



ENJOY Whole Health™

Austin Area Edition

January/February 2008

FREE / Gratis

Love Rocks and Their
Vibrations

Make Your Resolutions
Count

Animal Talk: I Want To Buy
a Horse!

Simplifying the
Complexities of Hypnosis

Ecotone #6 - Final Thoughts
...Tribal Future?

The Feng Shui Qi for 2008

www.enjoywholehealth.com

Salt Lamps - Meteorites - Pyramids - Tables - CD's - Tumbled Stones - Books - Gems - Beads & Findings - Candles - Incense - Jewelry - Spheres - Oils - Carvings - Globes - Sacred Geometry - Obelisks - Mineral Lamps - Candle Holders - Celtic, Pagan & Native American Items - Crystals - Clocks - Geodes - Bookends - Fossils -

www.naturestreasures.tx.com

NATURE'S TREASURES

Of Texas

Come Discover a Hidden World of Treasures



Specialty Gift Items ~ Jewelry & Gems
Master Crystals ~ Salt Lamps ~ Incense
Books ~ Lg Designer Minerals ~ Fountains
Tumbled Rocks ~ Carved Figurines ~ Fossils
Beads & Findings ~ Crystal & Tibetan Bowls



Jewelry ~ Minerals ~ Fossils

4300 South IH35 2307 Kramer Ln 1100 E 5th Street
Georgetown 833-7760 472-5015
512-864-7319 *Open 7 Days*

Located inside  Warehouse
"We Rock"

Kate Bares-Johnson



The Center for Well Being

Intuitive Guidance, Counseling, Spiritual/Life Coaching,
Soul Integration Therapy®, Past Life/Childhood Regression,
Codependency recovery and more...

Phone: (512) 249-5683

www.thecenterforwellbeing.com



Beth Carpenter, N.D.

Alternative Therapy At Its Best
Over 20 Years Experience

EFT
Psychic Healer
Nutritional Consultant
Medical Intuitive
Brain Grid Alignment
Angels • Past Lives


512 • 707 • 9886
www.healthyhelp4u.com

HOLISTIC DENTISTRY

in a Relaxed Caring Environment
21 Years Family Dentistry
International Academy of Biologic Dentistry & Medicine
Member International Academy Oral Medicine & Toxicology
DAMS.INC Member Dental Amalgam Mercury Syndrome

Current Practice in Austin
4014 Marathon Blvd.
Mercury Free
New Patients Welcome

512-453-6337



Joan Sefcik, DDS

San Antonio Hyperbarics

Free-standing Hyperbaric Oxygen Therapy Clinic



Raymond D. Barnes, Director
12702 Toepperwein #115
San Antonio, TX 78233
Phone: 210-654-6464
Toll Free: 1-866-249-3680
www.sanantoniohyperbarics.com

Special rates for MUMS Financing Available
E-mail: sahbot@sbcglobal.net through CareCredit



ENERGY-BASED TOUCH

*A Course-friendly approach**

Jonathan Walker, M.Ed., LMT

EBT draws on traditions old and new—
Using Therapeutic Touch, HeartTouch,
Healing Touch, VitaFlex and Reiki to help speed
recovery from pain, stress, illness or injury

Home Visits -Austin & Oak Hill Areas
(thirty years' experience)

512 / 301-4451

*"Those who are healed become the instruments of healing.
Ask the inevitable to occur and you will never fail"
-A Course in Miracles, W-pl.137:10.1,11.4



Dear Sasha: Messages from Your Angels

Sasha GABRIEL White, Columnist

Psychic & Medical Readings

It seems to the Hierarchy of Ascension that we are preparing many people worldwide to begin to hear a voice within.

Have you heard your inner mind/Teacher speak? If not, prepare for your ascension by building an altar. Reach deep inside and ask your Teacher's name. Perhaps it is God, Metatron, Sananda, Melchizedek, Jesus, Saint Germain, Michael, Raphael, Uriel, or Gabriel. It could be Mary, Quan Yin, Saint Francis, Maitreya, Kuthumi, DK the Tibetan, El Morya, or others. There are 28 Masters of Ascension. Each one of those brilliant Lights are here to protect and grant you your final mission.

As they are commanding your life, via the hand of God, know that you are an instrument to heal/bleed, teach/speak, writel/become an author, or minister/Teacher of the light. These are the gifts and powers that each one of our beautiful Teachers insist that we eventually have.

People worldwide are beginning to hear a still small voice due to the coming of the new millennium. Within each new millennium, there is ushered a new prophet. With each prophecy, people adhere to change and new frequencies. Each frequency is a subtle, expressive, comprehensive realignment.

The year 2008-2020 denotes the NEW WAVE which has a great message to adhere to your own inner body of light which speaks. One day, Congress will awaken, Senate will appear contemplative/meditative and each one of the Messengers of Light will have theologies of what we are to excel at. Each of the immediate hierarchy receives a yuletide spirit, which conforms to a fragrance of pure.

Listen and receive, knowing that your highest mission could be revealed within a Twinkling of an Eye.

*Remember, I am with you always,
Archangel Metatron*

Dear Sasha: I feel like my life is in limbo right now. Am I headed in the right direction? What is my life purpose? Will I marry again? Jeanette Blas-LeonGuerrero, 44, Universal City, TX

Dear Jeanette: It seems like your direction is to be a lawyer, however, anything in business will do, or real estate, especially commercial. Don't give up, your 40's aren't over yet. Your life purpose is to be a loving Saint and law-abiding, metaphysical/transcendent individual with business and law as a career. Love will find you whenever you move.

Dear Sasha: I've a very long history of insomnia and have grown weary of being weary. I deeply desire a good night's sleep every night for the remainder of my life. What in the world should I be doing? (I'm not a pharmaceutical kinda girl). Kay, 56, San Antonio, TX

Dear Kay: It seems to us that your sleep apnea is at it's height. Meditation and/or going to an altar before bed is a must. Your

Angel is Gabriel. Find a picture of Him (you can obtain it through our office, if desired). He will place a DNA electrified strand of sleep in your brain each night before going to bed.

Dear Sasha: I would like to know where my cat Chris is, and also what career path I should follow? Jan, 14, Round Rock, TX

Dear Jan: It seems that Chris went hunting about 14 blocks away to the north in another subdivision. Then, a man saw your cat and decided he looked like an old cat of his and picked Chris up. As for career, you are supposed to be a registered nurse, later in life, you might decide to take Reiki and heal with hands. However, you're basically metaphysical and could aspire to a minister, like Unity. You are a spokeswoman when you grow up. Use it to it's fullest and go get yourself another cat, named "Tiger".

Dear Sasha: My boyfriend of three years can't think of a career that would both make him happy and give him stability allowing him to support me as a wife. Can you help? Alex Morton, 17, Austin, TX

Dear Alex: It looks like your boyfriend needs to be an accountant/owning his own firm. Doesn't he like numbers? I feel like he's weary without accounting. It doesn't pay as much unless you have your own business. Let him hire three people once he gets started. He is your twin flame and your angel is Archangel Michael.

IN PERSON/PHONE PSYCHIC/MEDICAL READINGS (TAPED)-512-278-0559. For in-depth answers to your questions! Sasha GABRIEL is an internationally known reader, channel, psychic, medical intuitive and healer who offers her School of Ascension in Austin. For more info: www.sashawhite.com.

Classes (see Calendar):

- *Fri, Feb. 15 @ 6pm – Valentine's Party with Messages from Gabriel the Ark of the Covenant Archangel*
- *Mon, Feb. 25 @ 6:30pm – Advanced Monthly Meeting with Saint Germain*

To submit questions for "Dear Sasha", E-mail sashawhite@sbcglobal.net or call 512-278-0559. Include Question (approx. 20 words), your name, city and state.

Enjoy Whole Health Austin Edition is distributed in Austin, Buda, Cedar Park, Dripping Springs, Johnson City, Kerrville, Leander, Marble Falls, Pflugerville, Round Rock, San Marcos, Spicewood, and Wimberly

STATEMENT OF PURPOSE

The mission of Enjoy Whole Health is to provide a vehicle for the promotion of whole health and with it the creation of health, wellness and joy. We intend to accomplish this by providing a rich mix of the best ideas, discoveries, modalities, products, experience, techniques and solutions available. The information provided is not intended for self-diagnosis or treatment. Opinions expressed in this magazine are solely those of the authors and not those of the publisher or advertisers.

©2008 Enjoy Whole Health™

All rights reserved. No part of this publication may be reproduced without prior written permission from the publisher.

Owner/Publisher/Editor:
Patrick Jackson

Associate Editor:
Kelly Jackson

Enjoy Whole Health
999 E. Basse Rd., STE 180-538
San Antonio, TX 78209
210-272-0731 • Toll-Free 866-490-3662
E-mail: info@enjoywholehealth.com
www.enjoywholehealth.com

ON THE COVER

Happy Man in Mountains by Andrew Penner. Thank you for reading Enjoy Whole Health. We intend abundance, hope, faith, love, wellness, courage, joy, peace, understanding, harmony, kindness, forgiveness, trust, faith, gratitude, vitality and health.



It Really Is That Simple.™

Patrick Jackson, Publisher

As a new year begins, I thought I would share with you a few thoughts I had about my own resolutions, expectations and ability to create and manifest my life. When a year ends, it is easy to look back on things and to think back where things could have somehow been more, better, or different. It is far too easy to fall into the trap of looking back with regret. That is so unnecessary. We have many great articles this month to help you get started on a super 2008, and I would like to throw my own two cents worth into the ring for your consideration. Perhaps you've heard this all before, but repetition helps us remember.

Here is what I have been pondering: How does one go about "making it a great year"? What exactly is involved? What makes a great year? I suppose everyone has their own definition. If I break it down to simplest terms, maybe its just a year of love and abundance. Ok, so how does one obtain that?

After much contemplation and research, I am happy to report that the good news is that there is no magic formula and you don't need anything. You have everything you need to have a terrific 2008 right now. You and I are, right now, perfect, whole and complete (as we were created). Can you let that in? Go ahead, I'll wait.

Do you really believe that? Weren't we created that way? If so, how did we get lost along the way? Is there something missing, and if so what?

If something is missing, it must, by definition, be lacking. Where is the lack? If I want love and abundance and all the good stuff in my life, why does this this stuff appear to be lacking? Why are they missing?

First of all, who says they are missing? I do, of course. Hmm, I guess I just expected there to be more to that answer. Could it be that they occur as missing because I expect them to occur in a certain way?

What are these expectations? Why do I have them? Did I create them, too? If it's not the way I expect, is it wrong? If it is wrong, then I should change it, right? What's right and what's wrong? Well, the easy answer, for me, and I would bet most of us is: it is what we say it is.

If, as I said earlier, I am (as you are) perfect, whole and complete, then I am lacking nothing. I have everything I need. I don't need anything. It can't be that simple can it?

How does one get love and abundance? I must already have it, if I have everything. I had simply forgotten. Love is in there. So is abundance. I had simply forgotten where it was and where it comes from.

Love and abundance doesn't come from other people or things, it comes from within. To give it, I must necessarily have it. In fact, it seems that the more of it I give, the more it shows up around me. How about that? Gandhi said "Be the change you wish to see in the world." If you perceive a lack of love, be more love. If you perceive a lack of abundance, be more abundance.

The key point here is that we (you and I) have all we need, and we will always have all we need. We get stuck because we forget who we are. We are powerful co-creators of the universe, capable of creating or having anything simply by being it ourselves and by giving it to others. The willingness to remember who you are is the greatest power in this life. For it is truly from the Creator (and from us) that all blessings flow. Just remember who you are. It really is that simple.

Thank you for reading this magazine and for all that you do. You are appreciated more than you will ever know. Many blessings for a great 2008 and Enjoy Whole Health!

Send your letters to the Editor to Patrick@enjoywholehealth.com, or write to: Enjoy Whole Health, 999 E. Basse Rd., Suite 180-538, San Antonio, Texas 78209.

Happy New Year!

FEATURES

- 3 DEAR SASHA: MESSAGES FROM YOUR ANGELS**
By Sasha GABRIEL White
- 6 MORE ON MIASMS AND PETS, TOO!**
by Dr. David Kolb, D.C.
- 7 OUR PRECIOUS BRAINS: NATURAL PROTECTION**
by Meridian Grace, N.D.
- 8 SIMPLIFYING THE COMPLEXITIES OF HYPNOSIS**
by Keli Henault, M.S.W., L.M.S.W., CHt, N.L.P.
- 9 PHARMACEUTICALS AND NUTRIENTS: DO THEY MIX?**
by Radhia Gleis, Ph.D., C.C.N.
- 10 ENERGY TREATMENTS AND HEALING**
by Barry A. Morguelan, M.D., F.A.C.G.
- 11 MAKE YOUR RESOLUTIONS COUNT**
by Kate Bares-Johnson
- 12 ECOTONE #6 - FINAL REFLECTIONS...TRIBAL FUTURE?**
By Inga Larson
- 13 THE FENG SHUI QI FOR 2008**
by Judy Morris, Master of Feng Shui, F.S.R.C.
- 14 ANIMAL TALK: I WANT TO BUY A HORSE!**
by Val Heart, M.B.A., Pa.C.B.P
- 15 LOVE STONES AND THEIR VIBRATIONS**
by Karen Richards
- 16 A NEW YEAR - TIME TO IMPROVE YOUR HEALTH WITH HBOT**
by Helen Prater
- 17 ASK KATHY: ABOUT VITAMIN C**
by Kathy Jackson, R.Ph., N.M.D.
- 18 GARDENING WITH CHARLIE**
- 19 THE MOVIE MYSTIC**
- 21 BOOK REVIEWS**
- 22 EARTH TALK**
- 24 CALENDAR OF EVENTS**
- 27 RESOURCE DIRECTORY**



More on Miasms, and Pets, too!

Dr. David Kolb

In the July/August issue the title of my article was Miasms, More Specific. Miasms are tainted genes with residues from chronic, deep acting diseases that one's ancestors had like syphilis, gonorrhea, tuberculosis, and scabies. These chronic diseases can be very destructive to the human organism. When stress factors are added along with drug toxicity, degeneration of the environment due to industrial and pharmaceutical chemicals to these miasms there is the potential for illness.

I am giving a progress report on miasms which looks very good at this point. My patients who are having their miasms removed are very pleased with their progress so far. What does this mean? For the most part they are experiencing "more energy, clear feeling in the body and mind." Some have reported "a sense of emotional stability."

The itching from the psora miasm seems to cause more problems than other symptoms. Some patients have been experiencing achy joints, digestive disturbances and female hormone imbalances from the medorrhinum miasm, but so far the homeopathic remedies have helped to clear the symptoms.

Today a 71 year old patient came in for a follow up treatment. She reported her skin and scalp to be clear and said she

"feels great." Another patient reported that she "feels good and healthy" enough to "chase a bear with a stick!" That sounded very good to me. I hear these kinds of stories or reports daily.

One man's skin was breaking out badly with a tremendous amount of itching of the scalp. He reports that it has cleared up completely. He was also having sleeping problems because the miasms were in the two sleep centers of the brain, the pons and the brain stem. One controls the sleep in the first part of the night and the other affects the sleep from 1am until 5am. He said it was exhausting but is now sleeping well every night. The TB (tuberculosis) miasm is the worst miasm to have in those areas. You guessed it: that is what showed up in those two areas.

