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San Antonio Area Edition

May/June 2008

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Dear Sasha: Messages from Your Angels

Sasha GABRIEL White, Columnist

Psychic & Medical Readings

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

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

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

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

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

Lord Gabriel

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

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

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

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

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

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

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

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

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

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

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

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

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

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STATEMENT OF PURPOSE

The mission of Enjoy Whole Health is to provide a vehicle for the promotion of whole health and with it the creation of health, wellness and joy. We intend to accomplish this by providing a rich mix of the best ideas, discoveries, modalities, products, experience, techniques and solutions available. The information provided 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

Yoga Heaven by Georgina Palmer.

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



The Only Constant is Change

Patrick Jackson, Publisher

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

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

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

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

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

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

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

Hi Folks,

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

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

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

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

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

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

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

To ask such questions is to answer them.

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

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

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

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

Raymon Grace

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May/June 2008

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Hyperbaric Oxygen Therapy & Retinitis Pigmentosa

Helen Prater

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

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

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

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

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

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

Her plan in her words:

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

- 1) I needed to do an initial phase of 20 consecutive

HBOT sessions (or as close as possible)

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

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

I have noticed the following changes:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I’ll cover the remaining four signs in my next article so watch for it in the next issue.

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

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

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

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

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

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

Val Heart, Expert Animal Communicator & Master Healer for You & Your Animals! Dedicated to assisting seekers ready to take a proactive approach to improving their relationships with themselves & their animals through improved communication, energy medicine, health & balance for body, mind & spirit. Val works with chronic pain, illness, trauma, training, behavior, performance, euthanasia. She specializes in meeting the needs of performance horses: dressage, show jumping/hunter jumper, reining, cutting... but works with all animals.

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Homeopathy is Cost-Effective

Orly Bernstein Castillo, DHom, CCH, RSHom(NA)

Among all the potential benefits homeopathy has to offer, cost effectiveness is one of them. When trying to get healthy we seek for advice from a professional practitioner. We often look at our pocket book and say, do I have enough money? How much is this going to cost me? can I afford this? My answer to you is, can you afford not to take care of your self. If you don't take care of this now, how much is this going to cost you later.

When seeking help from a health practitioner we often think of quick fixes and low cost. Keep in mind your health and well being is nothing to bargain with. As the saying goes, there are no short cuts in life. They always come back to bite you. In my article on Conventional medicine vs. holistic medicine - I spoke about the dangers of trying to remove symptoms, that it is never considered total cure, but rather partial relief.

Homeopathic medicines are inexpensive and evidence shows that homeopathy has the potential to generate savings through reduced conventional prescribing and demand for other services. Treating children with homeopathy, especially those who suffer from recurrent upper respiratory tract infections and acute otitis media, is more cost-effective than conventional management. The reduction of use of antibiotics as well as the damaging effects that prolonged use will have on the child's body is another issue to consider when choosing a modality for cure.

In a survey of 500 out-patients attending the Royal London Homoeopathic Hospital - patients were asked whether they had been using conventional medication for their main health problem? They were asked when they started homeopathic treatment? Whether they were still using it afterwards. All together, 262 patients had been using conventional medication when they first went to the hospital. Since receiving homeopathic treatment, 76 (29%) had stopped, and 84 (32%) had decreased their usage. The other patients, 87 (33%) were using the same amount, and 15 (6%) had increased their medication. The experience at Glasgow Homoeopathic Hospital is similar. The downward and costly spiral of specialist opinions and investigations for many patients in conventional care can often be interrupted when a whole person approach, using homoeopathy as the first choice therapy, is adopted.

The study, (Jonas and Jacobs, 1996), like many others before and after it have shown that many complaints seen by homeopaths are for chronic, long-term illness. These studies showed significant improvement in patient health and in reduction of medication. This data is of special interest to managed care companies.

The parents of a 10 year old patient who came to see me with severe allergies have saved thousands of dollars in hospital bills and prescriptions bills just in the past two years. This particular child had ear infections since infancy. The child has been on antibiotics for years for sinusitis, had tubes placed in his ears and had been hospitalized many times. Since coming to see me two years ago, the child no longer needs expensive drugs and

daily doses of allergy medication. This kind of fast result may not be seen in every case, however, in many cases it is. And it has saved this family and others much heart ache and money.

Other cases of women being on the pill for menses and PMS pains. I have seen women who spend a lot of money on expensive prescription drugs no longer have to do so. I have seen cases of people who feels sick all the time for no apparent reason. They end up spending large amounts of money to be seen by doctors and hospitals with no results or change in their medical condition. Many, with a few months of low cost treatments and remedies from a homeopath, feel better and are able to function so much better.

