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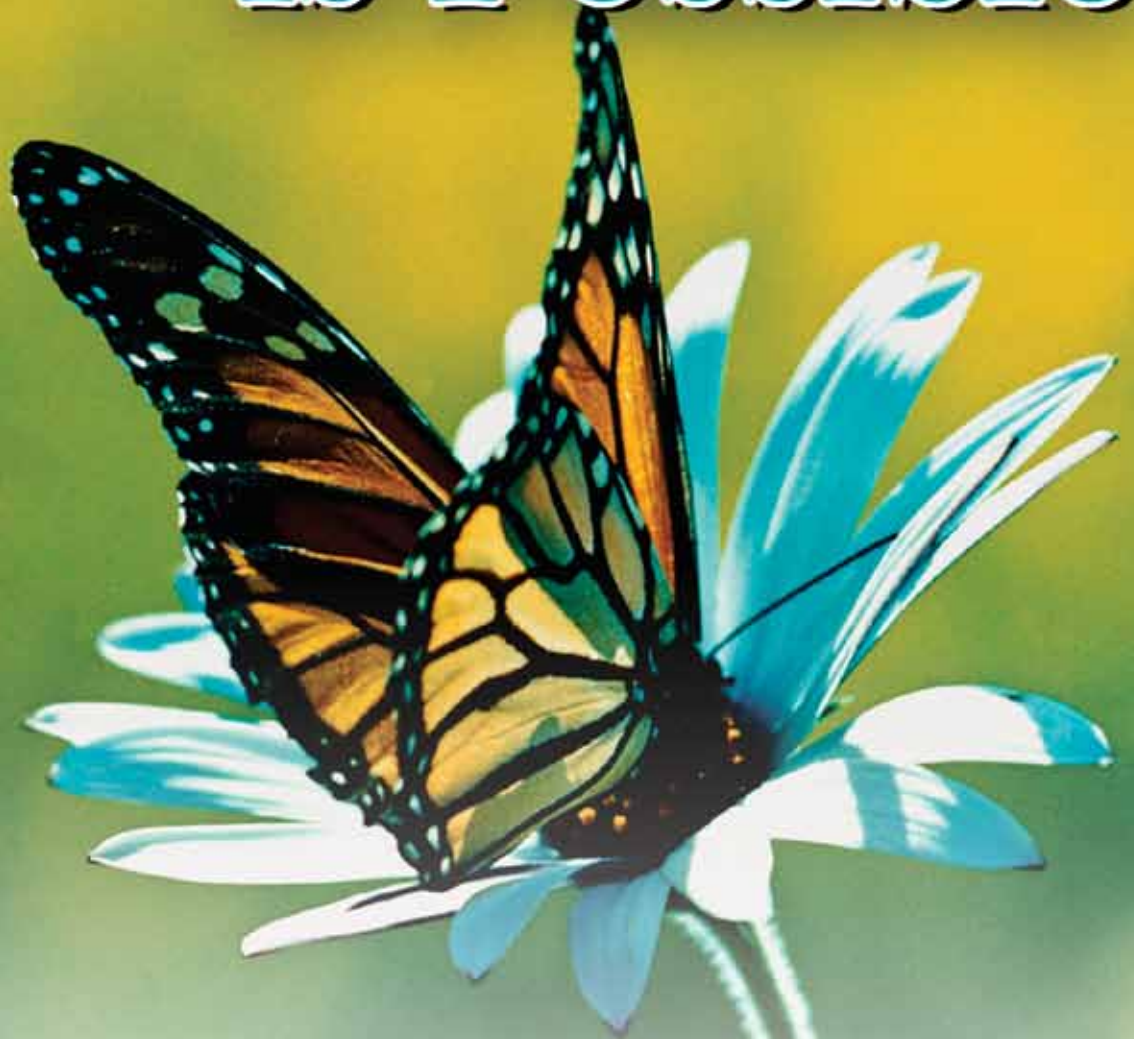
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Pathways Magazine Invites You To Experience Some Of The Area's Top Teachers In Support Of A Wonderful Cause



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Forbes Robbins Blair
March 29

Learn the basics of self-hypnosis for personal change and improvement as you take part in simple class exercises. And, yes, you'll even discover how to hypnotize yourself with your eyes wide open! Don't miss this.



Introduction to Cross Cultural Shamanism

Paul Sivert and Miriam Jacobs
April 5

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Spiritual Gifts, Challenges and Mysteries

Geraldine Amaral
May 10

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13 Myths That Make Us Sick

Robert Rifkin, Chiropractor
May 31

Get more energy, feel better, look better, prevent disease and be more effective and efficient in anything you choose to do by letting go of the health myths that make you sick. This workshop provides a boot camp on what it takes to stay healthy and productive throughout one's life.



Neurofeedback: Therapy for Better Brain Functioning

Michael Sitar, PhD
April 26

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Awakening of the Divine Feminine

Jim & Sandy Young
May 3

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Annie Carlin, Blue Heron Wellness Center

March 26
Annie approaches her yoga teaching based on the firm belief that everyone can practice and accept the benefits of yoga. She creates a safe space for all to enjoy the benefits of yoga and emphasizes self-acceptance. She specializes in customizing poses and sequences to suit her students' practice. Visit: www.blueheronwellness.com



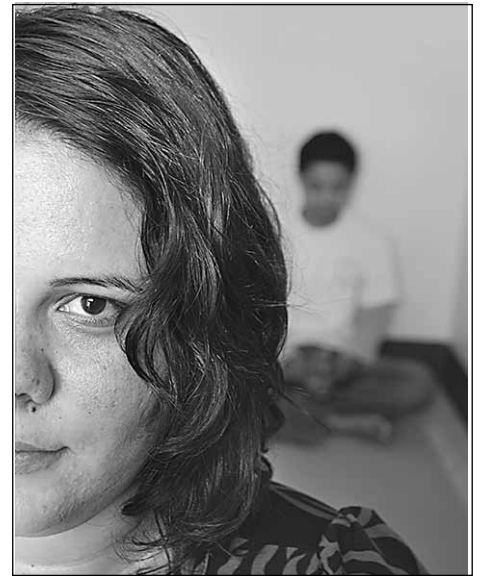
Toni Green, Happy Hour Yoga

April 9
My style of yoga is not like your traditional style: a blending of several styles, dancing, laughing and finding a peaceful happiness is what Happy Hour Yoga is about. Home of yoga on the beach. Visit: www.happyhouryoga-reiki.vpweb.com



Susan Luff RYT, CSYT, APRN, Svaroopa Yoga

April 23
Susan Luff is a certified Svaroopa Yoga teacher, nurse, family therapist and leadership coach. Svaroopa Yoga is an easy-to do, supportive yoga that offers a reliable release from the deeply held tension in the body and mind. This creates an opening for greater awareness and greater ease for living more fully. Svaroopa Yoga is also known as Bliss Yoga.



Embrace Happiness with Yoga Nidra Meditation

April 30
Join Shira Oz-Sinai, of Crossings' Community Wellness Clinic, for an easy and relaxing guided meditation that will bring you face-to-face with your true happiness! Taught by: Shira Oz-Sinai, iRest® Yoga Nidra Practitioner. Visit: www.awakenmyheartnow.com



Gaurav Chikara, Divine Heart Center

April 2
Divine Heart Center teaches a unique combination of Reiki Raja Yoga which connects you to Divine Grace (Bhakti) and Divine Will (Shakti). Aum Prem Brham. Visit: www.DivineHeartCenter.com



Savitri Bach, New Future Society

April 16
New Future Society offers this special Class combining Classical Hatha Yoga/ Tibetan Animal/ Nature Movements (free flowing/ dynamic), Pranayama/ Meditation for peace/ calm and ending Healing Yoga Nidra. Taught by: Savitri Devi, Director/Primary Spiritual/YTT teacher. Visit: www.thenewfuturesocietycenter.com

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WHAT WE'RE ABOUT

Pathways is a quarterly journal and resource guide for the greater Washington area. We are committed to providing the public with free access to local resources and specific tools for improving the quality of life physically, mentally, emotionally and spiritually. It is our intent to provide this access through information and ideas. The articles and advertisements in Pathways demonstrate a growing commitment on the part of local individuals to do business in a spirit of unity, cooperation and understanding and to maintain a high level of integrity, responsibility and service.

The world public has become disenchanted with both the political and financial leadership, which it no longer trusts to solve the problems of historical crises. Further more, all the individuals of humanity are looking for the answer to what the little individual can do that can't be done by great nations and great enterprises.

—R. Buckminster Fuller

Our journal encourages the "little individual" to join together in the dynamic process of personal and social transformation.

Pathways is a communications network that can provide the who, what, where, and when for you to become involved in this dynamic process. But these tools for communication become meaningful only when you use them. Connect with individuals and groups listed in Pathways and take the next step towards your further involvement in this transformation.

MAKING CONNECTIONS

Pathways presents useful information in several ways—through articles, advertisements, a directory and a calendar of local events. Many of the journal articles contain specific resource lists that enable you to delve deeper into the subject area.

When an ad, an article or an event in Pathways intrigues you, don't hesitate to call the people up or arrange to visit them. The people in the Pathways network are happy to talk to you about what they do and why. Feel free to contact the authors and advertisers for comments or advice. The resources listed here are the people as much as the goods, services and activities they offer. So, when you call them up, it's helpful to tell them what it was that caught your interest. The personal connection is the important thing.

FINDING PATHWAYS

Pathways circulates 40,000 copies quarterly by direct mail and through over 350 local businesses. Check the directory section under Natural Food Stores for a partial list of our distribution points. These points are also key locations where you can make connections with people of interests similar to your own. You can also find many of our locations at www.pathwaysmagazine.com.

Pathways disappears quickly each quarter from many of our distribution points, so it's a good idea to get on our mailing list. Send us \$20 for a one-year subscription and have Pathways delivered to your door each quarter. Make all checks payable to Pathways and send to us at 9339 Fraser Ave., Silver Spring, MD 20910, or call us at 240-247-0393.

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Lou deSabra
EDITOR/PUBLISHER

Clare Dell'Olio
MANAGING EDITOR

Michelle Alonso
ASSOCIATE EDITOR

Claudia Neuman
OPERATIONS MANAGER

James Duke
Cam MacQueen
Daniel Redwood
Mary Kay Reynolds
Harvey Wasserman
Tom Wolfe
CONTRIBUTING EDITORS

Ann Silberlicht
GRAPHIC DESIGN

Geraldine Amaral
Claire Cassidy
James Duke
Mary Finelli
Honora Finkelstein
Kathy Jentz
Misty Kuceris
Claudia Neuman
Daniel Redwood
Rose Rosetree
Joanne Selinske
Letitia L. Star
Tom Wolfe
Daphne Wysham
CONTRIBUTING WRITERS

Alyce Ortuzar
Lisa Wechtenhiser
BOOK REVIEWS

Claudia Neuman
MUSIC REVIEWS

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SPRING 2012
Volume 36, Number 1
Published quarterly
with the season change by
LOU DESABLA
PATHWAYS MAGAZINE
9339 Fraser Ave.
Silver Spring, MD 20910
www.pathwaysmagazine.com

PHONE 240-247-0393
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ON OUR WEBSITE:
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Deadlines for Editorial and
Advertising are
2/1, 5/1, 8/1 and 11/1
Publication is approximately
four weeks after the deadlines.
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What's Inside
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THE PATHWAYS INTERVIEW
 HARRIET A. WASHINGTON
 DEADLY MONOPOLIES: SELLING OUT
 SCIENCE, RESEARCH, INNOVATION AND
 OUR HEALTH
 BY DANIEL REDWOOD
 PAGE 11



2012:
 THE YEAR TO FINALLY
 BURY NUKE POWER
 BY HARVEY WASSERMAN
 PAGE 47

**RESOURCES FOR
 CREATIVE LIVING**

More Articles

- Book Reviews..... 56
- Metaphysical Book Reviews.. 58
- Chiropractic Corner 60
- Green News & Views:
- Fracking Perils 61
- Will Farmers Receive Justice? 62
- Washington Gardener..... 66
- Network of Light News 93

Resources

- Spring Calendar 68
- Classes & Learning Centers. 101
- Health Services 104
- Metaphysical Sciences 107
- Personal Services..... 109
- Psychology & Therapy 109
- Resource Directory.....111
- Online Directory..... 121
- Natural Food Stores Guide .. 122

THE PATHWAYS INTERVIEW

HARRIET A. WASHINGTON: DEADLY MONOPOLIES..... 11

SELLING OUT SCIENCE, RESEARCH AND OUR HEALTH

BY DANIEL REDWOOD

HERB CORNER

THE BEST HERBS FOR SPRING CLEANING 15

AND EIGHT HERBALS FOR HIGH BLOOD PRESSURE

BY TOM WOLFE

ORIENTAL MEDICINE

TREATING PAIN WITH ORIENTAL MEDICINE..... 19

BY CLAIRE CASSIDY

TO YOUR HEALTH

FIGHT AGING WITH EVERY MEAL 23

BY LETITIA L. STAR, FROM *THE HERB COMPANION*

THE SPICE CHEST

HERBISTATINS: SAFE HERBAL ALTERNATIVES TO..... 27
DANGEROUS STATIN DRUGS

BY JIM DUKE

ACCESSING YOUR INTUITION

MOVE YOUR CH'I, MANIFEST YOUR DESIRES 37

BY GERALDINE AMARAL

ASTROLOGICAL INSIGHTS

COMMUNICATION IS KEY TO MAKING THOSE CHANGES 39

BY MISTY KUCERIS

GREEN NEWS & VIEWS

2012: THE YEAR TO FINALLY BURY NUKE POWER..... 47

BY HARVEY WASSERMAN

ENERGETIC LITERACY

WAKE UP YOUR WONDERFUL COUNSELOR..... 51

BY ROSE ROSETREE

YOGA TODAY

A YOGA STORY WORTH TELLING: B. K. S. IYENGAR 54

BY CLAUDIA NEUMAN

MIND • BODY • SPIRIT

STARTING YOUR OWN CONVERSATION WITH GOD..... 63

BY JOANNE SELINSKE

CULTIVATING COMPASSION

POPLAR SPRING ANIMAL SANCTUARY 90

BY MARY FINELLI, COLUMN EDITED BY CAM MACQUEEN

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Deadly Monopolies

Selling Out Science, Research, Innovation & Our Health

INTERVIEW BY DANIEL REDWOOD, DC

Award-winning author Harriet A. Washington's newest book is *Deadly Monopolies: The Shocking Corporate Takeover of Life Itself—And the Consequences for Your Health and Our Medical Future* (Doubleday, 2011). In this hard-hitting exposé, she insightfully explores several issues certain to have a dramatic impact on the future of healthcare and human freedom.

In this in-depth interview with Dr. Daniel Redwood, Washington discusses the role of patents, particularly those held by profit-making private corporations on both drugs and the human genetic code; the drastic changes over the past generation in relationships between universities and corporations; the erosion of informed consent; and what she calls *biocolonialism*, including medical research by Western and Japanese corporations in developing nations, research that abandons patient protections available to people in developed nations.

Washington's earlier book, *Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present*, won a National Book Critics Circle Award, the 2007 PEN Oakland Award, and the 2007 American Library Association Black Caucus Nonfiction Award.

She has been a fellow in medical ethics at the Harvard Medical School, a senior research scholar at the National Center for Bioethics at Tuskegee University, a fellow at the Harvard School of Public Health, and the recipient of a John S. Knight Fellowship at Stanford University.

This interview is also available online at Dr. Redwood's new health policy blog, at www.redwoodhealthspeaks.com.

*Two events took place in the United States in 1980 that, in retrospect, have dramatically changed the nature and direction of health sciences research. These were the Supreme Court decision in *Diamond v. Chakrabarty* that allowed the patenting of living things and the passage of the Bayh-Dole Government Patent Policy Act. To begin, could you please give us a broad-brush summary of these policy changes?*

Their import is that *Diamond v. Chakrabarty* removed the ambiguity about whether one could take out a patent on a product of nature. And specifically for our purposes, whether one is able to take out a patent on a living thing. Living things had occasionally been patented in the past. For example, when adrenalin was patented, there were objections that this was actually a discovery rather than an invention. Even Louis Pasteur faced questions



Harriet A. Washington

when he patented a strain of yeast. Some said, "You didn't *invent* this yeast; you just discovered it."

So now we have a law that stipulates unambiguously that if something is living, that's not a bar to its being patented. In addition, we have a second law saying that when a university holds a patent, it is legal for the university to license or sell that patent to a corporate entity. Previously, universities were not allowed to do that, the rationale being that these patents arose from research that was subsidized by the government—that is, by you and me. Our tax dollars paid for the development of these molecules, and the feeling was that a private corporation should not be allowed to profit from it. The 1980 Bayh-Dole Act, supplemented by other laws, changed all that, making it feasible and, in fact, making it desirable for the first time, for researchers to take out patents on living things, based on research performed in universities, and to sell and license them to corporations. Bayh-Dole was basically a golden key for corporations who could now profit

from patents that they previously were unable to hold.

Privately-Held Patents on the Human Genetic Code

What percentage of the human genome has now been patented by private corporations, and is this continuing to grow?

One in five, 20 percent, of the genes in the human genome are documented to have been patented, but they are not all held by corporations. The U.S. government holds a great many of these patents. It is very difficult to ascertain what percentage is held by corporations, in part because there can be multiple patents related to one gene or sequence. There might, for example, be a patent on the gene itself but also on the process for discovering it. There are examples of a corporation such as Chiron holding about 100 patents, all on one virus. Also, it's hard to ascertain because sometimes this is proprietary information that corporations can't be forced to reveal.

When a corporation patents a gene, what does that legally allow them to control? And does this stimulate or stifle innovation?

The second part of the question is the easiest; it stifles innovation. In broad strokes, this is very easy to see. If you ask the average person how many medications are developed and put on the market each year, the average person thinks it's about 200-500 a year. Ten years ago, that was close to the truth. Ten years ago, we had several hundred drugs enter the market every year. The last few years, we're talking about double digits, low double digits. Now it may be 15 or 26 in a particular year. Innovation has ground to a near-halt.

Are patents responsible for that?

Yes, patents are responsible for that. I spoke with Stephen Schondelmeyer, Pharm.D, PhD, Professor of Pharmaceutical Care & Health Systems at the University of Minnesota, a prominent expert in this field. He pointed out to me that one of the reasons that we have so few new drugs being developed, and so few drugs in development to replace drugs currently on the market, is that our system allows for 20 years of exclusivity. So when one obtains a patent, whether held by a corporation or someone else, you have 20 years during which you have exclusive use of this. Only you can license it, only you can sell it. More importantly, you can control what others do with it; you can control *access* to it.

So when Myriad Corporation, for example, holds patents on the BrCA1 and BrCA2 genes, it can contact researchers working on those genes and have its lawyers threaten them with a cease and desist order forcing them to stop. If you want to work on this gene for your breast cancer research, you need Myriad's permission, which it may deny and which it certainly is going to charge you a pretty penny for. That's what it means to hold a patent on a medically important entity. You not only control what's done with it, you control what medications researchers can devise and you determine what price you're going to pay for them. Significantly, you also block other people who are trying to devise treatments, based on the gene or virus that you now control. And as Professor Schondelmeyer pointed out, one of the reasons why innovation has dropped off and we have so few new drugs is that the 20-year patent period actually discourages innovation. Corporations have lacked incentives to devise these drugs, because it's much more efficient, profitable and convenient to simply jealously guard the patents they do

continued on page 13 →

HEALING AS NATURE INTENDED

Colon Hydrotherapy

What is colon hydrotherapy?

Colon hydrotherapy is a safe, painless, and effective method of removing waste from the large intestine without the use of drugs or laxatives. By introducing ultraviolet-light-purified, carbon filtered, and temperature controlled water into the colon, waste is softened and loosened resulting in evacuation through natural muscle contraction or peristalsis. This process is repeated many times during a therapy session.

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"Every tissue is fed by the blood which is supplied by the intestinal system. When the intestines are dirty, the blood is dirty and so are the organs and tissues. It is the intestinal system that has to be cared for first before any effective healing can take place." — Dr. Bernard Jensen, Ph.D.

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Harriet A. Washington on Deadly Monopolies: Selling Out Science, Research, Innovation & Our Health

...continued from page 11

have and devise methods of extending the 20 years.

How do they extend their patent exclusivity?

Twenty years is supposed to be the limit. But in reality, corporations can retain, on average, 5-14 more years of exclusivity by various legal “ever-greening” techniques.

Corporatization of the University

You’ve mentioned that changes in the law in 1980 allowed universities greater latitude in terms of their interactions with corporate entities. As to how this actually plays out on the ground within a scientific research department at a university or medical school, what’s different now?

In the past, a researcher had not only the law to discourage him from giving or licensing a patent to a corporation,

research on cancer to research on cosmetics. It’s very troubling.

So that is one of the concerns. These researchers involved are employees of a university, but in effect they become employees of corporations. Typically, the corporations will go to university researchers and pitch for them to conduct certain research. If the patent is on a gene or a medication or a molecule, the researchers work on it under the direction of a corporation.

If the corporation says, “We need X number of patients enrolled in a study, and we will pay you approximately \$10,000 for each patient you can recruit as a subject,” as has happened, this means that universities are finding patients and getting paid per patient for the research. The corporation will also pay the university additional money for the research operation itself, so that in effect, the researchers have become employees of the corporation.

Then, when one of these researchers appears on television talking about the wonderful research they’re doing, they are identified as researchers from Har-

Then, when one of these researchers appears on television talking about the wonderful research they’re doing, they are identified as researchers from Harvard or Stanford or Yale. But in reality, who holds the control? Who sets the agenda? Who decides what research is pursued? Also, who decides what research is truncated? Because these corporations can, and do, pull the plug on research that they suspect will not make large profits. As I explain in my book, it doesn’t matter to them that the drug might be a medically necessary one that the world needs very badly. What matters to them is the money.

but there was also the culture of medical research itself, which frowned on money-making as an unworthy goal, an unworthy activity for medical researchers. Let me give you one extreme example that illustrates the changes in this culture. Starting in 1989, the Japanese cosmetics company Shiseido paid \$85 million over 10 years to establish a partnership with the Harvard Medical School Department of Dermatology’s Cutaneous Biology Research Center at Massachusetts General Hospital (MGH), which granted Shiseido an exclusive license to develop any products developed from the center’s research. Shiseido underwrote the department’s research.

So what does this mean? It means a large cash influx for Harvard, but it also means that these researchers and the Department of Dermatology have ceded control of their research agenda to Shiseido. Marcia Angell, MD, someone who has written extensively and masterfully about the effects of such corporate control of medical research, asked at the time whether this meant that there could be a shift in focus from

vard or Stanford or Yale. But in reality, who holds the control? Who sets the agenda? Who decides what research is pursued? Also, who decides what research is truncated? Because these corporations can, and do, pull the plug on research that they suspect will not make large profits. As I explain in my book, it doesn’t matter to them that the drug might be a medically necessary one that the world needs very badly. What matters to them is the money.

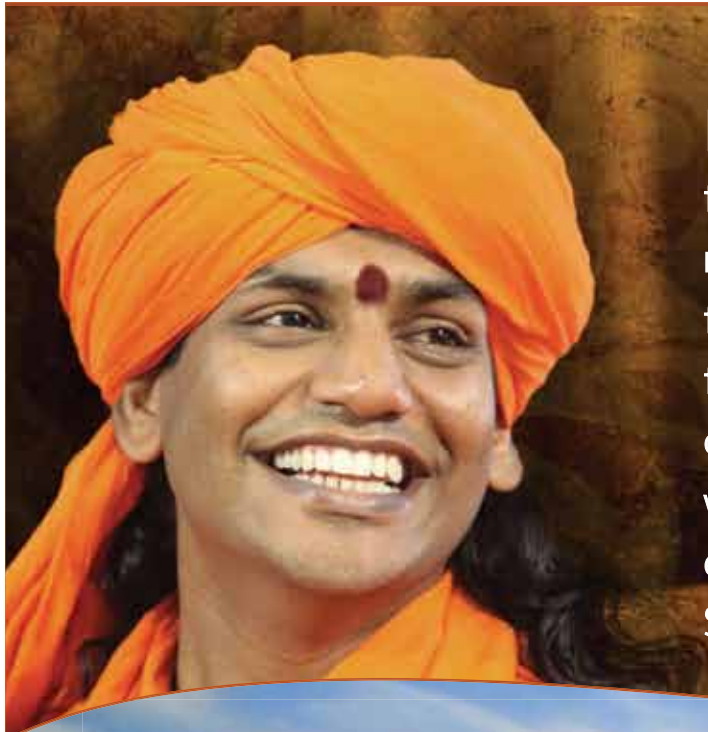
Pulling the Plug on Unprofitable Research

Can you give another example?

Consider the case of Dr. Chris Parish in Australia, who was working on a very promising liver-cancer drug, PI-88, that was about to go into the final stage of trials. It had performed well in trials and looked as if it would be very effective. Liver cancer is a major killer worldwide. It’s the third largest cause of cancer deaths around the globe and

continued on page 125 →





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Best Herbs For Spring Cleaning and Eight Herbals for High Blood Pressure

BY TOM WOLFE

After my last *Pathways* article on the epidemic of High Blood Pressure, many folks asked, "What are the best herbals for herbally treating high blood pressure?" Here are my choices for the best eight herbals and their beginning dosages. Each of these formulations or individual herbs has significant documented western scientific studies behind them to substantiate their use in reducing high blood pressure.

- Flora's Hawthorne syrup with Passionflower and Hibiscus: 2 tablespoons daily.
- Traditional Medicinals High Blood Pressure teabags with Hawthorne and Hibiscus.
- Herbalist and Alchemist Hawthorne solid extract: 2 teaspoons daily.
- Kyolic Blood Pressure Health Formula 109 with Nattokinase and L'Theanine: one capsule for every 25 pounds of body weight daily.
- Smile's High Blood Pressure Tea with Hawthorne Flowers and Leaves, Linden, Yarrow, Cramp Bark, and Hawthorne Berries: 3-5 cups daily.
- New Chapter's Blood Pressure Take Care with Grape seed Extract, Hawthorn and Motherwort: one capsule for every 75 pounds of body weight daily.
- Health King's Blood Pressure Herb Tea; based on a traditional Chinese remedy for high blood pressure, with the herb *Apocynum venetum* grown in a pollution-free area in northeast China: 2-5 cups daily.
- Planetary Herbals's Triphala formula, which is comprised of three fruits and works on the principles of Ayurveda to clear each of the three doshas (elements) of Ayurveda—Vata, Pitta, and Kapha, each of which in excess can cause High Blood Pressure; two tablets before bedtime daily.

As many of you know, I have been devoted to an Indian Master named Meher Baba for thirty-four years; and Meher Baba teaches that the first goal in spiritual evolution is to become energy. In Ayurveda, energy, or Prana, is held to exist in five distinct forms. In the Springtime the energy most available is Udhana, the upward-moving energy, which, coming out of the stillness of Winter (Samana), prepares us for the activity and excitement of the Summer months (Vyana).

From my 36 years of herbalism I have found here are six stages to the cleansing process in preparation for the season. Each of these stages takes one week to perform and Spring is the perfect time according to Ayurveda to do "Spring cleaning." As it happens, by so-called coincidence (also known as Godincidence), these six weeks needed for a Spring cleanse are exactly the same amount of time as the seasonal restraint of Lent in the Christian calendar—forty



days and forty nights. This approach keeps you off the roller coaster and allows you to keep your strength, vitality, and flow moving upward while deeply freeing congestion and blockages for greater energy in the Spring.

The six stages follow, and for each week I give you a unique strategy and observation to shoot for in each of the five main organs.

1. Clean the intestinal tract for a week, combined with using aperient (gentle laxatives) and astringent herbs along with green herbs and vegetables. This benefits the first main organ the stomach—the receptive organ of earth.
2. Continue cleaning the three organs of digestion—the stomach, large intestine and small intestine—and clearing the respiratory system using the three N's: Neti, Nasya and Nettles. This frees up energy in the lungs, the active organ of air.
3. Clean the blood during the third week with Alteratives/Blood Purifiers while continuing to keep the intestines and respiratory system free of stress. This purifies what is called in Ayurveda Rasa Dhatu, or element of cleansing water.
4. Clean the Liver while continuing the alteratives, aperients and astringents, and greens. The Liver is the active organ of the wood element.
5. Transform whatever specific main organ is in need while continuing the liver cleansing, alterative/blood cleansers, intestinal cleansing, and greens. This transformative use of herbs is fiery, involving the heart as the main active organ pumping the blood.
6. Rebuild the tissues and structure of the body with very nutrient-dense, most easily digested foods and gentle supplements. At this point we will

have completed our Forty Day and Forty Night Cleanse and may resume our regular dietary habits. Here we rebuild the earth element and come full circle.

In three decades of my own purification, and observing the attempts of others at physical purification, I have found the biggest error people make (including myself) is to go too fast, and similar to binge diets, swing from one extreme to the other in what I would call "binge cleansing." So, I am writing this article to give readers of *Pathways* a version of the 4000 years of Yoga Wisdom that gently allows the Infinite Intelligence that lives within us to cleanse and renew in a realistic and practical way that increases vitality.

We are most blessed in this moment in history and can now take advantage of the best of both East and West. We are able to combine the ancient wisdom of the East with an incredibly diverse and sophisticated choice in herbal products made possible by Western technology. I am confident as an herbalist that if you follow these instructions and work with the Infinite Intelligence, you, too, can find your balance and increase your energy level gently and consistently without a sense of being on a roller coaster.

Week One: Digestion

In the first week, our strategy is to begin the cleansing of the intestinal tract with aperients (gentle laxatives) and herbal astringents. Our primary goal in week one is to remove buildup and toxins from the entire intestinal tract while toning the stomach, the small intestine, and the large intestine through the use of herbs with an astringent action. The easiest way to cleanse the intestinal tract gently and thoroughly is to use Triphala, a combination of three fruits (Tri=3 and Phala =fruits). You will probably find as most do that Triphala is easy on the system. I would dose it at two tablets with 6 ounces of water right

before bed. This one combination is the favorite of many many herbalists because it is so gentle yet deep in action. Triphala is primarily aperient (gently laxative) and astringent which gives it a toning effect as well to the big three of digestion...the stomach, the small intestine, and the large intestine. I would dose Triphala (which comes from Planetary Formulas in one gram tablets) at one to one and one half grams per 50 pounds of body weight (up to 10 daily) for at least a week before concentrating on the third week when we will begin blood purification.

Another part of our week one strategy is to prepare our bodies. By lightening the diet and using a minimal quantity of herbs, we mentally prepare ourselves and inform the body that we are about to begin a more intensive transformative process, which may have moments of discomfort. A secondary goal is to carry a sense of reserve energy into the cleansing process so that we feel confident we can undergo the cleansing without depression or excessive fatigue.

This phase of our strategy is based on greens, greens, and more greens combined with a simple and easily digested source of protein. My favorite greens include: spinach, kale, beet greens, carrot greens, fresh parsley, fresh cilantro, chard, and dandelion greens. Also, if fresh greens are not realistic, or if you wish to add to your daily dose of fresh greens, there is a preparation called Berry Green from the New Chapter Company. I can recommend this product because "Included in each serving of Berry Green are 15 different nutrient-dense organic vegetables, fruits, grains and herbs that have been cultured by 10 of nature's most researched friendly flora, then freeze dried to maintain the viability of the live active culture."

Another herb that is always a great addition to a cleansing regimen is Nettles (*Urtica dioica*). We love Nettles and grow copious amounts of it in our own organic herb garden in the backyard of Smile. We also make Nettles available in tea, tincture, and capsule forms. Gaia Herb's Nettle Extract Capsules is a particularly nutrient dense form of this beloved plant in easy to use capsule form. Oregon Wild Harvest is another especially potent option in capsules.

As you remember, our strategy also includes simple and easy to digest proteins. My favorite is almonds, which can be enjoyed raw, cooked along with your greens, or in almond butter. After almonds, my favorite proteins include paneer (a simple Indian cheese similar in consistency to tofu), cottage cheese, and tofu.

Week Two: Respiration

In the second week we continue
continued on page 17 →

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THE HERB CORNER

Best Herbs For Spring Cleaning and Eight Herbals for High Blood Pressure

...continued from page 15



Nettle tea is wonderful for clearing out the respiratory system.

with our intestinal cleansing and add clearing the respiratory system with the three N's of Nettles, Nasya and Neti. How to do this was the focus of a prior *Pathways* article (see the Winter 2009 issue) and is available on our website at Smileherb.com or in the store. In brief, the respiratory system can be cleared by drinking Nettle tea copiously, washing the nose out with a Neti pot and following the Neti with Nasya, which is applying herbal oils to the nose to prevent dryness and inflammation. Since each of these weeks builds on the weeks before, we continue our light spring diet of greens and/or green supplements with light proteins.

Week Three: Blood

Our strategy in the third week for the cleansing of the blood includes using the category of herbs known as "alteratives" along with more of the extraordinary herb Nettles, which is both cleansing and specific to seasonal allergies. Our primary goal is to alter the bloodstream to be free of toxins (hence "alteratives"), and our secondary goal is to increase the digestive fire (Agni). I remember when, in the late 1970's, we as herbalists decided not to call this group of herbs "blood purifiers" when talking with physicians. It just didn't work within the physicians' paradigm to have medicines called "blood purifiers," so since that time we have called this category of herbs "alteratives" instead.

There are thirty to fifty choices (alteratives) here, and I put together a blend named Tommy's Blood Purifier fifteen years ago, which continues to be one of the favorites of the Smile folks, both staff and customers. The ingredients are Burdock, Sarsaparilla, Yellow Dock, Cinnamon, and Red Root. One teaspoon to a cup simmered for an hour makes a tasty tea that does the job. Three to five cups daily is the

place to start here with alterative teas of which Tommy's Blood Purifier is only one of many. To meet our secondary goal of increasing agni, our herbal allies are: ginger, trikatu (three spices), and cayenne in small doses. I particularly recommend New Chapter's Daily Ginger (in liquid or capsule form) and Planetary Formulas Trikatu tablets.

Week Four: Liver

In week four our strategy for the liver, which stores the results of our digestion both righteous and angry, is to use bitters and amphotoerics (herbs specific to one organ). Our primary goal here is to relax and honor the liver, which bears the brunt of everything we ate over the holidays, everything that we have left unsaid or said in an unskilled manner, and the ingestion of our increasingly polluted environment. Our secondary goal is a digestive system free of sluggishness. If digestive sluggishness occurs at this point, we will need to return to the earlier stage of digestive cleansing with aperients (gentle laxatives) and astringents.

Dandelion, Nettles, and Milk Thistle are some of my favorite herbs here and you will need to find the right level of dosing for your system. One great combination product is Bitters Compound from Herbalist and Alchemist, which is easy to use since it is already in tincture form. Gaia Herbs Sweetish Bitters is another excellent choice in tincture form. Two milliliters twice daily is about the right place to start, and again, you will need to find your ideal dosing. These herbs are of course also available as teas, which is to my mind a higher form of herbalism but involves much more of a commitment to preparing herbs every day.

Week Five: Customize

In the fifth week, or for "as long as it takes," our strategy is to tailor this herbal cleansing program to our own unique needs. The primary goal is to heal one or more of the remaining three active organ systems. The five active organ systems in Ayurveda are: the kidneys, the liver, the heart, the spleen/blood, and the lungs. As we have already addressed the liver and the spleen/blood, you can choose from the remaining three according to your needs. Our secondary goal is to develop an ongoing daily regimen to identify and heal our weaknesses as we return to our regular daily diet and habits.

Cleansing for "as long as it takes" will vary from organ system to organ system, and each system is different. For example cleansing the respiratory system of phlegm would be different than cleansing the liver of congestion to reduce cholesterol. Or if you are prone to seasonal allergies, this will be the time to concentrate on reducing

continued on page 96 →

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ORIENTAL MEDICINE

Treating Pain

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CLAIRE M CASSIDY, PhD, Dipl Ac, LAc

Oriental Medicine is famous for helping people in pain. The fact is, Oriental Medicine can help with most complaints, but then, most complaints are accompanied by pain, because that's one way the body has of telling us that it's in trouble.

The subject is so large that it's hard to know where to begin, so I'll introduce some cases (stories and names created, but representative). Andrew aches all over and has swollen joints...but doesn't respond to arthritis remedies. Betsy has attacks of pain above her right breast, but biomedical tests say she is well. Charles had knee surgery, and since then his back hurts. Elizabeth's intestines hurt, and little helps for long. David has cluster headaches, and Fred's feet, knees and hips hurt, but again, 'nothing is wrong.' Finally, Georgia has been diagnosed with fibromyalgia and takes a slew of prescription pain drugs, but still complains of pain.



Oriental Medicine's View of Pain

Your acupuncturist will ask familiar questions: where is the pain, when does it happen, what kind is it, what makes it worse, better?

The thing to remember is that Oriental Medicine *focuses on how the body's energy moves*. Pain that shows up as aching or dull usually signals a 'deficiency'—lack of sufficient circulating Qi and Blood. Pain that is hot, stabbing, makes you cry out, is an 'excess' condition, indicating that Qi and Blood are not moving through the region as they ought. Acupuncture care can break up stagnant excess, and bring Qi and Blood to deficient areas. Herbs do the same, plus offering tonics to the exhausted body.

Like other medical specialists, your acupuncturist knows that pain in one place may originate elsewhere. In Oriental medicine we are guided by the energy channels (meridians) that run up and down the body. Which of those channels is affected by your pain? The meridian model means that treatment

may occur far from the location of pain. For example, pain in the lower abdomen or back may be assuaged by needling points on the ankles, and painful sinuses by needling points on the hand. One patient had pain in the front of his thigh. When asked, he also reported headaches in his forehead, and acid indigestion. Hmmm—sounds like the Stomach Meridian!—which runs from below the eyes down the front of the body and leg, to the second toe. Sure enough, when needles were placed along the Stomach meridian (and elsewhere), the pain in his thigh dissipated, and as a bonus, his digestion improved and his headaches went away.

This pattern of multiple relief is typical of Chinese medicine: *the whole body is treated when you approach it from the point of view of energy flow.*

That pain can originate elsewhere is important. Remember Charles who had surgery on his inner knee followed by lower back pain? Charles was young, exercised, was of normal weight—why should his back hurt? After assuring ourselves that his

back looks well, suppose we turn our attention to his knee (which doesn't hurt). A scar on the inner knee potentially crosses three meridians. In his case, the Kidney meridian was affected, hence the sore back. Treatment of the Kidney meridian, and local treatment of the knee to soften the scar and allow it to remodel itself, resolved his back pain.

Joint Pain

Acupuncture is effective at providing relief of pain in the neck, shoulders, elbows, wrists, back, hips, knees, ankles, feet, hands—this has been shown time out of mind clinically, and more recently, with scientific research. In Oriental Medicine 'arthritis' is thought to begin as a 'wind' problem, which is 'cold' (e.g., osteoarthritis) or 'hot' (rheumatoid type), and if chronic may show up with 'damp.'

This different perspective comes into play with Andrew, who aches and has

continued on page 21 →

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Treating Pain: Foot to Scalp, with Oriental Medicine

...continued from page 19

swollen joints. He doesn't fit biomedical concepts of arthritis—his swollen joints are not hot, painful, or misshapen, and look normal on xray. More than that, arthritis drugs haven't helped. So what could be wrong? Oriental medicine sees this set of complaints and suspects a different etiology: Damp. When offered acupuncture, damp-draining herbs, and dietary modifications to reduce the Damp in the joints, Andrew's aching and swelling goes away. Now that he feels better, Andrew's job is to figure out what sets off Damp so he can avoid it in future...and stay well.

Headaches

Applying the energy channel model, Oriental Medicine recognizes headaches associated with the health of the Kidney (nape of neck, eyes), Liver/Gallbladder (sides and top of head, eyes), and Stomach (forehead). Dull constant headaches relate to weakness or anatomical imbalance. Acupuncture treatment often occurs far from the scalp. Recurrent headaches also respond to herbs, meditative exercise, and dietary change.

David was diagnosed by his MD with 'cluster' headaches, a concept that does

not occur in Chinese Medicine. The pain occurred on the sides of his head. David had a demanding job, and found he was often irritable, frustrated, and pressed for time...a classic Liver/Gallbladder picture. Treatment on those meridians, and herbs to smooth the movement of Qi, helped David reduce the number, frequency, and severity of his headaches. He gradually learned what set them off, so could take steps to avoid them.

Morton's Toe

Healthy strong feet are the pedestal on which the rest of our body rests. Never skimp on foot care! Morton's Toe refers to a second toe longer than the first. Sound insignificant?—ah, but that ¼" oddity translates to a change of foot usage, and that reflects all the way up the skeleton. Your big toe carries the entire weight of your body when you step forward. With a long second toe—about 40% of people have one—weight goes through a toe not designed for the task. Such people disproportionately suffer from bunions, hammertoes, sore feet, knees, hips, backs...even necks. This was Fred's situation—his long second toes were rapidly turning into

hammertoes, and he had pain up his skeleton even though 'nothing was wrong' by the usual tests.

What can be done? Acupuncture can reduce pain and assuage imbalance, but only orthotics can take the excess weight off the second toe and put it back where it belongs. If you have a Morton's Toe, start by putting a square of moleskin under the ball of your big toe, and see if that helps. Next, consider getting orthotics, but *be sure that your pedorthist or podiatrist understands the problem* before you order.

Scars

Most of us have a scars, and few create problems. But sometimes an unhealthy scar is the surprising source of a frustrating pain complaint. Years after surgery, an appendix scar can send pain signals to the gallbladder, stomach, back, and elsewhere. A Caesarian scar can send pain signals to the bladder, uterus, back, intestines, can cause sciatica pain, constipation. A scar on the scalp, a bunionectomy scar...*any* scar, can have distant effects, especially if it crosses a major acupuncture point.

Elizabeth experienced stomach pain but tests were negative and antacids didn't help. When I examined her, I saw that the skin was pulling around her appendix scar. Elizabeth's appendix was removed when she was a teenager, and she is now approaching 50. Acupuncture and self-care to soften

and release the old scar 'worked' in 2 months...her stomach felt well after 35 years of pain!

