

Private & semi-private instruction now offered at Stillpoint Yoga Studios!

A one-hour yoga practice with one of our skilled teachers offers individuals the opportunity to develop a safe and balanced approach to yoga.



580 Shoemaker Road
King of Prussia, PA 19406
610-246-8935

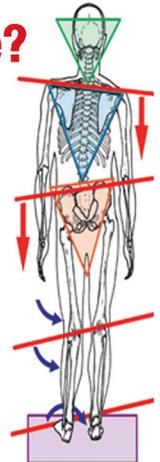
Bring in this ad & receive **25% off** towards purchase of Privates or Semi-Privates enrollment!

Is Your Life In Balance?

You work hard to treat your body right. Eating right, exercise...

Maybe you are working a body that is not balanced?

Did you know an unbalanced body may not cause pain, but causes uneven wear on your joints... like driving a car with one flat tire.



The Solution?



A Biomechanical Program for Active People

- Balance Your Structure
- Restore Joint Mobility
- Improve Muscle Flexibility

Mention this ad, and receive a complimentary assessment and computerized foot scan with Dr. Arthur Nemchenko

King of Prussia Family Wellness Center, PC
Chiropractic - Massage - Rehabilitation

610-337-7463 www.kopwellness.com

Mercury Free

Non-metal Restorations

Surgical Extractions

Invisalign

TMJ/Facial Pain

216 Mall Boulevard
Suite 11
King of Prussia, PA 19406

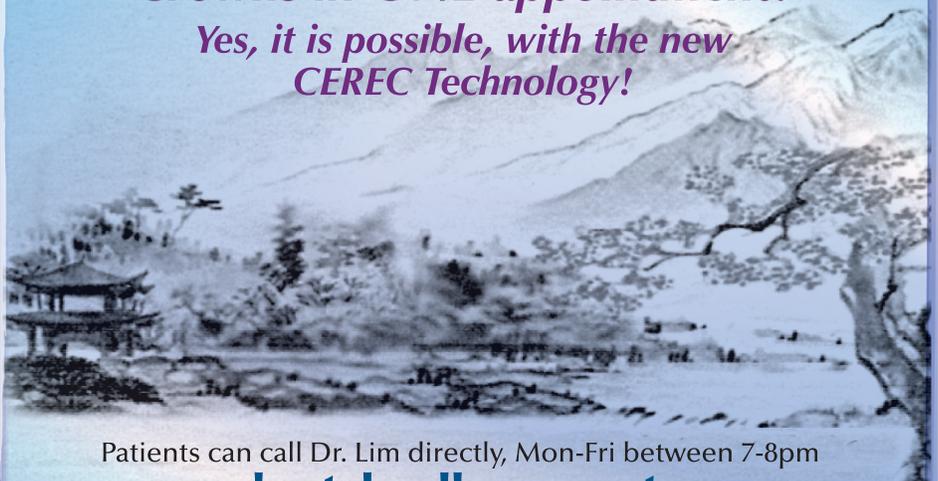
610-265-4485

Dental Wellness Centre

DR. HYO LIM, DMD

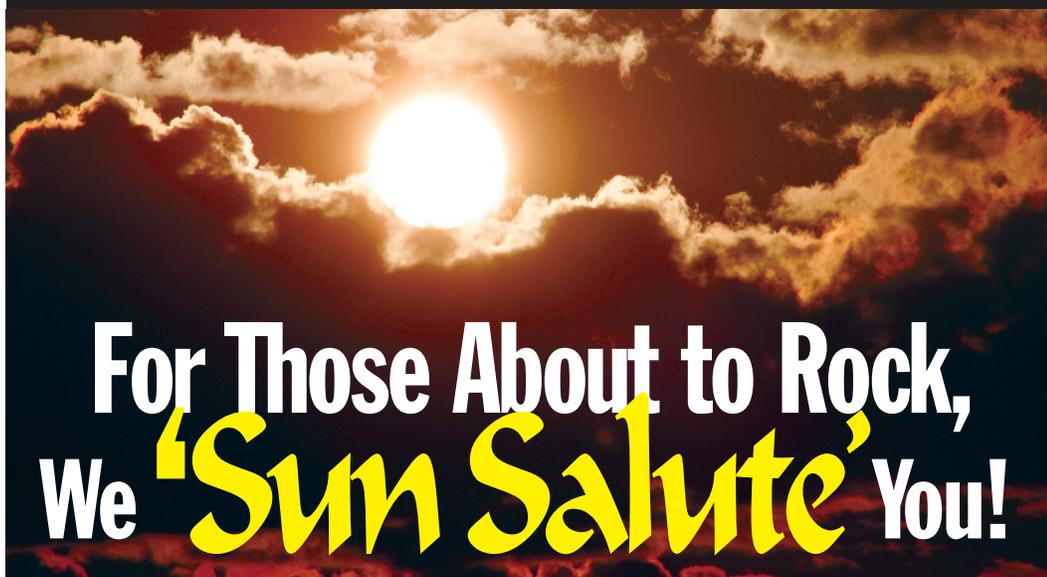
Crowns in ONE appointment?

Yes, it is possible, with the new CEREC Technology!



Patients can call Dr. Lim directly, Mon-Fri between 7-8pm

www.dentalwellnesscentre.com



For Those About to Rock, We "Sun Salute" You!

My mom likes to tell the story about how, as a baby, I'd pull myself up in my crib, hold onto the bars and rock back and forth while humming and babbling. I don't doubt her because one of my earliest memories is standing in front of the radio, grasping whatever piece of furniture it was on and literally *rockin'* to the Beatle's "I Wanna Hold Your Hand."