I will not minimize the need for the conventional medical field. I do work very closely with a medical clinic in Belize. There is a time and place for everything, and I believe that homeopathy should play a much larger role in the American health system. It is an effective form of holistic modality, as well as, being very cost effective. If only insurance companies would see the benefits the way that so many individuals have, think of how much money the government could save.

Homeopathy has the potential to produce considerable savings in the prescribing budget. Costs of homeopathic prescribing compared with conventional drugs prescribing is much lower and with great success. Homeopathic medicines are under many of the European countries care system, in part because they cost considerably less than conventional drugs. I do believe they should be a part of the American care system.

Orly Bernstein, DHom, CCH, RSHom (NA), can be reached by phone at 210-492-7772 or e-mail at orly@idworld.net 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...



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Lifestyle Influences: Shaping Our Stress Response

Peter McCarthy, Certified Traditional Naturopath, Columnist

There are a whole host of factors in our society, and therefore our daily lives, which impact our bodies' ability to respond to and withstand stress. Many of these factors have become so ingrained in our society that they are widely accepted as "normal." Deepak Chopra, MD calls this phenomenon "the hypnosis of social conditioning."

When examining the structure of our society, it is apparent that, despite our self-perception as an advanced civilization, we are still a sub optimizing society, much like our ancestors. In fact, there is some fascinating preliminary research which indicates that tribalism may be a genetic human trait. If so, it can be a plausible explanation why when groups of people, organizations or governments interact, it is frequently stressful.

In Corporate America, the level of stress has risen dramatically over the last several decades, such that the majority of corporate employees cite stress as the major cause of ill health, job dissatisfaction and their desire to change jobs. With its dual emphasis on quality and quantity, Corporate America has placed a stress load on corporate employees which is unprecedented in modern history.

At the same time, the natural friction between the desires of corporations to provide good service and maintain operational cost effectiveness has foisted a much greater workload on the customer, in terms of time spent interacting with the corporation over issues such as product issues and service. When the perception is created that the corporation's money is more important than the customer's time, customer stress is generated.

In major metropolitan areas, the daily stress of traffic congestion adds immeasurably to the commuter's stress load. Using road systems designed for the "average" traffic flow, commuters suffer through the daily mess caused by accidents and the overwhelming of the infrastructure by too many vehicles in too little space.

The prevalence of stressful content on TV and in the mainstream media (e.g., violent programming, negative news stories) also creates a stress response. In many cases, the content is so stimulating that an accompanying emotional response (e.g., fear, shock, etc.) is also generated.

The prevalence of technology in American homes and workplaces also generates its own kind of stress. Long term exposure to the electrical fields generated by home and workplace appliances and computers is gradually being recognized as harmful.

As our society has become progressively more automated, our personal relationships, at home and at work, have become more fragmented. The gradually increasing isolation of most Americans, despite their ever increasing sense of connectedness, has created an epidemic of loneliness. Research has recently identified loneliness as a primary factor in the body's inability to mount an effective stress response.

Despite our apparently sophisticated civilization, our body's stress response operates in essentially the same way as our ancestors. As such, we still need regular exercise to help our bodies normalize their stress responses. However, the advent of myriad labor saving devices, which impact virtually every area of our lives, has created another "hypnosis of social conditioning" which has convinced too many of our fellow citizens that exercise is merely an option in pursuing good health. As such, they deny themselves perhaps the most important remedy to combat a chronic stress response.

One of the most widespread stressors in American life is sleep deprivation. With the virtually endless options available for nighttime entertainment, as well as the desire of Corporate America to increase worker productivity, we have truly become a 24/7 Society. The physiological costs of those who routinely deny themselves adequate rest, add significantly to our stress load.

Finally, although many of us recognize that we routinely deal with too much stress in our lives, our societal fixation on stress-relieving "quick fixes" – TV, alcohol, caffeine, video games, etc. – lead us down a path that actually increases our stress load. Many of these so-called "relaxers" actually precipitate a stress response and add to the size of our personal "Stress Stack"™. Contact us for help in dealing with these stressful influences.

In the next article, I'll address one of the most prevalent stressors in contemporary society: the nutritional gap.

Peter M. McCarthy is a nationally board 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: www.lifeenergyholistic-center.com.

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Avoiding Back Surgery - Secrets They Don't Want You To Know!

Dr. John Coppola, D.C., Columnist

Remember playing in the back yard with the kids, hiking or bike riding? How about those adventure outings with your loved one?

The resounding answer I hear time and again is....No, I can't remember what those times

were like.

