sea on a luxury, newly renovated cruise ship, the Carnival Liberty, sailing to the Western Caribbean, October 6 to 13, 2012. For 7 days of soothing relaxation, bliss, fun, and thrills, we will sail from Miami to the Mayan Riviera. This Mayan-themed cruise will take us to Cozumel and Belize, and to the island paradises of Isla Roatan Honduras, and Grand Cayman.

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• Special Program and Sacred Mayan Fire Ceremony: With Mayan Elder Grandmother Elizabeth Araujo.
  • Dolphin Swim.
  • San Gervasio: On the island of Cozumel, it is the only site in the entire ancient Mayan world dedicated to Ixchel, the Goddess Energy. Also, the Mayan sites of Tulum and Coba are accessible from this port.

BELIZE:
• Special Program and Shamanic Ceremony at Altun Ha Mayan Sacred Site.

Altun Ha is an ancient Mayan site that did not come to the attention of archeologists until 1963. Altun Ha was occupied for many centuries, from about B.C. 900 to A.D. 1000. Most of the information of Altun Ha and at its largest was in the Classic Period from about A.D. 400 to A.D. 900.

Our seminar-at-sea on the cruise ship will feature these amazing speakers, and more:
• Dannion Brinkley: NDE adventurer and author of the New York Times bestseller Saved by the Light. He is loved and respected worldwide for his inspirational lectures on life, death, and beyond. His amazing story and insights have earned him international acclaim. On the cruise, he will speak about “Navigating the Sometimes Perilous, but Wondrous Future” and “Mastering Life in this Incredible Time of Shift and Miracles.”
• Grandmother Elizabeth Araujo: Wife of Don Alejandro, president of the council of Mayan Elders. Wherever Tata and Elizabeth are called to do ceremony and hold council with Elders, they bring unification, balance and harmony to Mother Earth. Her gentle spirit and clear intent create an atmosphere of acceptance, love and allowance. Elizabeth works through the Mayan traditional healing ceremonies with the Sacred Fire and serves as a guide for spiritual journeys to sacred sites. Elizabeth will be leading an authentic Mayan fire ceremony on land during one of our shore excursions, as well as speaking on the ship about the end of the Mayan Calendar Long Count Cycle in December, 2012: “NEWLIFE, New Era, or the Return to the Old?”
• Dr. Carl Johan Calleman: Author of The Mayan Calendar and the Transformation of Consciousness. Dr. Calleman’s work is revolutionary in that he discovered within the calendar a logical progression and plan for the dramatic ebbs and flows of civilizations’ shifts, evident throughout the timelines of human history. He is the only professional scientist to demonstrate the consciously co-ordinated correlation between biology, history and the progression of human consciousness, which is clearly outlined in the Mayan calendar. On the cruise ship, Dr. Calleman will discuss “The Future of the Mayan Calendar.”
• Sean David Morton: Amazing prophet, remote viewer, and futurist. His stunningly accurate predictions of future events in his books, lectures and The Delphi Associates Newsletter, have brought him international recognition as one of America’s premiere futurists, projective economists, intuitive healers, researchers and spiritual teachers. On the cruise, Sean will teach workshops “Becoming and Angelic Human” and “Countdown to the Last Sunset – December 21, 2012.”
• Stacie Breeze: Some of Stacie’s gifts include:
Clairvoyance/Medium ship, Medical intuitiveness & healing, Channeling & info from the other side & past live issues. She gets hired by police departments to find lost people. She will remove the faulty belief systems from your childhood, past lives and from the collective consciousness of society and replace them with new, customized beliefs that will draw new experiences to you and enable you to live the live you came to live.

• Dr. Susan Shumsky: Best-selling author of 8 books, foremost spirituality expert, pioneer in the self-development field, highly-acclaimed professional speaker, New Thought minister, and Doctor of Divinity. She has practiced self-development disciplines for 45 years and is the founder of Divine Revelation®, a complete technology for contacting the divine presence and listening to the inner voice.

• Nicki Scully has been teaching healing and shamanic arts and the Egyptian Mysteries since 1983. Techniques from her Alchemical Healing form are used internationally by thousands of practitioners. Her latest book is Planetary Healing: Spirit Medicine for Global Transformation. On the cruise, she will teach “Intelligent Evolution: How we Co-create Our Future.”

• Maureen St. Germain: Maureen is an extremely accurate Akashic Records Guide and instructor who has developed a method to access the Akashic Records that includes your Higher Self connection and invites you to launch into the Akashic Records from a place of non-polarity – thus allowing for greater accuracy. She will teach “Akashic Records Reading Level 1 Workshop” on the cruise.

• George Casazza: Certified Master Hypnotist and Director of the Paragon Hypnosis Center in NYC. He helps clients live a happier and healthier life through hypnosis in both private sessions and group sessions at his center in NYC. He will lead a workshop on the cruise: “Visiting the Other Side.”

