Your Future is in Your Hands

Good Mood
Raw Food

Excess Body Fat Weight
Today’s Most Dangerous Health Toxin

Oral Dysbiosis
The True Cause of Your Mouth Problems

How to Rid Your Body of Herpes!

Dr. Robert Young will be speaking at the NEWLIFE HEALTH & WELLNESS EXPO in NEW YORK CITY, MAY 29-31
Next-Gen Music for Mindful Meditation™
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1975-2015
A 40 Year Retrospective

“The co-creative chemistry of these collaborations feature stellar musicianship and sonic telepathy...a must-have for long-time fans and newcomers alike.”
— Leading Edge Review

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Hello NEWLIFERS,

Welcome to our special May/June Health & Wellness Expo issue. All of the articles will enlighten you to how you can maximize your health. All of the writers will be appearing at the NEWLIFE Health & Wellness Expo at the Hotel Pennsylvania in New York City on May 29-31. You can meet them in their lectures, panels or at their booth. I am sure they will be happy to sign their books with you or offer you any advice you may need.

Our cover man this issue is Dr. Robert Young, author of the “Ph Miracle”. He is flying in from California to share with you his knowledge on creating a healthy human being. Dr. Young has a lecture, workshop and is on three panels at the NEWLIFE EXPO.

Our first article by Dr. Robert Sorge explains why excess body fat weight is America’s most deadly toxin and what we can do about it.

Chef Debra Secunda’s article will make your mouth water with four delectable recipes. Debra will be giving two cooking classes at the expo as well as appearing on the raw food panel.

Dr. Alex Shvartsman, a dentist of the future who uses, needleless needles, ozone and lasers to give you non-evasive, non-pain dentistry explains why Oral Dysbiosis is the true cause of your mouth problems. Visit him at his exhibit booth at the expo or come to his lecture.

Our next article is by Irina Kravtsov who takes the mystery out of palm reading. Visit her at her exhibit booth and attend her lecture at the expo to learn more.

Dr. Howard Robins explains his powerful mind-blowing technique for ridding the body of Herpes 100%. He will be giving three don’t miss lectures at the expo.

For myself, I will be teaching a yoga class sharing my 45 years of practice. Come and visit me. Mark your calendar and join our exhibits, lectures, yoga classes, health food and fun on May 29-31.

And Remember….. It’s a NEWLIFE !!!! Om Sholom,

Mark Becker
Long Island Center for Healthier Dentistry

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Dr. Alex Shvartsman
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**BOOK REVIEWS**

By Merikah Robertson

**The Great Work of the Flesh**

By Sarane Alexandrian

**Destiny Books**

www.innertraditions.com

_The Great Work of the Flesh_ is a steamy new book by French surrealist and occultist Sarane Alexandrian. Readers interested in the history of sex magic and in all things esoteric will be delighted to find this attractive volume in their local bookstores. Humanity has long used sexuality as a way to reach higher consciousness.

Exploring sexual practices in folk magic, high magic, alchemy, and religion, the author begins with a complete overview of love magic in the Middle Ages, including accounts of the use of potions, powders, spells, and enchantments. He reviews the Taoist sexual alchemy practices of eastern masters like Mantak Chia, the secret tantric practices of the Tibetan Bons, and even sexual shiatsu.

The book provides interesting details of the development of P.B. Randolph’s white sexual magic in the 1860s as well as the black sex magic of Aleister Crowley in England and Europe in the roaring twenties. Readers are also privy to texts by French occultists, translated into English for the first time. The author reveals the scientific principles underlying sex magic and how successful results can be guaranteed by the influences of heavenly bodies and the radiant powers of color, number, scents, physical movements, and more.

Alexandrian looks at the tantric practice of Margot Anand, the sexual rituals of Wicca, and magical “sex aids,” including talismans and jewels. Most interestingly, Alexandrian shows how through sex magic practice, a couple can pull from the other what each is missing by way of virility and femininity and multiply their energies to merge the carnal and spiritual worlds, creating a transcendent spiritual experience.

The book is a fascinating read, certain to heat up the Valentine’s Day holiday for its readers.