Sadly, most people have been plagued by low back pain for so long, sometimes years, that they can't remember what it was like to have an active, pain free life.

Lower back pain is an epidemic in the United States. In fact, 31 million Americans experience low-back pain at any given time. Studies have shown that 8 of 10 American's are affected with lower back pain (with or without leg pain). As a matter of fact, 1 of every 3 people suffers from sciatica, in many cases in relation to disc problems.

If this isn't alarming enough, 93 million working days are lost due to lower back pain. Dr. Casey Lee of the North American Spine Society states, "The direct annual cost of personal medical care for back pain is six times higher than that for AIDS".

With these facts, it's no wonder we see spinal surgical centers popping up all over town.

Both neck and low back surgeries are on the rise. As costs skyrocket and surgical success rates decline (as evidenced by leading researchers), the only ones cashing in are the surgical centers.

Important Statistics

- * Americans spend at least \$50 billion each year on back pain
- * Back surgery is performed in the United States at a rate 40% higher than in eleven other developed countries and at five times the rate performed in England and Scotland
- * U.S. surgeons perform more than a half-million surgical procedures on the back every year
- * 53% of lumbar disc surgeries fail
- * Last year, approximately 150,000 lower-lumbar spinal fusions were performed in the U.S. and less than 25% of these surgeries were successful.
- * The cost of Lumbar Spinal Fusion is \$62,300.

According to the American Academy of Orthopedic Surgeons, there are approximately 200,000 laminectomies performed every year. An estimated 20% -30% are reported to be unsuccessful, with a re-operation rate of 10%-25%.

Even though these statistics include surgeries for a wide variety of conditions in addition to spinal stenosis, it is easy to see that the problems of "failed back surgery" are enormous.

"FBSS"

Failed back surgery syndrome ("FBSS") is when back surgery fails to remove the pain.

On average, approximately 53 percent of all lumbar spine disc surgeries fail to relieve symptoms according to a study published in International Orthopedics (1987; 11:255-259).

The incidence of FBSS ranges between 5 and 40%, according to a study done in 2005 in Prague, Czech Republic. The author of the study attributes the high percentage of FBSS cases in part to the rise in number of surgeries performed.

Failed back surgery syndrome can be due to a number of factors that doctors and researchers are still discussing. These include:

- Scar tissue that forms around the surgery site, interrupting normal neurological functioning.
- The performing surgeon had poor technique, and/or has caused iatrogenic injury.
- The surgery is not performed at the correct site.
- The surgery performed is not actually necessary.
- The patient is a poor fit for a successful surgery.
- The diagnosis was incorrect.
- Complications of surgery arise.

Dr. Lynn Johnson, M.D., [board certified in anesthesia and pain medicine and director of the Center for Pain Medicine of North Carolina] states, "While back surgery has a place, there are too many surgeries being done."

He said that in some cases doctors fail to appropriately apply conservative measures, such as chiropractic and physical therapy before suggesting surgery.

He further states, "Just about any approach is better than having surgery. All the studies have shown that, if you take a surgical population and a non-surgical population, they all seem to do the same in five years.

So if you can avoid surgery and the expense of surgery, obviously, you might do as well, if not better than the patient that gets surgery."

The Secret Is Out!

With odds worse than a "Crap Shoot", you don't have to gamble your health by going under the "knife". Even if you have tried Chiropractic and/or Physical Therapy to no avail, there's still hope.

Your answer may be Spinal Decompression.

Zero gravity spurs a discovery!

Over a decade ago, NASA was the first to investigate the effects that zero-gravity had on the spine during space travel. Scientists found that pressure on the spine was eliminated in



the zero-gravity state. In addition, astronauts gained as much as 2 inches in height during space missions, due to increased disc height from the unloading of disc pressure from gravity.

By combining proven scientific principles with the latest technological developments, a medical doctor (the same one credited with the development of the heart defibrillator) and a specialized team of engineers, developed a system that could mimic that same state of negative pressure on the spine which anti-gravity creates here on earth.

Hence, Spinal Decompression is born!



Spinal Decompression is an FDA-cleared therapy that enables a doctor or therapist to gently, precisely and safely put tension on the lower back and create a negative pressure inside the disc.

This negative pressure creates a vacuum effect that actually draws the bulging or “slipped” material back into the center of the disc. It also draws fluids into the disc – allowing it to rehydrate and heal.

By naturally drawing the herniated material back into the disc, pinching of the nerves is relieved and so is the pain. It takes away the true cause of your pain instead of cutting the herniation out with surgery or

masking your symptoms with drugs.

