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DEPARTMENTS

PUBLISHER’S LETTER ........................................................ 6
BEST BETS ................................................................. 8
Think Positive Apparel
BOOK REVIEWS ............................................................ 10
Healthy Mouth, Healthy Body
Your Tongue Never Lies
Living a Longer Life
By Dr. Victor Zeines

FEATURES

What Is The Best Juicer? And Do You Really Need A Juicer To Do A Juice Fast? ........ 10
By Steve ‘Sproutman’ Meyerowitz

Colorful Vegetables & Fruits Are So Good For You ........................................ 11
By Brenda Cobb

Detox Into The Spiritual ........................................... 12
By Matt Monarch

Big Pharma Is Big Business ........................................ 13
By Dr. Robert Sorge

PROFESSIONAL PROFILES

Acupuncture ............................................................... 14
Colon Therapy ........................................................ 14
Dentists ................................................................. 14
Doctors ................................................................. 15
Hypnotherapy ......................................................... 16
Metaphysical .......................................................... 16
Psychology & Therapy ............................................. 16
Letter from the Publisher

Om NEWLIFERS,

Like the old-time MAD Magazine, I decided to do an Alfred E Neuman and combine this issue’s NEWLIFE Magazine with the NEWLIFE Yoga & Raw Food Expo Magazine. Like the old saying “Two, Two, Two for the price of one”. After reading this issue of NEWLIFE, turn the magazine around and visit the guide to our Yoga & Raw Food Health Expo happening at the Hotel Pennsylvania on 33rd St and Seventh Avenue on June 21-23.

You will be able to meet the three writers of this issue’s articles at the expo-Matt Monarch, Brenda Cobb, and Dr. Robert Sorge. Thank God, summer is finally here. So NEWLIFERS, get those bathing suits out. Uh oh!!! They don’t fit? Well after reading this issue of NEWLIFE and visiting us at the expo, you will all look like Gods and Goddesses. The living foods diet is not only the best source of energy, it is the easiest way to lose weight. Sproutman Steve Meyerowitz’s article will also show you how to pick out the most effective, inexpensive juicer.

With the success of last year’s cruise, we decided to do another “Oh My God” NEWLIFE EXPO cruise in January. We had an incredible time enjoying yoga, lectures, dancing and exploring. If you want to be part of this happening e-mail me at mark@newlifemag.com.

So my friends, enjoy the summer, stay healthy, visit us at the expo, and come cruise with us.

Hope to see you at the expo.
And remember……It’s a NEWLIFE!!!!

Om Sholom
Mark Becker

www.newlifemag.com

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Think Positive Apparel believes in the power of positivity! When thinking positively, we hold ourselves capable of attaining success and responsible for our results! Think Positive Apparel creates interactive designs built out of tiny, positive affirmations and quotations. Each design encourages us to watch our own thoughts and know what’s truly possible.

Here are some of the examples of what you will find when you look closer into their art: Their “Love” and “Peace” designs are built out of powerful quotations on love and peace respectfully from various leaders and artists. Their “Buddha” design is constructed entirely out of quotations from Buddha on mindfulness and cultivating true happiness. You will find their “bird” and “yoga warrior two” designs are comprised of positive “I am” affirmations (all truths about you that you have been before and can be again!). The “dancing tree” starts with those “I am” statements and starts branching out to “you are” and ultimately “we are” representing the expansion of consciousness and connectivity.

When you look into a Think Positive Apparel design whatever words jump out at you become your superpowers (aka mantras) for the day. They encourage you to bring more mindfulness to whatever you read as you move through your day and see what happens!

Mindfulness is the key ingredient to positive thinking. The breath is the gateway to mindfulness. So take a few deep breaths, look into their designs, and see what you see.

As a special offer for NEWLIFE readers use this online discount code (NEWLIFE2013) at checkout at www.ThinkPositiveApparel.com and receive 10% off your purchase on t-shirts, tank tops and hoodies that are filled with tiny words and big meanings: ...