• Victoria of Light: A Channel of Sound, Light and Spirit, a naturopathic consultant and medical intuitive based in Wellington, New Zealand. Experience joy, light, love, deeply profound divine energy and healing with vibrationary sounds channeled by Victoria.

• Jill Dahne: Her accuracy as a Clairvoyant has made her a premier psychic, sought out from all corners of the globe.

We will have more amazing speakers, readers, and healers on the cruise.

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PORT OF COZUMEL, MEXICO:
• Visit to San Gervasio and Chankanaab, with special program and authentic sacred Mayan Fire Ceremony with Mayan Elder Grandmother Elizabeth Araujo, including lunch.

• Optional Dolphin Swim or Free Ocean Swim at Chankanaab.

On this shore excursion, we will first visit the sacred site of San Gervasio, the only site in the entire ancient Mayan world dedicated to the Goddess. Then we will travel by bus to Chankanaab Park, where we will witness a sacred Mayan Fire Ceremony with Mayan Elder Grandmother Elizabeth Araujo, and a performance with musicians and dancers. Lunch will be included.

SAN GERVASIO

TULUM
The Mayan sites of Tulum and Coba are also accessible from this port. However, in terms of importance in the Mayan culture, Cozumel’s San Gervasio ruins are a more significant site than Tulum. Tulum was simply a coastal “watchpost,” whereas San Gervasio contains the temple built to honor the Goddess Ixchel. Here you will experience firsthand the mysteries of Mayan culture at the largest archeological site on the island.

The Maya archeological site of San Gervasio has an unusually long history, beginning around 100 BC. Located on Cozumel Island, the largest island in the Mexican Caribbean, it was still a functioning religious site at the time the Spaniards arrived in the 16th century. In the heart of the island, in a lush jungle populated with brilliantly colored iguanas and lush flowers and foliage, one can see why no one ever wanted to abandon this beautiful place.

In ancient times, every Mayan woman was expected, at least once in her lifetime, to make the journey to Cozumel from the mainland to visit and offer presents there, as we do to holy places; and if they did not go themselves, they always sent their offerings.

San Gervasio was the sanctuary of the Goddess Ixchel as well as an important commercial, political and cultural center. Engravings at the site relate to events all over the Mayan world.

A graceful arch protects an altar on a saccbe (ancient road) leading into the ceremonial center. Many statues to Ixchel were found here and are still being discovered at the 40+ temples on the island. It is believed that a large ceramic image of Ixchel delivered oracles spoken by a hidden priestess for pilgrims with questions.

Although the archaeological site at San Gervasio has not had a lot of restoration, there are numerous structures and the beautiful natural setting makes a visit there worthwhile. One of the most interesting buildings is the Temple of the Hands. Inside, numerous small red handprints of unknown significance are painted on the wall, leading more than one tourist to speculate that perhaps this was a day-care center for pilgrim moms!

The Mayan ruins at San Gervasio are a welcome retreat for those visiting the busy island of Cozumel. Enjoy the peaceful setting of this fertile jungle shrine dedicated to the Maya goddess Ixchel.

PORT OF BELIZE
• Special Program at Altun Ha Mayan Sacred Site.

This shore excursion takes us to the sacred temple of Altun Ha. Flourishing during the Classic Period of Maya civilization, Altun Ha is located only six miles from the Caribbean Sea, where our cruise ship will dock. The true ancient name is unknown and “Altun Ha” is a Mayan translation of the nearby village named “Rockstone Pond.”

The extent to which the site has been cleared and restored makes it easy to imagine its past glory and wealth as a major ceremonial center. Plaza A is a large grassy area, surrounded on all sides by pyramids and is adjoined by Plaza B which contains the largest structure on the site, the Temple of the Masonry Altars, which rises 54 ft. above the plaza.

A trek to the top of this pyramid is rewarded with a magnificent panorama of the site and over the treetops of the jungle. This temple went through eight phases of construction and the round altar at the top is unique to this site. It was the focus of an unusual sacrificial ceremony in which copal (incense) and beautiful jade carvings were offered into a blazing fire.

The archaeological site covers about one square mile of area, with at least 500 visible structures and likely had 3000 inhabitants, with a peak population of 8000-10,000 included in the surrounding areas. Evidence dates the earliest settlement here to 200 BC, with varied construction phases ending about 900 AD. Occupation continued after this for approximately 100 years with re-occupation occurring the 13th and 14th centuries.

The most spectacular find here was a six-inch high (15cm), ten pound, jadeite carving of the head of K’inich Ahau, the Sun God, which was found in the tomb of an elderly male priest. Because three of the seven priestly tombs in the Temple of the Masonry Altars were plundered, having their contents destroyed and the crypts filled with soil, researchers believe that the final demise of Altun Ha was perhaps brought about by violent peasant revolt.

