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March/April 2008

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Learn to bend spoons with your mind at the **IHF THRIVE Hypnosis Conference**. Hypnotist Kathy Moore teaches you to use "the Force" at the Spoonbenders Luncheon on Saturday, April 19, 2008. This Second Annual "THRIVE" Conference, sponsored by the International Hypnosis Federation, will be an action and relaxation retreat held at the T BAR M Ranch in New Braunfels, Texas. The event begins Friday evening April 18th with a hands-on hypnosis experience where attendees learn easy ways to hypnotize themselves and each other.

The event includes courses for everyone from professional wellness providers to hypnotists who want to better their skills and the general public who are curious about holistic health. Association Founder, Dr Stockwell-Nicholas heads up a slate of outstanding instructors who will teach courses on: Genetic Healing, hypnosis for weight loss and diabetes, getting free PR for your healing business, using mind power for healing, transpersonal psychology, how to be joyful, hypno-yoga and medical intuition.

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Dear Sasha: Messages from Your Angels

Sasha GABRIEL White, Columnist

Psychic & Medical Readings

When Palm Sunday and Easter arrive, our dedication is widely pronounced. We are always spiritual and yet this month holds glory and resurrection for many of us. For as we resurrect, so shall I stand in the midst of you. Every day my sermon states to believe in yourself, knowing that when we touch the hem of a garment that has been anointed by God, our DNA is heightened. When I create, teach, heal, inspire, etc., generally, I feel good. If I cannot feel all right, then the resurrection did not anoint my spirit and I must recharge my DNA thoroughly. How to do this is the point. In connecting with my Higher Teacher, my spirit enfolds and uplifts not only me but also everyone around me. For then, my aura is filled with glory and abundant light.

What is resurrection but a deep change within as well as the abundant light flowing inside your third eye via the crown? Who am I during this process of enlightenment? Where do I go, in consciousness, when I am afraid? How do I see myself when my peers are friendly, neat and calm and my persona is haphazard? Where do I go, within myself, when I am leaning forward in my spiritual design? Have I completed my destiny and was I charged with honor? All of these questions are related to your pattern and resurrecting spirit. Try to answer them and begin to feel like you have changed. Complete your annual checkup by counting your many blessings, knowing that spring has sprung and life is more buoyant. For when we begin to calculate our fantasies, pronouncing them instead of grieving over them, we are masters instead of disciples. We are trying to become more to our friends and relatives because they are not as hopeful as we have become. For with hope, honor, trust, and faith, human/adult behavior reigns. Thus, we are creating a towering planetary alignment. We are becoming anointed because we are communicating via God's Angels and enlightened Masters.

Dear Sasha, I've been sick for 5 years from mold exposure. When am I going to be over this? Holly, 41, Pipe Creek, TX

Dear Holly, You are going to improve your health as soon as you change your diet. If you will live on 60-80% raw food verses cooked food your problem will be over. Continue to drink a lot of water and drink two cups of carrot juice a month. Make sure you drink it immediately after juicing so you get the live enzymes. Once you feel good/exercise and eat well, then you can dedicate yourself to writing. When you were born, Raphael said that He would take you as a teacher or a writer.

Dear Sasha, I'm a new empty nester with a six-year-old grandchild in my care. I'm not sure what's next with my marriage or employment. Any advice? Jacqui, 43, Round Rock, TX

Dear Jacqui, Congratulations on your empty nest. You now have time for you. Seems like you are going to get your husband's attention, for he is thinking that the two of you shall at least vacation again. Good job. As far as work & retirement, it looks to me

like they are almost the same. Keep work & play simultaneous and your name will be delight. Have fun.

Dear Sasha, I just moved here from Dallas in hopes of success & financial stability. Will I have the same professional success here in the same field that I'm in? Will I meet a great man and fall in love? Aquarius, 45, Austin, TX

Dear Aquarius, You will have better success than you had in Dallas in a different field. You will have more fun and get more attention here than you did in the last place. Don't give up, the writing is on the wall: your success is here.

Dear Sasha, Why am I so worn out physically, emotionally & mentally? How do I get my life back on the right path? Elli, 61, San Antonio, TX

Dear Elli, You are about ready to feel better if you eat more raw food. You need to have a lengthy private session for you are neither assimilating the foods that you eat nor digesting most of them. You must feel sluggish. Start walking and eating living foods and you will at least get better overnight.

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):

- Tue, March 4 @ 7:00 PM – Metatron Teaches
- Tue, March 11 @ 7:00 PM – Master Teaching by Archangel Uriel
- Tue, March 18 @ 7:00 PM – Saint Germain Speaks

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.

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ON THE COVER

Texas Hill Country Bluebonnets by Dave Huss. 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.



The Essence of Spring

Patrick Jackson, Publisher

The tree or the flower in front of you has more power to bring you present than all the books in the world and all the teachers who have ever existed. All you have to do is bring yourself present with that which is present.

-Leonard Jacobson

Spring ushers in a rebirth, a renewal as mother earth begins its annual party of renewal. It is a time for renewing our commitments. We at Enjoy Whole Health are committed to improving the lives of each and every person by providing a forum for a rich mix of ideas, discoveries, experience, and solutions. It is our hope that we pass along something to you that you can use to improve your life. By the way, check out our new webpage, it has a lot of new features and will make finding the information you need easier.

In this issue, Peter McCarthy gives us great insight into stress and how to deal with it; Helen Prater explains hyperbaric oxygen therapy and Dr. John Coppola gives us the straight scoop on chronic back pain and gives safe alternatives to back surgery.

The folks at Diti Imaging explain the benefits of thermal scanning as a means of a pain-free breast exam and Orly Berstein Castillo explains the basics of a healthy diet. Rudolf Harst shares the fact that we are not alone in our convictions that perhaps maintaining the status quo is not necessarily the best, while Kathy Jackson discusses Vitamin B6.

A few years ago, thinking outside the box, especially in the area of healthcare, was unheard of. With your help, we are doing our best to get it "heard of". It is our vision that what is considered "alternative" now will one day become the norm. The advertisers and writers in this publication share this vision. Make use of their knowledge and services. They are there to serve you, as are we.

Finally, really be present to the life that is all around you. It's very easy to go through life and never really see what the Universe has provided to us. I challenge you to take time to enjoy it. Experience the freedom that nature provides. Be of gratitude for all that is. Your soul will thank you.

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

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

*Who reads
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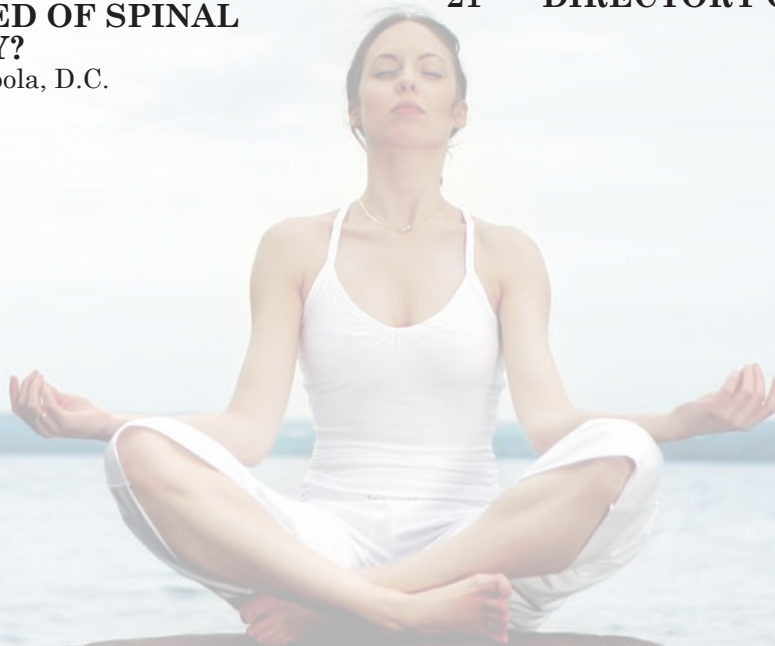
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The Cognitive Filter: Shaping Our Stress Response

Peter McCarthy, Certified Traditional Naturopath, Columnist

Of all the stressors which impact the human body/mind/spirit matrix, perhaps the most influential is what I call the “cognitive filter.” It is the overlay of influences and experiences through which we perceive, interpret and act upon the events which shape our reality.