Visit www.ThinkPositiveApparel.com to buy a t-shirt, tank top, or hoodie filled with tiny words and big meaning using online discount code NEWLIFE2013 to receive 10% off!
Healthy Mouth, Healthy Body
Your Tongue Never Lies
Living a Longer Life
By Dr. Victor Zeines
WOODSTOCK CENTER FOR HOLISTIC DENTISTRY
www.natdent.com

What if there was a way to tell if you have a vitamin or mineral deficiency? If you have a compromised immune system? Does the body give us clues about our general health long before we would normally sense those conditions? The answer is yes.

It’s been said that the eyes are the windows to the soul. However in many ways, the mouth is the indicator of the health of your body.

Are you ready to take charge of your health? Then, you should be reading Healthy Mouth, Healthy Body, along with Your Tongue Never Lies and Living a Longer Life. In these groundbreaking books, Dr. Victor Zeines, a holistic dentist with over 25 years of experience, shares a wealth of information along with case studies of how his approach has helped people.

Dr. Victor Zeines discusses the connection between dental health, periodontal disease and longevity. The health of your teeth, gums and tongue has a lot to do with your general state of health.

Learn:
- How stress and a poor diet can impact your health and lifespan
- Herbal remedies for optimum nutrition
- How to Safely and Effectively Lose Weight Naturally
- Simple Treatments to eliminate Gum Disease
- Acupressure points to relieve tooth pain
- Importance of Sleep – and its connection to your dental health!
- Choosing a holistic dentist
- Conventional dental procedures cause more harm than good
- Alkalizing Your Body for better dental and overall health
- Detoxifying your body

Taking good care of your mouth is an important part of your health, but it’s only one aspect. By reading Healthy Mouth, Healthy Body, along with Your Tongue Never Lies and Living a Longer Life, you will learn many other secrets for maximizing the health of your entire body, enabling you to add vital years to your lifespan!

Published by Woodstock Center for Holistic dentistry. Buy his books at natdent.com. Get all three printed books, a $135 value for $74.83 (includes $9.95 S & H), Or get all 3 E-books for only $39.99 with a free patient guide series ($30.00 gift).
Do You Really Need a Juicer to Do a Juice Fast?

By Steve ‘Sproutman’ Meyerowitz

What Is The Best Juicer?

There is an intuitive answer here of “yes” and then also a “but it depends.” The “But” comes from the availability of juice bars near you. If you live in a big city, you may have lots of choices. If you are more rural, there may be none. And then again...not all juice bars are equal. Some are just smoothie bars using canned fruits! You want fresh squeezed raw vegetable juice. Orange or apple juices...they just don’t cut it if you are trying to cleanse. They are way too loaded with sugar. And unfortunately, they are the two top selling juices in North America. So again, pick your juice bars carefully. But if you are fortunate enough to have a good one, then you can use them instead of doing your own juicing. Just walk in with your thermos during your cleanse and ask them to fill it up.

Juice bars typically use high speed juicers because of the volume of traffic they deal with. But I have a problem with these juicers. These machines have circular blades that spin from 3,000 to 14,000 revolutions per minute. They are super sharp and can cut a carrot down in 2 seconds. There are many brands that function in this way. I am not interested in maligning any manufacturers. And some of these brands even carry the names of great health pioneers like Jack LaLanne and my friend Jay Kordach the “Juiceman.” So the average person would think that’s a good thing.

Chewing is the Model

Look, food was designed to be chewed in the protective environment of your mouth. When you break apart cell walls with your teeth, they immediately sent into your body and used. Think about exposing those fragile nutrients to the elements outside your body? Many of you ask me: Shouldn’t I drink my juice immediately because otherwise there will be loss of nutrients? Yes. That’s the idea, but in a high speed juicer you’ve already destroyed those nutrients in the violent extraction process!

Augers Instead of Spinning Plates

So what we need is an extraction process that protects those fragile nutrients like your mouth. And they do exist. As opposed to the high speed centrifugal juicer, I call them slow speed “therapeutic juicers.” Therapeutic because you can safely extract the plant medicine from these veggies and use them for the treatment of disease.