The Tests Say I'm Well but I'm in Pain

Unfortunately, this is a common situation, and lots of ink has been spilled writing about different ways to deal with pain that won't go away. Sometimes a fresh perspective serves as the key to unlock that door of pain.

Betsy had repeated attacks of pain centered above her right breast. She'd had numerous biomedical tests, all negative for abnormality of the breast, heart, lungs, and digestive system. Applying an Oriental Medicine perspective, we note that the pain is on the right side (Liver/Gallbladder side), that the pain crosses several meridians, and that nearby Gallbladder points are painful. We remember from anatomy class that Gallbladder pain can 'refer' to the shoulder or upper chest. Is it the gallbladder? It hasn't got stones, but, yes, it does spasm. By combining acupuncture, dietary changes, enzymes and specific exercises, Betsy can now go a long time without a pain event.

Pain Can Become Habitual

Habits form when you do or experience something repeatedly. The motion or sensation from your periphery—your fingers, feet, skin—sends a mes-

continued on page 97 →

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I practice general and cosmetic holistically oriented dentistry in a home-office on the corner of Connecticut Ave. and East-West Hwy. I received basic cranio-sacral training and am a Reiki practitioner. Literature is available free on fillings, mercury detoxification, TMJ, gum-disease, mouth odors, cosmetic dentistry, snoring, office safety and sterilization, root canal treatment, and more. Just call, or click on my website, it's all there just a click away!

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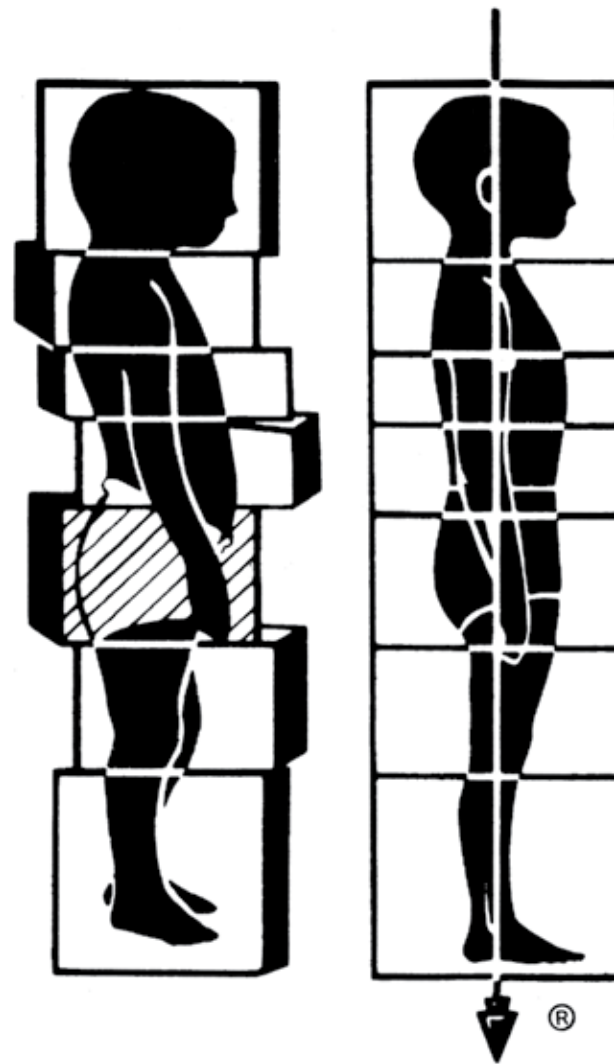
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Fight Aging With Every Meal

BY LETITIA L. STAR
From *The Herb Companion*

Melt-in-your-mouth dark chocolate. It's just one of many superfoods that can help fight the effects of aging so you look and feel your best, no matter your age. Herbs can ensure that every superfood bite is delicious. That means you can enjoy good-for-you foods without missing dishes laden with fat, salt or refined sugar.

Spring is a wonderful time to commit to eating healthier—and looking and feeling better. Remember that every meal is an opportunity to fight aging. And it may be easier than you think. Even small, positive changes can make a world of difference.

The American Heart Association (AHA) recommends 4.5 cups daily of fruits and vegetables. Select fresh, in-season spring lettuces and other vegetables that are a pleasure to cultivate in your garden or place in your basket at the local farmer's market. Fill your refrigerator with brightly colored fresh produce such as blueberries, apples, sweet potatoes, carrots, tomatoes and dark, leafy greens, just to name a few.

Eat more fiber-rich whole grains



These 10 powerful superfoods will help you feel younger at any age.

PHOTO BY HOWARD LEE PUCKETT, STYLING BY VIRGINIA CRAVENS-HOUSTON AND JUDY FEAGIN

with herbs. The AHA recommends at least three 1-ounce equivalent servings of whole grains each day. Savor at least two 3.5-ounce servings of fish, preferably oily fish, a week.

Other important AHA guidelines: Enjoy at least four servings of nuts, legumes and seeds per week. Keep your sodium intake to less than 1,500 mg a day. Don't eat more than two servings

a week of processed meats. Make sure that saturated fat is less than 7 percent of your total energy intake. Don't drink more than 36 ounces a week of sugar-sweetened beverages. And don't forget about superfoods, like delicious dark chocolate.

Live Longer, Live Healthier

What exactly is a superfood? And

how can superfoods help you feel vital? The term "superfood" can be somewhat misleading because no single food is the magic bullet for sustaining youth or the panacea for illness. However, when eaten in moderation along with a healthy lifestyle, superfoods can help you ward off disease or declines in health.

"A superfood is a food that tastes fantastic and also adds significant health benefits," says Jaclyn Chasse, N.D., medical director of the Northeast Center for Holistic Medicine. "One factor in the aging process is free radical damage. Most superfoods contain potent antioxidants to combat free radical damage, protecting cells from aging."

"Healthy, nutrition-rich food can supply us with all the building blocks we need to prevent disease and slow down aging," says Carolyn Dean, M.D., N.D., medical director of the Nutritional Magnesium Association. "Superfoods are high in antioxidants and magnesium. They help destroy free radicals, detoxify the body, and help promote cell function and proper cell repair."

continued on page 25 →

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TO YOUR HEALTH

Fight Aging With Every Meal

...continued from page 23

To combat aging, avoid foods high in saturated and trans fats, cholesterol, sodium and refined sugar. "A great way to improve your health is to replace those foods with superfoods that offer more nutritional value," Chasse says.

10 Anti-Aging Superfoods

A plethora of superfoods can help prevent disease before it starts. Here are some delicious winners featured in our recipes.

Beans:

When it comes to superfoods, beans are all-star favorites. For starters, beans are fat-free and budget-friendly. And they are so good for you.

"Legumes are a major source of complex carbohydrates, fiber and protein," Dean says. "They have good amounts of minerals such as potassium, magnesium and zinc."

In order for you to benefit from their minerals, dry beans must be soaked for eight hours or more, though. You can cure blandness by adding herb blends to beans.

Chile Peppers:

"They support circulation and can speed up your metabolism. They are also high in vitamin C," Chasse says. For fiery flavor, add garlic and dried chile peppers to beans, chilis, soups and stews.

Spinach:

It's easy to get excited about spinach, which is one of the healthiest foods available. Spinach is high in fiber and loaded with nutrients, including vitamin C and calcium. Spinach combines well with garlic.

Low-fat Cheeses:

The American Heart Association recommends low-fat cheeses to help reduce consumption of saturated fat. Small amounts of intense-tasting cheeses, such as low-fat blue cheese crumbles, can quickly add flavor without much fat. (To make crumbles, grate chunks of low-fat cheese with a potato peeler or a hand grater's large slot.) The marriage of herbs and low-fat cheeses is richly rewarding.

Asian Mushrooms:

"Shiitake, reishi and many other Asian mushrooms have been shown to boost the immune system to support your natural ability to fight off viral and bacterial infections, as well as decrease your cancer risk," Chasse says.

Fresh shiitakes are available at supermarkets, natural food stores and some farmers' markets. Dried shiitakes are great to have on hand and keep almost indefinitely in your cupboard. Add shiitakes to herb-rich soups and stews. Combined with herbs such as garlic and ginger, shiitakes can make a light, delicious dressing.

Green Tea:

This superfood has received much acclaim over recent years, and with good reason.

"Green tea contains potent antioxidants that have been shown to prevent cancer and protect cells from damage," Chasse says. "It also supports liver function."

During the day, combine green tea with herbs such as ginger and mint for stimulation without high caffeine. In the evening, switch to decaf green tea steeped with lavender, catnip and/or chamomile to help you unwind and relax.

Yogurt:

Yogurt is a protein source that's high in calcium. It also contains probiotic bacteria, which helps balance our intestinal flora essential for digestion, nutrient absorption and immune function.

Be sure to buy unsweetened non-fat or low-fat yogurt and add your own herbs, fresh fruits or natural sweeteners. A quick recipe: Mix yogurt with luscious, in-season berries and chopped fresh mint. Another option is an herb-laced Greek yogurt to top savory recipes. Make it by mixing 8 ounces of plain non-fat Greek yogurt with 1/4 teaspoon finely chopped fresh pineapple sage and 1/4 teaspoon fresh oregano. Cover and refrigerate up to 2 days. Greek yogurt's rich-tasting, creamy texture is what makes it so special. Pineapple sage, which has a unique fragrance and taste, is easy to cultivate indoors and out. If pineapple sage isn't available, substitute any type of basil or parsley.

Dark Chocolate:

Chocolate lovers take note: Chocolate is high in flavonoids, antioxidants that can protect cells from free radical damage. It also can reduce blood pressure, balance some hormones and help release the brain's feel-good hormones. The darker the chocolate, the richer it is in flavonoids, Chasse says. "Chocolate's high in magnesium, an essential mineral that helps maintain the function of the heart, muscles and nervous system," Dean says.

The trick is to enjoy chocolate without combining it with butter, cream or refined sugar. Peppermint and spearmint extracts add uplifting herb flavors to cocoa.

Whole Grains:

Increase your longevity by replacing refined white grains with whole grains, which are nutrient-rich and a great fiber source. To consume whole grains, add these fresh or dried herbs: cilantro, parsley, garlic, sage, rosemary, oregano, tarragon, thyme, basil, marjoram, mint and chives.

Salmon (and other oily fish):

"Salmon and other fish are our only food sources of omega-3 fats EPA

continued on page 98 →

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Limits to Growth on a Finite Earth

For 50 years serious thinkers have questioned the assumptions of our global industrial culture and its prospects over the longer term. In recent decades they have succeeded in bringing at least some of the core science into popular discussion, notably petroleum depletion and especially climate change. Through these years proposals have been made outlining the governmental policies that would be necessary to begin “solving” these problems. Sadly, we can now see through the course of events, or rather non-events, that the window of opportunity is closing, if not already closed. We are now confronted not by a problem, but by a predicament; one which has no solution, but only adaptations and mitigations.

- Environmental and Resource Depletion, Global Population Demographics.
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John Michael Greer: Scholar and author of more than twenty books on a wide range of subjects, including *The Long Descent: A User's Guide to the End of the Industrial Age*, *The Ecotechnic Future: Exploring a Post-Peak World*, and *The Wealth of Nature: Economics As If Survival Mattered*. thearchdruidreport.blogspot.com

Carolyn Baker Ph.D.: Professor of history and psychology, psychotherapist and author of *Navigating The Coming Chaos: A Handbook For Inner Transition* and *Sacred Demise: Walking The Spiritual Path of Industrial Civilization's Collapse*. carolynbaker.net

Dmitry Orlov: Essayist, wry social commentator and author of the acclaimed *Reinventing Collapse – The Soviet Experience and American Prospects*. cluborlov.blogspot.com

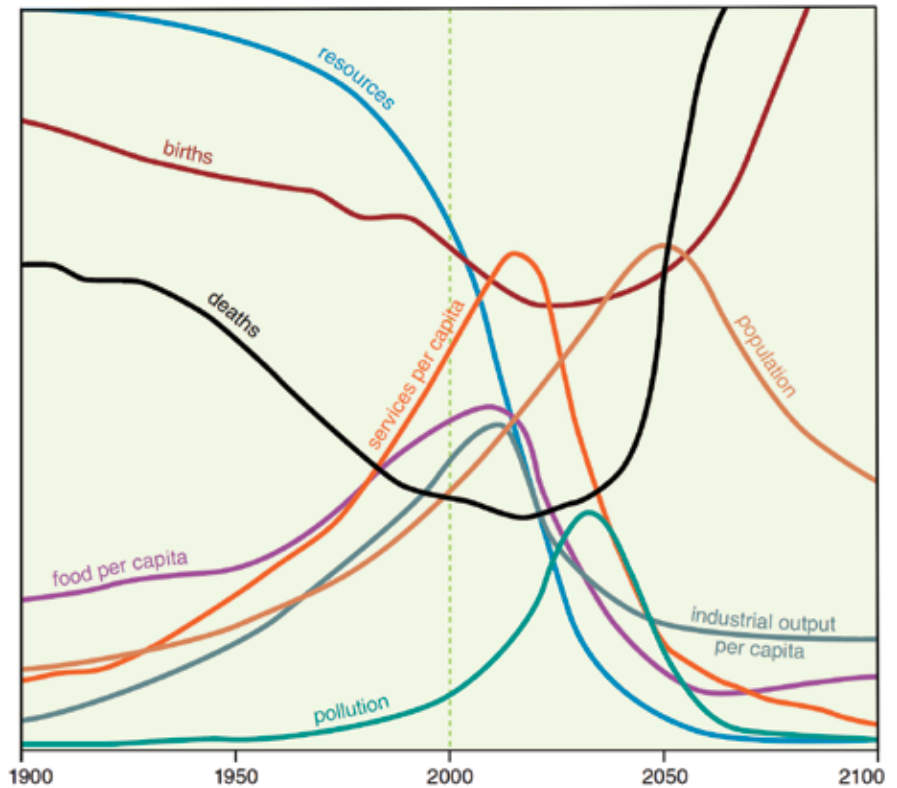
Gail Tverberg: Professional Actuary and Mathematician, global limits analyst and writer. ourfiniteworld.com

Thomas Whipple: Retired senior analyst for the CIA and a well-known researcher and writer on energy and oil issues, Tom is the chief editor of the Association for the Study of Peak Oil-USA's flagship publication, *Peak Oil News and Review*. aspo-usa.com

...and others being confirmed.

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The original “Limits to Growth Report” (1972 Meadows et al) did not include a time line for the global growth scenarios it examined. With the addition of statistical data for the following 40 years it is now possible “to fit to the curve” and make rough predictions based on observed resource production and consumption patterns, overlaid upon continued population growth.

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For more information call or write our offices at 814-784-3080, office@4QF.org or visit us at TheAgeofLimits.org and 4QF.org

The Age of Limits is organized by Four Quarters InterFaith, the Mid-Atlantic nonprofit center supporting nature based spirituality and sustainable living techniques. Located just 100 miles from the DC metro area, our center is off-grid and we provide our campers with advanced flush toilet, hot shower and drinking water systems. Our kitchen staff serves meal plans created with our own produce or that of our neighboring farms. Private rooms in nearby B+B's are available.

The Age of Limits directly addresses our developing understanding of the core issues relating to the emerging decline of the western industrialized model and the practical adaptations and preparations that apply on the personal, family and local levels. Because our science understands that business as usual cannot continue, that the degree of catastrophe from Climate Change is simply unknowable in its scope and that global population die-off is a real possibility within the lifetimes of our young people. We want to present this information in a level, thoughtful and non-hysterical manner; as the situation is so dire that it needs no amplification, but rather, compassion.

So this is not intended to be a conference in the usual sense of presentations to a passive audience. We will instead foster “Weekend Community” through the creation of physical spaces that encourage attendees meeting and exchanging with each other and with our presenters... in a very natural and beautiful setting. In addition to two full days of presentations and workshops, there will be low-key Appalachian string music in our community spaces featuring a finger foods social meet and greet Friday evening, a stage performance Saturday evening and an old style barn dance Sunday evening. And we will be offering community meal plans through our “Starvin’ Artist Kitchen.” It is not all Doom and Gloom!

HERBISTATINS:

Safe Herbal Alternatives to Dangerous Statin Drugs

BY JAMES A. (JIM) DUKE

Thanks perhaps in part to good genes, good habits and/or good luck, I have never had to worry about cholesterol. Hence I never fretted over HDL and LDL. Those abbreviations stand for High Density Lipoprotein and Low Density Lipoprotein, but for our *Pathways* readers, we might think healthy for HDL and lethal for LDL as memory devices. Oversimplifying, I will say that statins raise the good HDL cholesterol and lower the bad LDL cholesterol.

Statins are chemicals—some synthetic, some natural—known as HMG-CoA-Reductase-Inhibitors (an acronym for 3-hydroxy-3-methylglutaryl coenzyme A reductase-inhibitors). For the sake of simplicity again, I propose to use the word herbistatin, or herbistatic, for a natural chemical that is a 3-hydroxy-3-methylglutarylcoenzyme-A- reductase-inhibitor. You might prefer herbistatin or plant statin to that monstrous word. Many of those synthetic drugs we call statins have been removed from the market, no longer deemed safe and/or efficacious. Lipitor® is one statin still on the



Pumpkins by Peggy Duke

market, but there are many perils associated with its usage, printed small in the inserts, magazine ads, and even listed during the many TV ads

There are many healthy foods, herbs, and spices that can raise HDL and lower LDL naturally. And some of you, my readers, might prefer herbistatins as herbal alternatives to synthetic statins. That should be up to you and your practitioners. Most allopathic physicians will still recommend synthetic statins. Most herbalist and naturopaths will recommend instead natural alternatives, like herbistatins and exercise and stress management. Me too!

Statins and the Cholesterol Myths

I have long believed the anti-Big-Pharma argument that cholesterol was overhyped and not the major risk the medical establishment makes it out to be. That position is well documented in an interesting but controversial book by Uffe Ravnskov, MD, PhD, *The Cholesterol Myths: Exposing the Fallacy That Saturated Fat and Cholesterol Cause Heart Disease* (New Trends Publishing, Inc., 2000). I credit this book for confirming my belief that lowering cholesterol does not necessarily lower the likelihood of dying from a heart attack. Although that book is now out of print, Amazon.com is carrying Dr. Ravnskov's follow

up book with the surprising title, *Fat and Cholesterol Are Good For You* (2009).

What are the cholesterol myths often propagated by well meaning physicians? Despite, or in spite of, Ravnskov's findings, the following myths about cholesterol have been perpetuated over the last couple decades:

1. High-fat foods cause heart disease. (Americans are 4-5 times more likely to die of heart attack than Italians.)
2. High cholesterol causes heart disease.
3. High fat foods raise blood cholesterol.
4. Cholesterol blocks arteries.
5. Animal studies prove the diet-heart idea.
6. Lowering your cholesterol will lengthen your life.
7. Polyunsaturated oils are good for you.
8. The cholesterol campaign is based on good science.
9. All scientists support the heart diet idea.

Uffe, himself a physician, debunks

continued on page 28 →

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Herbistatins: Safe Herbal Alternatives to Dangerous Statin Drugs

...continued from page 27

some of these myths soundly, others weakly, at least in my opinion. Look up Ravnskov on PubMed and you will find over a hundred citations, pro and con. Regrettably very few of the articles penned by Ravnskov are accompanied by abstracts where you might read his refutations of some of the myths. On the other hand, some of the citations (e.g., PubMed 18577750) are available free online. But reading his original book alone would convince me of the evils of statins, and would make me resist taking a statin to lower my cholesterol. This book precipitated my disbelief in pharmaceutical statins and magnified my long distrust of the AMA, FDA and synthetic pharmaceuticals in general.

Today, statins are taken by 25 percent of Americans over age 45, even though exercise and diet can correct high cholesterol more quickly and safely, and despite the research published about the risks. One University of Massachusetts Medical School study found that statins significantly increase risk of Type 2 diabetes among post-menopausal women (as much as 48 percent). One 2011 study found the risk of adult-onset diabetes is much

higher in patients who take high doses of statin drugs. And a 2010 meta-analysis found that any statin therapy at all of any dosage was associated with 9 percent greater risk of diabetes.

Regardless of this research, and adding to a consumer's confusion, the media has reported that the statin risks do not outweigh the "benefits!" The headline of one 2012 Associated Press article (picked up by hundreds of copycats) says that statins are linked to "small diabetes risk," calling them "cholesterol-lowering wonder drugs." The article adds that doctors increasingly urge otherwise healthy people to use the unhealthy statins to prevent heart disease while failing to point out prevailing mainstream medicine concludes statins show no benefit in patients currently at low risk of heart attack—the main message of *The Cholesterol Myths!*

Pharmaceutical statins are notorious for their side effects. Three close friends in my senior circle have nearly been crippled and many others have been killed by rhabdomyolysis, a serious muscular degeneration caused by synthetic statins. Here are more associated risks:

- Statins can elevate blood sugar, increasing risk of diabetes.
- Statins can weaken your immunity make it difficult to avoid infections and inflammation.
- Statins can render some patients unable to focus or remember well.
- Statins can be linked to some muscle, tendon, and nerve diseases (even Lou Gehrig's Disease - Amyotrophic lateral sclerosis, aka ALS).
- Statins can damage kidney or liver.
- Statins can cause acidosis, anemia, cataracts, or impotence.

[Source: "Statin Drugs Shown to Increase Risk of Diabetes Significantly—Yet the Media Scramble to Protect the Drugs' Reputation." *Alliance for Natural Health USA*, January 24, 2012. <http://www.anh-usa.org/media-scramble-to-protect-statin-reputation/>]

I suggest you read *The Cholesterol Myths* book, and do some additional research, before you let some over-eager physician talk you into taking statins.

Herbistatins: Safe Alternatives

I acknowledge Dr. Bharat Aggarwal for introducing me to the herbistatin concept. He is the author of a marvelous spice book many of you Pathways readers will enjoy. Well written in a popular style, his new book, *Healing Spices* (B.B. Aggarwal and D. Yost.

Sterling Publishing, NY. 2011), tells you how to use 50 everyday and exotic spices to boost health and beat disease. I read Dr. Aggarwal's spice book with great interest when updating my own CRC Handbook of Medicinal Spices (CRC Press, Boca Raton, FL. 2002). It inspired me to coin the word herbistatin for those herbs, like the Biblical turmeric, and the Muslim ginger, which can raise healthy HDL cholesterol while lowering the unhealthy LDL cholesterol, like pharmaceutical statin drugs.

It was Dr. Aggarwal who precipitated my campaign for herbistatins as safe herbal alternatives to statins. He noted that many spices raise HDL and lower LDL. That led me to add three new search words to my free online USDA phytochemical chemical: 'HDL-genic,' for those plant chemicals or herbs that raise the HDL; and 'LDL-lytic,' for those plant chemicals that lower the bad LDL. Needing a word for those plant chemicals and herbs that both raise HDL and lower LDL, I coined the word herbistatin. I would have preferred the term phytostatin, but that word had been used with a different meaning elsewhere and hence was not appropriate to use here.

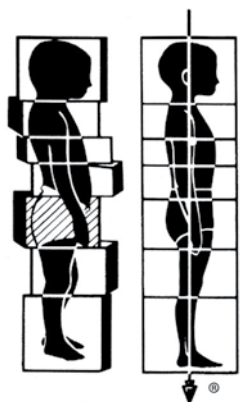
I go through these technicalities for my *Pathways* readers because I can now identify many safe plants that are

continued on page 33 →

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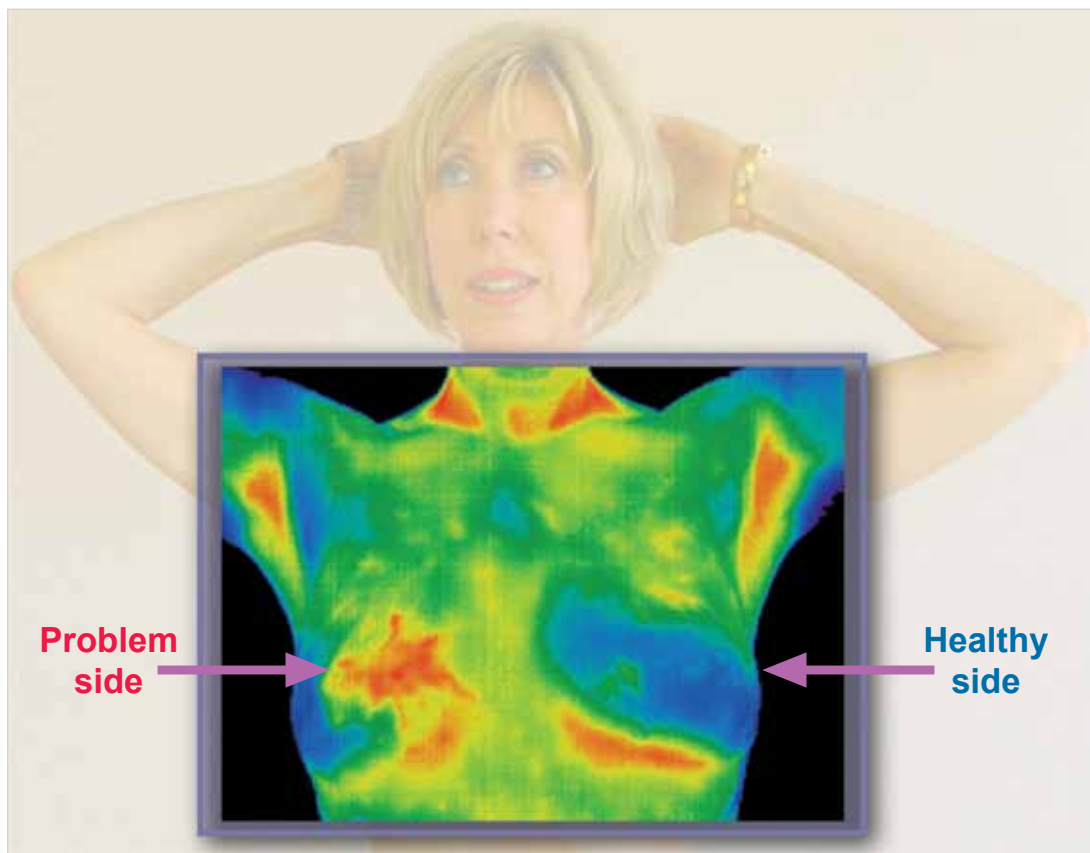
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simulation of a breast thermographic exam

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Thermography can help you reduce your risk by showing areas of suspicion years before the tumor appears!

Digital Infra-Red Thermal Imaging (Thermography) shows temperatures represented as colors. Like a 'weather map' of the body, the temperatures are depicted in a rainbow fashion. This ranges from warm red to cold blue. In this simulated thermographic exam, the red (warm) spot in the right breast* corresponds to a known malignancy ('problem side'). The thermographic image is showing a suspicious heat pattern in the right breast. This patient's tumor markers (blood testing) came back normal. Biopsy found cancer in the right breast. Subsequent mammographic report came back positive. Thermography is FDA approved for assessment of risk. The thermographic images typically show abnormal findings years before mammography

can pick them up. The reason is that the mammogram can only show a cancer after it is already present and then, when it is large enough to be seen. The thermogram, however, can show an unhealthy pattern evolving years before that breast develops the cancer, allowing time to take steps to improve breast health and monitor closely with ultrasound, mammography, MRI or PET scans, and tumor markers as needed.

*Note: the red (warm) areas in the armpits, necks base and under the breasts are normal for those locations. A red (warm) spot such as the one seen in the right breast above is not normal and is considered suspicious.

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****Referenced articles**

- Ries LAG, Harkins D, Krapcho M, et al. *SEER Cancer Statistics Review, 1975-2003*. Bethesda, MD: National Cancer Institute, 2006.
- Parisky, Y R, et al. Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions. *American Journal of Roentgenology*, January 2003, 263-69. The article states that Th-1 and Th-2 (i.e., thermographic risk levels 1 and 2) scores can be reassured with a 99% level of confidence that they do not have breast cancer.
- *The Breast Journal*, Volume 4, 1998, 245-51, Keyserlingk et al documented 85% sensitivity in diagnosing breast

cancer using clinical examination and mammography together. This increased to 98% when breast thermography was added.

- Gautherie, M, and Gros, C.M. Breast Thermography and Cancer Risk Prediction. *Cancer*, 1980, volume 56, 45-51: The article reports that fifty-eight thousand patients with breast complaints were examined between 1965 and 1977. 1,245 patients with abnormal Th-3 mammothems had normal breasts by mammography, ultrasound, physical exam, and biopsy. 38% percent of women with normal breasts and 44% of those with mastopathy (i.e., breast problem) developed biopsy proven breast cancer within five years. In 90% of patients with a Th-4 or Th-5 (thermographic risk level of 4 or 5), a diagnosis of cancer was made on their first visit.

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THE SPICE CHEST

Herbistatins: Safe Herbal Alternatives to Dangerous Statin Drugs

...continued from page 28

herbistatins using those search terms in my database. Foremost among them may be the spice turmeric. Aggarwal says, "Curcumin [the main active ingredient in turmeric] also fights artery-clogging cholesterol. In one study, Indian researchers asked 10 healthy men to take a 500-milligram curcumin supplement every morning. After just one week, 'bad' LDL cholesterol dropped an average of 33 percent and 'good' HDL cholesterol increased 29 percent. One reason curcumin is a stellar cholesterol fighter, it works in the liver, where it increases the production of protein that attach to LDL particles and escort them out of the body. Curcumin also stimulates the liver to produce more bile which helps break down and eliminate excess cholesterol."

I present here a list of many of the more important plants, all of which will be discussed in detail in my proposed technical CRC Handbook of Herbistatins. (See the insert, Table of Herbistatins, for a comprehensive list.) Most of these healthy herbs can lower a lot of problems, including high blood sugar, high cholesterol, high LDL, high triglycerides, and high VLDL. They are: almond; alpinia zerumbet; black cumin; broccoli; brown mustard; chickpea; chocolate; cinnamon; coconut; coriander; curry leaf; fenugreek; garlic; ginger; grapefruit (seed extract); green tea; honewort; lemon; Indian elecampane; Indian frankincense; Japanese aralia; onion and onion peel; peanut; pistachio; pumpkin seed; roselle; sage; sea-buckthorn; soy; tamarind; tomato; tuls; wasabi; and watercress. One can readily mix up a herbistatin mix with culinary herbs and spices from the spice rack.

Seven Herbistatic Recipes

Whether or not you are worried about your cholesterol numbers, you can make some interesting cholesterol lowering recipes using these natural ingredients. The FDA says it is illegal to recommend an herb or food as a medicine until they've approved it as such. Therefore, without offending the FDA, I call these recipes—"Herbecstatic Food Fantasies." (Until they read this, they will not know what a herbistatin is. So they would not suspect the medicinal intent.) The FDA, FTC and other feds would probably cringe if I call them "Food Farmacy Recipes: Safe Herbal Alternatives to Statins," but that is what they are!

1. Herbecstatic Spice Mix: Premix to taste any or all of the herbecstatic spices: black cumin, cinnamon, coconut, coriander, curry leaf, fenugreek, garlic, ginger, onion, sage, soy, tamarind, tuls, and wasabi,

2. Herbecstatic Hummus: Puree your chickpeas, adding a little prepared mustard, soy sauce, vinegar, and those spices of the Herbecstatic Spice Mix.

3. Herbecstatic Salad: Take a mix of broccoli, kale, mustard greens, and watercress, or your favorite members of the cabbage family: cabbage, collards, cress, kohlrabi, turnip greens, and the like. Add as much diced garlic and onion as you (and close friends) can tolerate; dress with lemon and grapefruit vinegar; spice to taste with your Herbecstatic Spice Mix.

4. Herbecstatic Salad Dressing: Dilute a thin hummus to taste with grapefruit juice, lemon juice, soy sauce, and/or apple cider vinegar. Spice up with your favorites of the Herbecstatic Spices.

5. Herbecstatic Nuts: Almond, peanut, pistachio, pumpkinseed, and walnut; take a mix in moderation or sprinkle them on your Herbecstatic Salad.

6. Herbecstatic Tahini: Puree your sesame seeds, adding a little prepared mustard, soy sauce, vinegar, and those spices of the Herbecstatic Spice Mix you prefer.

7. Herbecstatic Waldorf Salad: Dice your apples, and celery; halve your walnuts; put on a bed of lettuce; sprinkle on some lemon juice, vinegar if you like, with grated cinnamon and turmeric. Skip the mayonnaise unless flavor is more important to you than your cholesterol readings. There are citations to show that the apple and the walnut are herbistatic; and the celery, for sure, lowers total cholesterol (X10680583). I do not yet know that celery can raise the HDL. But I will wager! Mountain Celery (*Cryptotaenia*) from the orient has been shown to elevate HDL while lowering total cholesterol (X18473476).

And of course you can chase these fantasies with a Herbecstatic Citrus juice, or hypocholesterolemic celery juice, spiced to taste. Even tomato juice and its lycopene can improve your HDL:LDL ratio (X21208793; X22223578). Enjoy!

Please turn to page 35 for a Table of Herbistatins.

Considered an authority on herbs and spices, *Jim Duke is a scientist, ecologist and advocate of natural healing methods. He worked for the USDA for thirty years where he brought his Father Nature's Farmacy online, which is one of the most frequently consulted databases with the Plant Genome Project at USDA. Along with his standard setting book, The Green Pharmacy, Duke has authored or co-authored 40 other books on herbs, spices and food. A full interview with Jim Duke can be found in the Winter 2010 issue of Pathways. For more information, see his Green Farmacy Garden ad on page 132.*

Please turn to page 35 for a Table of Herbistatins.

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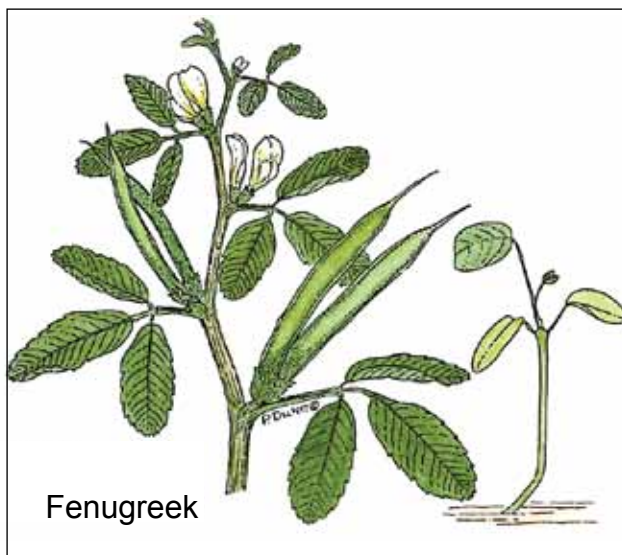
Table Of Herbistatins

(lower bad LDL and raise good HDL cholesterol)

By Jim Duke • Drawings By Peggy Duke

Note: Serial numbers following an X represent PubMed serial numbers for studies citing the evidence. Users can review the evidence or order the complete study from PubMed online at www.ncbi.nlm.nih.gov/pubmed/.

Almond
Alpinia zerumbet
Apple pomace
Apple cider vinegar
(Biblical) black cumin
Broccoli sprouts
Brown mustard
Black beans
Black pepper (X16822210; X16910313; X18533506)
Black rice (X21289511)
Brown rice sprouts (X21682316, but in rabbits, not in man)
Broccoli sprouts (X15630296; X21254774)
(Biblical) chickpea (XX1800305)
Chocolate
(Biblical) cinnamon
Coconut
(Biblical) coriander
(Biblical) cumin (HMG-CoA-Reductase Inhibitor X16822210)
Curry leaf (XX8983055)
Eucommia (X18306452)



Fenugreek

(Biblical) fenugreek (XX2194788; X12902054; X21106928)
(Biblical) flax (X21152727)
(Biblical) garlic
Ginger (BHA; X20730603)
Grapefruit (seed extract)
Green tea
Honewort

Kale (X18548846)
Lemon
Indian elecampane (X19703356)
Indian frankincense
Japanese aralia
Lettuce (X15297097)
Long pepper (X16822210; X16910313; X18533506)
Mustard oil (B. juncea; XX8983055)
Oat (X15942159; beta-glucan; X17414591)
Onion (X 20090891) onion peel (X21487493) quercetin (X21487493)
Peanut
Peppermint (X21647314)
(Biblical) pistachio (X20633299; X21228801)
(Biblical) pomegranate (flower, X18950673)
Psyllium (X16154305; X18222665)
Pumpkin seed
Roselle (X19965962)
Sage
Sea-buckthorn (X17498939)
Soy (X12772818; (X21936891)
Tamarind (X21713743; X21772765; X21989999)
Tomato (at least lycopene in ketchup and tomato juice is a HMG-CoA-Reductase-Inhibitor)
Tulsi (X20608759)
(Biblical) turmeric
Walnut (X15562184)
Wasabi
(Biblical) watercress

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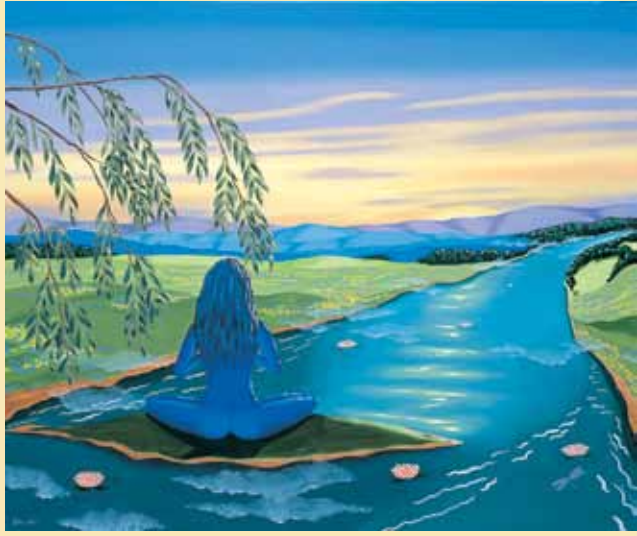
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Treating Menopause with Bio-identical Hormones and Natural Therapies

I am a medical doctor that has a special interest in treating women's health in my practice with a comprehensive integrative approach. Both Oprah Winfrey and Suzanne Sommers recommend bio-identical hormones and natural therapies in treating menopause.

Menopause is a natural life change that is not classified as an illness. The average age of menopause is 51 years old, but can vary from 35 to 55 years of age and generally begins in early to late 40's for most women. Ovarian hormone production becomes irregular often with wide and unpredictable fluctuations accompanied with symptoms which many women can find very debilitating.

This transitional period can be challenging with debilitating symptoms of fatigue, hot flashes, night sweats, migraines, and rapid heartbeats; joint and muscle pain, insomnia, poor memory, mood changes with depression, anxiety and irritability, breast tenderness, vaginal atrophy with dryness, itching, bleeding, painful intercourse and decreased libido; and urinary frequency, urgency and incontinence with increased susceptibility to infection such as UTI's.

Bioidentical hormone replacement treatment (BHRT) can be a safe and effective way to alleviate these debilitating symptoms short term for 1-2 years and manage long term if diagnosed with osteoporosis. I can test your hormone levels and determine an appropriate, safe and effective treatment plan. BHRT are custom made formulations specific for each individual patient and can include DHEA, estrogen, progesterone and/or testosterone. BHRT can provide symptom relief, protective benefits, and decrease risk of osteoporosis as well as enhance long term quality of life. Within 3-6 weeks vitality, sleep, mental clarity, and balanced mood can be restored. In addition, I do an endocrine work-up that includes adrenal, thyroid, and metabolic function providing energy and weight management and supporting a dynamic, optimal and vital state of health and wellness.

It is the chemical structure, not its source; that determines if a hormone is considered bio-identical or the same as our own body's natural hormones. HR manufactured by the pharmaceutical industry is generally derived from estrogen in the urine of pregnant horse mares which is many times stronger than human form.

A balanced, whole foods diet and regular aerobic and weight bearing exercise can be helpful along with increasing soy intake (not genetically modified), vitamin B6, vitamin E, calcium and vitamin D. If these are not helpful, there are many herbal options for various menopausal symptoms such as black cohosh for decreasing hot flashes and ginkgo for memory loss. I prescribe herbal formulations that address various menopausal symptoms that are of high quality. In cases where diet, exercise, vitamins and botanicals

are not helpful enough, a woman may consider bio-identical hormone replacement. For those at high risk or diagnosed with osteoporosis, heart disease or cancer need to work with me to evaluate, discuss and implement a comprehensive treatment plan appropriate to their medical condition.



Mary Kashurba, MD

Dr. Mary Kashurba is a Medical Doctor that is Board Certified in Physical Medicine and Rehabilitation who treats patients with issues of pain. Another primary focus of treatment is in Women's Integrative Health prescribing bio-identical hormones for menopause and osteoporosis and treating a variety of women's health issues. She treats most medical conditions with Integrative and Functional Medicine. With 30 years of extensive training and experience, serving as Medical Director and Advisor, Dr. Kashurba provides personalized and exceptional medical care. Dr. Kashurba takes charge with proactive care for the patient. She is attentive, with keen insight and a hands on nurturing touch. She understands the need to address emotional issues in her patient care. She believes in treating the whole person comprehensively.

Dr. Kashurba served as chief resident in her residency in Physical Medicine and Rehabilitation. She received her Medical Degree from Pennsylvania State University in Hershey Pennsylvania. She is an avid runner and athlete. She is member of the American Medical Athletic Association and The American Running Association with a passionate interest in Sports Medicine.

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MOVE YOUR CH'I ... MANIFEST YOUR DESIRES! (With Tarot and Feng Shui)

BY GERALDINE AMARAL

"Energy flows where attention goes."
~ Michael Beckwith

It's spring! Time to open the windows and let in some fresh spring air. It may also be time to get your "ch'i" moving, especially if you are feeling stuck in your life. The ch'i energy has a number of different names. Some call it cosmic, God, universal energy, or the cosmic breath; others describe it as the Life Force, or the force that links us to everything in the universe. It is the energy that gives us life because it fuels the processes of our bodies and our environment as well as the cosmos. Many people believe that when we are stuck or blocked in life, it is because our ch'i is stagnating. Thus, as we take care of our physical environment, we unblock obstacles to the flow of ch'i and also tune into a powerful way to get things moving in our careers, finances or relationships. Some people call it "Feng Shui" or simply decluttering. It's all about taking actions that support your intentions in life by making space—literally—for what you desire.

