



ENJOY
Whole Health™

San Antonio Area Edition

January/February 2008

FREE / Gratis

The 'Stress Stack": Part 1 -
Dietary Influences

Tired of Hanging at the
End of that Rope?

Animal Talk: I Want To Buy
a Horse!

Top Ten Secrets to a
Pain-Free Back

Bio_Identical Hormones:
A Safe & Effective Therapy

Facts About Mouthwash

www.enjoywholehealth.com

Counseling Works

Joan B. Wells, L.P.C.

General Counseling Specializing in:
Abusive Relationships/Rape & Incest Survivors
Parent/Child Relationships
Telephone: (210) 681-9153 Pager: (210) 203-2057

GOOD VIBRATIONS



Vibrational
Integration
Bio-Photonic
Energizer

- Increase Energy
- Enhance Sleep
- Detoxify Body
- Strengthen
- Immune System

San Antonio Hyperbarics
Phone: 210-654-6464
Toll Free: 866-249-3680

**JUST
FEEL
BETTER!**

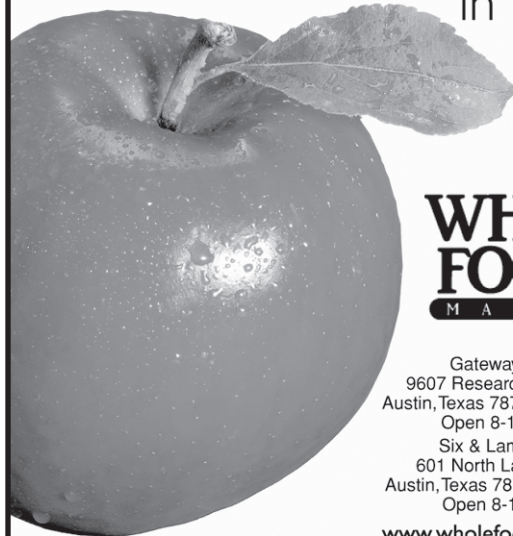


REIKI SAN ANTONIO

Carolyn Maloney
Reiki Teacher (Sensei)

Creative Minds Unlimited, dba Reiki San Antonio, founder 1996
Adjunct Instructor San Antonio College, Cont. Nursing Ed.
International Association of Reiki Professionals, Member
8930 Four Winds Dr., Suite 200, San Antonio TX 78239
Phone: (210) 289-9722 FAX: (210) 656-6023
<http://www.reikisanantonio.com>
Email: reikisanantonio@myway.com

The finest,
freshest foods
in town!



**WHOLE
FOODS**
MARKET

Gateway Location
9607 Research Blvd. Suite 300
Austin, Texas 78759 Phone 345-5003
Open 8-10 Everyday
Six & Lamar Location
601 North Lamar Suite 100
Austin, Texas 78703 Phone 476-1206
Open 8-10 Everyday
www.wholefoodsmarket.com

2008 Kerrville Wholistic Rodeo

Health, Mind, Spirit, Eco Expo



45 Exhibitors
20 Presentations
3 Special Events

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

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

\$10 two-day pass
Children under 12 free

For more information call 1-877-454-3411

www.WholisticRodeo.com

The first 300 attendees
on Saturday get a

FREE
Canvas Shopping Bag!



Spiritual Discovery

Explore the concepts of practical spirituality that the ascended masters have given to us.

Learn about the divine spark within you – the gift of life, consciousness, and free will.

Join us for Sunday services: 8:30 – 10:00 a.m.

The Summit Lighthouse of San Antonio
143 Lanark (Austin Hwy @ Perrin-Beitel)
(210) 654-0041

TSLSanAntonio@aol.com www.tsl.org

Used by permission of The Summit Lighthouse
© The Summit Lighthouse. All Rights Reserved





Dear Sasha: Messages from Your Angels

Sasha GABRIEL White, Columnist

Psychic & Medical Readings

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Classes (see Calendar):

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

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

Enjoy Whole Health, the San Antonio Edition is distributed in San Antonio, Blanco, Boerne, Bulverde, Canyon Lake, Fredricksburg, Kerrville, New Braunfels and Utopia.

STATEMENT OF PURPOSE

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

©2008 Enjoy Whole Health™

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

Owner/Publisher/Editor:
Patrick Jackson

Associate Editor/Photographer:
Kelly Jackson

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

ON THE COVER

Autumn Apples - Stock Photo

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



It Really Is That Simple.™

Patrick Jackson, Publisher

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

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

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

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

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

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

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

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

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

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

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

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

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

FEATURES

- | | | | |
|-----------|--|-----------|---|
| 3 | DEAR SASHA: MESSAGES FROM YOUR ANGELS
By Sasha GABRIEL White | 11 | ANIMAL TALK: I WANT TO BUY A HORSE!
by Val Heart, M.B.A., Pa.C.B.P. |
| 6 | A NEW YEAR - TIME TO IMPROVE YOUR HEALTH WITH HBOT
by Helen Prater | 12 | TOP TEN SECRETS TO A PAIN-FREE BACK
By Dr. John Coppola, D.C |
| 7 | TIRED OF HANGING AT THE END OF THAT ROPE?
by Dr. Carol Gloar, D.C. | 14 | EARTH TALK |
| 8 | GUM DISEASE: COMMITTED TO EARLY DETECTION
by Dr. John Guidry, D.D.S. | 15 | DIÁLOGO ECOLÓGICO |
| 9 | THE “STRESS STACK” PART 1: DIETARY INFLUENCES
by Peter McCarthy, N.D. | 16 | ASK KATHY: MENOPAUSE AND MAGNESIUM
by Kathy Jackson, R.Ph., N.M.D |
| 10 | BIO-IDENTICAL HORMONES: A SAFE & EFFECTIVE THERAPY
by Jose Gil, M.D. | 17 | CALENDAR OF EVENTS |
| | | 20 | DIRECTORY OF RESOURCES |

Happy New Year!



A New Year-Time to Improve Your Health with HBOT

Helen Prater

Stroke: A stroke is devastating not only to the victim, but to all family members as well.

It has been estimated that there are about 1.7 million stroke survivors in this country. They may be survivors of death, but not devastating consequences such as paralysis, life in a wheelchair, impaired speech and thought processes.

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

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

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

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

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

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

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

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

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

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

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

What is HBOT?