These machines all have augers instead of spinning plates. They look like worm gears. Twin gear juicers have two of them that revolve side by side while the veggies slide between them. Single augers are more economical and crush the veggies against a screen slowly squeezing out the juice.

These augers all revolve at approximately 80 revolutions per minute (rpm). That’s about what you could crank with your arm on a hand juicer. It’s a lot closer to chewing.

Most of these auger manufacturers make equipment that is going to last in your kitchen for decades, so, invest in a good one.

The Big Factors

Here they are: Air (oxygen), Temperature (friction), Light and Time. These are the factors that influence the protection of the fragile nutrients in your juice. On high speed juicers there is so much air that oxidation (this is what ages us) is destroying the newly exposed plant cells. Temperature also destroys nutrients and although the high speed quickly cools them off, the clashing of the steel blades against the plant cells creates instant high-heat through friction. Thus oxidation and friction are the primary differences between the high-speed and the therapeutic juicers.

Steve Meyerowitz is the author of 10 books including Sprouts the Miracle Food. You can send him questions or check out his blog at www.sproutman.com. Steve will be speaking at the NEWLIFE Yoga & Raw Food Expo in New York City, June 21-23.
Colorful Vegetables & Fruits Are So Good For You

By Brenda Cobb

Apart of the wonderful experience of enjoying food is appreciating its color and plate presentation. Bright colors are so much more vivid in raw fruits and vegetables they can create a work of art right on the plate. Not only does the food look pretty and taste good, it’s very good for you. Adding more fruits and vegetables to the diet is a healthy thing to do and when we learn the benefits of the various vegetables and fruits, we may be even more inclined to include them in our diet.

Bell peppers act as an antibacterial stimulant and are healing and cleansing. They normalize blood pressure, improve the entire circulatory system, and feed the cell structure of the arteries, veins and capillaries so they will regain elasticity. Red peppers contain vitamin A, which makes bodily tissues more resistant, especially to colds. They are high in vitamin B, which aids in food absorption and normalizes the brain and nervous system by increasing metabolic processes. They have six times more vitamin C as much as oranges.

Tomatoes contain over 93 percent water and they act as a natural antiseptic with a great deal of citric acid. Tomatoes help stimulate the liver in its function as a filter for toxic wastes and reduces liver inflammation due to hepatitis and cirrhosis but be warned, never eat raw green tomatoes. They contain a toxin known as solanine and the acids in the green tomato are very detrimental to the body. Cooked or canned tomatoes have most of their nutrients destroyed and have changed to an inorganic form that is acid-forming. Raw tomatoes are the best.

Garlic is antibacterial (contains 38 sulfur compounds), antiseptic, antispasmodic, and a remedy for everything from heart disease and worms to tumors, headaches and bites. Cooked or processed garlic is no longer a microbe killer. Eating it raw will give you the greatest benefits. Garlic can lower cholesterol, and act as a decongestant. Garlic is very beneficial for the digestive system and has a strong effect on the lymphatic fluid and tissue. It aids in the elimination of noxious waste matter, lead and other toxic heavy metals. It rids the alimentary canal of worms and other parasites, boosting immunological functions and purifying the bloodstream by removing sticky inorganic deposits in the blood vessels. For protection against dysentery, such as when traveling in foreign countries, chew a clove of garlic before consuming suspected food or water. To ward off mosquitoes, eat garlic at least once daily.

Lemon juice is an astringent and an antiseptic. It has been heralded as a tonic throughout the world, used as a gargle for sore throats, a lotion for sunburn, and a cure for hiccups, coughs and colds. It works as a strong solvent in the body, stimulating the liver and gall bladder and stirring up any inactive acids and latent toxic settlements that cannot be eliminated any other way. Lemons contain limonene, which is used to dissolve settlements that cannot be eliminated any other way. Sunflower seeds in the food processor and blend until smooth and creamy.

Sunflower seeds in the food processor and blend until smooth and creamy.

Use organic ingredients.

