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Hello NEWLIFERS,

Thank you for making the NEWLIFE EXPO in New York City a huge success last month and I hope you join us again on March 21-23, which will be at the Hotel Pennsylvania in New York City.

Our cover story on sacred Bellydancing I am sure will entice you to jump in front of the mirror and gyrate into bliss. It is one art I haven’t tried but after editing the article, I am very tempted to try it.

Dr. Robert Sorge’s article on “brain fog” is a topic that hits home for many of us — if we remember.

Two important studies have come out that validates what we NEWLIFERS have know for decades. One is that we are the ones who are ruining our environment-duh! And the other is that there is a 20% possibility that life exists in other stars in our solar system — Really???

It is about time that the rest of the population is waking up. If they only read NEWLIFE Magazine for the last thirty years or participated in the NEWLIFE EXPO for the last twenty years, they would have been a lot wiser to what is happening around them. Maybe now they will discover that GMO foods are bad for us or that energy medicine is the medicine for NOW.

Please share your knowledge with the less informed and bond with those individuals who constantly want to raise their consciousness.

I hope you enjoy this issue. If you want to have fun in the sun, enjoy the NEWLIFE EXPO in Fort Lauderdale on March 8-9. Come play with us as we celebrate the Illumination Ball on Friday, December 21 at the Hotel Pennsylvania and on our Illumination Cruise on April 7-12. Check it out at www.newlifecruise.com.

And Remember...
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Om Sholom

Mark Becker
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The power of Ki therapy lies in natural healing. The human body has the power to fight and heal any disease. This is natural healing power. When one becomes frail, sick and dies, it’s because the natural healing power has been lost. But what is lost can be recovered.

Humanity has lost the power to self-heal. Medicine was developed to replace this loss, but most illnesses still cannot be cured by even the most cutting-edge of medical advances. Many diseases of unknown origin are arising, and because the cause is not being addressed, there’s no way to effectively treat them.

Furthermore, we cannot predict when some other mysterious disease will appear in the future, and even if such an appearance is known beforehand, what would guarantee that effective counter-measures will be provided? People cannot just sit and wait for an antidote, leaving healing out of their control. Ki energy training is the answer to this dilemma.

There exists an infinite source of energy that is available to all creatures on Earth. This is vital Ki energy. If humans can purely tap into and utilize this infinite energy, wouldn’t it be the ultimate means to protect and support our lives and health? There was a time when our ancient ancestors lived well beyond one hundred years, because of this knowledge and ability.

At Ki Fitness America, Dr. Sang Jin Lee and his staff teaches the lost art of ki energy, offering classes in ki training and full body ki energy treatments. They also offer inherited family energy clearing. For those interested in ki training but unable to come to their centers, they also provide live online ki training.
Our best-selling CD’s, MUSIC FOR DREAMS, Vols. 1 & 2 has helped tens of thousands of listeners and their children induce a restful and deep sleep. The pieces have been selected by Ms. Magdalena Baczewska, concert pianist and pedagogue from thousands of works encompassing five centuries of music. The album is a marriage of music and medicine. The soft and soothing sounds will help regulate your breathing and heart rate, and induce healthy and regenerating sleep. The repertoire, its interpretation, microphone choice and placement, as well as the recording technique has been modified here in order to relax the listener.

The medical team at blueSleep focuses on education, research and innovative treatments for snoring, sleep disorders, and sleep apnea.

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**Active Ingredient:** Piano masterpieces.
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**Uses:** Insomnia (difficulty falling asleep), stress, anxiety.

**Warnings:** May induce feelings of extreme relaxation. Do not use when driving or operating heavy machinery. Consult a physician if sleep problems persist. If pregnant or breast-feeding increased chance of baby Mozart effect.

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**About Mas:** Through two near death experiences Mas Sajady has been gifted with astonishment abilities to help you transform your life effortlessly. Akin to famous healers throughout history very few have achieved these miraculous levels. Thousands around the world have already recreated their realities substantially after just one or a few encounters with Mas.