Today, he said he was feeling good even though he had an anxiety attack. As we did his treatment I discovered all four miasms in his amygdalae (the seat of our deepest emotions). I cleared the miasms that showed and explained to him how they are in the fluids of the body and how they tend to go to any weakness in any tissues that are compromised in any way. So I gave him a homeopathic remedy that would address the anxiety and for him to take it sublingually for three weeks. I'll see how he is doing in three weeks.

Recently I've had a few patients have some of the classic symptoms occur from the luesinum or syphilis miasm which show up as Addictions. An example would be: an unusual craving for sugar, chocolate, food or sex. I cleared these out and we will see what they report on their next visits.

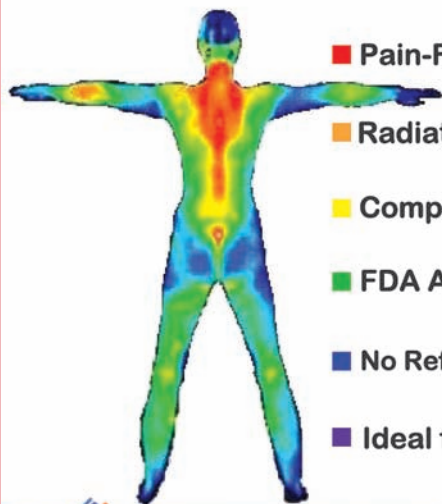
I am also waiting to hear from a patient who was having break outs on her chest with much itching and raw skin and very tender to the touch. These are just some of my most recent reports.

Now I want to share with you the research we have been doing with pets. I have done some research on some our patient's pets and studied an article on pet miasms. We discovered that in fact they do exist. We also now have a comprehensive print out on dog and cat diseases and syndromes. We have done some checking on some dogs and cats and found a dog and cat psora causing skin problems like in humans. There is a psychosis miasm similar to medorrhinum and a miasm from the animal's vaccinations for both cats and dogs.

I'm excited about the possibilities that are there to be discovered with both humans and their pets and the positive feedback I have been receiving.

Dr. David A. Kolb holds degrees as a Doctor of Chiropractic, Homeopathy and Naturopathy. He is also a Master Practitioner of NLP and a Certified BodyTalk Practitioner. His practice, Professional Healthcare Services Inc. has been open since 1979 where he has helped many patients with his extensive background in Natural Healthcare. Since 1981 he has studied Biological Medicine in the U.S., Europe and China. The office is located at 4131 Spicewood Springs Road, Ste K-1, Austin, TX 78759. Call 512-343-9664.

Pain-FREE Breast Cancer Screening with Digital Infrared Thermal Imaging



- Pain-FREE
- Radiation-FREE
- Compression-FREE
- FDA Approved
- No Referral Necessary
- Ideal for ALL Women

DITI Imaging, LLC

www.ditiimaging.com

(210) 705-1232 • 866-409-2506

Please contact us for more info or to schedule an appointment



Our Precious Brains: Natural Protection

Meridian Grace, N.D., Columnist

Are you happy with your mental performance? Having what we call senior moments? Have you heard about more and more people with ADD, ADHD, Autism, Alzheimer's, MS, ALS, Lyme disease, Hepatitis, etc.? For years, all that I have seen are patients being treated by their medical doctors for the symptom of their disease, instead of the cause. Worst of all, many of these patients are suffering from the horrible side effects of the medical treatments.

This summer I felt led to travel to numerous conferences and classes in order to find answers to challenges that my clients and loved ones were dealing with that had not been completely resolved. This is where I had the privilege of studying with Dr. Patricia Kane. I was looking for answers through evidence based medicine as I will explain in this article. Through my studies, I learned about a phospholipid detox protocol that is now proudly one of my new protocols and I believe one that will be helping Austinites for years to come.

The use of products, based on the biochemistry of phospholipids, holds great promise and has years of research, with fantastic healing benefits and no side effects. The main phospholipid that I learned about is phosphatidylcholine. It is the primary phospholipid to improve cell wall health and once properly administered (along with butarate, folic acid, balanced fatty acids and dietary changes) is having profound effects on patients.

The research has shown that it is the cell membrane that either allows a substance into the cell or rejects it. If you go to www.dwg.org, you will get a sense of the amount of toxins that reside in the bodies of high functioning healthy people. Many of these are carcinogens and are neuro-toxic. The toxins also include heavy metals, pesticides, fire retardants that are on our upholstery, petrochemicals, and preservatives to name a few.

Without a healthy cell membrane, we are destined to accumulate these substances and experience their detrimental effects.

For over 40 years this has been studied and used clinically in Europe and the Eastern Block. In Russia, the economic situation was such that they could not afford to do liver transplants. They used phosphatidylcholine to restore liver function and had better results without concern about rejection factors. There are over 37,000 medical journal articles on the benefits of phospholipids; many showing cellular rejuvenation and ability to reduce or eliminate infection.

It appears that the cause is centered on toxic substances as well as infective agents such as virus', bacteria, mycoplasmas' and fungi. These agents are encapsulated in fats and sequestered in different organs to protect the body from their harmful effects. It takes a fat soluble substance to be able to get into the tissue, safely and effectively and to usher the detrimental toxins and infectious material out of the body through the bowel.

Through individually designed programs (involving testing we send to John Hopkins medical laboratory) and a simple routine blood test, we can come up with a specific program. This

program will be designed to help you, your loved ones and friends to function at your/their best by using a phospholipids detox program. We are seeing people getting their lives back, their children back, and their brains back, through the wonder of properly administered phosphatidylcholine with butarate, folic acid, individualized balanced fatty acids and dietary changes. These are all natural substances. They have been shown to increase IQ, energy, sleep quality, joint flexibility, emotional equanimity, and overall well being.

The percentage of neurological diseases is increasing by leaps and bounds in our culture. Nowhere is this more apparent than with the autistic community. Autistic children are our canaries...warning us about the devastating effects of toxic chemicals among us. Though we may not have been diagnosed with a neurological disease ourselves, we still are dealing with some degree of reduction in our capacity to fully live a radiantly healthy life because of these toxins. For those with Lyme disease, ALS, MS, Alzheimer's, Parkinson's Disease, ADD, ADHD, stroke, epilepsy, etc., the effects are devastating.

Dr. Bruce Lipton, known for his work on genetics, described genes as the hard drive or our computer system, and the cell membrane as the key board and possibly even the hands that run key board, because scientists have proven that the initiation of all metabolism comes from the cell membrane. It is on the outside of the cell that is in contact with its outside environment. It gathers all the information and sends it to the DNA to initiate activity. The information comes from the cell membrane and the cell membrane is made up of over 50% phosphatidylcholine, other phospholipids such as phosphatidylserine and fatty acids. The research and clinical data shows clearly that it is through modification of the cell wall and not the genes that we can heal the world's ills.

The future holds the potential for genes to be the answer...but not today. Today, the answer lies in restoring healthy cell wall biochemistry. Through the therapy we are discussing we now know how to wash the toxins and infections right out of the cells and organs using phospholipid carriers for detoxification. We also know how to nourish the cell walls thus bringing protection from toxic exposures, infection, virus and detrimental chemicals as well as how through the use of this work, not only protect, but restore brain and nerve cell function

Dr. Patricia Kane (the Dr. I studied with this summer), Dr. Braccia, and Dr. Foster along with Edward Kane have studied and treated all the diseases mentioned above effectively with the substances mentioned above for over 20 years. Patricia and Dr. Braccia have a clinic, where every day they are treating children and adults with severe neuro-degenerative disorders, as well as heart disease, lyme disease and virus's by exploiting the healing power of cellular membranes. We have more in-depth information available to you at my office.

See Grace, p. 20



Simplifying the Complexities of Hypnosis

Keli J. Henault, M.S.W., L.M.S.W., C.Ht., N.L.P., Columnist

If I asked you to explain to me what you think hypnosis is what do you think you would say? Perhaps you would say that it's some form of mind control. Perhaps you think that people who can be hypnotized are weak minded. Or even sillier than that, maybe you'd say it's the work of the devil.

Hypnosis is one of those things that most people find fascinating and scary at the same time. I'm certainly not surprised because Hollywood does a really great job to make you think that someone can be hypnotized over the phone, without their consent, and stay in hypnosis for days or weeks. If you've ever watched a stage hypnosis comedy show maybe you've felt embarrassed for the participants on stage because they do strange and unusual things. Let me dispel these myths by telling you that there is no person who can be hypnotized against their will. Someone has to want to be hypnotized. The people on stage volunteer and they are not doing anything on stage that they wouldn't be willing to do off the stage and out of hypnosis.

Knowledge removes assumption, nervousness, and fear, so allow me to share some of my knowledge about what hypnosis really is and why it works so well. There are many good explanations available but I'm going to make it very straight forward and simple for you. There are 2 parts of the mind; the conscious and the sub or unconscious. You were born with your unconscious mind. It stores your life experiences, your instincts and your intuitions. Just imagine for a moment that you are a computer and your unconscious mind is the hard drive. Your conscious mind is like the keyboard where you type commands. Even though you know what to do and how to do it, when you type in a command there's an error message that comes up because the typed command (your conscious thought) is not compatible with the information stored on the hard drive (your unconscious mind). It doesn't matter if the stored programs and information on your hard drive is logical, helpful, harmful, or ridiculous; it simply reacts and does what it knows.

For example, maybe you have a fear of water because 15 years ago you were swimming in the ocean and saw a shark close by. That bad experience is now an imprint in your hard drive. Even though it's been years since the incident with the shark, any time you are around a large body of water like the ocean or a lake all those bad feelings from 15 years ago overwhelm you. You attempt to be rational and you use your keyboard (conscious thought) to type in the command "There is nothing to be afraid of so go into the water and be calm and relaxed", but the information on your hard drive (unconscious mind) says something different. Unfortunately, it doesn't matter what you want to do at a conscious level because you will always react and behave according to the information that's stored in your hard drive.

Hypnosis is simply bypassing the conscious mind to deliver suggestions that will allow you to change experiences in your unconscious mind so that the unwanted behavior no longer limits you. The conscious mind is bypassed when there is lower brain wave activity. When you're in hypnosis you're functioning

on theta brain waves (calm, lucid, and relaxed), whereas, when you're awake you're functioning with beta brain waves.

The unconscious mind is responsible for those body functions that are done automatically, such as breathing and blood flow. Not only can people have automatic body functions but they can have automatic behaviors and emotional experiences and responses. As a matter of fact, any automatic behavior or emotional experience is in the domain of the unconscious mind. What that means is that most of your behaviors are done automatically! Perhaps you stutter even though you don't want to. Maybe you freeze when you stand up in front of a group people. Perhaps you reach for a cigarette when you're tense. Maybe you get frustrated with things easily and don't want to. Maybe you eat too much or eat the wrong foods when you're bored, lonely, sad, anxious, scared, or happy. Hypnosis is able to help you change all those behaviors so that a more desirable behavior becomes automatic instead of the undesirable behavior.

Here's another interesting aspect of the unconscious mind. Have you ever noticed how frequently you are torn between doing two things? For example, has there ever been a "part" of you that really wants to eat that freshly baked loaf of warm bread and butter because it will taste so good...but there's also a part of you that's concerned with weight and health? Has there ever been a part of you that thinks smoking is gross and bad for your health, yet there's another part of you that can't seem to give it up? These are prime examples of the internal battle between your conscious mind and your unconscious mind.

If you would really like to simplify your life and replace undesirable behaviors and/or beliefs without the conflict and the struggle...then you need to call me. I've been effectively using hypnosis since 1999 to help people like you improve their life... easily and effectively!

If you're unsure if you are a good candidate for hypnosis, visit my website at www.AustinHypnoWellness.com and complete the interactive hypnosis quiz. It will tell you if you are hypnotizable and if you're likely to get great results from the use of hypnosis.

Keli Henault holds a Bachelor's degree in counseling, a Master's degree in clinical social work, and is a Licensed Master Social Worker with the state of Texas. She is a certified clinical hypnotherapist with the National Guild of Hypnotists and the International Medical & Dental Hypnotherapy Association. Keli is an internationally trained hypnotherapist and NLP practitioner and has received over 1800 in-classroom training hours in hypnosis and NLP. Keli is also certified medical hypnotherapist. She is the owner of Austin Hypno-Wellness. Call her at 512-454-9999 for a free consultation, visit her website at www.AustinHypnoWellness.com for a free hypnosis evaluation, or e-mail her at keli@austinhypnowellness.com.



Pharmaceuticals and Nutrients: Do They Mix?

Radhia Gleis, PhD, CCN, Columnist

Over 70% of the clients that come to me for the first time are on one or more prescription medications. It is rare indeed to find someone who has not taken at least over-the-counter medication at one time or another. Although, you can look up most drugs on the Internet, many of the sites available are from the drug manufacturer or the FDA. You have to spend quite a bit of research time finding information on drug interactions with nutrients. Most doctors and pharmacists do not know that information and I have never found it to be listed on the package.

In my private practice, my clients often ask me if there are any contraindications with nutritional supplementation and the medication they are on? Of course that is a very extensive question and not something that can be discussed thoroughly in this article. But did you know that there is either a positive or negative interaction with almost every medication and food or nutritional supplement?

For example, cruciferous vegetables, such as, broccoli, cabbage, Brussels sprouts, and cauliflower may interfere with the absorption of over-the-counter pain medication that contains acetaminophen, like Tylenol™ or Excedrin PM™ (Holt GA, Food and Drug Interactions. Chicago: Precept Press, 1998,2). Even watercress may inhibit the oxidative metabolism of acetaminophen and should be avoided while taking these medications (Chen, et al, Clin Pharmacol Ther 60:651-60, 1996).

Most people know by now that chronic use of antibiotics may interfere with gut flora and may lead to long-term gastrointestinal disorders. Yeast over growth is a common side effect of antibiotic therapy. Therefore, supplements of probiotics, or the good intestinal flora, (i.e. acidophilus) can be beneficial as adjunctive therapy. But, did you know that some minerals form complexes with some antibiotics such as Tetracycline and reduce absorption of the antibiotic into the body? Calcium carbonate, typically found in Tums™, in particular can form an insoluble complex more so than other more absorbable chelated forms, such as aspartate or calcium citrate. Also, chronic use of antibiotics can deplete several nutrients including calcium, iron, magnesium, zinc, riboflavin (B1) and vitamin C.

Estrogens used in hormone replacement therapy, may interact with nutrients like vitamin C. High amounts of vitamin C > 1000 mg. can possibly increase the effect of estrogen. It is an interesting fact that estradiol levels are significantly increased in the blood after ingesting grapefruit juice (Maturitas 1994; 20:155-63). Quercetin (at high levels in vitro) had the same effect on estradiol as grapefruit juice (Eur J Drug Metab Pharmacokinet 1995; 3:219-24)

Birth control pills will decrease blood flow and possibly elevate iron stores. Iron levels should be tested before supplementation is given. Oral contraceptives may also increase serum copper levels (Arch Latinoam Nutr 1982;32(1:101-110).

High fiber foods can increase clearance of some drugs, including heart drugs, like digitalis glycosides (i.e. Lanoxin™) and

decrease the effectiveness of the drug. Fiber can also decrease the effectiveness of antidepressants (especially the tricyclics, such as Elavil™ or Tofranil™ for example). Discretion should be exercised about taking them at the same time.