Success Is On The Horizon

According to a study in the American Journal of Pain Management the decompression method provided good to excellent results for 86% of patients with severe disc herniation and ruptures.

We’re happy to report that we have surpassed these results. Within our clinic, the spinal decompression patients have experienced over a 90% success rate. Even in cases with disc herniations exceeding 7mm (Prior to the advent of spinal decompression, your only alternative to a 7mm disc herniation or greater would have been surgery.)

Conditions That Benefit from Spinal Decompression

- Severe or Chronic Low Back Pain
- Severe or Chronic Neck Pain
- Pinched Nerves in the Neck or Low Back
- Sciatica
- Disc Injuries
- Numbness, Tingling or Burning Pain
- Facet Syndrome
- Some Forms of Spinal Stenosis

An Ounce of Prevention is Worth a Pound of Cure

Ben Franklin showed far reaching wisdom when he made this statement. After all, there’s nothing better than PREVENTION!

For those of you not suffering from back problems, yet...don’t wait to become a statistic. Take responsibility for your own health! It’s simple and less painful (physically and financially) than ending up on the surgical table. Here are a few tips:

- Use a mattress with good support
- Wear shoes with proper arch support
- Incorporate 20 minutes of core strength training 3 times per week
- Maintain or achieve flexibility
- Maintain proper posture, whether standing or sitting.
- Improve your nutrition. You can’t run a high performance vehicle on low grade fuel and oil.
- Use proper biomechanics when bending or lifting
- Maintain a healthy weight
- Get Regular Spinal Checkups. Don’t wait until you’re laid up. An ounce of prevention is truly worth a pound of cure!

Plan to Succeed

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

We don’t Plan to Fail,
We simply Fail to Plan.

Start today by calling for your free consult to see if you would be a good candidate for Spinal Decompression.

Get ready to Take Your Life Back and Live Again!

Dr. Coppola, founder of Precision Sport & Spine, has been in clinical practice for over 12 years as a Chiropractor. As a former Canadian Wrestling Champion and a NPC bodybuilding Champion, his passion has been helping and inspiring people to restore their health through nutrition and exercise.

Precision Sport and Spine offers safer alternatives to drugs and surgery through Chiropractic Care, Spinal Decompression, Nutrition and lifestyle education.

Dr Coppola holds free public lectures every 2nd and 4th Thursday of each month, in order to educate you on staying healthy. For more information, please call Precision Sport Spine at: (210) 492-0111, or visit us at: www.BodiesRebuilt.com



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All Glued Up and Nowhere to Go

Dr. Carol Gloom, D.C.

One evening after watching the news the phone rang. It was a dear friend of mine who had a child, Sammy, with Down's Syndrome. Sammy was now nine years old, quite heavy and had multiple issues that had been treated by his medical doctor including surgeries on his ears and his heart. Sammy couldn't communicate well, but was involved with Special Olympics, and had recently been to a one week summer camp with other Special Olympians. His dad told me that night that Sammy was refusing to walk, he and his wife had had to pick him up from camp because he had jumped off the top of his bunk bed and refused to walk after that.

Unfortunately, Sammy couldn't tell his parents WHY he refused to walk.he just wouldn't do it.

His dad arrived about an hour later and carried Sammy up the front stairs of my house. His dad weighed much less than his son so it was a Herculean effort to get him into the house. My house was a bi-level at the time, so the poor man had to maneuver his way up the stairs, lugging his hefty son.

He brought ankle x-rays of Sammy that had been taken that afternoon, but there was no sign of fracture. His dad told me the doctor said Sammy had two mildly sprained ankles (both were wrapped with ace bandages). I laid Sammy down on my chiropractic exam table and began to examine him. There was no swelling or bruising on either ankle. Gently I began to move each ankle. Sammy allowed me to do this and each ankle moved freely and with no pain. I then went to bend his legs at the knee, first the right and then the left knee. Although Sammy indicated that there was no pain, I couldn't believe how restricted the range of motion was in both knees.

Bingo! By trying to motion his knee caps I discovered they were both stuck like glue.

Having treated Sammy since he was a baby, he was very happy to be with me. His favorite directive to me was "no neck, Dr. Carol!" which meant that he did not like his neck to be turned or twisted. He intuitively knew why: a series of x-rays showed multiple genetic malformations of the vertebrae in his neck, and so I used, as always, a hand held instrument that rendered a small, quick, painless adjustment during his knee treatment that evening.

Sammy loved it. The kneecaps became "unstuck" almost immediately.

His dad and I got him to sit up and we edged him toward the end of the table, held his arms and put him on his feet. His face registered immediate acknowledgement of a different "feeling"and he was off and running!