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Contact me to discover more:

Irina Kravtsov
914-924-3366
Tellbyhand@gmail.com
WWW.TELLBYHAND.COM

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NEWLIFE MAY-JUNE 2015
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Amazingly uncovers the answer to your health care needs. All based on your individual Bio-Chemistry derived from 70 different diagnostic lab tests of blood, urine, saliva, physical exam, iridology, hair biopsy and the Naturopathic Doctor 1001 Nutritional Assessment Questionnaire.

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We believe that every symptom is a sign of a nutritional deficiency and every named medical condition is a sign of multiple nutritional deficiencies either ignored or worse drugged into submission.

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“I have come that ye may have life and have it more abundantly.”
— John10:10 —
Excess Body Fat Weight Loss: Today’s Most Dangerous Health Threat

By Robert H. Sorge, N.D., Ph.D.
Doctor of Naturopathic Medicine Since 1964

It’s no secret that we are the fattest nation in the history of the world. The success rate for permanent body fat weight loss in the U.S. is incongruous. As a nation, we are getting fatter, slower, sloppier and sicker! The problem is, losing body fat weight and keeping it off is incredibly hard for everyone. We struggle to diet and exercise and when we finally lose the body fat, the results typically don’t last. Before you know it, you are back to where you started or even heavier and fatter than ever before. So what’s going on?

Have Our Medical Experts Been Dead Wrong?

For 100 years, the medical industry has been giving us incomplete and even incorrect information and at times even disinformation. We’ve been told to have our tonsils, appendix and gall bladder removed, to get our so-called immunization shots, to stay out of the sun, to take our antibiotics, take our cholesterol pill, anti-acid pill, Vioxx pill but don’t eat eggs and or take those vitamins and food supplements. Count your calories and push yourself away from the table! So much medical advice that we have accepted as gospel truth has been proven by our true scientists (not on Big Pharma’s payroll) to be dead wrong!

Now we have something so disgusting going on, in the name of mainstream medicine, called surgical weight loss. Licensed doctors of medicine, chop the fat off in the name of medicine. These so-called surgeons (butchers) are fully aware that this procedure is no solution to our nation’s dilemma. Why? … Unless we change the cause, the fat comes back, most of the time, bigger, fatter and more disgusting. Stomach stapling is a dangerous, medical procedure that many morally questionable doctors have gravitated to and many patients are talked into by these same doctors.

You Don’t Have a Weight Problem, You Have a Fat Cell Problem

Most people think of fat weight as blobs of gunk. But that gunk is actually made up of millions of fat cells. The accumulation of excess body fat weight is a sneaky little process that goes on within your cells that can stop you from losing the excess body fat weight you want to lose. It all begins when you take in nutritionless junk food. Excess body fat weight is the end result of autointoxication and nutritional deficiencies. The opposite of what the medical community has been saying for 100 years.

Unfortunately, most American live on junk food and don’t even realize it. Eighty percent (80%) of what is sold in our modern day supermarkets is junk food, nutritionless foods, and dead foods, causing multiple nutritional deficiencies, sickness and premature aging.

How Do We Become Fat?

If the devoided, nutritionless foods you consume doesn’t burn off quickly for energy through activity and movement or gets eliminated by way of detoxification or burns off by your muscles to burn off gunk, it begins to manufacture millions of fat cells. They park themselves in your fat cells and set up shop. The more devitalized food you consume, your fat cells grow bigger and bigger. In short: Fat cells produce more fat cells. They can expand as much as six times their normal size.

This is when you start to see the scale go up and your body fat starts getting larger, wider and softer. Pot bellies, saddle bags, and double chins ... are all the result of fat cells uncontrollably producing more body fat cell growth. When fat cells reach their maximum size limit, they divide and begin to multiply. So you wind up with bigger and more fat cells. Here’s the real kicker.

The Secret To Permanent Body Fat Weight Loss

The secret to permanent body fat weight loss is a permanent change in mindset and lifestyle. You must go 100% holistic. Most diets are only temporary because people’s hearts and mindsets are not right. The result is they lose 5, 10, 20, or 50 pounds and then put it all back on again plus another 10-20 pounds.

