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Austin Area Edition

May/June 2008

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You Should Know  
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Spring Green and  
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Part 1

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# Dear Sasha: Messages from Your Angels

Sasha GABRIEL White, Columnist

**Psychic & Medical Readings**

*This May and June, there are important days to remember, including Mother and Father's Day, as well as the Summer Solstice, June 20. Solstices occur twice a year, when the tilt of the Earth's axis is oriented directly towards or away*

*from the sun, causing the sun to appear to reach its northernmost and southernmost extremes.*

*During each solstice, our guardian angels dwell within a sphere of love directly opposite our etheric bodies. Thus, we are blessed, prospered and chilled with their abundant presence.*

*Always meditate and renew your commitment with your unseen teacher during the solstice. If you do not know your guardian angel/teacher's name, you may always use God, Metatron, Gabriel or Saint Germain. Never think that We do not know who you are. You are blessed beyond measure. Each frequency of change is resoundingly beautiful.*

*During the southern solstice, in December, know that as the weather changes, so shall we change. Transforming as the butterfly is why we are alive today for transformation means growth and as we grow, so shall we remain within our true Divinity.*

Lord Gabriel

**Dear Sasha: How can I fix my life? Sometimes I feel I am living in a dream. What is my Angel's name?** Xochitl, 54, San Antonio, Texas.

Dear Xochitl: I am struck with the thought of suggesting that you are ever outside of a dream. For in the dream state, we do live, which is not the real "us". However, within your life, your dreaming means that you want to get ahead. Try real estate and it will get better by the time you finish your tedious hours of school. You should excel, for sales is one of your attributes. It will change your life. Your angel is God, your guardian is Metatron, your anchor is Saint Germain, and your high teacher on the other side is Michael. Good luck, for luck is on your side.

**Dear Sasha: My son has vision problems that no one has been able to diagnose. If you have any advice or guidance, I'd be so grateful.** Lisa Phillips, 34, San Antonio, Texas.

Dear Lisa: It seems like your son has an inner canal that is filled with pus or mucus depending on how bad it is from time to time. Each time he submerges his head in water, it will begin to clean up. Fill the bath up with lukewarm water, not too hot, and ¼ - ½ cup epsom salt. Soak for approximately 10 minutes 2-3 times a week.

**Dear Sasha: I'm at a crossroads in my life and have no idea where I'm supposed to be going. What should I do?** Rebecca, 40, San Antonio, Texas.

Dear Rebecca: Tulsa, OK is your highest place, after that, Sedona,

AZ, then New Mexico, preferably Albuquerque or Santa Fe. The next time you float through life, remember how spiritual everyone is in those particular locals. Get straight to the metaphysical centers and bookstores as soon as you move and you will begin to meet people instantly. Good job.

**Dear Sasha: I gained 15 lbs last year and can only attribute it to an ovarian cyst that I had to have 'urgently' removed. I have not been able to lose weight since then and assumed I would. Is there another reason for this gain?** Laura, 43, Austin, TX

Dear Laura: Stress over doctors and people resulted in a minor setback with your weight. If you are walking/jogging/bicycling each one of the inches will leave according to exercise. Fruit is the best way to lose because you mainly have bloat and water retention. Try eating a fruit plate with avocados and sliced tomatoes and live on those foods with some cottage cheese for a month, you will feel better than ever. You will clean the colon and your heart rate will improve. Your high teacher is Metatron.

*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.*

*ASCENSION GROUP - taught by THE MASTERS - 1st & 3rd Tues at 7:30PM (see Calendar):*

- *Tues, May 6 – Master's Teaching with God, Moses & Uriel*
- *Tues, May 20 – Saint Germain & Metatron*
- *Tues, June 3 – Master's Teaching with Gabriel*
- *Sat-Sun, June 7-8 – REIKI & SEICHIM REIKI CLASSES*
- *Tues, June 17– Saint Germain & Metatron.*

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

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### 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 herein is not intended for self-diagnosis or treatment. Opinions expressed in this magazine are solely those of the authors and are not necessarily those of the publisher nor advertisers.

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### ON THE COVER

Yoga Heaven by Georgina Palmer.

We intend prosperity, hope, faith, love, wellness, courage, joy, peace, understanding, harmony, kindness, forgiveness, trust, faith, gratitude, vitality and health



## The Only Constant is Change

Patrick Jackson, Publisher

**T**ime marches on they say. Or is it really we that march on through time? In any event, nothing stays the same forever, and that is a good thing. We are constantly evolving and changing who and what we are. That is the natural state of things.

As we are striving to create a more natural, holistic lifestyle, it is only natural that we change as well. So, we at Enjoy Whole Health are doing our part by continually evolving and changing not only what we bring to you, but how we do so.

This month we moved our world headquarters to the beautiful city of Austin. Our new contact information is available in the box to the left.

We have also posted new content on our website [www.enjoywholehealth.com](http://www.enjoywholehealth.com), from the editors at family features syndicate. It is information on food, home & lifestyle, and lawn & garden. The information provided is a nice mix of traditional ideas and healthy, green ideas. Also now available on our website are updated News and Events pages for those items that miss our print deadline. Check it out regularly to see what's new.

Recently I had the opportunity to be present at a seminar given by Raymon Grace. Raymon is an internationally-known dowser and healer. He was gracious enough to allow us to reprint the following excerpt from one of his recent newsletters (below), that really speaks to the whole idea of change.

Thank you for reading and participating in this magazine and for all that you do. You are appreciated more than you will ever know. Blessings and Enjoy Whole Health!

*Send your letters to the Editor to [Patrick@enjoywholehealth.com](mailto:Patrick@enjoywholehealth.com), or write to: Enjoy Whole Health, 13492 Research Blvd., Suite 120, PMB 404, Austin, Texas 78750.*

Hi Folks,

This newsletter is to share an idea with you that is not new at all. It has been around for thousands of years. Even though you are aware of this, you may not be using it as much as you could.

We seem to be living in a time when our thoughts are more powerful than ever before so let's take advantage of it. As you know, "ENERGY FOLLOWS THOUGHT."

Your needs and desires are different from mine but the principle is the same, "ENERGY FOLLOWS THOUGHT."

The thing to remember is that we need to do our thinking at the most powerful brain frequency, which is nothing more than a relaxed state of mind, and to create a mental picture of what we want to attract.

It seems that in doing so, energy is directed to manifest what we thought about.

Now consider this: if you think about lack and limitation, can you attract prosperity? If you dwell on fear and hate, can you express love?

If you put all your energy into all the sickness in the world, can you manifest good health for yourself?

To ask such questions is to answer them.

Here are just a few suggestions for some projects you might want to direct your attention to: Cleaning up our water; Reducing abuse on women and children; Helping our veterans who suffer from post-traumatic stress disorder; Making schools safer.

May I suggest that whatever you want in your life, you give THANKS for it.

If each morning you will THANK the Spirits of Love, Gratitude, Forgiveness, Prosperity and Freedom, you are likely to notice that your life changes for the better. If you are willing to try this experiment, please let us know your positive results by writing [news@raymongraceprojects.com](mailto:news@raymongraceprojects.com).

MAY YOU BE BLESSED WITH A LOT OF GOOD STUFF!!!!!!

Raymon Grace

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## Help Wanted!

Kate Bares-Johnson, Columnist

“You must be the change you wish to see in the world.” Mahatma Gandhi

There was a time in my life when the conditions of the world felt very personal and I felt completely inadequate in my attempts to reach peace...even in my own heart. I wanted to scream at those who didn't "get" it; those who couldn't see that they were the cause of their own dismay and discontent; those who were choosing to be miserable and making others miserable in the process. It was painful and often irritating to hear their complaints when I could clearly see it was their own actions and choices that kept them in a continuous cycle of revenge and hurt. Their righteousness disgusted me!

Then I woke up.