Intuitively, this young man knew there was something not right with his knees. There was no pain involved, yet he had refused to walk, instinctively knowing it would cause him to crash to the ground.

Do you know "intuitively" when something is not right with your body? Absolutely.

In Sammy's case, his parents were forced to act on the situation immediately, or face carrying around a heavy child, using a wheelchair, or, who knows, maybe the consideration of surgery.

Is pain always a part of a problem? No, and it always amazes me that most people wait until pain surfaces to face a problem that might have been percolating for years.

Was that the ending to the story? What happened to Sammy? He continued to thrive, graduated from high school and had regular chiropractic appointments. Each appointment his knees were assessed and rendered gentle treatment when the kneecaps began to "stick". He continued to be a Special Olympian and loved it. His knees have never "glued up" on him again.

I implore each and every reader to take stock of your own unique health profile. Ask general questions (yes, general, everyday, run of the muck questions!) such as:

- When was the last time I went to bed and didn't get up at all during the night to go to the bathroom?
- How long has it been since my digestive system hasn't given me grief? (constipation, diarrhea, cramping, heartburn, burping, etc.)
- When is the last time I remember getting up in the morning feeling really good?
- How long has it been since I haven't had to take (you choose) aspirin, ibuprofen, Benadryl, cough syrup, Maalox, Tums, Claritin, Alka-Seltzer???
- When was the last time I touched my toes, put both arms over my head, got out of a chair with no effort, climbed stairs with no pain?
- Really think: how long has it been that your (hands, feet, arms, legs, face, back) have been (tingling, burning, aching, spasming, numb)?

Whether you have pain or not, have you told yourself that your particular little health malfunction will just....go away? Life is so short. Your vehicle in this delightful world is your body. Chiropractic care can assess your joints, your posture, and your brain's ability to communicate effectively with your body. Chiropractic today as we know it is gentle and painless.

Sammy didn't say anything (after the adjustment) about how his legs quit 'hurting'. He just KNEW that all was well (in his world walking and running were paramount!).

Do you want to pursue a life that embraces a smooth flow of energy? If you're like me, the answer is a resounding YES! Chiropractic is a gift to the world and it's available for everyone.

You just have to unwrap the "present" and discover an amazing tool for a better flow of life.

Dr. Carol Gloom is now accepting patients at Lifestyle Chiropractic at 12000 Starcrest in San Antonio, (210) 496-1066. She additionally works with children and adults with moderate to severe allergies (NAET), children with ADD/ADHD and allergy-related autism. Her office also offers the advanced nervous system treatments NeuroLink, NeuroModulation Technique and NeuroCranial Restructuring. Please visit her website at www.lifestylechiro.com or contact her personally at carolgloom@yahoo.com



Muscle Test Yourself and Others

by Beverly Meyer

The most valuable skill I have in my natural health practice is the ability to muscle test.

This is also my favorite thing to teach, as I know the benefits will be lifelong, and varied. Why not come to my annual muscle-testing class, Saturday August 18th from 10 to 3? We'll have a great time practicing and learning and you'll have wonderful new skills to experiment with.

There are several ways to test yourself and others. Some of you have chiropractors who determine where to adjust based on touching points on the body, and seeing if you hold strong or go weak while testing your arm strength. It looks odd for about the first 30 seconds and then it's as familiar to you as breathing.

Here are two examples of why being able to test yourself and others can benefit you daily.

First, imagine that your husband has a slight fever, runny nose and is sneezing and miserable. We don't know if he has a cold (a virus), a sinus infection (a bacteria), or allergies. The treatments are completely different for all three. With a few quick tests, you can check what strengthens him the best. Is it the antibiotics, the herbs, the allergy remedies, or something else? Testing every few hours during the day will keep you on track as to what is next. Is it now turning into a sinus infection? Which herbal or homeopathic antihistamine tests best now? Is that bag of Doritos really the best food for him today?

In another example, imagine that you have a tendency to react to eye makeup and facial moisturizers. You are wary of buying expensive new products but want to upgrade your makeup and cleansers. What to do? Muscle test yourself while touching the products one by one. Or, have another person test you while you hold them.

There are many tricks to muscle testing accurately, and there are many different ways to test. If you are dehydrated, sick or upset, your nervous system may be "switched" and not testing accurately. Ironically, you have to know how to test yourself to see if you are testable! And yes, there is a way to do that.

It takes practice and confidence to learn to muscle test accurately, although the basics are very easy to learn. We will practice a lot in class, and we'll learn from our mistakes as well as our successes. Just being able to accurately test (with your eyes closed) that Morton's salt weakens you, while real, sun-dried salt strengthens you will change the way you look at the world forever.