They go through the motions of following a program but it doesn’t work because while they are going through the motions, their heart...
and mind is lusting after the devitalized, nutritionally dead, fat producing, sickness
manufacturing junk foods. To permanently lose body fat and not put it back on
again, you must learn to love the things that are good for you. To change you must
change. To change your body you’ve got to change your lifestyle. You’ve got to
first change your heart and mind.

**NATUROPATHIC DETOXIFICATION SATURATION**

**NUTRITIONAL THERAPY WEIGHT RESISTANT TRAINING**

To do it right, start with the founding principle of Hippocrates, the Father of
Medicine, who said 2,500 years ago in all his medical schools, “A proper lifestyle
and nutritional evaluation represents 50% of the cure!”

Evaluate scientifically, using a medical diagnostic laboratory to analyze your
blood and urine; Use a 2nd laboratory that does nothing but hair analysis.
Iridology evaluation can determine your congenital structure, what you carried
over in your genes.

Because most sick people and fat people are toxic, you should be put on a
naturopathic, detoxification program for 40 days. We recommend 30 minutes
of weight training and 12 minutes of the proper cardio-vascular fitness training
daily, six days a week.

More people belong to gyms these days but they are not training properly.
When you train properly with weights, followed with cardio-vascular exercise,
you burn fat weight and most importantly, you build muscle cells. This is a
vital part of your all over lifestyle. Muscle cells burn calories and fat 24 hours
day. Fat cells don’t burn anything and are the direct cause of 87 medical
conditions.

**CONCLUSION**

Think of body fat weight loss rather than just weight loss. Many weight
watcher type programs and calorie counting programs and fad diets, you lose
muscle weight, not fat weight. When you put the weight back on, it’s always fat
weight. The result is, you become fatter and fatter. Most medical advice, when it
comes to body fat loss and building healthy muscle cells, is useless.

Before going on any health enhancement program, test yourself nutritionally,
metabolically and hormonally. Ils are our friends.

*Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of
AbundaLife Medical Nutrition Testing Clinic at 208 Third Avenue, Asbury Park, NJ.
He can be contacted at 732-775-7575, by email at frontdesk@abundalife.com or
visit www.abundalife.com.*
Don't Worry, Eat Happy! But how do you feel after your meal? Energized and joyously satisfied, ready to conquer the day or bloated, sluggish and ready for a nap? Ooh, maybe even guilty?

Throughout the ages various religions and cultures have adhered to an assortment of dietary restrictions. For centuries, spiritual law has dictated that Jewish folks should not eat pigs or shellfish, and Hindus must not eat cows. The Essenes were strictly vegetarian sprout consumers as far back as 4,000 BC. Was this simply spirituality, ritual or hey - What did they know about optimal health that we are presently discovering?

The truth is, today’s medical research and scientific studies support a largely vegetarian menu peppered with the occasional wild salmon (omega 3’s for the heart) and grass-fed burger. Just ask Kat James about her love of beefy carnosine for longevity and cholesterol for the brain.

As Dr. Joel Fuhrman says, “Beans, greens, veggies, soups, and a big raw salad should always be the main meal.” BTW his idea of salad is an enormous bed of dark leafy greens such as spinach, leaf lettuce, kale, Swiss chard (rich in bio-chemical brain-boosting magnesium), shredded red cabbage, red onions, tomatoes, red peppers, (note the predominance of red here: antioxidant anthocyanins), cucumbers, and whatever other greenery is in the fridge along with ample amounts of pre-soaked seeds, beans and sprouts.

And the fat? Yes, eat the coconut, olive, avocado, flax, hemp, chia, sesame, nut and even raw organic butter FAT. Your brain and proper cell function needs essential fatty acids for absorption of vitamins A, D, E, K and proper metabolism in general. Our healthy fat-head brains are composed of 60% fat.

The attributes of a plant-based alkaline diet rather than an acidic one also give rise to an overall calming effect. However, excessive protein and its breakdown into ureic acid can cause various degenerative diseases such as arthritis, osteoporosis, reduced kidney function and cardiovascular disease.