Caution dictates that the herb St. Johns Wort should not be used with MAO inhibitors or SSRI's (i.e. Prozac™, Zoloft™, Paxil™) in case of possible potentiation. In animal studies, Ginkgo biloba however, has increased the density of serotonin receptors on the neurons of aging animals, but not young ones. This up-regulating effect may enhance the effect of SSRI's in elderly patients, if used concurrently.

Angiotensin converting enzyme inhibitors (ACE inhibitors), such as Lotensin™, or Caproten™, are among many that are used in the treatment of high blood pressure and congestive heart failure. ACE inhibitors are also used to delay the deterioration of the kidneys in diabetics. These medications may increase blood potassium levels in some individuals (JAMA 1995;274:538), which is not a problem unless extra potassium is ingested. Problems could arise when ingesting potassium-containing salt substitutes, supplements, or high potassium foods (i.e. bananas, green leafy vegetables, potatoes, etc). If you are taking these medications and potassium, levels should be monitored.

Calcium channel blockers (i.e. Verapamil) are used to treat atrial arrhythmias, hypertension and angina. This drug works by blocking calcium channels to prevent excess intracellular accumulation of calcium, thereby allowing the smooth muscle of the arteries to relax and lower blood pressure. Calcium supplementation may possibly interfere with the action of the drug, although calcium supplementation can have an interesting effect on intracellular calcium by lowering it (this is one of the suspected mechanisms by which calcium supplementation lowers blood pressure). Additionally, calcium supplementation in small amount (27 mg/day) can prevent the hypotensive effect of Verapamil when it is being prescribed for angina pectoris or heart treatment to prevent verapamil induced hypotension (Am Heart J. 1992;124:231-232).

Vitamin D interacts with verapamil and may decrease the effectiveness of the drug (Facts and Comparisons, 1996, 20). Here again, grapefruit juice may increase the blood levels of the drug and should not be taken together with verapamil unless approved by a physician.

The use of thyroid hormone replacement such as Synthroid™ should be taken at least 4 hours away from both calcium and iron supplements and soy products because they have been shown to interfere with the effectiveness or the medication. Also horseradish may disturb the accuracy of thyroid function tests.

Plant extracts, vitamins, minerals and nutrient co-factors, which stimulate the immune system may interact with corticosteroids such as Prednisone™. Examples include Echinacea, astragalus, burdock, vitamin E, and zinc. If the intent of therapy is the

See Gleis, p. 23



Energy Treatments and Healing

Barry A. Morguelan, M.D., FACC

As a western doctor in private practice in Internal Medicine and Gastroenterology working in LA for many years, I witnessed that although the many modalities used to treat people in western medicine were very successful, many physicians including myself wished we could do so much more for our patients. So over 15 years ago, I decided to see what other treatments were available which were not a part of western medicine.

During travels over the US and around the world, I came across some wonderful ancient healing practices in China that were kept in existence for thousands of years and almost lost during the time of Mao. I came in contact with and was actually able to learn these techniques and bring them back to the US. These ancient healing practices have to do with energy healing. What's great about them is that they augment western medicine in many ways and do not take away from traditional western care. Plus there are other things people can focus on such as keeping themselves the best they can be, and the healthiest person they can be. Energy healing is all about people having a successful life.

There are many different types of energy healing, acupuncture, acupressure and herbal treatments. This type of energy healing is multifaceted and works without needles or any of the things people may be familiar with. There are no needles and no severe experiences to go through. Receiving the energy does not take much work on the patient's part, the energy connection is given to the person by the energy physician. Maintaining the connection then requires regular attention, including a series of simple daily practices. There is an energy force in the universe, which is available to use with people to have them start to heal in many different ways. It works in the emotional, psychological, and physical realms. The energy I was able to bring back is about having each person succeed in all the areas he or she wants to succeed in life, in both business and personal realms: family, daily decision making, differentiating opportunities, tennis, golf, healing physical things. The ways I have seen this be useful don't seem to stop. There seems to be this whole

opportunity in front of us that we can really take advantage of in life if we show up at our very best, and the energy can support all of us in this.

What is this Energy?

This energy is the life force that is said to animate all living beings, connecting everyone and everything. Once sensed, many people want to tap into it or harness it because it seems so right to have it as a companion through all the challenges of life. It can be thought of as a pulsing or resonance that we as individuals can access, connect to and utilize in every important area of our lives. It is from the energy that we find the grace and power to stay focused on our goals and accomplish them with ease.

This energy technique is part of a 5,000 year-old lineage in China and is known as the 'root of the tree' from which other systems arise. It supports all the many systems we know and love. The energy that sustains one's body and mind is also the energy that can give people the edge in an act of physical, mental or emotional performance. It does not interfere with religious or spiritual practices. It does not replace other practices; it fuels what someone is already doing and has the potential to open up unforeseen pathways for people to accomplish their goals and dreams.

The energy allows one a new ease and grace to remain focused on moving towards the goals he or she wants to accomplish in life. Many people have reported that they have also developed a profound sense of appreciation for their accomplishments – no matter how small. Imagine what your life would look like if you remembered every victory, and if life could become like a flowing stream of accomplishments.

Dr. Barry A. Morguelan, MD, FACC graduated from Medical School in 1973. He is double Board Certified in Internal Medicine and Gastroenterology, achieved in 1976 and 1981 and a member of Alpha Omega Honor Society. He practices Gastroenterology, Internal Medicine and Hepatology in his medical practice in Los Angeles. He is one of fewer than 100 people worldwide trained and certified in this energy connection technique.

Dr. Morguelan will provide group Energy treatments in Austin in the form of the three-part Lecture Series, "Energy for a Successful Life". The next lecture series in Austin is scheduled for February, March and April 2008. For information, contact Judy Morris at (512) 252-9534 or Judy_Morris@EnergyForSuccess.org, or visit www.EnergyForSuccess.org



Texas Health Freedom

www.texashealthfreedom.com



Make Your Resolutions Count!

Kate Bares-Johnson, Columnist

“With each New Year comes a new beginning; an opportunity to start over; to let go; to look forward; and another chance to change our lives. The only question is...are we truly ready for our life to change?” -Kate

As we approach a new year, we also approach new possibilities for what we will create in the days and year to come. Some of us call them resolutions. We set our intentions, define our goals, and take off with fortitude for our new life ahead. This is a wonderful new opportunity for change and growth, however, many of us become discouraged and resigned when we find ourselves back in the same old ruts two or three months later. If this sounds familiar, have you ever considered why this happens?

Of course, most would say it's because habits are hard to break, and while that can be true, you might be surprised to find that the habits you think are most challenging are not the habits that are stopping you at all. For instance, if your resolution is to lose 10 pounds, it's not about your weight, but rather, how you'll feel when you've lost 10 pounds. If your goal is to stop smoking, it's not about the cigarettes but about how you'll feel when you no longer smoke. The habit of over-eating or smoking is not what's in your way, but rather, it's an unmet emotional need that you are trying to meet without the proper tools to meet it. If you can identify the unmet need, you can focus on resolving it in healthier ways, rather than focusing on stopping a habit that you've been dragging around year after year.

If you're not sure of the deeper motivation in your goals, consider how you will feel when you reach them. Not just the good feeling of accomplishment, but how you will feel when you are living the change in your life. Let your imagination take you there! Will you have security; self-confidence; prestige; health; contentment; love? Will you have money; comfort; beauty; power; acceptance; approval; peace? Will you have freedom; self-worth; healthy relationships; truth; God? Don't be afraid to dig deeper to know and understand your Truth. This is what allows us to be fully alive and present in our life. Unfortunately, we get so distracted by the external goals that we let internal, unconscious beliefs and habits get in our way, preventing us from attaining that which we most long for.

Simply put, there is nothing you can correct or affect on the outside that will achieve the bliss you're seeking within. It's an inside job! And it requires a commitment to explore deeply within the Self, to understand, accept, and/or release that which is not in alignment with our authentic Truth.

The Center for Well Being in Austin offers the opportunity for such exploration and recovery of Self through varying means of growth and healing, each in its own way culminating in finding and living the truth of one's Soul. Through on-going classes, weekend intensives, and private guidance for individuals and couples, the depth of this work offers abundant possibilities for healing and integration on every level...body, mind, and Soul.

If you would like to celebrate a new YOU this New Year, consider exploring the possibilities through these upcoming offerings:

**Soul Integration
Therapy**

January 15--February 19: Letting Go® Series is an empowering 6-week series developed to support the healing and recovery of codependency...the unhealthy, unconscious behaviors that interfere with healing, thriving relationships. Tuesday evenings, 6:30-8:30pm (NW Austin)

February 15--17th: The Release & Renew® Weekend Intensive is an extraordinary journey for anyone on the path to finding and living the truth of their soul! Through this exquisite palate of Self-discovery and healing, participants are immersed in a sacred space of acceptance, guidance, and support as they realign with their “Soul Self”, restoring balance and peace within. (Wimberley, TX)

March 28-30th: Soul2Soul: A Retreat for Couples® is a must have for partners who desire a sense of wholeness and sacredness in their relationship. Through this profoundly enlightening experience, couples not only embrace the true purpose of their union, but learn to maintain healthy communication, passion, integrity and JOY! (Wimberley, TX)

Personal/Spiritual Guidance is offered in the form of intuitive counseling for individuals and couples, Soul Integration Therapy (S.I.T.), Past Life and Childhood Regression Therapy, and Life Coaching. Appointments are available Monday-Friday, 9:30am-5:30pm. (NW Austin) Phone sessions available.

Have a wonderful New Year and make your resolutions count!

For consultations and registration, contact The Center for Well Being at 512-249-5683 or kate@thecenterforwellbeing.com. Kate Bares-Johnson is the founding director of The Center for Well Being in Austin, specializing in Intuitive guidance and counseling for individuals and couples, Soul Integration Therapy®, Past Life and Childhood Regression Therapy, Codependency Recovery, and Spiritual/Life Coaching. Whether through private sessions, on-going classes, or full weekend intensives, her work lends a very real and powerful approach to life as a “choice”. For upcoming classes and retreats, see the Calendar of Events or visit www.thecenterforwellbeing.com for more information.

Kate Bares-Johnson

www.thecenterforwellbeing.com





Ecotone #6: Final Reflections...Tribal Future?

Inga Larson, Columnist

The Venerable Dalai Lama, in discussing ethics for the new millennium, welcomes conflict. Given respect and compassion, he recognizes and encourages its power to generate synthesis, the formation of new and better ideas. Given that I've always enjoyed a good fight, I take his words hopefully.

Almost a year has gone by since I began my quest. I started with a metaphorical land, named after a natural phenomenon, the ecotone, a "transitional area between two adjacent ecological communities." The inspiration was Colorado, where the wealthier suburbs of Denver were branching into the hills, disturbing the territory of pumas; a few unfortunate joggers found their health severely impaired in that intersection of ecologies. In this past year, my intent was to explore the intersection of two formerly very different "lands," that of psychology and bodywork, which are now finding each other, and to start a dialogue around minimizing the damage and maximizing the benefit not only to the client, but to each other. I also wanted to address my own fears around combining the two.

I've found along the way that I do not wish to work alone. This past year's exploration has strengthened my commitment to network with others, to tap into their support and expand my own view of what can heal each unique client. Eventually my clients make a visit to the supplement store, acquire an acupuncturist, attend a group, find a volunteer activity, etc., the new caregivers and I conferring to develop a more complete program for this person's healing. As it turns out, I wasn't the only one benefiting from the exploration. One colleague who, after we talked, became more engaged in supportive physical contact with her clients, recently went to a training given by one of the leading voices in psychotherapy today, Dr. Bessel van der Kolk. A leading proponent of somatic work with trauma victims, he asked the auditorium full of psychotherapists claiming to do trauma work which of them utilizes touch in their therapies--only she raised her hand. Another therapist who I described in a previous article as leaving touch behind as an intervention now studies Somatoexperiencing with me. My good friend Shelly, the massage therapist, increasingly trusts her own energy work. "The more comfortable I get with being who I am and doing what I do", the more open she becomes to her own unique healing nature and its expression, the more open her clients become, and the more benefit they receive.

Like everyone who walks through my door, I'm a person of many parts, different qualities that vie for my internal attention: the judge, the pleaser, the slacker. Also the bodyworker, who lives in the land of sensation and intuition, trusting words little, and, sometimes versus, the psychotherapist, who makes meaning, who questions and challenges, and draws maps of each client's unique inner world. They face each other (down) in my office, in ways special to each client's needs. Increasingly, this past year, my clients and I have danced in the lively and sometimes uneasy synthesis, experiencing some amazing results. Each client's own system brilliantly finds its own ways of healing, just as the

scarred and burnt-out hills of one year's forest fires give way to new growth. With practice, I'm finding myself more often bringing bodywork, in its many forms, into psychotherapy; the part of me holding reason and words inviting clients to the table, gently making way for the sensate other to ferret out the hidden gems within each seeker of health. Not only my training, but my own increasing wellbeing as I, too, become more embodied and integrated, comes into play as I increasingly trust my own choices and those of my newly-found tribe.

Many of you know the story: seven blind sages hear of an elephant and set off to perceive one for themselves. Finding one, each discovers a different aspect; when they converge, they stridently disagree: "It is shaped like a hose." "No, it is like the side of a rough building." "You're both wrong, it's a column." None of them is right. They all are. In one recent documentary, on "The New Medicine," a doctor warns his interns studying the treatment of pain, that if they continue to think of treating the body separate from the mind, then they are completely missing the point. Even as this ecotone expands, its boundaries become ever more gradual and inclusive, its inhabitants cautiously recognizing each other as members of a new tribe. Each healer heals in a unique way, fashioned out of who we are and how we perceive; to best serve each client, we must rely on a synthesis of approaches, and a newly emerging ethic. One excellent source is www.drzur.com/ethicsoftouch.html.

Another fictional sage, Auntie Mame, said, "Life is a banquet and most poor fools are starving to death!" The question is, do we have the courage to belly up to the table, face each other, and taste from more than our own plate?

Inga Larson is a massage therapist, instructor, and psychotherapist in Austin, in private practice since 1997. On a healing path for most of her life, she's been hybridizing spiritual beliefs and entwining them with both classical and alternative practices, including shamanism, EMDR, voice dialogue, Reiki (II), and CST/somatoemotional release, to name a few.

Her quest to grow, and take as many people along with her as possible, continues. For more, visit www.ingalarson.com or call 512-407-8866.





The Feng Shui Qi for 2008

Judy Morris, Master of Fung Shui, FSRC, Columnist

The Yijing is one of my favorite systems for determining the quality of a period of time. This year gives us the third hexagram, Zhun. Some name this hexagram ‘difficulty’ and another one names this hexagram ‘beginning’. They all agree that a beginning can sometimes be difficult, like the new sprout working its way up through the ground to the surface. Taking this interpretation I believe that 2008 marks a beginning that requires a wholehearted willingness to grow. Supreme and smooth prosperity will prevail through being steadfast and upright. Nothing is to be taken lightly. Life must be tended to carefully in order to prosper. Nurturing ourselves and our relationships are always important and perhaps they will require more attention this year. The message is to love more, fight less, pay attention to the small things in life and nurture them to fruition.