In order to best understand how our cognitive filters work, we need to know how our bodies work to generate those filters. Perhaps the closest equivalent which has already been described is the “life grid” concept developed by British physician Leon Chaitow.

The baseline factors are comprised first of the individual’s current and past biochemical stressors. These can include not only the various toxic influences which impact one’s long term health (e.g., mercury in the dental fillings or fluoride in the drinking water), but also those near term influences such as the food we eat, the cosmetics we use, the beverages we drink, the prescription and recreational drugs we consume, etc.

When dealing with toxic influences especially, one must be prepared to deal with both the biochemical and energetic levels. To do less would permit the individual to achieve biochemical balance, only to suffer a relapse because the energetic imprint of the ailment allows it to be first energetically and then biochemically reestablished.

The second input variable is the current and past psychological load. This is comprised of the totality from birth of one’s thoughts and mental and emotional reactions as stored in the brain. Obviously, repetitive patterns (positive or negative), imprinted within the brain structure, have a much greater influence than discrete events, unless those individual events are overlaid with exceptionally strong emotional content.

The third input is current and past biomechanical overuse and misuse. Since none of us are structurally perfect, we are required to compensate for our flaws by overuse of some components and under use of others. When injury and illness are overlaid, the tendencies are exacerbated, creating visible imbalances and manifestations.

The fourth input is the spiritual component. By that I do not mean the religiously oriented sense of the word, but the sense of being part of something much larger and more significant than us as individuals. Each one of us possesses a different level and comprehension of the concept of “spiritual awareness.” The primary point here is that it can play either a positive or negative role in our lives with respect to our ability to manage stress.

This framework is initially filled in with the components of our own biomechanical individuality, toxicity levels, nutritional status, and endocrine balance.

For example, each of us has a distinct gait, way of posturing ourselves in different situations, and using certain portions of our anatomy. These biomechanical habits are generated as a function of the previously mentioned influences. That is biomechanical individuality.

Additionally, because of the unique environmental factors we each have been exposed to, the level and mix of different chemical and biological toxins in each of us is also unique.

Further, our individual nutritional likes and dislikes, as well as the availability or lack of certain foods in our environment create both the fills and gaps in our nutritional status. In effect, it means that what you eat (or don’t eat) has a profound effect on how you think.

All of these factors exert a direct and profound effect on the balance or imbalance which manifests in our endocrine, or glandular, system, the primary manager and balancer of our body’s available energy.

A further filling in of our cognitive filter occurs with our unique psychological features, personality, emotional and behavioral characteristics. Some of these are learned from our primary caregivers while we are growing up, some from our peers, some are inherited genetically, and some are directed and shaped by our life experiences. Additionally, our social support system (or lack thereof), coping abilities, and degree of general “hardiness” help also to fill in the factors that comprise our cognitive filter.

There are three important additional ideas that require discussion to reach a complete understanding of the cognitive filter. The first is that the cognitive filter is constantly changing. Every life experience we undergo, positive or negative, contributes to the structure of the cognitive filter. In other words, our perceptions and our reaction to them continually shape our reality!

Second, it is equally important to remember that the combination of stressors varies with each individual, and that each person responds differently to stress. Since the mid-1950s the scientific community has accepted the fact that we are biochemically unique and respond differently to biochemical influences than the next person. We can now expand that definition and state that, through the influence of the cognitive filter, we also are unique in our ability to respond to stress.

The third factor, and perhaps the most important to understand, is that the impact of all these influences on our stress load is cumulative. Whether we look at the positive or negative aspects of our cognitive filter, each aspect, to the extent it is reinforced and repeated, exerts a cumulative effect on how we view the world and how we handle stress. In the next installment of our series, we will address the most commonly known aspect of the stress stack, lifestyle factors.

Peter M. McCarthy is a nationally certified traditional naturopath. 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 lehp@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.



A Refresher Course on Hyperbaric Oxygen Therapy

Helen Prater

I've been writing about uses and benefits of HBOT for nearly 3 years now and I continue to be amazed at the results ("little miracles" I call them) I see all the time! I thought it was about time to do a refresher on the history of HBOT in general for those who have recently joined the Enjoy Whole Health reader family.

Why does it seem the Western world is always so far behind when it comes to alternative treatments that really do wonders? Although the use of Hyperbaric Oxygen Therapy (HBOT) is commonplace in Europe and Asia, it is still in its infancy in the Western world. It is, however, steadily gaining popularity and credibility in the U.S. Every day we are finding more conditions that this simple, non-surgical, cost-effective procedure benefits. I have personally seen wondrous results from the use of this treatment.

We all know how important oxygen is in the healing process. Normally, oxygen is almost exclusively carried by red blood cells. During HBO therapy, all body fluids, including the lymph and cerebrospinal fluids are infused with the healing benefits of this molecular oxygen. Pressurization forces it to reach bone and tissue that is inaccessible to the blood cells even when compromised by injury or disease. The result is the oxygen speeds and enhances the body's natural ability to heal.

Originally developed during the 1930's, HBOT has long been recognized as the definitive treatment for decompression sickness, air embolism, and carbon monoxide poisoning. In recent years, HBOT has emerged as a helpful, and many times curative, therapy for additional conditions such as: stroke, traumatic brain injury, crush injuries, peripheral neuropathy, migraine and cluster headache, Multiple Sclerosis, Cerebral Palsy, chronic fatigue, Bell's palsy, Lupus, Lyme disease, fibromyalgia, rheumatoid arthritis, Psoriasis, Crohn's disease, decubitus ulcers, autism, diabetic retinopathy, macular degeneration, osteoporosis, radiation damaged tissue and bone, non-healing fractures, tendon and ligament injuries, sport injuries, Brown Recluse spider bites, delayed wound healing, thermal burns, and improved healing after cosmetic surgery to list a few.

Hyperbaric Oxygen Therapy is a medical treatment that is American Medical Association recognized and FDA approved. Some treatments are also a Medicare approved modality. Although HBOT is not yet approved for all types of indications, it is continually being proven that many of these conditions respond extremely favorably to HBOT treatment. These indications are referred to as "off-label" treatments and can not be treated at hospitals since they are bound by medical rules. However, although they may not be covered by insurance, they can be administered at freestanding clinics. (A free-standing clinic is not associated with a hospital or medical facility.) But since a medical doctor must approve patients for treatment, these clinics usually have a Medical Director on staff to interview and screen patients to assure their safety and determine the benefit that may be derived from HBOT. Freestanding clinics are also bound by safety rules, and treat-

ments are usually considerably cheaper than those at a hospital. If freestanding facilities continue to prove the benefits of HBOT in areas not yet covered by insurance, maybe it will help speed up the process of changing those rules/laws.

During treatment the patient breathes 100% pure oxygen, under increased atmospheric pressure inside a pressurized chamber. Treatments usually last from 60-90 minutes and are administered by a qualified Hyperbaric technician. This can be a relaxing experience since the patient can watch TV, videos, or just sleep. The only sensation you may experience can be compared to that of an airplane cabin pressurizing. That is exactly what's happening inside the chamber. Although there are no claims that HBOT alone will cure diseases, etc., it is highly recommended that HBOT be used as an adjunctive therapy to those treatments already being given to the patient.

Some people take HBOT treatments prior to and after surgery to speed up healing, reduce swelling and chances of infection. Some elderly people take them just to feel better, diminish their aches and pains, have clearer thinking and better memory, and to improve their eyesight. But many with debilitating diseases like MS, autism, psoriasis, or suffering strokes enjoy astounding results after a series of HBOT treatments. Some take them just to reduce their stress or rid themselves of Migraines.

Many patients report improvements in pre-existing conditions other than the ones they intended to treat with HBOT. They also report a more relaxed feeling, having higher levels of energy, sleeping better at night, having clearer thinking, and an improved general feeling of well being.

Don't wonder about it, call or go in to check out the cleanliness, privacy, efficient and friendly staff at a local Hyperbaric Chamber Treatment clinic, and see for yourself what it can do for you.

After retiring from 35 years in the computer field, Helen developed an interest in alternative health medicine. She became interested in 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.



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Animal Talk: Percy's Story

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

Imagine for a moment that you are Percy, a beautiful, creamy long hair 10 pound 8 year old cat. Rescued from a construction site years ago, you have healed now, and you are enjoying your life and good health. You often happily accompany your caretakers, Rita and Bart, as they travel and around the world, by car and airplane, to visit your extended family and friends. You are a very special, unique being with a great deal of wisdom and compassion. You love your human friends very much and they wonder what they did before you came into their lives.