---

**Silent,** by Gregory Malouf, founder of Epsilon Healing Academy, provides insights you need to identify the “potholes in the road” that impede you from consciously creating everything you deserve or long for.

Why waste another day yearning for a better future?

Please visit www.gregorymalouf.com/silentoffer to get started.

You may also see www.epsilonhealingacademy.com for more information.
Silent
By Gregory Malouf
MORGAN JAMES PUBLISHING

Silent: The Power of Silence, by Epsilon Healing Academy founder Gregory Malouf, reveals the secrets to real life success through his engrossing stories, spiritual insights and relevant examples from his own personal journey as well as the experiences of those around him. It is these examples, and the simple, yet highly effective steps that you will easily integrate into your own life, that make Silent so remarkable.

Silent answers the most commonly asked questions: “How can I consciously create the life I desire?” “How can I overcome limiting beliefs that hold me back?” “How can I live free from self-doubt, stress and anxiety?” “How can I have more authentic loving relationships, more wealth and more energy for what’s really important?”

Silent is an overwhelmingly honest account of Malouf’s own struggles from childhood abuse, to outstanding success, to personal crisis and finally to complete self fulfillment. His story is interwoven with practical advice, inspirational teachings and motivational exercises which instantly give you the answers you seek.

Malouf has made it his mission to help others understand what is holding each of us back from living life to the fullest and creating the life we deserve.
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Orthodox drug medicines one size fits all heath care means...

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“I have come that ye may have life and have it more abundantly.”
— John 10:10 —
Good For You Greens

• Savory Sweet Potato Tart with Pineapple Glaze
• Brussels Sprouts with Garlic Pecans

Shriveling your nose at the mention of greens? Tired of kale being promoted at a dietary powerhouse full of this and that? There ARE other great greens and many ways to make them tasty and delicious while slipping in all the nutrients they have to offer.

For many greens are better tasting — even kale and collards. Many cultures have greens as a part of their make up and have found ways to prepare them to eliminate or reduce the bitter flavor that some greens seem to have. I actually find it kale and collards to be kind of sweet. Broccoli rabe is one that can be bitter to me and even that I find enjoyable sautéed with garlic and olive oil, sprinkled with some sea salt and drizzled with lemon juice and tossed with olives.

Taking a look first at the nutritional contents of kale, mustard greens, collard greens, and Swiss chard — some of the more commonly found greens. One can expect similar amounts of calories, fiber, and protein. Kale has the highest amount of vitamin A with collards following closely, then Swiss chard, and mustard greens. Kale also wins in the vitamin C category with mustard and collard greens following and Swiss chard not too far behind. Collard greens win for calcium, with the three others about equal. And in the category of iron — Swiss chard wins without a challenge with all with collards having half as much, and kale and mustard green yet half (one-quarter) as much as Swiss chard.

All of these greens are rich in other minerals including manganese, copper, magnesium, potassium, and folate, vitamins E, K, B2, and B6. They are all rich in antioxidants providing many health benefits including cardiovascular protection and reducing certain cancer risks. They are beneficial for bone health, blood sugar regulation, and eye degeneration.

So the bottom line is — greens — all varieties are very nutritious and warrant more attention. They can easily be inter-

---

**Savory Sweet Potato Tart with Pineapple Glaze**

Yams are orange and sweet potatoes are white and can be used interchangeably, but almost everyone calls them both yams. Often yams tend to be sweeter and which ever you find will make this a delicious dish. This lovely tart can be made ahead of time and reheated on the holiday. Baking the yams the day before will make the prep go faster.