This year, 2008, is the Wu Zi year and begins February 4, 2008 for the purposes of Feng Shui calculations.

Every year has certain areas that we need to be careful when doing construction or serious landscaping.

- Avoid digging or construction in the south and north areas of your property.
- If you are planning on installing a play area or other outdoor activity area, the east and southeast areas are excellent for these activities.

The yearly stars for 2008 and how to use them are:

Southeast 6	South 2	Southwest 4
East 5	Center 7	West 9
Northeast 1	North 3	Northwest 8

- Place a calabash in the South to assist with good health.
- Place a beautiful golden yellow object in the East for better mood and generosity.
- Place a red object in the North for lower stress.
- Place a water bamboo in the Southwest for easier learning and more effective studying.
- Place a square or cubed object in the Southeast for clearer thinking.
- Place a plant in the West for stronger self expression.
- Place a round object in the Northeast for better test results.
- Place red in the Northwest to generate more wealth.

Thank you for another wonderful year in Austin, Texas.

Your readership is rewarding to me and I appreciate you very much. To show my appreciation I am offering you a thank-you gift of 20% off my services through February 29, 2008.

Happy New Year!
Judy

Judy Morris is the first American designated as a Feng Shui Master by Feng Shui Grand Master Joseph Yu. She has spent years in intensive study and practice developing expertise in such diverse aspects of feng shui theory and practice as He Tu, Luo Shu, Tai Ji, Chinese astrology, the bagua, I Ching, Nine-Stars, 8 House, 24 Mountains, Purple White, Divine Water and Mountain Dragon methods, Na Jia, Xuan Kong, and the Luo Pan.

Since 1992, Judy has consulted with private and corporate clients in the United States, Europe and the Caribbean. She currently teaches in Austin, Texas at the Feng Shui Research Center, 512-252-9534, Judy@FSRC.net, www.FSRC.net



Celebrate Oatmeal Month!

(Family Features) Start the New Year with a celebration of America’s most beloved 100% whole grain, natural rolled oats. Why? Because January is Oatmeal Month! The month when we buy – and eat – the most oatmeal.



Warm up a chilly morning by serving the family a great-tasting bowl of Creamy Maple Cranberry Oatmeal. Tangy dried cranberries and rich maple-flavored syrup add a new and tasty twist to this breakfast favorite. Not only does a touch of wheat germ stirred in just before serving add crunch and an extra nutritional boost, it perfectly complements the wholesome nutty flavor of oats making this a dish the whole family will love.

But taste isn’t the only reason oatmeal has been a family favorite for more than 130 years – oats are also a good source of fiber. Research shows people who eat more fiber are more likely to have a healthy weight. Since fiber helps slow digestion, people feel full after an oatmeal breakfast and stay satisfied longer.

And remember, old fashioned oats, quick oats, steel cut oats and instant oatmeal are all whole grain oat products. Because all three parts of the grain remain after milling, they all provide the same nutrients in the same amounts. The only difference is how the grain is cut, steamed and rolled – and this only affects cooking time and texture.

Think of oatmeal as your blank breakfast canvas and get creative with sweets and spices and flavorful fruits, nuts and crunchies! For additional recipe ideas and fun facts regarding Oatmeal Month, visit the Quaker Oats website: www.quakeroatmeal.com.



Animal Talk: I Want to Buy a Horse!

Val Heart, M.B.A., Pa.C.B.P., Columnist

Animals live long lives, and most folks intend to give them a forever home. After all, our animal companions are often a large part of our lives and we spend a great deal of time, energy, money and effort on their behalf! But the fact is that millions of animals are purchased or trade hands every year, and more than 40% of these amazing beings wind up moving on from one owner to the next, until they are at the end of their lives which often comes a lot sooner than expected. Through no fault of their own, they either weren't the right animal for the job, they were outgrown, abused, or injured, or were simply misunderstood and mishandled so they became sad or frightening animal nightmares! People don't mean for things to go wrong with their animal, but they do, all the time.

Dear Val: I want to buy a horse. Not just any horse, of course! I want to learn how to compete in show jumping and since I'm just a novice beginner, I need a hunter jumper that will take care of me, teach me how, and then go on to compete with. My trainer has sent me to look at a lot of horses now but none of them seem right and they're all very expensive. I'm getting discouraged. How can I know which if any of these horses is the right one? Thanks, Linda

Hi Linda! You are right to worry! You wouldn't get married without knowing someone pretty well, and you wouldn't take a job without interviewing, right? Getting the wrong horse – or any animal – can be a frustrating, expensive or even dangerous situation. Before purchasing (or leasing) any horse, be sure and have your veterinarian do a complete workup on them. This will hopefully reveal many potential current health problems that you need to know about before signing that check.

You also need to ride them not just once, but several times. Handle them yourself. Check their manners. Be sure you are communicating well with each other. See them at different times of the day and go visit at least once with no advance warning.

However, that's only the beginning. One of the most important consultations I do with my clients is the pre-purchase evaluation. We need to interview each of the potential candidates (through animal communication) which will let us know things like:

Do they have any real interest in teaching you about jumping? Many horses don't enjoy their jobs, and when it comes to jumping, this can be especially dangerous (remember Christopher Reeves). In my opinion, few horses truly enjoy jumping or are considered natural jumpers. If they don't love the sport, then they won't last in it and eventually, someone will get hurt.

Have they had injuries or other body problems that we need to know about? Not all vet records disclose these things, and often the current owner doesn't know their full history. Only the animal really knows how they feel, if they're in pain, feel sick, or have other types of problems, chronic, traumatic or acute.

Communicating with them first invites them to tell us who they are, and also shows them that we are interested in listening to them. This goes a long way toward building a great partnership with a horse! And by the way, if they take a dislike to you there isn't much point in continuing. Some beings are just oil and water – they don't mix well without a lot of shaking.

I would also want to know if they will negotiate an agreement with you to do their best, and to keep you safe as you learn. And what kind of training or handling do they prefer; how do they learn most easily; how much training have they actually had; and, are they physically/mentally/emotionally capable of doing what you want them to do?

If their answers are all good, then by all means, invite them into your life. I often hear from clients who have gone through this process and they give me glowing reports of great relationships with treasured animal companions.

Performing or competing with your equine partner should be a joy for both of you, human and animal. Easy and effortless, dancing together through a heartmind link. We always need to listen to our partners when they are trying to tell us something isn't working for them.

I specialize in assisting performance athletes achieve their personal best (humans, horses and dogs). Animal communication in combination with various healing therapies for both humans and animals helps address the multiple causal factors each individual team must overcome, and also in uniting the two so they can think, move and dance as one being. We can enhance and improve performance in the show ring by addressing various issues, clarifying the rules of the game, identifying learning styles, and we can even shorten training time by identifying talents, skills, abilities and purposes.

I can often help improve competition scores by more than 20%! Another major factor in improving performance is identifying and resolving health problems and physical discomforts or imbalances, whether it's coming from the horse (or dog) or their human. Many of our horse problems actually come from their human partner's imbalances. If you are struggling with them, you can trust that something isn't working for your animal friend either!

Our best riding instructors and coaches are right there beneath our saddle! Why wouldn't we ask them for help or feedback when we are trying to work through a difficulty? They know intimately better than anyone observing from the outside what we are doing wrong, if our signals or cues are being misinterpreted or applied in a confusing manner, or if we're doing something that's interfering with their ability to perform easily...

Once we know what's wrong, we can work towards correcting the problems through appropriate care-taking, making the needed changes and general rebalancing. I can help you and your horse heal from trauma, such as from injury, illness, death or grief.

I talk a lot more about this and many other serious problems in my forthcoming book: *The 12 Most Common Mistakes*

See Heart, p. 20



Love Stones and Their Vibrations

Karen Richards

Vibrations of loving energy are intensified this time of the year by the visiting of family and friends during the holidays and escalates as Saint Valentines Day, a time to recognize and celebrate love, draws near. Valentines Day, and all things associated with it, assist in manifesting stronger vibrations of love for everyone to enjoy.

Established during the High Middle Ages, February 14th was selected as the day courts would rule on love contracts, betrayals and violence against women. The women selected the judges based on their poetry reading ability. On the ancient Athenian calendar, mid-January thru mid-February was the month of Gamelion, believed to be the Graeco-Roman holiday timeframe devoted to fertility and love. With such elevated love vibrations, it's no wonder that February is also known as the month when fertility is abound.

There are certain stones that have strong love vibrations and are recognized as specializing in assisting "matters of the heart".

ROSE QUARTZ is the first stone that comes to mind when thinking about love vibrations. This stone of "unconditional love" teaches the true essence of love. It's known to intensively push one towards forward thinking and understanding of self-love, because only after deep inner healing, allowing love of self can true romantic love be found. Rose Quartz emits a vibration that helps attract love and relationships toward you, especially to those who need to advance inner development. A positive energy that soothes internal pain, Rose Quartz helps open your heart so love can be received and thereby given in return.

RHODOCHROSITE is said to be an excellent stone for relationships. Its soothing vibrations are beneficial when trying to quail an argument and is often used when healing sexual abuse. This stone helps attract one's soul mate but this can be a double-edged sword as soul mates, because of their closeness, are often chosen to bring us our lessons. Rhodochrosite can lift depression and by nature encourages spontaneous expression of feelings.

RHODONITE works on the deeper issues, clearing away emotional wounds and scars from the past. Its energy heals emotional shock and pain by supporting the soul during this unpleasant process. Rhodonite has vibrational energy that is beneficial for cases of emotional self-destruction, co-dependency and abuse. This stone is known as an overall powerful healer for traumas associated with love.

RUBELLITE, a variety of tourmaline, is another stone that specializes in helping love matters. Its tendencies are to strengthen ones ability to understand love, plus it promotes tactfulness and flexibility. Rubellite heals the heart.

LARIMAR radiates love and peace and promotes tranquility psychologically. It supports removal of self-imposed blockages and constraints. Any self sabotaging behavior is dissolved and its vibrations make "going with the flow" seem like the best energy

to follow. This stone is praised for cooling and decreasing anger, bringing happiness and emotional harmony.

LEPIDOLITE alleviates stress and despondency, helping with optimism during periods of transition. A really good recovery stone when going through relationship changes, Lepidolite brings to awareness old patterns and necessary changes. This stone promotes self-preservation while assisting the user through transitions.

Most of us will face some kind of love challenge in our lifetime. Knowing and understanding the vibrations of these stones can assist us in processing these lessons and offer a benefit we're all afforded effortlessly, just with the knowledge of their availability. Carrying a pocket stone or wearing natural stone jewelry can surround you with these loving vibrations to interact with and support you for as long as you desire.

References: The Crystal Bible by Judy Hall

Karen Richards and her staff offer guidance and counseling in choosing bead, stone and crystal remedies. Nature's Treasures is open seven days a week at 1100 E. 5th Street, 512-472-5015; 6 days a week at 2307 Kramer Lane, 512-833-7760; and Monday-Friday at their new location in Georgetown, 4300 S. IH35, 512-864-7574, or see them on the web at www.naturestreasures.tx.com

The finest,
freshest foods
in town!

**WHOLE
FOODS
MARKET**

Gateway Location
9607 Research Blvd. Suite 300
Austin, Texas 78759 Phone 345-5003
Open 8-10 Everyday

Six & Lamar Location
601 North Lamar Suite 100
Austin, Texas 78703 Phone 476-1206
Open 8-10 Everyday

www.wholefoodsmarket.com



A New Year-Time to Improve Your Health with HBOT

Helen Prater

Stroke: A stroke is devastating not only to the victim, but to all family members as well. It has been estimated that there are about 1.7 million stroke survivors in this country. They may be survivors of death, but not devastating consequences such as paralysis, life in a wheelchair, impaired speech and thought processes.

Stroke is caused by a sudden loss of blood and oxygen to a specific area of the brain, which kills off a central core of brain cells. With the death of these cells and the swelling this causes, blood and oxygen are further isolated from the surrounding cells, which also then swell... and the cycle tends to repeat itself. These surrounding cells - rather than the irreversibly damaged central core itself - can cause much of the stroke patient's disability. If these marginal (viable, but not functioning) cells can be revived with sufficient oxygen, substantial and sometimes dramatic recovery may result. These cells contain idling neurons. Reduction of swelling and newly formed blood vessels resulting from HBOT brings fresh blood with oxygen and nutrients to the damaged tissue. Neurons gradually reconnect, restoring these cells and increasing body function. HBOT will not restore dead brain tissue, but will restore some of the surrounding affected tissues.

Since the early 1970's, scientific journals have reported over 1,000 cases demonstrating a 40-100% rate of improvement for stroke patients treated with HBO.

In addition to the remarkable results in stroke patients, Dr. Neubauer, a pioneer in the use of hyperbaric oxygen for various neurological diseases, has reported similar results in other types of brain injury treated with hyperbaric oxygen including traumatic injuries and anoxic events. After brain trauma from an accident, brain cells die from lack of oxygen. A 1975 clinical trial of 99 patients with brain trauma in the mid-brain found that HBO therapy decreased mortality by 40%. A 1990 Study found that neurons can be reactivated up to 14 years after a traumatic injury. Isn't stroke a traumatic brain injury?

At the local facility I frequent, I recently learned about a man who started HBOT after his stroke. One significant plus was that he started within weeks of having his stroke because his family knew the benefits of oxygen at this critical time. His left side was affected, he required a walker, and his left hand was clenched. When he had his stroke he fell and injured his ribs and was experiencing considerable pain. After a few hyperbaric sessions, his pain diminished. The first notable improvement was his ability to open and close his hand and lift his arm. In a matter of days he no longer needed a walker for balance. There are others too, with similar exciting tales to tell.

Ulcers: Stomach, diabetic, lupus... and probably those stemming from most any source.

Because HBOT infuses all body fluids with the healing benefits of molecular oxygen, healing is achieved in less time and chance of infection is reduced. This is why HBOT is so successful in helping heal most any kind of ulcer, no matter where on or in the body it is.

My husband developed a diabetic ulcer over the entire bottom of his big toe. He was prescribed antibiotics and sent home. Next appointment he got a doctor who was alarmed over the site because it looked infected, and some dead tissue had to be cut away. In addition to prescribing topical medication, she also approved HBO. We were worried because after waiting 3 years for it, he finally had cataract surgery scheduled in 2 weeks and feared they would cancel it because of the condition of his toe. After only 10 days of double sessions of HBOT the doctor happily cleared him for eye surgery. The ulcer had reduced in size by half and all infection was gone. She was not surprised though, because she knew the benefits of HBO.

I've written before of my niece who, after a series of HBOT, enjoyed the healing of hand and foot ulcers from Lupus that she'd fought off and on for 15 years or more. She had many other healings, including a stomach ulcer. She has said many times "HBO saved my life".

Doctors thought another client had a growth in stomach and wanted to do surgery. Not wanting surgery, he decided to try HBOT first. It turned out to be an ulcer that totally cleared up with 20 HBO sessions.

Out of space again! Watch for new topics next issue. But for now...Happy New Year... may you and yours enjoy an abundance of good health, good quality of life, happiness and stress free days! See you at the HBOT clinic!