As a child, I'd sing myself to sleep each night. TV theme songs, nursery rhymes and pop tunes comprised my repertoire.

Then, at the age of nine, I sat down at the piano with my first music teacher and for the five years that followed, studied the keyboard.

Billy Joel was my inspiration but soon, he was not enough. I discovered there were Bruce Springsteen, George Thorogood, Led Zeppelin, Pretenders and Beatle songs that I absolutely *needed* to play. So, at the age of 14, I purchased a guitar and in the 25+ years that followed, I never gave it up.

Fast forward to September 2001. At 5:30 one morning, I happened upon a humble little PBS show called *Wai Lana Yoga*.

I've always liked to stretch, chant and meditate, so chillin' with Wai Lana each day was a great fun. She even played guitar, sung and chanted! I...was... *hooked!* And just as I never stopped playing the guitar, ever since that morning, not a day has passed that I haven't practiced yoga!

Along with rock, I've always enjoyed other styles of music – especially yogic types like chanting with Deva Premal or Sheila Chandra and spacey instrumentals by Liquid Mind or Steven Halpern. As a massage therapist, those musicians are mainstays for me and I'm always discovering more everyday (thanks to the help of **Pandora.com**).

But still, I can't seem to shake the rock and roll monkey off my back – nor do I want to! I believe it "grounds" me after yoga and meditation as well as after massage and Reiki work.

Classmates.com reunited my first boyfriend and I just over a year ago. "For the past 25 years, every time I hear Billy Joel or Bruce Springsteen, I've thought of you," he said. Yet, during a separate conversation he asked, "Aren't you a little old to still be playing your guitar and going to concerts?"

"It's my hobby," I told him and asked, "You have hobbies too, right?"

"Sure," he said, "I collect die-cast toy cars," immediately following his admission with the

realization, "I guess that's childish too." Then, he quickly noted his hobby made money and that after his heart attack, his doctor said he *had* to take up a hobby and, most importantly, he sold the cars for an online company he'd started and made money at it.

I told him it seemed as if he needed to give yourself permission to do what he'd deemed an immature activity by turning it into a business. "If it brings you joy," I told him, "that's all that matters and you shouldn't have to answer to anyone."

"I guess you're right," was his response and within a few days, he'd dusted off his acoustic guitar and was serenading me.

Later, when he teased me about being into yoga, I reminded him while he was in the midst of raising his arms above his head, leaning back and stretching, that he was also "doing yoga" – just not formally.

Most of my current yoga sessions are casual and spontaneous as well. As a result, I often find myself "yoga-ing" while the heaviest of Hendrix or Who songs are blaring from my speakers.

That's not to say that I don't have an equal amount of softer musically enhanced yogic experiences. As I type this sentence, the ambient sounds of Dr. Jeffery Thompson's *Inner Dance* CD enter my ears and I'll later stretch to them before bed.

Musically, tomorrow may bring an entire day of acoustic keyboards in the "Classical Praise" genre (a recent discovery for me). Or, I may decide to take a trip down memory lane and go on a "Totally 80s" flashback via my MP3 collection. Or both!

Maybe someday, I'll devise a way to "bring in some green" via my hobbies. Or, I may just learn a few new Green Day songs. Until then, I'll take my bliss where I can find it: A yoga session on the balcony in the sun, a crystal bowl class at my favorite yoga center, and the "Bamboozle" music festival I've agreed to drive my 12-year-old daughter and her friends to at the Meadowlands are all sources of it for me.

And if I meet my ex-boyfriend again in *another* 25 years, I can guarantee I'll still be rockin', rollin' *and* stretching. I hope he will be too. ▲



Now It's Easier To Have Your Ultimate Massage Practice

Are you looking for a source for massage and bodywork products that puts you first and delivers what you want when you need it? Would you feel more secure with experts who review and test all their products and allow only the best into their line?

Got Your Back is your **trusted partner** for the products and expertise you need. *Your satisfaction is guaranteed* on all orders because we take the time to understand your needs and give you the service and savings you expect.

Massage Tables & Chairs • Oils, Creams & Lotions • Stone Massage • Aromatherapy • Linens • Spa Equipment • Music • Education • Ask About our Customer Loyalty Program

Here's what others are saying about Got Your Back:

"I have nothing but good things to say about your company. You're friendly, nice, and very good willed. You make it easy on us massage therapists." Lisa Firey, Phoenixville, PA

"As a first-time customer of Got Your Back, I cannot stop talking about the amazing level of customer service. I feel like a VIP! My calls were promptly returned and my questions answered. In fact, I gushed about you so much that my sister decided to go to Massage School and will be ordering her table from you as well!" Marilyn Philbrick, RMT Dallas, TX

gotyourback.com
everything for massage & bodywork
1 800 677 9830

The New Innerstrength Element
Adjustable Face Rest and Carry Case
30 X 72 32 lbs 5 year warranty
A \$199 value,
Special New Visions Price \$190



Call for a new, free 52-page full-color catalog from Got Your Back, your trusted source for massage and bodywork products.

Take advantage of this special offer today! Call 1 800 677 9830
Please mention promo code NV2007



The Tarot Muse

Carolyn R. Guss

Certified Tarot Reader & Teacher
Private Readings by Appointment
Group Events / Tarot Instruction
610-658-3252

www.tarotmuse.com



Traditional Acupuncture

Chinese Herbal Medicine
Neuromodulation Technique
Acupuncture Facial Rejuvenation

Ruth E. Fletcher
R.Ac..M.Ac..Dipl.Ac.
610 668 1114

serving the area for over a decade
with offices in Narberth & Pottstown

Present for \$20 off 1st appointment Jul-Aug 07

Yoga Wear & Accessories

Celebrate the Yogi Lifestyle

Philadelphia's only store devoted to yoga wear and accessories and the yogi lifestyle.

everything you need to create your own sanctuary . . .