3 yams or sweet potatoes
1 prepared pie crust
1 egg
1/4 cup plus 2 tablespoons pure maple syrup
1/4 cup plus 2 tablespoons organic butter, softened
1/4 teaspoon sea salt
2 cloves garlic
1/2 teaspoon Herbs de Provence
pinch cinnamon
pinch or several grinds fresh black pepper
1 cup unsweetened pineapple
1/2 teaspoon ginger powder or 1 teaspoon ginger juice

1. Preheat the oven to 350 degrees. Prick potatoes with a fork. Place on a parchment papered baking sheet and bake until soft, about 30 to 40 minutes. Set aside to cool.
2. Using a homemade butter crust, prepared crust or Pamela’s baking mix crust, line a buttered tart pan with the one you choose. Allow it to come up the sides. Bake for 10 minutes until starting to become golden. Remove until the filling mix is prepared.
3. In a blender or processor add the egg, 1/4 cup each maple syrup and butter, sea salt, garlic, Herbs de Provence, pepper, and cinnamon. Puree until very smooth.
4. Using a rubber spatula scrape the yam mixture into the pie crust. Wet the spatula and smooth the top. Place into the oven and bake until the top starts to turn golden brown.
5. Meanwhile prepare the glaze by heating the pineapple with the remaining 2 tablespoons each of maple syrup and butter, and ginger. Bring to a boil and allow to simmer on low uncovered to reduce the liquid, about 5-10 minutes.
6. Spoon the glaze over the baked tart, and return to the oven for another 10 minutes to slightly caramelize.

---

**Brussels Sprouts with Garlic Pecans**

Perk up your holiday table with these delicious Brussels sprouts. Fresh ones are readily found at stores during the holidays. If you can find them on the stalk even better yet!!

1 sweet onion, peeled and chopped
2 tablespoons extra virgin olive oil
1 bulb garlic, peeled
2 tablespoons organic butter
1 container or 1/2 stalk fresh Brussels sprout
1/4 cup puréed water
1/2 cup raw pecan halves
Dash of nutmeg

1. In a medium sized pot, add the onion and olive oil. Sauté on medium heat until the onion begins to soften and turn golden about 20-30 minutes. Stir often.
2. Meanwhile, in a sauté pan heat the butter and garlic, and cook on a medium to low flame stirring frequently until garlic cloves begin to brown.
3. Prepare the Brussels sprouts by trimming the bottoms and cutting in half. Add to the onion with the garlic, currants, and salt and pepper. Stir well. Increase heat to high, add the water, cover and reduce flame to low. Cook for 20-30 minutes until the Brussels sprouts are tender.
4. In a toaster oven or dry skillet, heat the pecans until toasty smelling. Stir frequently. Sprinkle with salt and pepper and a dash of nutmeg.
5. Place Brussels sprouts in a serving bowl. Toss pecans on top and serve.
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NOVEMBER-DECEMBER 2013 NEWLIFE 13
Did you know that every emotion and thought process that goes through your mind, immediately becomes a biochemical reality in the body? Research shows us that positive, uplifting ideas and emotions are associated with an entirely different mix of neuropeptides and hormones than those of stress, panic, fear or anger.

All life processes have the primary activity for the assurance of survival. Emotions are powerful driving forces that are overtures of the hormonal secretions. They are the messengers for taking action into either the ecstatic energy of love, bliss and abundance or into sharing with others one’s negative emotions.

**EMOTIONS AND ENERGY**

Emotions are very powerful and they usually emerge quickly, unexpectedly and/or under emergency conditions, so they certainly represent energy. This energy, to get you into motion, can be a mental connection to your conscience and/or sub-conscious experience by initiating it as a creative process.

This process provides one the ability to take control of one’s own power. To take action against past or present issues that one may have previously been negligent in addressing, burying or avoiding emotions, will eventually start to build up to the point of physical dis-ease or other various forms of dysfunction within.

The deeper buried the stress, the further into the body it goes and the digestive system is about as far as it can go to hide.

The human brain has very simplistic functions as you will get to understand. We all have a sensory input, auditory, taste, touch, visual and temperature, all of which give us an indication immediately to our environment. From the moment of conception, then birth on into this very moment, you have gathered data and stored it in the subconscious. The conscience is eventually utilizing all this data for making decisions; however, the strongest input is when the sensory data is gathered from moment to moment due to changes in the external environment. (The key word here is ‘changes’)

Something is going on - new input.