After retiring from 35 years in the computer field, Helen developed an interest in alternative health medicine. She became interested and began researching HBOT in an effort to find help and hope for her husband with congestive heart failure and diabetes, her nephew with ALS, and her niece with Lupus. She scoured the Internet, read articles, visited HBOT clinics, and even took dives herself. Her mission was to find out everything that she could about this simple, but powerful, treatment and how it can help. Call 210-654-6464.

What is HBOT?

Hyperbaric Oxygen Therapy (HBOT) is a medical treatment approved by the FDA and AMA that delivers pure oxygen to the body in a highly pressurized environment, enhancing tissue levels of life-giving oxygen, thus increasing the body's natural healing process. Normally, oxygen is almost exclusively carried by red blood cells. During HBO therapy, all body fluids are infused with the healing benefits of this molecular oxygen. This promotes healing in less time and reduces chances of infection. It has been employed for more than three decades to treat a variety of medical conditions.

Ask Kathy: About Vitamin C

Kathleen Jackson, RPh, N.M.D.

Q: How much Vitamin C is enough?

In answer to your question, I will reference the website <http://www.orthomed.com/titrate.htm>. Dr. Robert Cathcart of Allergy, Environmental, and Orthomolecular Medicine, (an orthopedist in Los Altos, California) has written many articles and extensively studied the vitamin. He has included information on the website about the research of the most famous Vitamin C researcher, Dr. Linus Pauling who “led the crusade” and made known to both the public and medical profession the medical uses of the vitamin.

I believe that titrating your oral vitamin C dosage to bowel tolerance is one of the best and cheapest ways to lower free radicals, detoxify your system, and prevent disease.

Bowel tolerance means exactly what it sounds like; using a dosage of vitamin C that is just below the dosage that would produce diarrhea. You can start by taking 500-1000mg of vitamin C and raising the dose by 500mg every third day until some diarrhea is produced. Then you can reduce that dosage by 500mg and remain on that dosage which would be considered your bowel tolerance.

Vitamin C is also known as ascorbic acid or ascorbate. The vitamin cannot be manufactured in our human bodies and we require dietary sources or supplementation. It works as an antioxidant and can improve immunity, wound healing, detoxification, and can possibly act as an antiviral. It can also reduce the frequency and severity of asthma attacks by acting as a mild antihistamine and reducing bronchial spasms.

Some little known facts about vitamin C are the cardiovascular effects. Vitamin C increases HDL (which is your helper cholesterol) and can lower elevated LDL and total cholesterol. It can also decrease levels of lipoprotein (a) or Lp(a) which is now known to form plaques in the blood vessels.

Vitamin C can also help dissolve these plaques once formed. Vitamin C deficiency can cause symptoms of anemia, poor appetite, tender and swollen joints, muscular weakness, capillary fragility, poor wound healing, easy bruising and gums that bleed easily.

Vitamin C tends to be depleted during periods of physical or emotional stress. The adrenal glands are the organs that contain the highest concentration of the vitamin. Since the adrenal glands are working overtime when stress is present, and everyone is so “stressed out” these days, it is easy to see why supplementing with the vitamin can improve overall health.

It is interesting that Dr. Cathcart found that the bowel tolerance of an ill patient was sometimes greater than ten times the amount tolerated by his healthy patients. This indicated to him that the need was greatly increased in a diseased person or one under extreme stress.

According to Dr. Cathcart, 80% of adult patients will tolerate 10-15 grams (one gram is equal to 1000 mg) of ascorbic acid divided into four doses and given over 24 hours, without diarrhea. The website has a chart showing the bowel tolerances of

patients with particular diseases. He found that those with yeast infections, bacterial infections, viral pneumonia or mononucleosis could tolerate over 200 grams per 24 hours of the vitamin. He believed that the maximum effects on the symptoms could be expected in the patients when they nearly reached the point of diarrhea or bowel tolerance. He feels that this demonstrates that it is only the vitamin C that is not being utilized, or absorbed in the body that is causing the diarrhea. The part of the dosage that is not reaching the rectum is not causing diarrhea.

Dr. Cathcart’s maintenance dose is 4000mg. He feels that there is no dependency developed to this dose and the sudden withdraw has no resultant problems such as a cold, allergy or fatigue. He also believes that vitamin C probably prevents most kidney stones. His belief is that patients that experience kidney stones that are taking vitamin C need to increase their dose to bowel tolerance to experience the healing effect. They just aren’t

To submit questions for “Ask Kathy”,
e-mail: askkathy@gmail.com
or call 281-470-7300. Include Question
(approx. 20 words), your name,
city and state.

taking enough vitamin C or have a chronic urinary infection that needs to be cleared.

Food sources of vitamin C include fresh fruits, (especially citrus fruits) and vegetables including collard greens, cabbage, brussel sprouts, peas, and asparagus.

Large doses of vitamin C will interfere with tests that look for occult blood in the stool and tests that monitor blood glucose levels in diabetics so be sure and check with your physician before starting a new program.

In conclusion, I would recommend finding out what your bowel tolerance dosage is and when you have a need for this higher dosage, such as periods of stress or physical challenge, use the vitamin accordingly. Otherwise, 4000mg is a safe maintenance dose. (*Drug Induced Nutrient Depletion Handbook from APhA 2001.*)

Kathy Jackson is a consulting compounding pharmacist and naturopath specializing in integrative natural medicine. She is currently based in the San Antonio and Houston areas. Kathy consults with numerous clients around the state, and around the country, on many different health issues. Kathy also has extensive training in homeopathy, herbals, and energy medicine. She is an NAET practitioner and uses Ondamed technologies as well. To set up an individual consultation, call 281-470-7300 or simply e-mail Kathy at askkathy@gmail.com.



CHARLIE NARDOZZI
National Gardening Association

Houseplants Clear the Air

Charlie Nardozzi, National Gardening Association

The outdoor gardening season has ended in much of the country. Sure, there are still late fall chores of raking and composting leaves and protecting roses for winter, but unless you live in the warmer parts of Florida, California, Texas, and Arizona, the growing part of the gardening season has finished. This is the time of year my attention moves to my houseplants.

Often neglected all summer for the more colorful and flamboyant perennial and annual flowers, houseplants are literally “a breath of fresh air” on cold, fall days. Not only do houseplants provide lush greenery indoors, many of them clean the air, too.

Stale Indoor Air

With concern about energy efficiency, modern houses are built as tight as possible. While these more efficient houses are great for using less energy, the air can easily become stale. Unfortunately, many common objects found in households give off chemicals that can be harmful to our health.

For example, plastic grocery bags, paper towels, room deodorizers, and carpeting give off formaldehyde, which can cause eye, nose, and throat irritation; headaches; and allergic reactions. Oils, paints, plastics, rubber, and some detergents give off benzene, which can cause skin irritation, headaches, and drowsiness. Appliances, heaters, gas, and oil can give off carbon monoxide that can cause nausea, headaches, and dizziness.

Research suggests indoor air can be 10 times more polluted than outdoor air. While we can't rid our houses of every

object that emits potentially toxic fumes, we can clean up the air simply by growing houseplants.

Best Air-Cleansing Houseplants

For 25 years NASA researchers have been testing various houseplants for their ability to clean air of toxins. Their research has been aimed at creating a livable moon base, but the results are also applicable right here at home. They discovered a number of houseplants that remove the main three gas pollutants in homes: formaldehyde, benzene, and carbon monoxide. Plants take in these air pollutants when their pores (stomata) open. The air pollutants are translocated to the roots where they are broken down by plant and soil microbes.

Not only are these houseplants good air purifiers, they are easy to grow indoors. In his book, “How To Grow Fresh

Air; 50 Houseplants that Purify Your Home or Office,” (Penguin, 1997), former NASA scientist Bill Wolverton estimates you'll need two to three large houseplants (10- to 12-inch-diameter containers) to clean the air in a 100- to 150-square-foot room. If using fewer plants, it's best to place them within your personal breathing zone (6 to 8 square feet around you) where you normally sit or lie to get the full benefit.

Some of the best houseplants to grow based on their ability to easily grow indoors, remove toxins, and release moisture into the dry, indoor air as they respire are:

1. Areca palm (*Chrysalidocarpus lutescens*)
2. English ivy (*Hedera helix*)
3. Rubber plant (*Ficus robusta*)
4. Boston fern (*Nephrolepis exaltata*)
5. Schefflera (*Brassaia actinophylla*)
6. Bamboo palm (*Chamaedorea sefritzii*)

Charlie Nardozzi, a nationally recognized garden writer, book author, speaker and radio and television personality, has appeared on HGTV, PBS and Discovery Channel television networks. He is the senior horticulturist and spokesperson for the National Gardening Association (www.garden.org) and Chief Gardening Officer for the Hilton Garden Inn. Column courtesy of Family Features.



*Current and archival issues
always available online at
www.enjoywholehealth.com*

“How To Grow Fresh Air; 50 Houseplants that Purify Your Home or Office,” and other books and films of interest are available directly through the bookstore at www.enjoywholehealth.com.



The Movie Mystic

Stephen Simon, Guest Columnist

Since the wild success of *THE SECRET*, dozens, if not hundreds, of filmmakers have been approaching investors and producers, claiming to have the “next” version of *THE SECRET*. At the Spiritual Cinema Circle, we have seen the filmed results of some of these attempts. Trying to imitate someone else’s success, however, is where Hollywood itself has gone so awry in the last decade or so. There will be no “next” version of *THE SECRET*, any more than *THE SECRET* itself was the “next” version of *WHAT THE BLEEP DO WE KNOW?* The next wonderful Spiritual Cinema documentary about the human condition can only come from a filmmaker’s unique vision and passion, having nothing whatsoever to do with precedent.

Enter *SONG OF SONGS*, film maker Chris Brickler’s debut film. Passionate, mesmerizing, humorous, and touching, *SONG OF SONGS* is a paean to love in all its wonderful, messy, and complex glory. In addition, film maker Brickler’s background as a musician serves the film beautifully, as the music throughout is both haunting and utterly romantic.

Members of the Spiritual Cinema Circle will receive this film as part of the February 2008 Spiritual Cinema Circle DVD collection (www.spiritualcinemacircle.com).

What distinguishes *SONGS* from so many other films is its compassion, love, and empathy for those who FALL in love and then find themselves “bewitched, bothered, and bewildered” by the every day challenges of BEING in love.

The delights at the center of the film are the filmmaker’s grandparents, who have been married for sixty-five years, a feat utterly unthinkable even fifty or so years ago. Heck, people didn’t even live that long until very recently, let alone be married for almost seven decades. Put another way, the senior Bricklers got hitched just after America entered World War II and three years before the first atomic bomb was dropped. How do you manage to stay married, and, by the way, very happily married, through all the changes that sixty-five years can bring? Well, just ask the Bricklers and they’ll tell you, with insight, compassion, and a healthy dose of humor. One of the most touching moments in the film occurs when Mrs. Brickler (now in her late eighties) gets a very loving kiss from Mr. Brickler, after gently chiding him to do so.

Most of the people interviewed for the film are folks just like all of us who are either in various stages of relationships, or are alone and looking for their next partner. The film gently underscores the point that love is, to all of us, an enduring mystery that reveals more of itself every day both in our interactions with others and also in our solitary moments of reflection. As revealed in the film, we are always searching for those answers, knowing full well that each answer inevitably leads to the next question.

Interspersed amidst the various love relationships that are explored are the loving, wise, and insightful observations of relationship guru Harville Hendrix, whose understanding of the human search for love is nothing less than inspiring. One of the

most moving moments in the film is when Hendrix observes that many people run away from relationships when they get challenging, when the going gets very tough. Ironically, Hendrix says, it’s the people who persevere during those dark times who later discover that things get very dark just before they’re about to get so much better.

It is that sense of optimism and hope that permeates the entire film. Made by a filmmaker who obviously feels a great sense of both camaraderie and compassion with the people in his film, *SONG OF SONGS* comes along just as we celebrate Valentine’s Day and we at the Spiritual Cinema Circle are honored to present its world premiere in our February collection of films. See it with someone you love...or want to love...or have loved. And save a special place in your heart for Grandmother and Grandfather Brickler. If there were a contest for America’s grandparents, I think the Bricklers might win in a landslide....and I for one would love to see their victory speech.

*Stephen Simon co-founded www.Spiritualcinemacircle.com and produced such films as *SOMEWHERE IN TIME* and *WHAT DREAMS MAY COME*. He also directed and produced both *CONVERSATIONS WITH GOD* and *INDIGO* and is the author of *THE FORCE IS WITH YOU: MYSTICAL MOVIES MESSAGES THAT INSPIRE OUR LIVES*.*



Chris & Grandparents' 65th Anniversary

Grace, from p. 7

At one of the medical conferences that I attended, Dr. Kane showed photograph after photograph of her patients. Usually in as little as a week or two of treatment, her patients went from being extremely debilitated to almost normal functioning... and this was for all the diseases mentioned above. Her treatments included ongoing oral supplementation, diet and IV's of Lipo-stabil[®] (a European form of intravenous PC or phosphatidylcholine), as needed.

I always try therapies on my self before offering them to my clients. I have been following her instructions for her neurological detox and am amazed at the benefits I am enjoying of enhanced memory, need for less sleep, increased flexibility of muscle and joints and softening of skin, fading of skin discolorations and many other rejuvenating effects.

If you take the time to look at www.dwg.org, as mentioned above...I believe you will see that we all can benefit by giving our bodies this gift, and if you suffer from a neurological illness, virus or spirochete, this therapy could be the last that you will need. It is my prayer that this will peak your interest to find out more so that you and your loved ones will be protected and live long fulfilling lives.

In this venue, I can only offer a teaser. Please contact us so that we can look at this in more depth, and share simple phospholipids programs for detoxification with you and your family. We will provide you with testing if you need it and a referral for more in depth treatment with these therapies in I.V form if called for.

Meridian Grace ND has over 30 years of experience in her field and continues to research for the most gentle and effective treatments for her clients. She offices in her lovely creek front home, where she can offer you compassionate health care in the warmth of her healing environment. For further inquires kindly call 512 280-9621 or e-mail awakeninghealth@austin.rr.com. Her website is: www.awakeninghealth.com

Heart, from p. 14

People Make With Their Horses: Why you have an unhappy horse and what you can do about it. I also have a Mistakes with Dogs book in the works, so stay tuned!

If you are ready for personal coaching and to experience the difference animal communication can make with your animal friends, and to get the help you need to work through training and behavior problems, performance issues, and even health challenges, then schedule a private session so we can resolve the problems now. It doesn't help you or your animal to keep putting up with problems because neither of you are happy and are just causing yourselves more stress. I work with animals but I help you regain your sanity, balance and well-being!

Do you have a question or need help with your animal friends?

Call me or just go to my website to submit a question. Did you know I offer a Free eNewsletter and Free Happy Pet Tips? Subscribe Today for animal information, more articles, tips on animal communication, news and much more! Just go to my website and sign up now. While you're there, be sure and get my Free Report: The 10 Things You Must Know Before Hiring an Animal Communicator! <http://www.valheart.com> I hope to hear from you soon!