I woke up and realized...I was the one who wanted to scream; I was the one who was discontented and irritated with other's behaviors; I was the one judging and blaming and miserable. I was them! I was shrinking in my capacity to love at a time when I needed to love more. As I shook the cobwebs of my ego loose, the following words came flooding in. Yes, the Universe was trying desperately to teach me something and this is what it whispered:

“You cannot sit at odds with the conditions of your life if you are not choosing to live by your own integrity. If you are de-

**Soul Integration  
Therapy**

faulting to old beliefs and habits, don't blame others or even your own humanness, for if you are aware of those old beliefs and habits, you are awake! Nor can you blame your humanness for your lack of will, for humans exist only by will...the will to breathe, the will to choose, the will to love. Choose from your deepest Truth and let it be your guide when you are tempted to opt for the old comforts of anger and blame.”

“Let your Soul do your bidding. Do not let the ego coax you into believing you are choosing from Truth if you have even a morsel of fear, for Truth exists without fear, without regret, and without shame. And do not fool yourself with anger, hate, prejudice or victimization, for these are not conditions of Truth. The essence of the Soul is love...nothing more. You are love. Nothing more. And nothing less.”

“Stop negating your worth! Stop negating your will. Stop negating your capacity for love. You are human, yes, but you are Spirit more. Forgive your humanness and do not make excuses. Do not begrudge another if you yourself are failing to love at your capacity. Nor be naïve to think your capacity has limit. Expand your love and embrace the hate. Forgive your weakness and do not give up. Forgive your un-forgiveness and let go of the hurt. Stop blaming others for their lack of compassion, for it is your own lack of compassion that breeds blame.

Be willing to choose love, again and again and again, when in doubt, when in pain, when in fear...and love until there is nothing else. Nothing but endless, boundless, love!”

Something awakened in me that day, just as we are awakening right now as a planet. We have work to do! We don't have time or precious energy to waste complaining or blaming others for the state we're in. Rather than continuing to shake our fists at those we disagree with or simply don't understand, rallying against their prejudice or injustice, it's time to take responsibility for the madness we are contributing to. Yes, responsibility! If we truly desire peace in our world, we must first know peace in our own hearts and minds. We must awaken at the very deepest center of our Being and remember who we are, each and every one of us. We are love...no excuses; no exemptions. Each of us can and will shift the energy of the whole when we are willing to be and live this Truth.

If you're up for the task, and I believe you are, remember this the next time you feel hurt, afraid, or angered by the conditions of your life or of this world: If you want peace, be peace. If you want Truth, be Truth. If you want love, be love.

Yes, we CAN change the world!

*Kate Bares-Johnson, Founding Director of The Center for Well Being in Austin, specializes in Intuitive guidance and counseling, Soul Integration Therapy®, Childhood and Past Life Regression Therapy, Codependency Recovery, and Spiritual/Life Guidance. 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 more information or to schedule a consultation, contact kate@thecenterforwellbeing.com or 512-249-5683 or www.thecenterforwellbeing.com.*

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# Detoxification - a Dirty Job, But Everyone's Got to Do It

Radhia Gleis, PhD, CCN, Columnist

*In the past 50 years more than 75,000 chemicals have been introduced into the environment. Today 300 synthetic chemicals are found in the bodies of humans. Even newborn babies have synthetic chemicals passed on from their mothers.* —REACH (Registration, Evaluation, and Authorization of Chemicals, a European Union program)

- The EPA tallied close to 10,000 chemical ingredients in cosmetics, food and consumer products. Very few of these chemicals were in our environment or our bodies just 75 years ago.
- In 2000, major American companies dumped 7.1 billion pounds of 650 different industrial chemicals into our air and water.
- Within 26 seconds after exposure to chemicals such as cleaning products, traces of these chemicals can be found in every organ in the body.
- At any given time, there are 3.36 million tons of household hazardous waste to contend with in our country. —Chec's HealtheHouse, the resource for Environmental Health Risks Affecting Your Children
- Over 80 percent of adults and 90 percent of children in the United States have residues of one or more harmful pesticides in their bodies.
- Petrochemical cleaning products in the home are easily absorbed into the skin. Once absorbed, the toxins travel to the blood stream and are deposited in the fatty tissues where they may exist indefinitely. —"In Harm's Way," a study by "The Clean Water Fund" and "Physicians for Social Responsibility" May 11, 2000

One of the fundamental aspects of my practice as a Certified Clinical Nutritionist is detoxification. Cleansing, or detoxification, is one part of the trilogy of nutritional action; the other actions are building or toning, and balance or maintenance. Our bodies handle toxins by neutralizing, transforming, or eliminating them. The liver helps transform many toxic substances into harmless agents, while the blood carries wastes to the kidneys; the liver also dumps wastes through the bile into the intestines, where much waste is eliminated. We also clear toxins through sweating, from exercise or heat. Our sinuses and skin may also be accessory elimination organs whereby excess mucus or toxins can be released, as with sinus congestion or skin rashes, respectively. Toxicity occurs in our body when we take in more than we can utilize and eliminate. Homeostasis means that our body functions are in balance. This balance is disturbed when we expose ourselves to more than we can utilize or partake of specific substances that are toxic.

Toxicity occurs on two basic levels -- external and internal. From the external level we can acquire toxins from our environment by: breathing them, ingesting them, or physical contact with them. We all are exposed to toxins daily. We eat and drink them and impose them upon ourselves repeatedly and regularly. Most drugs, food additives, and allergens can create toxic elements in the body. In fact, any substance can have toxicity—water, sodium, and almost all nutrients can be a problem in certain circumstances.

From the internal level our body produces toxins through its normal everyday functions. Biochemical, cellular, and bodily activities generate substances that need to be eliminated.

Microbes of all kinds such as, intestinal bacteria, foreign bacteria, yeasts, and parasites produce metabolic waste products that we must handle. When these substances/molecules/toxins are not eliminated, they can cause irritation or inflammation of the cells and tissues, blocking normal functions on a cellular, organ, and whole-body level. Our thoughts, emotions and stress generate increased biochemical toxicity. The proper level of elimination of these toxins is essential to health.

The following symptoms indicate a need to detoxify your body:

Nausea	Sore throat	Immune weakness
Dizziness	Indigestion	Tight or stiff neck
Environmental sensitivity	Mood changes	Anorexia
Angina pectoris	Sore throat	Allergies
Fatigue	Joint pains	Itchy nose
Nervousness	Skin rashes	Cough
Frequent colds	Sleepiness	Hives
Wheezing	Constipation	Runny nose

Often the following problems are alleviated by eliminating the related toxins and by following a good detox and restoration program:

Acne	Obesity	Prostate disease
Abscess	Infections	Menstrual issues
Boils	Bacteria	Vaginitis
Eczema	Virus	Varicose veins
Allergies	Fungus	Diabetes
Arthritis	Parasites	Peptic ulcers
Asthma	Worms	Gastritis
Constipation	Uterine fibroids	Pancreatitis
Colitis	Cancer	Mental illness
Hemorrhoids	Cataracts	Multiple sclerosis
Diverticulitis	Colds	Alzheimer's disease
Cirrhosis	Bronchitis	Senility
Hepatitis	Pneumonia	Parkinson's disease
Fibrocystic breast	Sinusitis	Drug addiction
Atherosclerosis	Emphysema	Tension headaches
Heart disease	Kidney stones	Migraines
Hypertension	Kidney disease	Gallstones
Thrombophlebitis	Stroke	Gout

Of course, not all of these conditions are solely problems of toxicity or are they completely cured by detoxification. It is my opinion that in order to maintain optimum health, however, everybody should do some sort of detoxifying program at least once a year, twice is even better.

The colon, liver/gallbladder, kidney and lymphatic system are the main organs and systems the body uses to detoxify. All should remain clean and healthy throughout our lives. It is important to remember that everybody is biologically individual and must consider all aspects of ones particular health needs and conditions.

There are many detoxification programs and products on the market today. I caution you not to consider taking these products or doing an intense cleanse without the supervision of a

See Gleis, p. 18



## Spring Green and Aventurine

Karen Richards, Columnist

As we begin to approach the summer months ahead, it is important for us to take advantage of the abundance of beautiful, lush green colors currently surrounding us. The newness and vitality brought about during the spring months gives us a wonderful opportunity to work with the amplified and yet plentiful vibrations of the color green.

A great stone to work with now is AVENTURINE, a variety of quartz/feldspar which gets its sparkle from tiny particles of fuschite mica or fragments of hematite and pyrite within. Although Aventurine can be found in colors of orange, peach, red and blue, its most common color is green.