Feng Shui

Feng Shui is the buzzword of the day, it seems. I recently attended a Feng Shui class in which there were over 30 attendees. And no wonder there is such interest—it is a tangible, straightforward way to experience *more causation* in your life. Feng Shui (pronounced "fong schway") is based on the idea that your environment is a physical manifestation of you, your life, your psyche and your subconscious self. It is uncomplicated in its explanation, but it is also multi-layered and profound. By examining your relationship to your surroundings, Feng Shui strives to bring harmony, peace and prosperity from the physical arrangement of your world. Proponents of Feng Shui prefer to call

it an "art"—the art of *placement* in our environment, which will bring about balance and the enhancement of our environment. Sarah Rossbach, author of *Interior Design with Feng Shui*, states: "The point of Feng Shui is to harness and enhance environmental ch'i to

improve the flow of ch'i within our bodies and minds, thus improving our life and destiny."

There is a map called the "Baugua" that spells out exactly where and how to improve our Feng Shui. However, before we get to it, there is an important FIRST step and this step is one of the most critical aspects of freeing up your ch'i—and that is to clear your clutter. Karen Kingston, author of *Clear Your Clutter with Feng Shui*, says that clutter clearing is the

cornerstone to the practice of Feng Shui. She says that clutter clearing and Feng Shui are actually the SAME process—and it is most transformative of all Feng Shui aspects. Kingston states: "Feng Shui cures and enhancements are at best only minimally effective until clearing has been done."

How and why do we create so much clutter? Clutter is the result of our busy lives and the consumerism that permeates our culture. And when "stuff" and clutter accumulate, energy stagnates. And when energy stagnates, clutter accumulates. A vicious cycle! Clutter is often a *symptom* of what is happening in our lives—a sign that our energy is blocked. But then it *adds* to the problem by creating more stagnation. The more clutter we have, the more energy will be stuck and the more we will attract similar stagnant energies to our homes and ourselves. Like attracts like!

Another key principle of Feng Shui is this: *You energize whatever you focus your attention on.* It is worth noting that the word "clutter" derives from the Middle English word "clotter," which means to coagulate. Not exactly

continued on page 86 →



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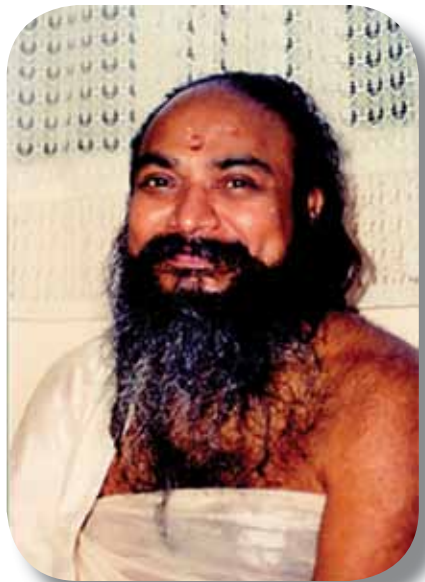
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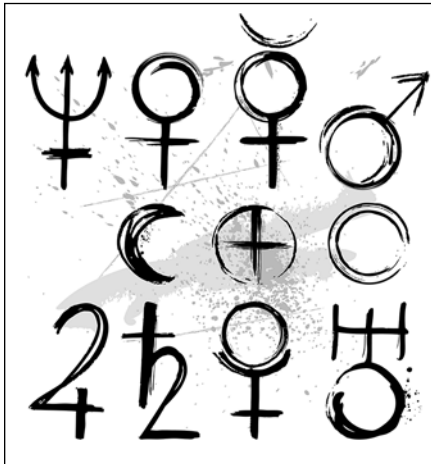
Communication Is Key to Making Those Changes

BY MISTY KUCERIS

As the Spring 2012 quarter begins, Mars represents an important aspect of underlying energy during this quarter. Mars, which entered the sign of Virgo on November 10, 2011, won't leave the sign of Virgo until July 3, 2012. Usually Mars stays in a sign for only about six weeks. However, when Mars turns retrograde, it can stay in a sign for as long as eight months, which is what it's doing right now. It went retrograde on January 23, 2012, and will stay retrograde until April 14, 2012.

Mars represents your physical vitality. It represents how you initiate action in your life. It also represents how you deal with anger. When Mars is in Virgo, it means that you need to take care of those mundane things in your life if you want to feel good about yourself and stay healthy. But at the same time, you may feel angry if these daily things are preventing you from moving forward. Rather than feeling relaxed and happy, you may feel frustrated because your responsibilities are overwhelming.

With Mars retrograde at the beginning of March and through April 14th, you may feel like you're not getting anywhere. You may feel stuck. Actu-



ally, the lesson that Virgo teaches is the importance of simplifying your life. So, during this time period that Mars is retrograde, try to assess what routines are too complex and overwhelming, and how to either delegate or change them. When Mars goes direct on April 14th, you'll be able to act on those needed changes.

With Mercury forming a conjunction to Uranus at important astrological dates starting on March 5th and re-occurring until April 22nd, frustration can be at a higher pitch. You're impatient. You may want to argue with others who either don't understand or won't

accept your point of view. You may even lack focus and find yourself having small accidents because you're not paying attention. All of this because you don't feel like you're being heard. However, Mercury conjunct Uranus also has a lesson to be learned. If you open your mind to new possibilities, you'll experience "ah-ha" moments in life. Rather than being impatient, you'll be excited that life can offer you more than you ever realized. Suddenly, accidents don't happen. Instead you'll find yourself in the right place, at the right time.

You'll see some positive results on

March 8th when the full Moon occurs. With the Sun in Pisces and the Moon in Virgo, you'll understand that you don't need to sacrifice things in order to succeed.

As Mercury turns retrograde on March 12th, you'll be able to re-evaluate how to simplify your life and open yourself to new possibilities. Mercury will be retrograde until April 2nd, but it will re-enter Pisces for a short time period from March 23rd to April 16th. During those weeks, you'll find it easier to feel compassion for others as well as be less critical of yourself.

The new astrological year begins on March 20th (at 1:16 am EDT in Washington, DC) when the Sun enters Aries. This is also known as the Spring Equinox in the Western hemisphere. It may not seem like it at this time, but in many ways, the astrological year for 2012 will be a lot gentler than last year.

Last year a major cardinal T-square was created each time the Sun entered either an equinox or solstice point. That meant that change needed to occur to avert crisis. However, it also meant that many people preferred to have a crisis and hold on to old concepts rather than change. During 2012, people will realize that they can't hold on to the

continued on page 41→



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Communication Is Key to Making Those Changes

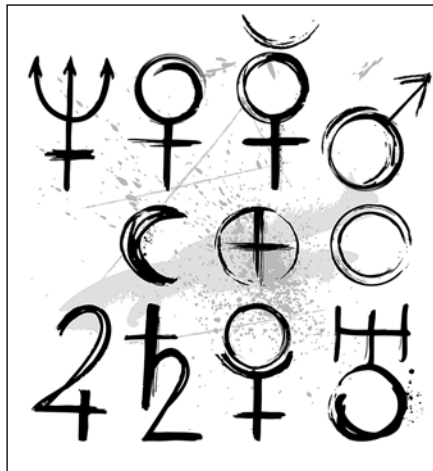
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old. There are still time periods coming up over the next three years that will create crisis, but those times will also enable you to find ways to bring change into your life. The first of these crisis periods will occur when Uranus forms its first square to Pluto on June 24, 2012. You'll read more about that in the Summer 2012 article. But for now, it means that you need to prepare to understand that by accepting changes, you'll be able to gain more power over the direction of your life. So, take time now to think about what changes you need to make for your own personal growth.

The Spring Equinox chart set up for DC has a Sagittarius rising. Global events will continue to impact the economic situation in the United States. While some economic signifiers, such as unemployment and real estate, indicate that improvements are slowly beginning to occur in the United States, situations in Europe and the Middle East could once again slow them down. So, keep being frugal with your financial situation, keep expecting the stock market to be erratic, and keep seeing the fears of military problems in other countries impacting your

privacy. For the next six months, each step that seems to bring us closer to economic solutions will also fall short in bringing about total economic stability.

On a personal level, this ingress rep-



resents that you need to pay attention to what is happening in your own community. Politicians running for office are going to present grandiose visions but not really any plans. You'll need to do research to determine how much is truth and how much is bravado.

If you're looking for a new job, it may not be easy even if there are some improvements in the employment picture. Small companies are still concerned about the profits while larger companies are still sending many jobs overseas. For this reason, you'll see more job opportunities that are either part-time or temporary full-time positions without all the benefits you could have expected in the past.

Compromise is still going to be dif-

There are still time periods coming up over the next three years that will create crisis, but those times will also enable you to find ways to bring change into your life.

icult for politicians because they are looking at their own survival rather than the country's improvement. Yet the very lesson of this Spring Equinox energy is that compromise is critical if the country wants to move forward towards economic growth.

Two days after the Spring Equinox,

a new Moon occurs. This is a very important new Moon because the Sun and Moon, both in Aries, are at the midpoint of the Mercury retrograde/Uranus conjunction. The underlying energy of Mercury forming a conjunction to Uranus is emphasized today. You might feel frustrated because other people aren't listening to you. Or, you may feel misunderstood. However, if you can quiet your mind, you'll find new ideas and concepts are floating up from your subconscious mind. You'll also gain some insight regarding the implementation of these new ideas and concepts. With Mercury retrograde re-entering the sign of Pisces on March 23rd, you'll feel more compassion towards those individuals who were unwilling to listen to you. You may even understand that some of those people didn't want to hear your ideas because of their own fears. Give them some time because when Mercury turns direct on April 4th, more people will be willing to hear what you really have to say. April 4th will also be a good day if you do journaling. By just letting your thoughts wander while you start writing, you'll find that solutions to problems just seem to be rising to the surface.

The full Moon, with Sun in Aries and Moon in Libra, which occurs on April 6th is a time to think about the relationships in your life. Some of those solu-

continued on page 43→

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Do you feel tired or depressed? Are you prone to headache or body ache, pain in the joints or muscles? Do you have sleeping problems? Do you wake up in the middle of the night and cannot go back to sleep? Do you get drowsy or bloated after meals? Are you prone to sinus infections, at least once or twice a year? Are you becoming more forgetful or irritable?

If this is the case, you may suffer from food allergies. This very common problem is usually over-looked by doctors or patients alike. It may cause many other symptoms, like abdominal pain and constipation. Food allergies are a very common cause of hyperactivity in children and Attention Deficit Syndrome. You should suspect this especially if, as a baby, you were prone to recurrent ear infections or diaper rashes.

Now we should point out that there are two types of food allergies:

- 1) Fixed food allergies
- 2) Delayed or hidden food allergies

The diagnosis of fixed food allergies is easy. For example if someone has a fixed food allergy to dairy and he drinks a glass of milk, he will develop symptoms (bloating, abdominal pain or diarrhea) within an hour, or another patient will get hives, or body itching, soon after eating tomatoes or strawberries.

Hidden or delayed food allergies work differently. It takes several hours and up to three days to develop symptoms from the offending food. If it was a food you had for supper on Sunday night, are you going to believe that it is the offending food that makes you feel “terrible” when you wake up the following Wednesday morning? It becomes very hard to put two and two together.

The picture becomes even more confusing if you eat this food several times a day, like wheat products or dairy.

It takes four days after eating a food to have it completely eliminated by your body. Hidden food allergies can be very insidious. It is not uncommon that the very food which is making you sick will become your favorite food. You probably have a friend who eats chips or chocolate all day long. Maybe he or she will drink milk, coffee or sodas several times a day. This is called Food Addiction. Eating the offending food will make them feel better, then they feel bad again after a few hours unless they eat the same offending food again. There was a case of a patient who became very depressed whenever he ate any wheat products, especially bread.

In a different case, a patient drank almost a gallon of milk each day. He had chronic sinus problems for many years. We did a skin allergy screening and found out that he was highly allergic to milk. His chronic sinus problems and back pain completely cleared within two weeks after he eliminated dairy from his diet.

We are very involved in food allergy testing, because food allergies can be the cause of so many symptoms. We have been using at our office, an advanced form of skin testing which has been very useful in detecting those hidden food allergies.

If you wish to discuss food allergies or any other forms of allergies with me, I will be glad to see you at my office please just make an appointment.

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ASTROLOGICAL INSIGHTS

Communication Is Key to Making Those Changes

...continued from page 41

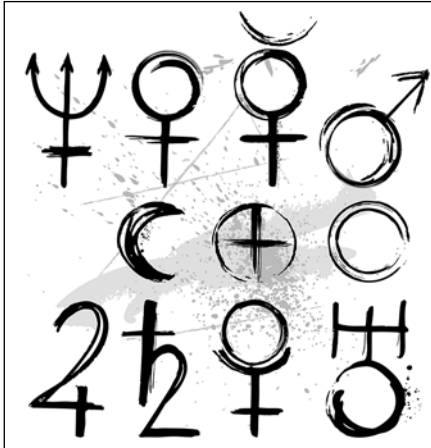
tions that you came up with a few days earlier may help you resolve difficulties. Perhaps you decide that it's time to end some of those relationships. On the other hand, you'll have an opportunity to mend some fences as well.

Mars in Virgo finally turns direct on April 14th. You may have felt like you weren't getting anywhere at the beginning of this spring quarter. You may have felt that you were stuck in your routine and that your responsibilities were overwhelming. However, if you spent that time assessing which routines were too complex and which tasks needed to be delegated, now you'll be able to act on those assessments. You'll feel a sense of relief because many of those changes will help you feel better about yourself.

You'll be able to focus on your goals and find ways to achieve them. You'll even be willing to do the little detailed work that is necessary for your suc-

cess. This is a good time to clean out your house and get rid of any debris that's interfering with your ability to succeed. With this newly found energy, you'll be able to set your sights on all that's important to you, from your daily routine to health matters.

are trying to make too many changes too quickly. The key to success with your changes is to move slowly. When the full Moon, with Sun in Taurus and Moon in Scorpio, occurs on May 5th, you will understand what steps you need to take for changes to occur in your life. This full Moon is interesting because the Sun is at the midpoint of the Ceres/Jupiter conjunction in Taurus. You, or any person in a leadership position, must make compromises at this time if you want to come up with long-term solutions. You need to understand what others value so that you can work together. It's always tempting to just try and do everything by yourself during this full Moon, with the Moon in Scorpio. It's also tempting not to share information with other people. However, if you fail to communicate, you'll also fail to succeed. Do the best you can to draw people you love into communications



This is a good time to clean out your house and get rid of any debris that's interfering with your ability to succeed. With this newly found energy, you'll be able to set your sights on all that's important to you, from your daily routine to health matters.

cess. This is a good time to clean out your house and get rid of any debris that's interfering with your ability to succeed. With this newly found energy, you'll be able to set your sights on all that's important to you, from your daily routine to health matters.

On April 16th, Mercury re-enters the sign of Aries and forms a conjunction to Uranus on April 22nd. However, a new Moon, with both Sun and Moon in Taurus, occurs on April 21st just before you feel the energy of the Mercury/Uranus conjunction. There is a gentleness to this new Moon because it will create a grand earth trine between Ceres, Mars, Pluto retrograde, and Jupiter. People are tired of fighting. They want solutions. If you need to find solutions in your life, this is the day to do so. And, whatever solutions you come up with will be emphasized throughout the next 15 days, if not throughout the next 29 days.

When Mercury does form that conjunction to Uranus on April 22nd, keep some of your new ideas to yourself. People will be willing to speak their minds and they may not be as supportive of your new ideas as you'd like them to be. Arguments could erupt if people are feeling that your new concepts make too many radical changes. However, you may be able to use some of their comments to determine if you

about the changes you need to make. All of this will become easier on May 9th when Mercury enters Taurus. And, it will continue to become easier as Mercury forms a grand earth trine to Mars on May 13th and to Pluto on May 14th.

Venus turns stationary retrograde on May 15th and will remain retrograde until June 27th. When Venus is retrograde, it's not unusual for people from your past to re-enter your life. Even if those people don't re-enter your life, new people that you meet will remind you of some old friends.

Since Venus is in Gemini during this retrograde period, you may find that communications are extremely important. Perhaps there's some old paperwork that you need to take care of. Or, perhaps there are people you need to contact to discuss old matters so they can be cleared up.

If at all possible, try not to sign any contracts that involve money during this time period. There's a tendency for things to cost more than expected. Or, there are hidden costs, which aren't revealed to you until Venus goes direct at the end of June 2012.

Venus turns retrograde just before it makes a trine to Saturn. You may have thought that you could resolve

continued on page 45-->

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Ogden Nash
Ella Wheeler Wilcox
Manley P. Hall
Deepak Chopra

Wayne Dyer
Ernest Holmes
Mother Theresa
Krishna
Paramhansa Yogananda
Hermes Trismegistus
Rumi

Jesus the Nazarene
Swami Satchidananda
Albert Einstein
Jerry & Esther Hicks
Catherine Ponder
Dalai Lama
Rudyard Kipling

David Hawkins
Noah ben Shea
Annie Besant
Buddha
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Mahatma Gandhi
Lao Tzu

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"Acupuncture is valid for **chronic DEPRESSION** and for **severe BIPOLAR DEPRESSION**. My self and my daughter have the condition and it helps both of us. My daughter is functioning in her role as a teenager which she couldn't before. She was totally non-functioning. Now she is doing her school works and goes to school almost every day. So it is a big different. Thank you Dr. Mai."

-Ruth Morison

I had scary **PANIC ATTACKS** for many years. . . . After 3 months of treatment with Dr. Mai I do not experience them anymore. . . . Thanks to Dr. Mai now I feel happier every day. Thank you Dr. Mai for making me felt normal again. "

-Mary De Villers

"My daughter was sick, really depressed. After trying a lot of things someone suggested Dr. Mai could address **DEPRESSION** . . . within about a month there were marked improvements . . . My **BLOOD PRESSURE** kept going down in the 120s over 80s . . . I went off medication and it stays the same . . . My **CHOLESTEROL** level drops down to about 150, and I went off medication for that."

-Frank Morison.

"My primary doctor, Dr. Silbar had diagnosed me with **DIABETES** . . . So far I have been extremely pleased with the results . . . I was taking 500mg of . . . in the past on daily basis , right now I am not taking that at all and it still gives me the same result . . . According to current classification I wouldn't be considered diabetes right now."

-Neil Marchadie.

"I am 83 years old . . . I had significant **URINARY problem** including **FREQUENT, PAINFUL, SCANTY, INTERUPT**

URINATION . . . I also had **chronic NASAL ALLERGY** for more than 40 years, very **EASY TO CATCH COLD**, **chronic SCIATICA** for 50 years, I also had **chronic CONSTIPATION** for more than 60 years. When I first came to Dr. Mai my **BLOOD PRESSURE** was very high 163 over 106. But only after a month of treatments with Dr. Mai my blood pressure now is under control. I have not even used any medication for my high blood pressure since then. . . . All my symptoms have disappeared and my health has improved dramatically."

-Charles Charles.

"Alex's **ASTHMA** was gone and he was on no medication. He is 21 years old now, that was back in 1996, and he has not had an episode of **ASTHMA** . . . He is able to sail and physically active, plays kick ball . . . I would go back to Dr. Mai in a heartbeat.. He is an excellent doctor."

-Susan Lehman, Alex Moran's mother.

"I used to get severe **MIGRAINE** everyday and it would last all day. Now I can't even remember the last time I had one. Dr. Mai has improved my condition dramatically."

-Marisa Machin

"Since I have been under his care, I had relieved of my **DIABETES**, my **BLOOD PRESSURE** is much better, I had no **PAIN** in my neck or my arm . . . my legs are a lot better. He had treated my **ENTIRE MEDICAL PROBLEMS**, all of them . . . And to this point I am a lot better, a lot better than I was, much better."

- Jacqueline Baxter

"Now I have no **PAIN** at all in my ankle after 2 treatments . . . when I walked in and when I moved it hurted . . . It took only 2 treatments really to get almost completely normal which is I think really amazing. . . I have seen significant improvements in my **SLEEP**, in **HAIRLOSS**, **ALLERGIES**, **BACK PROBLEM**, **ANKLE PROBLEM** . . . I can't contribute to nothing else but Dr. Mai's treatments."

- Chris Spector

"I have had chronic **PALPITATION** for many years. . . I have been here with Dr. Mai for the last one month . . . my palpitation is almost gone, 98% is gone. So I am happy."

-Dr. Neelam Kapil, MD

"I have suffered 4 ½ years with terrible **MENOPAUSE problem** . . . but I have been alleviated to 75% less of the problem that I

ever had. . . Thank you very much Dr. Mai for your help."

-Anne Smith

"I had **GOITER** for 30 years. My neck was measured 16 inches. . . After treatments with Dr. Mai now my neck was measured 14 ½ inches. I also had **severe ECZEMA** all over the body . . . now they are completely gone. Thank you Dr. Mai."

-Ester Simons

"Before I had a lot of **TROUBLE SLEEPING**. . . since I underwent some of the treatments here I've been sleeping a good 8 hours."

-Thomas Dooley

"I was diagnosed with **PREMATURE OVARIAN FAILURE**. . . I've seen significant improvements from his treatments in my **HORMONES**, in my **MENSTRUATION circle**, . . .it resumed and I got it for 7 days . . . I've seen significant improvements in my blood tests, in my saliva tests and also in my overall wellbeing."

-Safia Hussain, Pharmacist

"Lindsay has **BEEN IN THE HOSPITAL FOR 6 DAYS** and she was not eating and she was unable to have a bowel movement and **THEY WERE NOT ABLE TO SOLVE THE PROBLEM IN THE HOSPITAL** . . . since the 2 treatments she has been eating more regularly, and after the first treatment she had a very good feeding. . . she is not straining and pushing as much . . overall there have been improvements in regards to all the symptoms . . .that is impressive after the 2 treatments."

-Mother of Lindsay, 6 months old baby.

"I saw every specialist in town. . . They diagnosed me with **PITUITARY FAILURES TO COMMUNICATE WITH ADRENAL GLAND RESULTING PROBLEM WITH THE THYROID** . . . After, again, 3 years this is the first time I've had any noticeable changes in my conditions"

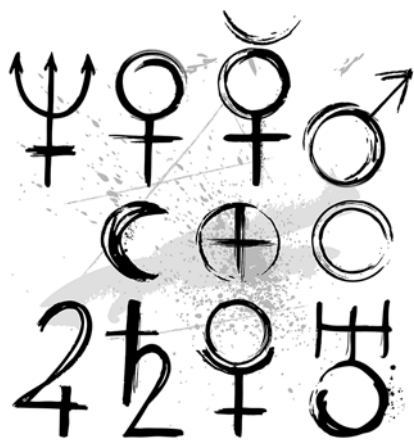
-Gregory

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Communication Is Key to Making Those Changes

...continued from page 43



that never really happens. Venus is in reformation. This means that you need to go back and re-evaluate what it was that you wanted to resolve. Eventually, Venus will form a trine to Saturn on July 31, 2012, and the matter will be resolved.

On May 20th, the first eclipse of the year occurs. This is a solar annular eclipse, which occurs at the time of a new Moon. This eclipse is considered a wide eclipse and begins in southern China and moves through the southern coast of Japan. You'll also be able to see it from several western portions

of the United States. If you want to see the path the eclipse will take in the United States, just go to <http://eclipse.gsfc.nasa.gov/OH/OH2012.html> and hit the link for figure 2. You'll be able to find out astronomical information about all the 2012 eclipses at this NASA link.

Eclipses tend to obscure matters. But that doesn't have to happen this time. You need to be willing to make changes as they relate to your dreams and in the manner you will implement those dreams. You need to understand that it's important not to give up your sense of personal power. The Sun will also be forming a conjunction to the Moon's South Node, so you will either be dealing with matters from your past or fears, which in the past prevented you from moving forward. Actually, over the next few days, you'll have some opportunities to let go of defeating behaviors that prevented you from taking the right steps before. What's even more interesting, because this occurs when there is an eclipse, is that you may not be aware of all the changes you are about to make. So, trying to psychoanalyze things in your life will not work. Just go with your intuition

and you'll make the right choices.

The Spring 2012 quarter began with the underlying energies of Mars in Virgo and the planet Mercury forming various conjunctions to Uranus. As this quarter ends, the energy of Mercury and Mars is once again emphasized during the last week of May. This time, however, the energy doesn't deal with Mercury forming conjunctions to Uranus. When Mercury enters Gemini on May 24th, it sets up the energy of a mutable T-square, which is different from a cardinal T-square. The cardinal T-square focuses on initiating new energy and creating crisis when people fight the changes that need to occur. A mutable T-square is one of transmutation. Obstacles are dissolved even if a new goal hasn't been determined. Now change happens no matter what other people want.

This mutable T-square begins on May 25th when Mercury forms a square to the Neptune/Chiron conjunction. You need to be careful because things are very confusing right now. While certain situations are dissolving before your eyes, you may not be able to distinguish between reality and illusion. At first a change may seem to occur in one area of your life, than suddenly the changes are occurring in an entirely new area of your life.

On May 26th, Mercury forms a conjunction to the Moon's South Node, indicating that you need to consider your

past actions. Perhaps you said something to someone that you now regret, or perhaps you run into an old friend. Notice that things have changed. Each of you is now a different person. Your intuition may be high today but you need to be careful. Again, not all is as it seems.

Throughout this quarter, you had a sense that action was important. Initially, with Mars retrograde, you may have felt stuck. As Mars turned direct, you were able to implement concepts. With Mercury forming various conjunctions to Uranus, you may have felt frustrated when trying to communicate with others.

When the mutable T-square ends on May 30th by Mercury forming a square to Mars, you'll see that it's important to take action rather than spending time fighting your personal battles. You may not totally understand it all now, but you will start realizing that changes are occurring and the best way to adapt to these changes is by communicating with other people in your life.

Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. Visit her website for monthly astrological reflections: www.enhanceoneself.com. Contact her at: misty@enhanceoneself.com. See her ad on page 65



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Erma Caldwell

Erma Caldwell, MSW, LCSW-C, received her BSN from Johns Hopkins University and served as Director of In-Service Education at John Hopkins Hospital. She holds a MSW from the clinical program of Catholic University of America and is a Board Certified Diplomate. She received group psychotherapy training at the Psychiatric Institute of Washington, DC. Her special interests include working with adults who experienced childhood sexual trauma, persons struggling with aging and other transitions, and couples encountering crisis in their relationship.

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2012: The Year To Finally Bury Nuke Power

BY HARVEY WASSERMAN

The year 2012 has opened with news that Fukushima's radioactive cloud may already have killed some 14,000 Americans, according to a major study (<http://nukefree.org/mangano-sherman-text-report-fukushima-deaths-us>) just published in the *International Journal of Health Services*.

Germany and Japan, the world's third and fourth largest economies, along with numerous others countries, have definitively turned away from the "Peaceful Atom."

But it hasn't yet been buried. That's up to us. And 2012 is the year to do it.

We are already very close. The mythical "Nuclear Renaissance" has been gutted by Fukushima, low gas prices and the escalating Solartopian revolution in green energy. Solar panels, wind turbines, sustainable bio-fuels, geo-thermal, ocean thermal, increased efficiency and much more have simply priced atomic energy out of the market.

There is virtually no private money to build new reactors—except where there are huge government subsidies and guarantees. In 2012 we must make those all go away.

Likewise, there are increasingly



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powerful grassroots movements focused on shutting reactors that still operate. Germany has shut seven, and the rest will be gone by 2022, if not earlier. In Japan, just 11 of more than 50 reactors now operate (<http://nukefree.org/japan-may-shut-all-nukes-2012>). Because local governments can prevent reactors from re-opening once they go down for refueling, Japan

could emerge from 2012 without a single nuke on line.

The biggest US battle is at Vermont Yankee. March 21 is D-Day for forcing a nuclear corporation to honor a solemn contract it signed with a sovereign state, agreeing to shut down if the state doesn't approve continued operations. The legislature wants the reactor shut, which Entergy now refuses to do.

But with some 430 reactors still operating worldwide, and with several score ostensibly on order, here are some of 2012's keys to finally ridding the planet of this radioactive curse:

- The switch to green power has become definitive and is clearly unstoppable. Last year renewables generated more US electricity than nukes. Far more private capital is now being invested in renewables than in nuclear or fossil fuels. General Electric says its photovoltaic solar cells will generate electricity cheaper than coal within five years. Well-funded opponents are making it more difficult to spread green technologies (<http://nukefree.org/greenpeace-bill-kochs-dirty-anti-wind-money>), but they can be beaten.

- Breakdowns in the solar business are far fewer and further between than in the fossil/nuke world. The lead in this technology has shifted to Asia. The much hyped Solyndra failure came not from technological issues, but because the Chinese are underselling their American competitors—and their own costs—by 30-40%. Returning at least some of the business to the US is essential to our economic survival.

continued on page 49→

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2012: The Year To Finally Bury Nuke Power
 ...continued from page 47

- A dollar invested in increased efficiency—powered by accelerating breakthroughs such as LED lighting—has long since produced more jobs and saved more energy than one invested in nuclear power.
- In-depth studies from the Union of Concerned Scientists (www.ucsusa.org), Rocky Mountain Institute (www.rmi.org), and a host of others make it clear that investments in solar and wind energy yield better returns than nuclear investments.
- It takes at the very least an optimistic five years to bring a nuclear plant on line, assuming all permits are in order, but large-scale wind and solar facilities regularly come on line in half that time or less.
- Decisions by Japan and Germany to abandon nuclear power have come from countries long at the core of the industry. Japan manufactures many key reactor components, and maintains ownership stakes in General Electric and Westinghouse, which have designed and/or built most of the world's commercial reactors. Germany's corporate giant Siemens, an industry mainstay, has abandoned the technology to

focus on renewables. As other major countries and corporations follow suit, the nuke industry will waste away.

- Those who "support nuclear power" cannot guarantee the reactors they want built will be properly regulated or monitored. The world at large may not hear about the next Fukushimas until long after the radioactive fallout spreads around the planet. Given the dismal state of regulation even in "advanced" countries like Japan and the US, will those who support the "Renaissance" be there to monitor the Korean nukes sold to the United Arab Emirates, et al.?
- The US Department of Energy still has some \$10 billion in designated loan guarantees for new reactors. Two reactors are technically under construction in South Carolina, and two more at Georgia's Vogtle Electric Generating Plant. Despite \$8.33 billion in loan guarantees, Georgia's rates are already soaring. Attempts to get Congress to kick in more money have been blocked by the grassroots No Nukes movement.
- Local resistance to reactor projects has raged wherever reactors operate or

are proposed, and has been extremely effective. Richard Nixon promised 1000 US reactors by the year 2000, but the operable number was 104. Those nearly 900 reactors that went missing were mostly stopped by local grassroots movements. Every proposed or operating reactor not killed financially can be ultimately stopped by local opposition movements geared toward a long, hard struggle against "impossible" odds that ultimately prove beatable.

- As it has been from the start, nuclear power is a ward of the state. Nowhere on Earth are the builders held fully responsible for their mess. The Japanese government has just coughed up a tip-of-the-iceberg \$13 billion bailout for Fukushima's owner, the Tokyo Electric Power Company. Hundreds of billions are yet to come. Either the company goes bankrupt, or the government takes it over beforehand. Either way, the public pays financially, and with its health and that of its children (<http://nukefree.org/arnie-gundersen-tepcosays-mission-accomplished-fukushima>). So it will be everywhere nukes are built, including the US, where the 1957 Price-Anderson Act still limits owner liability in the wake of a catastrophe.
- Cost estimates for new reactors have already soared 200-300% and more over original prices just a few years ago, and will continue to go ever higher. By con-

trast, renewable technology prices continue their rapid, steep decline.

- US war hawks now want an attack on Iran for allegedly using commercial technology to build a bomb. But it's instructive to remember the West once tried to sell 36 reactors to the Shah, who was overthrown by religious fundamentalists in 1979, leading to the current crisis. Does the "Renaissance" blueprint mean pushing reactors everywhere, then launching preemptive wars following the inevitable regime changes?
- After more than 50 years, the radioactive waste problem has been nowhere solved. Nevada's Yucca Mountain is not revivable, and there are no usable high-level storage sites anywhere else on the planet.
- Nuclear power makes global warming worse. Greenhouse gases pour out of the mining, milling, enrichment and waste management processes. Massive quantities of direct heat threaten our rivers, lakes and oceans. Thus, more and more reactors must shut during hot summer months, when they are supposedly fighting global warming.
- Calculations on how much climate changing heat and steam have spewed into the atmosphere during the explo-

continued on page 50→



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2012: The Year To Finally Bury Nuke Power
continued from page 49

sions at Chernobyl and Fukushima remain to be done. Likewise, the heat impacts of the liquid emissions into the ocean at Fukushima remain unknown.

- By wasting huge amounts of social capital, nuclear construction slows the conversion to renewables, which is at the real core of defeating global warming.

- Fukushima is not over. Three melted cores remain problematic, and the entire complex is vulnerable to aftershocks, which could bring spent fuel pools crashing to the ground and cause other disasters impossible to foresee.

- Nuclear power is killing people in ever-greater numbers. The industry continues to mount its usual personal assaults on those who prove that. But the killing power of radiation has been known since "mountain sickness"—lung cancer—began surfacing among Czech uranium miners in the 1500s. The continuum is unbroken through the introduction of x-rays, the work of the Curies, radium watch dial painting, definitive links to childhood leukemia, and more ([http://nuclearfreeplanet.org/killing-our-own-the-disaster-of-america's-experience-with-atomic-](http://nuclearfreeplanet.org/killing-our-own-the-disaster-of-america's-experience-with-atomic)

radiation--harvey-wasserman--norman-solomon-with-robert-alvarez--eleanor-walters.html). The Hiroshima-based "science" used to establish a "safe" dose of radiation has been thoroughly debunked. The medical consensus that there is no such thing is quite firm.

- The nuclear industry never accepted the burden of proving this technology to be safe before being deployed amidst a civilian population. For a half-century, reactor backers have done a superb job of simply refusing to maintain or study reliable epidemiological databases around commercial reactors (as well as weapons production facilities). But as early as 1970, the chief medical officer of the Atomic Energy Commission, Dr. John Gofman, branded commercial atomic power as a form of "premeditated mass murder."

- The largest study so far of the health impacts of Chernobyl, conducted by three Russian scientists, indicates upwards of a million casualties over the past quarter-century. The first study of the US health impacts from Fukushima indicates that many thousands more deaths are likely to be suffered in

the US above what's already apparent.

Does all this add up to the end of nuke power?

Worldwide, the industry is crumbling. The collapse of its private investment base, and the shutdowns in Japan, Germany, Switzerland, Spain, Mexico, Israel and elsewhere are rapidly shrinking the technology's credible reach.

In the US, we can cut off all subsidies for new reactors. Fierce No Nukes campaigns in the UK, India and even China, as massive demonstrations, are starting to erupt. None of these fights will be easy, but all are winnable, especially as the full impacts of Fukushima become known, and as the Solartopian green power revolution renders the nuclear option increasingly uneconomic.

The movement to shut the old reactors is hitting a critical mass. The Vermont Yankee case will go to the US Supreme Court, which must decide if corporations are above even the contracts they sign with the public. Some two dozen Fukushima clones now operate in the US. They are old, rickety, cracked and dangerous. Other designs, like Ohio's Davis-Besse, with a cracked containment and an infamous hole eaten through its head, aren't faring much better. Nebraska's Cooper has been flooded. Indian Point, New York, is also under attack from the state (<http://nukefree.org/ny-state->

assembly-take-testimony-shutting-indian-point). Once the first of these are forced shut, the dam will break and the American fleet of 104 licensed reactors will rapidly shrink, along with others around the world.

Far more money is being invested in renewables worldwide than in nukes or even fossil fuels. Green energy will soon constitute the world's largest industry, financially and in terms of employment. The conversion to a post-fossil/nuclear Solartopian economy based entirely on renewables and efficiency will mark the most important industrial transition in human history.

Fukushima has taught us that as long as reactors operate, the apocalyptic clock is ticking.

With that in mind, and with the flow of green money turning into a financial tsunami, we can make 2012 the year nuke power finally dies.

It will require a serious push from the grassroots.

But we are ready to win a green-powered earth.

Harvey Wasserman's Solartopia! Our Green-Powered Earth is at www.harvey-wasserman.ning.com. He edits the www.nukefree.org website. His Green Power & Wellness Show is at www.progressiveradiationnetwork.com, and is broadcast live every Tuesday at 2-3pm EST. See his Solartopia ad on page 86.

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Wake Up Your Wonderful Counselor

BY ROSE ROSETREE

If you're expecting 2012 to be a big year energetically, you'll depend on guidance more than ever. Perhaps you routinely use guidance already and are ready for an upgrade. Perhaps you're more of a bashful beginner. Either way, this article aims to give you practical help.

Of course you have available a wonderful and wise counselor, but let's start with a most important question: *How do you position yourself to receive guidance?*

Everything about our lives can be informative, so really the quest for guidance means choosing where to seek answers. So many different aspects of life can be included in making a decision. In each of the following contexts, for instance, where would you turn for reliable wisdom?

- Making a health choice after you have received a troubling diagnosis.
- Comparing a couple of new dates, vying for your attention.
- Making a tough choice about a difficult love relationship.
- Evaluating different housing situations, complete with new roommates.
- Deciding where to send your kid to school.

- College courses.
- Investment decisions.
- Where to take that vacation.

Maybe you never thought of it this way before, but the wisdom of your choice could really depend on where you position your consciousness.

Where In The World Are You Living, Really?

Admittedly, this question of positioning became lively for me when writing my latest book, *Use Your Power of Command for Spiritual Cleansing and Protection*. Writing this, I had the chance to clarify my understanding of three different aspects of life: Human, Astral (a.k.a. psychic), and Divine (a.k.a. spiritual). Using energetic literacy to help people—self included—brings more clarity each year about all three worlds. I have come to realize that where you position your consciousness matters enormously.

Have you ever given yourself credit for noticing how brilliantly your consciousness travels? Humans interact constantly with the celestial and the spiritual. Psychologists have different names for this, of course. In psychological terminology, human emphasis means using your *conscious mind*. As-

tral emphasis means exploring your *subconscious* or *unconscious mind*, while spiritual emphasis means consulting your *Higher Self*.

Back in the days of Freud, his patients would work very hard to access that subconscious mind. They needed plenty of time, a super-quiet therapist, and even a large piece of furniture (a couch for lying down).

Just a bit more than 100 years later, humanity's consciousness is far more evolved. We can easily access much of the subconscious mind. Not the entire full range, which requires depth hypnosis, but major portions of that subconscious awareness are readily available through simple techniques. Perhaps you have used journaling, writing with the non-dominant hand, tarot reading, psychic development methods, and/or techniques of energetic literacy for aura reading. As for accessing the Higher Self, this, too, is far easier to do for those of us living in this Third Millennium when compare with that of previous centuries when humanity on the whole had less spiritual evolution than what we living today take for granted.

Receiving guidance matters so much that we tend to rely on one form of positioning, with other methods used

less. Here are some examples, to remind you of your choice in the matter.

Human Positioning For Guidance

One of the best books I found in 2011 was *Your Medical Mind*, written by two physicians with very different approaches to making medical choices. Even when thinking is positioned strictly on a human level, seeking guidance can be agonizingly complicated. What does it mean to position your consciousness at the human level?

Let's consider an example about love rather than illness. Say that you're thinking of marrying Pat. Human-level guidance requires you talk to each other a lot, getting to know each other very thoroughly. You will also want to meet Pat's friends, maybe check Pat's past tax returns. Gathering data on human sexuality, you might feel obliged to thoroughly research Pat's kissing ability. (Okay, you might want to kiss Pat for other reasons as well.)

Besides direct gathering of human-type information—as much as you can without offending your love interest—you might seek advice from other humans. Which friends and parents and ministers, etc., are worldly wise? How will they counsel you?

continued on page 52→

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*** For more information or to make an appointment, go to <http://Coop333.com>.

About Reconnective Healing and The Reconnection see www.TheReconnection.com

As a doctor, Eric Pearl ran a highly successful chiropractic practice for 12 years until one day when patients began reporting that they felt his hands on them — even though he hadn't physically touched them. Patients soon reported receiving miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, multiple sclerosis, rheumatoid and osteoarthritis, birth disfigurements, cerebral palsy and other serious afflictions. His patients' healings have been documented in six books to date, including Eric's own international bestseller, *The Reconnection: Heal Others, Heal Yourself*, now published in over 30 languages!

ENERGETIC LITERACY

Wake Up Your Wonderful Counselor ...continued from page 51

Finally, using as much self-authority as you can muster, you sort through the pro's and con's. Beautiful! Except this method is very time consuming. Besides, there could be plenty you cannot tell based on any of these guidance resources. And what you don't know now could hurt you later—a very human way to feel terrible.

Astral Positioning for Guidance

Some of you might be thinking, "Hey, forget all that hit-or-miss human research. I would get a reading." Psychics and other intuitive counselors have been offering inspired guidance for thousands of years. Wisdom traditions date back to visiting the Delphic Oracle (or whoever might have been the local soothsayer at the time). What happens, technically, when you receive psychic guidance?

Guidance will come through messages from an angel, a spirit guide, an ancestor, or some other astral-level helper. Or perhaps the guidance facilitator will connect very personally with an astral being via channeling or mediumship. Mechanics are similar whether you are the one doing the reading for yourself or you engage the services of a professional intuitive.

Beautiful! Any astral being has a higher vibration than a human being. There will be a perspective from that more knowledgeable level. The accuracy and wisdom can be startling: Instant clarity. As a consumer, or practitioner, however, it matters that guidance will be based on the vibrational level of whichever astral being is involved, as well as the clarity of the message seeker. Use discernment to choose the celestial source; then responsibly integrate those angelic blessings into your human decision-making process.

Divine Positioning for Guidance

This is the realm of religion and prayer. Making a vital decision, your strategy might be very simply. "I'll pray on that."

