Kat James’ Truth About Self-Transformation

Health & Wellness Expo Program Guide

Exploding the 20/20 Myth

70% Raw + 30% Cooked

100% Healthy
Brighten Your Life

June 13–15
Gabrielle Bernstein
shows you how to open up to miracles

July 13–18
Panache Desai
guides you to awaken your authentic soul signature

July 11–13
Explore the three gateways to inner peace and freedom with Tara Brach

September 12–19
Discover freedom and deepen your practice in a silent retreat with Adyashanti

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presents award-winning author Kat James’
NewLife Expo Keynote lectures

Lecture Saturday 6pm Penntop North rm 18th fl

Beyond Paleo, Low-Glycemic, and Gluten-Free: Are You Ready to Take a Quantum Leap In Self-Transformation?

If you’ve tried most of the popular diets out there, including primal, gluten-free, raw, or even fasts (like Kat James did), yet still deal with cravings, weight, energy, inflammation, bloating, Candida, depression or anxiety, or any other chronic health issues, don’t miss this potentially life-changing lecture. Learn the latest on cellular-level transformation from world-renowned self-transformation expert Kat James, and how three days can “flip” your biochemistry as it did hers and countless others, when nothing else worked—without willpower, calorie and portion-control, or suffering. Discover why SELF magazine has called James “A master of self-transformation.”

Featured on PBS, TBS’ Movie and a Makeover, and in SELF and Woman’s World magazines.

Lecture Sunday 3pm Penntop North rm 18th fl

Transformation After Forty: Look and Feel Better Than Ever, Whatever Your Age

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Hello NEWLIFERs,

I am so over winter already, and I pray that the powers to be will finally get that we have to take responsibility for helping to return our environment back to normal. This is actually the theme for one of our feature articles this issue.

I hope you enjoy that I again combined our May/June issue with our NEWLIFE Health & Wellness Expo issue. This also gives you a chance to read articles written by some of our speakers.

Our Cover Woman this issue is Kat James, our Keynote speaker at the expo, who has written the bestseller “The Truth About Beauty.” I caught up with Kat and you will see my interview of her in the following pages. Learn how she transformed herself from a caterpillar into a butterfly.

Dr. Robert Sorge, who is also lecturing at the expo, has written a cutting edge article on an incredible innovative technique for eliminating bacteria and viruses in the body using ultra violet light and ozone to purify the blood.

Dr. Joel Shapiro explains in his article why 20/20 vision doesn’t necessarily mean you have healthy eyes. He shows why that is an old theory.

I hope you are hungry because when you finish reading Lissa DeAngelis’s and Chef Debra Secunda’s recipe articles, you will be heading right for the kitchen.

Join us on May 30-June 1 at the Hotel Pennsylvania on Seventh Avenue for our next NEWLIFE EXPO. Our focus will be on Health & Wellness with some of your favorite lecturers, exhibitors, musicians, yogis and friends. And yes we have an incredible raw food booth as well as cooked food. And our half-price bookstore is back.

And, on Friday May 30, we will only be charging only $5 admission before 5pm and on Saturday before 9:30am only $10 and on Sunday before 10am only $10 as a special thank you to all of our NEWLIFE Supporters.

So, if you see me at the expo, please say hello.

And Remember….

It’s a NEWLIFE.

Om Sholom

MARK BECKER
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– John 10:10 –

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Based on the title I was expecting something like the Kama Sutra. However, I was pleasantly surprised by the modern, conversational tone of Sex Mudras and the easy-to-follow instructions for the exercises.

After a short section on Eastern views of sexuality and how common things like stress, alcohol, and tobacco can negatively affect sexual energy, the author dives into the meat of the book — the mudras. These are all simple exercises involving visualization, Kegel-type practices, pressure point stimulation, and easy massage techniques. The mudras section is divided into 4 parts: yin mudras for women, yang mudras for men, yin-yang mudras for either sex, and mudras for couples.

The individual mudras are geared toward enhancing the flow of sexual energy in your body or strengthening a specific organ or muscle. They are named with very specific purposes in mind, such as “mudra of the two nipples,” “touchless erection mudra,” “lubrication mudra,” and “delayed orgasm mudra” (there are several of these, four for men and one for women to perform while with a man). The mudras not tied to a specific gender aim to tone different organ systems of the body like the cardio-pulmonary system or the kidneys, which house our reserves of sexual energy. The couple’s mudras focus on harmonizing energies and arousing desire and would be well suited to foreplay.

Although the book is not illustrated, the descriptions of each exercise are very thorough, providing all the information you need. In fact, I did not find myself at all wishing for illustrations during my read — I believe they would have been distracting from the author’s detailed yet friendly directions.

This quick read is ideal for adults of all ages, both singles and those in relationships looking...
to increase libido, enhance pleasure, or improve intimacy. It will certainly be getting another look from me and my partner in the near future.