Another way I use self-testing every day is to monitor myself for what emotions are being triggered by the thoughts I am thinking. The essence of the Body-Mind Connection is the ability to perceive how our thoughts are affecting our emotional state and therefore our body. When we have a thought such as "I'll never do this right", we may have an anxiety response causing our heart to beat a little faster and our blood pressure to edge up. If we think "It's all that guy's fault!", our anger causes our muscles to tighten up, and maybe we get a headache. The list is endless, but the point is that sometimes we can tell we are not at ease, but don't know what our bodies are being triggered by at this mo-

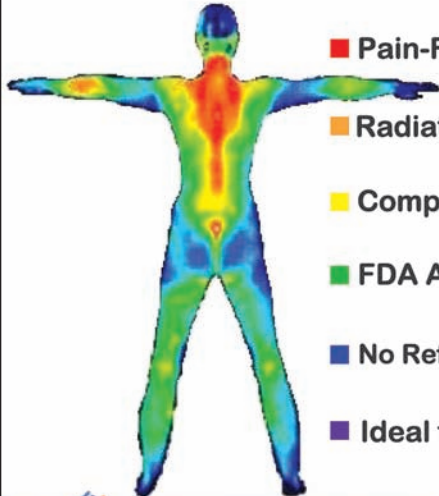
ment. This is where self-testing becomes really valuable. I can actually test myself for what this is I am feeling and what triggered it. Then, using EFT (Emotional Freedom Technique) or other tools, I can quickly clear the trigger and calm my body and mind. I will be teaching EFT in September – please look at the class calendar on this page and check my website for more information on that outstanding seminar.

I hope to see you at my next class.

Beverly Meyer is a clinical nutritionist and the owner of the Diet & Health Center in San Antonio. An outspoken advocate of natural health practices for over 30 years, she has appeared many times on television, on radio, in newspapers, and as a seminar leader at nutritional conferences. The Diet & Health Center is located at 906 Basse Road and can be reached at 210-826-0034. For more information, please visit www.dietandhealthcenter.info.

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- Rabindranath Tagore*

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I've Had A Filling And Now My Tooth Hurts

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

This is not an uncommon statement with some patients after having a filling placed. There are several reasons why this may occur, especially when the filling covers a large portion of the chewing surface.

To understand tooth pain, you need to understand the structure of the tooth. Teeth have nerves in the pulp (the tissue in the center of the tooth). This tissue is similar to the tissue under your skin. The difference is that these nerves are in a confined space and are only pain receptors - responding as pain regardless of whether the stimulus is hot, cold or pressure. Naturally, there is a small amount of fluid flowing from the pulp to the outside of the tooth. Any change that upsets the flow of fluid will result in pain (hot, cold or pressure). When the pulp is inflamed, the occurrence of pain is magnified.

It is not unusual for teeth to be sensitive to hot or cold for a period of time after a filling is placed. However, this sensitivity should not linger. There is trauma to the pulp when preparing teeth for fillings, crowns and other dental procedures requiring the use of anesthesia (numbing). After such trauma, the pulp may become inflamed. There is no room for the nerve to expand so there is an increase in pressure. Any change in pressure or temperature may result in discomfort or sensitivity.

What if the sensitivity does not go away? It may be that the filling is hitting high when you bite (most often when you chew). If this is the case, the tooth and tooth nerve are pounded each time you chew. This causes inflammation in the tooth which can be sharp and intense but most often subsides when you are not chewing. The dentist will check the bite after he places the filling, however, it is not always possible to get an accurate reading at the time of placement. What is most difficult in the adjustment of your bite occurs during the "chewing motion" and this motion is hard to reproduce without food in your mouth. It is also difficult if your mouth is still numb.

You may notice the discrepancy in your bite only after the numbness is gone and you have eaten several meals. Don't wait. Return to your dentist for a bite adjustment. This is not rocket science but even the width of a hair can be offensive enough to cause sensitivity and discomfort.

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

About Amalgams:

Dr. Guidry does not place mercury fillings. For your health and safety our office is equipped with a mercury vapor ionizer and two negative ion generators to remove mercury vapor and airborne bacteria.

Should you decide to have your amalgams removed, it is important to know that during amalgam removal appointments, we utilize the following: Intravenous Vitamin C, rubber dam, high speed suction, facial drape, oral sedation (if requested), and we do sequential removal of mercury fillings. For your comfort we use heating pads, blankets and pillows. A TENS Unit is used to help keep your jaw muscles relaxed. This TENS Unit stimulates the production of endorphins. The effect of these endorphins continue for 12 to 18 hours.

