Preventive Medicine

Using Naturopathy

Vital Tests That Can Save Lives

Early Detection of Breast Cancer
Six Courageous Steps To Survive ObamaCare

Orthodox drug medicines one size fits all health care means...

Orthodox drug medicines one size fits all health care means...

✧ Fewer Doctors
✧ Less Care
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✧ More quick prescriptions
✧ Your health care needs even your life will be dictated by druggers and bureaucrats
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I can help you!
Robert H. Sorge, N.D., Ph.D.
Doctor of Naturopathic Medicine Since 1964

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JANUARY-FEBRUARY 2014 NEWLIFE
www.newlifemag.com www.newlifeexpo.com
Hello NEWLIFERS,

My wish for you is that 2014 will be your best year ever. To help validate this, our issue this month is dedicated to making sure it will be your healthiest year ever. All of our articles are written by exhibitors and lecturers who will be at the NEWLIFE EXPO on March 21-23 at the Hotel Pennsylvania in New York City.

Ladies, Patricia’s Bowden-Luccardi’s article on breast thermography explains how this technique is not only non-invasive, it is much more reliable and safer than mammograms, which scare many of you into having unnecessary procedures. After reading this article you will be lining up at the expo’s breast thermography booth.

Another must-read article is Dr. Peter Frankel’s article on four medical diagnostic techniques that can definitely save your life. Dr. Frankel will be performing these techniques for you at no charge at the expo even if you have no insurance. Unlike many medical doctors, Dr. Frankel is more interested in helping you remain well than he is interested in your money. Even though Dr. Frankel has four exhibit booths, come early since I am sure the lines will be enormous.

I know you will be enlightened by Dr. Robert Sorge’s article about how naturopathic testing and treatment can prevent illness, save you money and ensure longevity in your life. Dr. Sorge will be lecturing at the expo and his lectures always end up to be standing room only.

NEWLIFE Magazine, started in 1981, is the oldest holistic magazine in New York. Thank you for your continuing support.

Don’t forget: “an ounce of prevention is worth an pound of cure.”

And Remember …

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Herbs for Healthy Aging
Natural Prescriptions for Vibrant Health

By David Hoffman, FNIMH, AHG
Healing Arts Press
www.innertraditions.com

In this herbal guide to healthy aging, medical herbalist David Hoffman discusses how to maintain the body’s vitality as we age and how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect each of the body’s major systems — from the muscles, bones, and digestive system to the pulmonary, cardiovascular, and reproductive organs — as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, bronchitis, varicose veins, and arthritis. He shows how herbs can help minimize dependence on conventional medical treatments and provide a safe and welcome alternative to the unpleasant and sometimes dangerous side effects of synthetic drugs.

In the materia medica, Hoffmann details more than 150 health-promoting herbs and their actions on the body and mind, preparation methods, and recommended dosages. This authoritative guide to herbal preventive medicine offers holistic treatments designed not only to promote vibrant health but also to provide a way to age with grace.

Also available as an ebook.

David Hoffman, FNIMH, AHG, has been a clinical medical herbalist since 1979 and one of the founding members of the American Herbalists Guild.
Total Body Detoxification: The Way to Healthy Aging
By Robert E. Moroney, M.A., D.A.

Total Body Detoxification: The Way to Healthy Aging details many of the underreported problems toxicity has on the body, while simultaneously providing clear and concise methods to help deal with the daily challenges many of us face. The author ventures further into territory most shy away from – the mental-emotional dynamics of disease processes.

With an amazing history of recovery from self-destructive habits and addictions including pot, cocaine, and alcohol, author Dr. Bob Moroney articulates his own life struggles and gives an unfiltered, first-hand account of how his journey through alternative medicine helped him clear two major illnesses: lung cancer, and liver failure. The reader is taken through the practical battles Bob faced, while also gaining insight into how he dealt with the mental-emotional dynamics that effected his healing.

The reader is left feeling anything is possible, and that no matter how dire the circumstances, how far along the disease process, or how poor the prognosis, healing is always attainable.

A well-written, well-organized book deserving to be read by anyone who wants to either improve their health or simply maintain their current healthy status.
Statistics prove it. Cardiovascular health needs to be addressed. There are increasingly more fatalities related to heart disease than ever before and the older you get, the worse the situation.