Filled with beautiful clothing for yoga and après yoga, yoga mats, towels, pillows & bags, meditation supplies, new age books & music, unique jewelry, Buddha statuary, luscious organic bath & body treatments, organic flowering teas, fine incense, candles and much more.

sanctuary

8611 Germantown Ave. Chestnut Hill
215.242.3150
Info@sanctuaryyogashop.com

Listen. To the Quiet...

*If you've taken a Yoga class...
Or Tai Chi... Or QiQong... If you've
been massaged... Or rolled...
Or acupunctured... If you've been
to a spa... Or a holistic healer...
Or a meditation retreat...*

Then you probably have heard the music of P.C. Davidoff.

For the past 18 years, Philip Davidoff has been providing a soundtrack for the New Age. During that time, he has produced 12 CD's, each with its own flavor and viewpoint. The instrumentation varies and is often blended with sounds from nature. But always – without fail – the sound is subtle, soothing, healing, and non-intrusive.

"It takes about a year or two to fully realize a new album," says Davidoff, "the secret is living with the music. Doing practices with it. Does it help create a positive atmosphere without drawing attention away from your inner focus?"

When he's not making music, Philip helps to manage the Garland of Letters Bookstore on South Street. He's a long-time Yoga student of Dr. Vijayendra Pratap and his spiritual travels have taken him to India, Israel, Southeast Asia, and South America.

"In the best of all worlds, we would spend quality time on mountain tops or deep in primeval forests or at the edge of a quiet lake or on the shores of an ocean. But reality often brings us to a city like Philadelphia where there is a constant cacophony of unnatural noise. Traffic. Airplanes. Sirens. Boom boxes. Car alarms. It is so constant and pervasive that we reflexively tune it out. But it affects every aspect of our lives.

My music is created to be an antidote to this noise."

Over the years, Philip has spent much of his creative time producing at his own sound studio at Skyland, an organic farm and Yoga retreat in Unityville, Pennsylvania.

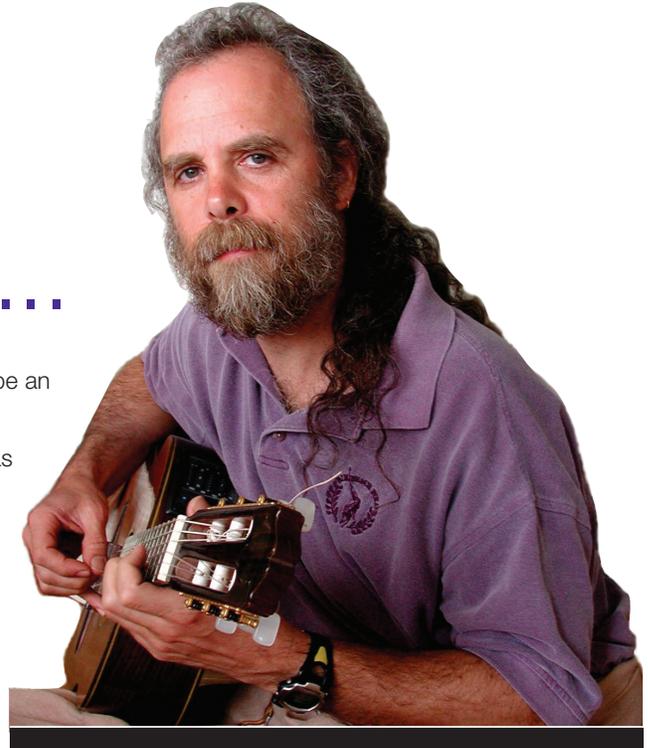
"There is a universal harmony in the natural sounds of the countryside. It's a seasonal symphony. The frogs in the spring. The summer crickets. The autumnal birds. And the deep, deep silence of a winter snowfall. I try to bring all of that back in my music to the city. People often come into Garland and can't believe how different it feels from the street outside. How different they feel. The sound is a big part of that difference. It helps you to breathe easier. Deeper. Slower."

In the early dynasties of China, there was an official who traveled from village to village and listened to the local musicians. When he returned to the emperor's court, he would report where there was harmony and where there was discordance. In this way, problems were detected early and serious trouble was often avoided. How would he have reacted to Philadelphia, I wonder

"Every culture has its own sound and its own indigenous instruments. Native American flutes. Asian Indian sitars. Aboriginal didjereedoes. Chinese kotos. American acoustic guitars. I try to be sensitive to the quiet in each instrument. The breath in the wind instruments. The vibrations in the strings. The harmonics in the chimes and bells and gongs. These often find a match in nature's music – a running stream, an evening breeze, a gentle rain, a neighing horse, a cooing owl, a waterfall, an insistent surf. When the combination is exactly right, the sound becomes part of you and you are part of the sound. There is no separation. You are not listening to the music; the music and you are one. When that happens and when it can be sustained for an hour or more without interruption – then I know the album is ready for release."

You can find all of P.C. Davidoff's music at Garland of Letters and many other new age bookstores and centers. Sample it online at cdbaby.com, amazon.com, itunes.com, or at his own website, sacredtreejewelry.com.

Or, maybe the next time you find yourself floating away in your Yoga class, check out the background music. Chances are you've already experienced the quiet and calm that is P.C. Davidoff's soundscape. ▲



Relief For Emotional And Physical Health Problems

Correcting body-mind-spirit imbalance through bioenergetics and cognitive therapies. Advanced certifications in NMT, JMT, NLP and Medical Hypnosis.