Reading scripture or other inspirational literature might put you in the mood to contemplate. Or you might do an in depth meditation to seek guidance. Alternatively you might request a sign. Synchronicity (meaningful coincidence) can come at random. Other options you might use to urge it along faster are through the tarot, I Ching, or other oracles.

This spiritual fact of life has been known for thousands of years: Wherever on earth you position your consciousness for God's will to show through, you will succeed. So epiphany (a spiritual aha!) is a given. However, perceiving and interpreting that "aha!" will be up to you, i.e., someone human.

Depending on how you position your consciousness, you may believe that straight-up Divine guidance is the deal clincher—an absolute requirement before you feel comfortable with a decision. For many, surrendering to the will of God is beautiful! Does hu-

man life ever feel more beautiful than that?

Well, okay, I'll admit it. Personally, I am more interested in a fourth possibility for guidance. Less well known than any of the three possibilities of the human, astral, or Divine, you might want to consider...Energetic Literacy.

Co-creating With Full Energetic Literacy

The modern Catholic Church has figured out something very practical about how humans relate to God. Have you ever taken communion in a Catholic church? Then you know what I'm about to describe.

Kneeling at the altar, you have a choice. As the priest approaches, you can either:

- Stick out your tongue and, in a spirit of absolute surrender, receive the host as it is given to you. Or...
- Keeping your mouth firmly closed, you can hold out your hand and receive the sacred wafer, then insert it into your mouth by yourself.

Such a meaningful and symbolic contrast! The first choice is more the traditional surrender to God. The second is far more contemporary, perfect for believers in God who are ready to co-create. To me, the difference between these choices amounts to this: Do you want to relate to God as a trusting, supplicating child? Or are you ready to become God's grownup?

Given my lifelong passion for the Divine, I have tried it both ways. You, too? (And I don't just mean whether or not you have experimented with communion wafer management in a Catholic church.) After many years of using and teaching skills of energetic literacy, I developed a method for receiving guidance in a way that combines the full range of human, astral, and Divine with an emphasis on co-creation. For now, I call it, "Thrill Your Soul Aura Reading Research." Admittedly, this is a clunky name. I just haven't found a better one yet. Since 1998 I have been using this method with clients and teaching it. Here's a quick introduction to this form of guidance, so you can start experimenting on your own.

1. The Human Part. Make a list of one or more choices for receiving guidance. At a minimum you will have two, such as "Marry Pat" and "Don't marry Pat." It can be fun to make a great big list, including all sorts of hobbies, career choices, places to live, creative activities, physical fitness plans, even types of diet. Each separate entry on your list counts as a "Research Item."

2. The Astral Part. Your auric field contains loads of information about you at the astral level. With full energetic literacy, you can read auras down to the level of chakra databanks. You have hundreds of these tubes of information, each with a specialty in life and detailed insights about how you

ENERGETIC LITERACY



Rose Rosetree researches a chakra databank.

are doing. Examples include:

- Your Root Chakra Databank about “Making Money,”
- Your Belly Chakra Databank about “Sexual Self-Esteem,”
- Your Solar Plexus Chakra Databank about “Sharing Power in Relationships,”
- Your Heart Chakra Databank about “Emotional Growth,”
- Your Throat Chakra Databank about “Communication at Work,”
- Your Third Eye Chakra Databank about “Spiritual Growth,” and
- Your High Heart Chakra Databank for which this type of research is named, “Soul Thrill.”

3. The Divine Part. Research a baseline of whichever chakra databanks matter to you. Use your favorite aura reading technique to learn about the size and quality of each chakra databank *before* checking out research items. Aura reading can be based on positioning your consciousness so you co-create this research with Divine help. If you wish, you could substitute prayer, asking God to tell you how you are doing with each of these aspects of life.

4. The Guidance Part. Now that you have your baseline, name one choice at a time from your research list. Talk about it for two minutes. This will morph your auric field into showing you the consequences of this particular choice. Words you say about the research item (like “Marry Pat”) don’t matter as much as just the vibrations

when you speak on the topic. Then repeat the previous research sequence, investigating one chakra databank at a time. It will change in size and quality, reflecting the consequences of your choice. (Or your prayerful experience of each chakra databank will alter.) It’s quite amazing, not to mention informative.

How Important Is Guidance?

Could be, nothing is more important than seeking guidance, and not only because of the importance of each choice in itself.

Could be, nothing shows better how awake you are inside. Nothing is more revealing than the way you seek guidance, how you follow through with it, and how you learn from what happened.

Could be, the relationship between your free will and the seeking of guidance will undergo a quiet change during your lifetime, becoming more intimate, more inspiring, more dependable, more ennobling—just like your relationship with your human self, your inner self, and the Divine.

Rose Rosetree’s latest book (Lucky #13) is Use Your Power of Command for Spiritual Cleansing and Protection. Read a chapter at www.rose-rosetree.com. Learn about Rose’s upcoming workshops in metro D.C., NM, and CA. Share your experiences with guidance at www.rose-rosetree.com/blog. Type “Guidance” into the search box to locate a copy of this article.

See her ad on page 84.

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YOGA TODAY

A Yoga Story Worth Telling: The Life of B.K.S. Iyengar

BY CLAUDIA NEUMAN

"Illuminated emancipation, freedom, unalloyed and untainted bliss await you, but you have to choose to embark on the Inward Journey to discover it."
~ B.K.S. Iyengar

The concept of 'yoga' is not as foreign or exotic as it once was. In fact, it is safe to assume that this auspicious system of health is a household word, and, officially in the 'mainstream' of our lives.

And yet, at a time when the world is most in need of authentic solutions, the real story of Yoga still exists beneath the surface of the seductive branding and sensationalistic stories of injurious poses and rock star teachers. It is refreshing to know that one of the greatest yoga masters of our time, B.K.S. Iyengar, continues to practice and teach at the age of 94. This is a yoga story worth talking about.

B.K.S. Iyengar was born in 1918 into a poor family in the village of Bellur, Karnataka, India. His mother gave birth to him during an influenza epidemic leaving him sickly and weak. His father died when he was 9 years old. His childhood was further marked by a variety of life threatening illnesses—the kind that most people in those days did die of, including malaria, tuberculosis and typhoid together with malnutrition. With little support in his immediate surroundings, Iyengar was sent to live with his brother in Bangalore.

They say that to find a true teacher in one's life is a blessing. If the teacher appears, then the student must be ready: sick or well, rich or poor. At the age of 15, Iyengar got the opportunity to receive such a blessing when he was invited to Mysore to stay with his eldest sister by her husband, the scholar and yogi Sri T. Krishnamacharya, who was visiting. Krishnamacharya ran a yoga school in the palace of his patron, the Raja of Mysore, where Mr. Iyengar eventually received some basic instruction in asana practice to improve his health.

His teacher was an erratic person who drove him hard. In the beginning, Iyengar struggled from day to day. This diligence in practice gradually resulted in his ability to perform some of the asanas (postures), and his overall state of health improved.

Then in 1937, Iyengar's teacher asked him to go to Pune to teach yoga. His exams unfinished, his language skills weak, he remained a stranger in Pune, left with little choice but to make his living through teaching yoga. He felt he had inadequate experience or theoretical knowledge, and decided to practice with determination and learn by trial and error.

In the beginning his students were better than him, so he would dedicate many hours a day to practice, sometimes surviving for days on only water and perhaps some bread or rice. He would suffer great pains through incorrect technique, often having to place heavy weights on his body to relieve the aches. However, through persistence and determination he

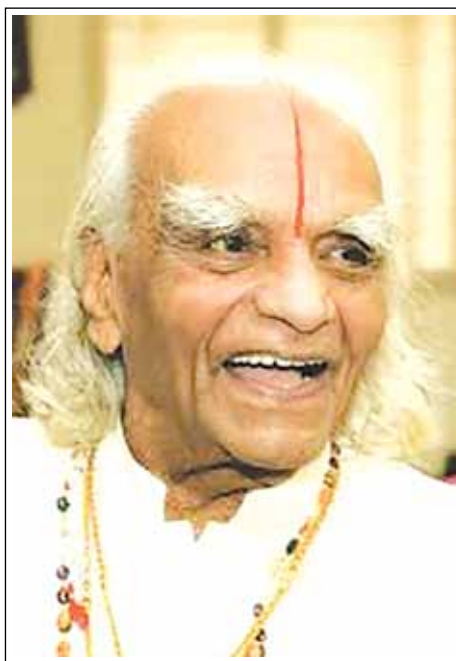
gradually began to understand the techniques of each posture and their effects. The number of his students also began to increase, though financially times were still incredibly hard as yoga was not greatly respected or understood, even in India.

Mr. Iyengar's drive to overcome the challenges he faced at that time is unique; he is a living testimony to the classic instruction that was originally introduced in the Yoga Sutras thousands of years ago.

The Yoga Sutras of Patanjali is the definitive manual covering the philosophical concepts, practices and goals of yoga. The sutras talk in detail about the functioning of the mind by outlining its tendencies and afflictions, and the weaknesses in character that lead to suffering. Patanjali recommends that the sadhanka (practitioner) employ both abhyasha (steadiness) and viragayia (non-attachment to the results) in order to reach freedom.

Kyvaliya, the goal of yoga, means "freedom from suffering." Without the discipline of yoga, without the consistent dedication to stilling the disturbing nature of our minds, we are vulnerable. Perhaps his mastery over the practice of yoga inspired Iyengar when he said, "Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame." Worlds are built on this kind of clarity and dedication, which is why Iyengar went on to build the most important system of yoga in the world today: Iyengar Yoga.

Iyengar's recognition as a yoga teacher grew gradually; but it was a meeting with the violinist Yehudi Menuhin in 1952 that led to Iyengar's eventual international recognition.



B.K.S. Iyengar still teaches yoga at 94.

YOGA TODAY

The maestro arranged for him to teach abroad in London, Switzerland, Paris and elsewhere, allowing him to meet people from all over the world and from all walks of life.

Iyengar's invention of yoga props revolutionized the practice and teaching of yoga. Any visitor to an Iyengar studio will immediately notice the array of blankets, blocks, belts, benches, and perhaps even the "ropes wall" that allows instructors to modify the postures to the needs of the students. These props allow for the deeper penetration into the pose, thereby gaining access to the alignment of the physical, mental, intellectual and spiritual body.

Interestingly, when asked in a 2008 *Yoga Journal* interview to define what Iyengar yoga is, he said with a laugh, "I myself do not know. I just try to get the physical body in line with the mental body, the mental body in line with the intellectual body, and the intellectual body in line with the spiritual body so they are balanced. It's just pure traditional yoga, from our ancestors, from our gurus, from Patanjali."

In his book, *Light on Life*, Iyengar also described the practice of yoga itself, saying, "Yoga goes beyond the physical motions.... The practice of yogasana for the sake of health, to keep fit, or to maintain flexibility is the external practice of yoga. While this is a legitimate place to begin, it is not the end... Even in simple asanas, one is experiencing the three levels of the quest: the external quest, which brings firmness of the body; the internal quest, which brings steadiness of intelligence; and the innermost quest, which brings benevolence of spirit."

John Schumacher, a Senior Iyengar Teacher and founder of Unity Woods in Washington, D.C. understands that being both a student of Iyengar and teacher of this method means combining rigor of practice with the spirit of maïtri (friendliness). "We Iyengar Yogis are fortunate to have been graced, directly or indirectly, with a teacher in BKS Iyengar who has shown us a practice that is powerful, effective and time-tested."

The publication of *Light on Yoga* in 1966 was the result of his hard work and a study of the effects of yoga on his students. The book turned out to be an international best seller, which continues to be reprinted in several languages all over the world and succeeded in making yoga truly universal. This was later followed by titles covering Pranayama and various other aspects of yoga philosophy.

In 1975, and in memory of his departed wife, Iyengar opened the Ramamani Iyengar Memorial Yoga Institute in Pune, where he still resides and teaches. By this time his eldest daughter, Geeta, and son, Prashant, had also started teaching yoga under his guidance. Geetaji and Prashantji have become internationally beloved teachers in their own right, each publishing and traveling to spread the teachings of this form of yoga.

The year 1984 was proclaimed to be the year Iyengar officially retired from teaching. However, retirement is far

from his mind. He continues to teach at the Institute and special events, as well as be fully active in promoting yoga worldwide and involved in the Institute and its charitable foundation,

Today B. K. S. Iyengar is universally acknowledged as the world's greatest yoga teacher—the "Michelangelo of yoga" and the "king of yogis." He was also named one of *Time* magazine's 100 most influential people. And despite his advanced years, he continues to make an impact on the yoga-practicing community. Patricia Walden shared some of the amazing moments of the 2011 China-India Yoga Summit in Guangzhou, China, in her blog on the IYNAUS website: "He began the first day of teaching by holding up a leaf and comparing it to our feet. He was poetic and inspired. 'The brain becomes light when we have good alignment. Our movements should be dynamic, lovely and lively.' He ended class with a very deep Savasana."

In an interview published in *Yoga Samachar*, Manouso Manos said, "He has this ability to let everyone in the room feel like he's talking directly to them, to have them feel like there's a direct communication coming out of the guru to every one of the 1300 people in the room. This is not my imagination. You could tell by the way they were clapping, the way tears were coming to their eyes when we were ending. They were really quite moved."

At 94 years old, Guruji (as he is called by Iyengar teachers and practitioners) continues to be a presence: teaching classes, training teachers, and—of course—practicing every day.

Claudia Neuman, M.S.W., is an E-RTY 500 and a certified Anusara Yoga Instructor.

Susan Marcus, PhD, has been a practicing yogi since 1986 and is a Certified Iyengar Teacher at the Introductory II Level. She is also the president of the Iyengar Yoga Association of the South East (IY-ASE). For more information about IYASE and the upcoming Iyengar Conference in Washington DC, please visit: www.iyengarconferencecd.com, or see their ad on page 136.

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Blueberry Gardens.....	101
Crossings: A Center for the Healing Traditions...	105
Dream Yoga Studio & Wellness Center.....	102
Holistic Wellness Center.....	120
Iyengar Association of the Southeast.....	136
Living Fully Yoga.....	59
New Future Society Healing & Yoga Center.....	102
New Future Society Healing & Yoga Center.....	72
Olney Yoga & Wellness.....	102
Pruyoga.....	128
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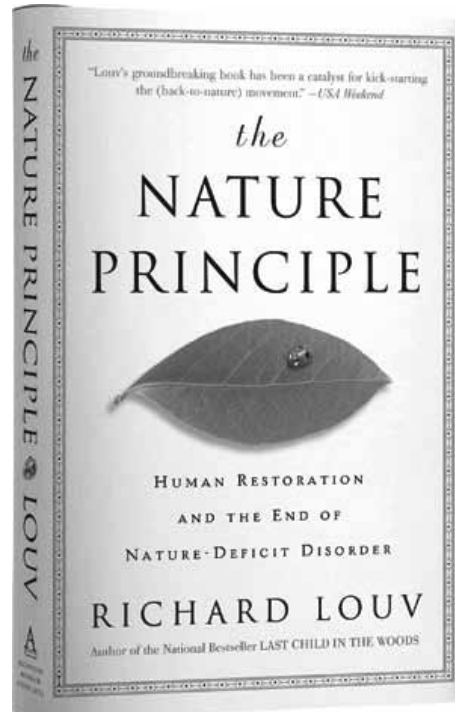
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Additionally, Farinaz has extensive experience with severely Traumatized populations such as survivors of politically motivated torture as well as a wide range of somatic, emotional, cognitive, and spiritual issues. Farinaz is also an established presenter at national and regional conferences. She has provided trainings for professionals of different disciplines on the impact of trauma on body, mind, and spirit.

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BOOK REVIEWS

REVIEWS BY ALYCE ORTUZAR



The Nature Principle: Human Restoration and the End of Nature-Deficit Disorder

By Richard Louv
Algonquin Books: Chapel Hill
2011; 371 pages
ISBN 978-1-56512-581-0; \$24.95 (HB)
Author website: www.richardlouv.com

Nature writers lament the extinction of experience that living with nature provides. What happens to a species that loses touch with its habitat? Our sensitivity to nature and our humility within it are essential to our physical and spiritual survival; our growing disconnection from nature dulls our senses.

~ Excerpted from *The Nature Principle*

The question that author Richard Louv implicitly raises and answers in his books, including this one, is how did we put a man on the moon, write an enduring Constitution, and create an entrepreneurial and educated middle class among elementary and high school graduates without standardized tests or computers? Only a small percentage had a college degree at the time.

Louv is troubled by the dominant role computers now play in the lives of American students at younger and younger ages, accompanied by the increasing isolation from social and family activities, especially spending time outdoors exploring natural settings. Critics of standardized tests point to how these tests have displaced hands-on experiential education, especially outdoor science lessons and field trips that took place in woods and near water sources.

And despite evidence that daily classes in music, art, foreign languages, woodworking, and physical education also translate directly to higher order cognitive abilities and a host of physical and emotional benefits, those important learning opportunities have also been eliminated from too many public schools over too many decades. Even recess is disappearing from public schools around the country. In Montgomery County (Maryland), school board members have been ignorant about and indifferent to the

benefits from school gardens and fresh, wholesome foods from the garden and from local ecological farms prepared onsite in school kitchens. A combination of overcrowded schools and too much time allocated to preparing students for standardized tests also means twenty-minute lunches that start as early as ten-thirty in the morning.

Research also indicates that computers and standardized tests numb our senses and motor and perceptual abilities, whereas the power of nature strengthens our senses and intelligence and physical, psychological, and spiritual health; in addition to strengthening bonds among families and nurturing a capacity for empathy and compassion. There are now physicians who prescribe walks in local, state, or national parks in place of psychotropic medications.

It is hard to imagine a quicker way to snuff out curiosity, intellectual inquiry, and an overall love for learning than an entire day of indoor classes geared to correctly answering multiple choice questions on everything, including science and literature. Hundreds of millions of dollars continue to be diverted directly from classroom budgets, often in states such as Ohio and Indiana that are bankrupt, to personnel who administer tests and to companies that create them. Those individuals and companies have nothing to do with education, abilities, or knowledge, and neither do the tests.

For example, non-educational items those millions of dollars are spent on include instruction manuals for at least 7,000 coordinators who administer the tests around the country. Is it too much to imagine the difference it would make to spend all of that money restoring the enriching classes and field trips we know enable kids to succeed; hiring competent teachers (such as engineers, scientists, and mathematicians who have actually studied and applied the subject areas) instead of hiring more administrators; and having students actually read, discuss, compose essays about and act out literary works, possibly in costumes the students made and performed in an outdoor theater the kids themselves created or constructed?

Most public schools in this country once incorporated curricula that actively engaged the students and were premised on critical and analytical thinking, reading, and writing—until the Viet Nam War—when Americans were told they could afford guns and butter, even as full-time school social workers and nurses and established and enriching classes and teachers were being eliminated.

Farm fresh foods, such as butter, were replaced with chemicals such as margarine paraded as food, and school districts started to shut down kitchens as shortsighted cost-cutting measures. Research documents the importance of good nutrition on learning and student outcomes, and artificial industrial products such as margarine are now acknowledged to be the unhealthy transfats that they are. Even calling them fats is inaccurate and deceptive. The lesson here is not to trust those

BOOK REVIEWS

same so-called experts to dictate what we should eat.

One food author maintains that 90 percent of what is in supermarkets is unhealthy and unfit for consumption. Fresh meats, dairy products, and produce and fermented foods—preferably from a farmers' market or a CSA (community-supported agriculture)—are the most nutritious choices. He recommends shopping with our great-grandmothers on our shoulder and not buying or eating anything she does not recognize. Sections in this book discuss local and Slow Food campaigns.

Restoring nature restores ourselves, Louv tells us. Lengthy and in-depth discussions explore what our communities and cities should look like—where we have come from, what we knew and should have retained, what we should have learned, and “how to end our twentieth century dependence on industrialized violence and ecological destruction. But conserving wilderness is not enough; we must conserve and create nature in the form of native habitats on our roofs” and windowsills and in our yards, gardens, and vacant lots throughout cities and suburbs. The soil-food web is an important part of a habitat. “When it comes to supporting food webs, lawns are nearly as ecologically destructive as pavement is.”

Community-based conservation generates connections between family, nature, and community and “allocates

an equal value for health of the people and health of the land. A healthy, whole community begins with people in relationship to one another and to the land.” Resources, explanations, and hopeful possibilities of “humans in and as nature” fill this engaging, inspiring, and thought-provoking book. Easy-to-adopt ideas and models include family nature clubs organized throughout communities, onsite gardens at large corporations and small businesses, forest schools, and forest medicine. In place of chlorinated swimming pools that harm humans and nature are non-chlorinated swimming ponds, which invite nature and are physically and spiritually restorative to people.

The Sacramento Tree Foundation educates the public on benefits from trees and documents a 270 percent return on preserving an urban forest. A three-degree drop in summer temperatures saves an estimated \$7 billion in the long term on energy consumption, air pollution clean up, and stormwater management. This ecological emphasis also promotes a tree canopy throughout the city. And in Gresham, Oregon, the City Council reversed an ordinance prohibiting chickens from the city.

Amidst many wonderful examples, Louv laments that “we no longer hear about human population control; just animal population control.” And we continue to destroy vitally important habitat and natural resources as our

only options when we plan a development or complain about power outages.

RESOURCES

In addition to four pages of excellent references, a sampling of community-based activities and ideas include the following:

TheCityChicken.com
Backyard Poultry magazine
 Children & Nature Network (www.childrenandnature.org): publications, research, and even more ideas.

The Earth Moved: On the Remarkable Achievements of Earthworms

By Amy Stewart
 Algonquin Books: Chapel Hill
 2005; 223 pages
 ISBN 1-56512-337-9; \$12.95 (PB)
 Author website: www.amystewart.com

To know the land for what it is, to find its heartbeat, to explore its soul, you have to go underground, where it lives and breathes.

~ Amy Stewart

In 1881, Charles Darwin wrote *The Formation of Vegetable Mould, Through the Action of Worms, with Observations of Their Habits*. “Vegetable mould” was the term for the rich, uppermost layer of soil. Scientists at the time were asking, “Where does dirt come from?” and



“Why does dust fall on ships at sea?” Darwin even wrote a paper on “An Account of the Fine Dust Which Often Falls on Vessels in the Atlantic Ocean.”

Most scientists before Darwin did not consider worms worthy of study. Very little was known about them, and Darwin emerged as somewhat of “a champion of worms.” He was unique in his respect for the ability of worms to bring about gradual geologic changes over decades and even centuries. After more observations, “he began
 continued on page 58→

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Reading/Translating the Cellular Energy – Karla Kincaid – 3/17
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Hope, Heart, Healing – Cindy Battino – 3/24 & 3/25
 For more info contact: cindy@transform-heal.com or 703-966-7620

The Emerging Heart – Karla Kincaid – 3/31
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You Can Have It All – Cindy Battino – 4/21 & 4/22
 For more info contact: cindy@transform-heal.com or 703-966-7620

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 For more info contact: cindy@transform-heal.com or karlabis@aol.com

Healing Sessions and Other Services

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Clearings Land and Home Sessions – Karla Kincaid: releasing negative energies/entities, imprints, beliefs & patterns – these energies can cause illness, disease, etc.

Personal Healing Sessions – Karla Kincaid: releasing old beliefs, patterns, imprints that create illness, disease, pain – releasing all the way thru the body/DNA allowing you to open to your truth – your heart – you are the healer.

DNA/Past Life Regression Sessions – Karla Kincaid: breathing into the dna opening to past lives that have not been resolved; releasing the illusion of who you are not....very powerful.

First Tuesday of Month Phone Meditation – 9:00pm – Karla Kincaid: Experience the power of group meditation by phone in your own home.

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For more information about classes and healings, please contact Karla Kincaid at karlabis@aol.com or 703-328-0352. www.thecenterofconsciousness.com Credit Cards Accepted

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BOOK REVIEWS

The Earth Moved: On the Remarkable Achievements of Earthworms ...continued from page 57

to believe that earthworms, and earthworms alone, were responsible for the rich uppermost layer of soil" (the vegetable mould).

Amy Stewart drew inspiration from Darwin's scientific work and journeys as a naturalist, and his methodology and findings permeate her in-depth exploration of earthworms. Darwin began to study worms in 1837, and Stewart points out how "this notion—that the smallest change could result in enormous outcomes—fit perfectly with his work on evolution and the origin of species."

Stewart's eloquent and informative treatise on earthworms is captivating whether or not you are interested in kitchen composting with a worm bin (using worms to convert kitchen scraps to rich soil). For those who are, this book is also an excellent resource for what type of worms to use (worms found in gardens and yards do not thrive in bins); the most practical and user-friendly worm bins; where to find them and the ideal worms; and important tips for setting up and maintaining a kitchen compost bin.

The power and strength of earthworms comes from their collective efforts. They alter the composition of the earth and "increase its capacity

to absorb and hold water, and bring about an increase in nutrients and microorganisms," thus creating and preparing fertile soil for farming and gardening. These discoveries of soil as "an intact system" that functions best with the least amount of disturbances altered Stewart's gardening practices. Gardeners and earthworms work in tandem, she tells us, tilling the soil and feeding the plants. She describes the red wiggler as "the quintessential worm. It is a master composter preferring a heap of rotting garbage to just about anything else." Yet the worms are not messy and they do not get dirty as they churn the earth to make new dirt. Darwin's observations convinced him that instinct alone did not guide the earthworms—their amazing feats reflected intelligence and an ability to make decisions.

Worm castings are their detritus and are high in calcium, which is critically important to gardeners and farmers. Calcium stimulates plant growth by enabling plants to take up nitrogen to promote leaf growth and assist with other important plant functions. Stewart shows how calcium-rich castings from epigeic earthworms are far more effective than off-the-shelf soil amendments such as dolomite, bone meal, and gypsum, and with none of the adverse downsides. This is also true for tomatoes, which develop mushy brown spots when the soil lacks calci-

um. Inoculating farmland with worms is preferable to using genetic engineering or biological pesticides. A small, undisturbed area of a pasture can be carefully transplanted to inoculate soil with worms.

Amy Stewart has made earthworms interesting and even endearing, and her important findings should compel us to respect and protect the precious resources and gifts from these wonderful critters. Her book includes valuable gardening and farming practices that benefit rather than harm the

amazing feats these earthworms accomplish. Charles Darwin concluded that "it may be doubted whether there are many other animals which have played so important a part in the history of the world."

Alyce Ortuzar is a medical and social science researcher, writer and editor; she runs the Well Mind Association of Greater Washington, a holistic medicine information clearinghouse that focuses on environmental and nutritional influences on our mental and physical well-being. She can be reached at 301-774-6617.

Metaphysical Book Reviews

by Lisa Wechtenhiser

Tapping the Well Within: Writing from Your Source of Effortless Creativity, Deep Wisdom and Utter Joy

By Alix Moore

Balboa Press

2011; 111 pages

ISBN: 978-1-4525-3368-1

Author website: www.alixmoore.net

Have you ever picked up a book and thought, "This seems like a light read," only to find that it was packed with ideas that knocked your socks off? I wasn't more than ten pages into Alix Moore's book when I grabbed my highlighter and started marking passages that resonated deeply with me.

On the surface, the book is about going within and bringing forth your creativity from that place inside. And it's clear that Moore walks her talk because what she has brought forth from that well inside her are profound truths and lovely poetry shared with an open heart.

The chapter on validation energy particularly moved me, something that so many of us struggle with—the need to have our work validated by another. Alix mentions that her teacher, Christine Agro, doesn't validate her students:

"I would like to start by saying that Christine is a teacher who rarely validates her students. Until I began



Sivakumar Sreenivasan DMD, MDS

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METAPHYSICAL BOOK REVIEWS

to work with her, I thought validation was in every teacher's job description, listed somewhere between patience and zero-tolerance for put-downs! But Christine doesn't validate, and she doesn't want to be validated either. ... The energetic opposite of validation is acknowledgement. When I ask for my work to be validated by others, I give them power over me: the power and permission to judge me. On the other hand, when I acknowledge to myself the value that my work has - that is, validate myself - then I keep my power."

That simple paragraph completely turned my head around about what validation is and why acknowledgement is the key—not validation. In fact, I noted all that in my journal while looking at what this means in my life.

Early on in the book, she describes a short meditation called "running energy," that she learned from Christine Agro. I loved how she described it, and her words moved me to put it into practice. I'm glad I did because it was exactly what I needed to help me start my day from a more centered place.

Inside that meditative space, Moore guides you to connect with your higher self so that what comes through is authentic—whether it's in the form of the written word, pictures created with nifty color markers or designs for your new house. When you get in touch with that part within you that is free and vi-

brant and authentic, that's when creativity flows.

I love information and will happily read and store away bits and pieces. But it's the rare book that moves me into action, and *Tapping the Well Within* did just that. An unassuming book packed with big chunky truths, this one is a keeper.

Forgiving the Unforgivable: The Power of Holistic Living

By Master Charles Cannon with Will Wilkinson

Select Books

2011; 294 pages

ISBN: 978-1-59079-218-6

Author website: <http://forgivingtheunforgivable.com/>

From the foreword by Eckhart Tolle:

"In November, 2008, Virginia-based spiritual teacher Master Charles Cannon and twenty-four associates traveling with him, found themselves trapped in the Oberoi Hotel in Mumbai when it came under attack by terrorists. A total of one hundred sixty-six people were killed in the Mumbai attacks, including two in Master Charles's group, a father and his 13-year-old daughter. This book documents these events and the aftermath as seen through the eyes of those

who survived. The book's main focus, however, is not on the external events but on the inner: the survivors' state of consciousness during and after the ordeal and, above all, your consciousness as you read."

Pretty powerful stuff, isn't it? We can espouse peace and love and compassion when something happens far from home. But when it hits us right where we live, how do we hold that same vibration? And how do we truly offer forgiveness for the unspeakable acts of another?

These questions and so much more are discussed in exquisite detail in this book. The story of the terrorist attack frames the book, woven in and out of each chapter, and from that context we come to understand the spiritual practice that allowed the forgiveness to happen.

Not a book to be read lightly, the teachings from Master Charles really represent a shift in consciousness.

"Perhaps reading about how we handled this crisis is challenging some of your cherished beliefs. For instance, what about the concept of retribution, an eye for an eye, to even the score? Beliefs like that are based in conflict. Those beliefs are why you have less consistent peace, harmony and love than you wish for. It also explains why you have strife in your life, if

you do. Reflect for a moment. All your beliefs exist in your consciousness, correct? Yes, they do. That means they can change."

Here's the thing: Be ready to have your perceptions tossed around and thrown back at you in a whole different way. You cannot help but see things differently after reading even one chapter of this book. Truly. There's so much to ponder about the meaning of life and how we choose to live it—from a place of consciousness or a place of disconnection and unconsciousness. It's your choice, always. Master Charles points the way with courage and conviction.

Lisa Wechtenhiser is a teacher, healer, medium and psychic who specializes in helping you take the next step on your soul path. If you're stuck and need some illumination and direction, please check out www.practicallyintuitive.com for more information.

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Local authors and self-publishers are especially invited, but all mind-body-spirit writers, nonfiction or fiction, are welcome to submit new work. Send a short introductory email to Lisa@practicallyintuitive.com, or snail mail a press release to Lisa Wechtenhiser, 103 Utah Road, Stevensville, MD 21666.



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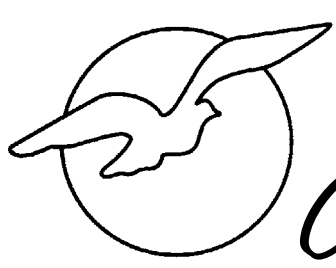
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Susan Luff APRN, CSYT, RYT, brings a focus on health, strength and healing to her practice of thirty-eight years in psychotherapy, biofeedback, and leadership coaching. She is a certified Svaroopaa Yoga teacher. Susan believes that living into the spaciousness of the Self opens one to the fullness of life.



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CHIROPRACTIC CORNER

Chiropractic: The Basics

BY DANIEL REDWOOD, DC

Chiropractic offers the foremost contemporary example of a healing art that bridges the gap between complementary and conventional healthcare. The chiropractic profession has many characteristics of a mainstream health discipline that provides essential services, with licensure throughout North America and several dozen other nations, an increasingly strong scientific research base supporting its central treatment methods, widespread insurance coverage and 20 million patients per year in the United States. At the same time, the health worldview of chiropractic practitioners and educators places them firmly in the camp of the natural healing arts, emphasizing the inherent capacity of the human body to heal without drugs and surgery in most cases.

Chiropractors are independent primary contact practitioners, licensed for both diagnosis and treatment with no requirement of referral from a medical physician. Chiropractic practice is limited not by anatomical region but according to the procedures it includes and excludes, unlike dentistry, podiatry, and optometry. The chiropractor's legal scope of practice under state law generally excludes surgery and the prescription of pharmaceuticals; its core component is the manual adjustment or manipulation of the spine and other muscular and skeletal structures.

Chiropractic Education

The United States is home to approximately 65,000 of the world's 90,000 chiropractors. Rigorous educational standards are supervised by government-recognized accrediting agencies, including the Council on Chiropractic Education (CCE) in the United States. After fulfilling college science prerequisites similar to those required to enter medical or osteopathic schools, chiropractic students must complete a chiropractic college program lasting four academic years, which includes a wide range of basic science courses in anatomy, physiology, pathology, taught by faculty members who hold doctorates or masters degrees in their fields of specialty. In addition, chiropractic clinical training includes extensive coursework in radiology, orthopedics, diagnosis, manual adjusting and manipulation procedures for the spine and other joints, physiotherapy, rehabilitation, public health and nutrition.

The final year of the chiropractic college curriculum is largely devoted to intensive work as clinical interns, treating patients under the supervision of experienced clinical faculty. At many chiropractic colleges, clinical training includes rotations in the chiropractic departments at Veterans Administration hospitals (where chiropractors serve on the medical staff), free clinics serving the poor, and other interdisciplinary settings where they work alongside medical physicians and other health practitioners.

Chiropractic Research

Approximately 90% of chiropractic patients present as cases with problems of the muscular, skeletal or nervous systems—principally back pain, neck pain, and headaches, the conditions for which spinal adjustment (also known as spinal manipulation) is most effective.

Since the dawn of the modern era of chiropractic research, which began in 1975 when the U.S. federal government convened a National Institutes of Health conference on the research status of spinal manipulation, research on chiropractic has steadily expanded. There are now over 100 randomized trials on spinal manipulation. The majority addresses various aspects of low back pain, which reflects the fact that more than half of all chiropractic patients present with low back pain as a primary symptom.

In a substantial majority of these research studies, spinal manipulation has outperformed comparison therapies or placebo. None of the dozens of trials on low back pain found that a comparison therapy or a placebo delivered results superior to spinal manipulation. And significantly, not a single patient in any of the studies related to chiropractic—for low back pain or any other condition—experienced a major adverse side-effect.

Research on spinal manipulation for low back pain is broad and deep. This has led national medical practice guidelines in the United States and other nations to recognize spinal manipulation as a nonpharmacologic treatment method "with proven benefit" for both acute and chronic low back pain. A joint panel representing the American Pain Society and American College of Physicians published the most influential recent set of guidelines (*Annals of Internal Medicine*, 2007).

A current summary of research supporting chiropractic care for low back pain and many other conditions can be found in the peer-reviewed booklet, *Chiropractic Research and Practice State of the Art*. Written to be understandable by the general public and available at no charge, it can be read or downloaded at www.cleveland.edu/state-art.

Daniel Redwood, DC is a Professor at Cleveland Chiropractic College – Kansas City. He is editor-in-chief of *Health Insights Today* (www.cleveland.edu/hit) and serves on the editorial boards of the *Journal of the American Chiropractic Association*, *Journal of Alternative and Complementary Medicine*, and *Topics in Integrative Healthcare*. His new health policy blog is at www.redwood-healthspeak.com and he can be reached at dan.redwood@cleveland.edu.

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Fracking Perils

The ongoing bonanza in the U.S. hydraulic fracturing industry marks a dangerous misstep on the road to U.S. energy independence

BY DAPHNE WYSHAM

Folks, I've got some good news and some bad news about the nation's ever-elusive quest for a sound energy policy. The good news: Finally there's some under-the-radar bipartisan consensus in Washington. The bad news: Both parties are dead wrong. This consensus is so strong that it's chipping away at our freedom of speech. Consider this: Capitol Hill police officers dragged Josh Fox out of a House Energy and Environment subcommittee hearing on Feb. 1. They arrested Fox, the director of the Oscar-nominated documentary "Gasland," who by all accounts was simply trying to commit journalism. His charge? Unlawful entry to a public hearing on the environmental consequences of natural gas exploration. It turns out he wasn't alone. An ABC News team was also barred.

What's up? An ardent (and well-financed) belief on both sides of the aisle that hydraulic fracturing for natural gas—a process better known as "fracking"—is "cleaner" than coal

and will result in greater U.S. energy independence. When President Barack Obama delivered his annual State of the Union address, he pledged his allegiance to continued exploration for natural "shale gas."

Fracking uses pressurized liquids to create cracks in shale deposits located deep underground to force pockets of natural gas to the surface. Recent discoveries in the Marcellus shale, a natural gas deposit that stretches from New York to West Virginia, suggest the U.S. could exploit this energy resource for what seems like an eternity by Washington standards: a century or more, if estimates prove accurate. But this seemingly endless form of energy will only be exploited rapidly and cheaply if critics and expensive regulations are kept at bay.

With mountaintop removal losing favor with the public, coal-fired power plants implicated in a host of health problems, and coal waste a burden no state wants to deal with, this "cleaner" form of energy—natural gas—has gotten a boost in the marketplace at a particularly auspicious time.

But it turns out gas has a host of en-

vironmental problems unique to fracking. Recent studies emerging from Cornell University suggest that gas could be far more heat-trapping than previously thought, and gas extracted by fracking could be twice as bad as coal from a climate perspective. This is because about 8 percent of the gas escapes into the atmosphere, where it is 105 times more potent than CO₂ over its 20-year lifespan.

Then there's the groundwater contamination. Chemicals considered "trade secrets" for the gas industry (thanks to an energy policy developed in secret meetings by former Vice President Dick Cheney) are killing cattle and deer. Residents living near fracking wells complain of health problems. In some cases, they can literally light the water coming out of their taps on fire.

In addition, scientists have started to link earthquakes—such as the rare ones that have been shaking Ohio, New York, and Arkansas—with fracking.

It's frightening that only a handful of politicians are voicing strong concerns about this increasingly common gas extraction method, including Rep. Ed Markey, a Massachusetts Democrat, and Greg Ball, a Republican member of New York's state senate.

Why is this kind of courage so rare? In a word, money. The natural gas industry has spent hundreds of millions

of dollars on campaign contributions over the last decade to smother efforts to regulate fracking, as Common Cause has documented.

We need to stop relying on fossil fuels and instead embrace a bold "Green New Deal" that generates significant jobs for unemployed workers around the country while ramping up already booming investments in wind, solar, and geothermal electricity.

Let's invest in a grid that would allow us to drive electric cars and buses powered by the wind, to heat our homes with the sun, and to totally break our dependence on oil. Imagine full employment, with millions of public- and private-sector jobs developing this clean-energy infrastructure.

This kind of jobs program would both benefit our workers and our local economy—and cut the umbilical cord, finally and completely, from foreign oil. And, unlike fracked gas, these resources would be truly limitless, benefiting us and future generations.

Daphne Wysham is a fellow at the Institute for Policy Studies where, among other things, she's researching alternative economic development strategies that don't include "extreme energy" resources such as fracked natural gas. www.ips-dc.org

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First Session: Saturday, March 31
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GREEN NEWS & VIEWS

Organic Seed Growers and Trade Association et al., v. Monsanto: Will Farmers Receive Justice?

It was standing room only as family farmers from around North America filled Federal Court Judge Naomi Buchwald's courtroom in Manhattan, on Tuesday, January 31. The topic was the landmark organic community lawsuit OSGATA et al., v. Monsanto, and the oral argument of Monsanto's pre-trial motion to dismiss, which it filed last July. In the courtroom were plaintiffs from at least 21 states and provinces, including Oregon, California, New Mexico, Colorado, Kansas, Nebraska, South Dakota, Saskatchewan, Missouri, Iowa, Ohio, Florida, North Carolina, Virginia, New Jersey, Pennsylvania, New York, Connecticut, Massachusetts, Vermont and Maine.

Meanwhile, outside the courthouse in Foley Square, hundreds turned out for the Citizens' Assembly of support for family farmers, an action organized by several groups, including Occupy Food Justice. A depiction of Monsanto's infamous 100 year history that included Agent Orange, dioxin, PCBs and now gene-spliced food, was presented. Speakers addressed topics ranging from sustainable agriculture to risks associated with GMOs to issues of good food and food justice. After the conclusion of the courtroom oral argument, the plaintiff farmers and their legal team from the Public Patent Foundation provided details and comments on the courtroom proceedings to supporters at the Citizens' Assembly.

"We were very pleased that the court granted our request to have oral argument regarding Monsanto's motion to dismiss our case today," said Daniel Ravicher of the Public Patent Foundation, lead lawyer for the plaintiffs. "The judge graciously permitted both parties to raise all the points they wished in a session that lasted over an hour. While Monsanto's attorney attempted to portray the risk organic farmers face from being contaminated and then accused of patent infringement as hypothetical and abstract, we rebutted those arguments with the concrete proof of the harm being suffered by our clients in their attempts to avoid such accusations. The judge indicated she will issue her ruling within two months. We expect she will deny the motion and the case will then proceed forward. If she should happen to grant the motion, we will most likely appeal to the Court of Appeals who will review her decision without deference."

The large group of 83 plaintiffs in OSGATA v. Monsanto is comprised of individual family farmers, independent seed companies and agricultural organizations. The total number of members within the plaintiff group exceeds 300,000 and includes many thousands of certified organic farmers. The plaintiffs are not seeking any monetary compensation. Instead, the farmers are pre-emptively suing Monsanto and seeking court protection from

Monsanto-initiated patent infringement lawsuits under the Declaratory Judgment Act.