Rita occasionally chats with you through the services of Val, an animal communicator and behaviorist, and you always look forward to these visits. When Rita tells you that Val is calling to chat, you always get excited and run to the phone, and during the conversation, you are very animated and expressive...

When you first met Val, you were newly rescued and having trouble becoming accustomed to your new home and people. She assisted so that everyone felt more comfortable with each other, and you learned how to understand the needs of your new people and how you could best fit in. She helped them understand where you came from, how you felt, and that you were grieving the loss of your former people. Chatting with Val helped ease the transition for everyone so much. And, Val also helped your vet know what you really needed and what was helping you – and what was not helping. That helped you recover your health and well-being very quickly.

When Rita discovered that you were very afraid of thunderstorms, Val spoke with you about this. She helped you understand that the Thunderstorm could not find you if you went into their master bedroom closet and hung out there with your toys, bedding, and snacks. Sure enough, when the next Thunderstorm came, you tested out Val's suggestion and it worked. You've never been afraid of Thunderstorms again because you know what to do now.

This past year you have felt something odd in your head. A sort of pressure, a deep ache, and sometimes it feels like a sharp, stabbing pain. Light now often hurts your eyes and sometimes it hurts to swallow. Food doesn't smell or taste the same as it used to either. When you tell Val and Rita how you feel, Rita takes you to the vet for a checkup, but the vet never finds anything wrong. You aren't sure what to do about this as the pressure keeps getting worse...

Animals are supposed to live long lives and in times past, they normally did. Today, our animals are living shorter lives than ever before and alarming numbers of them are suffering from cancer, autoimmune problems, and other degenerative diseases. It is hard enough to deal with cancer in our own bodies or with our loved human family and friends, but it can be especially difficult to watch our loved animal companions suffer from it too.

I have worked with many cancer patients now, both human and animals, and have a lot to offer to anyone struggling to survive this dreaded illness.

Shortly before Christmas, Rita discovered that her beloved cat, Percy, had cancer. For about a year now he had been telling us of a pain and pressure in his head but the vets hadn't been able to find anything. This time, they could finally see the

problem, a tumor growing in his sinus cavities. They decided to try to remove it but when they went into the surgery, they discovered that it had invaded much of his head and was too large to risk trying to remove it.

The only real choices they had were 1) do nothing and treasure the last few weeks he had to live, or 2) go to a special clinic in Fort Collins, Colorado and undertake a specialized treatment protocol that included an intensive daily radiation for several weeks. This option would include driving to another city over 3 hours away, staying in a hotel for a month, and would definitely get worse before it got better.

What Rita had to know before making any decision was if Percy wanted to go through with the treatment, if he wanted to survive and fight. Or, if he simply was too tired and wanted to let go and transition. Rita was willing to honor his decision whatever it was, even though the thought of losing him was breaking her heart.

After carefully explaining the protocol process and all the options, Percy told us he did want to fight and that he was not ready to die. We discussed the travel, the daily treatments, and prepared him as well as possible by telling him what to expect. We even gave him visualization tips that would help him understand and cooperate with the process.

We scheduled weekly visits with him so we could monitor how he was doing, to help us adjust the pain medication appropriately based on his actual pain levels, and to give him a voice to express himself. Some days were better than others, and some days he was very tired. But, every week he reaffirmed that he wanted to keep fighting.

Everyone who is ill and going through this kind of trauma needs a way to tell their loved ones what is happening with them and how they are feeling. Just expressing ourselves and being heard often goes a very long way in managing pain. This is especially true of our animal friends.

When it was time to insert his feeding tube (his throat became too raw and swollen for him to eat normally), we discussed it before they did it so he wouldn't be alarmed or surprised. And the insertion went very well with him adjusting to it almost immediately.

One day Rita called in a panic saying that something was wrong with the feeding tube. That Percy wouldn't let her feed him and seemed uncomfortable. When I tuned in, he told me it felt like something was blocking it and I could see where there was a lump of what looked like flesh in the way. As I scanned the area, I could tell that the tube was not dislodged or leaking, and that there wasn't any indication of infection or inflammation. He also told us that it didn't hurt which was a great relief to both of us. When Rita took him to the vet to be checked, they found a large lump of his food had blocked the tube itself. When it dissolved, things were flowing smoothly again.

See Heart, p. 16



To Probiotic or Not To Probiotic

by Orly Bernstein Castillo, DHom, CCH, RSHom(NA) and Lawrence Hoberman, MD

We have heard it all before. Eat healthy; you are what you eat; stay on a healthy diet. What does all that really mean? What is so important about eating a healthy balanced diet, anyways? First, we should start by asking: why do we eat?

Food is our fuel. Just like a car needs fuel to run, so do we. Since our body is very complex, the purpose of food in our body varies. We eat to stay alive, and we need nutrients to keep our body healthy and functioning. The quality of our diet has a major impact on our health. Our diet consists of three types of nutrients. Protein is the building block to maintain and replenish our tissues, immune system and vital enzymes. Fats and carbohydrates are our source of energy. Choosing low glycemic carbohydrates, like whole grain breads and brown rice, helps to control our blood sugar. Fresh fruits and vegetables are excellent source of natural antioxidants and healthy carbohydrates. It is best to avoid saturated fat and transfatty acids which adversely affect our cholesterol values. Adhering to a healthy diet will have the recommended daily allowances of vitamins and minerals. If you want to insure that you are getting enough vitamins and minerals, taking a multiple vitamin and a calcium supplement with vitamin D is reasonable.

Our intestines are the home to about 400 different species of bacteria. Some of the bacteria might promote health by digesting food, producing vitamins, preventing infection and regulating the immune system. Most of the time, the intestinal micro flora are kept in balance. Unfortunately, an unhealthy diet, excess alcohol, and drugs like antibiotics, acid suppressing medications, and NSAIDS (ibuprofen type medications) can tip the balance in favor of the harmful bacteria. Our western diet is high in refined simple sugars and fat. Consuming this type of diet can inhibit the good bacteria and allow the harmful bacteria to proliferate. Antibiotics can cure bacterial infections, but in the process, can also kill the good intestinal bacteria. Taking the proper dose and strains of good probiotics can improve the micro flora imbalance.

Probiotics are cultures of beneficial microorganisms which improve digestion. When ingested, they encourage the growth of beneficial bacteria in the body. Probiotics are supplements that contain the 'friendly' or 'good' bacteria that reside in the intestinal tract. The word "bacteria" has often been associated with a bad infection or an awful bug. Scientists have studied the micro flora or bacteria that populate our intestines and have found that they are very important for the health and function of the intestines. The good bacteria set up housekeeping or colonize the intestines, creating a beneficial barrier against harmful bacteria that we may ingest. They produce substances that inhibit the invasion of harmful bacteria. In addition, the good bacteria interact with the intestinal lining cells to boost our immunity.

Probiotics have been advocated for the prevention and treatment of a wide range of symptoms and diseases. There is strong evidence for their efficacy in some clinical scenarios. Probi-

otics are now widely used in many countries by consumers and in clinical practice. They can be a beneficial form of therapy without the concern for significant adverse effects and drug interactions associated with prescription and over the counter therapies.

People of any age can use them, even babies. Probiotics are frequently used in treating stomach bugs, even on infants with acute diarrhea. Probiotics in gastroenterology are used with food allergies and irritable bowel syndrome with great success. Intestinal gas is a normal result of food digestion, however some individuals suffer from excess gas production or flatulence, which is related to bacterial fermentation of poorly digested carbohydrates in the diet. Overgrowth of intestinal bacteria can also contribute to increase bloating and gas. Probiotics can modify the intestinal bacterial content, resulting in decreased flatulence.

Sometimes when we travel, we are exposed to foods and drinks that are contaminated with harmful organisms that cause diarrhea. The use of a good probiotic supplement while traveling may help to prevent the harmful organisms from taking up residence and causing damage to your intestines.

When choosing a probiotic, look for a product that has at least 6 billion colonies of the healthy bacteria in a serving size. It is best to choose a product that has several different strains which are mutually beneficial. There are many very good products on the market, however, at my clinic I like to use a very beneficial product called EndoMune. It was developed by our very own local gastroenterologist Dr. Hoberman. As a homeopath I counsel people, I do not diagnose. When looking at acute as well as chronic conditions such as allergies, ProBiotics is one of the first supplements I recommend.