High-Altitude Woman
From Extreme Sports to Indigenous Cultures – Discovering the Power of the Feminine
By Jan Reynolds
INNER TRADITIONS
www.innertraditions.com

After seeing a great feature on Jan Reynolds and High-Altitude Woman in a recent issue of SKI magazine, I picked up a copy of the book for review. Reynolds artfully blends adventure travelogue, memoir, and psychology all into one engaging read. She recounts in fascinating detail her expeditions in extreme locations around the world, such as crossing the Sahara Desert while pregnant or hot-air ballooning over Mount Everest, often as the only woman on her team.

Reynolds artfully balances her tales of adventure with her psychological insights about male and female approaches to challenge. Throughout the book, I was absorbed by her accounts of living among other cultures or getting lost in the Himalayas, so much so that I found her interspersed reflections on male-female dynamics absolutely compelling.

Reynolds shows that women need not suppress their female strengths to succeed in the company of men but instead should embrace their feminine traits to better complement the male dynamic. Her honesty in revealing her weaknesses and strengths — in particular, her reflections on how she should have spoken up to her male teammates in certain instances or approached a situation differently — was inspiring, even to those of us who would never even dream of high-altitude adventures.
BEST BETS

Escape from the Turmoil of Life!
With Dada J.P. Vaswani
www.dadavaswanibooks.org

We live in a world where everyone talks far too much! We talk excessively in public and in private. As a wise man said, “Men seem to feel the need to cloy and excuse their imperfections and wrong deeds in a mass of prattle.” We need to devote a few minutes each day to the healing, soothing, purifying influence of silence.

Silence is relaxation for the mind, even as rest is relaxation for the body. It should be our earnest effort, at least once a day, to escape from the stress, strain, tension and turmoil of life, and practice absolute silence. We can easily give up mindless activities like watching TV or gossiping with friends, to devote to the practice of silence.

Silence helps us commune with the inner self, silence enables us to discipline our petty, calculating intellect. Silence takes us close to God. In silence, we can feel our prayers reach Him and in perfectly held silence we may even hear His answers to our prayer!

I call my habitual hours of silence, my “daily appointment with God.” It is vital that we cultivate the healing habit of silence in this age of noise and ceaseless activity. In fact, the great need of modern man is silence. To help us to avoid stress and tension, the noted psychologist, Deborah Bright, recommends what she calls PQT — Personal Quiet Time — or twenty minutes, twice a day.

Beautiful and serene is the silence of the spirit! When we enter its realm, we experience peace, harmony and a sense of well-being. Our ego gives way to divine love. Our stress and tension melt away. In this condition, we can listen to our inner voice which can help us solve the most difficult problems of this life.

All are invited to Dada J.P. Vaswani’s talk “Discover Yourself” and Yogic Chanting by Krishna Das on Wednesday, June 4 at 6:15pm in the Hunter College Auditorium in Manhattan.

Visit www.dadavaswanibooks.org for more information.

Violets are Blue
A Beautiful Story and Product
www.violetsarebluenyc.com

In 2011 at the age of 46, Cynthia Besteman from NYC, CEO of Violets are Blue, was diagnosed with stage-1 breast cancer. She had no family history, ate well, exercised, didn’t smoke and rarely drank. As she went through treatment she met many women who were in the same position. She began looking at the products she put on her skin and was shocked to learn that many of the products that were “natural” also had parabens, chemicals and dyes and she decided to go back to basics and design her own skin-care line made from all natural ingredients and essential oils.

From here, an idea came to create a “chemo care” package for women going through treatment. Because women’s skin, nails and sense of smell change dramatically when going through chemo, she researched oils and butters and herbs to find the best possible match for their needs. Family and friends became her personal testers. Through them, she realized the products would not only benefit the women going through treatment, but all of us who are going through the aging process. She enlisted the expertise of a biochemist, who is also an herb farmer, cancer researcher and teacher, who helped create, test and formulate to perfection as well as test for sustainability. From here, Violets are Blue’s mission to bring skin care back to basics with all natural and organic products came to life.

They believe in quality over quantity and every batch is hand made and hand filled and they believe in only testing on animals. (Particularly family members) and do not purchase products from any company that tests on animals.

They do not use in any way shape or form, parabens, sulfates, alcohol, synthetic fragrance, or any other unnatural ingredients. They bottle in Miron Violet Glass, which the Egyptians used alchemically to store products, helping them last up to 50% longer than regular glass.

Their t-shirts are made from 100% organic cotton and hand dyed locally. All packaging is recycled, recyclable and sustainable.