*Val Heart, MBA, PaCBP – Expert Animal Communicator & Master Healer for People and their Animals! Specializing in the Human Animal BodyMind Connection, I work with chronic pain, illness, trauma, resolving health, performance, training & behavior challenges for humans & animals. Speaker, Teacher, Columnist, PaRama Certified BodyTalk Practitioner, seen on TV and heard on radio. Workshops, TeleClasses, Free Happy Pet Tips, Free eNewsletter. Call (210) 863-7928, www.valheart.com
© Copyright 2007, Val Heart & Friends.*

Tips for Health:

Many folks just think of chocolate as candy but the cacao powder (from which chocolate is made) is actually a plant-based food containing magnesium, copper, zinc and iron. It also contains polyphenols, which are a type of photochemicals that are high in antioxidant properties. These properties can actually help give your body extra ammunition in fighting off some diseases, particularly some of those associated with heart health. This info may be news to many of us, but surprisingly the medicinal powers of chocolate date back thousands of years.

It may be hard to believe but folks who think they're getting weight-loss results from eating only one meal a day may be doing just the opposite. Research has shown that people who most of their calories in ONE sitting gain MORE weight than people who eat exactly the SAME amount of calories distributed evenly among six meals. Smaller meals throughout the day keep the metabolism fires burning up more calories! (www.Alternativehealth.lifetips.com.)

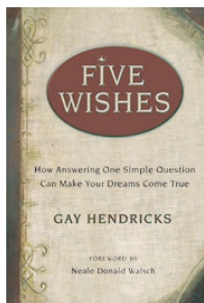
Book Reviews:

by Kate Faris

Five Wishes: How Answering One Simple Question Can Make Your Dreams Come True

by Gay Hendricks

NEW WORLD LIBRARY, 2007, \$18



Trapped at a cocktail party where he didn't want to be, author Gay Hendricks met a stranger. Deciding that they both hated small talk, they jumped right into life's deeper questions. This stranger asked Hendricks to imagine that when he was on his deathbed, whenever that was, that the man would come by and ask him, "Was your life a complete success?" If the answer is no, then the man said, "If you said no, you would have some reasons why it wasn't - what would be the things you'd wish had happened that would have made it a success?"

Hendricks response was, "I never enjoyed a long and happy marriage...I wish I'd enjoyed a lifelong blossoming of passion and creativity with a woman."

Then the man said something that would powerfully affect Hendricks' life: "Okay, now turn the wish into a goal, and put it in the present tense, as if it's happening at this moment."

A chance meeting, deep questions and a little prodding from Neal Donald Walsch have produced a short, surprisingly simple process that readers can use to jumpstart the power within.

Minding the Body, Mending the Mind

by Joan Borysenko, Ph.D.

DA CAPO PRESS, 2007, \$16.95



Minding the Body, Mending the Mind was truly groundbreaking when it was first published twenty years ago, and this newly revised version continues to offer time-tested tips, including mental and physical exercises to establish a healthy inner balance.

As Borysenko explains in her new introduction, the average person today knows more about exercise, diet, psychology, supplements, and pharmaceuticals than ever before in history. Yet, we are more sedentary, and stressed out now than ever before. She believes the explanation for this gap lies in our emotional state. When we feel bad - we try to comfort ourselves, usually by watching TV, drinking, smoking, etc.

Simple, engaging and uplifting, *Minding the Body, Mending the Mind* blends psychology, medicine and spirituality into a very powerful and practical guide.



THE NEW MATERIA MEDICA: Key Remedies for the Future of Homeopathy

by Colin Griffith, MCH, RSHom

WATKINS PUBLISHING-Distributed by STERLING, 2007, \$45.00

The New Materia Medica is the latest and most comprehensive reference book available on 36 new crystal, botanical and animal remedies currently in use. The entry on each remedy gives a description of its original substance, and an outline of its history, including medicinal and traditional uses.

It also includes summarized case notes that present clinical evidence of efficacy, and illustrate the day-to-day use of each remedy and a list of related remedies to show affinities, comparisons and relationships.

These great books and other books and films of interest are available directly through the EWH bookstore at www.enjoywholehealth.com.

Earth Talk

from the Editors of E/The Environmental Magazine

Dear EarthTalk: Where does all the medical waste from labs, doctor's offices and hospitals go? Does it just get put in a barrel and buried? Do they dump it in the oceans? With all the waste that is probably generated, it would be interesting to know where all those vials of blood and stuff goes.

-- Lee Senat, Haverford, PA

Medical waste is defined as the "biological byproduct of the diagnosis, treatment or immunization of human or animal patients" and includes so-called "sharps" (needles and scalpels), lab cultures and stocks, blood and blood products and any other wastes generated from sick patients or patients with infectious diseases. Such wastes have traditionally been disposed of by burning, either onsite at large medical or veterinary facilities, or offsite by licensed contractors that specialize in handling infectious materials. In most



cases, incineration has been found to be effective in neutralizing potentially infectious agents.

But incineration, whether for medical or other purposes, doesn't come without its health and environmental risks. The process generates some highly noxious pollutants, such as mercury and dioxin. Despite modern pollution control equipment on smokestacks, some of this discharge becomes airborne where it can foul the air and end up in waterways. And the incinerator ash left over after burning is usually sent to local landfills, where the pollutants can seep into soils and groundwater if not properly contained.

Given such problems, many of the nation's largest medical waste incinerators have been shut down in recent years in the face of more stringent regulations promulgated under the U.S. Clean Air Act. In their place a wide assortment of alternative methods, including autoclaving (steam sterilization), chemical disinfection, irradiation and enzymatic (biological) processes have emerged. Today more than 100 different technologies are in use in place of incineration. Once medical waste has been decontaminated by any of these methods, it usually ends up in landfills alongside regular municipal solid waste.

Most of us never even thought about medical waste until it started washing up on beaches in New Jersey in 1987 and 1988 in an event that became known as the "Syringe Tide." The event hit the New Jersey tourism industry hard, costing it almost \$1 billion in lost revenues. It also served as the basis for Barbara Ehrenreich's book, "The Great Syringe Tide" and reportedly was the inspiration for the line "hypodermics on the shores" in Billy Joel's 1989 hit, "We Didn't Start the Fire."

While there were few if any cases of people getting sick from exposure to such waste on beaches—medical waste poses a far greater risk to health care workers than to casual beachgoers—

the events served as a wake-up call to federal and state governments charged with ensuring public safety. In response, Congress passed the Medical Waste Tracking Act (MWTa) in 1988, which classified different types of medical waste and called for the creation of a "cradle-to-grave" tracking system requiring medical facilities and waste haulers to account for the proper handling and whereabouts of the waste they handled.

Congress only funded MWTa for two years, but various states have since enacted their own laws and protocols based on standards set by the original legislation. Not surprisingly, the toughest laws are in place in New Jersey and other Northeast shoreline states.

CONTACT: Medical Waste Tracking Act of 1988, [epa.gov/epaoswer/other/medical/mwpdfs/mwta.pdf](http://epa.oswer/other/medical/mwpdfs/mwta.pdf). rd them—is anybody's guess.

Dear EarthTalk: The impacts of all the paving that is done for new roads and parking lots must be considerable. Other than Joni Mitchell's "They paved paradise and put up a parking lot" issue, what else is this activity doing that will come back to haunt us? -- Libby Morse, via e-mail

The history of paving dates back to Roman times if not earlier, but our modern society has taken the practice to the extreme. Originally conceived as a way to make dirt- and mud-covered thoroughfares passable, roads (and parking lots) now cover the majority of urban and suburban areas around the world. In the U.S. alone, pavement covers some 60,000 square miles, or about two percent of the nation's total surface area. One out of every 10 acres of arable land is paved over.

Beyond larger issues like urban sprawl and the loss of farmland, paving itself is an environmental scourge, preventing the natural seepage of rainwater at the soil surface, and increasing the volume and speed of water run-off. The result is often severe soil erosion on adjacent unpaved areas. Also, paving reduces the total area through which the soil absorbs rainwater, forcing pollutant-laden run-off quickly to lower ground, increasing the risk of flooding accordingly.

Another environmental problem created by our overzealous application of asphalt is that, because the soil underneath paved areas absorbs very little water, natural aquifers below can dry up, reducing the overall amount of potable water available to people, wildlife and the larger ecosystem. Paving also prevents the growth of plant life and destroys wildlife habitat.

According to the nonprofit American Farmland Trust, which works to preserve farmland and promote healthier farming practices, Americans lose three acres of productive farmland to new paving every single minute of every day. The group reports that since the first Earth



Day in 1970, the U.S. has lost more than 40 million acres of farmland to development. With Americans now spending upwards of \$200 million a day building and rebuilding roads, such problems are only getting worse.

In response to such concerns, a diverse coalition of 170 community groups, individuals and businesses came together in 1990 as the Alliance for a Paving Moratorium (APM), with the goal of addressing the “tremendous environmental, social and economic damage caused by endless road building.” The group charges that our society’s obsession with paving and road-building draws public funds away from alternative transportation projects in service to the automobile, destroys inner cities as it promotes sprawl, fouls the air and water, contributes to global warming and—because most asphalt is a product of fossil fuels—plays into ongoing conflicts in the Middle East.

Jan Lundberg, a former oil-industry insider and transportation policy analyst who helped create APM, sees a bright future in putting less emphasis on paving and roads: “Money would immediately become available for public transportation and making cities more walkable. It could also go toward refurbishing existing downtown buildings so that people could live in them. Parking lots could be de-paved to make gardens and parks. Cities can be pleasant places, you know.”

CONTACTS: American Farmland Trust, www.farmland.org; “The High Costs of Paving,” www.culturechange.org/issue19/high_costs.htm.

GOT AN ENVIRONMENTAL QUESTION? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek/, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.



The Spiritual Cinema Circle

Movies that Matter

Films that open the heart and expand the mind.

Delivered to your door every month.

800-449-9886 or

www.spiritualcinemacircle.com

Gleis, from p. 9

suppression of an overactive immune function, these supplements may counteract the immunosuppressive effects of corticosteroids (Potential Herb-Drug Interactions, Facts and Comparisons: The Review of Natural Products, St. Louis: Wolters Kluwer Company, 2002, Appendix).

This article merely touches upon the countless list of drugs and their interactions with nutrients. If you are taking medications or are concerned about someone you know who is and want to know more, you may contact my office, Advanced Health Institute. We provide a research service, which offers you a personalized printed information sheet about the drug you are taking and its interactions with nutrients and or suggestions on how to improve your health.

Radhia Gleis is a Certified Clinical Nutritionist and a holistic practitioner, CCN. She is also a Certified Bio-Nutritional Analyst. She has a PhD in Pastoral Counseling and a MEd. in Nutrition. She is a professional member of the International Association of Clinical Nutritionists (I.A.A.C.N.). She is the president of Advanced Health Institute. She specializes in metabolic testing and rebalancing. For more information see our website at www.advancedhealthinstitute.com or call (512) 416-1810.

2008 Kerrville Wholistic Rodeo Health, Mind, Spirit, Eco Expo



45 Exhibitors
20 Presentations
3 Special Events

**Inn of the Hills • 1001 Junction Hwy.
Saturday, January 26 • 10am-6 pm
Sunday, January 27 • 11am-5pm**

Enjoy FREE gifts, lectures, special events, intuitive readings, interactive exhibits and more. This event offers unique and unusual products and services that support Health and Personal & Spiritual Growth.

The first 300 attendees on Saturday get a **FREE** Canvas Shopping Bag!



**\$10 two-day pass
Children under 12 free**

For more information call 1-877-454-3411

www.WholisticRodeo.com

CALENDAR OF EVENTS

Saturday, January 5

Five Secrets to Permanent Weight Loss. FREE seminar about weight loss through proper nutrition, simple lifestyle changes, natural healthcare and detoxification. 3pm. Natural Health Center of Austin, 4701 Westgate Blvd., Ste. B202, Austin TX 78745. Call 512-892-3366 or on the web: www.nhcaustin.com

Tues. Jan. 15- Feb. 19

LETTING GO® Series. Codependency recovery at its best! A 6-week series with Kate Bares-Johnson. Tuesdays, 6:30-8:30pm. For more info: Call 512-249-5683 or on the web www.thecenterforwellbeing.com (see column pg. 11)

Tuesday, January 15

The Art of Aromatherapy, \$50, Jan 31; 6:30-8:00pm &/or Feb 2; 11:00-12:30pm, AOMA, www.aoma.edu, E-mail: sbentley@aoma.edu, 512-492-3034.

Wednesday, January 16

Five Secrets to Permanent Weight Loss. FREE seminar about weight loss through proper nutrition, simple lifestyle changes, natural healthcare and detoxification. 6 pm. Natural Health Center of Austin, 4701 Westgate Blvd., Ste. B202, Austin TX 78745. Call 512-892-3366 or on the web: www.nhcaustin.com

Saturday, January 19

10:30 a.m. - 2:30 p.m., Energy Intuitive Healing: Energetic healing/chakra clearing can unblock stagnant energies and increase the natural flow of healthy energy through your body, mind, and spirit. First Spiritualist Church of Austin, 4200 Ave. D, Austin. Healings for domestic animals 1:00 - 2:30 P.M. Donations accepted. Details: 512.458.3987 (church) or send e-mail to: clear.spirit@yahoo.com

Sat-Sun. January 26-27

Kerrville Wholistic Rodeo. HEALTH – MIND – SPIRIT – ECO EXPO. Exhibits, Psychic Readings, Lectures, and Special Events Sat & Sun in Kerrville. For more info: 877-454-3411 or visit the web at www.wholisticrodeo.com.

Acupuncture Open House, Sunday January 27th, 2-5pm; FREE. Become an Acupuncturist and Herbalist; Meet with admissions, academic & financial aid advisors faculty & students! Tour the campus and enjoy brief introductory lectures. Academy of Oriental Medicine at Austin, 2700 W. Anderson Ln. #204, 78757; www.aoma.edu, admissions@aoma.edu, 512-492-3017.

Healing Qigong weekend intensive with Master Li Junfeng, Jan 26-27, \$185, www.aoma.edu, sbentley@aoma.edu, 512-492-3034.

Thursday, January 31

The Art of Aromatherapy, \$50, Jan. 31 6:30-8:00pm &/or Feb 2; 11:00-12:30pm, AOMA, www.aoma.edu, E-mail: sbentley@aoma.edu, 512-492-3034.

Friday, February 15

VALENTINE'S PARTY with Messages from Gabriel the Ark of the Covenant Archangel. 6PM. Healing Light Center. 7018 William Wallace Way, Austin 78754. 512-278-0559. www.sashawhite.com. Psychic/medical sessions in person/phone.

Fri.-Sun. February 15-17

RELEASE & RENEW® Weekend Intensive... a Soul journey with Kate Bares-Johnson. Info 512-249-5683 or on the web at www.thecenterforwellbeing.com (see column pg. 11).

Saturday, February 19

10:30 a.m. - 2:30 p.m., Energy Intuitive Healing: Energetic healing/chakra clearing can unblock stagnant energies and increase the natural flow of healthy energy through your body, mind, and spirit. First Spiritualist Church of Austin, 4200 Ave. D, Austin. Healings for domestic animals 1:00 - 2:30 P.M. Donations accepted. Details: 512.458.3987 (church) or send e-mail to: clear.spirit@yahoo.com

Monday, February 25

Advanced Monthly Meeting with **SAINT GERMAIN**. 6:30PM. Healing Light Center. 7018 William Wallace Way, Austin 78754. 512-278-0559. Psychic/medical sessions in person/phone. Website access: www.sashawhite.com

Fri.-Sun. March 28-30

SOUL2SOUL® A Retreat for Couples: a profound journey for couples seeking wholeness and sacredness in their partnership. With Kate Bares-Johnson and Rick Busby. Info 512-249-5683 or on the web at www.thecenterforwellbeing.com (see column pg. 11).