Orly Bernstein Castillo, DHom, CCH, RSHom(NA). Board certified Homeopath. She can be reached by phone at 210-492-7772 or email at orly@idworld.net / www.yourpathtohealing.com With homeopathic consultation, people get individualized attention. Much of the initial time is spent on developing a relationship with your practitioner. As a classical homeopath, I treat people, not diagnoses. People are unique and so is the way that we each react to a symptom. I will do my best to provide you with information and help you with your changes as you further your path to healing...

Dr. Lawrence J. Hoberman is board certified in Internal Medicine and Gastroenterology. After a private practice of gastroenterology for over 25 years, he has chosen to focus his practice in a health and wellness program stressing preventive medicine.

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Terrified of Spinal Surgery?

Dr. John Coppola, D.C., Columnist

Your Fears Are Justified

If you're suffering from chronic, reoccurring neck or back pain, your fears of surgery are well justified. The doctor says your only option is "SURGERY". It feels like a death sentence, dashing your hopes of being able to enjoy a lifestyle full of enthusiasm and vitality.

...Surgery is a death sentence to the quality of life we once enjoyed ...

What do the Experts Say?

Is it harsh to say surgery is a death sentence to the quality of life we once enjoyed?

The current research has shown that the statistical success for back surgery is dismal.

...53% of back surgeries fail to relieve symptoms

A study published in the well respected journal, The International Orthopedics revealed that 53% of lumbar spine disc surgeries fail to relieve symptoms. The translation: More than half the patients undergoing surgery don't get any better.

Furthermore, in 2004, 'Spine' Journal, a very renowned journal revealed that out of the 47% of patients with a successful outcome, 20-40% of this group will experience 'failed low back surgery syndrome' in five years, and 10% will be worse. This means within five years, post surgery, the failure rate is between 73% and 93%! Still contemplating surgery?

... within five years post surgery, the failure rate is between 73% and 93%

I recently appeared on a local TV show, Great Day SA, and was asked by the host, "Why is the failure rate so horrendous?" The reasons for the poor surgical outcome are numerous.

When neck or back surgery is performed, muscles are cut or severed, in order to reach the spine, disc and/or nerve roots. These muscles, many times, will never reunite, leaving your back in a weakened state, forever. Furthermore, surgery does not correct abnormal biomechanics of the spine, which may have caused the problem in the first place. In order to conceptualize this, imagine that the tires on your car are not properly aligned, causing them to wear out prematurely. Simply changing the tire will not fix the problem. The tires will continue to wear out, prematurely.

Unfortunately, within the human body, we don't have the option of merely changing out the disc, nerve or spinal joint. Spinal surgery leaves the joint complex in an immobile and/or weakened state. This leads to a domino effect of problems traversing the spine, globally.

Why Do People Have Surgery

With the horrible outcome from surgery, it makes you scratch your head and ask, "Why do people do it?"



The average person is misled to believe that surgery is a quick fix to their problem. All they have to do is lay on the table, go under the knife and life will return back to how it used to be. However, research has proven that this is far from the case.

1. People simply don't know what options they have available.
2. People ignore their problem till it's too late.
3. Society looks for the 'Quick Fix'.

When is Surgery Necessary?

The best advice I can give someone who is contemplating neck or back surgery, is to proceed with absolute caution because there is no turning back. The surgical reality is that there are very few instances where back surgery is absolutely necessary. One such case which would necessitate surgery, is when someone experiences loss of bowel or bladder function. Another instance would be when a person develops drop foot. Both cases are indicative of severe nerve root compression.

These are very serious signs. If you are experiencing any of these signs you should consult a neurosurgeon immediately and surgery may be your only option.

However, for the vast majority of people, I would tell you to seek out other options! Aside from surgery, what are some other options?

Treatment Options

1. Medications/Injections
2. Physical Therapy
3. Chiropractic Care
4. Spinal Decompression



A Pill For Every ill

Typically, when we experience neck or back pain, most people visit their family physician. They will then receive a prescription for pain or anti-inflammatory medication.

It is fine to proceed down this road for a short period of time. Managing pain with medication for more than two weeks is detrimental to your health, and your condition; yet people take pain

medication for weeks, months and sometimes even years. Medication does not correct the problem, it simply masks your symptoms. Thus, long term use of pain medication leads to a progressive worsening of your neck or back condition, not to mention it is tagged along with toxic side effects.

Physical Therapy

Physical Therapy is much safer than drugs and surgery and is necessary to recovery. We use a great deal of physical therapy within our clinic. However, if you strengthen the muscles around an injured joint and disc without correcting the injured joint itself, then the problem becomes reoccurring. It's similar to building a strong home on a weak foundation. It just doesn't work.

In many cases exercising an injured joint can do more harm than good. But when used in the proper sequence, first heal the joint, then strengthen the muscles around the joint, the results are spectacular!

When treating neck and back problems, we prescribe "Core Strength Training" to prevent injuries from reoccurring. These are exercises to strengthening the stomach and muscles protecting the spine.

Chiropractic Care

As a Chiropractor, I have witnessed tremendous results in treating patients with neck and back problems. Although it is a much safer alternative to drugs and surgery, it has its limitations, as well. Before I began using Spinal Decompression, there was a percentage of my patients that I struggled with getting the desired results, with chiropractic care and physical therapy, alone. This typically occurred with patients who had severe disc injuries, inflamed spinal conditions or simply could not tolerate a spinal adjustment, very well.

This is the beauty of Spinal Decompression. Spinal Decompression has proven to be extremely effective, gentle and safe.

Just How Safe is Spinal Decompression?

'Spinal Decompression was proven to be much safer than drugs or surgery'

The Journal of Pain Management published a study which revealed an 86% success rate for patients with ruptured discs. This is the most serious form of disc injury!

In our clinic, we have witnessed over a 90% success rate. We attribute this success to "Management of Care".

This means that in conjunction with Spinal Decompression, we also address things such as:

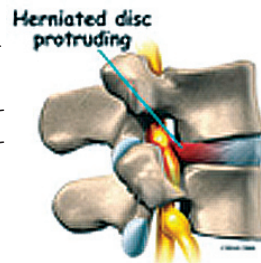
- Core Strength Training
- Prescribed Nutrients for healing & Cellular Regeneration
- Active Release Myofascial Therapy
- Lifestyle Education

How Does Spinal Decompression Work?

From the moment you get out of bed, your spine is being compressed by gravity and your body weight. Our discs have very poor blood supply, making it difficult for nutrients to get into the disc. These vital nutrients are necessary for healing to take occur. When you couple the compressive forces on the

disc with the fact that there's poor nutrient exchange in the disc, this makes for very slow, painful healing. Thus, requiring special technology such as Spinal Decompression.

Spinal Decompression lifts the compressive forces off the spine and disc. It creates a vacuum like effect, drawing nutrients into the disc, facilitating the healing process. It mimics the weightless environment experienced by astronauts in space. People begin to experience relief in as little as 6-12 treatments.



How Do I Know If I Have A Problem?

The reality is that most of us experience signs and symptoms telling us something is wrong long before the problem becomes serious.

Ask yourself the following questions:

- Do you suffer from reoccurring neck or back pain monthly?
- Do you modify or eliminate activities because of your pain?
- Do you take pain medication 3x/month or more?
- Do you suffer from pain, numbness or tingling in your legs or arms?
- Are you irritable or moody from pain?
- Do you wake up feeling tired or un-rested?

If you answered yes, to even one of the questions above, then you're allowing your pain to take control of your life. Unfortunately, our health often gets put on the bottom of our "Things to do List".

You're usually too busy taking care of others such as your kids, your spouse, your house, or even your pets but your not taking care of yourself. The problem with procrastinating is that with each passing moment, your problem may worsen. If you don't take care of yourself, how are you going to take care of others? Don't wait another moment! Now is the time to do something about it. Pick up the phone and schedule a consultation/exam to see if you're a good candidate for Spinal Decompression. For a limited time only, we are offering the following Discount.

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Dr. Coppola has been in clinical practice for over 12 years helping people achieve a pain-free life full of energy, vitality and zest. He has a bachelor degree in Human Kinetics and a doctorate in Chiropractic care. He has hundreds of hours in continuing education in nutrition, exercise physiology, and lifestyle education. He has an extensive history as an athlete. He is a former Canadian Wrestling Champion and a NPC bodybuilding Champion. His passion is inspiring people to restore their health through preventative, proactive lifestyle. For more information, please call Precision Sport & Spine at (210) 492-0111 or visit us at www.BodiesRebuilt.com

Pain-Free Breast Screening

DITI Imaging

Today, more than any other time in history, women are more aware of breast cancer rates and the importance of annual breast screenings. However, one unpleasant or painful mammogram experience and many women will refuse to return for another one. Many women dread the annual screening more than any other doctor appointment and rightfully so. In addition to what can be a very painful experience, there is now mounting evidence that mammography may not be as effective as first thought and may be doing more harm than good.