One of the keynote energies of Aventurine is growth and it is also known as the "heart healer". Green symbolizes growth and the desire to expand and increase. However, in order for there to be growth, balance and a sense of order must be present. Aventurine is one of the best overall balancing stones for the heart, because it acts without creating any turbulence or sudden release. The heart is the balance point for our entire energy system and Aventurine's gentle strength allows it to work as a protector and stabilizer to areas in and around the heart.

An all around healer that brings about emotional calm and an inner sense of well being, Aventurine is a great gift, even to young people. Balancing the heart brings a life-supporting calm inside us, and an ability to relate positively to the world around us. Learning how to relate to others is a skill of balancing our needs with the needs of others. Aventurine holds us in a place of compassion and is one of the best stones to utilize in achieving the goal of being able to see all sides of a situation, a most desired leadership quality.

Also called a stone of fortune, Aventurine is a very positive stone for creating prosperity and "good luck". In addition, as is the case with most green stones, it has a natural affinity with growing plants and healing the energies of a garden. It can be used to grid gardens or houses against geopathic stress. When it comes to offsetting the effects of electromagnetic pollution, Aventurine is also recognized as one of the best filters. A stone taped to your cell phone or placed next to your computer acts like a screen to protect against harmful emanations. Wearing Aventurine jewelry has the added bonus of absorbing electromagnetic smog from around you.

In addition to the energies of prosperity and growth, the color green is also the vibration of relationships. As a feng shui treatment, Aventurine is an excellent enhancer when placed in the center of the room. If it's relationships specifically you're focusing on, it should be placed on the right side of your bed along with some rose quartz.

Green Aventurine has some extra qualities when used in conjunction with selected other stones. Adding a piece of Rhodonite to your Aventurine during any negotiations will greatly benefit your cause; and be sure to add Citrine with your Aventurine for those negotiations that have to do with money. Holding

Aventurine in one hand and a piece of Rose Quartz in the other hand has been reported to ease the side effects of chemotherapy treatments. In this situation, because these stones absorb so many toxins during their use, it is recommended that old stones be buried in the earth after each treatment. A new set of stones should be used each time.

Embrace the gentle yet powerful energy of Aventurine and enjoy the positive, domino effects of this stone. Like the stars in the universe, Aventurine sparkles and emanates an all-encompassing balance for the heart.

References: The crystal Bible by Judy Hall, The Secrets of Crystal by Shai Toder and The Magic of Crystals Colour & Chakra by Lilly, Martin, DeWinter and 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](http://www.naturestreasures.tx.com)*

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## Animal Talk: Eight Signs of Illness in Animals - Part 1

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

**D**o you know the 8 common signs of illness for your animal friends? Things can go wrong in big or subtle ways, so be sure you are paying attention. My most distressing consultations are when I am called in as the Hail Mary, the desperate plea of last resort, to help people or animals who are suffering a health “emergency.”

The sad fact is that in almost every case, the signs were there weeks or months before things became acute. Our animal friends showed signs in every way they could, but were often ignored, mistreated, misdiagnosed or misunderstood – they got “missed”.

In my work I’ve proven my ability over and over again to discover problems brewing long before things got really bad, giving us time to address them. Among other things, I have pinpointed spinal misalignments, diet problems, allergies, brain dysfunction, broken bones, vaccination reactions, vision loss and hearing problems.

Lucky Lady, a warmblood mare, told me about a pain in her right hind hoof. It was the reason she wasn’t able to jump well anymore. She was hurting and unable to push off with her hind leg. It turns out she had an abscess and when she got the help she needed, she happily returned to jumping games with her human friend.

Then there was Percy, a Persian cat. He’d had a pressure and pain sensation behind his eyes for almost a year before they finally found the cancer tumor. But by then, it had grown so large they were unable to surgically remove it. So many people have contacted me about this article, I posted it on my website. In case you missed his heartwarming and inspirational story, please go to [www.valheart.com](http://www.valheart.com) and look for it under Articles.

Animals always do what makes sense from their viewpoint. Listening to them allows us to take appropriate action by discovering where the real problems are coming from, what the triggers are, and if there are other unknown factors we don’t know yet which are critical to resolving the problem.

I have 2 goals in my work: one is to save you time and money by discovering and addressing the real issue. The second is to help you rebalance, regain your clarity, peace and sanity, and be as healthy and resilient as possible.

Many signs of illness are nonspecific and can be associated with many different diseases. Each one is significant and should prompt your attention. Here are the first four:

1. Lack of appetite is often the very first sign of illness. This can be difficult to determine if you let them ‘graze’ on dry food only and just keep their bowl full. I recommend scheduled feedings at the same time every day so that you can accurately assess their appetite.

2. Less activity can be a real important clue too. Many times this “less active” sign is mistaken for “getting older”. We shouldn’t lose our zest for life, playfulness, or ability to move just because we are ‘older’! If we do, then something is definitely wrong.

3. Weakness can show up as being “less active” or by displaying a loss of balance and coordination. These are potentially serious and you should seek immediate evaluation by your veterinarian.

4. Lethargy is a general lack of interest in their environment. A common symptom sometimes mistaken for depression or sadness, it can show up early or as a late sign of illness depending on the severity.

I’ll cover the remaining four signs in my next article so watch for it in the next issue of *Enjoy Whole Health*.

Your biggest job as your animal friend’s caretaker is to educate yourself. Prevention is the best cure for any problem, so choose to feed a high quality diet, give them plenty of exercise, and pay attention if you see any of these signs.

Do you know about author Jan Rasmusen? She wrote a delightfully informative multiple award winning book (the #1 Health Book of the Year in ALL categories! That’s amazing!). Her book is called: *Scared Poopless: The Straight Scoop on Modern Dog Care*. I highly recommend every dog and cat owner get a copy of her wonderful book, for their pet’s sake. Get yours at [www.dogs4dogs.com](http://www.dogs4dogs.com) and tell her Val sent you!

A vet visit is always a good idea if you notice any of these signs of illness. But if your vet has trouble figuring out how to resolve things, then it’s time to communicate with your animals directly. After all, who knows better how they are feeling? Or why they are doing what they are doing?

If your animals are suffering, please give them the gift of an animal communicator so they have a voice in what happens to them.

Get started by getting my Free Report: 10 Things You Must Know Before Hiring An Animal Communicator. It is available online at <http://www.valheart.com>

Don’t let things get to the Hail Mary stage before you notice. Chances are that by then, it might be too late.

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# Hyperbaric Oxygen Therapy & Retinitis Pigmentosa

Helen Prater

I was talking to a young mother who was taking Hyperbaric Oxygen Therapy (HBOT) for Retinitis Pigmentosa (RP) at the hyperbaric clinic I go to. I had never even heard of this disease much less know what it was or even how to spell it! She was so interesting and so excited about her results so far. She agreed to give me some background on her disease, avenues she has pursued, and her progress using HBOT. Of course the first thing I did when I got home was read up on it on the internet. There's a lot out there, even including using HBOT as an adjunct therapy with good results.

RP refers to a group of inherited diseases causing retinal degeneration. People with RP experience a gradual decline in their vision because photoreceptor cells called rods and cones die. In most forms of RP, rods are affected first and are triggered by dim light. Their degeneration affects peripheral and night vision. When the cones become involved, the loss is in color perception and central vision. Night blindness is one of the earliest and most frequent symptoms of RP.

An estimated 100,000 people in the U.S. have RP, mainly caused by mutated genes inherited from one or both parents. It is typically diagnosed in adolescents and young adults. A parent having no symptoms themselves may carry the mutated gene, and their children may or may not inherit it just as those of affected parents.

My new friend told me she had tried a number of things, even an experimental stem cell implant last summer, which initially gave her pretty amazing results, but which sadly did not last. She also had what she thought was promising results from acupuncture, but that too did not last.

She is now following a protocol set forth in a German case study. In summary, the man in the ongoing study did twenty consecutive HBO therapies. He then tapered off to five consecutive times per month thereafter. After the initial consecutive sessions, his ERG increased. An ERG is an electroretinogram. Researchers put more stock in the ERG test than any other vision test because it is completely involuntary and measures the electrical activity in the retina. Unlike other vision tests that can be influenced by not getting enough sleep, stress, etc., one's ERG usually does not fluctuate much. So, the man in the case study had an initial positive change in his ERG. After months of continuing in the "maintenance mode" of five consecutive times per month, his ERG increased even more, showing better vision. The study is ongoing and his improvement is continuing.