ONGOING EVENTS

Tai Chi and Qigong classes at AOMA start in January and February, \$60-180, sbentley@aoma.edu, www.aoma.edu, 512-492-3034.

Laying on of hands - Healing - FREE Andrew Stricher - Book *In His Footsteps* available from Amazon.com in Dec./Jan. Austin. Call 512-445-6379 or e-mail: whiteowl888@hotmail.com.

Mondays/Wednesdays/Fridays, 8:00 A.M. Locations throughout Austin. Outdoor stroller fitness class open to all caregivers/children 6 weeks/up. The first class is always FREE; we're running some great specials! www.momsandtotsfitness.com. Call 512-461-6823.

Nia—I love what it does for me! Carver Cultural Center, 1165 Angelina St. www.ci.austin.tx.us/carver. Mondays and Wednesdays, 10:15–11:15 A.M. Mondays, 4:00–5:00 P.M. Tuesdays and Thursdays, 12:00–1:00 P.M. Saturdays, 1:00–2:00 P.M. FIRST CLASS FREE.

Dance, Dance, Dance. Wondering what style of dance is made just for you, and where to find it? Get complete listings of where to dance in Austin, and how to get started. www.movineasy.com

Developmentally appropriate support groups/individual counseling: children/youth with parent with cancer/serious illness. Or seriously ill children/young adults. Free services; Spanish/English. Wonders and Worries, 923 Westbank Drive, Suite C. Meredith Cooper, 512-329-5757. www.wondersandworries.org.

The Crossings is seeking volunteers to assist

with our day-to-day operations. Please call 512-258-7243 or view our Web site at www.thecrossingsaustin.com for more information on our Volunteer Service Program.

Footworks in Southwest Austin: One-time FREE rental use of 14,500 s.f. facility to nonprofits for events or fund-raising activities! Cleaning/staffing fees still apply. 7010 W HWY 71, #120, in Oak Hill. 512-288-9577 for details.

SUNDAYS

Eckankar Worship Services, 1st & 3rd Sundays. 11 am. Austin Eckankar Center, 223 W. Anderson Lane, Suite B-206, Austin. Call 512-453-0331. www.eckankar-texas.org.

Free Kids' Show every Sunday at 10:30 am. Join us for great shows for all ages! Ruta Maya Cafe, 3601 S. Congress. 512-707-9637, www.rutamaya.net

Free Life Mastery Workshops - informal question and answer discussions with guest speakers that teach how to adjust your thoughts, feelings and intentions to create the life you want to be living. All Ways Zen & Austin Martial Arts, 5000 Bee Caves Road, Suite 210. 512-327-2900, www.allwayszen.com or www.austinmartialarts.com.

Happy Living With Justice. FREE. Yoga Practice followed by efforts to increase awareness on environment and justice issues so that we live in harmony with nature and justice. Contact Jogendra, 512-292-8093, or happylivingwithjustice@gmail.com.

Chittamani Buddhist Center. Without Inner Peace, Outer Peace Is Impossible. Classes and Meditation every Thursday, 7:30 P.M. and Sunday, 9:30 A.M. Spiritual counseling by appointment. 512-916-4444. 2919 Manchaca #102A (at S. Lamar). Web: www.meditationinaustin.org.

Discussion group, "The Coping Corner." Free; meets 2nd Sundays monthly, Genuine Joe's Coffeehouse, Anderson Lane, across from Lack's Furniture. Sunday, 4:00-5:30 P.M. Focus: Life Transitions. Susanne Slay-Westbrook L.P.C., L.M.F.T. www.aworldofrespect.com.

ZIKR, CHANTING IN THE SUFI TRADITION, reading, practices. 5:00-6:00

P.M. Free. Beginners welcome. Sufi Order of Austin, 8400 Flagstone Drive. Jan Stoddard-Smith, 512-206-0227, jstoddardsmith@austin.rr.com, or Xvarnah D'Obrenovic, 512-280-0584, parvati1199@yahoo.com, towardtheone.com. Call before coming.

BHAKTI YOGA DEVOTIONAL OFFERING, VEGETARIAN DINNER, AND MEDITATION. 6:00-9:00 P.M. No charge. Reservations required by 3:00 P.M. Meditation includes a lecture on Bhakti Yoga. Austin Meditation Center, 2307 Rio Grande, 512-472-YOGA, www.austinmeditation.org.

MONDAYS-FRIDAYS

5:30-6:30 P.M. Chanted Prayers (Puja) at Chittamani Buddhist Center, 2919 Manchaca Road #102A. 512-916-4444. www.meditationinaustin.org. Open to all—FREE.

MONDAYS

Holographic Sound Healing Meditation 7:30-8:30pm. Powerful healing and meditative experience. Unity Church of the Hills, 9905 Anderson Mill Rd., Austin. For more info: www.holographicsound.com.

INTRODUCTION TO SUFISM, 7:30-9:00 P.M. Free. Other days, times, available. Sufi Order of Austin. Enjoy learning Sufi meditation, chanting, readings, discussions. Learn about the Sufi Order International. Beginners welcome. Rabia Clark, rabia3183@aol.com, 512-892-0788. towardtheone.com, Call for appointment, directions.

TUESDAYS

Seance, Akashic Records, Reiki - Brooks/Garret Community Classroom (210) 365- 1400.

Free deeksha every Tuesday night in Deep South Austin with Beth Clare and Meridian Grace, N.D. A light dinner begins 7:00 P.M.; discussion, meditation, Oneness Deeksha follow. You are warmly invited. Location, call 512-280-9621 or e-mail awakeninghealth@austin.rr.com.

Simple, quiet, free, Karma/Laya Yoga group meditation. Help the Masters help humanity! Austin Transmission Meditation Group, 7:30 P.M. Eternal Way Center, 1122 S. Lamar. <http://transmissionmeditation.org>.

Safe Seafood Wallet List

SAFE TO EAT		
Anchovies		
Calamari		
Clams		
Crawfish		
Dungeness crab		
Flounder (summer)		
Haddock		
Hake		
Herring		
King crab		
Lobster (spiny/rock)		
Mid-Atlantic blue crab		
Northern shrimp (US-farmed)		
Oysters		
Alaskan salmon (wild)		
Perch		
White shrimp (US-farmed)		
Sardines		
Bay scallops (farmed)		
Sole		
Spot prawn		
Stone crab		
Tilapia		
Whitefish		
CAUTION: limit to one serving per month	Blue mussel	T
	Bluefish*	T
	Bonito*	T
	Channel (wild) catfish	T
	Cod (except Atlantic)	T
	Eastern oyster	T
	Gulf Coast blue crab	T
	Lake Trout*	T
	Lake whitefish	T
	Mahi-mahi	T
Pollock	T	
Porgy*	T	
Rockfish*	T	
AVOID	Catfish (farmed)	T
	Caviar (wild)	E
	Chilean sea bass/toothfish	E
	Cod (Atlantic)	T
	Grouper	E
	Gulf Coast Oysters	T
	Halibut	E
	King mackerel	T
	Largemouth bass	T
	Marlin	T
	Monkfish	E
	Orange Roughy	T
	Pike	T
	Pacific rockfish/rock cod	E
	Salmon (Great Lakes)	T
Salmon (Atlantic)	E	
Salmon (farmed)	E	
Sea bass	T	
Shark	T	
Shrimp (wild, imported)	E	
Snapper*	E	
Sturgeon (wild)	E	
Swordfish	T	
Tilefish	T	
Tuna (canned)	T	
Tuna steaks	T	
Walleye	E	
White croaker	T	

T = HIGH TOXIN LEVELS
E = ENVIRONMENTAL ISSUES
* = Based on data from 1977.
No recent data available.

Data from: FDA, EPA, Environmental Working Group, Monterey Bay Aquarium, Blue Oceans Institute, Environmental Defense.

www.coopamerica.org

TEXAS OUTDOOR WOMEN'S NETWORK (TOWN) - Austin Chapter - Open to women of all ages interested in outdoor activities. Fishing, kayaking, camping, hiking, and more! Monthly meetings are the 4th Tuesday of each month, 6pm at the LCRA Hancock Bldg., 3700 Lake Austin Blvd. For more information, see: www.townaustin.org

INTRODUCTION TO MANTRA MEDITATION. August 15 and 22, 7:30-9:30 P.M. Calm the mind, control the senses, develop love for God. No charge. Reservations required by 3:00 P.M. Austin Meditation Center, 2307 Rio Grande, 512-472-YOGA, www.austinmeditation.org.

THURSDAYS

Book Discussions: *Ask the Master* by Harold Klemp. 7-8pm, FREE. Austin Eckankar Center, 223 W. Anderson Lane, Suite B-206, Austin. Call 512-453-0331. www.eckankar-texas.org.

Yoga for Diabetes: 2:30-4:00 P.M. Jogi Bhagat from Yoga Solutions presents this workshop through a combination of Yogic postures, breathing exercises/techniques of deep relaxation. Reservation required. Free. 10008 Mount Rainier Drive. E-mail: yogasolutions@gmail.com. 512-963-8364.

Chittamani Buddhist Center. Without Inner Peace, Outer Peace Is Impossible. Classes and Meditation every Thursday, 7:30 P.M. and Sunday, 9:30 A.M. Spiritual counseling by appointment. 512-916-4444. 2919 Manchaca #102A (at S. Lamar). www.meditationinaustin.org.

SAINT GERMAIN'S TEACHING. 1st and 3rd Thursdays, 7:30 P.M. Austin. Web: www.sashawhite.com. 512-278-0559.

Thursdays 7:15-9:15 P.M. Free, Thursday Nights with the Sufis: Sufi Order of Austin: 1st Thursday, Universal Worship and Healing; 2nd Thursday, Contemplative practices; 3rd Thursday, Ziraat nature attunement, music and celebration; 4th Thursday, Dances of Universal Peace. Eternal Way Center, 1122 South Lamar (next to Alamo Draffhouse). Ata'allah Bill Meacham: 512-291-4300, bmeacham01@earthlink.net, towardtheone.com.

Fourth Thursdays: SUFI DANCING (Dances of Universal Peace), free. Easy

circle dances, chants from world's religions. Opens your heart! Ata'allah Bill Meacham: 512-291-4300, bmeacham01@earthlink.net; Xvarnah D'Obrenovic: 512-280-0584, parvati1199@yahoo.com, sufidance.org. 7:15-9:15 P.M. Eternal Way Center, 1122 South Lamar (next to Alamo Draffhouse).

FRIDAYS

"Sistah Circle" meets second Friday of every month. Join other phenomenal women-sisters-friends to connect, celebrate, support, share, laugh, cry and just BE! Contact The Center for Well Being for more information and locations. 512-249-5683 or on the web www.thecenterforwellbeing.com

Chanted prayers (Heart Jewel Puja)/ meditation, weekdays, 5:30-6:30 P.M. Fridays 5:30-6:30 P.M.: "Stop the Week"—Wishfulfilling Jewel Puja with Offerings. Free prayers. Public welcome. Chittamani Buddhist Center, 2919 Manchaca Road #102A, Austin, 78704. 512-916-4444. www.meditationinaustin.org.

Freeform dance. 7.45-9.45 P.M. First class free. Barefoot dancing, nonsmoking. A two-hour dance celebrating/discovering being human, authentic, spontaneous, raw. For those who love to dance. Austin Yoga School, 1122C South Lamar. Web: www.bodychoir.org.

SATURDAYS

SAINT GERMAIN'S TEACHING. 2nd and 4th Saturdays, 1:30 P.M. Austin. Web: www.sashawhite.com. 512-278-0559.

Magdalene Circle Gnostic Group meets Saturdays at 4:00 P.M. at a North and Central Location in Austin. Gnosticism and Kabbalah. For more information and directions: www.magdalene-circle.org. 512-663-7637.



ENJOY Whole Health

Distributor Spotlight

Satellite Café Oak Hill

7101 Hwy. 71 West, Suite E-1
Austin, Texas 78735

Satellite Café in Oak Hill is serving up the finest breakfast, lunch, & dinner Oak Hill has to offer.

Breakfast includes, mouth-watering pancakes, delicious migas, breakfast tacos all washed down with a cup of eye-opening gourmet coffee or espresso.

For lunch & dinner our dishes include, Steaks, Thai chicken lettuce wraps, Pasta's, Grilled Salmon, Pork Tenderloin, Chicken & Shrimp Wraps, Stir Frys, Focaccia Sandwiches, Burgers, Salads, Smoothies & much more. Tofu & many vegetarian options available!

Phone: 512-301-1883

www.satellitecafeoakhill.com

If you would like your business to become a distribution point, call toll-free 866-490-3662 or 210-272-0731. We will deliver the magazines to your business or office at no charge.

This directory consists of listings that describe a service, product, or training. If a listing interests you, don't hesitate to contact the advertiser to learn more about what they are offering. Ask about their credentials and experience, and how their service or product might benefit you. The wonderful folks who list here are always happy to talk with you about what they do and why.

How to Advertise in the Resource Directory

Resource Directory listings are easy to write. Write as you would speak to a friend about your work or product. We will size your photo and/or graphic.

The first 50 words are \$79.00 for a one time insertion, including photo and/or graphic. Each word is \$.89 thereafter with a max of 70 words. There is a one-time setup charge of \$15.00 for graphics preparation. Price includes listing on EWH website and hot link to your site.

You can pay less per issue by signing an annual contract and by bundling other services. Call for more information 210-272-0731 or toll-free 866-490-3662, send e-mail to: info@enjoywholehealth.com. **The deadline for the March/April 2008 issue is February 1.**

Acupuncture & Oriental Medicine



Kevin Luo, L.Ac., licensed in Texas and California.



Lifestyle, diet and behaviors that resonate with the cosmos can bring us to the most healthy state. In ill conditions, Chinese medical modalities such as acupuncture and herbal prescriptions can help restore the body, mind and spirit to their harmonious state. Traditional Chinese medicine treatments are holistic, effective and affordable. TxHarmony is dedicated to providing quality Chinese healthcare in a relaxing and tranquil environment. Call 512-795-8021. Located at 4131 Spicewood Springs Rd, Suite I-1, Austin, TX 78759. On the web: www.txharmony.com.

Animal Communication



Val Heart

AnimalTalk: Improve Your Pet Life! Are you: Having difficulty with your animal friends, their behavior, training, health or performance? Struggling with your own health issues? If you answered Yes! to any of these questions, you've come to the right place. I specialize in helping people get 'unstuck' and move forward -- with their animals and in their own lives. I help animals but I also help YOU regain your balance and sanity! Val Heart, Relationship Coach for People & Animals Group Coaching Calls, Free Happy Pet Tips & eNewsletter. Call 210-863-7928, or on the web: www.valheart.com

Coaching & Counseling



Kate Bares-Johnson



Soul Integration Therapy - Awaken your Soul...transform your life! Intuitive Guidance, Counseling, Spiritual/Life Coaching, Soul Integration Therapy®, Past Life/Childhood Regression Therapy, Codependency Recovery and more. Private Sessions, On-going Classes, and Retreat Intensives for individuals and couples. Phone sessions available. For more information contact Kate Bares-Johnson at The Center for Well-Being, 512-249-5683 or on the web: kate@thecenterforwellbeing.com or www.thecenterforwellbeing.com

Chiropractic



John Coppola,
D.C.