Mammography has been around for over 50 years and is considered by most doctors to be the “gold standard” of routine breast screening which explains why it is their usual and customary recommendation. Ultrasound and MRI are also used, although not typically for basic examinations or routine breast screenings due to the substantial cost of the procedures.

But there is another option available for women – one that is pain-FREE, compression-FREE, and radiation-FREE. Digital Infrared Thermal Imaging (DITI), also introduced more than 50 years ago and first used by the military to aid in locating troops at night, is a non-invasive imaging procedure that records thermal patterns of the body. Highly specialized infrared cameras capture and measure the heat a body gives off due to blood flow to produce “thermal” images. This holds true for thermal breast imaging as well.

DITI is a test of physiology (function) whereas mammography is a test of anatomy (structure) which means each sees breast characteristics differently. Thermal imaging can detect subtle physiologic changes that accompany breast pathology and other breast health issues in their earlier stages. Earlier detection can increase treatment options and offer a better overall prognosis. For more than 25 years, this same technology has been widely accepted and used for breast screening in Canada, Europe, and Australia, and is gaining increasing acceptance and use in the United States. As an FDA approved procedure, thermal imaging can be an effective adjunct to mammography if desired.

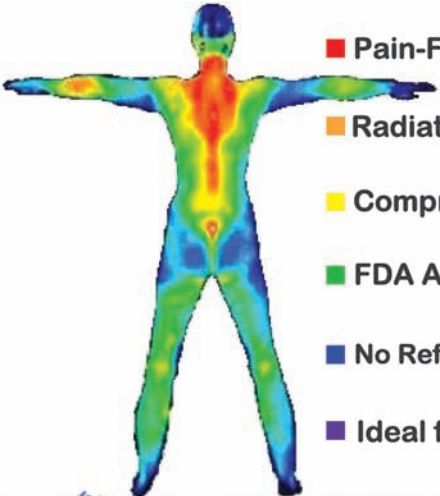
The thermal imaging procedure is quite simple and is ideal for ALL WOMEN, especially those who may not be ideal for mammogram (under age 40; with implants, dense, or fibrocystic breasts; who are pre-menopausal or cannot tolerate radiation). Because thermography looks at the physiology or functionality of the vascular system, to assure the best possible images, at least two hours prior to being scanned it is recommended that the client refrain from any strenuous exertion such as exercise, avoid very hot showers, caffeine, alcohol, tobacco or any type of drug or medication that might affect the dilation or constriction of their blood vessels. It is also recommended that the client not use any type of creams, lotions, or deodorants/antiperspirants on the skin area to be scanned prior to the procedure. The cleaner the skin area is, the clearer the scan will be. The client disrobes from the waist up and waits for approximately 12 to 15 minutes to allow the skin to acclimate or cool to room temperature (about 70°F).

While the client is cooling down, a breast health history form, consent form, and HIPPA form are completed. After cooling, the client then sits on a stool in front of the digital heat-sensing camera while images are captured. A total of five images are taken to assure all areas of the breast and lymph node areas are scanned. Nothing touches the body, no radiation is involved, and no damage is done. The entire process is typically completed in approximately 30 minutes.

The thermal images are then electronically sent to a specialty group of board certified medical doctors for interpretation. The scan results are then reported back to the client usually within 10 days. Rush service, as well as after hours appointments are also available for an additional fee.

If you or someone you know are interested in a pain-FREE breast screening option, and would like to obtain additional information about DITI, please visit our website at www.ditiimaging.com. To schedule an appointment or obtain parking information, please call us at (866) 409-2506.

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*What we think or what we know or
what we believe is, in the end,
of little consequence.
The only consequence is what we do.”
- John Ruskin*



Alone Together - Finding Support

by Rudolf Harst

It's hard to imagine in this age of flashy, multi-media entertainment, but once upon a time flea circuses were a very popular form of public amusement, drawing large crowds as they criss-crossed the country.

People would gather around a tiny stage to watch trained fleas dance, pull little wagons and perform a variety of acrobatic tricks. Apparently fleas are relatively easy to train. The key is teaching them to stay in the "performing arena" without escaping. So a flea trainer begins by placing the flea in a box with a lid. Naturally, the flea will try to escape by using its ability to jump very high. But after repeatedly banging its head against the lid, it eventually learns to avoid further pain by jumping lower without hitting the ceiling. From then on, the trainer can keep the lid off and work with the flea freely, because it won't ever try to jump that high again.

Of course, we humans are much smarter than little fleas, aren't we? Or are we? How many of us have learned to settle for lives that are smaller than our dreams? To avoid the pain of "hitting the lid" by not testing our limits – and thereby staying safe inside our cozy box? Not that there's anything wrong with that – unless we find ourselves longing for a larger life...

Since you are reading this magazine, there's a good chance that you have felt that tug of longing to live outside the box. That's why you are in the process of expanding your horizons, exploring new ways of thinking and being. Perhaps you've just started on this adventure, or maybe you've been traveling this path for awhile. Either way, you've probably encountered a vast array of possibilities for mental, physical and spiritual growth available to you. I know it can feel overwhelming to deal with the many new choices and voices competing for your time and attention. It can feel lonely, too, because you live in South Texas, where the social atmosphere tends to be conservative and fundamentalist and sometimes not very conducive to inner exploration. It's easy to feel like you're the only one going through this growth process.

The good news is that there are actually quite a few like-minded, openhearted people like you who live in the San Antonio area who are traveling this same path. The details may be different, but the dynamics are amazingly similar. Like you, we're busy creating a New Story for ourselves while still living in the midst of the dominant, materialistic culture of conformity. Like you, we're expanding our view of what it means to live an inner-oriented life in an outer-oriented society. Like you, we're doing our best to release old patterns and rejoice in new possibilities.

While you might encounter some of these folks almost anytime or anywhere, you may not be aware that many of them are connected through the Celebration Circle of San Antonio, an inter-faith fellowship with a creative approach to spirituality founded in 1992. We meet every Sunday at 11am in the Jump-Start Theater, located in the Blue Star Art Complex near the corner of South Alamo Street and Probandt. Our gatherings feature a lively blend of music, meditation, poetry, ritual and art. We

incorporate our personal insights with those offered by the major faiths and wisdom traditions: Buddhist, Christian, Celtic, Jewish, Taoist, Wicca, Hindu, Muslim and Native American, as well as contemporary psychology, physics and the Recovery Movement.

In addition, we hold Wednesday evening meditations plus a variety of retreats, classes, workshops, art exhibits and other events focused on the intersection of creativity and spirituality. Whatever form these gatherings may take, our purpose is to honor the Sacred in ourselves, each other and All Creation. In other words, we're here to support you in your unique path of personal and spiritual growth – as we each experience the power and possibility of living, jumping, flying, dancing outside the box. It's exciting to be weaving our individual stories into the New Story being spun in our midst – a story of connecting, healing and growing into new dimensions of being – but it also requires commitment and sustained effort. We each have to do this work alone – but why not do it alone together?

Rudolf (Rudi) Harst is a writer, musician, performance artist and Spiritual Director of the Celebration Circle of San Antonio, an inter-faith fellowship with a creative approach to spirituality which hosts a variety of public gatherings. For information about the Circle or Rudolf's music, videos and writings, check www.celebrationcircle.org or call 210.533.6767.

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Ask Kathy: About Vitamin B6

Kathleen Jackson, RPh, N.M.D.

Q: It has been suggested to me to take Vitamin B6. I have looked at several products including pyridoxal-5-phosphate. How do I know which form of B6 is the best for me?

A: Pyridoxal-5-phosphate or P5P is my favorite form of B6 to recommend to my clients. In September of 2001, I attended a hair analysis seminar given by Bob Smith of Great Smokies Labs. Bob gave a short lecture on B6 deficiency that sparked my interest in re-visiting the biochemistry of B6. Through that study and Bob's lecture, the following information was developed to help you in determining your need for P5P.