There is also an Italian study which showed that people who had HBO for two years maintained more vision after a decade than those who did not, even when they discontinued treatment. They still lost substantial vision, but not to the degree that the non HBO group did.

Her plan in her words:

"I interpreted the case study data forming the following plan:

1) I needed to do an initial phase of 20 consecutive HBOT sessions (or as close as possible)

2) After the initial phase I will continue with five consecutive maintenance sessions per month until I feel it can be lowered, or a cure is found.

I had been "around the block" enough with this disease to know that including doctors in anything theoretical is a waste of everyone's time.

I have noticed the following changes:

After only five treatments I had a change in night vision. This is very noticeable for me since I usually have no vision at night. Things are just black. Instead of being black, everything was more of a dark blue or purple. I could see outlines of objects in the room, such as the outline of picture frames on the walls. This is very concrete for me since the only other time I have had night vision was for awhile after the stem cell implant. My visual field has improved. Usually my vision is like looking through two paper towel holders that have a dirty film on them. I am now able to locate more objects without "scanning" for them.

I do not believe HBOT is a cure or a quick fix, but I know it is helping me. I believe it will, based on the data, help stave off degeneration and result in functional gains."

Another astounding testimonial on HBOT! Vision breakthroughs using HBOT as an adjunctive therapy does not stop here. This clinic has treated Macular Degeneration (which is a more widely known disease as many of us age), and Retinal Vein Occlusion which causes vision loss from retinal swelling and macular edema from vascular leakage, with amazing success. And although they have not treated a Glaucoma patient yet, studies show good response using HBOT.

*After retiring from 35 years in the computer field, Helen Prater 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 or visit the website: [www.sanantoniohyperbarics.com](http://www.sanantoniohyperbarics.com)*

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## Stem Cells to the Rescue

Meridian Grace, N.D., Columnist

What is it that we ultimately want from our bodies? After working with thousands of people, it appears that we as humans want our bodies to be pain free; to stay youthful; flexible; we want our brains to remember and make available the information that we have studied, to let go of painful memories and allow us to be present to this very moment.

We want to look in the mirror and see radiant shining skin, smooth like a baby's, and if we are aware of some disease we want our bodies to repair the damage so that we can return to a high functioning state. Well, what is it in our bodies that rejuvenates us so we can have all this? In one of our last articles we looked at cell membrane communication and the role of fatty acids and phospholipids. Today we are going to go into our very beginnings with one of the biggest players on the physical level, stem cells. I like to think of them as a mini tool repair kits hidden within our own body and the bodies of all animals.

There are two primary characteristics of stem cells. First, they must have the ability to renew themselves and second, they must be able to differentiate themselves into specific cell types. There are also two primary types of stem cells, fetal and adult. Fetal stem cells are found in the newly forming embryo and can become any tissue from eye to liver. Then, there are the adult stem cells. They initiate true cellular healing of aging tissues and organs as well as reinvigorate tissues damaged by disease. Both fetal and adult stem cells migrate to a diseased or damaged site to repair tissue and have the ability to reverse disease.

Stem cells are involved with recreating our tissues every moment. To increase our health, heal diseases and rejuvenate ourselves, scientist have delved into the study of stem cells. Most controversial is the work on human embryonic stem cells. Stem cell research began in the 1960's with Canadian researcher scientist Ernest A McCulloch and James E. Till. Since then research has continued on stem cells as a treatment for diabetes; cancer; cardiovascular disease; Alzheimer's; Parkinson's ; burn victims; blood diseases; leukemia; spinal injuries; MS; anti-aging; and a whole host of auto immune diseases.

At a recent alternative medical conference, I met doctors from Costa Rica who were retrieving stem cells from an individual's fat tissue, bone marrow or cerebral spinal fluid, growing out their own stem cells and replacing them with profound health benefits for all the above mentioned. This is a very costly process but the benefits are amazing. We have information on how to contact these doctors if you are interested in finding out more about this. A typical treatment runs about \$25,000, plus travel.

There are also oral stem cells being harvested from duck embryos and synergistically combined with nutrients that enhance their uptake by the human body. As you read this article, a cancer study in South America is continuing the research into oral stem cells. People are reporting similar healing and rejuvenating properties, as with the medical procedures, by

taking this food supplement. Although many years of research and treatment has been administered outside the country with live cell therapy, this new innovation of combining both a live cell and non human embryonic stem cell delivered orally instead of through injection is new and shows great promise. I used a month's supply my self and was surprised at how many people noticed the youthening effects on my skin and body tone. I happened to feel great and notice more joint mobility and mental clarity too.

Stem cell protection for the future is being practiced by many new mothers, who are gathering cord blood to be stored for stem cell administration if needed in the future for their babies and other family members.

There is also a new research looking at how we can enhance our own bodies production of stem cells using brown seaweed for enhancing stem cell production and concentrated forms of algae. We have to be careful when consuming these products, especially algae, because of the possibility of the algae being contaminated from the waters that it grows in. That is why I only use algae products grown under glass instead of out door sources like lakes or ponds.

When we get right down to it, there is nothing like living a healthy life style, eating the right foods for our body type, reducing our exposure to EMF's, microwaves, radiation and toxins in our environment, skin care and food, deepening our spiritual connection and finding the right exercise and stress reduction methods for our unique needs. I am grateful that stem cell research is continuing and that we have access to continuing research on oral stem cells, nutrients for stem cell enhancement and for serious problems, harvesting of stem cells from our own bodies and growing them out to be injected back into our own bodies. For more information about anti-aging and what may be the best way to work with increasing your stem cells counts, or the many treatments and international pharmacy that Awakening Health makes available, please call 512-280-9621, or check out our website at [www.awakeninghealth.com](http://www.awakeninghealth.com), or contact us via e-mail at [awakeninghealth@austin.rr.com](mailto:awakeninghealth@austin.rr.com)

*This article is respectfully submitted by Meridian Grace ND. She has been involved in the healing arts for almost 40 years now, bringing you the most up to date technology and clinical testing while tempering it with the wisdom of the ancients and people of long life. She is available for consultation and treatment in her lovely home office on The Little Bear Creek in South Austin 512-290-9621.*

**"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you."  
- James Allen**



## Children and Hypnosis

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

How can children benefit from hypnotherapy -the therapeutic use of hypnosis? (In more ways than you might imagine.) Hypnotherapy can help to eliminate childish habits such as bed-wetting and nose-picking. It can help develop good study habits, improve concentration and learning ability, develop motivation, creativity and self-esteem. It can help deal with grief or loss. Most importantly, it can head-off potential psychological damage that might be caused by misunderstanding the words of an adult.

Children all have individual personalities, just as adults do. They all perceive and respond to the comments by authority figures in their own way. For instance, a parent might see a poor report card and try to use reverse psychology to motivate the child. The parent might say something like: "I can't believe any kid of mine is this dumb." If the child has enough self-confidence, it might provoke him into trying harder; but if the child is insecure, a statement like that could make him believe that he really is dumb. Because we always move in the direction of our most dominant thought, if a child thinks they are dumb...they will behave in dumb ways. If a child believes that they are lazy, they will behave in a lazy way. Once a child has a belief about themselves and/or their abilities, hypnotherapy is the quickest and most successful way to replace those limiting beliefs with ones that will empower them and allow them to succeed in life.

Hypnotherapists have file cabinets filled with case histories of adults who have sought help understanding childhood memories. It is really amazing how much damage can be done by a well-meaning, but misunderstood remark. Especially when it comes from a trusted source like a parent, teacher, or coach

Hypnotherapy can help children to understand what was really meant, and prevent the misunderstanding from becoming an emotional scar that would limit their personal growth or performance throughout their life.

Children are actually the best subjects for hypnotherapy. Once they develop an adequate attention span, children are easily hypnotized. Children spend most of their waking hours playing games and indulging in fantasies or pretend experiences; in which they become totally absorbed. For this reason, play can become an excellent method for implementing therapeutic suggestions. Hand puppets and stuffed animals easily capture a child's attention and therefore make excellent tools for implementing therapeutic suggestions.