These changes and sensory data is gathered and harvested within the hypotalamus in a form of an information complex and organic protein compound, which is circulated to the pituitary gland system.

The pituitary gland takes this information and makes decision on how to orchestrate your hormonal system, as well as your oxygen levels, blood sugar, muscular coordination and activity to respond to sensory data. It gets feedback loops, through the conscious brains previous activities under similar situations, eventually leading to action.

The brain interestingly enough, is receiving continuously and processing old info that is still in circulation in a form of organic compounds. At the same time all the new incoming information is processed as well, yet with a much higher vibration.

**WHAT TO DO**

So let us take an individual who is depressed, sad and/or in a ‘negative’ state of anger and anxiety.

Most likely, such an individual is not receiving any new energy from the outside. They are basically dwelling on their old patterns of inward emotion, namely apathy. These hormones, are what is flooding the body and the brain because there is no input from motion. As a result, the pituitary gland is still.

When the body is in a state of stillness, lacking any motion, the predominant and residual negative emotions are more inclined to take control of the psyche. Sociological studies say, for every positive experience, you have 35 negative ones in the early, evolutionary childhood state.

The pituitary gland receives this circulatory info and doesn’t differentiate between what is happening outside or inside of self, so it starts making emergency preparations. You’re in a stressed fight or flight mode as more low vibrational, internal CD’s and DVD’s are being created. At the same time, you have the immune system processing this info because the old circulating CD’s also have an expiration date. All the old patterns are eventually recognized by the ‘killer cells’ of the immune system that are behaving like a virus...then tagged and digested by the macrophages with their high enzymatic reserves.

This is more or less the normal process. Most people are in a state imbalance due to lack of activity.

In a study that was published in Schizophrenia Review, Dr. Yuri Nikolayev of The Moscow
Research Institute of Psychiatry for over 50 years has studied all kinds of mental disorders. His work showed that stress and schizophrenia is a form of protein toxemia. He treated all his patients successfully, from depression, manic depression, schizophrenia and other mental disorders, with a 3-week program consisting of exercise and a liquid diet...with a follow up of a vegan diet.

All negative emotions are indoctrinated and interconnected replays of the past. The best way to process, heal and release that stuck energy is to move...get your body in motion!! Any form will do, whether it’s writing, tapping, dancing, yoga, qi-gong, swimming, singing, running, laughter...be insane!

Put that negative emotion into motion and it will become a positive emotion. It’s that mental and physical fitness that activates the immune system to digest the funky vibes of negativity.

That’s the perfect time to engage all these different procedures.

Just remember...the mind can go either direction under stress - toward positive or negative. Unconscious at the negative end and super-consciousness at the positive end. The manner of which one deals with stress is strongly influenced by training more than anything else.

I invite join us this coming New Years in Montezuma, Costa Rica to recharge and regain the most optimal you December 27, 2013 until January 4, 2014. It’s important to remember that we are shaped and fashioned by what we love...so love yourself and others with a compassionate passion!!

Viktoras Kulviskas is the grandfather of the living food’s movement and his book Survivak In The 21st Century has been the health bible for over 35 years.

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sacred bellydance

By Jehan Kamal

Bellydance is one of the oldest and the most mysterious dances in the world. Bellydance ignites passion, it heals, inspires, entertains and can bring you to ecstatic states but only if you are vulnerable, humble willing and brave. It is a mind-bending soul-twisting shape-shifting force when practiced with the intention of unlocking its secrets.
Bellydancer! Symbol of Sensuality, Love, Beauty, and Abundance.

Adorned and jeweled I undulate but naked is my soul. Watch my silent language read the secrets never told. I sway my hips and armies fall I conquer with a glance. In this dream where rhythm rules and love is the only dance.

Meditate upon my womb raise the lotus to full bloom. Wings unfold upon the snakes and consciousness awakens.