We also help you prepare nutritionally prior to amalgam removal. We provide TMJ therapy and are qualified to deal with complex restorative services. Our staff is very knowledgeable and always happy to answer your questions and take care of your needs.

Dr. John C. Guidry
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Ask Kathy: Seven Things To Know Before Having Surgery

Kathleen Jackson, RPh, Traditional Naturopath

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

See Jackson, p. 16



The Movie Mystic

Stephen Simon, Guest Columnist

Body & Soul: Diana & Kathy

Get ready to fall madly in love with two of the most remarkable women ever to

be immortalized on film. Kathy Conour has cerebral palsy and her caregiver for the last thirty-seven years has been and remains Diana Braun, who has Down syndrome.

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

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



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

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

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

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

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

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

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

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

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

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Dear EarthTalk: How or where can I recycle clothes that are too old or worn out for Goodwill?

-- Tim Cheplick, Perrineville, NJ

Just because that old shirt you used to love is too threadbare to wear anymore doesn't mean it has to end up in a landfill. "Consumers don't understand that there's a place for their old clothing even if something is missing a button or torn," says Jana Hawley, a professor of textile and apparel management at the University of Missouri-Columbia. "Ninety-nine percent of used textiles are recyclable."

Non-profits like Goodwill and the Salvation Army play a crucial role in keeping old clothes out of the waste stream. When they get donations of clothes that are too threadbare to re-sell in one of their shops, they send them to "rag sorters" that specialize in recycling pieces of fabric large and small. Says Hawley, these textile recyclers sell about half the clothing they get back overseas in developing countries, while unusable garments, especially cotton t-shirts, are turned into wiping and polishing clothes used by a variety of industries and sold to consumers. She adds that other textiles are shredded into fibers used to make new products, such as sound-deadening materials for the automotive industry, archival-quality paper, blankets and even plastic fencing.



Outdoor clothing and gear maker Patagonia, which plies a strong environmental mandate in key aspects of its operations (from sourcing of raw materials to managing waste to making grants to environmental nonprofits), in 2005 launched its innovative Common Threads Garment Recycling program. The program was originally begun so customers could return their worn out Capilene long undies for recycling, but has expanded to taking back Patagonia fleece and cotton t-shirts as well as Polartec fleece from other manufacturers. Consumers wanting to unload items that meet the program's criteria can do so at any Patagonia retail store or by mailing them into the company's Reno, Nevada service center.

Of course, do-it-yourselfers handy with needle-and-thread or sewing machines can turn their old clothes into new creations such as quilts, handbags and smaller items. The website Expert Village, which claims to have the largest online collection of "how-to" videos, offers a free series called "How to Recycle Old Clothes into New Fashions." Short step-by-step videos in the series cover such topics as transforming old garments into works of art; sewing patches, buttons and beads onto old clothes; deconstructing a wedding dress; ironing graphics onto old garments, and much more. Another good use for threadbare clothes (as well as sheets and towels) is pet bedding, whether in your own home or donated to a local animal shelter.

According to the non-profit Institute for Local Self-

Reliance, textiles make up about four percent of the weight and eight percent of the volume of all municipal solid waste in the U.S. The commercial recycling company U'SAgain—which runs private for-profit recycling services in Atlanta, Chicago, Dallas, Minneapolis, Seattle, St. Louis and elsewhere—finds that some 85 percent of the 70 pounds of textiles the average American purchases each year ends up landfilled. That means the typical U.S. city with 50,000 residents has to pay (with local tax dollars) for the handling and disposal of some 3,000 tons of textiles every year. The shame of such waste is that textiles are so easy to recycle or otherwise find new uses for.

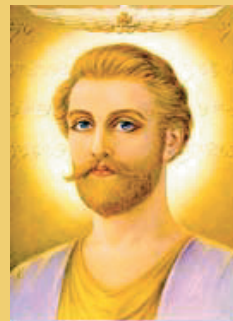
CONTACTS: Goodwill, www.goodwill.org; Salvation Army, www.salvationarmy.org; Patagonia, www.patagonia.com; Expert Village, www.expertvillage.com; U'SAgain, www.usagain.com.

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.php.

Jackson, from p. 15

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

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



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TSLSanAntonio@aol.com www.tsl.org

CALENDAR OF EVENTS

Sunday, May 4

Come and join the San Antonio Water System at their annual **Garden Jazz Party** at the San Antonio Botanical Garden - 555 Funston from 10:00 AM until 2:00 PM. Information stations on various gardening topics, free prizes and live jazz music by perennial favorite Henry Brun. The Botanical Garden is located at 555 Funston at N. New Braunfels Avenue, with free parking. For more information, call 210-829-5100 or visit www.sabot.org.