Prior to beginning any program, a hypnotherapist should take the time to interview the child; to find out what the child likes and dislikes. This will ensure that the best imagery is used, and the child will have a positive response to hypnotherapy.

Children generally do not realize the potential power of visualization. Yet, they have this natural talent for dreaming and for picturing things in their minds. They respond beautifully to fairy tales and bedtime stories. They like to imagine that they have a part in the story being told, and they slip into hypnosis easily.

Teenagers can also greatly benefit from hypnotherapy. It

can be effective in improving concentration and learning ability. It can also be helpful in dealing with behavior problems such as delinquency and drug addiction. With teenagers, however, motivation plays a much larger role. It is essential that they understand and want the change.

If you are interested to find out how hypnotherapy may help your child or teenager, call the Austin Hypno-Wellness Center today. We will be glad to answer any questions you may have.

*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](http://www.AustinHypnoWellness.com) for a free hypnosis evaluation, or e-mail her at [keli@austinhypnowellness.com](mailto:keli@austinhypnowellness.com).*



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## Fate, Luck, Feng Shui and The Energy

Judy Morris, Master of Feng Shui, FSRC, Columnist

Webster offers one definition of 'Fate' as "The will or principle or determining cause by which things in general are believed to come to be as they are or events to happen as they do; Destiny". The Chinese concept of fate and luck is different from what we understand in the West. Westerners want to be 'in control' so we have a history of turning our back to systems which can give us an individual roadmap for life.

Fortunately, that attitude is changing. We are now more interested in the chances beyond genetics, education and environment that our children have, for example, at becoming a doctor, teacher or leader. The Chinese have long consulted the birth chart of their children to know their main talents. To the Chinese, fate is real and knowable. To know your fate allows you to pursue your best options.

We are born at a certain time. The energies present at that time, pictured as stars and/or the stems and branches, have a profound impact on us. Perhaps we are imprinted with this energy, or perhaps we are born at a particular time due to its resonance with our fate. In other words our fate is seen to be set at birth, but it is knowable and predictable. You know what your choices are and what the limits are. What a time and energy saver!!!

Luck, on the other hand, in the Chinese view is variable with time and at the very least as predictable as the weather or stock market. What is the value? Well, if you can know the condition of your luck, then you can determine the actions you will take depending on the strength of the luck at any given time. Yes, we can say that luck is being at the right place at the right time.

The Chinese teach us that we can predict the right time and we can make the place right through Feng Shui.

The Chinese believe that success is based on these five areas of influence, in order of importance:

1. Ming – fate, destiny, decided at birth and cannot be changed, but can be known.
2. Yun – luck, which fluctuates with time, and can be predicted.
3. Feng Shui – environment. We can manipulate this to reach the higher levels of what our fate and our luck allow.
4. Dao De – virtue and character. This brings us good karma and good will from others.
5. Du Shu – education and effort. Even with the best luck, if we sit at home and wait, we will miss out. We must take action.

I will add one other to the list and call it the 6th Essential Area of Influence – The Energy for a Successful Life. This area certainly includes Dao De and Du Shu.

Without sufficient Energy or life force to follow our destiny, make use of our luck, establish and maintain our feng shui, develop our virtue and character, pursue our education and take action, we miss out on much of the great joy and excitement of living life. How do we get this Energy without spending a lifetime of monastic practice?

There are less than 100 Chinese masters and practitioners who have the ability to reconnect us to the Energy we have spent or lost. This 5,000 year-old technique is available to us in

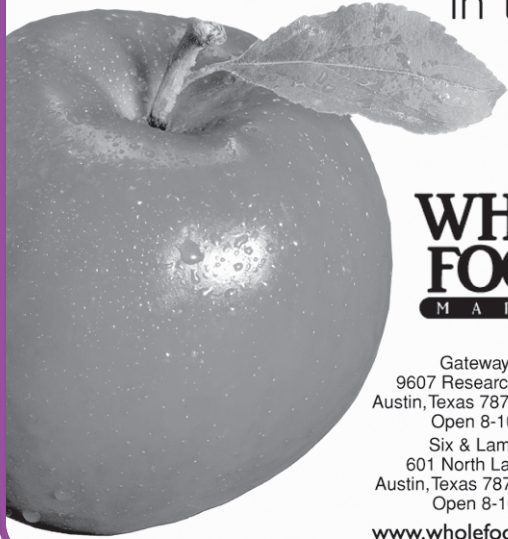
the United States through Dr. Barry Morguelan, [www.Energy-ForSuccess.org](http://www.Energy-ForSuccess.org). Dr. Morguelan makes visits to Austin, Texas on a regular basis specifically for the purpose of reconnecting us in a powerful way to help us be more successful in life. He does this through group and individual sessions. How lucky is that?

With this Energy it is easier to be more focused, awake and aware. It is easier for us to be present to what is happening in our lives. We become more sufficient and competent. Our efforts become even more efficient and effective which gives us a lot more time for other pleasurable activities. Our relationships have a stronger chance to succeed with this powerful Energy.

Congratulations, you now have a unique formula to assist you in getting the most out of this extraordinary gift – LIFE.

*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](mailto:Judy@FSRC.net), [www.FSRC.net](http://www.FSRC.net)*

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# The Energy for a Successful Life

Barry Morguelan, M.D., F.A.C.G.

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, FACG 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 May 4, June 1, July 13 2008. For information, contact Judy Morris at (512) 252-9534 or Judy\_Morris@EnergyForSuccess.org, or visit www.EnergyForSuccess.org.*

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## Light Up Your Life!

Caren Coe, C.N.H.P., A.C.N., Traditional Naturopath

I am excited to tell you about the newest addition to my natural health practice, I now am offering **Bio-Photon light therapies!** Why am I excited? This is a perfect complement to the work that I have been doing with you to bring the imbalances in your body back into balance.

The **Asyra** testing device that I use assesses the CAUSAL issues that are creating imbalances. A body that is out of balance is more susceptible to 'dis-ease', which typically develops into symptoms and illnesses. When all we do is chase the symptoms, it does not address the underlying imbalances that hold a person in that place of susceptibility. Ultimately, what we want to do is get to the cause of ill health and make adjustments that support a balanced state.

The work that I do with you is on two levels at the same time: I utilize herbal and nutritional supplements to address the symptoms that you are experiencing so that you will feel better. At the same time, the focus is on bringing the body back into a state of balanced health that it can hold—which resolves the underlying cause of poor health. This support comes from a homeopathic remedy that is customized for you based on the results of your Asyra assessment.

SO... why add a light therapy if this work can already be done with herbs, nutrition and homeopathics? Because this light has been found to SPEED UP THE PROCESS and can RESOLVE DEEPER ISSUES that the other therapies cannot always reach. Germany has been using this technology successfully for years. Some of the BENEFITS of Bio-Photon Therapies include: reducing pain, swelling & inflammation; and stimulation of endorphins, Serotonin and the healing process. Bio-Photon therapies are also useful as adjunctive support for: strains, spasms, bruises, arthritic pain, contusions, scar tissue, and open wounds, such as diabetic ulcers. These are the symptoms that I referred to earlier.

So what might the underlying issue be? Quite often the underlying cause of health challenges is toxins that are lodged and are not being released by the body.

Toxins exist at various levels in the body. Our bodies are challenged by physical toxins such as chemicals, devitalized foods, impure water, etc. Toxins also come in the form of emotional toxins such as in toxic belief systems, unhealthy relationships, fear, etc. Actually, science has shown that emotional toxins can manifest into physical stress on our body—such as irritation, which can turn into inflammation—which can create disease.

Symptoms are often from a more superficial—

meaning more shallow—level. Once an imbalance has gone on long enough, it crosses over into the cellular level, meaning a deeper level. It is here that it gets imprinted and the ability of a cell to 'start fresh' diminishes, which starts to effect long term health. Reaching inside these cells can be difficult.

You have probably heard of the concept of 'detoxifying'. Our bodies naturally detox daily. If the toxic burden becomes too great to clear, our body will try to protect us from dangerous material by setting it aside, surrounding it with mucous or fat so it won't cause imbalances. When too many toxins accumulate for the body to hide or accommodate, the body fails to function properly and gets ill. If toxins have accumulated, it can be very beneficial to remove them. That's where light therapy comes in...