There is a trail running due south from Plaza B, which leads you to the main reservoir and onward through a residential area, and several small mounds are visible along here. Many burials were recovered in this area, providing vast information about the inhabitants. At the edge of the reservoir is the site of the first temple built at Altun Ha, dating to the Pre-classic Period (100 AD).

PORTS OF ISLA ROATAN and GRAND CAYMAN

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O THE MOST INTELLIGENT MEN AND WOMEN this statement is so simple, so obvious that it may seem to touch on the oxymoronic, but we still try to get through the thick skulls of orthodox drug doctors and oncologists. The fact that sick people are sick, not because they are deficient in a pharmaceutical but because they are toxic, mal-nourished, and nutritionally deficient. In short: They need more, much more nutrition than healthy people.

I have come to the conclusion that the grand plan of the International Drug Cartel is to recruit the best minds out of our universities that our nation has to offer, filter them into their pharmaceutical indoctrination centers called medical schools, designed to condition these young minds in a system of drugs, while excluding all other sensible alternatives. This brainwashing is so subtle and sophisticated that the new doctor is no longer capable of creative, independent, or conscious thought, after going through these intensive indoctrinations.

In naturopathic medicine, we believe that every symptom is a sign of nutritional deficiency and every named medical condition is a sign of long term nutritional deficiencies, either ignored or worse, suppressed with a drug. In short: Our bodies are made from minerals and nutrients. We need them in ample supply to remain healthy. When a person comes into a drug doctor’s office with symptoms, the first thing the doctor thinks is, “What drugs do I use to suppress these symptoms?”

What Is The Truth?

DOES NUTRITION THERAPY interfere with chemotherapy or radiation? The plain truth is the scientific proof is overwhelming. It does not.

Naturopathic nutrition, nutritional evaluation, alternative and anti-aging medicine are highly specialized areas of medicine, not presently taught in medical school. It is fair to say that most oncologists and orthodox drug medicine doctors, who are expert in their fields, know little to nothing about naturopathy, nutrition and especially cancer nutritional support. If they were up on the scientific literature, they would put every cancer patient on an intensive naturopathic/nutritional program.

In 1900, less than 1% of our population died of cancer. In the next two years, it is predicted that 50% of our nation’s deaths will be the result of cancer. It has been scientifically demonstrated that what is termed “watchful waiting” results in a higher cure rate than chemotherapy and/or radiation therapy. What is watchful waiting? In short: Doing nothing. Can you imagine this? The true scientists tell us doing nothing is a better treatment than orthodox drug medicine official and standard cancer treatment.

What Is The Theory Behind Chemotherapy And Radiation?

KILL, KILL, KILL THE CANCER! Does it work? Yes, chemotherapy and radiation kills cancer cells temporarily. There is no argument. What is the problem? The problem is, cancer is a very complex disease. Cancer is a systemic. If you’ve got cancer in one part of your body, you’ve got cancer throughout your entire body, in direct ratio to the strength of the other organs of your body.

One of the most irresponsible statements coming out of a surgeon’s, oncologist’s or other drug doctor’s mouth is: “We got all the cancer” or “You’re as clean as a whistle.”

Chemotherapy, radiation, drugs and surgery do not address the cause of cancer. Unless we correct the bottom line cause of cancer – the cancer usually returns. When it does, there is
no stopping it because your immune system has been completely compromised by the chemotherapy. What most orthodox drug doctor’s neglect to inform their patients of, is that chemotherapy, which is in fact chemical poisoning, is a cause of cancer. Radiation is a cause of cancer.

The theory behind chemical poisoning is you kill the cancer cells and hopefully the corpse that remains after the treatment will revive. For most people, the medical treatment disables, maims, destroys and kills more cancer patients than the cancer.

Even if you get some temporary relief after chemical poisoning, or nuking every cell of your body with radiation, you have wiped out your entire immune system. Your body becomes susceptible to a more aggressive form of cancer. Few survive.

**Only The Nutritionally Strong Survive**

All cancers are systemic. It takes 10-20 years for cancer to be officially diagnosed. At that point, you have cancer, not in one area, but throughout your entire body. Cutting, poisoning or radiating cancer out of one part of your body is, at best, only temporary because your own body’s chemistry is manufacturing cancer. The cause must be addressed before a total healing can be possible.

Most cancer patients are laboring under a misconception that shrinking tumors, which is chemotherapy’s claim to fame, has something to do with increased longevity. If Oncologist’s were required to “informed consent” and were completely honest they would be compelled to acknowledge that the temporary reduction of the size of a tumor is totally meaningless in-so-far as survivability is concerned. This is important to know. There is no connection with living longer, being cured of cancer and tumor reduction.