Dr. Lee A. Bowers

Board Certified
Medical Psychologist
By appointment in Villanova, PA

610-520-0443
www.drleebowers.com

Many indemnity and preferred provider plans will cover a portion of our services. We will give you the forms to submit to your insurance plan for reimbursement.

Anxiety & Fears
Autoimmune Disorders
Low Self Esteem
Chronic Pain
Compulsive Behaviors
Depression & Grief
Allergies
Job & Family Stress
Addictions
Relationship Issues
Health Problems

CLIENT TESTIMONIALS

"I sat at the glass wall 14 stories up, and felt comfortable. Before I would not have moved while a nervous wreck."

- S.K., formerly afraid of heights

"Until this moment, I have felt an underlying current of perpetual fear for my little boy's safety. Our world just became so much safer."

- C.S., mother of child who no longer has a peanut allergy

"I feel healthier than I have in years! No more chronic headaches and yeast infections! I'm a much happier person because I am a healthier person."

- R.A., history of multiple health problems



ACHIEVING LIMITLESS HEALING

BALANCING THE BODY'S BIO-FIELD

Your body *can* quickly repair and regenerate itself at an accelerated rate...

Just this simple...with

QUANTUM REFLEX ANALYSIS

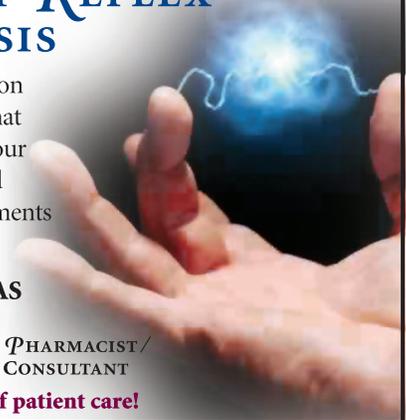
We use a system based on 23 University Studies that accurately determine your Herbal, Nutritional and Homeopathic Requirements



JOHN DOUGLAS WYLIE

NATURAL PHARMACIST /
HOLISTIC CONSULTANT

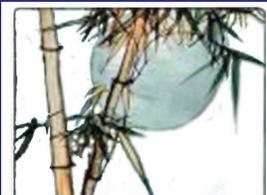
25 years of patient care!



Natural Health Alternatives

355 West Lancaster Avenue, Bldg. E, Suite 1
Haverford, PA 19041

610-645-9292



The Healing Touch Center

1327 E. Darby Road, Havertown

610 449-3589

www.healingtouchctr.com

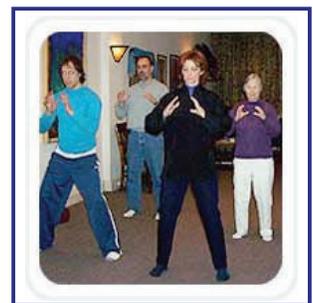
Chi Kung Classes:

Chi Kung for all ages and levels weekdays, and Saturdays: Gentle Tai Chi like movements and yoga like stretches move and utilize our internal energy, preventing chronic areas of muscular tension and emotional stress



Assisted Release Therapy, Acupressure/Shiatsu Treatments:

The principles of acupuncture, without the needles, to relieve pain. A gentle non-invasive therapy performed on you fully clothed, the therapy can help get you back on track, safely and effectively. Convenient weekday, evening and Saturday appointments are offered.



\$10.00 off any service, class or workshop for first time clients. For more information call or visit www.healingtouchctr.com

Physical exercise is one of the most enjoyable pastimes in which to practice meditation.

LET'S TAKE THE MOST BASIC EXERCISE OF WALKING AS AN EXAMPLE. The body is built for walking. It knows how to walk quite naturally. All you need to do is let it be. Let it happen. As you begin your walk, step out of your problems and your attachments, and step into another way of perceiving and experiencing. Shift your attention from your mind and your thoughts and your situation, etc. to a particular part of your body. Place your attention on your physical center – that point, a couple inches below your navel that is known as the Hara (Zen), or the Core (Pilates), or the body's physical center of gravity (Physics).

And how do you know that you have succeeded in shifting your attention in this way? You know because your mind begins to operate differently. For example, when you are in your mind, you are constantly validating every little thought, concern, worry, etc. that is in your life. Your problems are so real and so heavy and so very important. When you shift your attention to your center - to the very source of your being, suddenly you see your mind and the world (your thoughts and the appearances that surround you) as temporary, transient pieces of a grand framework of illusion. And then your thoughts and the appearances of the world simply come and go. You don't get stuck in them. You experience every moment of your walking completely. There is a feeling of empowerment, enjoyment and calmness all happening simultaneously. You are in the zone. Now here is the challenge. As long as you are thinking about this idea, then you are still 'thinking'. You are still in your mind. So you have to even go beyond the thought of transcending the mind, to the actual transcending of the mind.

Since you are reading Yoga Living Magazine, most likely you practice yoga or meditation. You know how to develop a calm inner state. You know all about yoga ideas and ideals. Now



Meditation & Exercise

by Anthony Michael Rubbo, MHS

can you genuinely take that calm state beyond your practice session and into other activities? Try it. Do it with something simple at first. When you do, you will find the simplest activities taking on a new sense. You will have a new awareness. For example, take the simple act of climbing your stairs in your home. Take the spirit of your practice into this everyday activity and watch what happens. Pretend that your walk up the stairs is actually a yoga session activity. You might find that your pace changes, and that you slow down as you're climbing the steps. You may have walked up your stairway a thousand times, and never noticed 'how' you do it. You may bring a Tai Chi concept into, and feel the alternating sense of balance and imbalance that comes with every step. You might sense how your arms and legs and every part of your body are moving in relation to your center.