Try the following recipes and start “Eating Happy” – Whatever that means for you!

**VEGAN RAW-FOOD LOW-GLYCEMIC “FUEL”**

I created this recipe for my pasta-lovin’ friends, and it’s become one of my favorites too. Quinoa was considered to be the “Gold of the Incas’ because it energized their warriors. It provides 8 of the essential amino acids, and these proteins are more easily digested and assimilated when the grain is sprouted. In addition, you’ll enjoy the extra enzymes, nutrients and Life Force blast.

**Basic sprouted quinoa pilaf recipe:**

Start the process approximately one or two days ahead of the time you plan to serve it:

**Step 1:** Soak one cup of organic Quinoa grains for 3-4 hrs. in a sprout bag or fine-mesh colander in pure, filtered water.

**Step 2:** Rinse the bag thoroughly and hang so the quinoa can drain.

**Step 3:** Hang until slightly dry (not in direct sunlight), then soak for half a minute, rinse again in filtered water.

**Step 4:** Hang until dry again. Repeat until you see the 1/4 inch tails emerging (around 24 - 36 hrs.) Sprouting time depends on the humidity in the room.

(One cup of grains will yield approximately 3 cups of sprouted quinoa “pasta” substitute.)

**Combine in a large mixing bowl:**

- 3 Cups Sprouted Quinoa (or you may substitute cooked Quinoa)
- 1/4 Cup organic cold-pressed Olive Oil
- 1/4 Cup freshly squeezed Lemon juice
- 1/2 Cup chopped Scallions
- 1 Cup diced Cucumber
- 1 Cup diced Tomato or halved cherry tomatoes
- 1 Cup diced Red Bell Pepper &/or Celery
- Hefty Pinch of Cayenne Pepper & Celtic Sea Salt to taste

Healthy Happy Recipes

By Debra Secunda

Don’t Worry, Eat Happy! But how do you feel after your meal?

Energized and joyously satisfied, ready to conquer the day or bloated, sluggish and ready for a nap? Ooh, maybe even guilty?

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MIDDLE EASTERN EXOTICA

Combine Pilaf before serving with a pinch of cinnamon, cumin, cardamom powders and 1/8 Cup. dehydrated Pumpkin Seeds.

Stir in 1/4 Cup plumped (pre-soaked & rehydrated) goji berries or golden raisins (or dissolve Stevia in some extra lemon juice if on a sugar-free regimen).

This is even better if you allow the flavors to “marry” in the refrigerator for a couple of hours. However, it’s best consumed within 24 hrs.

Serve on a bed of Spring Mix or dark leafy greens. (Serves 4-6)

VEGAN RAW-FOOD ITALIAN LOVERS WALNUT “SAUSAGE” PEPPERS & ONIONS

This recipe blows the “mystery meat” out of all the organic ones because you make it yourself in minutes!

1 Cup (soaked 2-4 hrs. & rinsed) walnuts
1/2 Cup Cremini (baby bella) mushrooms
1/2 Cup coarse-chopped sweet red bell pepper
1/2 Cup chopped onion
2 Tablespoon Braggs Aminos or Nama Shoyu
2 T dried fennel seeds
1/4 teaspoon red pepper flakes or cayenne pepper (to taste later - may add more)

1/4 Cup organic cold-pressed olive oil
Pulse all in food processor using the S blade until desired chunky consistency.

Serve as a wrap in butter lettuce as an appetizer or entree and watch them disappear!

I particularly love to serve these on Valentine’s Day because they truly are pink:

“In-the-Pink” Vegan Raw-Food Cookies
A low-glycemic, high-protein dessert / snack
Combine in food processor:
1 Cup Almonds (soaked 24-48 hrs. in fridge, peeled & rinsed)
1/2 Cup Walnuts (soaked 4 hrs. & rinsed)
1/8 Cup dried cranberries/or Goji berries, & their 1/2 C of overnight soak water
1/2 organic blood orange: (including some peeled zest)
1/2 Cup raw cranberries
1/2 Cup diced zucchini
4-6 packets powdered Stevia (Truvia) or liquid drops to taste
1/2 teaspoon Cinnamon
Pinch Ginger powder
Pinch Cardamom powder
Pinch Nutmeg
Pinch Celtic Salt
1/2 scraped vanilla bean or 1/2 teaspoon liquid extract
Fold in 1/2 Cup Raw Cacao Nibs
Spread thinly on paraflex sheets & dehydrate at 115 degrees for 12-16 hours, then pry to flip over, “score” into “Pinky” bars, and continue to dehydrate until dry.