10% of their product proceeds and 100% of our organic t-shirts sale proceeds go to our skin care gift boxes, given to each woman on her first day of chemotherapy at NYC’s Mount Sinai Dubin Breast Center here in NYC. You can find them at www.violetsarebluenyc.com

D. J. Cottrell Workshops at Edgar Cayce Center
www.edgarcaycenycc.org

Douglas James Cottrell, Ph.D. is a gifted trance clairvoyant, intuitive, spiritual healer, teacher and author from Canada. He is one of a select few who demonstrates the range of abilities studied by Noetic Sciences (the study of consciousness) including clairvoyance, telepathy, energy healing, remote viewing, prediction and prophecy. He teaches people the world over about spiritual and psychic (“of the soul”) development.

The New York Edgar Cayce Center welcomes Douglas June 13-24 for 11 workshops and deep trance meditation (DTM) events where he will share extrasensory information and energies for physical, mental and spiritual well-being.

Douglas was inspired by “The Sleeping Prophet” Edgar Cayce and by Ross Peterson, whose deep trance reading helped Douglas’s epileptic daughter live a longer, healthier life. He began conducting experiments in deep trance meditation and remote viewing, aided by his family doctor and his chiropractor. They were able to confirm that what Douglas was seeing was not imagination or conjecture. This DTM state he enters is a meditative phenomenon in which the ego personality is suppressed and contact is made with the Higher Mind or God Mind, from which all knowledge existing in all time may be accessed.
Since 1975, he has given an estimated 25,000 DTM readings, all documented and recorded. For the Edgar Cayce Center, Douglas will perform live DTM readings giving predictions and answering questions about Earth Changes (June 14th) and the Global Economic Outlook (June 21st).

His workshops are delivered in normal waking consciousness, drawing upon his extrasensory information and experiences. In New York City, he will teach fascinating subjects including: Intuitive & Psychic Abilities, ESP for Remote Viewing, Psychometry, Telepathy, Opening Your Third Eye, Angels & Orbs, beginning June 13 with a free Introduction & Group Healing.

Find information and tickets to Douglas Cottrell’s events at www.edgarcayencenyc.org or call (212) 691-7690.

A-Ha Healing Jewelry
www.liveaha.com

Wendy Sosik, Founder of A-HA DESIGN, Certified Reiki Practitioner, Certified Mind/Body Coach is devoted to helping others create positive change in their lives. She uses her Wake-Up! Workshops, one-on-one coaching and group coaching to connect her clients to their authentic selves. Through Reiki she helps them clear blocked energy in the body, a process that releases stress and promotes healing from within. Wendy’s lifelong passions and pursuits have resulted in an extensive line of wellness products. She designs beautiful healing jewelry. Her bold, contemporary Ask Believe Receive Affirmation Jewelry is designed to inspire and remind those who wear it to create their best life.

The CHAK-ROCKS™ healing crystal jewelry is designed to balance the body’s energies to promote wellness and healing from within. Wendy is also the creator of Bowls For The Soul™, affirmation bowls used for meditation and mindful eating and supports the power of the “I AM” affirmations and shifting your mindset. It’s a known fact our minds are powerful and the key to creating and shaping the life we live. Affirmations have been a long time tool to support and nurture positive change. This affirmation bowl is used for meditation and mindful eating. The BFTS is hand painted ceramic with loving intention and comes with a how to use guide.

For more information visit www.liveaha.com
NATURAL COOK

By Lissa DeAngelis, M.S., C.C.P.

Jump to Summer with Corn
• Skillet Cornbread with Fresh Corn
• Creamed Corn
• Tomato & Corn Salsa

After the winter we’ve had I can’t wait for the freshness of summer corn, which will begin to arrive from the south before you know it. Need I remind you that there are so many delicious ways to make and eat corn besides straight from the cob — with creamed corn probably your way of many times if you’ve never made it.

It’s possible that the most complicated part of dealing with a fresh corn recipe is learning how to remove the kernels from the cob after it’s been shucked (removing the outer covering). There are two methods:

1. Grab the shucked corn on each end and bend it breaking it in two pieces. Stand the flat side (the former middle part) on a cutting board, using a chef’s (larger) knife, cut close to the cob and remove the kernels. As you switch to a new half, slide the cut kernels into a bowl or pot.

2. Stand the whole corn cob uncut in a bowl and using a paring knife, cut close to the cob, digging in with the knife to get everything off the cob. The kernels will fall into the bowl. Turn the cob the opposite way and cut the remaining kernels off.

In season, mouth-watering sweet young corn can be eaten raw in or as salad. The kernels can be made into chutney or salsa, served with avocado, or added alongside lovely steamed and cooled seafood such as shrimp, lobster, or scallops. Add beans and Mexican flavorings, try salsa, Thai seasonings — ginger and lemongrass, or curry flavors — sweet, hot, or spicy. Make corn into soup, fritters, cakes, and casseroles.