And here we return to the point of this article. All forms of physical exercise are great activities to discover, strengthen and stabilize

your center. There are some activities that naturally bring you to your center, such as surfing, skateboarding, extreme bicycling, and other sports that require a moment-to-moment focus of one's balance. But most activities require that you cultivate the experience of the center. As you attempt this, you see the challenge. The center of gravity, the Hara, the ultimate core of your physical being, is not physical! It is a force - an energy, more akin to the realm of spirituality than physicality. You know where it's supposed to be located - about two inches below the navel and about an inch or so into the body. But it simply is not something that is physically tangible in the ordinary sense. It is more an element of the sky than of the earth - more like air than like denser matter. Air? And so, our answer to experiencing the center is to sense and feel the air entering your body and traveling down to your lower abdomen where your center is located. An excellent way to concentrate your energy and sense your center is to do three or four quick exhalations of breath. Feel your gut contract. Hold it. Then let the air flow, being conscious that it is flowing up and out from your center. There's a sense of freedom, of the empowerment, of calmness, of total enjoyment that accompanies the full experience of Hara. Why not combine the practice of 'centering' with the physical exercises they you already enjoy, and double your enjoyment! ▲

Penny S. Kulp, BA, CMT, PDMT MASSAGE MATTERS

THE BEST IN MASSAGE THERAPY &
PREVENTATIVE & RESTORATIVE MUSCLE CARE

- Deep Tissue Therapy
- Pfrimmer Deep Muscle Therapy
- Sport Therapy, Rehabilitation
- Swedish Massage
- Therapeutic Massage
- Myofascial Release

Member of the American Massage Therapy Association



Penny Kulp grew up in Chester Springs, PA, in a caring family environment. After a short time in business, her concern for others led her into a career as a Massage Therapist.

A graduate of Episcopal Academy and Gettysburg College, Penny completed her professional training at the Pennsylvania School of Muscle Therapy in 1998. She started practicing at her current location in June of 1999, and has since gained the respect of many clients.

Penny is a certified Massage Therapist specializing in Pfrimmer Deep Muscle Therapy, as well as Therapeutic and Swedish Massage.

MASSAGE MATTERS COUPON

\$10 OFF

**Your First One-Hour
Massage**

(must present coupon at time of purchase.)
(offer good for your first massage only)

**Gift Certificates &
Packages Available**

337 W. Lancaster Avenue
Wayne, PA 19087

*Office or On-Site Therapy
by Appointment*

610-415-9060

gentle yoga • Anusara yoga • vinyasa flow • teen yoga • senior yoga • yoga wall

personal training • 74 Peddlers Lane Lahaksa, PA



flip dog

yoga + pilates
Peddlers Village
www.flipdogyoga.com

215.794.9349

beginner yoga • pre-natal yoga • restorative yoga

hot yoga • mat pilates • pilates equipment/group bed classes • yoga fundamentals

FIVE STEPS TO GREAT HEALTH

A Revolutionary Approach to Overcome Illness

TO REACH A STATE OF OPTIMAL HEALTH, MOST PEOPLE MUST FIRST OVERCOME THEIR CHRONIC HEALTH PROBLEMS, SUCH AS JOINT STIFFNESS, MUSCLE ACHES, ASTHMA, ALLERGIES, HEADACHES, HIGH BLOOD PRESSURE AND ALL THE "ITIS" CONDITIONS SUCH AS ARTHRITIS, PROSTATITIS, CYSTITIS, DIVERTICULITIS, HEPATITIS, SINUSITIS, ETC. In 2000, according to the Center for Disease Control, more than 1-out-of-2 Americans was labeled as chronically ill and that figure has continued to get worse as each year passes.

In this first of a five part series our mission is to empower every person to attain their own limitless healing potential through the use of cell resonance nutraceutical formulations and spectacular therapeutic strategies. The five-step protocol will include the following:

- 1) RESTORE AN ALKALINE BODY pH
- 2) NORMALIZE THE HORMONE BALANCE
- 3) DETOXYFIFY THE BODY
- 4) ELIMINATE CHRONIC INFECTIONS
- 5) REJUVENATE THE BODY SYSTEMS.

The first goal on the way to great health is to restore the body's pH to the alkaline range. Almost all chronic illness takes place in a body that has become acidic due to the gradual depletion of its mineral reserves.

Testing the Urine pH – It has been clinically

established that the urine's pH is an accurate reflection of the whole body's tissue pH. The state of the body's acid/alkaline balance can be easily measured by testing the urine using hydrazine paper (also called pH paper). The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for literally every cell in the body. The most important first step for every person is to balance the first morning urine pH, which is a reliable indication of the body's acid/alkaline status. The "first morning urine" is defined as the first urination after 5AM or upon rising. If the morning urine pH is acidic (a pH below 6.4), this indicates the body is in a state of dysregulation and distress due to lack of sufficient minerals which are needed to carry out thousands of basic cellular functions. Therefore, our first goal is to restore a consistently alkaline morning urine pH of 6.4 to 7.0 using specific minerals which are highly ionized and easily absorbed. The consequence of a low

pH is an extracellular environment that precipitates increased potential for infection in the tissue as well as the bone.