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



Tired of Hanging at the End of that Rope?

Dr. Carol Gloar, D.C.

Emotional disorders are rapidly becoming one of the fastest growing diagnosed illnesses in the United States.

These diagnoses are especially growing by leaps and bounds in children between 5 to 19 years of age. Of course with diagnosis comes treatment, usually in the form of chemicals, along with behavior modification treatments such as psycho-therapy.

One of the dangers is there has not been enough research on chemical (pharmaceutical) consumption of psychotropic drugs and long term effects, and proper dosage has yet to be scientifically established, especially with children.

If you surf the internet you will find literally thousands of recent articles that are all in agreement with one thing; emotional disorders are on the rise in a big way, and the prediction is that it will continue to surge. Medical universities, hospitals and small practices are all reporting huge increases in these disorders..... along with new pharmaceuticals to help solve the problem.

When my daughter and son were growing up it was usually a very pleasant atmosphere. Sometimes my children did become irritable, hyperactive, restless, quarrelsome or down right obnoxious. These behaviors usually came on the heels of not enough sleep, too much activity, too much sugar (junk and processed foods), inadequate nutrition or dehydration . They could even handle “emotional disappointments” rather well as long as the above mentioned factors were in good balance. But sometimes, even after looking at all of the possibilities, I still wouldn't have the foggiest idea as to why my child was behaving in such an adverse and negative manner!

And then, like a flash, I would slap myself on the forehead and mutter “Ahh....he or she must need an adjustment”. That irritable child would get balanced by a chiropractic adjustment and within a 24 hour period she or he would be back to their happy self. This happened over and over again throughout their childhood until they became adults....me slapping my forehead and my children getting their nervous systems balanced through chiropractic care!

Even though I was a chiropractor before either of my children were born, I too could easily get swept away by the “outside” possibilities and numerous things that could make my child behave “out of sorts”. So I'd mention the problem to my Dad (who is also a chiropractor) and he would AUTOMATICALLY say “did you give him/her an adjustment?”

Embarrassed, I would tend to the task and incredibly (and naturally) my children would return to “normal”. Sometimes they were irritable because they were constipated, sometimes because they had a headache...sometimes I couldn't put my finger on it and they couldn't either!

But by rendering chiropractic treatment to the nervous system, my children would come out of their funk and be glad to behold a new day.

As I became more adept at working with the nervous system, other beautiful techniques were utilized, techniques that are currently used in my office, such as NeuroModulation technique, NeuroLink, NAET (Nambudripad's Allergy Elimination Technique) and NCR, all of which are natural and help the nervous system CONNECT so that healing can be enhanced.

Adults can suffer the same type of “off” days, what most people categorize as “waking up on the wrong side of the bed”. They stumble out of bed, put on wrinkly clothes, forget to brush their teeth, skip breakfast, get stuck in traffic, forget their umbrella and by the time they get to work or school, they are carrying around seriously negative vibes!

When my husband comes home from work, I can tell in a nano-second what kind of a day he had. Just look at a person's face and you don't need to hear with your ears how their “mood” is. The posture, the eyes, the heaviness of their body as they drag themselves home after a long day..... you want to take a frying pan and whap them over the head!

Stop.

What if we could recognize these subtle (or obvious) clues to a person's emotional state (frustration, anger, mood swings, depression, anxiety, irritability, etc.) as a possible fault or “kink” in the normally beautifully orchestrated nervous system? What if we could get that person care in the form of chiropractic or other nervous system techniques that require no medication?

I have personally witnessed complete reversal of negative emotion to “normal emotion” many times when introducing chiropractic and other nervous system techniques to a person whose emotions are “in the toilet”.

Think about it, what dangerous side effects could you possibly encounter by introducing nervous system balance to the body? Even tiny, miniscule improvements to a person's emotional state can be something to celebrate. Why load up a child or an adult with drugs when their own body can produce a healing and healthy response if given a chance to reconnect to itself?

Do no harm! Do no harm!

Consider chiropractic care for your loved one (or yourself). None of us are ‘a-flutter’ with total joy and bliss 24/7. I think we need to re-learn “normal” emotional responses. Really, what would life be like if everyone reacted the same way to a situation?

Estimates say that ten percent of children in the United States have been diagnosed with some form of mental illness. The percentage of adult - diagnosed mental illness, such as bipolar disorder, is much higher. I don't even ask why anymore. I just know that we must dig deep and look within our own bodies for the answer.

Chiropractic works with the nervous system. Our nervous system has the ability to manufacture everything we need to balance our emotions, with NO side effects! It doesn't get much better than this!

See Gloar, p. 15



Facts about Mouthwash

John C. Guidry, D.D.S., Columnist

Mouthwash – when I first heard of it, it sounded yuck. I thought it was soap. I tasted it and actually it was not bad.

Why do we use it? We brush our teeth 2 times a day and ideally, floss at least once a day. Mouthwash is a personal choice with many reasons to use. It is used to freshen ones breath during the day, to remove food particles in between the teeth, to deliver medicaments to the gums and/or teeth and can be used as an artificial saliva.

The contents vary from alcohol, antimicrobials, tea tree oil, surfactants, flavoring, stabilizing ingredients, herbal medicaments and other ingredients. A hundred years ago, alcohol was put in many medicinal preparations such as cough syrups. The first mouthwash was Listerine. Serendipitously, the research found that the original formula did indeed kill bugs in plaque. The one drawback of alcohol at such a high concentration as used in Listerine, is irritation to the gum tissue, especially in those with a lack of saliva (dry mouth).

The newer formulas do not contain alcohol but do have antimicrobials, which work as well as alcohol. These antimicrobials have been recently discovered to work well. Tea tree oil and clove oil can act as antimicrobials. The problem with the antimicrobials is the short-acting time – only 10 minutes.

Chlorohexadine is an antimicrobial that can last up to 12 hours by being absorbed in the outer oral tissue and then slowly released. It has been used in Europe since the early 1970's. However, most of the preparations containing it do also contain alcohol.

There is only one preparation that does not contain alcohol but it is very difficult to find. It can only be obtained with a prescription written by a dentist. Non-alcohol preparations can be prepared by a compounding pharmacy. Antimicrobials in some commercial preparations are cetylpyridinium chloride. Other ingredients also include Glycerin, which is added to provide consistency. Baking soda is used to reduce odors and neutralize acids. Spearmint and peppermint, essential oils, are used to freshen the breath. Sodium lauryl sulfate is used as a foaming agent.