There is hope for individuals who have a family history of heart disease or stroke and have witnessed one family member after the next surrender to the death call. Join Perry Frankel, MD, a board-certified cardiologist and lipidologist at St. Francis Heart Hospital and North Shore LIJ as he presents four all-important tests for preventing vestibular imbalances, heart attacks and stroke.

According to U.S. Centers for Disease Control and Prevention (CDC) statistics, heart disease is the leading cause of death in the United States, with stroke at #3. Many may not realize it, but accidental falls are among the leading cause of death in the elderly, killing approximately 13,000 seniors each year and resulting in more than 1.5 million visits to hospital emergency rooms. At the next NEWLIFE EXPO at the Hotel Pennsylvania on March 21-23, Dr. Frankel will discuss in detail four vital preventative tests that can save your life or the life of someone you love.

FOUR VITAL TESTS That Can Save Yours or Someone You Love

**Vestibular Examination**

Doctors previously attributed falls among the elderly to bone weakness, vision impairment and gait problems. A new study from the National Institute for Health reveals that approximately 35% of Americans over the age of 40 suffer from vestibular dysfunction, which is an inner-ear balance disorder. Data shows that inner-ear imbalances strike more than half of all Americans 60 years and older. People with inner-ear balance problems regularly suffer dizziness or vertigo, which could be one of the reasons they tend to fall down.

Vestibular examination is a non-invasive examination for detecting inner-ear balance disorders. Vestibular disorders can go completely unnoticed but, unfortunately, 69 million men and women over the age of 40 are more likely to have a serious fall due to some form of inner-ear dysfunction. Vestibular examination can help diagnose patients with inner ear disorders that are more likely to have serious falls and benefit from vestibular physical therapy to reduce risks.

**Carotid Doppler**

Strokes kill approximately 157,000 individuals annually. It is the leading cause of permanent disability in the elderly. Yet, almost 75 percent of those who suffer a stroke never knew they had a problem with the carotid artery. For a stroke to occur, a vessel carrying blood to the brain either ruptures or becomes blocked. Brain cells, deprived of oxygen and vital nutrients, begin to die within minutes of the rupture or blockage. If the blood flow is not restored, permanent damage may occur. Detecting early signs of a stroke and getting help quickly can greatly reduce any long-term effects, including disability or death.

The Carotid Doppler Test is a non-invasive strategy using sound waves to measure the flow of blood through the large carotid arteries that supply blood to the brain. It also detects plaque (carotid artery disease) and can help determine stroke risk and the need for preventive measures. The Carotid Doppler is painless and harmless.
Peripheral Artery Disease (PAD), more commonly known as hardening of the arteries, affects more than 8 million people in the U.S. It is caused by atherosclerosis, a buildup of cholesterol and scar tissue (plaque) that clogs the arteries. PAD causes pain and disability and can lead to an increased risk of heart disease, heart attack or stroke (especially in individuals over 50).

The ABI (ankle-brachial index) procedure measures the systolic blood pressure of the arms and ankles. This test is non-invasive and very easy to administer. An ABI index of .9 or lower indicates the probability of peripheral artery disease.

Join Dr. Perry Frankel as he shares the particulars of these 4 vital tests at the March NEWLIFE EXPO in New York City, March 21-23.

You could save a life... possibly your own.
We have all been brought up with the timeless proverb, “Procrastination is the Thief of Time.” Our true scientist tells us that most of our modern day diseases are degenerate in nature. This means they take time to become full-blown diseases.

For example, last year millions of Americans were devastatingly shocked with the diagnosis of cancer. Most Americans are not aware of the truth that it takes 20 years or more for most cancers to slowly develop to the point that they can be officially diagnosed.

If we’re honest enough to objectively evaluate the outcome of orthodox cancer treatment we must conclude it is a dismal failure. Chemotherapy is four percent effective. Most medicine treatment exacerbates the condition; patients get sicker from the treatment and die faster. What is true for cancer is equally true for all other named medical conditions.

What your orthodox drug medicine doctor may not have told you, is the science of laboratory diagnostics is ten years ahead of the standard orthodox practice. Cancer antibody tests are now available that are able to detect the propensity toward cancer, not just months, but years in advance before it is even diagnosed. The same holds true for every major medically named condition.