Traditionally creamed corn is made with heavy cream but substitute any other type of milk... almond, cashew, or coconut. Add any vegetables you like, raw or cooked — such as tomatoes, red, sweet, or yellow onions, and any color sweet peppers — red, green, orange, or yellow, celery. And herbs trying both fresh or dry for different tastes such as basil, oregano, parsley, thyme, plus garlic, scallions, chopped watercress or arugula, and celery with its leaves. Douse with lemon juice, lime juice, and flavors of vinegars — apple cider, golden balsamic, or tarragon. Add cheese — melt grated cheddar cheese on top, mix in grated parmesan or Romano, stir cooked or raw corn into goat cheese, top with yogurt or mix with sour cream. Puree the kernels and make into soup (or creamed corn), cook with butternut squash, add to brown rice or quinoa pilaf. Cut into 1-inch rings and add fresh corn to stews or soups — everyone can enjoy a mini cob of their own. As you can see the variations are endless — just allow a little imagination to take over!

A good start for a recipe is to use six ears which when removed from the cobs should give you about 3-4 cups of kernels. Use the leftover cobs to make a delightfully sweet stock. Just pour water over the cobs, bring to a boil, lower flame and simmer for 10 minutes. Toss the cobs and use the stock right then or cool it for use within 3-4 days. It can also be frozen in a marked and dated container.

Lastly, remember that the corn contains its own cooking jacket! Cut the top part off where the silk is hanging otherwise it burns. Slice the stalk end off and remove the leaves that are not well attached. Place the corn in a preheated oven to 350 degrees. I use a toaster oven. Cook for 30 minutes. Alternatively if you are at a BBQ, toss the trimmed corn in their husk on the grill (lower or turn off a direct flame). Using tongs, turn once cooking for a total of about 20 minutes. Toss the cooked corn into a basket. Everyone can shuck their own when they are ready to eat the corn and it will still be warm inside. Often sweet young corn can be enjoyed without any additional butter. But if a dipping sauce is still desired a non-dairy one is mashed umeboshi plum and extra virgin olive oil, or sea salt and pepper with oregano.

Enjoy the season and all the wonderful produce that will soon be coming our way!

SKILLET CORNBREAD WITH FRESH CORN

1. Preheat oven to 425 degrees. Grease a 10-inch cast iron skillet or pie dish.
2. In a large mixing bowl, combine the cornmeal, flour, baking powder, and salt. In a separate bowl whisk the eggs, milk, melted butter, and maple syrup.
3. Pour the batter into the prepared and heated skillet. If using a pie plate, do not heat prior to pouring in the batter. Bake until the cornbread is golden, about 17 to 20 minutes. Remove from the oven and cool completely before cutting into squares or pie slices. Serve with extra butter and hot soup, or pour homemade chili over.

CREAMED CORN

Just so you have an actual recipe for this delicious way to eat corn! Traditionally this recipe is made with heavy cream which you can substitute with coconut or other favorite milk. Add some additional butter or coconut oil to make the dish more flavorful.

1. Preheat oven to 425 degrees. Grease a 10-inch cast iron skillet or pie dish. (If using a pie plate, do not heat prior to pouring in the batter.)
2. In a large mixing bowl, combine the cornmeal, flour, baking powder, and salt. In a separate bowl whisk the eggs, milk, melted butter, and maple syrup.
3. Pour the batter into the prepared and heated skillet. If using a pie plate, do not heat prior to pouring in the batter. Bake until the cornbread is golden, about 17 to 20 minutes. Remove from the oven and cool completely before cutting into squares or pie slices. Serve with extra butter and hot soup, or pour homemade chili over.

CREAMED CORN

Just so you have an actual recipe for this delicious way to eat corn! Traditionally this recipe is made with heavy cream which you can substitute with coconut or other favorite milk. Add some additional butter or coconut oil to make the dish more flavorful.

6 ears fresh corn, shucked and kernels removed
2 tablespoons maple syrup or honey (OPTIONAL)
1 teaspoon sea salt
1 1/4 teaspoons black pepper
1 cup organic heavy cream or other milk
2 tablespoons whole wheat pastry flour
1/4 cup fresh Parmesan cheese

1. In a skillet on medium heat, combine the corn, maple syrup, butter, salt, and pepper.
2. In a small bowl whisk together the cream and flour. Pour over the corn and cook until thickened.
3. Remove from the heat and stir in Parmesan cheese. Serve hot.

TOMATO & CORN SALSA

Fresh corn adds a sweet flavor to this juicy tomato-based salsa. Add beans and a dash of hot sauce to make a spicy topping for tacos, tortilla chips, or steamed vegetables. Make the beans a head of time and then just toss the ingredients together.