Xylitol is an interesting ingredient. It is a sugar alcohol. It was first used as a natural sugar substitute. Recently it was discovered that it actually causes the sugar producing bugs to stop producing plaque and acids which cause gum disease and cavities. Using a mouthwash or gum with Xylitol does not mean you can skip good oral hygiene – brushing, flossing and oral irrigation. Essential oils are added for flavoring (spearmint, peppermint), tea tree oil, and cinnamon (antiseptic). Zinc citrate is added as a prevention of tartar. Hydrogen peroxide is used for whitening teeth. There are some brands of mouthwashes that are specially made for dry mouth. They are very mild to the cheek tissue and are designed to reduce plaque.

If you are looking for a breath freshener, most any mouthwash will do. Brushing the tongue and flossing everyday also insures fresher breath.

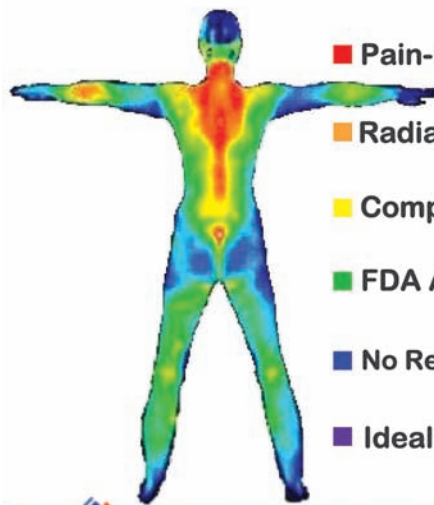
If you have a problem with plaque, a preparation with chlorohexadine or cetylpyridinium chloride may be needed. Which one to buy? That is a good question. Whatever your specific need it is best discussed with your dentist or other health professional.

If you have any question regarding dental care products, please call our office at 210-692-9140.

Dr. Guidry completed his dental training in 1987 at LSU in New Orleans. After practicing for 10 years, he pursued a degree in dental radiology at the UT Health Science Center in San Antonio, TX, and finished in 2001. He practices in San Antonio. He can be reached at 210-692-9140 and on the web at www.drguidry.com.

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

Pain-FREE Breast Cancer Screening with Digital Infrared Thermal Imaging



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

DITI Imaging, LLC

www.ditiimaging.com

(210) 705-1232 • 866-409-2506

Please contact us for more info or to schedule an appointment



The “Stress Stack”: Part 1- Dietary Influences

Peter McCarthy, N.D., Columnist

We Americans use many things to help us cope with stress, including foods and beverages. What most people aren't aware of is that many of these “crutches” actually increase the stress load on the body, in the process contributing to the problem of chronic stress in our society.

Of these means which our society uses to cope with stress, by far the most prevalent are caffeinated beverages and foods. We should emphasize at the outset that caffeine is a drug, attaching to the same cell receptor sites as heroin and cocaine. The supposed “energy boost” one feels after ingesting caffeine is actually the tension felt by the body as it deals with caffeine. The reaction of the body to caffeine can be summed up as: Caffeine = Stress.

And then there's chocolate. I know what this food holds in terms of emotional contentment; it is a preeminent “comfort food.” Unfortunately, two substances in chocolate, caffeine and theobromine, combine to make a three ounce chocolate candy bar the equivalent, caffeine-wise, of a large mug of coffee.

Aspartame, commonly known as NutraSweet, Equal or Spoonful, it is one of the world's most widely used artificial sweeteners. Most of us know of aspartame through our consumption of so-called “diet” sodas. But does aspartame really live up to its billing as an aid to weight loss?

To start with, aspartame is approximately 180 times as sweet as sugar, but with zero calorie content. When the body ingests and identifies a substance this sweet, it instructs the intestinal tract to prepare for an enormous intake of calories. The body creates enzymes to convert future calories to fat. Because its effect on appetite lasts for up to 90 minutes after ingestion, it causes an overwhelming urge to overeat. That is why the more aspartame one consumes; the more likely they are to gain weight. Dr. H.J. Roberts, the world's leading expert on aspartame, identified it as a diabetic reactor and neurotoxin and advises all his diabetes patients to avoid aspartame products.

Perhaps the most dangerous component of aspartame is methanol, also known as wood alcohol. The EPA recommends consumption of no more than 7.8mg/day of methanol, but an average soft drink containing aspartame contains 56mg. Once ingested, the methanol converts to formaldehyde and formic acid (ant sting poison). Formaldehyde, a deadly neurotoxin, is common embalming fluid, a Class A carcinogen. It is obvious, therefore, that aspartame contributes greatly to the chronic stress load on our bodies.

A widely accepted means our society uses to relax and “de-stress” is through consumption of alcoholic beverages. Most of us are well familiar with the societal challenges we face in dealing with chronic alcohol abuse. But one area many experts ignore is the effect of even moderate alcohol consumption on the body's stress response.

Alcohol is the most highly refined form of sugar available in any food or beverage. Introduction of processed/refined sugar of any type into the body causes the adrenals to release hormones

called glucocorticoids (otherwise known as cortisol) to aid the body in the processing and absorption of the alcohol. This acts as a stimulus for the adrenal glands. Over time, regular consumption of alcoholic beverages can result in “rebound effect” later on at night, causing the person to awaken and disturbing the natural sleep cycle. Obviously, alcohol also adds to the chronic stress load we must deal with.

A headline above an online news article said it all not long ago: “The U.S. Is Eating Itself To Death.” The article went on to describe the soaring rates of obesity, the prevalence of “super size” portions in fast food restaurants, and the effect this all has on our nation's collective health. But does it contribute to stress? Absolutely!

Because we are such a clock-oriented society, we have fallen into the trap of believing that the less time we spend on any given activity, the more efficient we have become. This belief has given rise to the huge number and variety of fast food restaurants. The primary stressors in these food sources are the types of foods (usually high calorie, high fat), the chemical soup that usually accompanies them in the form of preservatives, additives and pesticides, and the predominance of partially hydrogenated fats (also known as trans fats). Trans fats are definitely the worst. They literally rob our body of the raw material we need to deal effectively with stress.