What is shocking to most people is these tests are seldom ordered for preventive purposes. How is this possible you may ask? The answer is the simple. There are two types of medicine. The first type is mainstream orthodox drug medicine, which can be determined primarily as: The diagnosis, treatment and prescription of diseased symptoms. The second type of medicine has become known as “Alternative Medicine” or “Naturopathic Medicine. This deals with health enhancement, prevention and high level wellness.

The main difference is orthodox medicine diagnoses medical conditions after they manifest themselves. Naturopathic medicine seems to prevent the diagnosis from even occurring, by uncovering imbalances levels of toxicity and deficiencies.

What is true for cancer is also true of stroke, heart disease, diabetes, high cholesterol, high blood pressure, obesity, chronic fatigue, pre-mature aging, depression, constipation, sleep disorders, chronic fatigue memory loss, loss of libido, osteoporosis, liver disorders, Alzheimer’s and most other diseases. They are mainly 100% preventable, treatable and curable without harmful drugs.

In naturopathic medicine we believe that every symptom is a sign of a nutritional deficiency and every disease and named medical condition is a sign of a long-term nutritional deficiency either ignored, or worse suppressed with a drug.

The Good News Is Exciting

The latest scientific discovery in laboratory diagnostics cross correlates, blood, urine, saliva, hair biopsy and iridology with the naturopathic doctors’ 1001 nutrition assessment questionnaire. This is the most extensive questionnaire developed to date for nutritional, hormonal and metabolic assessment.

The end result is the most comprehensive nutritional read out in history consisting of a 50-100 page computer read out encompassing everything concerning your individual biological chemistry. With technology now
Would You Be So Foolish To Drive Your Car 200,000 Miles Before Changing Your Oil?

No. You wouldn't be so stupid. But, how many people do you know that it's ok to destroy God's Temple (Your Body) without a minimum nutritional checkup? What does a foolish person do? They do little to nothing to build their physical, mental or spiritual health. They procrastinate until a crisis hits them. They go to their orthodox drug medicine drug doctor, seeking a quick relief to their problem.

Once pulled into the orthodox drug system it is not unusual for the short-term relief to result in long-term problems. Once into the drug system it's not easy to get out. I've got some patients who have come to me on twenty-five different prescriptions. The whole idea behind Naturopathic Medicine is not to suppress a symptom, but to uncover and address the bottom line cause.

2014 Resolutions To Get A New Start In Life

According to Hippocrates, the father of medicine, “A proper nutrition and lifestyle evaluation represents 50% of the cure”. Your self-improvement resolution must begin with an in depth evaluation.

1. Resolve to detoxify your body from a lifetime of toxins.
2. Resolve to become nutritionally sound.
3. Resolve to build an indestructible immune system.
4. Resolve to address stress, worry and anxiety.
5. Resolve to get your body fat weight under control.
6. Resolve to stop the pre-mature aging process.
7. Resolve to rebuild your hormones to youthful level with bio-identical hormone restoration.
8. Resolve to begin a lifetime fitness program.
9. Resolve to begin a lifetime spiritual life development program that includes prayer (C.M.) Christian Meditation, bible study, and continue to grow daily physically, mentally and spiritually.

Congratulations, you're off your duff and on your way to a new way of life!

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. Dr. Sorge will be appearing at the NEWLIFE EXPO in New York City, March 21-23.
Many people are alone when they suffer a heart attack, without help. The person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. It could save their lives!! A cardiologist says “If everyone who sees this post shares it to 10 people, you can bet that we’ll save at least one life.”
ARE MAMMOGRAMS SAFE? As breast science evolves, so should your wellness strategy? Mammography has been the gold standard for 25 years for breast cancer screening, but many women are opting for Digital Infrared Thermal Imaging, aka DITI or thermography, which is non-invasive, radiation-free and painless. The promising aspect of thermography is to detect physiological changes in the body that are produced by developing pathology or disease years prior to identification on a mammogram and early enough to use preventive measures, rather than detecting disease at a stage where treatment is imminently required.

Developing breast cancer can be detected before it has the density to be seen on a radiograph. As the growing tumor develops a renegade blood supply through a process called angiogenesis, the increase in heat can be identified on a thermal image and compared to the opposite breast. Inflammation created in the surrounding tissues and lymph nodes is also easily identified on highly sensitive medical grade cameras.