To paraphrase the leading researcher of biophotons, German biophysicist Fritz-Albert Popp, light is constantly being absorbed and remitted by DNA molecules within each cell's nucleus. These biophotons create a dynamic, coherent web of light. This system can be responsible for chemical reactions within the cells, cellular communication throughout, and the overall regulation of the biological system.

So—here's where it gets really cool!—your customized homeopathic remedy can be connected to the light to 'beam it' directly into your cells! This initiates your body's release of the toxins and stimulates the healing process.

What can you expect from a light session? We do an Asyra scan to determine which homeopathic or music to use. This scan is done while you are seated and fully clothed; all you do is hold two probes. Then you lay back in a reclined massage chair and the light shines on the selected area—while you listen to music! For those who are not needing or not ready to do detox work, the light can also be used to beam therapeutic music. You wear head-phones for a most amazing relaxation or super-learning imprint while light beams dance to the music! Intrigued? Please call with questions or to schedule a session.

As always, sending you love...and Light!  
*Caren Coe is certified as a Natural Health Practitioner and an Applied Clinical Nutritionist. She is the owner of Life Force Health Strategies—your source for Herbs, Nutritional Supplements, and Homeopathic Remedies. Her services include computerized Bio-Energetic Assessments, Detoxifying Ion-Cleanse Footbaths, Wellness Coaching, and Bio-Photon Light Sessions ...all in a soothing, non-judgmental environment. Life Force Health Strategies, 4701 Westgate Blvd. #E-501, Suite D, Austin, Texas 78745. Call 512-914-8744.*

# Ask Kathy: Seven Things To Know Before Having Surgery

Kathleen Jackson, RPh, Traditional Naturopath

**Q: I have elected to have a breast lump removed and wanted your input about what I could do to ensure a good outcome. My friend told me that you helped her choose her surgery date and that she had no problems recovering from it. What do I need to know?**

A: If you feel that you have explored all of your options and are choosing to have the lump surgically removed, I would like to share seven things with you before you schedule the date. The following seven items are listed and then each explanation corresponds to its number:

1. Choose the date based on days 2-9 of your physical biorhythm.
2. Choose the date during the luteal phase of your menstrual cycle.
3. Discontinue all blood thinning medicines and nutrients.
4. Discontinue all mood altering or sleep assisting herbs.
5. Pre-treat with homeopathic Trillium to avoid blood loss and transfusions.
6. Pre-treat with homeopathic medicines to avoid sensitivities to the surgical equipment and anesthesia.
7. Unblock the scar with pre and post- treatment of the affected area with homeopathics.

1) Probably the most important of all is to learn about biorhythms. "Biorhythms are three natural, regular cycles within our bodies which affect us physically, emotionally and intellectually." (Jacyntha Crawley: The Biorhythm Book) These cycles begin on the day of your birth and continue throughout your entire life. The physical cycle lasts 23 days, the emotional cycle lasts 28, and the intellectual cycle lasts 33 days. The three cycles run concurrently throughout your life, yet independently. The cycles are considered 'sine' waves (remember your high school trigonometry) and they have a beginning, and a halfway period when they change from positive to negative, and then they end coming back to a positive phase to start another cycle. These beginnings, middles, and ends are the critical times for you in each of the three biorhythm cycles. Your chart will have high days, low days and caution days. If you schedule the surgery during one of the days 2-9 of the physical biorhythm, you should have the best outcome.

You can get a free biorhythm chart at [www.cycletourist.com](http://www.cycletourist.com). This is a very interesting website with beautiful pictures of the bicycle journey of Chuck Anderson, and it just happens to allow you to chart your biorhythm cycles for free. By plugging in your birth date, you can see your biorhythm chart in seconds. When planning a surgery, just look at the blue line or physical biorhythm and count day one starting with the point that the blue line crosses the black baseline (central horizontal line) and falls into a square above the line in the positive side of the graph. The next square or box will be day 2 and so on.

2.) Taking your menstrual cycle into consideration, the middle of the luteal phase is the best time for breast surgery. That is the point in the cycle when the hormone progesterone is at its peak and this tends to yield the best outcome for the healing of

To submit questions for "Ask Kathy", send e-mail to: [askkathy@gmail.com](mailto:askkathy@gmail.com) or call 281-705-2679. Include Question (approx. 20 words), your name, city and state.

the breast tissue. Days 19-22 of the cycle would be optimal.

3.) All blood thinning medicines and nutrients should be stopped before surgery. Usually the anesthesia department that communicates your pre-operative instructions will speak with you about this. I have found that they are usually well versed in discussing your prescription medications but sometimes do not have enough information about over the counter vitamins and herbs. Blood thinning herbs will include ginkgo biloba and ginseng. High doses of Vitamin C (greater than 1000mg), and Vitamin E should also be discontinued. Fish and flax oils should be discontinued as well. Usually 48 hours is long enough to be off most of your nutrients but some pre-op physicians will demand a two week withdrawal.

4.) Pre-op may also not be aware that Kava kava and valerian herbal products can cause you to take longer to wake up from anesthesia. Usually five days off these herbs is sufficient to prevent problems.

5.) Homeopathic Trillium 12c can be used three times a day beginning 5 days before surgery and the morning of surgery. This has been found to reduce bleeding and prevent the need for transfusions.

6.) My favorite pre-treatment is an NAET treatment for a mixture of the energies of surgical steel, latex gloves, sutures, scar tissue and anesthesia. If NAET is not available, my second choice would be to take a pre-surgery mixture of homeopathics under the tongue three times a day for one week prior to surgery, the day of surgery and after surgery for 3 days. I have used Traumeel by Heel, Pre-Dental by Deseret Biologicals, Surgical Tone by Energetix, and Surgery HP by Natural Creations, all combination products with great success. I would include the phenolic Pyrrole which Deseret carries as a single remedy. This remedy seems to help folks wake up from anesthesia faster and easier with less residual.

Another trauma remedy that can help is Staphysagria. This can help relieve any "memory" of the operating room experience. Hypericum is also good for nerve pain. Ignatia can be needed if there is any grief. These are more efficient in the higher potencies like 200c and 1M. If the homeopathics are purchased as liquids they can be applied to the skin by your responsible party after surgery when you aren't eating or drinking. The tablets can be crushed and dissolved in water if a liquid is not available.

If any nausea is present after surgery, Nux Vomica liquid can be applied to the skin. I like a mixture of 30c and 200c if possible. I prefer to apply it to the wrist. There is an acupuncture point for nausea called PR 6 in the wrist area and it seems that massaging in the remedy there gives faster results.

7.) I could write an entire article on the effects of scars on the transfer of energy around the body, but the short answer will be to apply a homeopathic gel or cream to the area of skin

See Jackson, p. 18



## The Movie Mystic

Stephen Simon, Guest Columnist

## Body & Soul: Diana & Kathy

Get ready to fall madly in love with two of the most remarkable women ever to be immortalized on film. Kathy Conour has cerebral palsy and her caregiver for the last thirty-seven years has been and remains Diana Braun, who has Down syndrome.

No, this is NOT a sad story. It is actually much more like a female version of Neil Simon's hilarious ODD COUPLE, with Kathy as Felix and Diana's wonderful sense of humor ruling the day as Oscar. Not to be outdone, Kathy has a sign on her wheelchair that says: "Pat me on the head and I'll bite your hand!" The one emotion you will not experience with these women is self-pity. Neither Diana nor Kathy have any room for anything but optimism in their busy and full lives as activists in the world of human rights for the disabled.



Diana & Kathy

Diana was sent to a state home when she was twelve years old and then to a developmental center when she was nineteen. One of the most poignant motifs throughout the film is Diana's ongoing attempts to reconnect with her mother who couldn't cope with the lifestyle of caring for a daughter with Down syndrome. Through those experiences, Diana developed an intense distaste for the idea of housing people with disabilities such as hers in state-run institutions. When she and Kathy connected with each other, Diana became Kathy's caregiver and they became life-long friends and unpaid lobbyists for their cause.