If you don’t have a dehydrator, set your oven on the lowest setting and keep a watchful eye.

This basic recipe is a real crowd pleaser:

VEGAN RAW-FOOD CHIA PUDDING

A Guilt-free indulgent way to load up on omega 3’s (serves 4)
Combine in a large jar or bowl:
3/4 Cup chia seeds
4 Cups almond, hemp or coconut milk
2 teaspoon vanilla extract or 1/2 fresh bean, scraped
pinch cardamom powder
3-4 packets of stevia or drops to taste (you can always add more later)
Place in refrigerator and stir in 15 minutes.
Stir again in 1 hour.
Stir again in 2 hours and store overnight or serve:

Garnish with blueberries, sliced strawberries or kiwi, coconut flakes, chopped nuts, etc.

If there’s a bit leftover it’s splendid as a smoothie with spinach and blueberries.

Debra Secunda is a broadcast journalist, health-chef, 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 & Wellness Expo in New York City, May 29-31.
Most people reading this article would be familiar with the concept that beneficial or symbiotic bacteria reside in our bowels. Functional Medicine and Naturopathic doctors call this condition “gut disbiosis.” Although gut disbiosis is not an official allopathic or conventional medical term, the concept of “microbial imbalance of the gut” as a disease state has finally taken hold. In fact, SIBO or Small Bowel Bacterial Overgrowth is now a “thing.”

Surprisingly few dentists fully appreciate the concept of bacterial imbalance in the mouth as the primer of both tooth decay (caries) and gum disease (periodontitis). By understanding this, one can follow the trail to the root causes for each individual’s oral disbiosis.

For years I was perplexed as to why people with meticulous oral hygiene, who brush and floss after every meal, still get tooth decay. While others who seem not to know which end of the tooth brush to use, have no cavities at all! Same goes for gum disease. Unfortunately, when I employed the conventional dental model I was taught in school, I was poorly effective at best at truly helping my patients to eradicate these two most common diseases of the mouth. All I had was chemicals like fluoride and chlorohexidine. I was taught to deal with the symptoms: drill and fill and cut and dice. And these were not effective at all in stopping these diseases.

Disruption of the normal beneficial micro flora of the mouth can have many causes: the wrong diet, improper eating frequency, mouth breathing, sleep apnea, bad dentistry, tooth crowding and using the wrong oral rinses or toothpastes to name a few. An astute and alternatively educated doctor, who knows how to follow the clues can help patients figure out the root cause of their mouth disease.

Just drilling out decay and filling the holes or cutting open the gums to drill and scrape away diseased bone is nothing more than dental carpentry, and while dealing with the symptoms or damage of oral disease is important it is JUST as important to stop the disease process in the first place. So that people are not chronic lifetime victims of oral diseases.

At Long Island Center for Healthier Dentistry, we have developed patient-specific tooth decay reversal and gum disease reversal protocols that patients can follow at home. We take an integrative approach to our patient’s health care by merging the best of modern dental technology, techniques and materials with natural medicines and alternative healing techniques such as Homeopathic, Ayurvedic, Chinese, Folk and herbal medicines.

By naturally weeding out the bad microbes and replacing them with our normal beneficial microflora we can begin the process of healing the mouth to its healthy state. In addition, improving or changing the diet, addressing physiologic and anatomic problems and making the teeth and gums more resistant to oral disease and aiding the mouth in its natural healing mechanism, today we can create an individualized program for our patients to get rid of their unending mouth problems once and for all.