2 large ripe tomatoes
1 small Vidalia or sweet onion
2 tomatillos, outside papery skin removed
1 cup cooked black beans
2 ears corn, shucked and removed from cob
1/4 cup fresh Parmesan cheese

1. Dice tomatoes finely and place into a bowl. Sprinkle with a pinch of salt.
2. Finely chop the onion and tomatillos. Add to tomatoes with beans, corn, and parsley.
3. Stir in lime juice and season with salt and pepper. Add hot sauce, if desired. Toss well and allow to sit for 10 to 30 minutes if time permits to gain a flavor marriage.

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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. She can be reached at lissad@optonline.net.
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Lecture Saturday 3pm Zurich rm 6th fl
Kat James’ Truth About Self-Transformation

It’s Biochemistry Over Boot Camp
LONG BEFORE the award-winning re-release of her word-of-mouth bestseller, The Truth About Beauty, author and former celebrity makeup artist Kat James battled her own beauty demons, and eventually overcame life-threatening liver and eating disorders, rendering herself nearly unrecognizable. I had the chance to talk with Kat about her personal journey from top mainstream beauty expert and former eating disorder sufferer, to her healing work with others, and, of course, The Truth About Beauty.

MARK BECKER: You often refer to the hormone Leptin. What is it and how does your program deal with it?

KAT JAMES: Leptin was discovered in 1994 by Jeffrey Friedman at Rockefeller University, four years after I actually resensitized my cells to the hormone by accident and before the hormone was even known (it’s a long story which I’ll share at the NEWLIFE Expo). So much is still unknown about leptin, but it’s best known for controlling hunger by sending a satiety signal to the brain — if your signaling is intact. This signal is broken in most Americans, fat or thin.

I taught myself, and have been teaching others for twelve years, how to recover this incredible, life-changing mechanism that is inherent in all humans. When we do not have this signaling, the default message to the brain is that we’re in a famine and we become fat-storing machines. Even thin folks are usually fat-storing machines constantly taking measures to keep from gaining weight here in America.

I have learned after twelve years of close observation that the regimen for recovering leptin function needs to be individually calibrated; but knowing this mechanism can be recovered in anyone in three days gives you a pronounced energy increase, mental clarity, and much more (dramatic appetite drop-off, loss of puffiness, pronounced energy increase, mental clarity, and much more) on the third day. As far as fasts, I know that meal skipping started my eating disorder and I’ve seen what they have done to the metabolically-challenged people from my programs. The act of skipping meals actually hastens development of a dopamine “reward system” (similar to that of heroin addiction). In one study, I have dealt with several people (myself included) whose first binge happened after a period of meal-skipping.

MB: Your book and programs take people through The Process of Shedding. How does this affect a person spiritually and physically?

KJ: The Process of Shedding which refers to cycles in our self-cultivation that evolve as we shed the mindsets, toxins, and the excesses (the “do something” mentality), the ideologies, biochemical conundrums, and finally (if applicable) the compulsive self-sabotage that keep us from our true radiant potential. Everything doesn’t happen at once. We often aren’t ready to go all the way, but once this process starts it usually never stops. I’m still “sheding” two decades after my visible “shrinking phase.” This process has had a powerful spiritual outcome for literally everyone I have worked with who has followed through with it. The research into the reversal of social withdrawal, delinquency, anger, depression, anxiety and even unconsciousness via nutrition is compelling. Even how our gut functions is proving to dictate our moods. For me it was the “black cloud” that was lifted that caused me to smile again for no reason. To be happy for others. To not be on edge, or riddled with palpable shame or secretly resentful of the “normal” people.

MB: Does your approach work at any age?

KJ: The answer to that is in the photos below. Most of the transformations shown are after fifty. I have seen dramatic changes in appearance and a zest for life in even a ninety year old. One woman, Nan, at sixty-two said she felt beautiful for the first time.

MB: What will people learn at your lectures at the NEWLIFE Expo?

KJ: They’ll learn why the smart approach to reversing negative weight, aging, and health trends is also the easiest in the long run, and where Paleo, gluten-free, raw, Candida and other cleanses fall short and even cause harm to those with food, weight, energy, sleep, thyroid, adrenal, and other issues. They’ll learn how to avert the landmines that increase after forty such as excess calcium, too LITTLE cholesterol, brain shrinkage, sexual health changes, skin changes (hormonal connections that can be turned around) and much more.

For more information on Kat’s best-selling book, The Truth About Beauty, or her week-long Total Transformation® lifestyle programs visit www.informedbeauty.com or call 877-54-TOTAL (86825). Don’t miss her keynote lectures and a chance to win her Total Transformation® program at New Life Expo in New York City, May 31 & June 1 followed by her book signing at booth.
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HE international drugsters are continually bombarding us with the glitzy, flashy, expensive pharmaceutical ads that would have us believe that new is better. But, is that true? Because a drug is new does that mean it’s better? If we pay attention to the research and not just the glitzy sales pitch, the facts become clear. For instance, a recent analysis from Harvard showed that in the past three decades only 10% of the new drugs approved by the F.D.A., have been proven to be more effective than their predecessors. Even worse, a full 50% of these new drugs proved to be more dangerous and have been taken off of the market.