All of these factors come together with a vengeance in the food selections offered in most public settings. To the extent we routinely expose ourselves to this type of nutrition, we continue to add to our stress load, sometimes daily, for years on end. In the next issue, we will introduce perhaps the most important factor in stress management, your own “cognitive filter.”

Peter M. McCarthy, N.D. is a graduate of Trinity College of Natural Health in Warsaw, IN and is nationally certified as a traditional naturopath by the American Naturopathic Certification Board. He and his wife, Nancy, are co-owners of Life Energy Holistic Partners in Helotes, TX. They specialize in stress management, detoxification, weight management, and energy balancing. They may be reached at (210) 372-0002 or by e-mail at lifeenergyholisticcenter@earthlink.net for appointments. Office hours are Tuesday through Friday from 9AM til 6PM, and Saturday from 9AM til 2PM. For further information please visit their web site at www.lifeenergyholisticcenter.com

San Antonio Hyperbarics Free-standing Hyperbaric Oxygen Therapy Clinic



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

Special rates for MUMS
E-mail: sahbot@sbcglobal.net

Financing Available
through CareCredit



Bio-Identical Hormones - A Safe & Effective Therapy

by Jose Gil, M.D., Columnist

As women age and they approach menopause, most of their hormones begin to decline. The decline in hormones in turn, accelerates the aging process. Symptoms they had never experienced before, like hot flashes, brain fogginess, difficulty sleeping, depression, anxiety and lack of libido begin to appear.

This process begins at different times for different women. Some women develop these symptoms at a much younger age than others, sometimes in their early 30's. It is common to find women, even at this young age, to be taking anti-depressants, when maybe all they needed was to check their hormone levels and begin a natural progesterone replacement therapy.

It is important for women to consider natural hormone replacement to prevent these conditions. In addition, without hormone replacement, their bones will experience calcium loss, become weaker, and potentially fracture. This is a condition known as osteoporosis.

It is very important to make the distinction between non bio-identical hormones and bio-identical hormones. Natural bio-identical hormones are made from plants and their molecular structure is similar to that of the hormones produced by the human body. This is why they are called bio-identical, and the body recognizes them as their very own hormones. This is the reason why, when they are assimilated, these hormones are able to replenish any hormone deficiency present in the body and healthy, youthful hormone balance can then be restored.

On the other hand, 'Premarin' one of the non-bio-identical hormone replacement therapies that very often is still prescribed, is made from 'pregnant mare urine'. These non bio-identical hormones are largely patented, chemical hormonal substitutes. They are different in chemical structure from the ones produced by the body. Scientists have found that they bind to cell receptors differently than natural, bio-identical hormones, and tend to accumulate in the body. This results in inappropriate stimulation of breast cell metabolism and damage to the cell's genetic material. The Women's Health Initiative (WHI) study of 2002, showed that 'Prempro' a combination of 'Premarin' (estrogen from pregnant mare urine) and 'Provera' (synthetic progesterone), actually increased the incidence of breast cancer, stroke and pulmonary embolism. After this study, many women decided to stop taking this combination of synthetic estrogen and progesterone.

Women also need to be aware of the harmful effects of birth control pills. These pills are produced with synthetic hormones and have been found to be the cause of blood clots and stroke in many women. When used for extended periods of time, birth control pills have also been found to increase the incidence of breast cancer. The younger a woman begins taking birth control pills the greater the chances of breast cancer in their lifetime.

The new Federal Cancer Statistics presented here in San Antonio, December 2006, by Dr. Peter Ravdin, a breast specialist at the University of Texas M.D. Anderson Cancer Center, showed a dramatic decline of 7.2% in breast cancer in 2003. He believes

the decrease is due to the vast number of women no longer taking synthetic hormones. About 200,000 cases of breast cancer were expected in 2003. The actual number showed that there were 14,000 fewer women than expected, diagnosed with the disease. The new set of statistics for 2004, released this past April, showed that breast cancer diagnosis had decreased even more.

In recent years, since natural hormone replacement has become widely available and the positive experience of thousands of patients over the years has clearly demonstrated the effectiveness and safety of natural hormones, more and more physicians are beginning to incorporate them in their practices. In our practice, we test the hormone levels of our patients and then we work with a compounding pharmacy that prepares a personalized dose of natural bio-identical hormones, according to the test results.

Cancer is known as the silent killer because it may take between eight to ten years to develop from a single cell with D.N.A. damage, to full blown cancer. While the disease is progressing slowly, the patient may feel fine. This is the reason why it is so important to become educated and to be aware of what is safe and could ultimately prevent breast cancer and what has already been shown to increase the incidence of breast cancer. There is no reason to wait until cancer has developed to find a cure for it. You owe it to yourself to discover a wellness and prevention program that is right for you, and to make it a priority in your life.

Jose Gil M.D. has practiced as a General Surgeon for over 20 years. He is a Fellow of the American College of Surgeons. He is also Board Certified in Anti-Aging Medicine and has over 10 years experience in this specialty. He is Medical Director of Anti-Aging Medicine Institute now located at 332 West Sunset in San Antonio. To make an appointment please call 210-530-8097.



The Spiritual Cinema Circle

Movies that Matter

Films that open the heart and expand the mind.

Delivered to your door every month.

800-449-9886 or

www.spiritualcinemacircle.com



Animal Talk: I Want to Buy a Horse!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

See Heart, p. 14



The Top Ten Secrets to a Pain-Free Back

Dr. John Coppola, D.C., Columnist

It's the New Year and "We're Off To The Races". First, we begin by taking inventory of our lives (what do we want to accomplish this year). Next, we set goals. We do all this to ensure a "Slam Dunk", record breaking year! Believe it or not, when it comes to 'New Years' resolutions, health is everyone's top priority. This is easily recognizable by the surge in gym attendance, as everyone tries earnestly to work off the extra holiday pounds. This momentum may even coast us through to Valentine's Day; then the fall off begins. Our health drops from the #1 slot to somewhere around the bottom of the list.

The Merry-Go-Round

Weekly "To Do" list: Take kids to school; attend business meeting; pick up dry cleaning; pick kids up from school; take kids to sport practice; pick up dinner; take dog to vet....etc.

Does this ride feel all too familiar? Ever wonder why we get stuck on this perpetual merry-go-round- year after year? How could we not with never ending responsibilities.