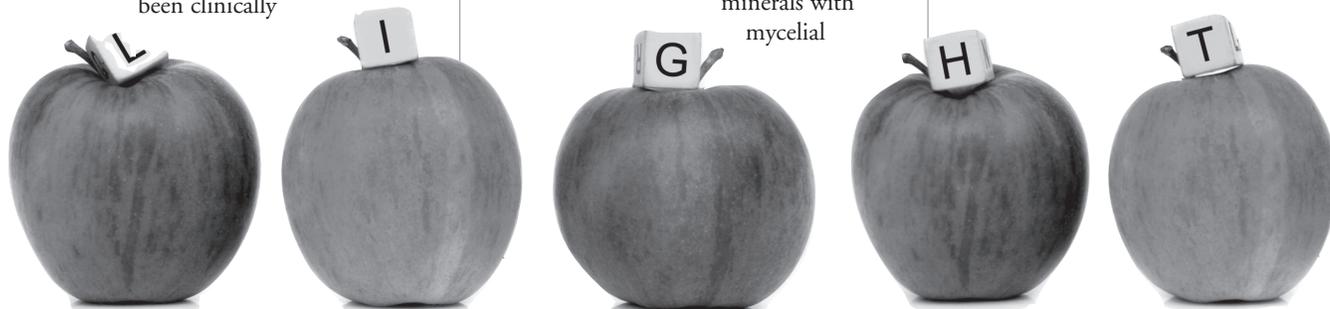
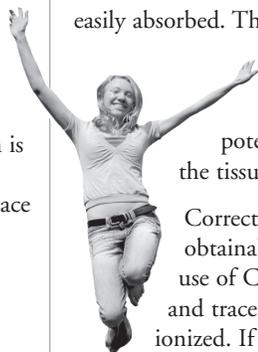
Correction of a low pH is obtainable through the proper use of Calcium, Magnesium, and trace minerals that are highly ionized. If you combine these minerals with mycelial

mushroom extracts then the provitamin D can be used for transport of calcium and minerals into the cell. This will accelerate the normalization of the first morning urine pH. Rapid improvement of the pH is seen in most cases when no infection is present. However, many Americans over the age of 30 often unknowingly have low-grade, chronic infections (from dental infections, intestinal infection and many other sources). Infections force the body to rapidly use up available mineral stores to fight the infection. If infections are suspected then products that support immune function are essential if the pH level is to be remedied.

Other considerations that promote low pH include consumption of high protein diets that exhaust the bodies mineral reserves forcing a greater need for more calcium, magnesium and trace minerals. The best option is to gradually decrease high protein consumption to normal levels and observe the restoration of pH levels.

When a consistent urine pH in the ideal range of (6.4-7.0) is achieved in both morning and evening measurements then a healthy state is achieved within the body. The need for supplements can then be significantly reduced and the potential for infection drops dramatically. The end result is reduced inflammation and pain with improved energy and mental clarity.

In our next article we will discuss the importance of the proper Hormone Balance in the Five Steps to Great Health. ▲



The Spirit of Yoga

www.thespiritofyoga.com



Offering daily yoga classes in a variety of styles

Enjoy many different types of Yoga at either of our two locations
Group Classes and Private Lessons available
Including Hatha, Kripalu, Ashtanga, Kundalini, and Pre-Natal Yoga
Pilates, Meditation, Tai Chi and T'ien Lung Tao classes are also offered



Yoga Alliance Registered
200 & 500 Hour Teacher Training



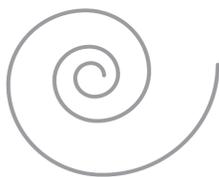
Our 500 Hour Teacher Training Program begins in August!

Attend our wide selection of workshops to receive Yoga Alliance CE Credits

For more information about our classes and treatments, visit us at www.thespiritofyoga.com
The Spirit of Yoga • 525 East Gay Street • West Chester, PA 19380 • 610-429-0920

The Spirit of Yoga Wellness Center • 721 E Lancaster Avenue • Downingtown, PA 19335 • 610-873-2307

An assortment of Energy Work, Body Work, and Spa Treatments are offered by appointment.



Radiance

*Holistic Facials
Reiki Treatments
Reiki Training*

An Enchanting Experience

*To make an appointment,
please call 610-331-7487*



**Allison
Prettyman**

*Intuitive Bodywork &
Energy Healing*

*To make an appointment,
please call 484-467-5449*



Muse's Touch

*Reintegrate Mind,
Body & Soul
Bodywork, Massage and
Energy Balancing
Techniques*

*To make an appointment,
please call 610-883-7288*

The Intersection of Yoga & Psychotherapy

YOGA PRACTICE AND PSYCHOTHERAPY SHARE MANY OF THE SAME AIMS, SUCH AS PROMOTING HEALTH AND CREATING COGNITIVE, BEHAVIORAL, AND EMOTIONAL CHANGE. They promote introspection, self-awareness, self-acceptance, and connection, and can help individuals cope with difficult experiences and mental states. However, there are important differences in the two approaches, the most fundamental of which is their respective frameworks.

Because the frameworks for yoga and psychotherapy are different, the emphases, techniques, and practices also differ. The convergence of many of the aims and outcomes – most notably the promotion of health – is, therefore, quite remarkable.

Yoga is based in promoting the experience of union and the realization of universal, nondualistic consciousness (samadhi). “Side effects” of the practice include healthy change and the experience of bliss (ananda). In contrast, psychotherapy is centered on promoting health (whether of the individual or of relationships), relieving symptoms and difficulties, and increasing self-understanding. A “side effect” of therapy may include greater connection (i.e., reduced alienation from self, others, and nature).

Yoga philosophy proposes that our difficulties are rooted in separation (which causes dissatisfaction and suffering), ignorance of our true nature, and our false identification with what we experience. Western psychological theory posits that our troubles stem from a combination of genetic/biological predispositions, stress, harmful experiences, and negative cognitive and behavioral habits.