Naturopathic/alternative doctors have been castigated by the drugsters. Now the plain truth has surfaced. The old naturopathic remedies are not only safer but more effective than the pharmaceuticals.

LET THERE BE LIGHT

You don’t get much older than light. Light was our Creator God’s first creation, long before humans walked the earth. Light and health have always gone together. Light is an essential nutrient like Vitamin C. Light has inherent qualities that promote health. Focusing light where it is most needed provides for even greater healing.

Following such logic, medical scientists pioneered an amazingly effective technique: a light therapy in the late 1800’s and in the early years of the 19th century. Using the ultra violet portion of the light spectrum, these pioneers were able to cure many previously hopeless diseases. People near death, with formerly untreatable conditions, were remarkably restored to complete health.

The future of light therapy seemed assured. At about the same time, however, antibiotic treatment made its debut. Big Pharma – Big Money took over. Light therapy, a tested and proven therapy, which has accomplished incredible and miraculous cures with virtually no side effects, until recently has all but disappeared from the medical scene.

THE IDEAL THERAPY FOR KILLING PATHOGENS

Photoluminescence is ideal as a curative agent. It requires little sophisticated equipment and no complicated or dangerous drugs. It cures by stimulating the body’s own immune response. Such a medical breakthrough, while a windfall for the ailing public, is a deathblow to the drugsters and Big Pharma.

By Robert H. Sorge, N.D., Ph.D.
Doctor of Naturopathic Medicine Since 1964
Ultra violet light has been used in disinfection for many decades. Ultra violet kills infectious organisms. In addition ultra violet is a remarkable part of the energy spectrum. It stimulates the immune system and various enzyme systems.

When a small quantity of blood is laminated with ultra violet light an astounding thing happens. Through some mechanism that is not completely understood, the body’s defenses are organized rapidly to destroy all invading organisms whether viral, fungal or bacterial. The immune system comes to life and rapidly brings the body back into a state of balance.

**Amazing Benefits of Photoluminescence**

1. An inactivation of toxins and viruses.
2. Destruction and inhibitor of growth bacteria.
3. Increases the oxygen combining power of the blood.
4. Dramatic increase of the red blood cells.
5. White blood cells normalize.
6. Activates steroles into Vitamin D.
7. Kills harmful bacteria on contact.
8. Increases local and systemic resistance.
9. Restores normal chemical balances in the body.
10. Works as a self generated natural vaccine.
11. Super potentization of the immune system.

When we combine the healing power of photoluminescence with the enhanced power of ozone, we have a powerful healing force. A vial of blood is drawn and put through the ultra violet light, after it is saturated with ozone. The enhanced blood is then infused slowly back into the body. This enhanced blood goes to work on the remainder of the blood, increasing peripheral circulation, inactivates candida, viruses, harmful bacteria, cancer and other pathogens.

In short: We take out the old blood, saturate it with ozone, run it through the ultra violet machine and then reintroduce the potenized blood by slow infusion back into your body. The enhanced blood goes to work immunizing and purifying the rest of the blood in your body, kick starting your entire immune system, bringing you to a higher state of wellness.

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. Dr. Sorge will be speaking at the NEWLIFE EXPO in New York City, March 21-23.
ANY OF YOU reading this article are suffering from undiagnosed vision problems! They commonly go undetected during routine eye examinations. Problems with your visual skills transcend the clarity of what you see. Since your vision is a major part of your total action system, the wholesome integrity of the entire organism is at stake, when your visual performance is suboptimal.

When your eyes are out of balance, your mind and body may be out of balance too. As a result, you may not only experience eyestrain and worsening sight, but also headaches, anxiety, stress, general fatigue, concentration problems, digestive disturbances, dizziness, claustrophobia, reading and learning disabilities, and a multitude of other issues.

You go to the eye doctor. You complain of a host of symptoms. You may be told that nothing is wrong with your eyes and that you have 20/20 vision. You may be told that you need glasses or need only a slight change in your present prescription. Sure, you can see clearly again with new or different glasses, but these remedies frequently do not seem to take care of the ocular distress. If they do, it may only be a temporary solution, before the cycle of discomfort sets in again, and your eyesight continues to deteriorate. Having 20/20 sight with or without glasses does not guarantee perfect visu-

Dr. Joseph Shapiro
al performance. This time honored number, 20/20, is only a small fraction of your total vision. It is an absolute myth to equate 20/20 with perfect vision. It is also one of the biggest medical misconceptions ever perpetrated on the public. No single statement has done more to undermine your visual welfare and total well-being.