As insurmountable lists of activities add to our ever increasing "Stress" levels, life begins to tug at us from every direction. Our minds begin to race -like a wild horse bucking- as we bounce from task to task. Never completing any of them and losing much sleep in the process.

When under constant stress (as daily life presents) your body takes a physical pounding. It's at these times that the weakest link within our body will begin to falter and collapse. It's no wonder that 80% of the entire population will suffer from back pain; half of the entire working population will admit to having back pain in the last year.

The chaos of normal living is the very reason that our health should take ultimate precedence. An automobile that's been driven hard requires increased maintenance, so too does your body. Not taking care of our ultimate driving machine (our body) leads to aches, pains and disability.

Discipline, Consistency & Focus

As a wise Buddhist would say, "We have too much mind". I think this is just a polite way of saying we have "scattered brains".

In order to accomplish all that we need and still allow our health to be at the top of the priority list, we must remain focused. In order to be successful in our health or any other realm of life, we have to find the crystallized underlying principles that will govern our success.

We must then discipline ourselves to focus on these principles and act on them consistently every day!

The good news is the principles I am going to share with you for a "Pain Free Healthy Back" will also allow your entire health to flourish immensely. Let's begin our journey.

10. Get a Shoe On

Considering the number of hours we spend in our shoes

from the moment we leave our homes, it would behoove us to give careful consideration to our foot ware. After all, our ankle bone is connected to our knee bone, and our knee bone is connect to our hip bone ... well you get the idea.

Our shoes are the foundation that the rest of our body will balance upon. Just ask any woman who insanely balances on a 3"-4" heel, daily. Need I say how I feel about high heels?

If your shoes are too narrow, too short, too high or too large, they can cause discomfort, injury, and deformity. So when shopping for shoes, don't let style be your only guide.

Additional things to consider when selecting shoes are:

- Don't multi-task shoes. Purchase shoes specific to function (i.e. running, walking or golfing etc.).
- Shoes should have good arch support and be comfortable immediately. There should be no break in period.
- Use the "Thumb Rule". There should be a thumb width between your longest toe and the end of the shoe. When measuring your feet, consider the type of socks you will wear with that shoe.



- You replace your tires when the treads wear out; do the same when shoes no longer feel comfortable.

9. Proper Support – Mattress/ Chair

Much like our shoes, we spend a great deal of time sleeping and sitting. The average individual who sleeps 8 hours a day will spend 1/3 of their life in bed. For those who work at a desk for 8 hours or spend many hours driving, you may spend another 1/3 of your life sitting.

When it comes to good support, the goal is the same when sleeping or sitting. You should maintain the natural curves of the spine while minimizing abnormal pressure points.

• Sleeping

Sleeping on a soft bed or couch will strain neck and back muscles. Sleeping on your stomach causes additional strain to the neck and back. Make sure your mattress is firm. The best sleeping positions are on your back or side.

• Sitting

Sitting in chairs without proper support may throw the natural spinal curves out of alignment, adding to increase risk of injury. Slouching while sitting increases the strain even more. Use chairs that promote good posture and support. Rolling up a towel or placing a cushion in the lower portion of your back may help to

support your lumbar curve. Reposition the seat of your car so that your knees are level with your hips.

8. Proper Biomechanics

By now, you're probably realizing the importance of supporting the natural curves of the spine. Proper biomechanics refers to maintaining this alignment while in motion, such as lifting, standing, walking, or virtually anything we do on a daily basis.

Using proper biomechanics allows us to avoid wear and tear on our spine, discs and joints. It allows us to perform tasks with the greatest efficiency. This is evident when you watch the perfect golf swing or dance movements with grace and precision!

7. Core Strength

Core Strengthening refers to strengthening the muscles responsible for maintaining our alignment and posture. This



includes strong abs, back muscles, hip and shoulder muscles. A strong core will protect your back and make all your other activities easier to perform. High performance athletes realize that power is generated from our core strength.

6. Flexibility

I have always told my patients, stretching is the single best thing you can do to keep your joints healthy. Losing your flexibility leads to loss of motion, this leads to injury and degeneration!

5. Maintain Good Posture

Poor posture plays a strong role in causing back pain. There is tremendous pressure placed on the discs and strain to the muscles, joints and ligaments. When you have good posture your body moves in alignment with minimal energy expenditure. As a result, back pain and injury are reduced.

4. Eat Well – Nutrition

It's necessary to eat whole foods. Not only will you gain the necessary nutrients but you will meet dietary fiber requirements (30 grams/ day), as well. A high fiber diet helps us lose fat, too. At the same time, we need to eliminate sugar, white flour and processed foods. Processed foods are anything that comes in a box can or jar (not just junk food). Protein should consist of lean cuts of "All Natural" beef, chicken and fish. If you can afford it, organic is always better.

Sufficient water consumption is essential for a healthy back...and body. You should drink half your body weight in ounces, (example- a 200lb person would drink 100 ounces of water per day).

3. Weight Management

Excess weight puts strain on your spine and joints. Losing weight, not only decreases back pain, but will also help improve your posture.

2. Regular Spinal Check Ups

I often hear people say "Spinal Degeneration is a Normal Aging Process". So were rotten, smelly teeth before good dental hygiene became part of our health regimen. The only difference is you can pull out a decayed tooth but you can't pull out your spine.

Be sure to schedule regular spinal check ups with a Chiropractor or someone who specializes in Spinal Decompression at least once a month. Be certain to visit a doctor who can offer you preventative spinal health care. Would you go to a gynecologist if you had a foot problem?

An ounce of prevention is truly worth a pound of cure!

1. Plan to Succeed

It isn't just enough to want to be healthy and pain free. You have to plan for it. We all start out with lofty goals only to fall short as life gets hectic.

We don't Plan to Fail, We just fail to Plan.

Everyone needs coaching in any realm of life. Coaching keeps us motivated. I have been helping people achieve their health goals for over twelve years. So if you don't know how to implement these 10 fundamental rules, just call and we'll help you put together a program that suits your needs.

Precision Sport and Spine offers safer alternatives to drugs and surgery through Chiropractic Care, Spinal Decompression, Nutrition and lifestyle education. If you have nagging back or joint pain or just have a health concern, call today so we can get to the cause of your problem.