Firstly, let's look at why it is important in the body. Vitamin B6 is necessary for a properly functioning nervous system, gastrointestinal epithelium, mucous membranes, skin and over 60 enzymes. It is an essential cofactor for the amino acid synthesis of serotonin (which can cause depression when levels are low). If serotonin levels drop, the body is then unable to make melatonin (the biochemical sleep trigger).

Several drugs and substances can cause the depletion of B6. Estrogens, alcohol, tobacco smoke, PCBs, yellow dye # 5 or tartrazine are a few on the list.

P5P is the phosphorylated form of pyridoxine or vitamin B6. This form of the vitamin does not require activation by the liver. It can be used by the cell immediately upon ingestion. P5P is considered nontoxic. Dietary sources of the vitamin include whole grain cereals, wheat germ, yeast, meat, peanuts, bananas, legumes, potatoes and egg yolk. B6 is also made in the intestines by friendly bacteria. Bioavailability is reduced by heat processing of foods. It is synthesized by many plants and bacteria but NOT by higher animals. Higher amounts are needed by the body during periods of stress.

P5P deficiency is actually very common. The majority of people who are deficient have an inability to metabolize B6 and/or have an insufficient amount in their diet. The following is a list of indicators of P5P deficiency. The greater the number of matching indicators you have, the more probable your need for P5P.

Indicators: 1) Morton Toe: second toe is equal or longer than the big toe; 2) Groove on approximately a forty five degree angle from the corner of the eye; and 3) Injured joints taking a long time to heal (usually involves other nutrients as well)

P5P deficiency also tracks with the following diagnoses – (since B6 is involved with so many aspects of the body it can be involved directly or indirectly with many diagnoses): Fibromyalgia; Low Hydrochloric acid in the stomach (involves zinc also, can exhibit as belching, bloating, smell stool, gas); Fluid retention; Alcoholism (involves chromium also); Schizophrenia; Chronic fatigue syndrome; and Anorexia (involves zinc also).

P5P deficiency can also contribute to a form of night blindness where you are very uncomfortable driving at night and oncoming lights hurt your eyes. The deficiency is present in cases of low libido, PMS, morning sickness during pregnancy as well as causing fertility problems. P5P deficiency can cause you not to

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.

be able to remember your dreams. Having this deficiency can also make you more prone to allergies. This deficiency can cause a very low tolerance to stress. It may also cause anti-social behavior.

The following is a protocol proposed by Bob Smith at the lecture. I have been using this with clients with great success since September 2001.

Take 50mg of P5P in the morning for 3 days. If dream recall does not begin, increase by 50mg for 3 more days. Continue increasing every 3 days until dream recall occurs; this is the optimal dose. If 400mg is not sufficient, testing is suggested including possibly a Urine Amino Acid Test- watching Taurine metabolism especially. [P5P deficiency tracks with Taurine deficiency. Those exposed to chlorine likely have Taurine deficiency] Do not take P5P at the same time as zinc or other minerals, since these bind the P5P. The only exception to this rule is magnesium, which works synergistically with the P5P by augmenting its absorption.

The optimal dose should be maintained for 6-12 months; during this period the body usually learns to metabolize B6 properly. Monitoring (by dream recall) this dose is suggested as it may be appropriate to decrease it over the 6-12 months. After this training period, most people can utilize B6 in food as well as the pyridoxine hydrochloride found in multi-vitamins. If however, one has the Morton Toe, one needs to continue P5P supplementation for life. If the individual is under stress, the need for P5P increases.

P5P also has the ability to alter homocysteine. Elevated homocysteine levels are a potential risk factor in cardiovascular disease. Scientists have established a correlation between coronary heart disease and low P5P levels. This was in patients who were not taking B vitamins. In this study, patients that had adequate blood levels of P5P, B12 and folate had significantly lower levels of homocysteine. Another study showed that P5P may also protect against arrhythmia or irregular heart beats. P5P may also protect patients with uncontrolled blood pressure against coronary artery disease and cerebral vascular disease. In this study, it was found that some of the patients developed the P5P deficiency after long-term administration of the high blood pressure medicines (anti-hypertensives). P5P also plays a role in inhibiting the formation of tumors and is therefore useful in some cancers.

Consider taking at least 50mg daily and watch for results. Clients report having their dream recall improve right away. Be sure and check with your physician for any possible contraindication in trying the vitamin. Remember to take it in the morning because it can have excitatory effects and keep you from sleeping.

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



The Movie Mystic

Stephen Simon, Guest Columnist

My Favorite Films of 2007

stream film industry and its film critics: You have both lost all connection with film audiences.

Hollywood has seemingly decided that “quality” now equates with dark, violent, and depressing; consequently, 2007 was one of the bleakest years ever for film distribution. To make matters worse, and to illustrate anew the fable of the emperor’s new clothes, film critics have fallen into lockstep with film distributors.

As I write this column on January 1, 2008, the film that has garnered almost every film critic group’s nod as the best film of 2007 is NO COUNTRY FOR OLD MEN, which centers around one of the nastiest, most vicious, and soulless serial killers ever depicted on screen. In the first ten minutes of the film, a man is graphically strangled while the killer looks positively orgasmic and then another innocent man is cold-bloodedly shot between the eyes. And then it gets worse...much worse. Nevertheless, the film critic for the Portland Oregonian said this about the film: “exact, spare, bloody, dark, and unrelenting, it’s superb.” Excuse me? While I respect every one’s right to say whatever they believe, I also reserve the right to ask, “What are you folks smoking”?

“Best film” means the one film every year that is represented to the rest of the world as the premier achievement in the American film industry. Focusing on the craft itself is fine for categories like sound editing, costume design, or cinematography, but, when you’re talking about the “best film”, content itself should be of paramount importance. For studios and critics, “superb” and “bloody, dark, and unrelenting” may belong in the same sentence but, fortunately, we in the audience don’t agree.

The fall season of 2007 produced the weakest box office results for that period of time in the last ten years. The film industry is quite literally awash in red ink. According to a November 26, 2007 article in Video Business Weekly, the film industry lost a staggering six billion dollars in 2006.

In short, the business model of the film industry is broken. Creatively, it’s even worse. The chasm between the insular, dark, violent, and cynical tastes of most studios and film critics and the desire of audiences to have other choices is now deeper than the Grand Canyon.

I also think it would be wonderful, and more honest, if the Academy (of which I am a member) changed the characterization of awards from “best” to “favorite”. Factors such as both the film’s and the individual’s overall popularity always factor into Academy voting anyway, whether members want to admit it or not. Using “best” in regards to the art form of film is not only unfair to all concerned but also simply impossible to gauge. I have no idea what “best” means in films. My own list of favorite films of 2007 consists of films that personally moved me, inspired me, and made me feel better about being human. When I post these choices on the message boards for subscribers to the Spiritual

Cinema Circle, I’m sure our community will share some passionate opinions and disagreements of their own. That’s the fun of it. Let the discussions begin.

1) **REIGN OVER ME.** With bravura performances from both Adam Sandler and Don Cheadle, the film is a beautiful paean to the powers of love, friendship, and, most importantly, healing. Sandler, in particular, is brilliant beyond words. Unfortunately, like Jim Carrey in ETERNAL SUNSHINE OF THE SPOTLESS MIND in 2004 and Will Ferrell in STRANGER THAN FICTION in 2006, Sandler is seen as, and I’m afraid somewhat resented for, being a successful broad comedian, and his incredible performance has been unjustly ignored.

2) **ENCHANTED.** What a delightful, whimsical, and hilarious film! Putting some of Disney’s classic fairy tale characters into a modern day context works so well that my whole family just sat there smiling, laughing, and applauding throughout the film. Amy Adams’ fairy tale princess, separated from her prince and sent to modern day New York by an evil queen, is so pitch perfect that we were repeating her lines for days.

3) **THE GREAT DEBATERS.** A powerful and moving tribute to the courage of the African-American Wiley College debating team and its coach in 1930s Texas. Denzel Washington directs and stars in a film that reminds us of what we can accomplish when we decide that it is we, not the world around us, who define ourselves.

4) **JUNO.** A funny, poignant, searingly honest, and loving story of a teenager’s unwelcome pregnancy and her search for both herself and the most appropriate adoptive parents. Ellen Page is simply brilliant as the title character and the film has much to say about love, life, and responsibility. It also has one of the sweetest and most touching final scenes in recent memory.