Here is a case in point of a short-sighted approach to examining a patient. I recently reviewed a patient’s medical record that I received from her former ophthalmologist. Eye doctors, optometrists and ophthalmologists alike, serve a very important function. It is their job to rule out any cases of pathology. Is the eye healthy? Is there a reduction in eyesight that is not correctable with eyeglasses? Are there any signs of cataracts, glaucoma, infection, inflammation, retinal issues or signs of neurological or systemic disease? As this patient’s record indicated, she was corrected to 20/20 acuity. Her doctor did just what he had to do to also answer the other important questions and come up with a clean bill of health for her. But, that is all that he did!

Her doctor did not perform one single test of visual function, the kind of test that would reveal dysfunction that may give rise to ocular, systemic, and/or emotional distress. An examination of her visual skills was completely ignored. No attention was paid to measure and evaluate her total physical power of focus, and her flexibility to use that power to focus her eyes, one at a time and both together. No attention was given to determine her range of control of her eye muscles at different distances. No test for binocular depth perception was administered. No mind was given to measure her fusional status or her brain’s ability to simultaneously integrate the images from each eye. No attention was employed to assess her eye’s ability to efficiently track a moving object or to navigate back and forth between two stationary objects. No test for binocular depth perception was administered. 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It is a shame that it will take an absurdly long time before a shift in paradigm is adopted by the medical community that incorporates a global view of the individual and of their total visual performance. This type of transformation in consciousness concerning the acceptance of the validity of scientific concepts was so aptly described by the Nobel Prize laureate Max Planck. He won the distinguished award in 1918, for his Quantum Theory in physics. He stated, “A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents die, and a new generation grows up that is familiar with it.”
70% Raw / 30% Cooked = 100% Healthy!

By Chef Debra Secunda

Hippocrates, the “father” of modern medicine, coined the phrase “Let Food be thy Medicine” around 100 BC, and it works. Numerous accounts of “miracle” healings have been reported due to the adherence of a one hundred percent Vegan Raw “Living” Food regimen. The primary reason for this is that the body’s “Life-force” is given the opportunity to administer to the “dis-ease” rather than concentrate on the process of heavy digestion. A deep-fried “Fish and Chips” demands a great amount of energy for the elimination of toxins and acidity. However it’s a well-known fact that some of today’s raging obesity, cardiovascular disease, diabetes, arthritis, etc. can be alleviated by simpler measures. For example, I witnessed a teenager who was facing a tonsilectomy reverse her chronic sore throats by eliminating dairy products, which are very mucous forming. I’ve seen people drop fifty pounds and reverse Type 2 diabetes. We’ve learned that many people are allergic to the gluten protein that’s found in wheat. Sugar in all its forms is acidic, and candida and cancer thrive on it. Eliminating processed foods such as white toast and refined salt can be a first step to feeling better!

I began my Raw Food training over ten years ago, and would cringe whenever Dr. Andrew Weil or Dr. Oz would speak of salmon with steamed veggies and rice as an adequate dinner. Where are the enzymes in that dinner? I had learned that heating food over 120 degrees destroys vitamins and enzymes, so the body needs to rely on its own enzyme reserves to digest and assimilate the remaining nutrients. Why are they insisting that cooked tomatoes have more lycopene (an anti-carcinogen) than raw? Why steam broccoli to break down the cell walls? And carrots too?

These questions propelled me into a vast research project that went beyond the internet, where I found continuous contradictions. What I’ve recently developed is a way to infuse outstandingly delicious meals with outstandingly ample amounts of enzymes and nutrients. It’s simply about achieving the proper balance on a daily basis. Sprouts, fermented foods such as sauerkraut, nut or seed “cheese”, and dark leafy greens are staples of the Raw Food Diet and need to be feasted on in their raw natural state. The living probiotics and fiber are necessary for proper digestion and peristaltic action to keep things moving. Energetically, I feel “lighter” after consuming a completely organic Raw food meal.

But have some fun - You can have your “Raw” and cook it too! Check out these new tips and see if they work for you:

# 1 Occasionally people complain that their Raw green smoothies are too “green”. My new “Low-glycemic Green Blender Meal” uses a splash of organic bottled tomato juice or cooked tomato sauce instead of just water. Blend celery, lemon, sprouts, dulse, avocado, hemp or chia seeds (omega 3’s), parsley or cilantro. Then add your dark leafy greens (oxygenating chlorophyll) such as kale and spinach and blend a few seconds more.

# 2 Do not cook oil. Olive oil in particular has a very low “smoking” point. Frying or grilling foods at high temperatures creates acrylamide, a known carcinogen. Try a light saute of some broccoli rabe or chopped escarole in 1 inch of water. Then add a pinch of raw harvested Sea Salt, raw grated garlic and a sprinkle of organic raw cold-pressed olive oil when you serve it.