Bellydance is elemental; Earth, Air, Fire, and Water infuses every movement and awakens the Divine Feminine in women and men. The modern form is a synthesis of sacred temple dance, migrating gypsy influences, local tribal folkloric dance, exorcism and childbirth rituals, acrobatics and pure celebration since ancient times. There was always a cross cultural exchange and fusion as we know from hieroglyph telling of dancers in Pharaonic Egypt being imported from China, India, Persia and beyond.

For me it is “the Umbilical Cord Back To The Source, Gateway To The Primal Force.” The flowing geometric designs and mandalas that a skilled bellydance artist draws with her movements captivate both the dancer and the viewer as they meditate upon the circles, spirals, infinity loops, pyramids, crescent moons and serpentine waves. This vocabulary, layered with whirligig-like turns and intense vibrations, known as shimmies, mimics the dance of the universe, and raises powerful forces within. It is a dance of extreme opposition and deep emotion with music that haunts you long after class.

Bellydance benefits our health by increasing flexibility, coordination, grace, stamina, and sexiest form of exercise for women... and men. It is a path of transformation when approached with intention and discipline and will ground you deeper and give you wings to fly. Who needs a Chi Machine when the undulations of bellydance flow vertically and horizontally up and down and across the entire spine and intense shimmies and accents vibrate and rock energize us and drain entire system. Bellydance benefits our health by increasing flexibility, coordination, grace, stamina and our self esteem and confidence. I believe it is the single safest and sexiest form of exercise for women... and men of all ages and body types - transforming all who experience it. And what other exercise has such ornate exotic costuming? So dare to try. Interested? Go to Bellydance America.com, an exotic Mecca for everything Bellydance: classes, ornate exotic costuming? So dare to try. Interested? Go to Bellydance America.com, an exotic Mecca for everything Bellydance: classes, ornate exotic costuming? So dare to try. Interested? Go to Bellydance America.com, an exotic Mecca for everything Bellydance: classes, ornate exotic costuming? So dare to try. Interested? Go to Bellydance America.com, an exotic Mecca for everything Bellydance: classes, ornate exotic costuming? So dare to try. Interested? Go to Bellydance America.com, an exotic Mecca for everything Bellydance: classes, ornate exotic costuming? So dare to try.
12 NUTRIENTS
That Can Protect You From Brain Sludge

WHAT IS BRAIN SLUDGE?
Brain Sludge is basically toxins that gravitate to the brain and central nervous system. Brain sludge affects our thinking and if these toxins are not addressed it can affect our memory, our ability to focus, think, create, concentrate and solve problems. If not corrected brain sludge can have a profound effect on our mental energy, moods, attitude and even our behavior. Many men and women on psychiatrist couches today belong first in the nutritionist office. Brain sludge does to our behavior what heart sludge does to the cardio vascular system; it glues us up. Our brain stops working efficiently. Brain sludge is a major contributor to depression, despondency, mood swings, anxiety and confusion.

WHAT CAUSES BRAIN SLUDGE?
Two things. One you have no control over living on planet earth in the 21st Century, the most toxic time in history. The 2nd you are in complete control of and that is your lifestyle, diet and food supplements. Unfortunately, most Americans out of ignorance, habit or stupidity choose a toxic lifestyle which includes: breakfast of champions, Nathan’s Dogs, devitalized foods, fast foods, junk foods, golden fries, finger licking good, whoppers, pizza Hut, Starbucks, Dunkin Donuts, this Bud’s for you, and things go better with coke. In short foods that cause nutritional deficiencies-nutritionless foods. We must remember we are what we eat. This includes our brain. With the diet and lifestyle choices of the majority of Americans, it’s a miracle that all of us are not suffering from advanced Alzheimer’s. Our brain represents about 2% of our body mass but consumes about 36% of our nutritional needs. The foods we choose to eat automatically go into motion to build cells, which includes brain cells.

We are from the dust of the ground, which means the nutrients from the soil. Whatever you eat goes into the production of building cells. This is what keeps brain youthful and vibrant. Brain Sludge is compounded with prescription drugs, tobacco, alcohol, cellular oxygen deficiency, nutritional deficiency, immunizations, antibiotics and a blood stream overloaded with pollutants and other morbid material. Toxins that affect our body have a profound effect on our brains and behavior first. All the above brain sludge contributions are greatly exacerbated with stress.