1 bunch kale
1/2 cup red pepper
1/2 cup zucchini
1/2 cup celery
1る cup carrots
2 Tbs. garlic
2 pinches cayenne pepper
1 Tbs. fresh ginger
1/4 cup lemon juice
1/4 cup olive oil or flax seed oil
3 Tbs. Nama Shoyu raw soy sauce or Himalayan salt

1. Chop the greens including leaves and stems and the red pepper, carrots zucchini and celery into small pieces.
2. Mince the garlic and ginger and combine with the lemon juice, Nama Shoyu Raw soy sauce or Himalayan salt, olive or flax seed oil, and cayenne pepper.
3. Toss with the greens and put in the refrigerator to marinate 2 hours or more. Feast and enjoy!

Brenda Cobb is founder of The Living Foods Institute and author of The Living Foods Lifestyle®. She teaches a Healthy Lifestyle and Anti-Aging Program in Atlanta, Georgia and has helped thousands of people from all over the world heal of even the most serious diseases naturally. Contact her at www.livingfoodsinstitute.com or 800-844-9876.
Detox into the Spiritual

By Matt Monarch

It is widely known that there are many pathways to experiencing a more “spiritual” life. For example, a person can meditate, do breathing exercises, take plant medicine, practice yoga daily and so on. In my case, I feel that my route into a more “spiritual” life came about a little randomly – specifically through diet and detox.

In my early twenties I reached what felt like a “low” in my life, and I was in search of something more. I didn’t really know what I was looking for but I left my home in California and moved to New York City to try to discover what it was that I was seeking. Working at MTV Networks, I met a man who introduced me to the concept of eating 100% raw food. I jumped right in! After one year straight of eating this way, along with doing periodic colon cleanses, I decided to do Bernard Jensen’s extreme 7-day psyllium and bentonite cleanse. The day I finished that cleanse, my third eye opened. I don’t even know what it was that I was seeking, and this set me off on my spiritual quest. I went straight to the bookstore and asked where the “spiritual” section was. From what I learned, I then started to practice things like yoga and meditation. The vibration in my third eye naturally became even stronger from these practices.

Although the spiritual path that I chose, or let me rephrase that, that chose me, obviously works, I also understand that this pathway is not for everyone. There are many methods into the spiritual. That being said, I do feel that diet and detoxification are extremely powerful keys for reaching into the spiritual. First, I feel a simple definition of “detoxification” is needed. Most people don’t understand what detoxification really is. It’s not about taking a pill from some new detox marketing company. Detoxification occurs when you eliminate a substance from your consistent intake. For example, if a person has been drinking coffee for 25 years and decides to stop, they go through withdrawals. They might get the shakes, a headache, extreme desires for coffee to stop the detox as they go through these coffee withdrawals, and so on. Detoxification is the same thing as going through withdrawals. With this understood, you may then find it interesting to consider this: the coffee drinker has it easy with eliminating just one substance from their diet. A person who embarks on an adventure of eating 100% raw is usually eliminating well over 50 substances from their intake and it can feel very intense.

Any amount of detox a person does can help them to feel more clear, experience more energy and focus and lead them into a more spiritual connection to life. Initiating detox certainly doesn’t have to involve switching to eating 100% raw; simply eliminating harmful foods from your intake is enough. Most people find it impractical to eat totally raw. I feel that the key thing for anyone to do in order to “detox into the spiritual” is to simply eliminate processed foods from their diet and replace them with both more raw foods and also cooked whole foods, such as baked potatoes, brown rice and beans, eggs and so much more. For a complete list of example (cooked) whole foods, please visit: www.therawfoodworld.com/wholefoods.html.

It’s key for most people to take it slowly and not just jump into eating totally raw, due to the extreme withdrawals that may be experienced. I feel that I personally kind of “cheated the process” and removed those withdrawals with consistent colonics, yet I still wouldn’t say that it was “easy”.