# 3 Chinese Please: Lightly saute bok choy, broccoli, cauliflower, carrot, zucchini, celery, mushrooms, & onions in 1 inch of water. Mix with a sauce of Nama Shoyu or Braggs liquid aminos; Raw sesame oil; grated ginger & garlic. Serve over Raw Sprouted Wild Rice, Mung Bean Sprouts, and garnish with chopped Raw Cashews.

# 4 Steam 2 portobello mushroom caps. Serve over a huge bed of raw baby arugula. Garnish with red onion, a splash of good balsamic vinegar and cold-pressed extra virgin olive oil.

# 5 Puree a baked sweet potato with a dash of Bragg’s liquid aminos or Nama Shoyu and use as a sauce. Try it on thinly sliced raw napa cabbage and garnish with pumpkin seeds.

# 6 The “Soup and Salad Special,” great during Winter. In a large pot, gently simmer chopped onions, celery and carrots with some pre-soaked beans or lentils (covered with water) until tender. Spice it up with a dash of cumin and grated fresh turmeric (anti-carcinogenic and anti-inflammatory).

Debra Secunda is a broadcast journalist, eco-chef, health coach, speaker, and presents “Demo & Tasting” classes and workshops nationwide. See excerpts and recipes from her DVD, Green Recipes for Health & Weight Loss at www.rawfooddvds.com and meet Debra at the NEWLIFE Health Expo in May in New York City, May 30-June 1.
We Must Create Incentives to Prevent Risks Before the Environment Gets Ugly

By Mario Molina & Bob Litterman

FOR FAR TOO LONG, our national debate about climate change has been about ‘yes or no?’ Is human-caused climate change real? That debate should now end. Based on well-established evidence, about 97% of climate scientists have concluded that human-caused climate change is happening. If 97 of 100 doctors told you that your child’s health was at serious risk without surgery, how long would you wait for the other three to get on board?

The next debate is about how we should respond. Those decisions should be supported by the best information climate science can give us about what’s already happening, what’s likely to happen in the future and – importantly – what might happen.

Let’s start with what’s already happening. Temperatures are going up. Ice sheets are melting. Sea level is rising. The patterns of rainfall and drought are changing. Heat waves are getting worse as is extreme precipitation. The oceans are acidifying. All of these impacts have social and economic costs. But we must also consider what science tells us as we conduct this unprecedented experiment with the world’s climate system: expect the unexpected.

As global temperature rises, the risk increases that one or more important parts of the Earth’s climate system will experience changes that may be abrupt, unpredictable and potentially irreversible with massively disruptive and large-scale impacts. As one example, we could experience abrupt losses from both major ice sheets in Antarctica, precipitating rapid and irreversible sea level rise all around the globe. Will that happen? It’s unlikely, but the point is that it might. And the risk increases as global temperature goes up.

We must consider these worst-case scenarios for climate the same as we do for all the risks we manage. We don’t get in our cars expecting a head-on collision with a drunk driver. Nevertheless, we buy insurance, contribute to Mothers Against Drunk Driving, insist that our cars have seat belts, air bags and crumple zones and support vigilant policing to insure against that risk.

The good news is that we have a great tool for managing the risks of climate change. We simply decide to reward ourselves for doing the things that reduce our risk. Just as insurance companies give us “safe-driver” discounts, we can create incentives that reward everyone – consumers, businesses and investors – for reducing emissions. Such incentives would unleash a torrent of American innovation and economic activity aimed at slowing down emissions – from conservation to low-emissions energy to new emissions-reducing technologies -- that would provide a new and sustainable foundation for economic prosperity.

The bad news – at least at present – is that we’ve got our incentives for emissions exactly backwards. Right now the U.S. estimates the cost of economic damages created by greenhouse gas emissions at $37 per ton. Once all climate risks are included, this number would go up. Would charging ourselves this much for emissions mean a big tax increase? No, because whatever revenues we collected by putting a price on emissions that pollute our atmosphere we could give right back to ourselves in lower income taxes. Today, however, the actual global price for emissions is -$15 per ton. That’s not a typo! It reflects the fact that governments around the world subsidize (with our tax dollars) the production and consumption of fossil fuels.

Should we reward ourselves for emissions that are increasing the most dangerous environmental risks we’ve ever faced? That’s only great for the fossil fuel industry. As the reality and risks of climate change sink in, it’s time to start rewarding ourselves for moving in the opposite direction.

Mario Molina is the chair of the Climate Science Panel of the American Association for the Advancement of Science “What We Know” initiative.
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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.

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FACE & EAR REFLEXOLOGY CERTIFICATION
Sat-Mon, August 9, 10, 11 (24 CEs)
FOOT REFLEXOLOGY CERTIFICATION PARTS 2 & 3
Part 2: Fri-Sun, Dec 5, 6, 7 (24 CEs)
Part 3: Fri-Sun, Jan 23, 24, 25 (24 CEs)

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