Your immune system is the criteria. We are all fighting cancer every day of our lives. What is the difference between a cancer diagnosis and a patient who is not a cancer victim?

The difference is not drugs, chemotherapy, surgery or radiation – the difference is the immune system. At the end of the day, a healthy patient’s phagocytes surround the cancer cells. The immune system eats them up and your body’s elimination system spits them out. A healthy immune system is the key.

Cancer will initially manifest itself in the weakest area of your body. Strong organs will keep its cancer in check, at least in the early stages. 100 years of chemotherapy and radiation have proven, without question, they do not cure cancer.

**What Is The Primary Cause Of 100% Of All Cancers Without Exception**

It may surprise you to know that one of the greatest true scientists (not on Big Pharma payroll) of the 20th century discovered the cause of cancer and documented it up with impeccable research in a European Medical Journal in 1910.

In 1931 he won the Nobel Prize for medicine for the entire world. To this day, no one has been able to impeach his thesis. In 1950 he won his second Nobel Prize. He proved irrefutably that the primary cause of all cancers was “hypoxia.” What is hypoxia? It is oxygen deficiency at the cellular level.

One would think that every medical school and medical book would applaud Dr. Otto Warberg for his discovery, but that would have put an end to the Big Pharma/orthodox drug medicine industries one trillion dollar chemotherapy game and the one trillion dollar research game and the hundreds of billions of dollars in the pot to get the government patent game.

The cancer industry is Big-Big business so it’s not going to change soon. There are many secondary causes of cancer including; the junk food industry, a lifetime of prescription and over the counter and recreational drugs, smoking, alcohol, toxicity, birth control pills, diabetes, environment pollutants, nutritional deficiencies, enzyme deficiency, obesity, lack of fitness, stress, heavy metal toxicity and much more. In short: Living on planet Earth.”

**Cancer Naturopathic And Nutritional Support Therapies**

**HAT ARE THE STEPS:**

1. Nutritional testing and personal health evaluation, using the latest scientific breakthrough in laboratory blood diagnosis for nutritional assessment purposes. The father of medicine, Hippocrates, taught in 425 BC, “A proper nutritional diagnosis represents half the cure.”

2. Supervised naturopathic detoxification to clean up a lifetime of indigenous and exogenous pollutants.

3. Nutritional saturation therapy to compensate a lifetime of faulty living habits and deficiencies.


**If I’m On Chemotherapy, Do I Need Nutrition?**

**EVERYONE, WITHOUT EXCEPTION, needs specific nutritional support based on their individual bio-chemistry. A sick person needs more nutrition. A cancer diagnosis is the end result of 20 years of faulty living habits, malnutrition and long term behind chemical deficiencies that require much more nutrients.**

If you are on chemotherapy and want to survive, you must be nutritionally saturated at the same time. Chemotherapy (poisoning) kills cancer cells. Unfortunately, it kills healthy cells also, especially immune fighters and the body’s ability to regenerate, repair and heal itself. The primary benefit of nutritional saturation therapy while on chemotherapy is, it protects your healthy cells and most of your immune system making medical treatment both chemo specific (focused) and chemo protective (healthy cells.)

Without nutritional saturation therapy you may never recover from the poisoning effect. If you do your immune system may be so compromised that when the cancer comes back (remember cancer is systemic), there won’t be enough immune fighters to stop the cancer. After all is said and done, it is not the chemotherapy or even nutrition that heals, it’s your own God given immune system. Only the strong survive.

Your first line of defense is prevention. The key is building an indestructible immune system with the help of optimal nutrition based on your individual bio-chemistry. The technology is now available to detect cancer antibodies years in advance of cancer. These tests should be done once a year as part of your first line of defense.

Secondly, if you’re diagnosed with cancer, your first step should be supervised naturopathic detoxification, followed by nutritional saturation therapy, oxidative therapy, I.V. nutritional protocol, stress relief therapy and spiritual life development, biblical meditation; a total medicine of body, mind and spirit.

Lastly, if you’ve chosen chemotherapy, you must be on nutritional saturation therapy and oxidative therapy so the chemotherapy doesn’t finish you off. Nutritional saturation therapy can augment chemotherapy by making it chemo specific and protecting your good cells from being killed off with the cancer cells.

Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of AbundaLife Medical Nutrition testing clinic in Asbury Park, NJ. He can be contacted at 732-775-7757, by email at abundalife@abundalife.com or visit www.abundalife.com.
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Jodi Serota

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

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- Regularly Scheduled Metaphysical Classes, Events and Multidimensional Seminars.
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All of her work is “Divinely Guided” to educate through Metaphysics and the Arts. Her work activates, initiates and acts as a catalyst to promote Consciousness Raising, Healing, Personal Growth & Creativity.

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


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

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