Dr. Coppola has been in clinical practice for over 12 years as a Chiropractor. As a former Canadian Wrestling Champion and a NPC bodybuilding Champion, his passion has been helping and inspiring people to restore their health through nutrition and exercise. For more information, please call Precision Sport & Spine - (210) 693-0291.



www.BodiesRebuilt.com

Earth Talk

from the Editors of E/The Environmental Magazine

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

-- Lee Senat, Haverford, PA

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



by licensed contractors that specialize in handling infectious materials. In most cases, incineration has been found to be effective in neutralizing potentially infectious agents.

But incineration, whether for medical or other purposes, doesn't come without its health and environmental

risks. The process generates some highly noxious pollutants, such as mercury and dioxin. Despite modern pollution control equipment on smokestacks, some of this discharge becomes airborne where it can foul the air and end up in waterways. And the incinerator ash left over after burning is usually sent to local landfills, where the pollutants can seep into soils and groundwater if not properly contained.

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

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

While there were few if any cases of people getting sick from exposure to such waste on beaches—medical waste poses a far greater risk to health care workers than to casual beachgoers—the events served as a wake-up call to federal and state govern-

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

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

CONTACT: Medical Waste Tracking Act of 1988, epa.gov/epaoswer/other/medical/mwpdfs/mwta.pdf.

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

Heart, from p. 11

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

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

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

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

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

Diálogo Ecológico

De los Redactores de E/La Revista Ecológica

Querido DiálogoEcológico: ¿Adónde va toda la basura médica de laboratorios, de las oficinas de doctores y de los hospitales? ¿Sencillamente se mete a un barril y se entierra? ¿La descargan en los océanos? Con toda la basura que se genera probablemente sería interesante saber adónde van todos esos frascos llenos de sangre y de otras materias. -- Lee Senat, Haverford, PA

La basura médica se define como “subproducto biológico de la diagnosis, el tratamiento o la inmunización de pacientes humanos o animales” e incluye los así llamados “afilados” (como las agujas y los escalpelos), culturas y materials desechados de laboratorio, sangre y productos de la sangre y cualquier otra basura generados de pacientes enfermos o de pacientes con enfermedades infecciosas. Tales basuras han sido dispuestas tradicionalmente por la incineración, ya sea en el mismo sitio de generación, en las instalaciones médicas o veterinarias grandes, o fuera de ellas, por contratistas autorizados que se especializan en la manipulación de materiales infecciosos. En la mayoría de los casos, se ha visto que la incineración parece ser eficaz en la neutralización de agentes potencialmente infecciosos.

Pero la incineración, ya sea para propósitos médicos u otros, no viene sin sus riesgos de salud y ambientales. El proceso genera algunos agentes contaminadores altamente nocivos, tales como mercurio y dioxina. A pesar del equipo moderno de control de tal contaminación en las chimeneas, algo de esta descarga llega a ser aerotransportada donde puede ensuciar el aire y terminar en canales. Y las cenizas del incinerador después de la quema se envían generalmente a los basurales locales, donde los agentes contaminadores pueden filtrarse en los suelos y el agua subterránea si no se contienen debidamente.

Dado tales problemas, muchos de los incineradores médicos más grandes de la nación han cerrado sus puertas en estos últimos años debido a regulaciones más rigurosas promulgadas bajo la Ley de Aire Limpio de los E.E.U.U. En su lugar han emergido una gama amplia de métodos alternativos, incluyendo el autoclave (esterilización al vapor), la desinfección química, la irradiación y los procesos (biológicos) enzimáticos. Más de 100 diversas tecnologías están hoy funcionando en lugar de la incineración. Y una vez que la basura médica ha sido descontaminada por alguno de estos métodos, la misma termina generalmente en los basurales junto a la basura sólida municipal normal.

Muchos de nosotros nunca pensamos acerca de la basura médica hasta que empezó a aparecer en las playas de New Jersey en 1987 y 1988 en un acontecimiento que se conoció como la “marea de las jeringuillas.” El acontecimiento golpeó la industria de turismo de New Jersey fuertemente, costándole casi \$1 mil millones en réditos perdidos. También sirvió como base para el libro de Barbara Ehrenreich, “La Gran Marea de las Jeringas” y fue la inspiración para la línea “jeringas en los litorales” en el hit de Billy Joel de 1989 “Nosotros No Comenzamos el Fuego”.

Aunque poca gente se enfermó eventualmente a causa de la exposición a tal basura en las playas—los desechos médicos plantean un riesgo mucho más serio a los trabajadores del servicio

médico que a los turistas ocasionales- el evento remeció a los gobiernos federal y estatales encargados de garantizar la seguridad pública. En respuesta, el Congreso pasó La Ley de Seguimiento de Desechos Médicos (Mwta) en 1988, que clasificó diversos tipos de basura médica y ordenó la creación de un sistema de seguimiento “de la cuna a la sepultura” requiriendo a las instalaciones médicas y transportadores de desechos ser responsables en todo momento por el manejo adecuado de las mismas y de sus paraderos.

El congreso financió solamente Mwta por dos años, pero los varios estados han decretado desde entonces sus propias leyes y protocolos basados en los estándares fijados por la legislación original. Naturalmente, las leyes más severas están en efecto en New Jersey y otros estados de la costa del nordeste.

CONTACTOS: Medical Waste Tracking Act, www.epa.gov/epaoswer/other/medical/mwpdfs/mwta.pdf.

¿TIENE ALGUNA PREGUNTA SOBRE EL MEDIO AMBIENTE?

Diríjala a: EarthTalk (DiálogoEcológico), c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; ó sométala por este enlace: www.emagazine.com/earthtalk/thisweek/; ó mándela por correo electrónico a: earthtalk@emagazine.com. Lea nuestro archivo de columnas pasadas en: www.emagazine.com/earthtalk/archives.php.



Gloar, from p. 7

Yes, sometimes the body needs help. That's where chiropractic and other related nervous system techniques can do absolute wonders.

Dr. Carol Gloar is now accepting patients at Lifestyle Chiropractic at 12000 Starcrest in San Antonio, (210) 496-1066. She additionally works with children and adults with moderate to severe allergies, children with ADD/ADHD and autism. Her office also offers the advanced nervous system treatments NeuroLink, NeuroModulation Technique and NeuroCranial Restructuring.



Ask Kathy: About Vitamin C

Kathleen Jackson, RPh, N.M.D.