In a healthy nutritionally sound body, brain sludge is automatically neutralized and then eliminated by a strong immune system. Unfortunately stress compromises the immune system.

HOW TO GET AT THE BOTTOM LINE CAUSE OF BRAIN SLUDGE
If you go to your orthodox drug medicine doctor with brain sludge symptoms, he is going to prescribe psychotropic drugs that have long-term deleterious effects; you may never get off of them. Hippocrates, the father of Medicine, taught in all his medical schools in the Greek empire in 500 B.C., “a proper, nutritional evaluation represents half the cure”.

The principle is as true today as it was 2500 years ago. Our creator revealed to the Prophet Moses four thousand years ago that “life is in the blood” (Leviticus 17:11).

WHAT CAN WE DO?
Your first step to high-level wellness is proper nutritional evaluation. Modern day science has progressed to a point that the blood is not only able to diagnose disease, but can now reveal potential dis ease including Alzheimer’s, heart disease, cancer, diabetes and much more far in advance of an official medical diagnosis. Modern Day computer technology is able to accurately diagnose nutritional deficiencies from your symptomology. The science of iridology is able to take us back into your genetic predisposition to study both strong and weak systems of your body. When all these analytical systems are combined you end up with a 30-page computer read out with an incredible amount of personal health information that takes the guesswork out of your life. Definitive recommendations can be made based on your individual biochemistry.

Can you do something now before you are evaluated? Yes, you can. I put everyone suffering with symptoms resulting from brain sludge on a very effective formula called “brain and memory enhancement Pac” simply take one Pac in the morning upon awakening.

WHAT’S IN THE PAC?
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- Pyrodoxine - Superior brain function, anti depression.
- Gota Kola - Brain and nerve tonic, enhances memory and brain function.
- L-Taurine - Brain enhancing amino acid, anti anxiety.
- L-Tyrosine - Critical neurotransmitter modifies and stimulates brain activity.
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- Mental Vigor - An Abunda Life Proprietary Brain Formula.
- Brain Tonic - An Abunda Life Proprietary Brain Formula.
- Natura 36 Nutrients - Abunda Life Pro Proprietary Multi Vitamin Mineral Formula

I have seen incredible results since 1964 with this nutritional supplement protocol for brain.

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 732-775-7575, by email at abundalife@abundalife.com or visit www.abundalife.com. You can find these products in most health food stores or if you prefer to have the convenience of a single Pac contact Dr. Sorge at your convenience.

By Robert H. Sorge N.D., Ph.D.
Doctor of Naturopathic Medicine
Scientists can now say with extreme confidence that human activity is the dominant cause of the global warming observed since the 1950s, a new report by an international scientific group states.

A United Nations panel said “It is more certain than ever that humans were causing global warming and predicted temperatures would rise by 0.5 – 8.6 degrees Fahrenheit this century.” Leading scientists said that humans are the main culprits for climate change and predicted the impact from greenhouse gas emissions could linger for centuries.

The Intergovernmental Panel on Climate Change (IPCC) said in a report that the current hiatus in warming, when temperatures have risen more slowly despite growing emissions, was a natural variation that would not last.

It said the Earth was set for more heat waves, floods, droughts and rising sea levels that could swamp coasts and low-lying islands as greenhouse gases built up in the atmosphere.

Many world leaders called for stronger action to rein in rising greenhouse gas emissions and limit a rise in temperatures to within manageable limits after the report, which estimated that humanity has burnt more than half the available carbon.

The study, meant to guide governments in shifting towards greener energies, said it was “extremely likely,” a probability of at least 95%, that human activities were the dominant cause of warming since the mid-20th century.

That was an increase from “very likely,” or 90%, in the last report in 2007 and "likely," 66%, in 2001.