Tuesday, May 13

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

Sat.-Sun.; May 24, May 25

Muscle-testing Part I and Part II. Learn the basics of muscle-testing yourself and others. 10 - 3:30. \$65 per class. Beverly Meyer and The Diet & Health Center. (210) 826-0034 or visit our website at www.dietandhealthcenter.info.

Tuesday, May 27

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, May 29

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

Sat.-Sun., June 7 & 8

Join the **McNay Art Museum** for a weekend of fun as it celebrates the grand opening of the new Jane and Arthur Stieren Center for Exhibitions and the re-opening of the renovated main collection galleries. Weekend festivities include a family festival featuring an official ribbon cutting ceremony, tours of the new Stieren center, hands-on children's art activities, food booths, musical entertainment, "Artists on the Lawn," Rick Diaz Perpetual Puppets and more. Sunday

will feature additional activities from noon to 6 p.m. No on-site parking; free shuttle service available from the back of the Terrell Plaza Shopping Center and Alamo Heights High School. McNay Art Museum, 6000 North New Braunfels, 210-824-5368 <http://mcnayart.org>

Tuesday, June 10

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

Tuesday, June 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

Thursday, June 26

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

ONGOING EVENTS

BELLYDANCE with Little Egypt for Fitness & Grace. visit: www.BLittleEgypt.com

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

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

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

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

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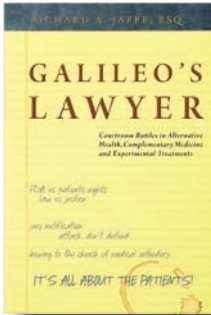
Book Reviews:

by Patrick Jackson

Galileo's Lawyer

by Richard A. Jaffe, Esq.

THUMBS UP PRESS, 2008, \$18.00



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

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

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

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

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

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

This great book and other books, films & music of interest are available directly through the EWH bookstore at www.enjoywholehealth.com.

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of choice over
your own healthcare,
guess who does?



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It's **Your** Health.



Texas Health
Freedom

210-372-0557

www.texashealthfreedom.com

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

How to Advertise in the Resource Directory

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

The first 60 words are \$79.00 for a one time insertion. That's two months of advertising - or only \$39.50 a month, and includes photo and/or graphic. Each word is \$.89 thereafter with a max of 85 words. There is a one-time setup charge of \$15.00 for graphics preparation. Price also includes free listing on Enjoy Whole Health website and hot link to your site.

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

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

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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

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

Feng Shui



Alison
Shockner

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

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Kathleen McBride

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



Jayne Morgan-Kidd

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

Hypnosis



Ed Benjamin

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



Briana Brooks

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

Learning Centers



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Unlimited Thought Life Enrichment Center is a full service specialty bookstore and learning center. We offer classes daily, Body-Mind-Spirit Fairs monthly, intuitive counseling (readings), massage therapy, and energy work. We stock the Southwest's largest assortment of books, CDs, and DVDs on spirituality and metaphysics, plus crystals, candles, oils, incense, music CDs, cards, and gifts. 5525 Blanco at Oblate. 210-525-0693. www.unlimited-thought.com

Nutrition



Beverly Meyer

Beverly Meyer and the Diet & Health Center provide a naturopathic approach to health, specializing in customized diets, and professional grade vitamins, herbs and homeopathics for people and pets. In practice since 1988, Beverly offers classes on nutrition, the body-mind connection, muscle-response testing, animal health and more. The Diet & Health Center, 906 E. Basse Rd., Suite 101, near Basse and San Pedro. 210-826-0034 or www.dietandhealthcenter.info

Psychology, Counseling & Growth

Joan Wells, LPC

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

Jayne Morgan-Kidd LPC

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

Reiki



Briana Brooks

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

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The first 60 words are \$79.00 for a one time insertion. That's two months of advertising - or only *\$39.50 a month*, and includes photo and/or graphic. Each word is \$.89 thereafter with a max of 85 words. There is a one-time setup charge of \$15.00 for graphics preparation. Price also includes free listing on Enjoy Whole Health website and hot link to your site.

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Vital Therapy for Beautiful Skin

The finest anti-aging, non-toxic, skin care products for men and women. Now you can have great looking skin at any age!

Vital Therapy products contain only "chirally correct", cutting edge nutrients which are synergistically combined to achieve the most rapid and effective anti-aging skin care available today.

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