Q: How much Vitamin C is enough?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

www.enjoywholehealth.com

CALENDAR OF EVENTS

Tuesday, January 8

INTRO TO PILATES MAT -This 6 wk series is based on Joseph Pilates' 34 mat exercises presented in Return To Life, published in 1945. \$99, includes textbook. This workshop will explore Pilates fundamentals for audible breath, posture and alignment, simple to complex movement and spinal mechanics. Tuesdays, January 8 – February 12, 2008, 12 – 1:30 pm, Synergy Studio Workshop Contact: Carolyn Bell, (210) 380.6800, e-mail: carolynrbell@gmail.com Studio Contact: (210) 824.4225, info@thesynergystudio.com

Friday, January 18

Emotional Freedom Techniques - Basic Course. An 'emotional version of acupuncture' (no needles). Clears emotional distress and related physical symptoms. 8:45am-12:15, \$39, CEU's for LPC's Jayne Morgan-Kidd LPC 210-525-9605 www.jaynemorgankidd.com

Saturday, January 19

COFFEE DAY and Rainforest Roundup Explore the sights, sounds, and flavors of the rainforest. Sample coffee and other tasty treats made with tropical plants, learn about the ethnobotany of the rainforests, and enjoy hands-on children's activities. Free with paid admission. Dora and Diego's Garden Adventure Thru Feb 17, San Antonio Botanical Garden, Open Daily, 9 a.m. -5 p.m. Adults \$6, Children \$3 (ages 3-13) Free admission for San Antonio Botanical Society members. 10 a.m. – 3 p.m., 555 Funston @ N. New Braunfels, San Antonio, Texas. For more information, the public can call 210-829-5100 or visit www.sabot.org

Saturday, February 9

CHOCOLATE DAY - indulge your appetite for knowledge about everyone's favorite botanical treat—chocolate! See a real cacao tree, sample chocolate treats, and learn about the botany and history of chocolate. Free with paid admission. Dora and Diego's Garden Adventure Thru Feb 17, San Antonio Botanical Garden, Open Daily, 9 a.m. -5 p.m. Adults \$6, Children \$3 (ages 3-13) Free admission for San Antonio Botanical Society members. 10 a.m. – 3 p.m., 555 Funston @ N.

New Braunfels, San Antonio, Texas. For more information, the public can call 210-829-5100 or visit www.sabot.org

Friday, February 15

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

Fri.-Sun. February 15-17

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

Monday, February 25

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

Fri.-Sun. March 28-30

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

ONGOING EVENTS

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

Pottery Lessons on the Wheel and Sculpture lessons. 210-494-8633 www.SunrisePottery.com

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

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

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 & Worries, 923 Westbank Drive, Suite C. Meredith Cooper, 512-329-5757. Web: www.wondersandworries.org.

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

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

SUNDAYS

Celebration Circle – A Creative Approach to Spirituality. Sunday, 11:00 a.m., Jump-Start Theatre, Blue Star Arts Space. Weekly meditations, artful events, retreats combining various faith traditions. Nonprofit Circle: where art/spirituality intersect. Rudi Harst or Zet Baer. www.celebrationcircle.org 210-533-6767.

San Antonio ECKANKAR Center, 1603 W. Lullwood, 210-737-6863. English and Spanish Worship services, Sundays, 11:00 a.m., Literature, Study Materials, and classes. Learn how Past Lives, Dreams, and Soul Travel can help you find God. Free Book—1-800-LOVE-GOD. http://www.eckankar.org.

Change Your Thinking, Change Your Life! San Antonio Center for Spiritual Living (Religious Science Church). Dr. Cindy Flor, minister. 2101 Lockhill-Selma, Suite 200. Sunday services 11:00 a.m. 210-342-7897. Prayer Line, 210-342-7897, Option 2. Bookstore, classes, workshops.



Safe Seafood Wallet List

SAFE TO EAT

Anchovies
Calamari
Clams
Crawfish
Dungeness crab
Flounder (summer)
Haddock
Hake
Herring
King crab
Lobster (spiny/rock)
Mid-Atlantic blue crab
Northern shrimp (US-farmed)
Oysters
Alaskan salmon (wild)
Perch
White shrimp (US-farmed)
Sardines
Bay scallops (farmed)
Sole
Spot prawn
Stone crab
Tilapia
Whitefish

CAUTION:

limit to one serving per month

Blue mussel T
Bluefish* T
Bonito* T
Channel (wild) catfish T
Cod (except Atlantic) T
Eastern oyster T
Gulf Coast blue crab T
Lake Trout* T
Lake whitefish T
Mahi-mahi T
Pollock T
Porgy* T
Rockfish* T

AVOID

Catfish (farmed) T
Caviar (wild) E
Chilean sea bass/toothfish E
Cod (Atlantic) E
Grouper E
Gulf Coast Oysters T
Halibut T
King mackerel T
Largemouth bass T
Marlin T
Monkfish E
Orange Roughy T
Pike T
Pacific rockfish/rock cod E
Salmon (Great Lakes) T
Salmon (Atlantic) E
Salmon (farmed) E
Sea bass T
Shark T
Shrimp (wild, imported) E
Snapper* E
Sturgeon (wild) E
Swordfish T
Tilefish T
Tuna (canned) T
Tuna steaks T
Walleye T
White croaker T

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

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

www.coopamerica.org



Support San Antonio's only no-kill shelter. Since 1934, ADL has depended upon the support of donors like you.

Call (210) 655-1481 or visit us online at

www.adltexas.org.

**We take them in.
You take them home.**

PERSONAL EMPOWERMENT FORUM: Whole approach to health/abundance by using your inner potentials. All attainable when we know how. Time-Tested principles: logical, practical, workable! FREE! 1st/3rd Sundays, 2:00–4:00 p.m. Contact Roger, 210-698-2572.

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

ZIKR, CHANTING IN THE SUFI TRADITION, reading, practices. 5:00–6:00 p.m. Free. Beginners welcome. Sufi Order of Austin, 8400 Flagstone Drive. Jan Stoddard-Smith, 512-206-0227, jstoddardsmith@austin.rr.com, or Xvarnah D'Obrenovic, 512-280-0584, parvati1199@yahoo.com, towardtheone.com. Call before coming.