The following discussion draws attention to a few theoretical aspects of Eastern yoga-based and Western psychological thought

that set the stage for a productive and therapeutic integration, and also points out important ways in which psychotherapy and yoga therapy differ. Specifically, this article focuses on how psychotherapy and yoga each facilitate (1) self-awareness and introspection, (2) behavioral change, (3) cognitive change and self-acceptance, and (4) connection.

The discussion below attempts to make general statements about psychotherapeutic approaches, without distinguishing between the different orientations, schools of thought, or their emphases. Similarly, there are distinctions between different types and schools of yoga practice that are not addressed below.

Self-Awareness & Introspection Psychotherapy

Psychotherapy develops introspection and self-awareness through the process of reflecting on, verbally identifying, and exploring one’s feelings, thoughts, and behavior. Psychotherapy may focus on a client’s present feelings/thoughts (e.g., “What are you feeling now?”), and ways in which awareness appears to be limited or restricted. Therapy may encourage a client to reflect on what is healthy, on the client’s goals, and on what impedes healthy choices and behaviors. It is assumed that such enhanced awareness and insight will lead to healthy self-integration and change.

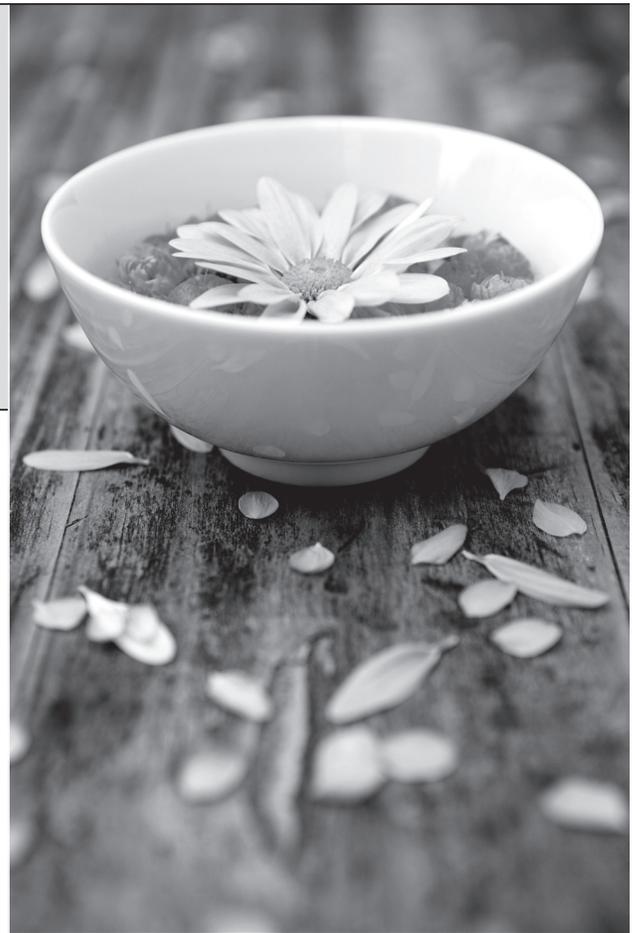
Yoga

Each of the eight limbs of yoga leads to enhanced awareness. Through the yamas (restraints promoting ethical behavior)

and niyamas (observances of healthy attitudes) practitioners have the opportunity to reflect on their intentions, choices, actions, and greater purpose. The integration of asana (postures), pranayama (breathing practices), and dharana (concentration) enhance awareness of body, breath, mind, and their interrelation. The development of “one-pointed” focus through pratyahara (sense withdrawal) and dharana flows into dhyana (meditation). Through practices such as asana and meditation, yoga teaches practitioners to be present to immediate experience. Dhyana, in turn, leads to the experience of higher states of consciousness and to the experience of “witness consciousness.” Ultimately, practitioners experience universal awareness, in which the distinction between subject and object (or knower and known) dissolves.

Are there limits to awareness?

Like modern Western research psychologists, yoga practitioners recognize that the ordinary (i.e., untrained) mind is unable to accurately study itself. The untrained mind remains too much a part



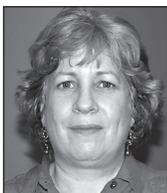
SUCCESSFUL Weight-loss Means:

1. Eating Less and Moving More
2. Eliminating Emotional Eating AND
3. Taking the struggle out of changing old habits.

If you've lost weight before, chances are that you've focused on #1. But if you found that those pounds just crept back on, then you know how important it is to eliminate emotional eating and change habits permanently.

In 12 hands-on classes you can learn what you need to be in total control of your weight. Permanently. With NO dieting.

12 Classes to Permanent Weight Loss. The first series in Devon begins September, 2007 and the series will be repeated three times yearly.



Jan. 2007

Start anytime.
\$40 per class.

Wendy Merron Goldenthal, CI
Consulting Hypnotist

Ariel Roberge, RD, LDN
Registered Dietician



April 2007
20 lbs. less

Visit www.HypnosisInstituteofPennsylvania.com or call Wendy at 610-687-0333 for more information.

Bring this ad and your first class is FREE! Think Thin, Get Trim™

Queen of Green

Direct Phone
215.784.5269

Office
215.657.8100

Carol Lizell
the Queen of Green
understands your need
for healthy living space!

Call Carol Lizell, metro Philly's
only EnviroRealtor,
to find, sell or create a healthier,
more enviro-friendly home.
Keller Williams Real Estate

Want to indulge in edible luxury?

EXPERIENCE THE ANTI-AGING AND REVITALIZING
BENEFITS OF A CAVIAR FACIAL. IT'S LUXURIOUS ENOUGH
TO LEAVE YOU FEELING LIKE A CZARINA!