Dr. Alex Shvartsman will be speaking at the NEWLIFE Health & Wellness Expo in New York City, May 29-31. For more information, call Alex Shvartsman at the Long Island Center for Healthier Dentistry at 631-361-3577 or visit www.SmithtownSmiles.com
Derived from the age-old art of palmistry, hand analysis is the modernization of that craft specifically unique to each individual. Palmistry foretold the future solely based on analyzing the lines embedded in your palm. Hand analysis hits home on a more personal level by showing you the person you currently are while simultaneously pinpointing the abilities within you to be a better person in the future. The hand analyst simply does this by examining the total shape of your palm and fingers to calculate basic character; the thumb to determine your ability to "get things under your thumb," and the twelve zones of the fingers to see the individualism of your character along with their positive and negative attributes.

The examination of lines in the palm reveal how a person hardwired: your emotional composition, the kind of software you inhabit, which nervous system type you are, and more. Skills and deep-rooted motivations are revealed. The shape of your hand and the lines that inhabit it can change over time, but your unique fingerprints remain unaltered. The comparison between the original imprint in your fingerprints with the eclectic blueprint of your personality and character shown in the geographical regions of your hand, a hand reading gives insight on your current life position in order to guide you towards the destination you want and have in you to achieve.

What Is Hand Analysis Based On And How It Can Be Used?

Essentially, Hand Analysis is a system to decode your DNA. The relationship between our DNA and hands goes "hand in hand." DNA is delivered at conception, transcribed through your hands (including fingerprints/personality), and remains unaltered beginning 5 months prior to birth. Fingerprints form on our hands at the same time our endocrine and nervous systems are developed. World renowned Hand Analyst, Richard Unger, spent 25 years researching and developing a method of decoding fingerprints based on DNA level. His studies reveal that hand and finger shape, as well as different areas of the hand reveal personal characteristics of the hand’s owner. For example, if you look at the hands of a person who is paralyzed, the lines disappear within four months of the incident and become almost invisible.

This leads to the conclusion that lines are tightly linked to our brain activity. Fingerprints never change, unless there is an alteration through incident or the print was changed due to a scar. As with any tool, Hand Analysis has a very unique function. However, unlike a conventional tool, you can utilize hand analysis any way you’d like. That is to say, the method of analysis stays constant, but what you want to use it for is up to you. You will learn your ins and outs, tendencies, potential, and strengths as well as weaknesses. Knowledge of what the lines, fingers and hand’s shape signify, condone change our way of thinking as well as emotional patterns.

With this information now identifiable, your new vivid multidimensional psychological image will become the leading instrument in the journey of your life. Purposeful creation and resilience will ensue. The speed bumps of life will still be present, but now can be more easily conquered.

What Is Life Purpose And Why Is It Important?

By definition, Life Purpose is that which brings satisfaction at the deepest possible level. More than a goal or set of goals, beyond right livelihood, your Life Purpose is your Right Life, an ongoing connection to a personal directive, a call to cosmic duty. It is your highest potential expressing itself naturally and powerfully in all that you do.

To know your Life Purpose is to see the big picture, to have perspective, to understand the significance of past events and current circumstances, and to see your own role in the unfolding of your life story. In short, your Life Purpose is your reason for being. Finding it is the single most important thing you can do in life.

Do We Have Glitches And Would Hand Analysis Be Able To Identify Them?

In the present world of technology, humans attempt to create computers, such that the function mimics the workings of the creator. When it comes to this task, the word difficulty is superseded by conception. We are much more complex than computers, undeniably
because humans invented them. How can you transcend things such as senses, perception, actions and different mind states? Simply put, human bodies act as external hardware, while DNA functions as complex software, and organs are peripheral chips. As in any existing software, humans hold fractal glitches. A software patch (sub-conscious pattern) may fill the gap by creating new connections between neurons in order to form new neural networks.

In other words, it may be difficult to spot, however brains tend to fix similar problems with the same approach. Often times more than not, the wiring needed to solve a problem (glitch) condone difficulties to arise. This is conducive toward facing our own challenges in life (with the same failing/workable approach), thus making way for the same mistakes time and time again. So, if you are tired of bumps in the road and want to change your life, hand analysis can help you tremendously.