In recent years mammography has been controversial and has come into question as have other medical devices that emit ionizing radiation. It is well known that radiation is cumulative and carries health risks. In November 2009, the United States Preventive Services Task Force said it recommended that women begin regular mammograms at 50 instead of 40 and that mammograms are needed every two years instead of annually between the ages of 50 and 74. The aggressive guidelines were reversed because of the exposure to radiation.

The National Cancer Institute states, “Any level of radiation can cause cancer. It is ironic that ionizing radiation is our best screening tool now for 50 years.” John Gofman, M.D., Ph.D. – a nuclear physicist and a medical doctor, and one of the leading experts in the world on the dangers of radiation – presents com-
pelling evidence in his book, Radiation from Medical Procedures in the Pathogenesis of Cancer and Ischemic Heart Disease, that over 50% of the death-rate from cancer is in fact induced by x-rays.

A study conducted by Dr. William Hobbins at the University of Wisconsin Medical Center concluded that thermography had 10 times the yield as compared to family history. Abnormal findings on a thermogram, not correlated by mammography, were followed for many years utilizing thermography for changes associated with cancer development. In many cases, mammography and resulting biopsy was positive, as much as 8-10 years later in the exact area the thermogram predicted that a cancer might be present.

In a 2008, The American Society of Breast Surgeons performed a study at NY Presbyterian Hospital - Cornell, finding thermographic interpretations identified 58 correctly of 60 malignancies, correlating to 97% accuracy. The conclusion was DITI is a valuable adjunct to mammograms and ultrasound particularly with women with dense breast parenchyma. Women of all anatomies, sizes and ages, even pregnant women can use thermography. It is not modified by breast density and is ideal for women who have had cosmetic or reconstructive surgery, or to monitor treatment. Most adult females do not have a mammogram until age 40. This is a critical time period from age 20-39 that thermography could be beneficial.

Thermography does not identify fibrocystic tissue, breast implants or scars as needing further investigation. It is good at detecting changes in the cells in the armpit area, an area that mammography isn’t always good at screening. It is also used for general breast health assessment. As toxins and excessive hormones create increased heat in the breast, monitoring these heat patterns is an excellent way to promote wellness and see the response to various health approaches and treatments.

Dr. Christiane Northrup, who endorses thermography explains, “Perhaps even more exciting is that a thermogram can help a woman diagnosed with ductal carcinoma in situ (DCIS) decide, along with her health practitioners, whether she requires aggressive or conservative treatment. If you’ve ever had an unnecessary biopsy or been scared by a false positive result on a mammogram, please consider getting a thermogram and using it in conjunction with the mammogram to figure our your treatment options.”

False diagnoses of breast cancer are very common – as high as 89% – leading many women to be unnecessarily and harmfully treated by mastectomy, more radiation, or chemotherapy. Thermography doesn’t replace mammography, but is an additional tool that is available to women. When used adjunctively with other laboratory and outcome assessment tools, the best possible evaluation of breast health is made and detection rate increases to 95-98%, exceeding either technology as a stand-alone therapy.

Breast health also starts with optimal nutrition, healthy lifestyle management, reduction of stress and environmental toxins, hormonal balance, optimal vitamin D and iodine levels. The earliest detection is true prevention. Taking care of your self is not a luxury. It is a necessity. Book your thermogram today!

Patricia Luccardi is a certified thermographic technician and member of Breast Thermography International that offers the most advanced in the scientific standard of thermography, using PACT: Professional Academy of Clinical Thermologist. Certified Interpreters. To find a location near you: www.btiscan.com. 877-315-SCAN

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Culinary Food Forecast

What’s Hot

- Amaranth Stir-Fry

Gluten-free eating continues to gain understanding and popularity as more and more foods are available in stores and restaurants. Gluten is found in grains such as wheat, barley, and rye. Gluten causes inflammation in the small intestine and by eliminating all gluten contained foods one can become free of pain and discomfort.