Precision Sport & Spine is a cutting edge sports therapy clinic specializing in Chiropractic Care, Spinal Decompression and Nutrition. We offer safer alternatives to drugs and surgery. Among the benefits our patients experience are pain relief, increased energy, increased performance in sports and in everyday living. Live your life to its fullest by rebuilding your body and restoring your health through cutting edge sports therapy, nutrition and exercise. Located at 11306 Sir Winston Drive, San Antonio, TX, 78216. Call 210-693-0291. E-mail: info@bodiesrebuilt.com or on the web: www.bodiesrebuilt.com

Dentistry



E. Griffin Cole,
D.D.S

Excellence in dentistry begins with a comprehensive examination in which we educate our patients about their current dental status as well as possible dental future. We provide treatment with gentleness and care in a friendly atmosphere that is emotionally and physically safe, comfortable and without prejudice. We provide comprehensive dental services in cosmetic dentistry, holistic dentistry and biological dentistry. The ONLY formally trained mercury-free dentist in Austin. 1301 W. 25th St., Ste. 402, Austin, TX 78705. Call 512-472-3565 or on the web: www.griffincole.com



Joan Sefcik, D.D.S

Joan Sefcik, D.D.S., 512-453-6337. Mercury free; nitrous oxide available. Board Member of the International Academy of Biologic Dentistry and Medicine, Member of IAOMT, DAMS. Send e-mail to: jsefcikdds@gmail.com.



John C. Guidry,
D.D.S

John Charles Guidry, DDS, MS 210-692-9140 General Holistic Dentist. Services include: Composite (white) fillings, crowns, bridges, implant supported crowns and bridges, dentures, partials (removable bridges) gum therapy and TMJ appliances. Address: The Vistas, 4242 Medical Drive, Suite 7325, San Antonio, Texas 78229 See our web page: www.drguidry.com

Feng Shui



Alison
Shockner

Feng Shui Works. I believe that Feng Shui must come from within the individual. All my workshops and consultations are founded on the principle of listening to your own internal compass, and not to a set of arbitrary rules. Having facilitated workshops for 25 years, I specialize in creating tailor-made classes or consultations which are both instructive and fun. I provide home and business consultations, also space clearing and geomancy. Alison Shockner. Call 210-732-7439, or send your e-mail to: www.fengshuiworks.com.

Healing & Bodywork



Kim Kiefer

Kim Kiefer, LIGHT LANGUAGE - A powerful and ancient "caught" teaching. Combining light and sacred geometry to create a new reality, heal dis-ease and more. Personal grids, classes and private instruction. Send your e-mail to: kim.rene.kiefer@sbcglobal.net, or call 512-343-7679.



Kathleen McBride

Kathleen McBride, CERTIFIED ROLFIER. Feel yourself whole, healthful and dynamically in tune with forces that modern day life and/or trauma too often ask us to swim against. Experience improvements in Posture, Alignment, Aches, Pains, Flexibility, Athletic Performance, Stress and Emotional Health that may be due to stress, strains, traumatic injury or simple everyday life. Contact Kathleen at: rolfinginthecountry@gmail.com or Call 210-317-4242.



Johnathan Walker

Johnathan Walker - A Course-friendly approach drawing on several hands-on traditions. Receiving heartfelt compassion through resting touch raises the coherence of our whole being. Joining through EBT, we intentionally choose Peace instead of strain and separation. The miracle is that our little willingness to receive becomes our greatest gift to the world. Home Visits, Austin. Jonathan Walker, M.Ed., LMT. Call 512-301-4451.



Jayne Morgan-Kidd

Energy work using Emotional Freedom Techniques, an 'emotional version of acupuncture' (no needles). Balances the body's subtle energies, clearing emotional distress and related physical symptoms. Involves focused thought and tapping on energy meridians. Experienced EFT Practitioner and Licensed Professional Counselor. Personal sessions and classes. Jayne Morgan-Kidd (210) 525-9605 On the web: www.jaynemorgankidd.com

Hypnosis

Ed Benjamin

HYPNOSIS WORKS! Ed Benjamin, Certified Hypnotist. Smoking, Weight, Past Lives, Study Skills, Meditation, Prosperity, Golf, Stress Management, and more. 210-824-3535. Ed Benjamin, Certified Hypnotist, 1747 Citadel Plaza, San Antonio, Texas 78209. www.edbenjaminhypnosis.com.



www.brianabrooks.com

Briana Brooks is a noted holistic practitioner in the San Antonio area. She is a certified hypnotist, Reiki master practitioner and gifted angel psychic and medium. Get the help you want and the answers you need. Call Briana Brooks at (210) 365-1400 or visit www.brianabrooks.com

Psychology, Counseling & Growth

Joan Wells, LPC

Joan Wells, L.P.C.. Specializing in counseling for abusive relationships, rape and incest survivors, crime victims. 210-203-2057

Jayne Morgan-Kidd LPC

Jayne Morgan-Kidd, Emotional Freedom Technique - see listing above.

Natural Products



www.theherbbar.com

The Herb Bar offers a wealth of solutions for what ails you. We are much more than "herbs." Step inside the Herb Bar and savor the wonderful smells and sights that greet your senses. The Herb Bar is an Austin original since 1986, and a haven for healing since 1995 when new owner Twila Dawn Willis added an extensive array of natural health and bodycare products. Visit our Magical Apothecary, Monday-Friday, 10:00 A.M.-6:30 P.M., Saturday, 10:00 A.M.-5:00 P.M. 512-444-6251. 200 W. Mary, Austin, Texas 78704. On the web: www.theherbbar.com.



Natural Products Directory

Find the natural/organic products that you need, plus news and much, much more! In our personal searches for products and information to aid in a healthier lifestyle for ourselves and our planet, we had difficulty finding the things we were looking for. Our assumption was that if we were having problems, so were other consumers. So, we pooled our information from our own searches and this website was born. Today, our directory provides consumers with information about online natural and organic products and provides information on the benefits of using natural and organic products for personal and environmental health. Check us out at www.Natural-Products-Directory.com



Unlimited Thought Life Enrichment Center

Unlimited Thought Life Enrichment Center: Books, Music, Gifts, Intuitive Counseling, Workshops. Body-Mind-Spirit Fairs first weekend every month. Bill and April Utterback have dedicated their lives to assisting others in making their own spiritual connection and in taking responsibility for their own lives. If you are within reach of San Antonio, we encourage you to visit Unlimited Thought. Many people come in simply to relieve stress in the unique atmosphere of the center. Unlimited Thought is totally religiously non-specific. 5525 Blanco at Oblate. 210-525-0693. www.unlimited-thought.com

Spiritual Practices & Intuitive Arts



Sasha White

Profound Psychic and Medical Channeled Readings including Spinal Alignments and some Instant Healings with Sasha GABRIEL White. In person/phone. All questions answered. When Sasha puts people on the table, she has an excellent way of going right to where it hurts and healing amazingly through the sound current. Sasha is also a Prophet, Medium, and Teacher of the Light. She started the Healing Light Center in Austin, which teaches metaphysicians to channel and receive the crown so they can hear their own Master Teacher. Profound classes offered. 512-278-0559. www.sashawhite.com. sashawhite@sbcglobal.net.



www.brianaabrooks.com

Briana Brooks is a noted holistic practitioner in the San Antonio area. She is a certified hypnotist, Reiki master practitioner and gifted angel psychic and medium. Get the help you want and the answers you need. Call Briana Brooks at (210) 365-1400 or visit www.brianaabrooks.com

Schools, Classes & Workshops



Aroma
Apothecary
Healing Arts
Academy

Aroma Apothecary Healing Arts Academy offers beginning to advanced programs. We offer professional quality courses and products for health professionals, retailers and others with an interest in aromatherapy and natural healing. Aroma Apothecary offers a leading edge Aromatherapy Distant Learning Course, as well as in-depth advanced clinical training for those pursuing a career in the healing profession. CE provider for massage therapists. Call 512-282-6099. 8100 Ganttcrest Drive, Austin, TX 78749 or on the web: www.AAHAA.INFO.



HYPNOSIS TRAINING. Moore Inspirations Professional Hypnotist Certification Program. Register TODAY! Kathy Moore, MBA, is the only National Guild of Hypnotists Board Certified Hypnotist in San Antonio, TX. She has been involved in the human potential movement for over two decades. Kathy combines work experience in a wide range of business settings (journalism, sales management, marketing research and teaching) with hypnosis, consulting, and training in a variety of motivational techniques to offer clients solutions that are unique, practical, inspiring and highly effective. For details, visit www.mooreinspire.com, or call 210-735-6766.



Carolyn Maloney



REJUVINATE, REFRESH, RELAX AND HARMONIZE YOUR LIFE ENERGY WITH ALTERNATIVE AND INTEGRATIVE HEALING TECHNIQUES Our unique service has established our place in this industry. This allows us to make a distinctive and substantial impact for our clients, students and friends. The different techniques give everyone a better awareness and understanding of different cultural approaches to healing, which has been an integral part of everyday life for centuries. REIKI SAN ANTONIO at San Antonio College. For Cont. Ed. Credits, call 210-289-9722, e-mail reiki@flash.net or www.reikisanantonio.com

How to Advertise in the Resource Directory

Resource Directory listings are easy to write. Write as you would speak to a friend about your work or product. We will size your photo and/or graphic.

The first 50 words are \$79.00 for a one time insertion, including photo and/or graphic. Each word is \$.89 thereafter with a max of 70 words. There is a one-time setup charge of \$15.00 for graphics preparation. Price includes listing on EWH website and hot link to your site.

You can pay less per issue by signing an annual contract and by bundling other services. Call for more information 210-272-0731 or toll-free 866-490-3662, send e-mail to: info@enjoywholehealth.com. **The deadline for the March/April 2008 issue is February 1.**

Cut Winter Utility Bills - Reduce Your Carbon Footprint

Simple DIY Projects

(Family Features) Want to cut your utility bills, enjoy a more comfortable home this winter and curb pollution with a few easy do-it-yourself energy upgrades? By spending about \$100, you can expect to save hundreds of dollars in energy bills while reducing carbon dioxide emissions – or your carbon footprint – up to a couple thousand pounds per year.

“The benefits of taking an afternoon to do these small tasks are countless,” said Rodney Hawkins, General Manager of Momentive Performance Materials, an exclusive licensee of General Electric. Unsealed windows and doors and other inefficiencies translate into higher utility costs and more harmful greenhouse gas emissions released into the environment. “An inexpensive product like GE Silicone II caulk can make a home cheaper to heat, more comfortable because the heat is staying inside and the cold air outside, and protected from wet weather damage.”

Consider implementing these easy and inexpensive upgrades that can be completed in a couple of hours.

- Seal windows and doors with silicone caulk. Air leaking through gaps and cracks can add up to as much airflow as an open window. Silicone caulk provides an exceptional airtight and watertight seal to keep warm air inside the home. Because silicone caulk is not water based, there is minimal shrinking and cracking. Acrylic caulk is water based and some acrylics shrink up to 25 percent. That shrinkage may leave cracks and gaps, allowing air and water to move through. A typical home can be sealed with four tubes of high-quality caulk.

- Wrap the water heater with a water heater blanket. Water heating is the third largest energy expense in the home. Insulating the water heater will save energy and money. Gas water heaters should be insulated carefully – check the manufacturer’s recommendations.

- Turn down the water heater thermostat. Many manufacturers set thermostats at 140°F, but 120°F is usually hot enough for all hot water needs. Homeowners can save between 3 percent to 5 percent in energy costs for each 10°F they reduce water temperature.

- Install low-flow showerheads. High efficiency showerheads can cut hot water demand by an estimated 40 percent. They are inexpensive and easy to install.

- Wash full loads of laundry – at a cooler temperature. Only wash full loads to use less water, and switch the temperature setting from hot to warm to cut the load’s energy use in half.

- Install an electronic thermostat. According to experts, turning the heat on and off during the day in an effort to save money actually uses significantly more energy than maintaining a steady temperature. An electronic thermostat is easy to install and can cut down on energy costs.

- Use compact fluorescent light bulbs (CFLs). At \$0.10/kwh, replacing a 60-watt incandescent bulb with a 13-watt CFL will save a consumer approximately \$38 in energy savings over the life of the product.

For additional energy savings and how-to tips, and for information on home sealing, visit www.gehomessealing.com.

*“Come to the edge, he said. They said:
We are afraid. Come to the edge, he said.
They came. He pushed them,
And they flew...”
- Guillaume Apollinaire*

Tips for Health:

There are actually two types of fiber - soluble and insoluble. Soluble fiber is found in foods like oat bran, broccoli, and apples. It SLOWS the movement of food through the intestines. Insoluble fiber, found in wheat bran, dried beans (like kidney and pinto) and celery, SPEEDS up movement through the intestines. You need BOTH types of fiber to keep you healthy! (www.Alternativehealth.lifetips.com.)



EGYPT

April 26-May 7, 2008 - \$2995
Mt. Sinai Extension - \$ 595
May 7-10

Journey of the Heart, Anchoring World Peace & Harmony



*Including A Special Ghandarva Ceremony of Peace In The
Great Pyramid, Infusing The Vibration of Unconditional Love.*

**With Dr. Paul Hubbert, Ph.D., Sound Master
Special Guest Randy Masters, Maestro of the Singing
Universe and of course the Hathor Energy of Sound & Love**



Join Paul & Randy & unleash the Power of Holographic Sound through Sacred Geometry!



Paul holds a Ph.D. in Psychology, is a Sound Master, Visionary and Musician, an Intuitive Channel and works with the Healing Vibration of Sound/Music, thru singing, harmonics, crystal bowls & traditional techniques. Spirit guided, Paul works with the Sacred Geometry of sound in its multi-dimensional form, "Holographic Sound." More at www.HolographicSound.com



Randy is a Master Teacher, Composer, Harmonic Mathematician and Sacred Geometrist. He is an international lecturer, author, researcher on the pyramids, sacred sights and mathematical language of light harmonics of sacred numbers. Randy's earlier life; in music as a professional composer, recording with many world-renowned musicians. More at www.UniversalSong.net

Must Pre-register by February 1, 2008, Final Payment by Mid March

*** We'll visit the Great Temples of Egypt, the Power centers * Magnificent 5 Day/Night Cruise up the Nile * Exclusive Private Entrance into the Great Pyramid * Opportunity for Ceremony anchoring Peace, Harmony & Healing in the Sacred Temples * Valley of the Kings * Journey to Mt Sinai, opportunity to climb Moses Mtn, where Moses received the Ten Commandments * Hosted by World Class Egyptologists * Shopping * 5 Star accomodations throughout * Airfare additional**

For more information go to www.HolographicSound.com or contact Paul Hubbert, Institute for Holographic Sound & Inner Balance, USA * 512-891-7887 email: Paul@HolographicSound.com * Organized with Spiritual Journeys, Quest Travel, Egypt

Experience the Sound and Music of Creation as we journey through the Ancient Motherland awakening memory, claiming mastery and all that you are, ONE!