**How People Can Change Habits**

Once you learn about your soul psychology (inherent) and your personal psychology (current deviation), you will be able to understand why life seems to go in circles. Life becomes more easily shifted in the direction that you’re supposed to go. Hand analysis helps you gain awareness of YOUR motivations, as well as YOUR inner conflicts. This is so you can make conscious decisions in everyday life. Living in the now is crucial, as the brain tends to hold onto sensitive moments that occurred in the past, or possibly what is yet to come in the future. When thinking patterns are altered, making different decisions lead to different actions. If one can learn to thwart the negative, and change habits, personal willpower is gained, and determined destiny is nothing but reality.

Kravtsov is a gifted hand analysis expert who will be appearing at the NEWLIFE Health & Wellness Expo in New York City, May 29-31.
OU’VE GOT THAT FIRST DATE with him or her. You’ve got that interview for the new job or you’re getting married today. You wake up in the morning with a huge, ugly red blister on your lip! Oh no, it’s a Herpes outbreak! It couldn’t have picked a worse time to appear. There is no way to cover it up. You can’t be more embarrassed. Do you cancel the meeting? Do you postpone your wedding? What do you do?

The Problem

It’s simple. You caught a virus, the Herpes virus, that comes in two varieties, Herpes Type I and Herpes Type II. The CDC says over 50 million Americans have it out of 350 million.

Stress, any kind of stress may bring on an attack, an outbreak, as your immune system weakens at that moment.

Also, in truth, while it often is sexually transmitted it can also be passed on by contact with silverware while dining or even sharing a water bottle at the gym. Unfortunately, it’s simply that easy to give and get!

What Can You Do Get Rid Of Permanently?

Please don’t believe the “Big Pharma” drug commercials on television that say it can only be suppressed. Their only interest is to keep you on expensive medication for the rest of your life. They either don’t know about this treatment or they choose to suppress your knowledge of its existence.

FYI, Intravenous Ozone Therapy uses ozone gas as a medicine effectively destroying these viruses completely. Hundreds of peer reviewed research articles are available. Over 45,000 physicians have used it safely in over 50 countries for over 70 years, while being suppressed in this country obviously for the financial gain of “Big Pharma”.

In truth it is a very, very hard virus to kill. The good news is that Ozone used as a medicine intravenously will penetrate its defenses and completely destroy it. It does this safely with virtually NO adverse reactions!

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Dr. Howard Robins has pioneered what is now considered the safest, most effective and least expensive method, the Robins Method of Direct Intravenous Ozone Therapy. He has offered it for over 25 years with over 215,000 treatments performed, now over 10,000 per year.

Believe it or not, it is even possible to rid your body of it so completely that you will stop manufacturing antibodies for it (the body’s normal defense mechanism), so that you will test negative for it, as if you never had it!

To find out more about this time proven safe treatment go to www.ozonedoctor.net. Come to the New Life Health Expo this May and hear Dr. Robins. If you have questions concerning the treatment call Dr. Howard Robins D.P.M., considered a world leader in Ozone Therapy and the foremost clinical expert on it in North America at 212-581-0101. Treatments on Long Island are now possible.

Dr. Howard Robins is the leading Ozone doctor in America. He just came back from Africa after treating Ebola patients successfully with ozone. He will be speaking at the NEWLIFE Health & Wellness Expo in New York City, May 29-31.

just imagine

By Dr. Howard Robins
To get what we want in life we must move beyond the limits of our history. We need to change in mind and body. When we do so, we alter the course of our lives and create the chance for embodying new possibilities. Bioenergetic Analysis is the in-depth, mind/body psychotherapy that goes beyond words to help us fulfill our deepest dreams.

- inhibition, social phobia
- anxiety, depression
- career issues
- relationships, communication
- artistic issues
- self-expression, public speaking, performing, writing

I’ve been in private practice since 1988 with current offices on Manhattan’s Upper West Side and in Nassau County, Long Island. I am a Doctor of Clinical Psychology, a NYS Licensed Mental Health Counselor and a Certified Bioenergetic Therapist. The integration of my extensive performing arts background with my clinical training and years of experience has deepened my understanding of human expression enabling me to help others find resolution and healing for a broad range of problems.

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