On a gluten free diet there are a wide variety of foods to choose from; beans, nuts, seeds, eggs, fish and other animal foods, fruits and vegetables, many dairy products and some grains including amaranth, buckwheat, corn and cornmeal, flours made from rice, soy, corn, potato and beans, millet, quinoa all the whole grain rice’s, sorghum, and teff.

Always avoid foods and drinks that contain barley including malt, and malt vinegar, rye, triticale, and wheat. Avoiding wheat can be the most challenging as there are so many forms it comes in bromated, enriched, phosphated, plain, whole grain and self-rising. Other wheat foods are bulgur, durum flour and pasta, farina, graham flour, kamut, semolina, and spelt. Foods and beverages that are not labeled “gluten-free” are to be avoided such as cereals, cakes, cookies, beer, croutons, French fries, gravies, sauces and anything in a sauce, matzo, pasta, all processed foods and prepared mixes, salad dressings, sauces including soy sauce, snack and junk foods including tortilla and corn chips, soup and soup bases, food additives and medications and vitamins that can use gluten as a binding agent. Many of these foods are best to avoid anyway since they are highly processed and missing nutrient density.

**Amaranth Stir-Fry**

**SERVES 4**

Sprinkle into salads, add to cookie batter, or stir in soups, this easy to cook ancient grain always adds a little crunch. Quinoa is also an easy alternative substitute.

1 cup amaranth or quinoa
1 cup purified water
1/2 teaspoon sea salt
2 tablespoons extra virgin olive oil, unrefined sesame oil or coconut oil
1 onion, sliced thinly
1 carrot, chopped
1 celery stalk, sliced
1 cup mushrooms, sliced
3 cloves garlic, chopped
1 celery stalk, sliced
1 cup mushrooms, sliced
1/2 cup almonds, chopped
1/4 cup sunflower seeds
2 tablespoons natural soy sauce
wasabi, optional

Bring the amaranth (or quinoa) and water to a boil. Reduce to a simmer and cover. Cook until all water is absorbed, about 10-12 minutes for amaranth and 12-15 minutes for quinoa.

In a wok or large fry pan sauté the vegetables adding one at a time allowing the pan to heat up again before adding the next ingredient. After adding the mushrooms, cover for 2 minutes.

Add garlic, almonds, seeds, and soy sauce. Using a fork, scratch the surface of the grain to fluff.

Toss amaranth or quinoa into vegetables and toss until the flavors are thoroughly coated on the grains. Add additional seasoning as needed.

Serve in a bowl with wasabi on the side.

Sauté veggies, garlic, almonds and seeds in the oil until vegetables are tender crisp. Add soy sauce, seasonings and amaranth or quinoa. Mix well until warmed through.

**The Full Scoop on Amaranth and Quinoa**

Cooking amaranth is very easy — measure grains and water, boil water, add grains, gently boil with the occasional stir for 15-20 minutes, then drain, rinse, and enjoy! Yes, it’s really that simple. Cooked amaranth behaves a little differently than other whole grains. It never loses its crunch completely, but rather softens on the inside while maintaining enough outer integrity so that the grains seem to pop between your teeth. In fact, the sensation of chewing a spoonful of cooked amaranth grains has been compared to eating a spoonful of caviar (without the salty fishiness, of course). None of our culinary experts reported any success when trying to prepare amaranth for a pilaf, but the cooked grains can be spread on a plate or other flat surface to dry a bit, then sprinkled on salads, added to cookie batters, or stirred into soups.

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Lissa De Angelis, MS, CCP is co-author of Recipes for Changes: Gourmet Wholefood Cooking for Health and Vitality at Menopause.
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I will analyze your vision and prescribe special lenses and/or daily eye exercises to rid you of your symptoms and make your everyday life more comfortable. In addition, I am the only optometrist in Manhattan who practices photorefractometry, i.e., the branch of ocular science that uses varying light frequency therapy.

Due to Dr. Shapiro’s perspective and pioneering efforts in the field of vision therapy, he is well-received in both holistic and traditional medical circles. He practiced in one of the first holistic centers in New York City. Served as a staff member at the Chiefs of Ophthalmology of Manhattan Eye and Ear and Lenox Hill Hospitals, and served as staff member and clinical supervisor at the New York Light House Low Vision Service. He has done grand rounds, workshops and lectures at 6 major metropolitan hospitals on the subject of functional vision testing and therapy. Call for information.

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