Lead plaintiff Jim Gerritsen, a Maine organic seed farmer and President of Organic Seed Growers and Trade Association, was in the courtroom and witnessed the oral argument. Gerritsen had this to say, "Our lawyer did a good job explaining the current injustice farmers face. We have a right to be secure on our farms and to be free from Monsanto's GMO trespass. If we become contaminated by Monsanto, not only is the value of our organic seed crop extinguished but we could also be sued by Monsanto for patent infringement because their contamination results in our 'possession' of their GMO technology. We have farmers who have stopped growing organic corn, organic canola and organic soybeans because they can't risk being sued by Monsanto. It's not fair and it's not right. Family farmers need justice and we deserve protection from the court."

Early on in the legal process, Monsanto was asked by lawyers for the plaintiffs to provide a binding legal covenant not to sue. Monsanto refused this request and in doing so made clear that it would not give up its option to sue contaminated innocent family farmers who want nothing to do with Monsanto's GMO technology.

In a remarkable demonstration of solid support by American citizens for family farmers, co-plaintiff Food Democracy Now! collected over 100,000 signatures on its petition supporting the rights of family farmers against Monsanto. "For the past 12,000 years, farmers have saved the best seeds each year to increase yields and improve traits for the food we eat," said Dave Murphy, founder and Executive Director of Food Democracy Now! "In 1996, when Monsanto sold its first patented genetically modified (GMO) seed to farmers, this radically changed the idea of how farmers planted and saved seed. Less than two decades later, Monsanto's aggressive patent infringement lawsuits have created a climate of fear in rural America among farmers. It's time for that to end. Farmers should not have to live in fear because they are growing our food."

A complete 36-page transcript of the oral argument is available online. Further information on OSGATA et al., v. Monsanto is available at osgata.org and pubpat.org.

The Organic Seed Growers and Trade Association is a not-for-profit agricultural organization made up of organic farmers, seed growers, seed businesses and supporters. OSGATA is committed to developing and protecting organic seed and its growers in order to ensure the organic community has access to excellent quality organic seed free of contaminants and adapted to the diverse needs of local organic agriculture. www.osgata.org.

Starting Your Own Conversations With God

BY JOANNE SELINSKE

Do you know that you can dialogue with Source—have your own conversation with God? Does this sound like a crazy idea? Perhaps you are of the mindset that only gifted psychics have the capacity to communicate beyond the world of the three dimensions, to reach into the Akashic field. Or, are you one of the many who has listened to the ongoing conversation in your own mind and wondered to whom the second voice belongs? If you have, then you have already begun conversation with Source and can begin to build on your access to universal consciousness.

You begin with stillness and silence—that's right, stillness and silence! Both free, but not easily accessible in today's fast-paced, activity-jammed world that has perfected the commoditization of chatter—chatter on your phone, chatter on your computer, chatter on your television, chatter here, chatter there, chatter everywhere!

I admit that for decades I mused about the source of the debate that waged internally. And then, like many *Pathways* readers, I experienced my first psychic reading. My journey along the metaphysical path now accelerated. I was awestruck and truthfully befuddled. I craved understanding. At first, my perspective was so limited that I did not even understand that the new questions I posed would circle back onto the spiritual path that I had earlier set upon—the search to comprehend divinity, the cosmos, our place and purpose in life. Along the way, I became aware and broke through my limited understanding of consciousness, which in turn settled for me the centuries old debate between scientists and spiritual philosophers about the creative force from which life springs.

Ancient Vedic seers taught that the human mind connects us to infinite consciousness. Paramahansa Yogananda, in the *Second Coming of Christ – the Resurrection of Christ Consciousness Within You*, elucidates Christ's teaching that the Holy Spirit rests within each of us. Fast forward two millennia, and we find quantum physics describing a unified field that appears to connect "all of us and all that is," while contemporary metaphysics articulates the Law of One Mind—that there is but one mind in this universe that is the creating principle behind each individual. Nomenclature and seemingly divergent perspectives aside, each speaks to consciousness. And it is this universal consciousness that is the source of the other voice/viewpoint going on in your own mind.

Some might ask, "So what?" But to those hoping to access higher guidance for coping with the travails of life, knowing how to tap into universal consciousness and knowing you can do so, is a "big deal!" It heralds a revolution that dwarfs the current high-tech revolution, which has reshaped communication and life around the world.

But how does one turn up the volume of the voice within, decode it, avoid misinterpretation and misunderstanding? Needless to say, it is not as effortless as pressing the right button on the remote, turning on the closed-caption feature of the television, or getting the answer to the question you

posed from your iPhone 4. Each of these are handy communication tools, but pale in comparison to tapping into absolute intelligence for guideposts on life's journey. Even after one has initiated a conversation with Source, it requires patience and practice to cultivate ongoing dialogue.

You begin with stillness and silence—that's right, stillness and silence! Both free, but not easily accessible in today's fast-paced, activity-jammed world that has perfected the commoditization of chatter—chatter on your phone, chatter on your computer, chatter on your television, chatter here, chatter there, chatter everywhere! No doubt, the introverts have a head start here, but there is hope for the extroverts who interact with the world of thought through external exchange.

You have to unplug and set aside time to sit-in and delve into the silence. If you can't hear yourself think, if there are no silent pauses filling the gaps between thoughts or spoken words, you won't be able to access universal consciousness while awake. And if your mind is too taxed down-loading the millions of sound and information bytes it is bombarded with daily, your chance of deciphering universal consciousness in your dreams is diminished.

Next, develop a meditation practice and meditate daily. The more you meditate the more open and receptive your mind becomes. Liken it to cleaning out the attic, basement or even a closet. If your space is so crammed

continued on page 65→



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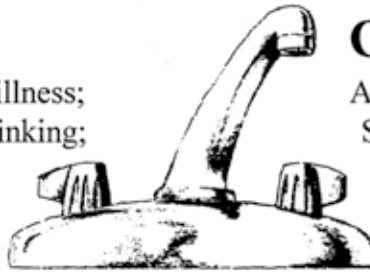


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Starting Your Own Conversations With God
 ...continued from page 63

full of stuff, you have no room for anything new. Any dialogue, including a conversation with Source, requires a volley of ideas and thoughts—empty space is prerequisite for volley.

Once stillness, silence and meditation are foundations of your daily routine, you'll notice that your intuition is developing. Intuition initially seems to come calling in "inconsequential particularities," whispering for you to break long-standing routines (i.e., your route to work, how you prepare a favorite recipe, patterns of daily living, time to call a close relative or friend). At first you notice and ignore, next you notice and ponder. You may be struck by the insignificance of the particulars that you seem to be getting instructions about. Eventually, curiosity prompts you to follow this internal advice. Inevitably, you discover that the intuition is accurate (i.e., a major delay and road closing on your regular route home; your dinner guest was allergic to an ingredient in your favorite recipe; the receipt you discarded was needed for a return). You begin to take note, paying more careful attention. You develop a deeper understanding of why patience and practice are essential.

And now, possibly for the first time, you become aware that the second

voice within your mind differs from your own—its tone, cadence, grammar, formality and sentence structure. You may question how you failed to notice, or wonder what advice or wisdom you may have ignored. You remember that long ago, you became aware of a more directive voice inside your mind but dismissed it as a variation of your alter ego, which always directed you to do the "right" thing. Feelings of surprise and awe mix with incredulity and skepticism. These feelings propel you to research, and there you discover a history replete with famous people (e.g., Thomas Edison, Richard Bach, Emmanuel Swedenborg) and examples of inventions, concertos and inspired writings not claimed as original by the authors who scripted them into form (e.g., *A Course in Miracles*, *Conversations with God*, *Interview with an Angel*).

Discernment is the next step for those already familiar with the internal terrain of their thoughts, feelings, motivations and patterns of behavior. With insight about your own frame of reference, you decipher the "other view" and learn to detect the ideas and information that are beyond your singular perspective. With time, patience and practice you differenti-

ate new information and themes. You come to recognize that you are accessing universal consciousness—you are tapping into a reservoir of intelligence far beyond everyday awareness. As your trust and confidence grow, you are now ready to direct the conversation. You are in dialogue.

You understand that conversation with Source is not limited to a gifted few but is a gift available to those who build on silence, stillness and meditation and who listen, observe and discern. You discover as you cultivate this gift with your inner commentator a growing intimacy with the expansiveness of who you really are. You are steps closer to comprehending divinity, the cosmos, your place and purpose in life. This realization propels you on your spiritual path—the journey onward through the infinitude of your existence! Once you begin to enjoy ongoing conversations with God, you realize that you are never alone. Your connection to all and everything, to the absolute intelligence that pervades the cosmos, is at once a constant source of guidance, peace and equanimity. Enjoy the conversations and the journey!

Joanne Selinske, M.S., Cht., is proprietress of Soul Source retreat center and a Certified Hypnotherapist. Contact her at jselinske@verizon.net. See also the Soul Source ad on page 19.



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WASHINGTON GARDENER

Cherry Blossom Fest and Alternatives

BY KATHY JENTZ

It is almost Cherry Blossom Festival madness again in Washington, DC. The normal predicted bloom-time is from late March through mid-April, with the predicted peak usually during the first week of April when 70% of the blooms are doing their thing. This is the 100th anniversary of the Cherry Blossom Festival so expect to see even more than normal tourists at the Tidal Basin and events around time centering on cherry blossom madness.

If you have been there, done that, or just can't get enough of those dainty pink and white blossoms, here are a few alternatives to the Tidal Basin crowds.

The National Arboretum

The National Arboretum has a splendid and more varied display and LOTS of parking. Stroll around Fern Valley and the other gardens as well while you are there.

Take the Self-Guided Tour, "Beyond the Tidal Basin: Introducing Other Great Flowering." Open March 20 - April 27, 8:00 am - 5:00 pm daily, explore the arboretum's collection of over 2,000 cherry trees representing

600 different cultivars, hybrids, and species of various shapes, sizes, flower colors, and bloom times, including trees that have been created by arboretum scientists. Note: The free tour covers several miles of arboretum roads, and can be driven, biked, or walked. Pick up a brochure in the Administration Building.

Another wonderful tour and talk, "Flowering Cherries: From Ancient Japanese Forests to Modern American Landscapes," will be offered on April 14, from 10:00 am - 12:00 pm meeting at the National Arboretum's Visitor Information center. National Arboretum botanist, Dr. Alan Whittemore, tells the fascinating story of how a series of events involving Japan's early warlords, a 5th century wave of immigration, and political upheavals contributed to the flowering cherry tree becoming Japan's official symbol of spring, renewal, and rebirth. Arboretum geneticist Dr. Margaret Pooler continues the story with a discussion of the USDA's role in receiving the gift of the trees from Japan in 1912, establishing them at the Tidal Basin, and conducting research to create new and improved varieties for the American landscape. Horticulturist David

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WASHINGTON GARDENER



PHOTO BY KATHY JENTZ

Kidwell-Slak leads a brief tour and discusses how to select, plant, and care for one of these distinctive trees in the home landscape. [Fee: \$15 (\$12 FONAs) Registration required. Call 202-245-4521 to register.]

Neighborhood and Garden Tours

Many DC-area neighborhoods are blessed with cherry blossom displays worthy of a visit. Here are a few of the most noteworthy.

- See the Bethesda neighborhood of Kenwood for their stunning display. Park and walk in for an immersion in cherry tree lined streets.
- Dumbarton Oaks in Georgetown has a marvelous orchard of cherries. There is an \$8 admission fee that goes to support the gardens. Parking is also a bear in that neighborhood—I recommend you walk or take the bus.
- Hillwood Estate in NW DC is pleased to celebrate the National Cherry Blossom Festival with short, guided tours of Mrs. Post's Japanese-style garden. Docents will be available to answer questions between the tours. The suggested entry donation to Hillwood is \$12 per adult.
- Brookside Gardens in Wheaton, MD, also has beautiful cherry blossom trees and many other flowering trees like plum, apricot, magnolias, and quince in bloom right now, and you don't have to fight the crowds to see them. The gardens are also full of flowering bulbs like hyacinths, tulips, and hillsides of daffodils.
- Meadowlark Botanical Gardens in Vienna, VA, has over 100 cherry trees surrounding a lovely lake that you can stroll around.
- An anonymous post to my blog tipped me off that there are several blocks of cherry blossom trees creating an arch above the streets of Garrett Park Estates in Kensington, MD. Take Strathmore Road near Holy Cross Church, turn onto Flanders and then I think it's Waycross. The trees span several streets, are lovely, and totally free of crowds!

• Adam Bailey, a local gardener, also let me know that "Stanton Park and Lincoln Park on the Hill—and the Capitol Hill neighborhoods in general—have a good display of blossoms, too."

Grow Your Own

In the very first issue of *Washington Gardener Magazine*, we did a Plant Profile column on the selection and cultivation of cherry trees for our area. Ever since getting my Weeping 'Higan' Cherry, I feel no need to rush downtown. I keep a daily watch on my baby tree and celebrate loudly when the buds finally burst open. I highly recommend it.

Fittingly, the Japanese celebrate the cherry blossom as a symbol of the fleeting nature of life itself. So get out there and enjoy the blossoms while they are still with us and contemplate some deep thoughts amongst all the ephemeral beauty.

Kathy Jentz is editor/publisher of Washington Gardener magazine. Washington Gardener magazine, is a new gardening publication published specifically for the local metro area—zones 6-7—Washington DC and its suburbs.

The magazine is written entirely by local area gardeners. They have real-world knowledge and practical advice with the same problems you experience in your own gardens. They share their thoughts on what to plant in deep shade, how to cover bare spots, which annuals work best throughout the humid DC summers, and much more. If you are a DC area gardener, you'll love Washington Gardener magazine!

The magazine is published six times per year with a cover price of \$4.99. A year's subscription is \$20.00—that's a savings of almost 40% off the per issue price. To subscribe to the magazine: Send a check/money order for \$20.00 payable to "Washington Gardener" magazine to: Washington Gardener, 826 Philadelphia Ave., Silver Spring, MD 20910 OR to pay via Paypal/credit card click on the "subscribe" link at www.WashingtonGardener.com.

See their ad on page 86.



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-4-

Family Biodanza Class, www.blueberrygardens.org; 301-570-5468.

Intermediate Psychic Development with Lyriel Claire, 3/4, 3/11, & 3/18. 3-5:30pm, Sacred Circle Books. Details at www.lyrielclaire.com/IG-Classes.htm.

-7-

Astrological Trends for 2012: The Year for Creation presented by Misty Kuceris and NOVA Astrology Group at Zion Yoga Studio, Fairfax, VA, from 7-9pm. \$10.00. Pre-registration is required. Contact info@NOVAastrologygroup.com or 703-679-8695; <http://NOVAastrologygroup.com>.

-10-

Grow your confidence as a healer through Reiki for Animals - Level II Manassas, Virginia. Contact Trude: 703-889-0294; www.blomso.com; <http://trudetruth.blogspot.com>.

Watercolor Class, www.blueberrygardens.org; 301-570-5468.

3/10-11 **Two-day Life or Executive Coach Certification Program**. At no additional cost you also receive: 1 year continuing education program; 2 coaching sessions from a Master Coach; and Membership in the Washington, DC regional Certified Coaches Federation coaching network. Visit: www.certified-coachesfederation.com; 866-455-2155.

-12-

Goddess and Manlegs introductory seminar for classes and coaching to harmonize inner conflict, cut through blocks, harness personal power. 7-8:30pm, \$20; Rockville, MD. Details: www.goddessandmanlegs.com, or phone Cathy Roberts, MS at 301-651-0019.

-15-

Holistic Moms Network Meeting: "Navigating

Public Schools as a Holistic Family," Panel Discussion, 7-9pm. AUMC, 716 S. Glebe Road, Arlington, VA. Website: <http://holisticmomsarlalex.blogspot.com/>.

3/15-18 **Forgiving the Unforgivable Retreat at Synchronicity Sanctuary** near Nellysford, VA. This special retreat celebrates the release of Master Charles' new book, *Forgiving The Unforgivable*, and focuses on the experience of authentic forgiveness with guidance of an authentic master. For more information, contact www.synchronicity.org, or 757-644-3400.

-16-

Reiki Share at SpaRoom at Van Ness and Wisconsin, NW, 7:30-9:30pm. Reiki shares are for Reiki practitioners of all levels. Shares are opportunities to give and receive healing, practice, exchange and connect with the local Reiki community. Fee is just \$10. For more information and sign up, visit www.sparoommassage.com and look under classes and workshops.

3/16-18 **"Designing and Transforming Reality," Las Vegas Workshop**. Amazing new teachings by Russian scientist / clairvoyant Grigori Grabovoi on governing of consciousness, manifestation, rejuvenation, restoration of human organism, and more! Details, contact Sandy at 303-400-8875 or SynergyBreakthroughs@gmail.com.

-17-

Marianne Williamson - Transforming Ourselves, Transforming Our World, 9am-5pm at UMUC, College Park, MD. Lecture and Lunch, \$99. www.BeTheChangeEvents.com or call Janice Rozenzwoog, 443-465-4392.

Nia Experiential Workshops, 12:30-2:30pm: Inner-Athlete Playshop and Nia Experiential Workshop. www.TheMindfulnessCenter.org, 301-986-1090.

Reiki and IET Shares at the Reiki Center of Greater Washington in Rockville, MD. Call 301-963-0787 or visit www.reikicenter.info for more info.

-18-

LADIES ONLY! Uncover a new experience at our Women's Afternoon Out (clothed event). Experiences shared and questions answered. Robin at naturist02@yahoo.com.

-19-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan buffet starts at 6:30pm. Free screening of *Bag It* begins at 7pm. *Bag It* has been garnering awards at film fests across the country.



Do you have a loved one who has had a **STROKE**?

You are not alone!

Montgomery County Stroke Association

Providing:

- Free stroke information and support
- Monthly programs and support groups for stroke survivors and caregivers

301-681-MCSA (6272)

www.mcstroke.org

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- Tai Chi for martial arts and for health
- Qigong and meditation
- Daytime, evening and weekend classes



Director Roger Blough certified by Dr. Yang, Jwing Ming Herndon, VA 703-435-4400

www.qielements.com

50% off a trial lesson with this ad.

SPRING CALENDAR

What started as a documentary about plastic bags evolved into a wholesale investigation into plastics and their effect on waterways, oceans and even our bodies. Come learn the latest on the bag tax issue and how you can get involved. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-22-

Tai Sophia Institute Graduate School Open House, 6-8pm. Now enrolling for all programs in health and wellness fields. RSVP to the Office of Graduate Admissions. Call: 410-888-9048, ext. 6647, or email: admissions@tai.edu. www.tai.edu

3/22-25 & 4/12-15 **Awaken Your Illuminated Heart Workshop** links you to Divine Intelligence through your heart. Co-create with the Divine and prepare for Ascension with Mother Earth. www.openheartmasters.org

-24-

"Menopause and Bio-identical Hormones", 12pm, by Dr. Mary Kashurba, a physician & speaker; followed by "HCG, Weight Loss, Hormonal Balance and Metabolic Function" at 1pm. For more info, visit our website at www.vipimed.com. Call 571-344-4673.

Tai Chi Chuan Seminar. Learn the original form of Tai Chi including the silk reeling, Qigong and push hands exercises. Register online at: www.tc-cii.com.

Transpersonal (Past-Life) Regression Workshop. Free yourself from the generational karma, stop the physical and mental patterns in your own and your children's lives. See ad in the magazine or ask for flyer from rstamler@gmail.com. www.quantumregressiontherapy.com

Tree and Plant Whispering: Holistic Chores and Healing Whispers. Full Day Workshop. Enjoy more success with practical garden chores. Delight in learning experiential bioenergy tree-healing techniques. Be in cooperative partnerships with trees, plants and Nature. 9:30am-5pm. Upper Marlboro, MD 20772. Early bird: \$95; after March 10th: \$115. *Please Bring Your Own Lunch! Christel Libiot: 301-372-0797; Info@StellarConnections.us. www.stellarconnections.us/events/, or www.TreeWhispering.com

Yama Studio's Annual Open House for prospective students for the Yoga Teacher, Ayurveda and Meditation Facilitator trainings, noon to 3pm. Ruscombe Community Health Center, 4901 Yellowwood Ave., Baltimore, MD, 21209. Info at www.yamastudio.com under "Special Events," or call 410-464-9000.

3/24-25 **Introduction to Psychic Development Workshop**. Learn telepathy, visualization exercises and psychometry, psychic protection, medi-

umship and reading energy by touch. Whether this is your first class or you are experienced, this class provides a fun, safe environment to empower energy and spirit techniques. 10am-4pm; \$120. Diamond.debra@gmail.com; 410-375-6135.

-25-

Introduction to Reconnective Healing and the Reconnection. www.res-tonreikiandselfhealingarts.com

-29-

3/29-30 **Treating Disorders at Their Roots, HANDLE® Approach to Neurodevelopmental Differences**. Crossings Center for Natural Healing, Silver Spring. Visit: www.handle.org/training/training-calendar.html, or call 413-528-0477.

-31-

Traditional Victorian Séance Fundraiser. Relive yesteryear with live period music and attire, spirit messages from certified mediums, refreshments & more. \$75/person. 8-10pm. Details: theCSE.org

APRIL

-1-

A Day of Meditation, www.blueberrygardens.org; 301-570-5468.

4/1-2 **Nationally-known artist Melissa Harris returns to Sacred Circle**. Take home an original watercolor by her of your "spirit essence." Space limited. Call 703-299-9309.

-3-

Evolve! Yoga, the Energy Matrix & Human Development Workshop. Your body can hold memories that imprison you so you remain undeveloped—a chrysalis of a would-be butterfly. But with chakra meditation, ha-tha yoga and appropriate breathing to balance grounding, boundaries, energy, armor, character structure, you can shift frequencies—unfurl and move confidently forward with an empowered sense of your beautiful self. 11am-5pm. Five Yoga Alliance hours. Contact: Carol Iverson, www.rising-sunhealingarts.com; or Iverson201@aol.com.

-4-

Converting Shadow to Gold with Tom Chaplin, presented by NOVA Astrology Group at Zion Yoga Studio, Fairfax, VA, from 7-9pm. \$10.00. Pre-registration is required. Contact info@NOVAastrologygroup.com or 703-679-8695. http://NOVAastrologygroup.com

-7-

LADIES ONLY! Uncover a new experience at our Women's Afternoon Out (clothed event). Experiences shared and questions answered. Robin at naturist02@yahoo.com.

continued on page 70 →



Natural Health Festival

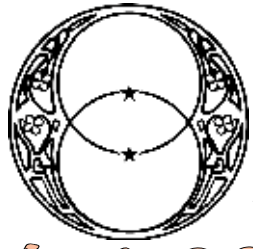
April 22, 2012
10am - 4pm
@
Meridian Hill Park/Malcolm X Park & Josephine Butler Park Center

~

Live Music
Health Food
Naturopaths
Acupuncture
Yoga
Organic Clothing
Reiki, Massage, Aromatherapy
Organic Gardeners & Herbalists
Sustainable Businesses

Co-Sponsored by
GW Center for Integrative Medicine
& Washington Parks & People

NaturalHealthFest.wordpress.com



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- **Psychic Fairs**
- **Classes – psychic development, paganism, shamanism, A Course in Miracles, & more**
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 - Magical herbs & ritual items
 - Jewelry & clothing

SPECIAL EVENT

Nationally-known artist and intuitive Melissa Harris returns to Sacred Circle on April 1 & 2. Have her create an original watercolor of your "spirit essence". Space limited. Call now to book a 90 min. sitting.

919 King St. Old Town Alexandria
703-299-9309

SacredCircleBooks.com

Tue – Sat 11-7 Sun 1-5

SPRING CALENDAR

APRIL

...continued from page 69

Raja Yoga Meditation Class, Saturdays (4/7 & 4/24), 10am-4pm. Washington Institute of Natural Medicine, 5101 Wisconsin Avenue, Suite # 100, Washington, DC 20016. \$125 for both Saturdays. 202-686-8202 to register; 269-365-8939 for more information.

4/7 & 4/14 **Beginning Spirit Communication & Mediumship Workshop**. Join Spiritualist Medium Konstanza Morning Star in this 2-day workshop to open up your natural ability to communicate with your spirit loved ones and spirit guides. Silver Spring, MD. Visit www.silverspringoflight.com.

Wednesday Night Mediumship Development Circle, 7:30-9:20pm. Spiritualist Medium Konstanza Morning Star offers this unique practice opportunity for those who are interested in developing their mediumship & psychic gifts. 8 weeks. Silver Spring, MD. www.silverspringoflight.com

Understanding New Research: Helping Children and Teens With Anxiety Disorders and Depression. 10am-12pm at the Crystal Gateway Marriott

in Arlington, Virginia. \$25 for adults (children under 18 are free). Visit www.adaa.org or call 240-485-1030 for more information.

Free 10-Minute Hydromassage Therapy in Dr. Murphree's clinic in the heart of Fairfax City for Tax Day. For more information, call: 703-279-2101, or visit: fairfaxfacial.com.

4/13-15 **Basic Theta Healing Certification Class**. www.restonreikiandselfhealingarts.com

4/13-14 **"Contemplatives, Mystics, Prophets, & Visionaries,"** a Gerald May Seminar with Cynthia Bourgeault. Engage with Cynthia in her exploration of four contemporary contemplative voices: Thomas Merton, Bruno Barnhart, Raimon Pannikar, and Constance FitzGerald. Examine how (and *why*) contemplative prayer and practice is leading the way in the recovery of Christianity's visionary and prophetic voice. Shalem Institute, Washington, DC; www.shalem.org; 301-897-7334.

Biodanza Workshop, www.blueberrygardens.org; 301-570-5468.

***FREE* Introduction to Yoga Workshop**, 10am-12 noon at Dream Yoga



Dawa 4 Life

Presents the...
Silva UltraMind ESP System

We have all heard many times that anyone can control the direction and pattern of their lives if they just knew how. With the Silva UltraMind System, you will learn simple and practical ways to bring about this control.

The Silva UltraMind ESP System seminar was scientifically researched, tested and uses proven techniques which you receive in a step-by-step, learn-by-doing manner. You will see noticeable results by the end of the two day seminar.

Join us on a path to health, tranquility, and happiness. Discover that you are the instrument of your own fulfillment.

Learn How To:

- ☑ Use the "Silva Law of Programming" to manifest your sincere desires
- ☑ Use "The Law of Attraction" more effectively
- ☑ Get and stay healthier
- ☑ Discover your purpose in life
- ☑ Create the life *YOU* want
- ☑ Heighten your daily *creatively*
- ☑ Make better *decisions*
- ☑ Enhance *relationships*
- ☑ Manage *stress*

April 2012

FREE Intro to Seminar
(You must Register)
Friday, April 20th
6 pm to 8:30 pm

Day 1
Saturday, April 21st
9 am to 6 pm

Day 2
Sunday, April 22nd
9 am to 6 pm

For More Info:
www.dawa4life.com
Call Sam 702-363-8002

4-day Feng Shui & Asian Astrology Consultant's Training

with Hope Karan Gerecht

Baltimore, July 14 & 15 and Aug 11 & 12, 2012
9:30 a.m. – 4:45 p.m.



This 4-day training teaches ancient Asian wisdom of how to understand the amazing beauty and depth of each person and how to help evolve every home.

Add to your career skills while helping yourself, your friends, family, & clients

Register early and receive a package of whole home Feng Shui remedies.

410.486.6086
lifeworks@earthlink.net

SPRING CALENDAR

Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at www.DreamYogaStudio.com, or call 703-448-YOGA (9642).

4/14-15 **Empowerment Weekend at Synchronicity Sanctuary** near Nellysford, VA. Empowerment Weekends offer an empowering experience of modern spirituality with Master Charles Cannon. They are scheduled throughout the year and are open to everyone. For more information, contact 757-644-3400, or www.synchronicity.org.

4/14-15 **The Way of the Shaman (the Basic Workshop)**, DC area, taught by Dana Robinson, Teaching Associate of Michael Harner and his Foundation for Shamanic Studies (www.shamanism.org) for 26 years. Experiential training introducing the basic methods of shamanism, an ancient spiritual strategy for remarkable personal learning. The focus is on the shamanic journey, the voyage of the shaman into non-ordinary reality (the spirit worlds), aided by drumming. Shamanic divination and shamanic healing techniques will be covered. Contact Dana, 410-820-9977, or email danacougar@goeaston.net. See his website: www.shamantracks.com.

4/14-22 **Celebrate Earth Day!** Book an Initial Consultation or Hourly Garden Coaching from April 14 through April 22 and receive a 10% discount! www.GoGardeners.com

-15-

10th Anniversary OPEN HOUSE & HEALTH FAIR with Free Mini-Classes, Massage & more, 1pm-4pm. Come share with us at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. More info at www.DreamYogaStudio.com or call 703-448-YOGA (9642).

Glen Echo T'ai Chi New Beginners Classes start; 12 sessions, \$180 plus registration fee. More information at www.glenechopark.org.

Meditation and Chanting Retreat: I AM THAT, THAT I AM. 9am-4pm. In this day-long retreat, you will chant and meditate to cultivate your inner connection to the sacred. Welcome beginners to meditation as well as those with a regular practice. \$90 by 4/9; \$105 after. IAS (www.ias-online.org)

continued on page 72 →

8th Annual

Green Man Festival

**Celebrating Our Common Ground
The Garden from where Life Springs**



Roosevelt Center in
Historic Greenbelt, MD
Crescent Rd. & Southway Dr.

**Saturday, May 12th
10 am to 7 pm**

**Sunday, May 13th
11 am to 6 pm**

Special performance at 5 pm by

KIVA

Come join us rain or shine for two days honoring the Earth through celebration of music, crafts, sustainable living, community, food & fun.

www.greenbeltgreenmanfestival.org

Spaces Available for Health & Wellness Professionals.
Performers and Volunteers Needed. Inquire at
greenbeltgreen_man@live.com or Call 301-219-8935

Be Blessed with Peace

Sri Karunamayi Visits DC

Sri Karunamayi is the embodiment of compassion and unconditional love, whose words and presence bestow limitless peace and spiritual illumination.

The first two programs will be held at:

The Hindu Temple of Metropolitan Washington
10001 Riggs Road
Adelphi MD 20783

Individual Blessings/Saraswati Diksha

Friday, June 22 — 10:00 am–1:30 pm

A special opportunity to privately share your joys and pains with Sri Karunamayi. She will offer Sri Saraswati Mantra Diksha initiation to students ages 4 to 24.

One Day Meditation Retreat

Saturday, June 23 — 8 am - 6 pm

See information to the right of Sri Karunamayi's picture.

Homa/Sacred Fire Ceremony

Sunday, June 24 — 9:00 am–1:00 pm

The Hare Krishna Temple
10310 Oaklyn Drive, Potomac MD 20854
Sri Karunamayi will perform a homa for world peace which will benefit all who attend.

People of all faiths invited.

All programs free except the retreat.



Realize Your True Self: A Special One-Day Meditation Retreat

Saturday, June 24

Join us for a unique opportunity to explore and deepen your own spiritual practice under the loving guidance of Sri Karunamayi. People of all spiritual backgrounds and faiths are invited to enjoy the motherly grace of one of India's most revered masters during this special day of meditation, fellowship, and song. A vegetarian lunch will be provided. For more information, or to register, call 202-384-7984.

Time: 8:00 am–6:00 pm

**Place: The Hindu Temple of Metropolitan Washington
10001 Riggs Road
Adelphi MD 20783**

**Fee: \$100 for the full day: early registration
\$120 for the full day: late registration
\$60 for half a day: early registration
\$75 for half a day: late registration**

www.karunamayi.org
WashingtonDC@karunamayi.org
240-447-3630

Proceeds will support Sri Karunamayi's charitable activities, including a free hospital and school in rural India.



FOUNDATION FOR SHAMANIC STUDIES WORKSHOPS 2012

Over tens of thousands of years, our ancient ancestors all over the world discovered how to maximize human abilities of mind and spirit for healing and problem-solving. The remarkable system of methods they developed is today known as "shamanism," a term that comes from a Siberian tribal word for its practitioners: "shaman." Shamans are a type of medicine person especially distinguished by the use of journeys to hidden worlds mainly known through myth, dream, and near-death experiences.

Philip Dana Robinson, a Faculty Member of Michael Harner's Foundation for Shamanic Studies (www.shamanism.org) for 26 years, has taught over 600 workshops in the Southeastern United States, Hawaii, Bermuda, and Canada and offers experiential workshops several times a year in the Greater Washington, DC area. In addition to teaching Foundation workshops, Dana and his wife Shana have developed a series of additional seminars titled "The Next Step."

The Way of the Shaman®: The Basic Workshop
April 14-15, 2012 and October 20-21, 2012
Shamanism and the Spirits of Nature
August 18-19, 2012

For information call Dana at 410-820-9977
or email danacougar@goeaston.net
Visit his website at www.shamantracks.com

SPRING CALENDAR

APRIL

...continued from page 71

Reiki and IET Shares at the Reiki Center of Greater Washington in Rockville, MD. Call 301-963-0787 or visit www.reikicenter.info for more info.

Tarot for Self Guidance with Lyriel Claire. 4-6:30pm at Sacred Circle Books. Details at www.lyrielclaire.com/IG-Classes.htm.

-16-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan buffet starts at 6:30pm. Free screening of *Walking the Line* begins at 7pm. *Walking the Line* provides both a harrowing view of the chaos along the U.S.-Mexico border and a scathing critique of our failed border policy. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-19-

Holistic Moms Network Meeting: Ayurveda 101: Introduction of an Ancient Medicine, 7-9pm. Arlington United Methodist Church, 716 S. Glebe

Rd., Arlington, VA 22204. <http://holisticmomsarilalex.blogspot.com/>

Reiki Share at SpaRoom at Van Ness and Wisconsin, NW, 7:30-9:30pm. Reiki shares are for Reiki practitioners of all levels. Shares are opportunities to give and receive healing, practice, exchange and connect with the local Reiki community. Fee is just \$10. For more information and sign up, visit www.sparoommassage.com and look under classes and workshops.

-20-

4/20-21 Grow your confidence as a healer through Reiki for Animals: Level II! Manassas, Virginia. Contact Trude: 703-889-0294; www.blomso.com; <http://trudetruth.blogspot.com>.

4/20-22 Ecumenicon: Year of Temperance. Comfort Inn, Beltsville. Internal Union Male/Female, Addictions Recovery, Balancing Spirit/Body. \$90; www.Ecumenicon.org/Conference/Registration. Rosanna Tufts, rosanna-108@comcast.net.

-21-

Day of Mindfulness Meditation, www.blueberrygardens.org; 301-570-5468.

Meditation & Prayer for Spiritual Unfoldment Workshop: Nourish your spirit with a practice of meditation and prayer to support the unfolding of your spiritual/psychic/mediumistic gifts with Spiritualist medium Rev. Konstanza Morning Star. 9:30am-5:30pm. Silver Spring, MD. www.silverlight.org

Transpersonal (Past-Life) Regression Workshop. Learn how to Create Abundance in your Life of whatever you seek. Takes place in Allentown, PA; for more information, email rstammler@gmail.com. www.quantumregressiontherapy.com

4/21-22 Bethesda Meditates, 9am-9am: Community Meditating for the Community. Join the experience of meditating in unison, make an impact. www.TheMindfulnessCenter.org; 301-986-1090 .

4/21-22 Two-day Life or Executive Coach Certification Program. At no additional cost you also receive: 1 year continuing education program; 2 coaching sessions from a Master Coach; and Membership in the Washington DC regional Certified Coaches Federation coaching network. Visit: www.certifiedcoachesfederation.com; 866-455-2155.

-22-

GPS Your Path Life Transformation Method-Live Speaking Event and Pilot Study launch. Event space limited, but the Pilot Study is ongoing through 2012 in small groups. Contact Bonnie at 301-428-7288; www.gpsyourpath.com.

Trager Introductory Movement Workshop, www.blueberrygardens.org; 301-570-5468.



Ecumenicon Interfaith Conference

Earth Day weekend:
April 20-22, 2012

Comfort Inn
4050 Powder Mill Road, Beltsville MD

Temperance: Harmonizing Opposites

KEYNOTE: **Geraldine Amaral**, *Pathways* columnist, author "Tarot Celebrations"

ALSO FEATURING: **Maryam Kabeer Faye**, Sufi author of "Journey Through 10,000 Veils"

Anita Wagner and Tim Illig, Cathy Roberts, Duane Bowers, Rosanna Tufts, Rik and Anna-Sara Fire, Pan Orpheus, Patty Taylor, Charles Butler, and more!

Classes on: Addictions Recovery (including Sex addiction), Balance of Spirit and Body, Ethical Use of Mind-Altering Substances, Obsession & Renunciation, Vedic Astrology Intensive, Internal Union of Male & Female

Tambor, Norse Healing Circle, Children's Programming, Exhibitor Hall

\$90 for 3 days (discounts avail. for multiple registrations and children)
Room Rate \$79/night; contact Comfort Inn to book, (301) 572-7100

NOW ACCEPTING REGISTRATIONS for students and exhibitors at:
www.Ecumenicon.org/Conference/Registration

Con Chair: Rosanna Tufts, Rosanna-108@comcast.net, (443) 860-9604

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Facebook - Newfuturesociety US

SPRING CALENDAR



-27-

4/27-29 **Beltaine. It's about Spring, it's about Family, and our Joyous Journey** through the Wheel of the Year. www.4QF.org, 814-784-3080.

-28-

Goddess and Manlegs introductory seminar for classes and coaching to harmonize inner conflict, cut through blocks, harness personal power. 7-8:30pm, \$20; Rockville, MD. Details: www.goddessandmanlegs.com, or phone Cathy Roberts, MS at 301-651-0019.

World Taiji & Qigong Day, FREE EVENT, 10am-2pm. Join Peaceable Dragon teachers, students and friends. See demonstrations of Taiji, Qigong, and Yoga. Participate in free mini-classes with local teachers and heal-

ing garden practitioners. WT&QD is a worldwide event. Come celebrate with Peaceable Dragon at Meadowlark Botanical Gardens in Vienna, VA, and share the Qi. More information at www.peaceabledragon.org.

-29-

Inward Bound Mindfulness Workshop for Teens, www.blueberrygardens.org; 301-570-5468.

MAY

-2-

Astrology & Meditation with Debbie Peluso presented by NOVA Astrology Group at Zion Yoga Studio, Fairfax, VA, from 7-9pm. \$10. Pre-registration is required. Contact info@NOVAastrologygroup.com or 703-679-8695. <http://NOVAastrologygroup.com>

-3-

5/3-6 **Regional Iyengar Yoga Conference – MAITRI Southeast**. Maitri means "friendliness." The Iyengar Yoga Association of the Southeast welcomes all practitioners and students to attend classes taught by senior national and regional instructors. All levels welcome. Sutras studies, Q&A, and more. Visit www.iyengarconferenceDC.com for information and registration.

continued on page 74 →

A Film Festival for Heart & Mind

BUDDHA FEST

A UNIQUE BLEND OF

FILMS | TALKS | MEDITATION | MUSIC



Join Us for

A Celebration of Mindfulness

June 14-17, 2012

**At Artisphere in Rosslyn
Arlington, VA**

2 Blocks from Rosslyn Metro
Free Parking

Attend Individual Events
Or the Entire Festival

Tsoknyi Rinpoche
Congressman Tim Ryan
Rick Hanson
Sharon Salzberg
Tara Brach
Jonathan Foust
Jerry Webster
Christian Gregory
Jayne Sutton and
Venerable Pannavati Bhikkhuni

Featuring an evening of
sacred music with
Krishna Das

Festival Partner

AWAKE IN THE WORLD
tricycle

Founding Sponsor

Insight Meditation Community
of Washington

DETAILS & TICKETS AT:
buddhafest.org



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on Facebook

Use code "Pathways2012" for \$20 off full registration.

TAKING
ACTION
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The Nation's Largest Animal
Advocacy Conference



How will you
take action?

At Taking Action for Animals, you'll learn how to use your skills to help animals ... all while meeting new friends!

- July 27-30 2012 at the Marriott Wardman Park in Washington, D.C.
- Workshops, exhibit hall, social events, banquet dinner, Lobby Day on Capitol Hill

Don't miss out—TAFAs won't return till 2014!

takingactionforanimals.org



Visit the URL to the left
or scan this code with your
smartphone to learn more!

*Celebration
Center for
Spiritual Living*

~ Celebrating Diversity ~
Embracing Oneness ~ Revealing Magnificence

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Are you ready for a New Thought?

Are you ready to transform your life?

Awaken your spiritual powers and
unleash your highest potential?

Sundays 9:30 am, 11:00 am & 6:30 pm

Join us!



2840 Graham Road
Falls Church VA 22042
www.celebrationcenter.org
703-560-2030



SPRING CALENDAR

MAY

...continued from page 73

-4-

5/4-8: **Level 3 Trager Training**, www.blueberrygardens.org; 301-570-5468.

-5-

Sacred Journeys: Walking with Spirit in Shenandoah National Park. Re-vive your spirit! Experience a spiritual union with the sacred spirit of Nature! Learn meditative processes and exercises to open your spiritual perception; connect with the elements of nature; practice nature divination on secluded trails. Contact Spiritualist medium Konstanza Morning Star. www.silverspringoflight.com

Transpersonal (Past-Life) Regression Workshop. Explore your non-Earthly aspects. Learn what professionals believe. See ad in the magazine or ask for flyer from rstammler@gmail.com. www.quantumregressiontherapy.com

-6-

From Silkworm To Butterfly: Yoga, Einstein & Transformation. Ready to unleash your limitless, inborn potential? Learn about the biology of transcendence: relationships between energy, emotions & levels of conscious-

ness. Explore processes for multidimensional living & perception. Gain insight from accomplished masters across ages & cultures. Discussion of Yoga & other disciplines will provide a safe foundation for your journey of spiritual evolution! Carol Iverson, E-RYT, has been teaching Yoga for 24 years, and is a Massage & Asian Bodywork practitioner of 30 years. 5 Yoga Alliance Hrs. available. Call Carol at 301-565-3492. http://risingsunhealingarts.com/workshops-retreats.html

Healing Angels of the Integrated Energy Therapy Healing Field. www.restonreikiandselfhealingarts.com

-12-

Biodanza Workshop, www.blueberrygardens.org; 301-570-5468.

Reiki and IET Shares at the Reiki Center of Greater Washington in Rockville, MD. Call 301-963-0787 or visit www.reikicenter.info for more info.