5) **WAITRESS.** An offbeat, often hilarious, and sometimes harrowing story about a small town waitress and her unique talent for baking every kind of pie imaginable. Keri Russell achieves superstar actress status with her complex and nuanced portrait of a woman in an emotionally abusive marriage that she yearns to escape. The film is also a loving tribute to Adrienne Shelly, its writer/director/costar who was tragically killed after the completion of the film.

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

prevent it? -- Won't litter in Norwalk, CT

Dear EarthTalk: What is the impact of all the littering that individuals do, largely from their cars and on highways? What can I do to help clean it up? How can we strengthen laws to

Environmentalists consider litter a nasty side effect of our convenience-oriented disposable culture. Just to highlight the scope of the problem, California alone spends \$28 million a year cleaning up and removing litter along its roadways. And once trash gets free, wind and weather move it from streets and highways to parks and waterways. One study found that 18 percent of litter ends up in rivers, streams and oceans.

Cigarette butts, snack wrappers and take-out food and beverage containers are the most commonly littered items. Cigarettes are one of the most insidious forms of litter: Each discarded butt takes 12 years to break down, all the while leaching toxic elements such as cadmium, lead and arsenic into soil and waterways.

The burden of litter cleanup usually falls to local governments or community groups. Some U.S. states, including Alabama, California, Florida, Nebraska, Oklahoma, Texas and Virginia, are taking strong measures to prevent litter through public education campaigns, and are spending millions of dollars yearly to clean up. British Columbia, Nova Scotia and Newfoundland also have strong anti-litter campaigns.

Keep America Beautiful (KAB), the group known for its "crying Indian" anti-litter TV ads of bygone days, has been organizing litter clean-ups across the U.S. since 1953. KAB has a strong track record of success in litter prevention, though it has been accused of doing the bidding of its industry founders and supporters (which include tobacco and beverage companies) by opposing many mandatory bottle and can recycling initiatives over the years and downplaying the issue of litter from cigarettes. Nonetheless, 2.8 million KAB volunteers picked up 200 million pounds of litter in KAB's annual Great American Clean-up last year.

A more grassroots-oriented litter prevention group is Auntie Litter, which started in 1990 in Alabama to help educate students there about the importance of a healthy and clean environment. Today the group works internationally to help students, teachers and parents eliminate litter in their communities. In Canada, the nonprofit Pitch-In Canada (PIC), founded in the late-1960s by some hippies in British Columbia, has since evolved into a professionally run national organization with a tough anti-litter agenda. Last year 3.5 million Canadians volunteered in PIC's annual nationwide Cleanup Week.

Doing your part to keep litter to a minimum is easy, but it takes vigilance. For starters, never let trash escape from your car, and make sure household garbage bins are sealed tightly so animals can't get at the contents. Always remember to take your garbage with you upon leaving a park or other public space. And if you're still smoking, isn't saving the environment a compelling enough reason to finally quit? Also, if that stretch of roadway you drive everyday to work is a haven for litter, offer to clean it up and

keep it clean. Many cities and towns welcome "Adopt-A-Mile" sponsors for particularly litter-prone streets and highways, and your employer might even want to get in on the act by paying you for your volunteer time.

CONTACTS: Keep America Beautiful, www.kab.org; Auntie Litter, www.auntielitter.org; Pitch-In Canada, www.pitch-in.ca. 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/earth-talk/thisweek/, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.

Heart, from p. 8

I was also able to offer coaching and healing work for both Rita and Percy that helped them be resilient and strong and to recover as quickly as possible.

I'm very happy to report that Rita has now taken Percy home and he is in recovery. His vets told Rita they had never seen an animal go through the process with as much patience, cooperation and willingness as Percy, and that they were truly amazed at how well he was doing. They wished that all their patients were so easy to work with!

Rita told her vets about our sessions and how much of a difference they had made, both for Percy and herself. They said they wished all their patients had this kind of support as it truly made such an obvious difference in his treatment.

They had originally given him a poor prognosis but his calm and determined spirit made them very hopeful that he would beat this cancer and be well again.

If you are going through an illness, please ask for the support you need. If your animals are going through this, please give them the gift of an animal communicator so they can have a voice in what happens to them.

To help you get started, I have a Free Report on The 10 Things You Must Know Before Hiring An Animal Communicator. Just go to my website and ask for it, ok? My website is: <http://www.valheart.com>.

If you are ready for personal coaching and to experience the difference animal communication can make with your animal friends, or to get the help you need to work through training and behavior problems, performance issues, and 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!

Val Heart, Expert Animal Communicator & Master Healer - for You & Your Animals! Working with chronic pain, illness, trauma, training, behavior, euthanasia... Val specializes in meeting the needs of performance horses: dressage, show jumping/hunter jumper, reining, cutting... but works with all animals. Speaker, Teacher, Columnist, seen on TV and heard on radio. Empathic Animal Behaviorist and Communicator since 1993. Workshops, TeleClasses, Free Happy Pet eTips, Free eNewsletter. Call (210) 863-7928, on the web: <http://www.valheart.com> © Copyright 2008, Val Heart & Friends.

Querido DiálogoEcológico: ¿Cuál es el impacto de toda la basura generada por la gente, en gran parte de sus coches en las carreteras? ¿Qué puedo hacer para

ayudar a limpiarlo? ¿Cómo podemos reforzar las leyes para prevenirlo? -- No tiraré basura en Norwalk, CT

Los ecologistas consideran a la basura como un efecto secundario repugnante de nuestra cultura cómoda a base de cosas desechables.. Solo para destacar el alcance del problema, California gasta \$28 millones al año limpiando y quitando basuras a lo largo de sus carreteras. Y una vez que la basura se esparce, el viento y el tiempo la mueven por las calles y carreteras a los parques y canales. Un estudio encontró que el 18 por ciento de la basura termina en los ríos, canales y océanos.



Las colillas de cigarrillo, las envolturas de bocados y los envases para llevar alimentos y bebidas son los artículos más comúnmente convertidos en basuras. Los cigarrillos son una de las formas más insidiosas

de basura: Cada colilla desechada toma 12 años para descomponerse, todo el rato lixiviando elementos tóxicos tales como cadmio, plomo y arsénico en el suelo y canales.

La responsabilidad de la limpieza de basuras corresponde generalmente a los gobiernos locales o a grupos de la comunidad. Algunos estados de los E.E.U.U., incluyendo Alabama, California, la Florida, Nebraska, Oklahoma, Tejas y Virginia, están tomando medidas fuertes para prevenir la basura con campañas de enseñanza pública, y están gastando millones de dólares anualmente para limpiar. La Columbia Británica, Nueva Escocia y Terranova también ostentan fuertes campañas. anti-desperdicios.

Mantener América hermosa (KAB—Keep America Beautiful), el grupo conocido para sus antiguos anuncios de tv anti-basura con el “jefe indio llorando”, ha estado organizando limpiezas de basura a través de los E.E.U.U. desde 1953. KAB tiene un historial fuerte de éxito en la prevención de la basura, aunque ha sido acusado de servir ultimamente los fines de sus fundadores y patrocinadores industriales (que incluyen las compañías de tabaco y bebidas) al oponerse a muchas iniciativas de reciclaje

obligatorio de botellas y latones, a través de los años, de esconder la cuestión de la basura ocasionada por los cigarrillos. downplaying la aplicación la litera de los cigarrillos. No obstante, 2.8 millones de voluntarios de KAB recogieron 100 millones de toneladas de basura el año pasado durante el evento anual de limpieza de norteamérica organizado por la KAB.

Un grupo con raíces más populares para la prevención de basura es Aunt Litter (Tía Basura), que comenzó en 1990 en Alabama para ayudar a educar a los estudiantes de allí sobre la importancia de un ambiente sano y limpio. El grupo trabaja hoy internacionalmente para ayudar a los estudiantes, profesores y padres a eliminar la basura en sus comunidades.

En Canadá, el no grupo no lucrativo Pitch-in Canada (PIC), fundado en los últimos años de la década de los 60 por algunos hippies en Columbia Británica, se ha desarrollado desde entonces en una organización nacional con gerencia profesional y con un programa estricto de eliminación de basura. El año pasado, 3,5 millones de canadienses se ofrecieron como voluntarios durante la Semana de Limpieza Anual de PIC.