Traveling their own state of Illinois and even the halls of Congress in Washington, D.C, they regularly lobby their own United States senators and other representatives for more independence for the disabled. Diana served on the Illinois Council on Developmental Disabilities and works tirelessly to call attention to the fierce independence that these two women depend on to keep their spirits alive and teeming with hope.

With that as background, the emotion that I kept feeling throughout the film was a deep and profound respect for and admiration for the spirits of these two women.

Just traveling is a major challenge for them, requiring a van that has been adapted for Kathy's wheelchair. Are they fazed

by it? Do they get discouraged when even Medicare challenges their activities outside the home? Heck, no!!

Most particularly, they live in a no-whine zone that is inspiring beyond words. NEVER do we hear anything from either Kathy or Diana that bemoans their fate. They absolutely accept the hand that nature has dealt to them and they live their lives in gratitude for each other and for what they DO have, with no discussion about what they DON'T have.

It is so striking to watch Diana go through the several hours every day that she needs to spend caring for Kathy and do so with such humor and grace. When she recognizes that she has trouble balancing the household checkbook, she simply asks for help. No self-pity. No "oh-poor-me". She simply calls a friend, says she needs help and offers a home-cooked meal in exchange for some checkbook guidance.

BODY AND SOUL is included in the collection of films that we are sending to our Spiritual Cinema Community in May. Watching Kathy and Diana live their lives often seems like an I-Ching guide to gratitude and appreciation for the gifts most of us receive simply by being in good health. When film can actually encourage and stimulate transformation, the art form transcends itself. After having seen BODY AND SOUL, I personally feel different. Even using the word "disabled" seems more than a little incongruous when it applies to Diana and Kathy. They seem much more at peace in their own hearts than many able-bodied people, including, I am embarrassed to admit, myself. After watching this film, I resolved to be much more conscious of how fortunate I am and much less conscious of the things that I allow to bother me, most of which seem so petty in comparison to the challenges that Kathy and Diana face every day. I fell completely in love with these two women and I believe that you will, too.

*Stephen Simon co-founded [www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com). He also produced such films as SOMEWHERE IN TIME and WHAT DREAMS MAY COME. And both directed and produced INDIGO and CONVERSATIONS WITH GOD.*

Body & Soul: Diana & Kathy is part of the Spiritual Cinema Circle DVD collection in May, 2008. For more information please visit [www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com)



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**CHARLIE NARDOZZI**  
National Gardening Association  
great and are very productive, the old heirloom varieties have the taste and look of "real" tomatoes.

# Selecting and Growing Heirloom Tomatoes

Charlie Nardozzi, National Gardening Association

## What's an Heirloom?

Heirloom tomatoes are those varieties grown prior to World War II. They often are regional varieties from around the world that have been passed down within families.

Heirloom tomatoes differ from the modern hybrids on a number of counts. Heirlooms tend to have a wider variety of fruit colors and shapes. The fruits are softer so they are more difficult to ship long distances. That's why they aren't as available commercially as modern hybrids. The fruits have a good blend of sweetness and tomato flavor. On the downside, some heirlooms have more disease problems and are so regionally adapted they may not grow well in all parts of the country. To help guide you, I've described five of my favorites.

## Five Favorite Heirloom Tomatoes

All of the varieties listed are indeterminate (they keep growing and producing fruit all summer until frost). The days to maturity are calculated from transplanting to first harvest.



**Big Rainbow (90 days)** - This attractive, bicolored, beefsteak-type features 2-pound golden orange fruits with light yellow shoulders and red streaks throughout the flesh.

**Black Cherry (65 days)** - This large, round cherry tomato features chocolate-black fruits. The fruits are produced in abundance and have a rich, earthy, complex flavor.

**Brandywine (85 days)** - Originally from the Brandywine Valley of Pennsylvania, this is probably the most widely known heirloom variety. One-pound fruits are pink, red, or yellow, depending on the strain, and have a perfect blend of sugars and acids. The plants feature unusual potato-shaped leaves.

**Consoluto Genovese (78 days)** - This Italian heirloom produces deep red, juicy, heavily ribbed fruits that produce well in hot weather.

**Stupice (52 days)** - This Czech Republic heirloom is very cold tolerant. Plants produce very early, 2-ounce, red fruits.

## Growing Heirloom Tomatoes

You can grow heirloom tomatoes from seed or transplants. Heirloom tomato transplants are easier to grow and are becoming more readily available at local nurseries and online. If you use seed, sow them indoors six to eight weeks before your last frost date in 2-inch-diameter pots filled with sterilized seed-starting soil. Thin the seedlings to one per pot after germination and keep them under grow lights for 14 hours a day. Keep the lights within inches of the seedling tops. Water and feed the transplants lightly. Once they are 6 inches tall, transplant into a 4-inch-diameter pot. One week before setting them into the garden, harden off the transplants by setting them outdoors for a few hours each day. For container growing, plant in a 12-inch-diameter pot filled with potting soil. In the garden amend the soil with compost and stake or cage these varieties to keep them upright.

For more information on growing heirloom tomatoes and other edibles, sign up for my free Edible Landscaping newsletter at: <http://www.garden.org/ediblelandscaping/>.

*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](http://www.garden.org)) and Chief Gardening Officer for the Hilton Garden Inn. Courtesy of Family Features.*

## Gleis, from p. 7

qualified health care professional. In the past 20 years I have developed various cleansing programs designed for individual needs. Spring and autumn are usually the best time of the year to cleanse the body. This spring I will be offering my spring-cleaning specials. I also recommend that you be tested for heavy metals in the body. Please visit my website [www.youtube.com/ahiproductions](http://www.youtube.com/ahiproductions) and see an eight minute video discussion on heavy metal detoxification and chelation with Dr. Ron Manzeno and myself. Spring is here and it's a perfect time to do some spring cleaning. Be sure to contact my office for further information on my 14 Day Detox Program.

*Radhia Gleis is a Certified Clinical Nutritionist, CCN and a holistic practitioner. She is also a Certified Bio-Nutritional Analyst. She has a PhD in Pastoral Counseling and a MEd. in Nutrition. She is the Texas Chapter President of the International and American Association of Clinical Nutritionists, (I.A.A.C.N.), and the American Naturopathic Medical Association, (A.N.M.A.). For more information see our website at [www.advancedhealthinstitute.com](http://www.advancedhealthinstitute.com) or [www.aimmd.com](http://www.aimmd.com) or call Austin Integrative Medicine at (512) 343-6223.*

## Jackson, from p. 16

that will be affected by the surgery. Traumeel by the Heel Company is the best one that I've found. I have also used the Injure Gel by Natural Creations. After the skin is healed, work should continue on the scar until it almost disappears or until your practitioners can tell you that energy is flowing through it again. NAET scar tissue treatment is my favorite therapy. Clay packs can be used, acupressure, acupuncture and many other methods can unblock the scar. Scars can hold many emotions about the surgery. Fear of the surgery, anger at the doctor, and grief about the way that the scar looks are some of the things we see in our practice. These also are being treated with the homeopathics or NAET. We also use the Ondamed frequencies to increase energy flow through the scarred area.

*Kathy Jackson is a consulting compounding pharmacist and naturopath specializing in integrative natural medicine. Kathy consults with numerous clients around the state, and around the country, on many different health issues. To set up an individual consultation, call 281-705-2679 or e-mail Kathy at [askkathy@gmail.com](mailto:askkathy@gmail.com).*

# CALENDAR OF EVENTS

**Tuesday, May 6**

**MASTER'S TEACHING – GOD, MOSES & URIEL.** Topic: "Laughing, Prophesizing & Training in the Light". 7:30PM. Shamballa Healing Center. 7018 William Wallace Way, Austin 78754. 512-278-0559. [www.sashawhite.com](http://www.sashawhite.com). Inquire about Psychic/Medical sessions in person/phone.