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

MONDAYS–FRIDAYS

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

MONDAYS

Parkinson's Young Onset Support Groups: Discuss patient/caregiver issues. 2nd Mon-

days, 1:00 p.m. Sunset Ridge Church of Christ, 95 Brees Boulevard, San Antonio. Contact: Dianne Johnson, 210-567-6688, or e-mail diannejohnsonrn@aol.com.

PERSONAL EMPOWERMENT FORUM: Whole approach to health/abundance by using your inner potentials. All attainable when we know how. These Time-Tested principles: logical, practical, workable! FREE! 2nd/4th Mondays, 7:00–9:00 p.m. Contact Ann H, 210-690-4144.

Healing Hartwork – Alternative Cancer Support Group. Meets 3rd Monday in Whole Foods training room at 6:30 p.m. For more information, call Michelle Hart, 210-493-1160.

TUESDAYS

Séances, Akashic Record Journeys, Free Reiki, Labyrinth Walks and more Tuesdays, Brooks/Garrett Community Classroom, Briana Brooks 210-365-1400, Lori Garrett 210-269-7986, www.brianabrooks.net

PERSONAL EMPOWERMENT FORUM: Whole approach to health/abundance by using your inner potentials. All attainable when we know how. Time-Tested principles: logical, practical, workable! FREE! Every Tuesday, 7:00–9:00 p.m. Contact Bill, 210-826-7864.

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.

New Spirituality Study Group: Humanity's Team. Meets Every Tuesday at 7:30

p.m. Based around principles from Conversations With God (written by Neale Donald Walsch). All are welcome. E-mail humanitysteamsa@hotmail.com for details. 210-240-9000.

Fibromyalgia/Arthritis/Chronic Pain: Support Group, 2nd Tuesdays, 6:30–8:30 p.m. NeuroMuscular Associates, 4319 Medical, Suite 210A, 210-615-0270. Everyone welcome.

WEDNESDAYS

Free Tai Chi Sessions are continuing in Boerne at the Omega Retreat Center, 216 West Highland, 830-816-8470. Open for participants 55+ from 10:00–11:00 a.m., taught by Joslyn Crews. Call Mary Anderson for details.

PERSONAL EMPOWERMENT FORUM: Whole approach to health/abundance by using your inner potentials. All attainable when we know how. Time-Tested principles: logical, practical, workable! FREE! 2nd Wednesday, 7:00–9:00 p.m. Contact Ann V., 210-681-0673, or Jim, 210-698-3636.

THURSDAYS

Emotional Freedom Techniques and the Law of Attraction. 1st & 3rd Thursdays February–April. 7:30pm–9:00. Learn how to use EFT with the LOA. \$125 Jayne Morgan-Kidd LPC 210-525-9605 www.jaynemorgankidd.com

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. yogasolutions@gmail.com. 512-963-8364.

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

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

FRIDAYS

Parkinson's Caregivers Only Support

Group. 3rd Friday, 1:00 p.m. Warm Springs Rehabilitation Facility, room 132 Resource Center, 5101 Medical Drive, San Antonio, Dianne Johnson, 210-567-6688, 210-651-9835, or e-mail diannejohnsonrn@aol.com

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

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

SATURDAYS

Emotional Freedom Techniques classes. 1st & 3rd Saturdays. Clear your unresolved emotions with help of advanced EFT Practitioner Jayne Morgan-Kidd, LPC 210-525-9605 First class FREE!

Reiki classes each month. Briana Brooks/Lori Garrett, 210-365-1400.

FALUN DAFU/FALUN GONG WORKSHOP with Hongyi Pan. Every Saturday, 10:00 a.m.–12:00 p.m. Free. 210-286-0511 (c), 210-614-6158 (h).

Parkinson's Young Onset Support Groups: Discuss patient/caregiver issues. 2nd Saturdays, 10:00 a.m. New Forest Estates Retirement Community, 5034 New Forest Drive, San Antonio. Cayce Kovacs, cddkovacs@hctc.net, 830-329-3976. DBS (Deep Brain Stimulation) Support Group. Location changes; contact Sandy Farris, sandyfar@omniglobal.net.

"Livewires Support Group" for DBS (Deep Brain Stimulatin) patients meets the 4th Saturday of the month. For more information, call 210-567-6688.

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

CLASSIFIEDS

OFFICE SPACE - Alternative Health Professional: Counseling, Bodywork, Dietitian. Your own private office in a large prestigious clinic with shared reception area, group meeting room. Your name on entranceway. Located one block NW of Huebner at 7059 Bandera. \$250 per month, all bills paid. Call C.R. White, D.C. at 210-684-3200.

ENJOY
Whole Health.

Distributor Spotlight

Canyon Lake Health Food Store

1578 FM 2673
Canyon Lake, TX 78133-4536
Toll Free: (866) 530-8286

"Enjoy natural vitamins and weight loss supplements from Canyon Lake Health Food Store. Our friendly and helpful staff work with you on a one-on-one basis to make sure you get everything you are looking for."

Hours of Operation:
Monday–Friday, 10:30
a.m.–6:00 p.m.
Saturday, 10:30 a.m.–3:00 p.m.

www.canyonlakehealthfood.com

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

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

How to Advertise in the Resource Directory

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

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

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

Acupuncture & Oriental Medicine



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



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

Animal Communication



Val Heart

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

Coaching & Counseling



Kate Bares-Johnson



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

Chiropractic



John Coppola,
D.C.

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

Dentistry



E. Griffin Cole,
D.D.S

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



Joan Sefcik, D.D.S

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



John C. Guidry,
D.D.S

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

Feng Shui



Alison
Shockner

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

Healing & Bodywork



Kim Kiefer

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



Kathleen McBride

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



Johnathan Walker

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



Jayne Morgan-Kidd

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

Hypnosis

Ed Benjamin

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



www.brianabrooks.com

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

Psychology, Counseling & Growth

Joan Wells, LPC

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

Jayne Morgan-Kidd LPC

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

Natural Products



www.theherbbar.com

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



Natural Products Directory

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



Unlimited Thought Life Enrichment Center

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

Spiritual Practices & Intuitive Arts



Sasha White

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



www.brianabrooks.com

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

Schools, Classes & Workshops



Aroma
Apothecary
Healing Arts
Academy

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



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



Carolyn Maloney



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

How to Advertise in the Resource Directory

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

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

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

EGYPT

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

Journey of the Heart, Anchoring World Peace & Harmony



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

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



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



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



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

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

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

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

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