As you eat a healthier diet, the body adapts and over time it becomes effortless to eat healthier. As you detox, you become more energetic and you have more energy and focus. By eliminating processed foods completely from your diet, it’s possible to automatically “detox into the spiritual”. As you adapt into your new healthy diet (cooked and raw), it will soon become effortless. Then at that point, if you choose to, you can raise the bar and move closer to eating totally raw. The more you eliminate from your intake, the more you will detox and the more potential there is that you will experience increased spiritual vibration traveling through your body.

Many people tell me that I eat like a “monk”. I personally eat one raw food meal a day and drink liquids, such as green vegetable juice and coconut water from green coconuts for the rest of the day. I do all this strictly for spiritual reasons. Again, it’s just one of many spiritual pathways, that I happen to choose. This pathway of detoxing into the spiritual can be chosen by anyone and it makes no difference if you go slow or fast. As long as you are on a detoxification path, your body will be on a healing curve and you will be open to receive more spiritual energy.

So let’s eliminate processed foods and whatever else you feel is a burden in your intake and let’s detox into the spiritual!

Matt Monarch has been 100% raw food eater for 15 years. He will be appearing at the NEWLIFE Yoga & Raw Food Expo in New York City, June 21-23.
There are about 200 countries in the world. If Big Pharma could be separated from the U.S. economy, it would be the 5th largest economy in the world. That’s Big Business!

**THE ENEMY WITHIN**

We all know the story of the Trojan horse but are we aware that we have our own enemies co-existing within our gates? May I name some of them?

Enemy number one is the multi-billion dollar, junk food industry that gives us our standard American Diet (SAD). This consists of 80% of what is sold in our modern day supermarket and 90% of what we call fast foods, including Big Mac’s, Golden Fries, Finger Lickin’ Good, Nathan’s Dogs, Pizza Hut, Dunkin and Donuts, Baskin and Robins, Starbucks, Jack in the Box, all washed down with things go better with Coke!

These non-foods are primarily carbohydrates, refined, sugared to the hilt and highly processed. These non-foods are devoid of nutrients essential for proper brain function. As our population, especially our young people, become more and more deeply confused, nutritionally deficient, mentally disoriented, depleted, confused and sick from the Standard American Diet, they begin to suffer from (BCDS) B-Complex Deficiency Syndrome.

This condition has reached epidemic proportions as they gobble up things go better with Coke, Starbucks, candy, pop tarts, Twinkies, bagels, donuts, breakfast of champions, French fries, fast foods and mountains of processed concoctions that are not only devoid in essential nutrients necessary for proper nerve and brain function but compound nutritional deficiencies. In short: They suck nutrients, especially enzymes, out of the body.

**STRESS BEGETS MORE MENTAL AND EMOTIONAL PROBLEMS**

You won’t hear it from your drug doctor, but the first signs of nutritional deficiencies affect behavior, the brain and emotions. Vitamin B deficiency is most often manifested in depression. It can quickly worsen causing nervousness, anxiety, irritability, mental fatigue, severe depression, manic depression, paranoid thinking, hostility, rage, vague fears, morbid fears, and overwhelming fear that something horrible is about to happen.

Enemy number two: Big Pharma and the orthodox drug medicine profession. What is their solution? More and more patented drugs, anti-depressants and psychotropic drugs.

Enemy number three is your own laziness, ignorance, and cowardliness. Therere a saying, “If you keep on doing what you’ve always done, you’ll keep on getting what you’ve always got.” The medical drug establishment is not going to change, but you can. There is too much money in the drug business. Our so-called health care system revolves around highly profitable patented drugs. Don’t expect any change soon. Don’t expect your family doctor to change. If there is ever going to be a change, you must have the courage to begin that change with yourself, your family, friends and loved ones.

Orthodox drug medicine ignores nutrition. It conducts itself as if nutrition has nothing to do with mental health. It’s up to you to do something about this delusion.

**POSITIVE PLAN OF ACTION**

Stop waiting for a serious condition to occur. Get yourself nutritionally tested, using the latest scientific breakthrough in laboratory blood diagnoses, to uncover your exact personal nutritional needs. Clean house by getting all junk foods out of the house and all negative thoughts out of your life.