5/12-13 **8th Annual Green Man Festival**, Roosevelt Center in Historic Greenbelt, MD. Rain or Shine. Visit: www.greenbeltgreenmanfestival.org. Spaces available for Health and Wellness professionals. Contact greenbeltman@live.com or call 301-219-8935.

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SPRING CALENDAR



5/12-13 Connect With Your Spirit Guides Workshop. Connect with your life purpose, develop a close relationship with your main spirit guides, embark or deepen your connection with the Infinite in this 2-day intensive workshop with Spiritualist Medium Konstanza Morning Star. Silver Spring, MD. www.silverspringoflight.com

5/12-6/16 Meditation as Therapy: Saturdays, 12-1:30pm. If you have a special interest in health, are practicing in the health care field, or wish to experience the therapeutic benefits of meditation, this class is for you. For more information, visit; www.TheMindfulnessCenter.org.

5/12-28 Spiritual Conference with Master Lakshmi Devi. www.newfuturesocietycenter.com; 301-460-1417.

-17-

Holistic Moms Network Chapter Meeting, 7-9pm. Arlington United Methodist Church, 716 Glebe Rd., Arlington, VA 22204. Website: <http://holisticmomsarilalex.blogspot.com/>. Children are always welcome.

Reiki Share at SpaRoom at Van Ness and Wisconsin, NW, 7:30-9:30pm. Reiki shares are for Reiki practitioners of all levels. Shares are opportunities to give and receive healing, practice, exchange and connect with the local Reiki community. Fee is just \$10. For more information and sign up, visit www.sparoommassage.com and look under classes and workshops.

-18-

5/18-19 Two-day Life or Executive Coach Certification Program. At no additional cost you also receive: 1 year continuing education program; 2 coaching sessions from a Master Coach; and Membership in the Washington DC regional Certified Coaches Federation coaching network. Visit: www.certifiedcoachesfederation.com; 866-455-2155.

5/18-20 "Connecting the Golden Thread of Ancient to NOW," a May intensive in Lander, WY. The evening on Fri., May 18, is "Call of the Ancient." For more information, visit online at www.voiceofthegatekeepers.com, or call 307-335-8113.

-19-

Qigong in Daily Life: Sleep. 9am-12pm. Understand the effects of im-

balance of your yin and yang energies and ways to promote sleep through massage, chanting, meditation, and energy practices. \$50 by 5/14; \$60 after. IAS (www.ias-online.org)

-20-

Poplar Spring Animal Sanctuary 9th Annual Run For The Animals 5K Race & 1 Mile Fun Walk, 8-11am. 2000 Shorefield Road, Wheaton Regional Park. For more information: <http://animalsanctuary.org/events/run.html>. Or contact Howard Edelstein, 301-625-9321 or email poplarspringrun@yahoo.com.

Self Healing Circle. www.restonreikiandselfhealingarts.com

Using a Pendulum with Lyriel Claire. 4-6:30pm, Sacred Circle Books. For details, visit www.lyrielclaire.com/IGClasses.htm.

-21-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan buffet starts at 6:30pm. The Potter's House Bookstore, a social-justice & spirituality-based bookstore in DC will host the evening. Free documentary TBA and begins at 7pm. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

-24-

5/24-27 The Age of Limits. Workshops on understanding and adapting to limits of growth on a finite Earth. An outdoor weekend community created for attendees to meet and exchange with each other and our presenters. www.AgeOfLimits.org; 814-784-3080.

-26-

A Day of Meditation, www.blueberrygardens.org; 301-570-5468.

5/26-28 Memorial Day Weekend Reiki & Raja Yoga Retreat conducted by Grandmaster Shailesh and the high initiates of the Divine Heart Center. Register at www.divineheartcenter.com, or email: services@divineheartcenter.com.

JUNE

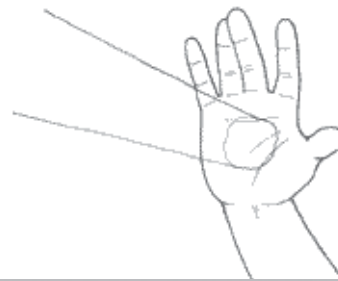
-1-

6/1-3 Advanced Theta Healing Class. www.restonreikiandselfhealingarts.com

6/1-13 12-day Yoga Teacher Training offered through GWU Department of Exercise Science; meets Yoga Alliance requirements. www.summer.gwu.edu/yoga.html

continued on page 76 →

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The Henan University of Traditional Chinese Medicine (HUTCM) authorized the IIMQ to be the Overseas College of Medical Qigong for HUTCM. The IIMQ will represent the University in all medical qigong matters within the United States.

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SPRING CALENDAR

JUNE

...continued from page 75

-2-

6/2 & 6/30 **'Good Night' Qigong Sleep Forums.** 10am-12pm. These discussions will focus on what's helping (or not helping) you get a good night sleep. Information and practices from Qigong Sleep Workshops offered in December 2011 and May 2012 will be reviewed and practiced. \$50 by 5/25 (for both); \$30 (each) after. IAS (www.ias-online.org)

6/2-3 **Redefining Health Workshop.** Tai Sophia's signature weekend program. Fee: \$165. Call: 410-888-9048, ext. 6647; email: admissions@tai.edu. www.tai.edu

-3-

6/3-5 **Nature, Yoga and the Human Microcosm: A Weekend Retreat** with stories, presentations, Yoga and meditation sessions based on Nature and the Five elements. Yoga Alliance hours available. Contact Carol Iverson, www.risingsunhealingarts.com: or Iverson201@aol.com.

-9-

Art and Yoga Workshop, 1-5pm, \$55. Located in Silver Spring, MD. To register call Savitri Khalsa: 301-408-1280.

www.RainbowSpringsAlchemy.weebly.com

6/9-11 **Feng Shui Consultant Training Retreats** on the big island of Hawaii with Hope Karen Gerecht. Call: 410-486-6086, email: lifeworks@earthlink.net.

-14-

6/14-17 **BuddhaFest. A Film Festival for Heart & Mind.** Films, talks & meditation. Music by Krishna Das. Featuring talks by Tsoknyi Rinpoche, Rick Hanson, Congressman Tim Ryan, Tara Brach, Sharon Salzberg & many others. At Artisphere in Rosslyn, VA. Details & tickets at buddhafest.org.

-16-

Universal Tributes Spiritual Roadmap. Use these universal psychospiritual principles to learn how the quality of your inner state relates to the quality of your relationships and your group life. A day of contemplation, self-inquiry, and healing exercises. \$95 by 6/9; \$105 after. IAS (www.ias-online.org)

-21-

Reiki Share at SpaRoom at Van Ness and Wisconsin, NW, 7:30-9:30pm. Reiki shares are for Reiki practitioners of all levels. Shares are opportunities to give and receive healing, practice, exchange and connect with the local

Reiki community. Fee is just \$10. For more information and sign up, visit www.sparoommassage.com and look under classes and workshops.

-22-

6/22-24 **Divine Mother Amma Sri Karunamayi.** Friday Individual Blessings Day, Free; Saturday Retreat Day, Registrants only; Sunday Fire Ceremony, Free. Call 240-447-3630 for details or visit www.karunamayi.org/.

-23-

6/23-24 **Two-day Life or Executive Coach Certification Program.** At no additional cost you also receive: 1 year continuing education program; 2 coaching sessions from a Master Coach; and Membership in the Washington DC regional Certified Coaches Federation coaching network. Visit: www.certifiedcoachesfederation.com; 866-455-2155.

-24-

Kids and Parents Reiki Class. www.restonreikiandselfhealingarts.com

-30-

Tai Sophia Institute Graduate School Open House, 9:30am-12:30pm. Now enrolling for all programs in health and wellness fields. RSVP to the Office of Graduate Admissions. Call: 410-888-



9048, ext. 6647; email: admissions@tai.edu. www.tai.edu

UPCOMING

NOVA Astrology Group's first astrological barbecue and night sky party in Fairfax, VA. Contact for finalized date, still TBD. For more information, go to <http://NOVAastrologygroup.com>.

7/4-8 **Drum & Splash!** Incredible Family-Friendly Nation's Birthday Celebration & Camping Experience! Dance! Swim! Drum! For info: www.4QF.org, 814-784-3080

7/14-15 & 8/11-12 **Asian Astrology Consultant's Training with Hope Karen Gerecht.** A four day training that teaches ancient Asian wisdom of how to understand the beauty of each person and evolve your home.

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7/27-30 **Taking Action for Animals -The Nation's Largest Animal Advocacy Conference.** Learn how to truly impact animals' lives. Workshops, events, exhibit hall and more! www.takingactionforanimals.org

ONGOING

3/26-4/30 **Drop in Yoga Class every Monday with a different teacher!** A fun way to experience 6 different teachers from the local yoga community. \$10/person. Proceeds will be donated to www.AWiderCircle.org. Rivendell Center, 9339 Fraser Ave, Silver Spring, MD 20902. 240-247-0393

Enneagram Practice Group. 11:00am-12:30pm. This monthly series will use Enneagram as a tool for self-observation of motivation and behavior. Practice sessions use DVDs of types followed by inquiry and discussion. 3/14, 4/11, 5/9 & 6/13. This work is intended to help you uncover your Essence. \$75 for all 4 sessions by March 7; \$90 after. IAS (www.theclarionway.org)

Family Constellation Evening led by

Randy Goldberg. Every month at 614 E Lynfield Dr., Rockville, MD 20852. More info at: www.healrockville.com; 202-380-6850.

\$5 First Fridays—Community Yoga Classes—offered at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at www.DreamYogaStudio.com, or call 703-448-YOGA (9642).

Free Aura Classes, First Superet Branch Church of Washington, DC. Learn about your aura and how to see it with Mother Trust's Superet Aura Chart Method. Thursdays from 7-8pm; free parking. Contact us at www.superetlightchurch.com or 202-291-8658.

Free monthly meetings to answer your questions about ayurveda, yoga, and a natural, healthy lifestyle. Our goal is to help you begin your path to a healthier, happier you, or guide you on your way already. Either way, we would love to meet you, and introduce ourselves, our work and share our passion with you! Contact for more details. Apurva Wellness, Falls Church, VA; www.apurvawellness.com.

Glen Echo T'ai Chi Drop In Classes at our Intermediates and Corrections classes: Saturdays, 8-9:30am,

and Sundays, 9:30-11:00am. \$20 for 90-minute class. More information at www.glenechopark.org.

GPS Your Path Life Transformation Method-Live Speaking Event and Pilot Study launch. Event space limited, but the Pilot Study is ongoing through 2012 in small groups. Contact Bonnie at 301-428-7288. www.gpsyourpath.com. See calendar listing under April 22, 2012.

Group Acupuncture, Tuesdays at 6pm, Saturdays at 11am: Treat yourself to an empowering experience of relaxation and reinvigoration! www.TheMindfulnessCenter.org, 301-986-1090 .

Introduce your employees/organization members to the stress-relieving and energizing power of yoga! Or learn how Chinese Medicine can support your health & healing. Contact Luann@DreamYogaStudio.com for a FREE "Lunch & Learn" session at your place.

Intuitive Readings and Healings, last Sunday of each month, starts 3/25. 12-5pm. Email: www.waterfall.healing.center@gmail.com. For bio's: www.facebook.com/WaterfallHealingCenter.

Learn Violet Flame Healing every Thursday of the month, 7:30-9pm. Washington DC Teaching Center, 7302 Carroll Ave., Silver Spring, MD 20912. 301-270-3312.

Meditation and Chanting to Heal Planet Earth. March 18, April 15, May 20, June 17. 4-5:30pm. \$10/session. IAS (www.ias-online.org)

Meditation: Initiation into Higher Consciousness, Monday evenings, and more. 301-460-1417; www.newfuturesocietycenter.com.

New and Full Moon Services. Open to All! Celebrated the Saturday closest to the lunar New and Full Moon each month. For information: www.4QF.org, 814-784-3080.

Online Study Programs for The Soul and Service Trilogy. Online registration is available for *Born to Serve: The Evolution of the Soul Through Service.* This study program explores the practice of soul-inspired service so urgently needed in this transformational time. IAS (www.theclarionway.org)

Quantum-Touch Workshops. Learn to: accelerate healing, easily adjust structural alignment, relieve pain quickly and profoundly. Email or call

continued on page 78 →



Jonathan Tao, O.M.D.
DC, VA & MD R. Acu.

Listed in Dictionary of International Chinese Medical Doctor Biography

MORE THAN 20 YEARS CLINICAL EXPERIENCE

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SPRING CALENDAR

ONGOING

...continued from page 77

for schedule and information: miriam-hunter@verizon.net; 202-361-7321.

Right Use of Will: Independent Study. Can enroll anytime. This three-month Independent Study supports you in developing and healing your will. See website for further detail. \$110. IAS (www.theclarionway.org)

Sunday Morning Meditation with Master Charles. Meditate with an au-

thentic spiritual master each Sunday morning, 11am at Synchronicity Sanctuary near Nellysford, VA. For more information contact, www.synchronicity.org or 757-644-3400.

Ten-day retreats in Theravada Buddhist meditation in the U Ba Khin tradition at IMC-USA, Westminster, Maryland. Call 410-346-7889 or visit internationalmeditationcentre.org for retreat schedule.

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PATHWAYS INTERVIEW

Harriet A. Washington on Deadly Monopolies: Selling Out Science, Research, Innovation & Our Health ...continued from page 131

but are quite willing to tell the stories of the people whose migraines were banished. And I realized that that can also be done with statements from someone like me. Because if you look at my book, everything I write about the drug companies is not negative. I write, for example, that there are cases where drug companies sacrificed profits to supply medications to people in the developing world. I think that when drug companies do that, they should be praised; that's what we want them to do. When they exhibit positive behavior, fairness dictates that we acknowledge that because we want to encourage them to do this.

But what if the company should go to my book, pick out all the positive things I say and put out the message that this is what Harriet Washington thinks about drug companies? That's what they do with medications and it's also what they can do with medical ethicists' statements. That's the real danger. The medical ethicist is saying what he believes, with the Pharma check in his back pocket, but later on someone can selectively publish those statements and perhaps identify him as someone who appeared on a drug company panel, or who a drug company

sponsors. It's subtle but very serious.

A Poster Child for Corruption

To give an extreme example of an ethical breach, which I found just breathtaking, can you briefly tell the story of Pearson Sunderland III, the former chief of the NIH Geriatric Psychiatry branch, who received substantial payments from Pfizer while on the NIH payroll. What did he do that became so controversial?

Tissue samples worth \$6 million had been collected over a period of 15 years by the NIH. These tissue samples were very important to Alzheimer's disease research. They were samples that also came with information about the people they were taken from and their clinical course—what was wrong with them, how they fared, that sort of thing. When you are doing research on Alzheimer's, this sort of resource is invaluable.

These tissue samples went missing. Sunderland told some people that the

continued on page 80 →

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PATHWAYS INTERVIEW

Harriet A. Washington on Deadly Monopolies: Selling Out Science, Research, Innovation & Our Health

...continued from page 79

freezers malfunctioned so that all the samples degraded and had to be discarded. He told others that the samples had been lost and nobody knew what had happened to them. There was so much money involved and these were so important in Alzheimer's research that a Congressional hearing was convened and they invited him in to give an explanation. When he came to testify before the committee and they asked him about the tissue samples, he took the Fifth [refusing to answer on the grounds that it might tend to incriminate him].

This was a first for an NIH researcher who was a government employee. So the committee determined to find out from the drug companies themselves what might be going on between him and them. They went to the major companies and made them provide information about all researchers to whom they had made payments in the recent past. It turned out that *this researcher was under contract to Pfizer*. The committee was shocked because this was contrary to NIH rules, and when asked point blank whether he had a relationship with any drug company, he had said no.

He had been paid approximately half a million dollars, as I recall.

Yes. They also found out that he had given the tissue samples to Pfizer, and that he had received authorship rights, partial ownership of the patent and this substantial sum of money. So here were these tissue samples, worth \$6 million, painstakingly gathered over

a period of years at government expense. He turned them over to Pfizer and received something like \$600,000 from Pfizer. So Pfizer got the tissue samples at a bargain basement rate—tissue samples paid for by our tax dollars. Pfizer used these samples, among other things, to test and devise Aricept, which became the highest-grossing medication for Alzheimer's disease, making Pfizer an enormous amount of money.

Needless to say, what Sunderland had done was in clear violation of his contract with NIH but he had a very good lawyer who was able to get the charges against him dismissed as paperwork violations. In the end, Sunderland did no jail time, just community service providing psychiatric services. Many people saw this as a very inappropriate punishment.

Was Pfizer punished for this?

No, Pfizer denied all wrong-doing. I'm not a lawyer, but it is actually possible that Pfizer did not break any rules. Morally wrong, yes. But legally, I'm not sure. They are not the ones legally constrained from working with a researcher; it's the researcher who is not supposed to work with them. The bottom line is that a law had been passed that prevented researchers from having such relationships with companies. Interestingly, before the law was passed, influential government researchers came out of the woodwork saying that there shouldn't be a law against their working with pharmaceutical companies. They said, in effect, that research-

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PATHWAYS INTERVIEW

ers should be trusted and respected as professionals. However, this case illustrates dramatically why this law is necessary.

Consent and Non-Consent

I learned a great deal from the section of your book on informed consent and other forms of consent. Anyone who has been to a health practitioner's office in recent years is at least somewhat familiar with signing an informed consent form. Could you explain this concept and also the related but very different concepts of presumed consent and community consent?

Informed consent is more than a signed piece of paper. I don't blame people for thinking that it is because even some physicians tend to equate informed consent with the signature on that paper. The signature is one piece of evidence that you could offer in support of your claim that there is informed consent, which for a research study requires a detailed discussion that runs down all the information that's known about the study, what it's trying to do, how and why it was designed, and what the patient's options are if they choose not to participate in the study. You must reveal to them all the known risks and logically anticipated risks.



In half the states of this country there are cities where if you die, the coroner has the right to take parts of your body and use them for research or transplantation. There are large fees paid; a great deal of money changes hands. No one has to tell your family that this has been done.

As the study progresses, when new developments occur (perhaps it's that the medication is especially helpful for one group of people, or that some people are having some awful adverse effects), all of this needs to be conveyed to the research subjects. Also, patients need to know that they have the right to leave the study at any time.

So this is about preserving the rights of the patient or research subject, allowing him or her to make choices freely, based on accurate information.

Yes. With true informed consent, the patient is in the best position to de-

termine whether participating in the study is the best course for him or her. But even the best job of informed consent can't tell one everything. There are things the investigator may not know about a drug or a device—that's why it's being tested. So informed consent is not a guarantee, but it's your best possible avenue for preserving the subject's right to making an informed decision. It's about protecting people.

But unfortunately, in this country, we have started falling away from informed consent in ways that lack transparency. People assume that in every medical research study, you are going to be given the benefit of informed consent. In reality, we now have ex-

ceptions written into the law. In certain emergency medicine studies, you do not have to tell the person what you're doing. You don't have to explain and you don't have to get permission.

This is what's known as "presumed consent"?

Yes. Actually there are a variety of forms of consent that are misleading. They have the word "consent" in their name but they do not constitute informed consent. Presumed consent means that if there is a study going on, the researcher does not even have to tell you that they are involving you in the study. This not only applies to research studies; it can pertain to the taking of tissues.

In half the states of this country there are cities where if you die, the coroner has the right to take parts of your body and use them for research or transplantation. There are large fees paid; a great deal of money changes hands. No one has to tell your family that this has been done. In Philadelphia, corneas are routinely taken from people who have passed away and this is sanctioned by law. The families of the victims are not informed that this has been done. *That is presumed consent.*

As I said, the law allows this and it creates a crazy quilt of risk because if

continued on page 82 →

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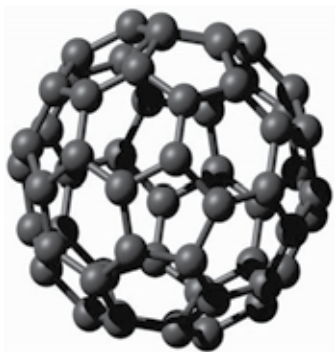
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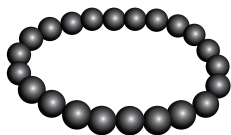
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Harriet A. Washington on Deadly Monopolies: Selling Out Science, Research, Innovation & Our Health

...continued from page 81

you live in one area, presumed consent may not be permitted while if you live in another, it may be. There is also a movement afoot to have presumed consent govern things like organ transplantation. That's a very frightening thought to me. The idea that it may one day be the law that if you pass away, your organs—your kidneys, your liver, your heart—may all be taken from you without anybody having to ask your family's consent.

As you can see, presumed consent is not consent at all. That's the pattern we see, that all these forms of "consent" do not actually involve people giving their consent. Presumed consent, community consent, deferred consent—none of these offer you the opportunity to give or withhold your consent. This erosion of informed consent is a very serious issue and it is becoming more and more widespread. The American people should be worried about it.

Is there evidence of ethnic or racial disparity regarding organs being taken without meaningful consent?

Yes, but I want to stress that even though there is racial disparity, this is an issue that can affect everybody. Afri-

can Americans, for example, constitute 12.3 percent of the people in this country. Even though they have a significantly higher percentage of organs taken without adequate consent, still the majority of organs taken in this way are from white people. Taking of organs is much less common than taking of tissues, and there is a dramatic racial disparity in the taking of tissues. There's the infamous case of the Doheny Eye Bank Institute, where they took corneas from many, many people. These were bought and sold while the families had no idea they had been taken. In some other cases, tissues have even been taken from people who happened to know enough to say, "I don't want my tissues taken."

Eighty percent of these tissues came from African Americans. This is not unusual. Many "presumed consent" areas are in cities, especially large cities that are heavily African American. Philadelphia is one. The bodies that are taken in this way tend to be bodies that are taken to the coroner's office. Whose bodies go to the coroner's office? The bodies of "the friendless poor." Who are the friendless poor today? Homeless people. The coroner's office also



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PATHWAYS INTERVIEW

sees people who died in homicides, and the rates of deaths due to homicide have skyrocketed among young African American males, to the point where they may occur at seven or eight times the rate of whites the same age.

Research on People in Poor Nations for the Benefit of People in Affluent Nations

Can you speak to the issue of American or other largely Western pharmaceutical companies doing research overseas in poor areas, using weaker standards of patient protection than what is generally present in the United States?

Yes, but first I want to explain what we mean by patient protection. The Declaration of Helsinki, issued by the World Medical Association, is the predominant regulation governing research by Western and Japanese researchers in the developing world. Under Helsinki, protections for people in the developing world have actually been weakened over the past decade.

A lot of the language has been "clarified" in a manner that reduces the protections. I'll give one example, which is that it used to stipulate that when a Western researcher goes to a developing country, under most circumstances



We are denying people access to medications that could not have been devised and tested without them. Then we point to their poverty, which we caused, as the reason.

they can't use a placebo for a serious illness if a safe and approved drug exists. If you take people who are HIV positive, for example, or are at risk for becoming HIV positive, previously you couldn't give one group an effective preventative medication and give the other group a placebo, like a vitamin.

This is starting to bring to mind the German medical experiments in World War II.

Previously, you would need to give both groups medications that are known to work and the one you're testing will be evaluated in comparison to the other one.

Now, that regulation was changed

in the past decade; currently it says that you've got to give everyone the standard of care in a clinical trial, but it's the standard of care *according to the country where they live*. The standard of care in the countries where people in the developing world live is often substandard and is often nothing. So now, according to these changed rules, it is perfectly acceptable to give people in clinical drug trials nothing that is effective. That is not permitted in Western countries, only in developing countries.

Have drug companies shifted more and more of their research to poor countries?

One-third of all clinical trials by

pharmaceutical companies are now conducted abroad, and that means in poor, developing countries. Why are they conducted in Nigeria and India? They are conducted there because researchers can do higher quality research much more quickly, much more cheaply, and with medically naïve patients, which is an advantage scientifically. In those countries, you can easily find people who have never taken a particular drug or have never taken the drug you're testing it against. And, according to the *New England Journal of Medicine*, these are higher quality trials than can be conducted here for the same price. Also, the longer the trial goes on, the less money the company can make on the drug [because of the time limits on patents]. So what all of this means is that the developing countries are doing us a huge favor. They're providing people for studies that could not be conducted here, in less time for less money. I think that we owe them.

What do the people in the developing countries gain in the bargain?

When the trials are completed and the medications are approved and marketed, these people don't have access to the medications. Why not? Well, companies will tell us they can't afford them; these are poor people in poor

continued on page 84 →

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...continued from page 83

countries. I have a problem with this argument because, in very important ways, to take Africa as an example, the image of Africa as a poor continent is absurd.

Please explain.

Africa is a rich continent. That's why it has always been the target of colonial acquisition. That's why you have nations, right now, fighting over the spoils—the diamond mines, other jewel mines, oil, gold, natural biodiversity with medical utility, natural resources of all kinds, the flora, the exotic fauna. It's a very rich continent. Its people's poverty is directly tied to colonization, rape and depletion. There isn't any question about this. Jeremy Bentham, who is held up as the father of utilitarianism, had something to say about this. He said, "No man should profit from his own misdeeds." And that's exactly what's happening here.

We are denying people access to medications that could not have been devised and tested without them. Then we point to their poverty, *which we caused*, as the reason. So on the balance sheet—both economic and ethical—we are the ones who owe them and not the

other way around. And yet the rallying cry from pharmaceutical companies is, "Don't blame our patents, blame the poverty in the developing world." That's obviously not an argument that I find persuasive.

Is there anything else that we haven't discussed that you would like to add?

One of the things I mention in my book, which is understandably problematic for many people, is that when it comes to solutions for the problems caused by drug patents, I think the best solution would be to repeal Bayh-Dole. I fully understand that this is not going to happen anytime soon and it may not happen at all. But I do think what would be a good first step.

There are several other steps that we should take to remedy this problem. One that I'd like to showcase is cooperation between foundations, people who are astute in business, researchers and pharmaceutical companies. There have been several ventures that use the old model, the pre-1980 model of research, which I call the "back to the



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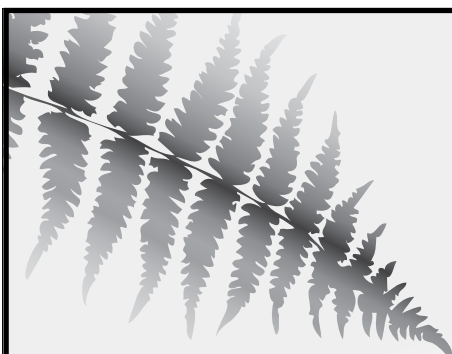


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future approach," that have been successful so far. This is a workable model.

The number one example is the Health Impact Fund. Yale philosopher Thomas Pogge partnered with Calgary economist Aidan Hollis to propose market based solutions that will distribute medicines where they are needed most and reward the pharmaceutical companies commensurate with their impact on global health. Partnering with Incentives for Global Health the HIP proposes that pharmaceutical companies should take their payments from a pool to which many entities contribute – governments, foundations and the World Health Organization.

This fund should be drawn upon for profits by the industry, but only when they devise a medication that has a significant, positive impact on human health. They would do this by directing their efforts at the diseases that cripple the globe most dramatically—malaria, sleeping sickness, tuberculosis, HIV disease, worm infestation. The diseases that affect many, many people around the globe should be the targets.

When they come up with an effective medication or other treatment for these diseases, the money should be proportional to the number of lives they've saved. So if they come up with a cure for sleeping sickness (which actually has happened, but companies couldn't make any money marketing it), and they save the lives of, say, 700,000

people in Africa, then their payment should be based on having saved those 700,000 lives. Let's say there's Serious Disease X, and it affects people in affluent countries in North America and Europe. If they save 700,000 lives in North America and Europe, they should also get the same amount of money.

So every life has equal value.

Yes. I love this model because every life is worth the same. In today's model, the lives of people in affluent countries are worth a great deal and the lives of people in the developing countries are worth nothing.

Another model, one which has already shown great success, is that brokered by the Bill and Melinda Gates Foundation, which has partnered with organizations involved in vaccine design, the governments of developing countries and the WHO. They have pooled resources and found ways of devising needed medications such as vaccines, so that these can be administered very cheaply and very effectively in the developing world. That's more involved than just manufacturing cheap vaccines, although they've done that. They took one vaccine that costs \$7 in the United States that now only costs 50 cents in Nigeria.

But more to the point, the Gates foundation has organized the provision of medicines in forms the devel-

oping world needs. For example, vaccines in this country require refrigeration. But in parts of Africa, India and Asia, electricity for refrigeration is not always something one can depend on. The Gates Foundation has accomplished the distribution of vaccines that do not require refrigeration and they can do it on a large scale. What's more, pharmaceutical companies are involved with these projects and that's really important because we need them to generate our medications.

But their profits and their patents should not be the focus of healthcare design and delivery. Patients' lives should be the focus. I think these new models need to be embraced, endorsed and underwritten by our governments, so they can replace the exploitive model that we have today.

Daniel Redwood, DC, the interviewer, is a professor at Cleveland Chiropractic College – Kansas City. He is the Editor-in-Chief of Health Insights Today and The Daily HIT, and serves on the editorial boards of the Journal of the American Chiropractic Association, Journal of Alternative and Complementary Medicine and Topics in Integrative Healthcare. This interview is also published in electronic form on Dr. Redwood's new health policy blog, at www.redwood-healthspak.com.



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...continued from page 37

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by Harvey Wasserman

Introduction by Robert F. Kennedy, Jr.

Available via www.solartopia.org

ACCESSING YOUR INTUITION

and books (or give them to a homeless shelter). Throw away pictures, objects, items that energetically making you feel guilty, sad or regretful, such as painful photos, gifts from your ex, family decorations—anything that you don't need or use anymore. By doing this external clearing, you are also clearing out your inner self, or your personal ch'i. Start small, if necessary, one drawer or one cupboard. Release, release, release! Similarly, if a door sticks, fix it. If a faucet leaks, fix it. If a door squeaks every time you open it, oil it. *These kinds of annoyances are taking energy away from your power to create!* As you deal with your clutter, you will have a sense of power that will transfer to all aspects of your life, including creating the space needed to achieve your goals and desires.

Another way of looking at Feng Shui is the artful placement of physical objects in the environment in order to bring balance and enhancement to the environment. By harnessing the ch'i energy to flow smoothly through your home, it will flow similarly in your life and thus, as Rossbach states, it will "improve your life and destiny."

The Bagua

Once you have worked on your clutter issues, you can begin working with the "bagua" and incorporate some of the other basic principles of Feng Shui. You may be familiar with the Feng

The BAGUA

Prosperity Wealth Abundance	Fame Reputation Illumination	Relationships Love Marriage
Elders Family Community	Health Unity	Creativity Offspring Projects
Knowledge Wisdom Self-improvement	Career Life Path The Journey	Helpful Friends Compassion Travel

Entrance (Can Be Any Where Along This Quadrant)



Shui principle, derived from the *I Ching*, discusses the importance of your home's interior layout. The bagua offers a "map" or plan that shows you which parts of your home represent and correspond to various aspects of your life. By superimposing this map onto your own home (with the home's entrance at the bottom of the diagram), you are able to both diagnose and "cure" environmental problems. As you can see by the bagua below, the farthest right corner from the home's entrance is the relationship/partnership area. The other far corner is the wealth area, and so on. Proponents of

Feng Shui suggest that you choose a particular area in your life that needs attention and then make the corresponding area in your home of special importance. This can be achieved by placement of a distinctive object, a lush plant, a mobile, a light (to symbolically shine light on the area) or a crystal. Such items will draw ch'i to that area, and will also remind you of your intention in that area. *As you place your attention on that area of your home, you also symbolically nurture and draw attention to what it represents in your life.*

The Tarot

What does any of this have to do with the Tarot? The Tarot is a system of images that we use to understand the wisdom within our own psyche. It too is a map—a map of your psyche and of your spiritual and earthly journey. The images of the Tarot portray the totality of the human experience and provide a guide for achieving the highest wisdom available through its universal imagery. The unconscious mind is brimming with images and pictures. The Tarot images become a visual expression of what is locked up within. As a powerful tool for the creative imagination, we can use the Tarot images to visualize and attract that which we seek. For example, The Empress card, representing Mother Nature sitting on her throne, is often associated with creativity, abundance, the creative spark made manifest. If you are a writer or painter and wish to expand your own creative energies, or if you wish to expand your wealth, prosperity and consciousness of abundance, this would be a strong card for you to meditate on, carry with you, or place under your pillow at night. The goal would be to "impregnate" your consciousness with this fertile imagery.

Both Feng Shui and Tarot are methods of gaining insight, and both provide a means to actively participate in and create inner and outer life. Feng continued on page 88 →

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ACCESSING YOUR INTUITION

Move Your Ch'i...Manifest Your Desires With Tarot and Feng Shui

...continued from page 87

Shui teaches that your *physical space* mirrors your life, and that by changing your external world, you also change your inner world. Tarot teaches that its *images* mirror your life, and that by working with these potent Tarot archetypes, you are able to release images that have been locked within you, and thus also change your inner world. Both systems use physical reflections as metaphors to create changes in the inner realm.

Combining Feng Shui and Tarot

Now, this is the exciting part—the union of Feng Shui and Tarot. What if we were to place particular Tarot cards in strategic Feng Shui areas in our homes? Wouldn't the portrayal of an inner need or desire, as captured by the Tarot image, placed in the right spot on the bagua, draw ch'i to both the image and the area in the home we intend to develop?

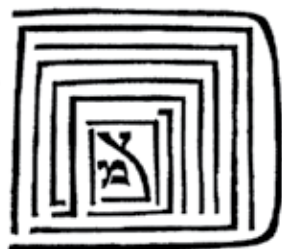
Here's how to start. First, pick only *one* area in your home that represents a specific area in your life that you wish to enhance. If you have several areas that need attention, focus on only one at a time. Otherwise, your energies might become too scattered to have effective

results. For example, let's say that you want to focus on your finances, prosperity and wealth. You would first clear the wealth area in your home, as indicated on the bagua. As mentioned, traditional Feng Shui might suggest that in this area you place a leafy green plant (to symbolize growth and expansion) or hang a crystal, mobile or mirror to get the energy or ch'i moving; or just place a red object to symbolize energy. When combining the Tarot into this practice, a card such as *The Empress* can also be placed in this wealth corner. The Empress is Mother Nature, the ultimate symbol of fecundity, and she is surrounded by lush imagery. By placing this Tarot card in your wealth area, you will draw energy to that area as well as provide your unconscious with this flourishing imagery.

Or, you might instead choose *The Chariot* card since this is a card that portrays the concept of taking charge, putting yourself in the driver's seat. This might be a particularly good choice if part of your financial concerns stem from excessive spending, overuse of charge cards, getting too far in debt, lending money to others or any similar inability to control your finances. You

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ACCESSING YOUR INTUITION

could also use both the Empress and the Chariot cards to expand your ability to prosper and your financial responsibilities. However, I recommend that you limit your selection of cards to only one or two.

Here's another example: Suppose you seek a romantic relationship, a potential partner or the deepening of a current relationship. Depending on what you want, you might place *The Lovers* card, the *Two of Cups* or even the *Ten of Pentacles* in your relationship corner (all of these Tarot cards depict couples, either looking at each other, touching each other or in some way expressing their connection to each other). Placing this compelling relationship imagery in your relationship area enhances the impact of both the image and the corner. You may want to add a red or pink candle, an African violet or some similar article that conveys love, compassion and relationship. It might also be useful to contemplate exactly what you seek in a relationship and then find a specific Tarot card that captures that ideal.

What if you don't feel really confident or comfortable in your knowledge of what specific Tarot cards mean? Don't worry about what the cards "mean." Look at the imagery on the cards and choose cards that most resemble what you seek. These are the cards that you will place in the chosen area, as a means to draw energy to that area in your life. Simply place the card in the appropriate corner. You could also put a special frame around the card or place it alongside anything that you hold dear and that has positive memories. The goal is to "magnetize" this corner of your bagua with your special desires.

Both Tarot and Feng Shui are about



creating energy, intentionality and drawing from the spiritual, mystical and unseen forces that govern our lives. There are, of course, no guarantees, especially if there is a part of you that is unwilling, or has some inner resistance to what you seek. Unresolved fear of intimacy, unacknowledged feelings of lack of self-worth, uncertainty as to whether you deserve success—any of these may act as impediments to the success of your Feng Shui and Tarot endeavors. And, of course, *any* tool, be it Feng Shui, Tarot, crystals or whatever you choose, can *never* absolve you from taking personal responsibility. Using these techniques are ways to raise your intention and raise your energy. They are mystical tools that help you stretch your soul and psyche. *They are tools.* You still have to take the necessary steps to achieve what you seek. The power, always and ultimately, rests in your own hands.

Geraldine Amaral is the co-author of Tarot Celebrations: Honoring the Inner Voice and creator of "Tarot 1-2-3," an instructional video. She fell in love with the Tarot about 30 years ago when she had her first reading, and has been using, studying and writing about the Tarot ever since. She utilizes Jungian/archetypal psychology and Divine Metaphysics in her work and is a respected/gifted intuitive counselor and nationally-known teacher. She focuses her work on how to apply the Tarot's esoteric principles in pragmatic ways as well as for insights and personal transformation. Her classes provide a unique blend of spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She can be reached at 703-671-7421 or geraldine@thespiritualtarot.com or on her website, www.thespiritualtarot.com. See her ad on page 91.



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CULTIVATING COMPASSION

Poplar Spring Animal Sanctuary: A Peaceful Place to Enjoy Springtime

BY MARY FINELLI
EDITED BY CAM MACQUEEN

Picture yourself on a sanctuary by a river, with lovely old trees, and more than 200 rescued cows, pigs, chickens, goats, sheep and horses. Picture yourself at Poplar Spring Animal Sanctuary, a 400-acre refuge on the Potomac River that provides care, rehabilitation, and a permanent home for farmed animals who have been abused, neglected or abandoned. Located about an hour outside of Washington, D.C., in beautiful Poolesville, Maryland, the sanctuary also provides protected habitat for migrating birds and native wildlife.

Founded in 1996 by Terry Cummings and Dave Hoerauf, Poplar Spring is home to some 200 animals. Terry and Dave began renting the 18th century farmhouse in 1987, and soon befriended the cowherd living there. "We named them and fed them apples," said Terry, who, with a degree in animal science, was working at the National Zoo at the time. "One day we were in the house, and I heard the baby calves being taken away to the slaughter plant," she recalled. Anguished at the animals' fate, the couple soon became vegan and began thinking of how

else they could help such animals. They began taking in animals in distress and the sanctuary was born.

Poplar Spring also serves as a premier education center, promoting compassion and humane treatment for all animals. Visitors are taught how to care for animals and learn why animals deserve our respect. Inner-city children, most of whom have never before seen a live farm animal, learn that pigs love belly rubs, cows know their names, and goats love to play. Poplar Spring gives lessons in empathy, teaching that others feel pain and joy. Such understanding can help to put a child onto a better path. One recent visitor noted: "[T]he animals at Poplar Spring are awfully lucky. At this 400-acre sanctuary, pigs chew straw instead of metal crate bars, chickens stretch their wings instead of getting stuffed into wire cages, and cows graze grassy fields instead of being tethered at the neck." [www.yelp.com/biz/poplar-spring-animal-sanctuary-poolesville]

Receiving no county, state, or federal funding, Poplar Spring is a 501(c)(3) non-profit organization run entirely by donations from the public, all of which go directly to help feed and care for the animals. Volunteers are needed to

Seeking Volunteers with a Cancer Diagnosis to Participate in a Scientific Study of Spiritual/Mystical Experience

Johns Hopkins University School of Medicine is seeking volunteers with a current or past diagnosis of cancer who have some anxiety or are feeling down about their cancer to participate in a scientific study of states of consciousness brought about by the entheogen psilocybin, a psychoactive substance found in mushrooms used as a sacrament in some cultures, given in a comfortable, supportive setting. Questionnaires and interviews will be used to assess the effects of the substance on consciousness, mood, and behavior. Volunteers enrolled in the study will receive careful preparation and 2 sessions in which they will receive psilocybin. Structured guidance will be provided during the session and afterwards to facilitate integration of the experiences.

Volunteer must be between the ages of 21 and 70, have no personal history of severe psychiatric illness, or recent history of alcoholism or drug abuse, and have someone willing to pick them up and drive them home at the end of the two psilocybin sessions (around 5:00 PM).

For more information about the study, see www.cancer-insight.org. If you would like to discuss the possibility of volunteering, please call 410-550-5990 or email cancer@bpru.org and ask for Mary, the study's research coordinator. Confidentiality will be maintained for all applicants and participants.

Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA_00001390

Approved 11/03/2008



Seeking Persons Committed to Spiritual Development to Participate in a Study of Mystical Experience, Meditation and Spiritual Practice

Researchers at the Johns Hopkins University are seeking volunteers who have an active interest in exploring and developing their spiritual lives to participate in a scientific study of the combined effects of meditation, spiritual practice and the entheogen psilocybin, a psychoactive substance found in mushrooms used as a sacrament in some cultures. The study will take place over 6 to 8 months during which volunteers will be encouraged to initiate or maintain daily meditation and spiritual awareness practices. Volunteers will also receive careful preparation and 2 or 3 sessions in which they will receive psilocybin in a comfortable, supportive setting. Structured guidance will be provided during the session and afterwards to facilitate integration of the experiences.

Volunteers must be between the ages of 21 and 70, have no personal history of severe psychiatric illness, or recent history of alcoholism or drug abuse, and have someone willing to pick them up and drive them home at the end of the two or three psilocybin sessions (around 5:00 PM).

For more detailed information about the study, see "www.bpru.org/spiritual-practice". If you would like to discuss the possibility of volunteering for the study, please call 410-550-5990 or email spiritual-practice@bpru.org and ask for Mary, the study's research coordinator. Confidentiality will be maintained for all applicants and participants.

Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA_00020767

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CULTIVATING COMPASSION

assist with feeding and caring for the animals, maintaining the farm, and helping with administrative tasks such as filing and data entry. Internships for college students and adults are available year round.