U.N. Secretary-General Ban Ki-moon said the study was a call for governments, many of which have been focused on spurring weak growth rather than fighting climate change, to work to agree a planned U.N. accord in 2015 to combat global warming.

“The heat is on. Now we must act,” he said.

U.S. Secretary of State John Kerry said the report was a wake-up call. “Those who deny the science or choose excuses over action are playing with fire,” he said, referring to skeptics who question the need for urgent action.

They have become emboldened after temperatures rose more slowly over the last 15 years despite increasing greenhouse gas emissions, especially in emerging nations led by China.

European Climate Commissioner Connie Hedegaard said it was time to treat the Earth’s health. “If your doctor was 95% sure you had a serious disease, you would immediately start looking for the cure,” she said.

Compiled from the work of hundreds of scientists, the report faces extra scrutiny this year after its 2007 predecessor included an error that exaggerated the rate of melting of Himalayan glaciers. An outside review later found that the mistake did not affect its main conclusions.

The report said the trend of the past 15 years was skewed by the fact that 1998, at the start of the period, was an extremely warm year with an El Nino event in the Pacific that can disrupt weather worldwide.

It said warming had slowed “in roughly equal measure” because of random variations in the climate and the impact of factors such as volcanic eruptions, when ash dims sunshine, and a cyclical decline in the sun’s output.

A doubling of carbon in the atmosphere would raise temperatures by between 1.5 and 4.5 degrees Celsius (2.7 – 8.1F), below the 2 – 4.5 (3.6 – 8.1F) range in the 2007 report, it said. The new range is identical to the ranges in IPCC studies before 2007.

The IPCC reiterated that a warming trend is “unequivocal,” and some effects would last far beyond the lifetimes of people now alive, such as heat penetrating ever deeper into the oceans.

“As a result of our past, present and expected future emissions of carbon dioxide, we are committed to climate change and effects will persist for many centuries even if emissions of carbon dioxide stop,” co-chair Thomas Stocker said.

The report said temperatures were likely to rise by between 0.3 and 4.8 degrees Celsius (0.5-8.6 Fahrenheit) by the late 21st century. The low end of the range would only be achieved if governments sharply cut greenhouse gas emissions.

And it said world sea levels could rise by between 26 and 82 cm (10 – 32 inches) by the late 21st century, driven up by melting ice and an expansion of water as it warms, in a threat to coastal cities from Shanghai to San Francisco.

That range is above the 18 – 59 cm estimated in 2007, which did not take full account of Antarctica and Greenland.

“Scientists have confirmed what farmers in poor countries around the world have been telling us for years, that changes to their climate are destroying their livelihoods, ruining crops, hitting incomes, food quality, and often their family’s health,” said Winnie Byanyima, executive director of the charity Oxfam.

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When I was a child we learned in school that there were only nine planets. We also learned that there was no planet on earth that could sustain life. Every time there was a UFO sighting scientists and governments would say it was impossible. When Area 51 was discovered, the government said it was a lie. There are no aliens. When the ex-head of the Strategic Air Command lectured at the expo and supplied recordings of pilots saying they saw UFO’s, the government would say it was “hogwash.”

Then last year the United Nations created a committee for when, not if, aliens contacted us.

And now, this month in the journal Proceedings of the National Academy of Science, a new study finds that the Milky Way is teeming with billions of planets like ours, circling stars just like our sun.

Astronomers using NASA data calculate that in our galaxy alone there are at least 8.8 billion stars like our sun with Earth-sized planets that are not too hot or not too cold.

They calculated that 22% — slightly more than 1 in 5 — of our sun-like stars have planets similar to Earth in size and temperature. Study co-author Geoff Marcy says that means billions of places for life to develop.

The study is based on data from NASA’s now crippled Kepler space telescope.

What I always say is that we have to open our minds to all possibilities. We cannot rely on the government to be truthful to us. It would be ideal if they were truly interested in our health and well-being and if they would be honest with us in real-time. Until that happens we at NEWLIFE Magazine & Expo are here for you to share the current cutting edge information for you to share with your friends and community.