Take your nutritional supplements three times a day after meals. Start on a daily fitness program that includes strength training and cardio-vascular.

Study everything you can about physical, mental and spiritual health and make time for spiritual life development.

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 732-777-7575, by email at abundalife@abundalife.com or visit www.abundalife.com. Dr. Sorge will be speaking at the NEWLIFE Yoga & Raw Food Expo in New York City, June 21-23.

By Robert H. Sorge, N.D., Ph.D.

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I am experienced with patients who are very nervous and can quickly help them become more comfortable. I receive many referrals from friends and family of delighted patients, after receiving treatment at my office. I truly offer and can quickly help them become more comfortable. I use a special camera to SHOW it to the patient!

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Dr. Shapiro practices Photoretinology, i.e., the branch of ocular science that uses varying light frequency therapy. In addition, I am the only optometrist in Manhattan who treats photorefractive keratectomy. I have a special interest in the treatment of amblyopia and strabismus (crossed eyes). I served as a staff member and clinical supervisor at the Manhattan Eye and Ear and Lenox Hill Hospitals, and served as a staff member of the Chiefs of Ophthalmology of New York and Long Island hospitals on the subject of functional vision testing and treatment.

My treatments use natural sources, remedies and gentle therapies. They are non-toxic and non-invasive with little or no side effects.


For over 20 years, I have observed the beneficial effects of holistic therapies including acupuncture, nutritional programs, therapeutic counseling, stress alleviation, hair analysis, non-invasive bio-energetic acupuncture and more.

Dr. Shapiro, does not perform surgical or traditional dental procedures, but is able to assist in the treatment of dental concerns. It combines the best of traditional dental techniques with complimentary and alternative modalities to create total body health and well being.

My treatments use natural sources, remedies and gentle therapies. They are non-toxic and non-invasive with little or no side effects. I Treat: Chronic Conditions, Allergies, Back Pain, Sleep Problems, Skin Disorders, Muscle Problems, Digestive Disorders. I Provide: Cancer Support, Stress Management, Women’s Healthcare, Children’s Natural Healthcare, Weight Management.

For over 20 years, I have observed the beneficial effects of holistic therapies including acupuncture, nutritional programs, therapeutic counseling, stress alleviation, hair analysis, non-invasive bio-energetic acupuncture and more.
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**Jodi Serota**

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

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- Multi-Media Vibrational Healing Concerts & Events
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- Vibrational Sound, Art, Color, Light, Music & Information.
- Paintings Vibrationally created for Individuals, Businesses, Environments (Medical, Healing, Sacred, Homes, Offices & more). Art Studio visits ‘By Appointment’.

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”. Higher learning CDs and Products available: Sound Healings, Experiential Seminars, Meditations, Books & More. Visa/MC/Discover accepted for seminars and products.

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@metaencentury.com

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**Dr. Mickaelle Dougherty, Ph.D.**

Licensed Psychologist, Reiki Master

I am a psychotherapist since 1985, including inpatient settings, multidisciplinary offices and nursing homes. I am also a Reiki Master since 1997, providing healing for emotional and physical conditions, as well as teaching all levels of Reiki. I specialize in the treatment of life transitions, depression, anxiety, chronic pain, medical conditions, sleeping difficulties, and relationship issues. Reiki is a wonderful tool for physical rejuvenation and activating higher states of consciousness including joy, serenity, greater creativity and psychic sensitivity. I will be happy to discuss any questions you have. I love my work and look forward to meeting you.

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Dr. Panvini’s work in expressive body psychotherapy spans twenty-five years. His broad and varied background includes an extensive performing arts career, acclaim as a body-oriented voice teacher, a Ph.D., in Clinical Psychology, Certification in Bioenergetics, and treatment of substance abusers, and victims of torture as a Psychologist at Bellevue Hospital. He is internationally known for his innovative skills in helping people live more passionate personal and professional lives.

(823x854) NewLife-May13-pg.14-16  5/22/13  4:03 PM  Page 18