**Sat., May 20 & Sat., June 21**

**Energy Intuitive Healing:** 10:30am - 2:30pm, 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. Appreciation fees accepted. Details: 512.458.3987 or [clear.spirit@yahoo.com](mailto:clear.spirit@yahoo.com)

**Tuesday, May 20**

**SAINT GERMAIN & METATRON SPEAK.** Profound. 7:30PM. Shamballa Healing Center. 7018 William Wallace Way, Austin 78754. 512-278-0559. [www.sashawhite.com](http://www.sashawhite.com)

**Sat.-Sun, May 25-26**

**FIESTA AMISTAD.** Central Texas' largest Hispanic two day event. Fiesta Amistad is always held on Memorial Day weekend and features live music, plenty of food, and family entertainment. For more info see: [www.elamistadclub.com](http://www.elamistadclub.com)

**Sat.-Mon, May 25-27**

**AUSTIN WINE FESTIVAL.** Wineries from Lampasas to New Braunfels and Fredericksburg to Dripping Springs have bloomed from a pioneering few, into an internationally awarded and recognized wine region. Together they have created the now 2nd annual Austin Wine Festival, the first of its kind in Texas. For more info, see: [www.austinwinefestival.com](http://www.austinwinefestival.com)

**Tuesday, June 3**

**TEXAS GREEK FESTIVAL** – a celebration of Greek food, music and culture right here in Austin. We welcome you to join the fun of a Greek "bouzouki" band, traditional dancing, authentic Greek food and delicious pastries. For more information: [www.texasgreekfestival.com](http://www.texasgreekfestival.com)

**Tuesday, June 3**

**MASTER'S TEACHING – ARCHANGEL GABRIEL.** Profound. 7:30PM. Shamballa Healing Center. 7018 William Wallace Way, Austin 78754. 512-278-0559. [www.sashawhite.com](http://www.sashawhite.com).

**Sat-Sun., June 7-8**

**REIKI & SEICHIM REIKI CLASSES**

All with brilliant certificates! Sasha is "gifted" within the mind of Metatron, et. al. These ascended messages are inspired. Sat, June 7: Reiki I, 9:30AM-2:30PM & Reiki II, 2:30PM-6:30PM. Sun, June 8: Reiki III Master, 10AM-3PM & Seichim Advanced Reiki, 3PM-7:30PM In Austin, TX. AFFORDABLE PRICES (512) 278-0559. [www.sashawhite.com](http://www.sashawhite.com)

**Tuesday, June 17**

**SAINT GERMAIN & METATRON SPEAK.** Profound. 7:30PM. Shamballa Healing Center. 7018 William Wallace Way, Austin 78754. 512-278-0559. [www.sashawhite.com](http://www.sashawhite.com).

**Fri.-Sat., June 28 & 29**

**TEXAS HILL COUNTRY RAILFAIR & FESTIVAL.** Activities at Railfair include a static display of railroad rolling stock and equipment, working model railroad layouts, railroad motor car rides, and our rolling railroad museum. For more info, see: [www.austinsteamtrain.org](http://www.austinsteamtrain.org)

## ONGOING EVENTS

Experience hatha yoga as you relax and melt away while toning your body and increasing its flexibility! You will be guided through a delicious outdoor yoga practice. We are in the park on docks over the water. Join Us Daily! Weather Permitting\* Weekdays 5:30 - 6:30pm, and Weekends 12:00 - 1:00pm \*The general rule of thumb is that if it is below 50, rainy and wet, or very windy class will not be held. Please bring a yoga mat (or something to lay on) and whatever you can donate. Visit [www.myspace.com/OneToOneYoga](http://www.myspace.com/OneToOneYoga) for more information.

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](http://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](http://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](http://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](http://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](http://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**

FREE on Sundays from 12:30–1:30pm at Austin Martial Arts Academy for the Satori Teachings: Life Mastery & Meditation Meetings. Informal question and answer sessions to help you understand the principles of Zen, the Law of Attraction and Living in the Dao, to create a healthy, prosperous and balanced life. Austin Martial Arts Academy, 5000 Bee Caves Road (2 miles east of Loop 360), Suite 210 More info: Call 327-2900 or visit [www.austinmartialarts.com](http://www.austinmartialarts.com) or [www.allwayszen.com](http://www.allwayszen.com)

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](http://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](http://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](http://www.allwayszen.com) or [www.austinmartialarts.com](http://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](mailto: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](http://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](http://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](mailto:jstoddardsmith@austin.rr.com), or Xvarnah D'Obrenovic, 512-280-0584, [parvati1199@yahoo.com](mailto:parvati1199@yahoo.com), [towardtheone.com](http://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](http://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](http://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](http://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](mailto:rabia3183@aol.com), 512-892-0788. [towardtheone.com](http://towardtheone.com), Call for appointment, directions.

### TUESDAYS

ASCENSION GROUP – taught by THE MASTERS. 1st & 3rd Tuesdays at 7:30PM. Shamballa Healing Center. 7018 William Wallace Way, Austin 78754. 512-278-0559. [www.sashawhite.com](http://www.sashawhite.com). Inquire about Psychic/Medical sessions in person/phone.

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](mailto: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>.

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](http://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](http://www.austinmeditation.org).

### WEDNESDAYS

Summit Lighthouse of Austin - 6:00-9:00 P.M. Stop by and see a treasure trove of spiritual books, inspirational music, and helpful tools for devotions and contemplation. Our Sanctuary is also open for personal meditation, prayer and quiet contemplation anytime between 6:00-7:00 P.M.. All are welcome. 1714 West Anderson Lane. e-mail: [austintsl@aol.com](mailto:austintsl@aol.com) or call 512-459-4135.

### THURSDAYS

1st Thursday - West End Gallery Night on 6th street. Spend the evening from 6 to 8 pm gallery hopping. Enjoy 8 galleries within walking distance and plenty of parking. See [www.artaustin.org/westend.htm](http://www.artaustin.org/westend.htm)

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](http://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](mailto: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](http://www.meditationinaustin.org).

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 Drafthouse). Ata'allah Bill Meacham: 512-291-4300, [bmeacham01@earthlink.net](mailto:bmeacham01@earthlink.net), [towardtheone.com](http://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 Drafthouse).

## 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](http://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](http://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](http://www.bodychoir.org).

## SATURDAYS

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

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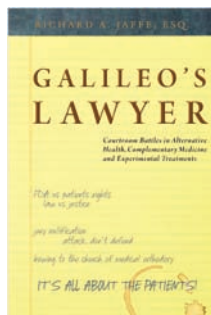
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# Book Reviews:

by Patrick Jackson **Galileo's Lawyer**

by Richard A. Jaffe, Esq.

THUMBS UP PRESS, 2008, \$18.00



If you are someone with an interest in alternative or holistic health (which I assume you are since you are reading this magazine), *Galileo's Lawyer* is required reading. Written by Richard Jaffe, Esq., a noted defense attorney who has battled for years in the trenches, fighting to preserve freedom of choice in healthcare, and to protect the rights of those who dare to make a difference in their patient's lives by practicing out of the mainstream of traditional medical thought.

*Galileo's Lawyer* manages to accomplish something not often seen in books of this type - it is both educational and riveting. Jaffe represented the Houston complementary and alternative medicine pioneer, Stanislaw Burzynski, in what Jaffe describes as "The Burzynski Wars".

If you are somewhat new to the idea of alternative health, you will find *Galileo's Lawyer* eye-opening. If you have some experience in this realm, the book will only confirm what you have always suspected, as Jaffe deftly details the courtroom wars and the governmental and special interest group over-reaching that has been the norm in the alternative healthcare arena.

*Galileo's Lawyer* makes it is easy to see the importance of protecting the individual's right to choose the type of healthcare options to follow, along with the need to bring balance and reasonableness to the government's role in policing healthcare.

As Jaffe points out, this balancing act continues, and it is up to each of us to be aware and be informed about the issues that affect our access to healthcare alternatives.

*Editor's note: This battle is ongoing in Texas, and the 2009 legislative session looks to be pivotal. Your support and help is greatly needed right now. See the Texas Health Freedom Coalition website: [www.texashealthfreedom.com](http://www.texashealthfreedom.com) for more information.*

This great book and other books, films & music of interest are available directly through the EWH bookstore at [www.enjoywholehealth.com](http://www.enjoywholehealth.com).

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You can pay even less per issue by signing an annual contract and by bundling other services. Call for more information Austin: 512-788-9127; San Antonio: 210-272-0731 or toll-free 866-490-3662, or you can always send your e-mail to: info@enjoywholehealth.com. **The submission deadline for the July/August issue is May 15.**

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