You can also help the animals by adopting one—or more!—through a farm animal sponsorship. For a small monthly donation (as little as \$5/month) you can help support the animal of your choice. Sponsorships help cover food, bedding and veterinary costs. Sponsors receive a framed photograph and their animal's story, along with the opportunity to visit in person. Sponsorships make a unique gift for friends and relatives. Consider giving a gift sponsorship to that family member or friend who has everything!

To further engage individuals in their efforts, the sanctuary hosts a variety of community-building events throughout the year both to raise awareness of and funds for their mission. Coming up next is the 9th annual "Run for the Animals!" The 5K run and 1-mile 'fun walk' will be held in Wheaton Regional Park on Sunday, May 20th. Those interested in a longer walk can opt for the alternate 1.7-mile walk. Although dogs cannot participate in the run, they are very welcome to enjoy the walk. With a spirited warm-up, scenic trails, raffles for all canine and human participants, race prizes, and abundant refreshments, a good time is again in



Rescued pigs enjoy pumpkins recycled and donated from the community after Halloween

store for all. Brookside Nature Center is also located within the Park, with wildlife viewing areas, and bird, butterfly, and native plant gardens. If you would like to participate in the run/walk, please visit <http://poplarspring.kintera.org> to register.

In the interest of making the race as green as possible, it will feature vegan food, biodegradable utensils, and organic cotton t-shirts. To minimize the use of paper, a virtual goodie bag is being made available, with coupons and other offers promoting the race sponsors online. The race bibs will be made of paper embedded with flower seeds, which can afterwards be planted and

grown, and a tree will be planted for each race participant. A carpooling website will be set up, and recycling and composting will be utilized as much as possible. Used athletic and other types of shoes will be collected at the race site to be sent to Africa for distribution or recycled by Nike.

Poplar Spring will again take part in the Montgomery County Farm Tour, on Saturday, July 28th, which runs from 10 a.m. to 4 p.m. Visitors can come out and meet the animals, learn their stories, and enjoy hay rides, ice cold lemonade, veggie burgers and veggie hot dogs. Shop for t-shirts, sweatshirts, and handmade crafts in the gift shop,

and find hidden treasures at the giant yard sale in the carriage barn.

This year, Poplar Spring will celebrate its fifteenth annual Open House, on Sunday, October 7th, from 1-5 p.m. It's the sanctuary's biggest event of the year, and everyone's invited! Enjoy a live band, delicious catered food and drink, a fabulous silent auction, clowns and face painting, a guest speaker, and, best of all, the opportunity to stroll around and visit the rescued residents.

Have you ever dreamed of celebrating a vegan Thanksgiving with the animals? Every year on the Saturday before Thanksgiving, join hundreds of others, who come from all over with vegan potluck dishes, to dine WITH the friendly turkeys and all of their many friends. It's an experience you'll always remember!

The sanctuary is open for tours and visits by appointment only, with the exception of scheduled special events. Please call 301-428-8128 or e-mail: info@animalsanctuary.org to schedule a visit. Sponsors are welcome to visit their animals with 24-hours notice; all other visitors please contact the sanctuary at least a few days to a week before you would like a tour. Tours last approximately one hour and are suitable for all age groups. Poplar Spring is located at 15200 Mt. Nebo Road, Poolesville, MD, 20837; www.animalsanctuary.org. The animals look forward to greeting you!!

continued on page 92→

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The Soul Thinks in Images.

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In Celebration of Walt Rave

Who was that tall, bearded man, often sporting a black beret, you would see out demonstrating here and there? He sometimes displayed a thought-provoking sign but most often he held aloft the body of a long-dead fox caught in a steel-jawed leg-hold trap.

Walt Rave was familiar to many but known by relatively few. A seemingly daunting character, Walt was actually a shy, soft-spoken, gentle giant with a heart of gold and a lifelong love of cats. A native Virginian, he retained a slight drawl and had a high, hearty laugh. Walt was a true renaissance man and could keep a listener fascinated with his experiences and perspectives. He was also a very empathic listener. His profound empathy extended to other species.

After returning from Vietnam he became an activist, championing the rights of the most abused and defenseless: nonhuman animals. Walt employed his artistry and wit to try to awaken the public to the horrific injustices inflicted on our fellow species. Despite his many interests, Walt recognized the world to be a tragically cruel and unfair place for countless billions of animals, largely due to human ignorance, apathy, greed and perversity.

Walt had a keen interest in astronomy, including the hope for other planets where animals don't suffer unnecessarily so.

Walt died in December from a fire at his Takoma Park home of thirty years, which also claimed the lives of his six beloved kitties, whom he tried to save. His hospital room was packed with admirers, as was his memorial service. This unassuming man touched untold numbers of people through his imaginative activism. The world lost a person who was determined to speak out on behalf of society's victims, unpopular as that action was. We also lost a marvelous individual who too few were fortunate enough to befriend.

Next time you see an imposing figure advocating for a worthy cause, consider engaging them. You may be very pleasantly surprised.

Mary Finelli is a Master Gardener and has been an animal-rights activist in the D.C.-metro area for the past 25 years.

Cam MacQueen is the creator and editor of Cultivating Compassion. She can be reached at worldisvegan@aol.com.

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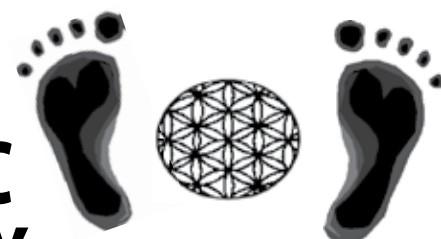
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EDITED BY HONORA FINKELSTEIN

A Heart-to-Heart Helping of the Homeless

The Network of Light has a long tradition of helping the homeless and the less fortunate citizens in the greater Washington, D.C. metro area, and this past winter's activities were no exception. At NOL's holiday party held in December 2011, attendees brought many bags of clothing and food, as well as wrapped holiday presents to be given away to homeless people and less fortunate families. Long-time coordinator for the on-going project of giving to the poor and homeless is Louis Johnson, who has served the Network of Light in this capacity for over two decades.

Then on January 14, 2012, the Network of Light held a special event for helping the homeless by distributing food and clothing to people who live on the streets of our nation's capital. Dr. John Alloway took a lot of leadership for this project, helping with details of picking up food before the event and taking a huge role in distributing both food and clothing on the day of the event.

Much of the food for the project was donated by local retailers, such as Marvelous Market, Bread and Chocolate, Firehook Bakery, and Starbucks, while clothing came from volunteers, many of whom participated in the day's experience.

Volunteers were driven to the sites designated for distribution in the tour bus of Shanti and Madhu Sudan, owners of Capital City Sights, who generously donated their time and the vehicle for the event. Because of the large number of volunteers who participated and the large amounts of food and clothing that were being given away, there were three additional cars that followed to tour bus.

Gloria Goldman, whose husband had recently passed and who wanted to contribute his wearable items, brought 30 bags of clothing and personally gave them to grateful needy people. She told the Network of Light that because she was willing to share about her loss, she connected deeply and at a heart-to-heart level with people, and particularly with women, who discussed with her their own losses of family members. By thus developing a sense of comradeship, she felt the oneness of her relationship with the people she met and noted that it helped her realize a deep sense of "letting go and letting God" handle all problems.

Said Network of Light founder Barbara Carpenter about this service project, "We prepared ourselves for the event by meditating together before we boarded the tour bus. And the interaction with the homeless people was the most important part of what we experienced. It's so moving to look into the eyes of the people we are helping and to connect with them heart-to-heart and soul-to-soul. We all got so much more than we gave. It was a really profound sharing experience."

One volunteer, Kay Baer, who was joined in the event by both her 9-year-old son and 14-year-old daughter, said

she was tremendously moved by the event. She gave a blanket that had belonged to her mother, who had passed the previous November, to a man on the street. Said Baer, "I am sure she is happy as I pass it to a homeless man in D.C. I let him know about the blanket and my precious mom."

Baer, who is a real estate agent with over 25 years' experience selling homes, was stirred by the shocking contrast of her lifestyle with that of the street people she was serving, who have to live, as she said, "day to day, meal to meal." She said she cried when she saw and heard and witnessed the harshness and simplicity of the lifestyle of these people.

Baer's son, who loved the adventure, brought several stuffed animals to give away at the event, and it was apparent that the people who received them were touched by his generosity.

Baer told the Network of Light that her daughter had asked her at a gathering where they were wrapping Christmas gifts for homeless kids how one could be sure where the gifts would go or who would actually get them. She said as her daughter "hesitantly joined us with her blackberry on hand, she got to see and experience a 180-degree shift from her Bethesda privileged life."

Baer concluded, "The Network of Light headed by Barbara Carpenter truly brought light, love, and compassion to the dark, cold eve and smiles to our fellow less fortunate but deserving DCers."

Satsangs with the Beloved Temporarily in New Quarters

Network of Light founder, Barbara Carpenter, will be holding her "Satsangs with the Beloved—Thyself" in different quarters during the early spring, with both times and places yet to be determined at this writing.

The day after the Network of Light service day for the Homeless, the main floor of Carpenter's home, where many NOL events are held, was flooded with sludge from a backed-up sewer line, and the property will require substantial renovation over the next three months. Nevertheless, she is viewing the event as an opportunity, as her inner voice told her before she discovered the sewer backup that she would have an inflowing of abundance, and she needed to open herself to receive it. Within a short time, all her needs were being met and her insurance company was coming to the rescue.

Regarding her desire to continue her satsangs in spite of needing to be in new temporary quarters, Carpenter said, "People are going through massive opportunities for change right now, but many of them are resisting. I see what's happened to my property as a metaphor for all the negative things currently inundating people. So in my satsangs—which will *definitely* continue once I'm in new temporary quarters—I want to offer a vision of the possibility of just trusting the Universal Oneness, relaxing, and enjoying the ride. All the work of the Network of Light is about connecting to the core of

continued on page 94 →

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NETWORK OF LIGHT NEWS

Satsangs with the Beloved ...continued from page 93

who we are and learning to grow from our experiences, and when we do that, all things are taken of."

Because of recent problems with the email program the Network of Light has been using, all persons interested in attending Carpenter's satsangs are requested to email the organization at networklight@hotmail.com to be sure they are on the mailing list for all upcoming future events, or to contact the Network of Light office at 202-363-9343.

Circle of Oneness

Circle of Oneness, at One Circle Center, Silver Spring, Maryland, invites the public to join their first Sunday services. For nearly 16 years this organization has celebrated Circle of Worship, an interfaith service inspired by Sufi teacher Hazrat Inayat Khan. This attunement to the universal flow of spirituality led them to still another form of ritual they call Circle of Oneness.

The simple ritual allows all who want to join the group to sit in a sacred circle and share whatever inspires them in relation to a theme that is announced in advance, such as "Giving and Receiving," "Blessings of the Earth," or "Embracing the Mystery." The ritual invites the group to sit around a circular altar on which is centered a large

candle in a bowl of sand. After a silent meditation, the group reads the following invocation together:

"We meet in the name of All That Is...." Then they light the central candle with the words, "We light this candle in honor of the One Creative Source that inspires all creative expression."

At this time, anyone present may rise, choose a candle from a platter of candles provided, and light it from the central candle, saying: "I light this candle, affirming my connection to the One Creative Source!" and place it in the sand around the central candle. The candle-lighter may then share a song, poem, picture, story, dance or any other outpouring from the heart.

There is no cross-talk or discussion after each sharing, but the group responds by saying, "We thank you for your gift of inspiration!"

After each person who desires to do so has shared, the bowl of sand will have become a bouquet of flickering candles. Then a final candle is placed in the sand with prayers for healing.

To seal the community prayers, someone will read a quote on the subject of the universal nature of consciousness. The group will then pass a Talking Stick around the circle so that all will have an opportunity to say their names and voice their appreciation and comments. And when the Circle

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Explore your Non-Earth aspect(s) - Determine if you have indications of transmundo (TMB)* experiences (these are non-Earth experiences.) Explore your TMB aspect if you have them (some professionals believe we all have them). Discover what professionals believe and the extent of the TMB phenomenon. **Saturday, May 5.**

Both will be at the Warrenton Inner Healing Center, Warrenton VA.

See us at www.QuantumRegressionTherapy.com and contact us at 540-272-1563 or rstammler@gmail.com. * All varieties of experiences that occur on other than planet Earth, human and non-human, a term coined by Dr. Stammler in his book, *Transmundo Beings in Regression Therapy*, available on CreateSpace and Amazon.com.

Create any kind of abundance in your life – the art of manifesting – learn how to do it. This workshop will be held in Allentown, PA, April 21 – call or e-mail at the address above.

NETWORK OF LIGHT NEWS

of Oneness celebration is concluded, all attendees are invited to share in a pot-luck brunch for a social time with each other.

The Circle of Oneness takes place on the first Sunday of the month eight times a year at 11 a.m., except for January, April, July, and October, when the group will celebrate an interfaith Circle of Worship instead. For more information or to get on the group's email list, please go to www.OneCircle.net or email them at OneCircle@verizon.net.

D.C.'s Environmental Film Festival Update

The 20th Annual Environmental Film Festival, to be held March 13-25 across the Washington, D.C. area, will focus on the topics of health and the environment, a theme inspired by the growing awareness of critical connections between human health and the environment in which we live.

The festival will present over 160 films, most free of charge. Films will address the complex relationship of the environment and human health from the perspective that whatever we do to the environment we are also doing to ourselves.

A complete festival schedule is available at www.dcenvironmentalfilmfest.org or by calling 202-342-2564 for a printed festival brochure.

Walk-In: A Metaphysical Thriller

Honora Finkelstein and Susan Smily's latest contribution to the mystery-suspense genre is a novel called *Walk-In*, just out mid-February 2012 from Oak Tree Press. And as always with their fiction, Finkelstein and Smily have a metaphysical twist for their readers to savor.

The story hinges on the gruesome slaying of a successful college professor, who is kidnapped, tortured, and murdered by a masked serial killer. But once her spirit is out of her body and her killer unmask himself, she recognizes him and is filled with an overwhelming desire to bring him to justice.

Her wish is granted as she is suddenly rushed into the body of a much younger woman who died at the same moment as the professor, and with the professor's soul infusion, the younger body revives on its way to the hospital. Unfortunately, the younger woman also had a problem before she died, as she was in witness protection, having viewed a murder for which her testimony is required, and her death was at the hands of a hit man. The professor has no personal memory of the events to which the younger woman was privy, so she is literally out of the frying pan but into a totally different fire from the one she left behind.

Needing to heal from the wounding, escape the hospital and her FBI protector, avoid the hit man, find her way back to her college town several states away, and bring her killer to justice are just a part of her problems. The younger personality starts popping up, too, with suggestions of her own—and a threat that may push the



Honora and Susan publish another metaphysical thriller.

professor out of the body altogether.

According to best-selling mystery author Robert W. Walker, "*Walk-In* by Finkelstein and Smily is one of the most seamlessly drawn collaborations in suspense and thriller titles I have ever come across. Perfectly wrought, this twisting tale that brings two lives in as close and intimate as human beings can get is like a blending of a James Patterson police procedural and a *Twilight Zone* episode. *Walk-In* is a wonderfully wrought, well-crafted tale with memorable events and striking characters in a plot that has more twists and turns than a Coney Island roller-coaster. I loved it, couldn't put it down, and I highly recommend it. Five Stars all the way!"

Walk-In is available at Amazon.com and can also be ordered from Oak Tree Press through local bookstores.



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THE HERB CORNER

Best Herbs For Spring Cleaning and Eight Herbals for High Blood Pressure ...continued from page 17

mucus in the respiratory system and/or cleansing the lymphatic system. My favorite herbs for the lungs are Elecampane, Bayberry, and Yarrow. My favorite herbs for the kidneys are Marshmallow, Uva Ursi, and Cornsilk. And my favorite herbs for the heart are Hawthorne, Nettles, and Cayenne. For more information on how to best utilize this

week for your own needs, please come and visit one of our knowledgeable herbalists for assistance.

Week Six: Rebuilding

Our sixth and final week to finish out our Forty Days and Forty Nights of Cleansing is based on a strategy of rebuilding tissue and strength with nu-

trient dense preparations and easily digestible foods. Our primary goal, having finished our five weeks of thorough cleansing, is to feel deeply and confidently that we have sufficient energy to meet our obligations. Our secondary goal is to experience a continual sense of reserve (Samana), so that we never completely drain the battery.

There are a variety of ways to feed the body well. One is to continue enjoying the fresh greens and simple proteins with which we began this process; and, of course, Berry Green and other blended greens supplements are great allies in building strength and body tissue. There is an Ayurvedic formula as well, known as Chyavanprash, which is an ancient recipe specifically for building up the body and clarifying the mind and heart. This formula is available in a paste, which can be eaten by the spoonful or mixed with warm water to make a nourishing tea.

If you go to our website, www.smileherb.com, each individual herb mentioned in this article is linked to a much more detailed description. This will give you a better idea of the range of options available for each herb or herbal action, so God willing you can find the dosing and choices that are just right for you.

In the herbal cleansing time we call herban renewal...your herbalist Tom

Recommended Reading

If you are interested in learning more about the system of Ayurveda, there is a wonderful introduction in *The Yoga of Herbs* by David Frawley and Dr. Vasant Lad. In addition to the fifty page-introduction to the concepts and methods of Ayurveda, this inexpensive book provides an extremely useful materia medica (a list of specific herbs and their uses) for both Eastern and Western herbs.

Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom, a Professional Member of the American Herbalists Guild, teaches classes at Smile Herb Shop throughout the year about all aspects of growing herbs and healing with herbs. If you go to Smile's website, www.smileherb.com, there is a list and description of available classes where Tom shares his wisdom for making nutritious and delicious soups made in a crock pot from high quality organic ingredients. See the Smile Herb Shop ad on page 40.

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ORIENTAL MEDICINE

Treating Pain: Foot to Scalp, with Oriental Medicine

...continued from page 21

sage to the brain, which recognizes it and sends back a message, either to move or to feel. Repeating the message creates an efficient 'road', and this is why we don't forget how to ride a bike, hit a tennis ball, read or type once we learn how. Unfortunately, the brain doesn't necessarily distinguish 'desirable' from 'painful' habits, so a person who is long in pain can develop an efficient pain-signaling road, which remains even after the original pain insult has disappeared. *I want to emphasize that this is nobody's 'fault'—the pain is real—this is simply the way the brain works.* The task is, however, to break up that habitual road to pain, and substitute a new pain-free one. Acupuncture is good at this.

Georgia suffers from fibromyalgia so painful that she has been driven to take many pain-killers, and yet...she is still in pain. Fibromyalgia is a puzzling condition in which muscles easily complain. Taking pain-killers, however helpful in the acute stages of pain, is not a great idea for the long-term. Indeed, Georgia's intake was probably magnifying her pain because she was toxic (the pharmaceuticals were

poisoning her). To solve this problem Georgia first needed to believe that she *could* help herself, and after that needed to work out a schedule to detox, change her diet, use nutrients to abolish pain, reduce her pharmaceutical load, exercise to rebuild her muscles, and use acupuncture to 'reset' her nervous system.

In this article I've shown some ways in which acupuncture care, including herbs, diet, and moving meditation, can be used to identify a cause for pain, and to treat it effectively. For more on the research behind acupuncture, please consult websites such as www.acupuncture.com, the Journal of Complementary and Alternative Medicine at www.liebert.com/acm, or PubMed at www.ncbi.nlm.nih.gov.

Dr. Claire M Cassidy, PhD, LAc, is an acupuncture practitioner and researcher, medical anthropologist, and Executive Editor of the Journal of Alternative and Complementary Medicine. She is not presently practicing acupuncture, instead putting her energy into research, writing and editing.

For care of *your* pain, find a local acupuncturist by reading *Pathways Magazine* (see the list below).

Local Oriental Medicine Resources

(Name and page number in this issue of Pathways.)

AcuHerb Clinic of Maryland	111
Acumedicine Associates.....	104
Acupuncture- Dr. Macy Lu	81
Blue Heron Wellness.....	105
Center for Health & Wellness	82
Center for Health & Wellness	83
Chinese Herbs & Acupuncture	111
Detoxing the World-Ionic Cleanse	93
Dr. Van Mai	44
McConnell, Susan - Acupuncture	111
Meridian Healing Works	111
Helena Stefan, MD,	89
Tai Sophia.....	35
Tao-Traditional & Effective Treatment.....	77
Tulsi Holistic Living.....	20

Additional Oriental Medicine Resources:

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www.maryland-acupuncture.org
www.dcacup.com
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TO YOUR HEALTH

Fight Aging With Every Meal

...continued from page 25

and DHA," Chasse says. "These anti-inflammatory fats have been shown to lower bad cholesterol (LDL), raise good cholesterol (HDL), improve memory and cognition, and provide relief for depression and anxiety."

Tarragon and dill are popular herbs for fish.

3 Easy Ways to Renew

Your better-body wellness regime can start today with these quick steps:

1. Hydrate: Take 5 minutes right now to drink a glass of water. Add fresh herb sprigs, such as basil, tarragon, mint and hyssop, to your water to improve flavor.

2. Pleasurable exertion: Take 10 to 20 minutes to tend your glorious outdoor herb garden—which can be excellent exercise. Or repot your indoor herb houseplants.

3. Get enough sleep: Before retiring, take 10 minutes to sip a soothing cup of herbal tea.

Before the First Bite

All this talk of fighting aging is a bit tiring—the goal is really to be well, regardless of age. A healthful diet can go

a long way toward feeling great and being able to do the things you like to do.

But please remember that this article is for general educational purposes only, and isn't medical advice. If you currently have a serious illness or condition, particularly cardiovascular disease, consult a qualified health-care practitioner to learn how diet can help your health.

Letitia L. Star is a healthy living writer who frequently writes about cooking and growing herbs.

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4 Fantastic Culinary Herbs

These four herbs have amazing health benefits while adding fabulous flavor:

Garlic: This pungent, much-loved herb has superstar status: It fights infection, helps prevent cancer and keeps the heart healthy. To release garlic's healing properties, finely chop, mince or crush garlic cloves. Garlic also supports the body's digestive and hormonal systems, Chasse says.

Ginger: Ginger is a potent antioxidant that can inhibit inflammation, relieve motion sickness and reduce excess blood clotting. For a tasty and healthful stir-fry, sauté nutrient-packed vegetables, such as chopped broccoli, carrots, onions, napa cabbage and tomatoes with minced fresh ginger.

Turmeric: Turmeric contains curcuminoids and is probably the most antioxidant-rich, anti-inflammatory culinary herb. Frequently used in Indian cooking, turmeric creates curry powder's bright color.

Horseradish: Horseradish, which is 2011's Herb of the Year, is very nutrient- and antioxidant-rich. It supports the circulatory system and has antibacterial and detoxifying actions in the body. Make a quick sandwich spread of prepared horseradish by mixing in dill, chives or garlic.

Spinach with Pan-Roasted Garlic

If blue cheese's flavor is too intense, substitute low-fat feta crumbles or Parmesan shreds. SERVES 2

10 to 15 pan-roasted peeled garlic cloves (see directions below)
2 tablespoons walnut pieces
1 teaspoon canola or vegetable oil
4 cups tightly packed fresh baby spinach, divided

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April 14 Shirt Off Your Back Party in Laurel, MD

May 12 Pirate Party and Movie Night in Silver Spring, MD

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TO YOUR HEALTH

2 tablespoons low-fat blue cheese crumbles, to taste
Blue cheese crumbles, for garnish

1. Cook pan-roasted garlic cloves and walnuts in hot oil in a large skillet over medium heat for 1 minute.
2. Add half of spinach and cook, stirring constantly, until spinach has wilted. Add blue cheese crumbles and remaining spinach. Cook, stirring constantly, until spinach begins to wilt. Top with additional blue cheese crumbles, if desired. Serve immediately.

How to Pan-Roast Garlic in Minutes

You may quickly become a fan of this easy cooking technique, which yields soft, mellow garlic cloves—and enticing aromas in your kitchen.

Directions: Warm about 1/2 tablespoon of vegetable or canola oil in a small skillet. Add unpeeled garlic cloves and toss constantly for about 10 to 15 minutes until browned and soft. Remove garlic cloves from heat; cool and peel. Cut away any brown spots. Tip: If cloves are large, cut lengthwise before pan-roasting to reduce cooking time.

Lavender and Catnip Dreamtime Tea

For a deep, restful sleep, end your day with the healthy benefits of decaf green tea, combined with calming, soporific herbs. SERVES 1

2 cups boiling water
1 decaf green tea bag OR 1 decaf green tea bag and 1 chamomile tea bag
1/2 teaspoon fresh lavender buds
1/2 teaspoon fresh catnip
Honey

1. Pour water over tea bags, lavender and catnip; cover and steep 5 minutes. Remove tea bags.
2. Pour mixture through a fine wire-mesh strainer into a cup, discarding herbs. Serve with honey.

A quick recipe: To grated Parmesan or Romano cheeses, add herbs such as ground garlic, rosemary, sage, marjoram, oregano, parsley and thyme. Sprinkle over your favorite pasta dish, egg white omelet or popcorn.

Two Herb-Laced Dry Rubs

These dry rubs add fabulous herb flavors without fat, salt, refined sugar or dairy. Both dry rubs also work well with tofu, mushrooms and vegetables.

Garlic and Ancho Dry Rub

This fiery blend is good on lean meats and tempeh. If this mixture is too potent, decrease the ancho and chipotle, and substitute more garlic and paprika.

1 tablespoon granulated garlic
1 tablespoon ground ancho chile peppers
1 1/2 teaspoons ground chipotle peppers
1 1/2 teaspoons sweet paprika

1. Stir together all ingredients, and store in an airtight container up to 6 months.

2. Rub mixture on food before cooking; drizzle with a small amount of canola oil, if desired.

4-Herb Dry Rub

This fragrant quartet is wonderful on fish, such as salmon. Use ground or cut and sifted dried herbs.

1 tablespoon tarragon
1 tablespoon sage
1 tablespoon dill weed
1 tablespoon thyme

1. Stir together all ingredients, and store in an airtight container up to 6 months.
2. Rub herb mixture on food before cooking; drizzle with canola oil, if desired.

Dark Chocolate Dipping Sauce

This warm, velvety sauce is naturally sweetened with honey or agave nectar. Use it to dunk slices of healthy fruits, such as apples, cherries, orange slices, raspberries, strawberries, bananas, dried apricots and pineapple. It also makes a rich-tasting topping for low-fat vanilla ice cream or vanilla frozen desserts made with soy, coconut or rice.

1/4 cup unsweetened cocoa (preferably fair-trade)
3 tablespoons honey or agave nectar
1/3 cup unsweetened soy milk
1 tablespoon cholesterol-free buttery spread
1/4 teaspoon peppermint extract (optional)

1. Cook first 4 ingredients in a small, heavy saucepan over low heat, whisking constantly, 5 minutes or until mixture is smooth. Whisk in peppermint extract and enjoy.

Hearty Herbal Beans

Herbs add culinary excitement to any type of bean, such as pinto, black, kidney and garbanzo. Serve warm as a hearty side dish. For a quick, delicious lunch, serve over whole grains, such as brown basmati rice. Top with chopped tomatoes and herb-laced Greek yogurt. SERVES 2 to 4

2 cups cooked beans (canned are fine)
1/2 cup chopped onion
1 teaspoon canola or vegetable oil
1 teaspoon minced fresh garlic
1/4 teaspoon ground ginger
1/4 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1/4 teaspoon ground cinnamon
1 whole bay leaf
1/4 teaspoon freshly ground black pepper (optional)
Pinch cayenne pepper (optional)
1 cup water (or low-sodium vegetable or chicken broth)

1. Rinse and drain beans; set aside.
2. Sauté onion in hot oil in a medium saucepan over medium-high heat 3 to 4 minutes or until tender; add garlic and cook 1 additional minute.
3. Stir in ginger and remaining ingredients.

continued on page 100→

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Volunteer must be between the ages of 21 and 65, have no personal history of severe psychiatric illness, or recent history of alcoholism or drug dependence other than cigarettes, have someone willing to pick them up and drive them home at the end of the 3 psilocybin sessions (around 5:00 p.m.), and must live within travel distance of the Hopkins Bayview campus in Baltimore.

If you would like to discuss the possibility of volunteering, please call 410-550-5990 and ask for Mary, the study's research coordinator. Confidentiality will be maintained for all applicants and participants.

Principal Investigator: Matthew W. Johnson, Ph.D., Protocol: NA_00016166



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TO YOUR HEALTH

Fight Aging With Every Meal

...continued from page 99

dients. Bring mixture to a boil, reduce heat and simmer for 10 to 15 minutes, stirring frequently.

Shiitake and Herb Dressing

This delicate dressing beautifully complements a fresh spring greens salad or other nutritious vegetables, such as broccoli, carrots, cauliflower, kale or mustard greens. Bragg Liquid Aminos, available at health-food stores, is a low-sodium alternative to soy sauce. MAKES 1 CUP

1 cup hot water
1/3 cup dried shiitake mushrooms
1 tablespoon apple cider vinegar
1 to 2 tablespoons vegetable or canola oil
1 to 2 tablespoons Bragg Liquid Aminos
1 teaspoon minced fresh garlic
1/4 teaspoon ground ginger
1/4 teaspoon ground coriander
1/4 teaspoon ground mustard
1/4 teaspoon mustard seed

1. Pour hot water over mushrooms in a small bowl. Soak for 30 minutes or according to package directions.
2. Remove mushrooms with a slotted spoon, reserving mushroom liquid for dressing. Mince mushrooms.
3. Whisk vinegar, oil and Liquid Aminos into mushroom water. Whisk in mushrooms, garlic and remaining ingredients.
4. Store in an airtight container in refrigerator up to 5 days.

Excerpted from *The Herb Companion*, a national magazine devoted to growing, cooking and healing with herbs. To read more articles from *The Herb Companion* magazine, please visit www.herbcompanion.com or call 800-456-5835 to subscribe. Copyright 2011 by Ogden Publications Inc.

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as a counseling and healing tool. 703-379-8633.

Nina Gibson is a scientist, musician and modern shamanic practitioner. She uses her biochemistry/engineering expertise and training in shamanic arts to bridge scientific and spiritual truths with the Earth Way, bringing ancient ways into everyday life. She leads workshops, circles, group singing as well as individual sessions for Journeying, Soul Retrieval, Intuition and Soul Voice. 8-Part Shamanic Series forming now! Experience the Sacred Circle of Earth Spirituality in ritual, journeying and self-healing. 703-437-5504.



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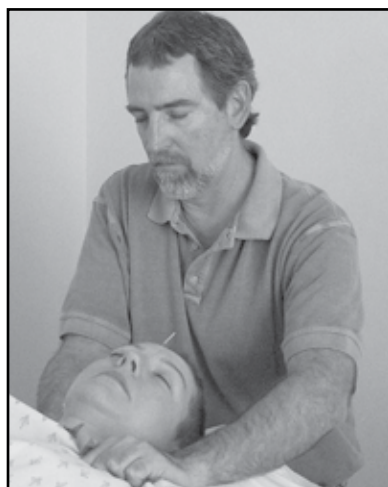
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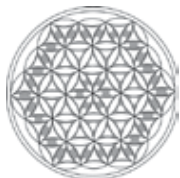
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Psychology & Therapy



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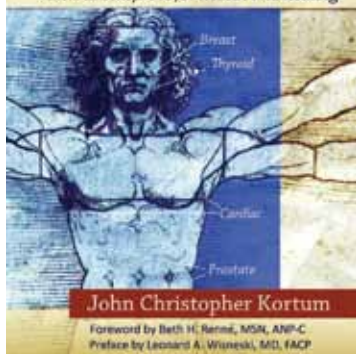
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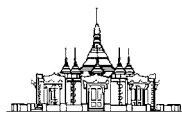
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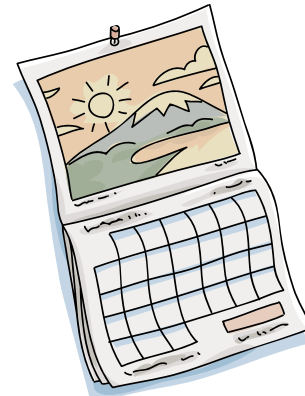
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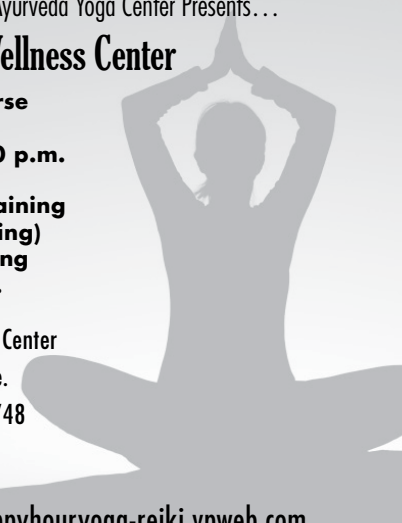
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PATHWAYS GUIDE TO NATURAL FOOD STORES

ANNAPOLIS, MD



Whole Foods Market, Annapolis

200 Harker Place, Suite 100, 21401
410-573-1800.

www.wholefoodsmarket.com/stores/annapolis
8am-10pm, Monday - Saturday
8am-9pm Sunday

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

CABIN JOHN, MD



Bethesda Co-op Natural Food Market

6500 Seven Locks Rd., 20818
301-320-2530.

Indulge your "Inner Gourmet"
Since 1975, Fine Wines & Microbrews
Local & Organic Produce • Gourmet
Cheeses & Delicacies • Organic Foods
Fresh Pastries & Artisan Breads • Vitamins
& Body Care • Unique Gifts, Cards •
Clothing...and more! Open 7 days a week.

COLUMBIA, MD



David's Natural Markets

5430 Lynx Lane, 21044
410-730-2304.

www.davidnaturalmarket.com
Mon - Fri: 8am - 8pm
Sat: 9am - 7pm Sun: 10am - 6pm

A full service market specializing in natural & organic foods and products at three locations. Weekly specials and an in-house nutrition consultant available. David's Café with specials, vegan/vegetarian selections also offers catering and cooking classes.

GAITHERSBURG, MD



Whole Foods Market, Kentlands

316 Kentlands Blvd., 20878
301-258-9500.

www.wholefoodsmarket.com/stores/kentlands
8:00 am- 9:00 pm 7 days a week

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

BETHESDA, MD



Village Green Apothecary, Bethesda

5415 Cedar Lane, 20814
301-530-0800.

www.myvillagegreen.com

Mon-Fri: 8:30am-6pm, Sat: 8:30-5pm
Expert guidance, knowledge and a custom-tailored mix of nutritional and pharmaceutical products; working closely with nutritionists, chiropractors and holistic physicians through our custom compounding lab; discounts and delivery

CLARKSVILLE, MD



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Roots Market - Clarksville

5805 Clarksville Square Dr., 21029
443-535-9321.

www.rootsmkt.com

Mon-Sat: 9am-8pm, Sun: 10am-7pm
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MOM's of Columbia East

7351 Assateague Dr. #190, 20794
Columbia East Shopping Center
410-799-2175.

www.momsorganicmarket.com
Mon - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

GREENBELT, MD



Greenbelt Co-Op Supermarket and Pharmacy

121 Centerway, Greenbelt, 20770
301-474-0522. www.greenbelt.coop

A true cooperative, we are owned by our more than 6,000 local members. The primary mission of the Co-Op Supermarket & Pharmacy is to meet the food, pharmacy, and everyday needs of the Greenbelt community. Freshness, Value, Quality and Variety at fair and reasonable prices. Co-Op is open to everyone, you don't have to be a member to shop and save with us.

COLLEGE PARK, MD



MOM's of College Park

9827 Rhode Island Ave., 20740
301-220-1100.

www.momsorganicmarket.com
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MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

FREDERICK, MD



Common Market - Frederick

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301-663-3416.

www.commonmarket.coop

We feature a wide variety of natural and organic products with an emphasis on supporting local farmers. We offer high quality, local and organic produce; natural and organic meats; sustainable seafood; cheese; groceries; bulk foods and wellness products.

HYATTSVILLE, MD



Yes! Organic Market, Hyattsville

5331 Baltimore Ave., Suite 101, 20781
301-779-1205.

Mon-Sun: 8am - 10pm

"Your one-stop health food store"
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www.yesorganicmarket.com

BOWIE, MD



MOM's of Bowie

6824 Race Track Rd., 20715
240-556-1700.

www.momsorganicmarket.com
Mon - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!



Smile Herb Shop, College Park

4906 Berwyn Rd. 20740
301-474-8791.

www.smileherb.com

Mon: 10am-6pm, Tues-Fri: 10am-8pm,
Sat: 10am-6pm, Sun: 12pm-5pm
Smile offers natural foods, bulk herbs and spices; gourmet foods and beverages (water processed decaffeinated coffees and teas); natural body-care products, vitamins and supplements; books, cards and gifts.



MOM's of Frederick

5273 Buckeystown Pike, 21704
240-566-1444.

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MOUNT RAINIER, MD



Glut Food Co-op, Mt. Rainier

4005 34th St., 20712
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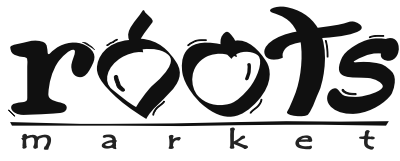
www.glut.org

Glut provides quality nutritious foods at a reasonable price. We try to avoid overprocessed, chemically tainted foods. We support local and/or organic enterprises over conglomerates and agribusiness whenever possible.

Glut has traditionally supported peace, environmental and social justice movements. This is rooted in our founding by conscientious objectors during the Viet Nam war.

PATHWAYS GUIDE TO NATURAL FOOD STORES

OLNEY, MD



Areas leading natural food market!

Roots Market, Olney

16800 Georgia Ave., 20832
301-774-1344.
www.rootsmkt.com
Mon-Sat: 9:00-8:00, Sun: 10am-7pm
Local and independently owned market specializing in natural, organic and gourmet foods and products.

SILVER SPRING, MD



TPSS Co-Op, Silver Spring

8309 Grubb Road 20910
240-247-2667.
www.tpss.coop
Open 9am-9pm Daily.
We are the area's best choice for healthy, natural groceries. We have the best selection of organic produce around, huge bulk section including herbs and coffee, expanded personal care area with a great selection of body care products as well as vitamins, herbs, homeopathic remedies, and other supplements; ecological household products, deli items pet care and more.



Everlasting Life Health Complex

2928 Georgia Ave. NW, Washington 20001
202-232-1700.
Sun: 11am-9pm and Mon-Sat: 9am-9pm.
Specializes in all vegan foods, all the time. We feature a diverse line of vitamins, food supplements and Tahitian Noni Juice. The Source of Life Juice Bar showcases live raw foods. In addition, we offer shakes, tonics, drinks, vegan sweets and soy cream. Eat-in or carry-out. Nutritional consultations and access to Health Practitioners available.

DC NATURAL FOODS



Market

YES! Organic Market, Capitol Hill
658 Pennsylvania Ave. SE, Washington 20003
202-546-9850.
Mon-Sat: 7am-9pm Sun: 8am-8pm
Washington's original natural food super market, with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.
www.yesorganicmarket.com

ROCKVILLE, MD



MOM's of Rockville

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www.momsorganicmarket.com
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Whole Foods Market, Silver Spring

833 Wayne Ave 20910
301-608-9373.
www.wholefoodsmarket.com/stores/silverspring
8am-10pm, 7 days a week
We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

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SecretsofNatureHealth.com



Coy G. Dunston

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WASHINGTON, DC 20032

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202.562.0041

Secrets of Nature

3923 South Capitol St., SW
Washington, DC 20032
202-562-0041.

www.SecretsofNature.com

With Over 35 years of experience, our health food store has a lot to offer. We have herbs, vitamins, teas as well as raw and natural foods. We also have quite an extensive library of information for you to educate yourself and family on the growing concerns of nutrition, your health and wellness.



Market

YES! Organic Market, Cleveland Park

3425 Connecticut Ave., NW 20008
202-363-1559.
Mon-Sun: 8am-9pm
Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods sandwiches and soup.
www.yesorganicmarket.com

SEVERNA PARK, MD



ORGANIC MARKET

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485 Richie Hwy North
Severna Park, 21146
410-544-9515
www.goodlifeorganicmarket.com
Mon - Sat, 9am-8:30pm; Sun 10am-6:30pm
The finest quality fresh, natural, organic and whole foods, nutritional products, body care products and health information in a fun comfortable clean, safe environment. Also offering bulk herbs, natural bakery, seafood, powerhouse sandwiches and hot food bar.

TAKOMA PARK, MD



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www.tpss.coop
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We are the area's best choice for healthy, natural groceries. We have the best selection of organic produce around, huge bulk section including herbs and coffee, expanded personal care area with a great selection of body care products as well as vitamins, herbs, homeopathic remedies, and other supplements; ecological household products, deli items, pet care and more.

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6224 3rd St. NW
Washington, DC 20011
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202-723-5566.

In business for 20 years promoting whole foods, nutritional supplements. One-third of a 3-business complex, with Senbeb Café and "The Sistrum," dedicated to healthy living. Café has an all vegan menu & offers totally raw "live plates." The Sistrum is a boutique specializing in African clothing, cards, gifts.



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YES! Organic Market, Adams Morgan

1825 Columbia Rd., Washington 20009
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DC NATURAL FOODS

ECOLOGY HEALTH FOOD

Ecology Health Food, Silver Spring

904 Bonifant Street 20910
301-589-2188.
Lots of vitamins, minerals, herbs and personal care products. We carry many hard to find items—call to see if we have what you are looking for. We also feature a deli that serves delicious, healthy dishes at low prices. We have been serving the Silver Spring community for many years and we invite you to sample our products.

Blue Nile

Blue Nile Botanicals

2826 Georgia Ave. NW,
Washington 20001
202-232-3535.
www.bluenilebotanicals.com

Offers over 300 bulk herbs/spices, also herbal preparations, vitamins/supplements organic/natural cosmetics, essential/fragrance oils, candles, incense. Serving the DC area since 1974.