Hacer tu parte para reducir la basura a un mínimo es fácil, pero toma vigilancia. Para comenzar, nunca dejes que la basura salga de tu auto, y cerciórate de que los compartimientos de basura del hogar están cerrados firmemente de modo que los animales no puedan conseguir el contenido. Recuerda siempre también llevarte tu basura al dejar un parque u otro espacio público. ¿Y si todavía estás fumando, no es salvar el ambiente una razón bastante buena para finalmente abandonar este vicio? También, si esa porción del camino que usas a diario durante tu viaje al trabajo es un paraíso para la basura, ofrece limpiarla y mantenerla limpia. Muchas ciudades y pueblos acogen con satisfacción a patrocinadores de “Adopta—Una—Milla” para calles y carreteras particularmente propensas a la basura, y tu patrón podría incluso querer meterse en el acto pagándote por tu tiempo como voluntario.

CONTACTOS: Keep America Beautiful, www.kab.org; Auntie Litter, www.auntielitter.org; Pitch-In Canada, www.pitch-in.ca.

¿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

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CALENDAR OF EVENTS

Saturday, March 1

REIKI SAN ANTONIO
Reiki Level One - \$125.00
8:30 am to 6:30 pm
www.reikisanantonio.com
210-289-9722

Sat.Sun., March 1-2

Body-Mind-Spirit Fair Unlimited Thought Life Enrichment Center. \$25.00 readings, free hourly lectures, jewelry and craft vendors. 5525 Blanco at Oblate. For more info: 210-525-0693 or go to: www.unlimited-thought.com

Sunday, March 9

REIKI SAN ANTONIO
Free Reiki Share Circle
2 pm. See: www.reikisanantonio.com
210-289-9722

Tuesday, March 11

Open Reiki Circle. Everyone is welcome... learn about Reiki, practice Reiki or simply enjoy a free treatment. 7-9 p.m., 6323 Sovereign, Suite 186, FREE. Briana Brooks/Lori Garrett 210-365-1400; www.brianabrooks.net

Saturday, March 15

Homeopathy for Allergies. Sensitive to trees, grass, mold, cats or ragweed? Learn simple and effective homeopathic solutions. Diet & Health Center, 9:30-12:30. \$45. Call 210-826-0034 or on the web: www.dietandhealthcenter.info

Tuesday, March 25

Open Reiki Circle. Everyone is welcome... learn about Reiki, practice Reiki or simply enjoy a free treatment. 7-9 p.m., 6323 Sovereign, Suite 186, FREE. Briana Brooks/Lori Garrett 210-365-1400; www.brianabrooks.net

Thursday, March 27

Alamo Dowzers. Chapter meeting, American Society of Dowzers, Broadway Central Market Community Room, near Hildebrandt, 7pm. For info: 210-860-1176.

Friday, March 28

Pilates FREE Final Friday. 5-6 pm, Synergy Studio. If you haven't tried it, join Synergy's growing group of Pilates devotees

for Final Friday! For a change of pace, bring your friends to kick off your Happy Hour or Girls or Guys night out! For information, contact: Adelle Brewer or 210-824-4225.

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

Sat.Sun., April 5-6

Body-Mind-Spirit Fair Unlimited Thought Life Enrichment Center. \$25.00 readings, free hourly lectures, jewelry and craft vendors. 5525 Blanco at Oblate. For more info: 210-525-0693 or go to: www.unlimited-thought.com

Saturday, April 5

REIKI SAN ANTONIO
Reiki Level Two - \$150.00
8:30 am to 6:30 pm
www.reikisanantonio.com
210-289-9722

Sunday, April 6

REIKI SAN ANTONIO
Advanced Reiki - \$150.00
8:30 am to 6:30 pm
www.reikisanantonio.com
210-289-9722

Tuesday, April 8

Open Reiki Circle. Everyone is welcome... learn about Reiki, practice Reiki or simply enjoy a free treatment. 7-9 p.m., 6323 Sovereign, Suite 186, FREE. Briana Brooks/Lori Garrett 210-365-1400; www.brianabrooks.net

Saturday, April 12

Nutrition for Pets. Improve your pet's health and happiness with better food choices. Diet & Health Center, 9:30-12:30. \$45. Call 210-826-0034 or on the web: www.dietandhealthcenter.info

Tuesday, April 22

Open Reiki Circle. Everyone is welcome... learn about Reiki, practice Reiki or simply enjoy a free treatment. 7-9 p.m., 6323 Sovereign, Suite 186, FREE. Briana Brooks/Lori Garrett 210-365-1400; www.brianabrooks.net

Lori Garrett 210-365-1400;
www.brianabrooks.net

Thursday, April 24

Alamo Dowzers. Chapter meeting, American Society of Dowzers, Broadway Central Market Community Room, near Hildebrandt, 7pm. For info: 210-860-1176.

Sat.-Sun., April 26, 27

Clinical Aromatherapy 101, a 2 day class, taught by Maria-Dolores Gonzales, ND, CNC, CNHP, will be offered on Saturday & Sunday April 26 & 27 at the Holiday Inn Select in San Antonio (tentative location). Come learn about the wonderful world of Essential Oils and how they are used for common ailments and situations. CEU's for nurses will be given. Cost: \$200 or \$175 if registered 1-month prior. Contact Jean Dukes at 210-566-4379 for registration and information.

ONGOING EVENTS

The 11th annual San Antonio Poetry Fair has several contests for all poets. Free to all students. Cash awards, trophies, be published in anthology and read at the Buena Vista Theater UTSA Downtown Campus in October. Sponsored by UTSA Dept. of Modern Languages & Literatures and the City of San Antonio Office of Cultural Affairs. Deadline June 9. For details visit: <http://hometown.aol.com/sapoetryfair>

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.

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 Mondays, 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.

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.

SAINT GERMAIN’S TEACHING. 1st and 3rd Thursdays, 7:30 p.m. Austin. Web: 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

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 DAFA/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.

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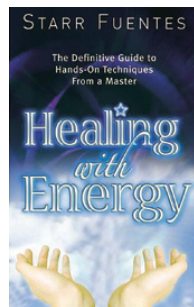
Book Reviews:

by Kate Faris

Healing with Energy

by Starr Fuentes

NEW PAGE BOOKS, 2007, \$14.99



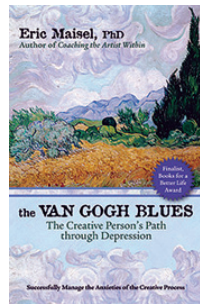
Healing with Energy is written to appeal to both healing practitioners and beginners. It explores some of the basics of alternative healing, exploring the forces and energies at work in self-healing, the role of the healer and the energy interactions during a healing session.

Beginners will learn what to expect during a healing session, what techniques work in which situations and how to protect their own health. Practitioners can expand their knowledge base by exploring the wealth of healing techniques and modalities discussed. Well-illustrated and delivered in an easy-to-access manner, *Healing with Energy* is a great addition to the library of any healer or for those embarking on that path.

the Van Gogh Blues

by Eric Maisel, Ph.D.

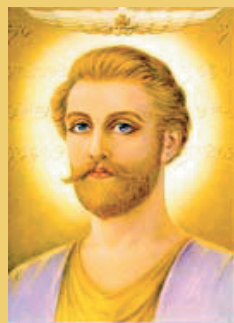
NEW WORLD LIBRARY, 2008, \$14.95



Creative people will experience depression — that's a given. It's a given because they are regularly confronted by doubts about the meaningfulness of their efforts. There is a kind of depression that does not respond to pharmaceutical treatment. What's required is healing in the realm of meaning.

In this groundbreaking book, Eric Maisel teaches creative people how to handle these recurrent crises of meaning and how to successfully manage the anxieties of the creative process. Using examples both from the lives of famous creators such as van Gogh and from his own creativity coaching practice, Maisel explains that despite their inevitable difficulties, creative people possess the ability to forge relationships, repair themselves, and find meaning in their work and their lives. Maisel presents a step-by-step plan to help creative people handle their special brand of depression and rediscover the reasons they are driven to create in the first place.

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



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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.

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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 submission deadline for the May/June 2008 issue is March 15. The July/August deadline is May 15.**

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

Animal Healer



Carla Krau, CRP

Reiki is a gentle, painless, non-invasive hands on therapy to utilize a well-rounded integrated health and wellness plan for your animal. When used as a complimentary therapy to regular veterinary check ups, Reiki is a valuable tool in accelerating healing and in maintaining your animal's health and well-being. Schedule an appointment where and when it is convenient for you. Call Carla Krau, Certified Reiki Master Practitioner at 210-558-4617 or email: kraudog53@aim.com

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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



John C. Guidry,
D.D.S

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Alison
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