By Mark Becker
ILLUMINATE WITH NEWLIFE EXPO

By Mark Becker

Thank you all for making last month’s NEWLIFE EXPO a success and for supporting our exhibitors who make it all possible. Join us at the next NEWLIFE EXPO in New York City on March 21-23 at the Hotel Pennsylvania. If you want to have fun in the sun, enjoy the NEWLIFE EXPO in Fort Lauderdale on March 8-9. Come play with us as we celebrate a night of illumination on Friday, December 20 at the Hotel Pennsylvania and on our Illumination Cruise on April 7-12. Below are testimonials from two of our exhibitors thanking you. For more info go to www.newlifeexpo.com and www.newlifecruise.com or call us at 516-897-0900.

“The NEWLIFE EXPO is always a pleasure to attend as a vendor. Mark, you and your staff are so friendly, personable, easy going and on top of every situating that arises and I totally appreciate that! You guys work like a real team.

I was especially impressed with this fall’s Expo. From the application process to loading out at the end was a breeze. On Saturday we were late coming in for our scheduled lecture. We thought nobody would be left when we arrived, but the room was full, thanks to Jenna for contacting us to find out what was going on, and Thanks to Jennifer, who had the mindfulness to communicate and attend to those who came until we got there. So many thanks for that!

On top of that, business-wise, this expo was by far the most successful one I’ve done in the 13 or so years I’ve been doing expos. We had a great time, met many great people and potential clients and had a load I’d fun doing it.

Thank you so much for everything you guys do and for obviously enjoying what you do, because I think it really shows in the outcome.”

— Amy, SPINA-KI FITNESS ENERGY

“I was a first time vendor at the NEWLIFE EXPO this past October in New York City. The expo was well managed, extremely organized and an overall pleasure to be involved with! It was an amazing experience to interact with so many different people interested in health and wellness and to share our wraps, supplements and skincare with them. During the course of the weekend we signed a new distributor to our team, 4 new customers and sold out of the skinny wraps we had on hand! I look forward to the next New York City expo in March! ”

— Lauren Nicholson, IT WORKS GLOBAL
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JoAnne Greylen Asher, Director

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JANUARY 10–12, 2014 (Fri 10 am–9 pm, Sat 10 am–9 pm, Sun 10 am–6 pm)
LIVE FROM TIMES SQUARE IN NEW YORK CITY

Dr. Brian Clement, Co-Director of Hippocrates Health Institute and author of over 10 books focusing on a whole food raw vegan diet.

Dr. Richard Oppenlander is the author of Food Choice and Sustainability: Why buying local, eating less meat, and taking baby steps won’t work.

Anna Maria Clement is Co-Director of Hippocrates Health Institute and author of several books about raising a family the natural way.

Dr. Michael Greger is the author of Carbsophobia: The Scary Truth about America’s Low-Carb Craze and Bird Flu. He is a partner in the website NutritionFacts.org.

Devra Davis, PhD, is the author of Disconnect: The Truth About Cell Phone Radiation, What the Industry Is Doing to Hide It, and How to Protect Your Family.

Elizabeth Grossman is the author of Chasing Molecules and High Tech Trash, about poisonous products, human health, and the promise of Green Chemistry.

Jeffrey M. Smith is the International bestselling author of Seeds of Deception, exposing health risks of genetically modified organisms (GMOs).

Steve Meyerowitz, know as “The Sproutman,” is an author of many books on sprouting and juicing, including his classic, Sprouts: The Miracle Food.

Dan Ladermann and Cherie Soria co-direct Living Light Culinary Institute and have authored Raw Foods For Dummies and The Raw Food Revolution Diet.

Dr. Hans Diehl wrote Health Power and is a world-class speaker. His message is that people don’t have to die of Western killer diseases.

Joseph Keon is a wellness consultant for more than 25 years and is the author of the book Whitewash: The disturbing truth about cow’s milk and your health.

Please join us and bring anyone you care about who is passionate about improving their health.

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