Market

YES! Organic Market, Brookland

3809 12th St., NE, Washington 20017
202-832-7715.
Mon-Sat: 8am-10pm Sun: 8am-10pm
Washington's original natural food super market, with vitamins, herbs body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.
www.yesorganicmarket.com



Market

YES! Organic Market, Union Row

2123 14th St., NW, Washington, 20009
202-232-6603.
Mon-Sat: 8am-10pm Sun: 8am-9pm
Washington's original natural food super market, with vitamins, herbs body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.
www.yesorganicmarket.com

PATHWAYS GUIDE TO NATURAL FOOD STORES

DC NATURAL FOODS, CON'T



Market

YES! Organic Market, Petworth

4100 Georgia Ave, NW, 20011
202-291-5790

Mon- Sat: 8am-10pm Sun: 8am-9pm
Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches, soup and sushi.
www.yesorganicmarket.com

ANNANDALE, VA



Healthway, Annandale

4113 John Marr Drive 22003
703-354-7782.

www.HealthwayNaturalFoods.com
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

LEESBURG, VA

For Goodness Sake Natural Foods

For Goodness Sake, Leesburg

108 D. South St SE 20175
703-771-7146.

Mon.-Wed.: 9am-7pm,
Thurs.-Fri.: 9am-7:30pm,
Sat.: 9:30am-6pm, Sun: 11am-5pm
With the best cross section of good quality health foods, supplements, vitamins, cosmetics, and organic products. Wheat and Gluten-Free products.

STERLING, VA



Whole Foods Market, Springfield

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703-644-2500.

www.wholefoodsmarket.com/stores/springfield
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We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

FAIRFAX, VA



Market

YES! Organic Market, Fairlawn

2323 Pennsylvania Ave, SE, 20020
202-582-1480

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www.yesorganicmarket.com



Healthway, Fairfax

9424 Main St. 22031
703-591-1121.

www.HealthwayNaturalFoods.com
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

McLean, VA



Nourish Market, McLean
8100-E Old Dominion Dr. 22102
703-288-3031

www.nourishmarket.com

Mon-Sat: 6:30am-8pm • Sun: 10am-4pm

An innovative health food market and deli featuring wholesome foods prepared with natural, organic and local ingredients. We offer natural and organic grocery items, chemical-free household merchandise, organic body care products and premium supplements. We specialize in offering vegetarian, dairy-free, gluten-free and other dietary options.



Healthway, Sterling

46900 Cedar Lakes Plaza (Rt. 7), 20164
703-430-4430.

www.HealthwayNaturalFoods.com

Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

ALEXANDRIA, VA



Healthway, Alexandria

1610 Belle View Blvd 22307
703-660-8603.

www.HealthwayNaturalFoods.com

Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

FALLS CHURCH, VA



Nourish Market by Kennedy's, Falls Church
1053 W. Broad St., 22046
703-533-8484

www.nourishmarket.com

Mon-Sat: 10am-7pm • Sun: 10am-4pm

An innovative health food market and deli featuring wholesome foods prepared with natural, organic and local ingredients. We offer natural and organic grocery items, chemical-free household merchandise, organic body care products and premium supplements. We specialize in offering vegetarian, dairy-free, gluten-free and other dietary options.

MANASSAS, VA



Healthway - Manassas

Bull Run Center

11662 Sudley Manor Dr., 20109
703-361-1883.

www.HealthwayNaturalFoods.com

Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

WARRENTON, VA



The Natural Marketplace

5 Diagonal Street, 20186
540-349-4111

Naturalmarket@aol.com

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Sat, 9am - 6pm
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HERNDON, VA



MOM's of Alexandria

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703-535-5980.

www.momsorganicmarket.com

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MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!



MOM's of Herndon

424 Elden St., 20170
703-483-6740

www.momsorganicmarket.com

Mon. - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

SPRINGFIELD, VA



Healthway, Springfield

6402-4 Springfield Place, 22150
703-569-3533.

www.HealthwayNaturalFoods.com

Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

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Woodbridge, 22192

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703-494-7287.

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Sat: 10am-6pm

PATHWAYS INTERVIEW

Harriet A. Washington on Deadly Monopolies: Selling Out Science, Research, Innovation & Our Health

...continued from page 13

we don't have many drugs for it. And yet, Progen Pharmaceuticals Limited, the company sponsoring the drug's development and testing, voiced concerns about factors "that impacted the commercial return" of PI-88, including the successful joint launch of Nexavar, a competing drug, by the Bayer and Onyx pharmaceutical companies. The company decided that it was not going to make them enough money to become its next billion-dollar blockbuster, so they pulled the plug.

What does this mean? This means that the drug will not be tested and therefore will not be approved and be put on the market. It also means that Chris Parish, who has devised the drug, has lost control of it. He can't simply go to a different corporation and ask them to fund the research. He doesn't hold the patent; the corporation does. So the corporation can decide to try again with a different trial, perhaps for a different application. Or the corporation can say, "We're going to cut our losses and we're not going to sponsor work on this drug anymore." That means that nobody else can work on the drug. The drug is abandoned.

The Many Tentacles of Corporate Funding: FDA and Medical Journals

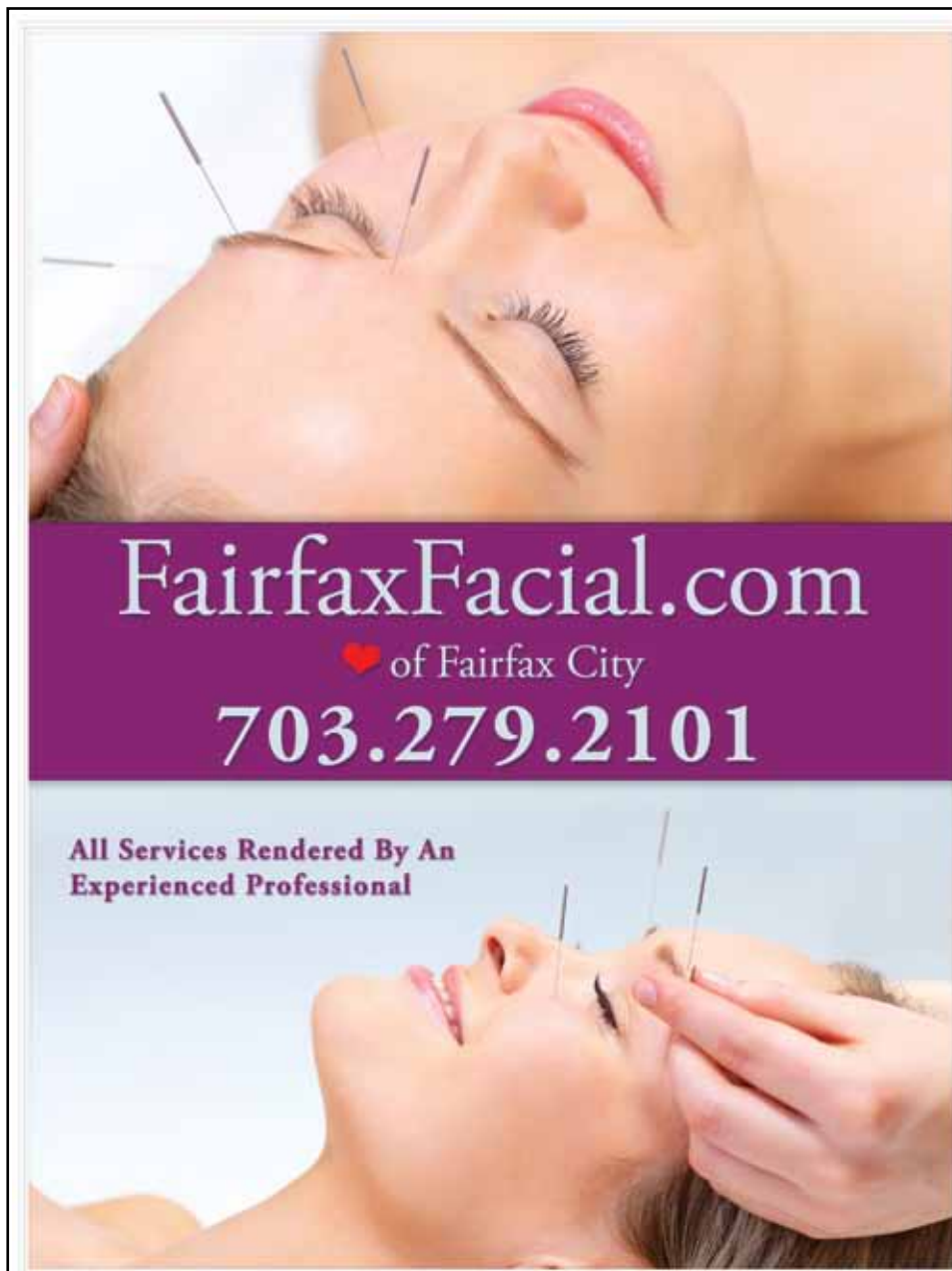
With regard to the broad reach of pharmaceutical and medical device company funding, how much of the FDA's budget is paid for by the corporations themselves? And do you see any danger in that arrangement?

It's 40 percent. That arrangement is very dangerous because it constitutes a very dramatic conflict of interest. We depend on the FDA to make a dispassionate, scientific evaluation of whether a medication is a good one and a safe one. How are they going to do that when they're being paid by the people whose medication is being evaluated? It's a very dangerous precedent that is being set.

How much of the funding of major medical journals comes from drug or medical device company ads?

Not every journal budget has been looked at, but at the largest, most influential journals (outside of the open

continued on page 126 →



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Sandy has been a featured guest on national and local radio and television, and has worked with individuals and groups all over the world since 1994. She is a medical intuitive, co-host of *Angel Talk Radio* and *Angel Talk's Changing Realities TV*. She is a spiritual healer certified as a Reiki, Karuna® Reiki, and Seichim Master, Sound and Frequency healer; certified bio-feedback (SCENAR) practitioner; Flower Essences practitioner; and Pattern/Trauma healer and counselor with clients as far away as Alaska, Canada, Japan.

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In November of 2008, terrorists attacked Mumbai's 5-star Oberoi Hotel where Master Charles Cannon and 24 of his international associates were staying. During the 45-hour siege, four in the group were wounded and two were killed. In spite of their ordeal, Synchronicity survivors expressed immediate compassion toward the terrorists, repeating words of forgiveness.

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 —Marianne Williamson

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PATHWAYS INTERVIEW

Harriet A. Washington on Deadly Monopolies: Selling Out Science, Research, Innovation & Our Health

...continued from page 125

access model journals) such as the *New England Journal of Medicine*, *Lancet*, *JAMA*, the figure remains between 95 and 99 percent. I am sure this also applies to the vast majority of the less influential journals. *Influential medical journals are completely dependent on pharmaceutical company advertising.* And it's not just pharmaceutical companies. You did the right thing to mention medical device companies in your question as well.

Does this influence involve corporations giving direct orders to the editor-in-chief of the journal or is it more subtle than that?

Influence ranges all over the spectrum. There are sometimes direct orders clearly emanating from the journals' bean counters. I wrote an article this summer for an *American Scholar* cover story that focused on this. In it, I detailed how *Transplantation and Dialysis* accepted an article that was questioning the usefulness of epoetin, a commonly used treatment for organ transplant patients. The journal was going to run it, but then the editor-in-chief wrote to the author and said,

"Unfortunately, I have been overruled by our marketing department with regard to publishing your editorial" The marketing department wouldn't allow it because the ads for that drug constituted a large percentage of their operating budget.

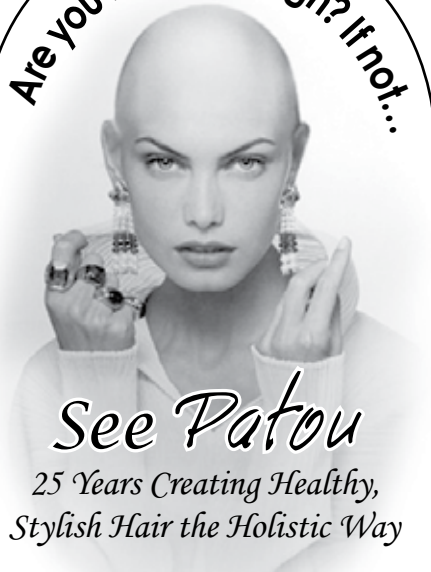
There's also the infamous 1992 case involving *Annals of Internal Medicine*. They decided to evaluate the ads that ran in their own journal, according to the FDA's guidelines for such ads. When they evaluated the claims that the medication makers made in their ads, their expert consultants found that many of the ads did not come up to snuff, that they failed to meet the FDA requirements for accuracy. They ran the article and I thought, "That's wonderful, that's very courageous." However, *drug makers responded by pulling all of their advertising and the journal almost went out of business.*

From your book, I recall the figure being \$1.5 million worth of ads that were pulled in one fell swoop. It was strikingly large.

This is a very direct example of this kind of pressure. But a lot of the pressure is more subtle. There's simply the knowledge that your journal is dependent on the money, and therefore the good will of the drug companies. And advertisers will often do things like offer to run a hundred thousand dollars of ads in the journal, but only if the discussion of their product is a favorable one.

When I worked at a newspaper, I remember that at first, as an editor, I had almost no contact with the people

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PATHWAYS INTERVIEW



There's simply the knowledge that your journal is dependent on the money, and therefore the good will of the drug companies. And advertisers will often do things like offer to run a hundred thousand dollars of ads in the journal, but only if the discussion of their product is a favorable one.

in the composing room who physically put the newspaper together. But at one point, I was told that I had to go to the composing room every night and check the entire paper after it was assembled but before it was printed, to ensure that that no airline ads ran on the same page with a plane crash. I asked why, and they explained to me that our contract with airlines stipulated that they would not pay for any ads that appeared on the same page as an airplane crash. So I now had to check the paper every day to avoid this.

It's very similar to what happens with medical journals. They are well aware that if they run negative stories, they can lose ads. And there are more insidious ways that these corporations

affect medical journals. They're not content to deal with advertising; corporations also have become very, very good at manipulating the journals by running clinical trials and having them published in reputable journals.

What they submit for publication can be very misleading. For example, when discussing one of their very expensive COX-2 medications [anti-inflammatory drugs], a company ran articles in the *New England Journal of Medicine* in which they intentionally withheld the fact that some of the people in the trial suffered heart attacks and strokes and died.

That would qualify as a very significant omission.

They talk about all the people that were helped and simply delete mention of the people that died. This sort of thing is done frequently and the medical journals don't have much recourse because they do not see all the original data. They only see what the authors choose to share with them. And who is the author? The author is a researcher at a medical school or university who is deriving money for a study from a corporation, which may tell him that he cannot, for example, discuss side effects, or that he cannot discuss the deaths that occurred in this trial. Researchers often comply.

Ghostwriting is also common. Ghostwriting entails having a writer translate the drug company's marketing messages into a medical journal article to which a physician appends his or her name. The article is then published without acknowledgement of the ghostwriter's role and readers are duped into thinking this is the original work of a physician.

This level of disinformation is profoundly disturbing.

The journal will run the articles and in some cases will never learn that they

continued on page 128 →

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PATHWAYS INTERVIEW

Harriet A. Washington on Deadly Monopolies: Selling Out Science, Research, Innovation & Our Health ...continued from page 127

have published fictitious information. Or, sometimes, they do find out but only after the fact. This is a very serious problem—corporations are actually duping medical journals into running false or at the very least dramatically unbalanced information about products.

Publicizing Positive Research Data While Hiding Negative Data is Currently Legal for U.S. Corporations

Are negative studies about drugs or medical devices therefore far less

likely to be published in medical journals than positive studies?

Yes.

And if there were, for example, 20 negative studies and three positive studies on a particular drug or device, but due to drug or device company decisions only the three positive studies were submitted for publication and subsequently published, how would doctors and patients gain adequate information on whether to use the drug or device?

Only with a subpoena, as Dr. John Abramson, author of *Overdosed America* has pointed out. Only if a case against a company goes to trial and the company is subpoenaed and forced to reveal its original data can a traditional medical journal normally have any proof that the data it is given are complete and accurate.

Shouldn't there be a law?


Well, there should be a law but frankly, laws are only useful insofar as they are complied with. I think more than a law is called for here. A change in the structure and design of medical journals is needed. As someone who has written for and edited both popular journals and medical journals (I edited a student journal at the Har-

vard School of Public Health), I have been astonished that when it comes to medical journals, there is a very strange lack of skepticism in some spheres. Editors know that someone has been paid to write an article, paid for their opinion, yet they rely upon their objectivity. Popular journalism is not at all that trusting; it's much more skeptical. Popular journalism relies upon advertising, but medical journals rely on advertising from one industry. There are major structural and cultural problems in the way that traditional medical journals are organized.

Along these lines, could you please discuss "seeding trials" and "switching trials," and how those are structured by the corporations that fund them?

These are perfect examples of marketing posing as "research" that often dupes journals. The point of both seeding and switching trials is not to generate objective information about a malady; the point is to sell a product. Seeding trials are those in which a large number of physicians are induced to use a particular medication. The idea is that they are all going to use that medication and then they will report how their patients respond. On the surface, this would help to evaluate the medication.

But in reality, because of the nebulous, even sloppy way seeding trials



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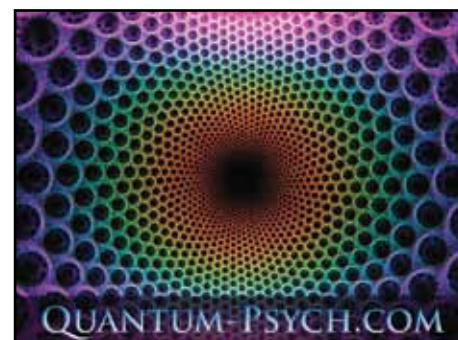
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PATHWAYS INTERVIEW

often are structured, with an alarming lack of rigor and oversight, you get very little medically useful feedback from the doctors, but you get large numbers of doctors using this medication for their patients, which is the point. The companies then cherry-pick the positive responses and use them when their detail men, drug reps and "thought leaders" sell the virtues of the product to physicians. They use the positive information and ignore, marginalize or snarkily explain away the negative information. Meanwhile, the corporations have the added benefit that there are huge numbers of doctors using their medication who would not normally be using it. That's a seeding trial.

A switching trial is one where you've got physicians who have been using a particular medication, say for epilepsy, and they are induced by a pharmaceutical company representative to switch to a different medication that is under patent and is being sold by the rep's company.

Is the inducement financial? Are they paid to switch?

There is a variety of material rewards, some subtle and some more overt. For example, the drug reps can provide the physician with lots of free medication samples. The physi-

cian appreciates this because he or she wants to be able to provide these to poor or elderly patients who can't afford the meds. But the doctor knows that to keep these samples coming, he's occasionally got to do something for this drug rep. Quid pro quo, that's the nature of the relationship, a reciprocity between physicians and drug reps. I do something for you, and you do something for me.

Sometimes the inducement is less altruistic: The doctor wants to keep the overpaid speaking engagements, lavish dinners, support for university appointments, and funding for "educational" jaunts to the Caribbean coming. And drug companies will not continue to lavish such prizes on physicians who do not contribute to and cooperate with their marketing efforts.

Then there's also the situation where physicians become, in effect, medical investigators. They're told, "We want you to join this study." This can be prestigious; it looks good on one's resume and bolsters academic advancement. Some of the inducements are more subtle than others. The point is that many physicians are convinced to do this by the drug reps. When they switch to the new drug, they inform the company of the results they see, after which the drug company will selectively use the information that will best help them to sell the drug. Switch-

ing trials do not have any scientific rigor to them but they're very useful for selling lots of drugs.

Direct-to-Consumer Drug Ads: Banned Nearly Everywhere Yet Legal in the U.S.

Since the 1990s, the U.S. has allowed drug companies to advertise medications directly to the public. This is banned throughout Europe, as well as Canada and many other nations. Why does the U.S. have an outlier position on this?

Direct-to-consumer advertising of prescription medications is banned in every country except for the U.S. and New Zealand. Nobody else allows the corporations to do this, for obvious reasons. When you try to market a drug to physicians, the physicians may not be given all the information they need to evaluate the drug claims, but they do have a medical education and experience that helps them to evaluate the claims, to exercise some skepticism and to bring some rigor to deciding whether or not the drug is worthwhile.

That's not true of everyday people. They don't have the tools, by and large,

continued on page 130 →



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PATHWAYS INTERVIEW

Harriet A. Washington on Deadly Monopolies: Selling Out Science, Research, Innovation & Our Health

...continued from page 129

to evaluate the claims. They don't have the tools, by and large, to listen to the advertising message and spot the logical holes in the message. So that's why hardly any countries allow their citizens to be duped in this manner.

I've watched these ads and I've written about them for journals. Many have frank falsehoods in them. I'm not talking about subtle deceptions or sly language; I'm talking about lies. When these become especially egregious, the FDA will write them a letter warning them to stop. The response of the companies is to keep going as long as they can because it's worth it to them. A slap on the wrist from the FDA is nothing compared to the huge amounts of drugs they can sell to an unsuspecting public. These ads can be very deceptive and give limited information.

A particularly egregious example is the campaign for the HPV [human papilloma virus, which is associated with cancer of the cervix]. Personally, I think the vaccine is a good thing but I am very unhappy with the way it has been marketed to the public. The ads don't tell you many things you need to know. They stress the fact that the infection is very common and that it is tied to sexual activity, but they don't tell you that 70 percent of the people infected with the virus are able to clear it from their bodies spontaneously. Instead, they build this sense of urgency that you've got to get this to your kids while they are young, before they become sexually active, which is not true. Physicians can see this and understand the facts. But the everyday person hears the message from the drug company and feels that they have to run out and make sure that their ten-year-old girl gets the shot immediately.

The Tragic Case of COX-2 Inhibitor Drugs

In your book, you wrote that the most expensive drug advertising campaigns in history were for the COX-2 inhibitor drugs like Celebrex, Vioxx

and Bextra, which were marketed to the public as pain relievers that did not cause stomach upset or bleeding ulcers, which is a problem with aspirin or other anti-inflammatory drugs. You said that this claim was based on research largely funded by the drug companies themselves. Was the claim true? And how did these drugs work out over time?

As I detail in my book, the claim that COX-2 inhibitor pain relievers do not cause stomach upset was not true. Today, if you pick up the PDR [Physician's Desk Reference], you'll see warnings about gastrointestinal distress, illness and even fatalities caused by these COX inhibitors. Beyond the gastrointestinal distress that they promised you could avoid by taking these very expensive pills, there were strokes and heart attacks. These strokes and heart attacks were the ones I referred to earlier, which were deleted from the write-ups in the *New England Journal of Medicine*. The journal editors and reviewers of the articles weren't told about the strokes and heart attacks at the time they ran the article. So the journal ran an article saying that these drugs were essentially safe and effective, when in reality they're dangerous.

When drug or device companies are fined heavily (such as the \$2 billion fine for Merck on Vioxx or the \$500 million fine for Purdue on Oxycontin), do they still make a profit on the drug? Is this something they see as just a normal cost of doing business?

I'm not going to say that they always make a profit on that particular drug. It depends on the circumstances. If you look at Bextra, for example, where Pfizer ended up paying a \$5.1 billion fine, that's a huge amount of money. So it's possible that they did not make a profit on that particular drug. But Pfizer made \$44 billion that year. So one could assume for Pfizer, this is a cost of doing business. I have no way of knowing what the corporate executives



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are thinking; it's unsupportable speculation. But I do point out that as huge as that fine is, their profits were even higher. I don't think they really suffered in the end, despite the bad press about the people who were harmed by those drugs.

Ethical Issues for Paid Speakers and Ethicists

Drug companies and device manufacturers are among the major donors to bioethics institutes at the University of Chicago, University of Pennsylvania and University of Toronto, among others. Does this pose an ethical problem?

I think it does and I think it's particularly insidious. Part of the problem here is that ethicists think of themselves, and in the vast majority of cases rightly so, as people who are dedicated to doing the morally right thing. Unfortunately, among some of them, there is this assumption that they cannot be bought. What makes this particularly insidious is that now you're dealing with people who honestly believe that they are beyond reproach, who honestly believe that they're not doing anything wrong, who think, "My entire career is focused on morality and a few thousand dollars from a drug company is not going to change that." I know that's true because I think that way, too. I'm the first one to admit it. I don't believe that it's possible for a drug company to give me a few thousand dollars and change my opinion. And that's what makes people especially vulnerable.

Because the changes in opinion or behavior are going on subconsciously and never rise to the level of conscious awareness?

Sometimes, because money can be seductive and some may find that their integrity has been gradually compromised. But there is another danger I perceived after I gave a talk for a pharmaceutical company some years ago. My talk was not any different from what I say to others. I had never before taken money from a drug company; I had always spoken without compensation. But this time I did. So I delivered my usual messages and although most people offered thoughtful feedback and some surprised me by agreeing with me, others did not like it. We had a positive and lively discussion.

The whole time, I was thinking, "There's no problem, because taking the money is not changing anything I said." I was hoping that some people would see my point and some did. But the more I researched this book, the more I began to question my perspective. Because what I began to understand is that sometimes the problem is not whether one's opinions have been changed or corrupted; the problem can be the use the company makes of your statements.

Cherry-picking, again.

I now realize that these are companies that pervert medical research by cherry-picking data. They delete the fact that strokes, deaths and heart attacks were caused by their products

←continued back on page 79

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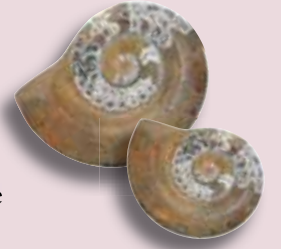
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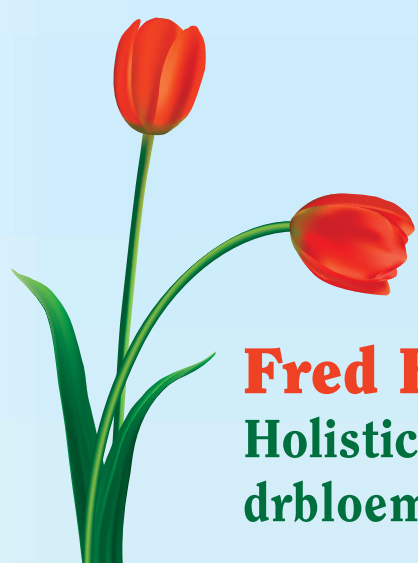


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A Wider Circle.....100	Diamond - Psychic.....119	Living Wisdom Massage & Ayurveda.....97	Scafidu Roling.....28
Above and Beyond Health Services.....105	Dinardi, Alison.....100	Long Van Mai, Dr.....44	Scott, Keith.....96
AcuHerb Clinic of Maryland.....111	Divine Heart Center.....120	Lora, Leslie - Reiki.....118	Self-Empowerment Education Center.....64
Acumedicine Associates.....104	Dragonfly Farms.....83	Mallon, Barb.....117	Sevenoaks Retreat Center.....131
Acupuncture- Dr. Macy Lu.....81	Dream Yoga Studio & Wellness Center.....102	Malloy-Clifford, Maureen.....95	Shalem Institute for Spiritual Formation.....103
Alice Jones.....108	Driscoll, Susan.....117	Manifested Harmony, LLC.....96	Shamanic Healing Institute.....33
Allergy & Nutrition Clinic.....87	Duke's Green Pharmacy Garden.....132	Maryland Satsang / Eckankar.....108	Shamanic Way, The.....104
Amethyst Astrology Services.....107	Ecumenicon Foundation.....72	MCC - Cleaning Services.....94	Shivabalayogi.....38
Apurva Wellness.....97	Experience Rebirthing - George Kalish.....110	McConnell, Susan - Acupuncture.....111	Sikes, Alan.....113
Aqua, LLC.....74	Fairfax Chiropractic, PC.....125	Meridian Healing Works.....111	Simplicity Health.....106
Arlington Metaphysical Chapel.....107	Fakeye, Emmanuel K.....114	Mid Atlantic Center For Healing.....67	Sitar Psychologist - Insomnia.....116
Arlington Metaphysical Chapel.....45	Feet Health (Reflexology).....118	Miles of Smiles Implant Dentistry.....47	Sitar Psychologist - Migraine.....98
Arlington Metaphysical Chapel.....120	Feng Shui Consultant, Jeannie Tower.....96	Mindful Decluttering and Organizing.....109	Smile Herb Shop.....40
Aromatherapy Center.....101	Feng Shui Designs, Hope Gerecht.....102	Mindfulness Center.....106	SMVA Trust (Receive the Divine Mother).....71
Assoc. of Holistic & Traditional Therapists.....50	Feng Shui Designs, Hope Gerecht.....70	Miriam Hunter.....91	Solartopia.....86
Awaken to Yourself.....101	Fischer, DDS, Richard.....85	MOM's - Mom's Organic Market.....13	Soul Source Spiritual Center.....19
Awakening Within.....4	Foundation for Shamanic Studies.....72	Montgomery County Stroke Association.....68	Spector, PhD, Alan B.....110
Ayeka Healing Circle, The.....88	Four Quarters Interfaith.....48	Morning Star, Konstanza.....115	Spiritual Scents Aromatherapy.....127
Bach, Eric.....96	Four Quarters Interfaith.....26	Mother Yogini's Divine Insight.....117	Sreenivasan, DDS, Sivakumar.....58
Balanced Health Consultations.....99	Fox and Peacock Designs.....113	Mountain Mystic Trading Co.....79	Starchaser Aromatics and Energy Work.....128
Be The Change Events.....68	Fox and Peacock Feng Shui.....114	My Organic Salon.....79	Sticks and Stones.....78
Bethesda Dental Works.....24	Foxfire Consulting.....84	National Spiritual Science Center.....109	Stones That Heal - Knowles Apothecary.....25
Bethesda Therapeutic Massage.....116	Gagnon, Pierre.....42	Natural Health Festival 2012.....69	Storyweaving - Carol Burbank.....88
Better Brain Center, The.....113	Gardner Chiropractic.....39	Nature Business Corporation.....118	Storyweaving - Carol Burbank.....113
Big Bad Woof.....111	Gennaro, MD, Margaret.....55	Naturopathy Services - Knowles.....17	Superet Light Center.....112
Birth Care & Women's Health.....105	Get Hair Analysis.....106	New Creations - Forbes.....115	Sweet and Natural.....129
Bloem, MD.....134	Glen Echo Tai Chi.....102	New Future Society Healing & Yoga Ctr.....102	Synchronicity Foundation.....125
Blue Heron Wellness.....105	Glut Food Co-op.....98	New Future Society Healing & Yoga Ctr.....72	Tai Sophia.....35
Blue Heron Wellness.....129	GoGardeners Garden Coaching.....109	National Integrated Health Associates/NIHA..2	Tao-Traditional & Effective Treatment.....77
Blueberry Gardens.....101	Goldman Dentistry.....21	NIHA - Chiropractic, Dr. Roskosky.....30	Tarot Celebrations.....91
Bowers, LPC, Duane T.....109	Great Strides.....130	NIHA - Dentistry.....32	Tavicare Age Management.....62
Boyd, Tim.....127	Green Man Festival.....71	NIHA - Dr. Gant.....31	Tavicare, Inc - ObGyn.....66
Breathe Books.....130	HANDLE of New England.....112	NIHA - Dr. Kannankeril.....32	Telespectral Living Light Center.....125
Bridging the Gaps.....105	Healing Gateway.....106	NIHA - Dr. Solomon.....32	Terra Christa.....48
Brookville Apothecary - Knowles.....135	Healing Light Center, LLC.....56	NIHA - Holistic Primary Care.....30	The Center for Qigong.....95
BuddhaFest Movie Night.....73	Healing Tree Holistic Medicine.....85	NIHA - Rind.....29	The Raw Food Institute.....23
Bui, DDS, Danny.....82	Healthy Home, A.....109	Nithyananda Mission.....14	Tizane Beverages.....107
Capital Qi Gong.....101	Holistic Wellness Center.....120	Nyama Healing Services.....110	Traditional Chinese Culture Institute Intl.....104
Cardinal Center For Healing, The.....101	Hollow Reed Healing.....110	Olde Towne Gemstones.....131	Traditional Feng Shui - Dr. Macy Lu.....86
Celebration Center for Spiritual Living.....74	Howard Community College.....78	Olney Yoga & Wellness.....102	Transformation Works.....126
Celtica.....115	Humane Society Taking Action for Animals..73	Open Heart Masters.....131	Treehouse Camp/ Maple Tree Campground.....100
Center for Health & Wellness.....82	Hunabku Healing.....18	Patou Hair Salon.....126	True Bearings.....112
Center for Health & Wellness.....83	Hypnosis Silver Spring.....106	Peres, Judith.....96	Tulsi Holistic Living.....20
Center for Spiritual Enlightenment (NSAC) 107	Hypnotherapy By The Bay.....115	Physical & Massage Therapy Associates.....27	Unity of Gaithersburg.....60
Center of Consciousness.....57	InMyStudio.com.....126	Potomac Crescent Waldorf School.....112	Unity of Washington, DC.....61
Center Point Healing.....41	Inner Fitness.....119	Potomac Massage Training Institute.....49	Vedic Astrology Institute.....97
Certified Coaches Federation.....37	Inspired by Angels.....108	Potomac Rambling Bares.....98	VeryVegeticious.....66
Chinese Herbs & Acupuncture.....111	Inspired Thru Nature.....128	Pruyoga.....128	Victor, DDS, Terry.....87
Circle of Worship.....120	Institute for Spiritual Development.....108	PSYCH-K / Morris.....127	Village Green.....10
Claire, Lyriel.....116	Institute for Spiritual Development.....43	Qi Elements.....119	Voice of the Gatekeepers.....119
Cloud Hands Tai Chi.....101	Institute for the Advancement of Service...102	Quantum Psych.....128	Vows And Wows, Inc.....80
Collins, Diana.....88	Integrated Laser And Wellness Center.....89	Rainbow Springs Alchemy.....118	Wallet Wishes & Crystal Forests.....113
Coming Full Circle.....117	Integrative Medical Clinic (IMC).....36	Real Natural Remedies.....106	Warrenton Inner Healing Center.....94
CommUnity on the Hill.....107	Intern'l Institute of Medical Qi Gong, The...75	Reconnective Healing Coop.....52	Wash DC Teaching Ctr.....127
Compassionate Counseling.....129	Intern'l Meditation Center (IMC).....116	Reiki - Mimi Moyer.....63	Washington Chiropractic.....112
Cornelius, MSW, LCSW, John.....92	Iyengar Association of the Southeast.....136	Reiki Center of Greater Alexandria.....130	Washington Gardener.....86
Council on Spiritual Practices.....90	John Kortum.....114	Reiki Center of Greater Washington.....103	Washington Waldorf School.....92
Council on Spiritual Practices.....99	Kalin, PhD, Gail.....90	Reiki Healing Center for Women.....114	White Oak Wellness.....53
Council on Spiritual Practices.....90	Keller Williams Realty - Pascal.....80	Relaxing Alternatives.....16	Willow Street Yoga Center.....126
Counseling & Guidance Center.....46	Kinney, Doug.....108	Releasing Your Unlimited Creativity.....103	Willow Street Yoga Center.....104
Crossings: A Ctr for the Healing Traditions. 105	Knowles Apothecary.....3	Reston Reiki & Self Healing Arts.....103	Wilson, Marie-Claire.....117
Crystal Clear PureWater Services.....64	Kuceris, Misty.....65	Mary Kay Reynolds-Massage.....116	Wiss - Reflexology.....92
Crystalis Treasures.....82	Kurtz Walsh, MSW, Carol.....76	Richardson Private Practice.....127	Women's Wellness Institute.....34
Culp, LCPC, LPC, Courtenay J.....118	Learn To Heal Inc.....128	Rifkin Chiropractic and Wellness Center.....81	Yama Studio CD.....100
Dancing In Silence.....119	Life Coaching.....110	Robert Jordan Health Services.....12	Yama Studio Training.....120
Daniels, Dave - Artist.....132	Life Resource Consulting, LLC.....95	Rolfers.....22	Zalco Commercial Real Estate.....84
Dawa for Life.....70	Life Transforming Hypnotherapy.....114	Rosetree, Rose.....84	Zenquility.....93
DE's 5-Star Resort Rentals.....130	Life-Enhancing Dentistry.....51	Sacred Circle Books, Inc.....70	
Desire Movement.....105	Ligmincha Institute.....80	Sanctuary Interiors, LLC.....98	
Detoxing the World-Ionic Cleanse.....93	Liss, ND, Michael.....115		



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“This is not a paid advertisement:), but an honest, from the heart testimonial. The HCG diet is amazing. It has changed my life. I have hope again that soon I will be a smaller and better version of me.

For years I thought there was no hope, I would be a size 16+ forever. I am down 35 lbs., feel better than I have in 10+ years and see the light at the end of the tunnel. I still have 35 lbs. to go to get to my goal, but thanks to Dr. Bloem, Alecia and all of my friends and family that have supported me, I am now in a size 12 and can *finally* shop at Ann Taylor Loft and not worry that the outfit won't fit, because guess what? *It will!!!!*

So for anyone who is worried that you will be hungry. You really aren't! If you are, it is habit, not hunger. For anyone that is worried you will be tired because of the low calories... You won't! You will have more energy than you have had in a *long* time! Besides that, my aches and pains are almost totally gone and food tastes better.”

— Jenni D.

“I am a Real Estate Agent at Remax Realty Centre in Olney MD. My experience using the HCG diet plan was amazing and I have been thrilled with the results.

After gaining over 30 pounds in 3 years I just couldn't seem to slow down the weight gain and I was not having any success at being able to stick with traditional diets.

I found out about the HCG diet on YouTube while looking for motivation through others' weight loss success stories. I was skeptical at first and searched endlessly for possible negative side effects and could find none.

I decided to take the plunge and do the diet, it was easy to follow and my appetite and cravings halted with no adverse symptoms that I've experienced with other diet aids, in fact I had a wonderful sense of well being. With the help of Dr. Bloem and HCG I was able to shed an incredible 33lbs in 50 days!

The most amazing thing about the HCG diet is that I have been able to maintain my weight loss without issue, I have never been able to do that in the past. My appetite and cravings continue to be diminished and I no longer feel the need to abuse my system with excess sugars real and fake or to other processed foods to which I had become addicted.

I also discovered that while on HCG my migraine headaches disappeared entirely and I was suffering those several times a month. HCG truly is an amazing diet and I am incredibly grateful for having found it, it really has changed my life and being able to have shared it with so many others has been a blessing. If you have tried everything else and lost hope that anything will work before giving up try HCG.”

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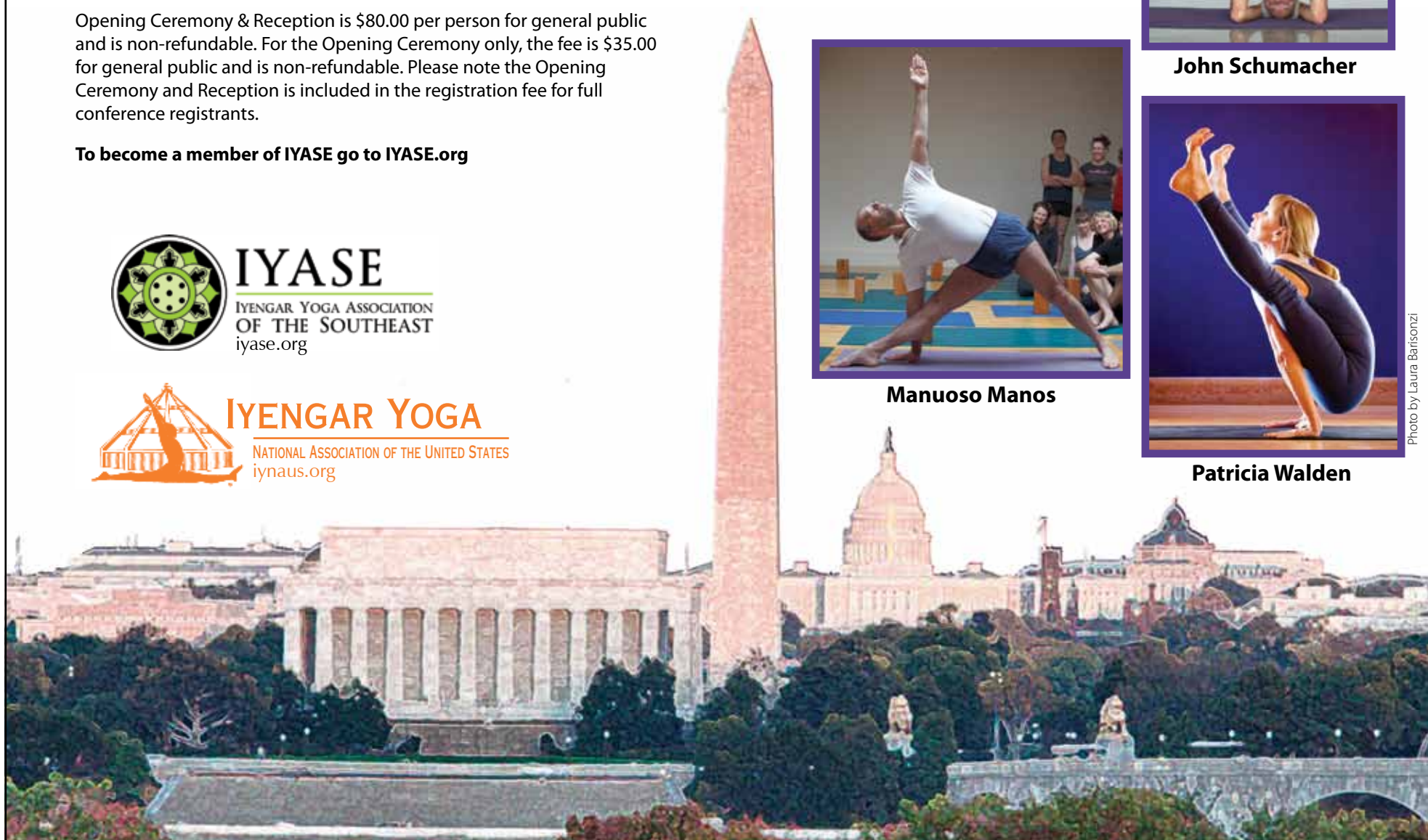


Manuso Manos



Patricia Walden

Photo by Laura Barisonzi



Maitri adisu balani [111.24]

The yogi gains moral and emotional strength by perfecting friendliness and other virtues towards one and all.