VISIT www.lavenders-tlc.com
TO FIND OUT MORE, OR CALL
215-880-7181
TO MAKE AN APPOINTMENT.

Bring in a copy of this ad
to receive \$10 off your first facial!

CANNOT BE COMBINED WITH ANY OTHER OFFER.

Resonance

BODY CENTERED THERAPY

Beyond Talk Therapy

The mind often lies to itself, whereas
the body always tells the truth.

Resonance, as a body centered therapy, utilizes the body's postures, symptoms and sensations, unconscious gestures, and other subtle signals to access parts of the psyche that hide behind the protective defenses of the intellect so that healing and integration can occur in the whole of the body/mind.

Sondra Howell specializes in Peter Levine's trauma healing, Arnold Mindell's Process Work with body symptoms and illness, and in helping adults and children live joyously.

SONDRA HOWELL

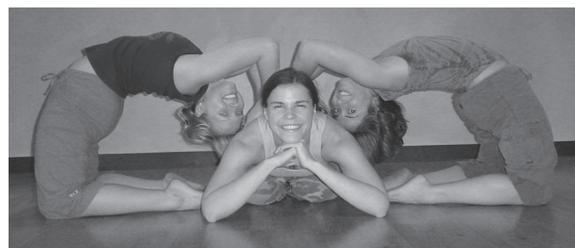
Registered Movement Therapist
Member, USA Body Psychotherapists
610-585-3859 • Kimberton, PA



breathe

yoga center

www.breatheyogacenter.net breath :: strength :: spirit



Registered Yoga School



- * Brand New Beginner Yoga
- * Heated Power/Vinyasa Flow Classes
- * Private Yoga Instruction
- * Massage Therapy
- * Workshops with Renowned Yogis
- * 2007 Teacher Training
- * Retail Store

4402 skippack pike, skippack, pa 19474
610.584.1108

of what is being studied; it is swayed, overwhelmed, or caught up in its own thoughts. According to yoga practitioners, however, meditation techniques gradually extend the mind's capacity for observing itself objectively, overcoming the limitations of untrained introspection (Rama, Ballentine, & Ajaya, 1976).

As we have seen, psychotherapeutic practices count on introspection and self-reflection to develop awareness and promote healthy change. On the other hand, Western psychology postulates that there will always exist an indeterminate amount of unconscious material unavailable for introspection, making it difficult – if not impossible – for human beings to achieve a consciousness of the self. A frequent critique of Western perspectives by yoga practitioners is that Western psychology has limited its exploration and theorizing about levels of consciousness to only a limited range of “I-ness” (ahankara), referring only to personal identity and failing to involve transcendence of the ego.

In contrast, practitioners of yoga believe that yoga deals with levels of consciousness beyond the ego level, outlining a path for further development (Rama et al., 1976). Transcending “average” awareness is, thus, an important goal in yoga practice. To the extent that Western-based psychotherapy encourages self-actualization and the exploration of one's potential (most often seen in existential, humanistic, and transpersonal theories), such goals may also be promoted in psychotherapeutic treatment. Such approaches may consider clients' search for meaning and purpose in the midst of apparent meaninglessness, isolation, helplessness, and hopelessness. They may recognize and acknowledge the varied levels of human experience, including the spiritual level and our connection to that which is beyond the individual self. Such therapeutic approaches may also take into account the con-

text and relativity of experience, the integration of body-mind, the difficulties that arise when there are discrepancies between clients' ideal and true selves, and the healing experience of union of different aspects of self and consciousness.

Behavioral Change

Psychotherapy

Behavioral change is one of the central goals of psychotherapy. Many clients seek therapy in order to change behaviors that are not working for them. When a client is engaged in life-threatening self-injurious behavior, treatment *must* initially focus on decreasing the behavior and promoting safety. When a client is not a danger to self or others, therapy will, at some point, help the client to examine why he/she behaves in unhealthy or unsatisfying ways.

Behavior theory specializes in explaining how both problematic behaviors and new healthy behaviors are learned and maintained. Therapy may involve reflection on the origins, meaning, or function of a behavior, and the thoughts, emotions, and environmental factors that contribute to the behavior. Certain psychotherapeutic methods emphasize skill building, such as communication skills, social skills, and parenting skills training. Other orientations encourage “experiments,” getting clients to try different things, particularly when what they have been doing has not been working or has stopped working.

Psychotherapists have also appreciated the therapeutic benefits of relaxation for behavior change, developing techniques such as progressive relaxation, autogenic training, and biofeedback (Rama et al., 1976). Relaxation itself may be restorative and counter symptoms such as anxiety. Given his use of the psychoanalytic couch

Experience Past Life Regression

with Carol Bowman

“Carol, my past life session with you was one of the most fun, helpful things I've ever done. It's one thing to have a medium tell you about a past life, but entirely different to see and feel it for yourself. WOW!” —T.H., *Bryn Mawr*

“Thanks for guiding me though the experience in such a thoughtful, pleasant way. It was the BEST” —G.J., *Ambler*

“I'm still reeling wonderfully from the adventure we took through space and time. It's had a profound effect on my inner being. All my gratitude to you for being the instrument that got me there.” —S. B., *Cherry Hill, N.J*



Carol Bowman, MS, past life regression therapist for fifteen years, is the internationally-known lecturer and author of *Children's Past Lives* and *Return From Heaven*.

Carol has been featured on national TV and radio including *Oprah*, *Good Morning America*, *The Art Bell Show*, *Unsolved Mysteries*, *ABC Primetime* and as reincarnation expert on *A&E* and *The Discovery Channel*.

**610-566-3870 (Media, PA)
www.CarolBowman.com**

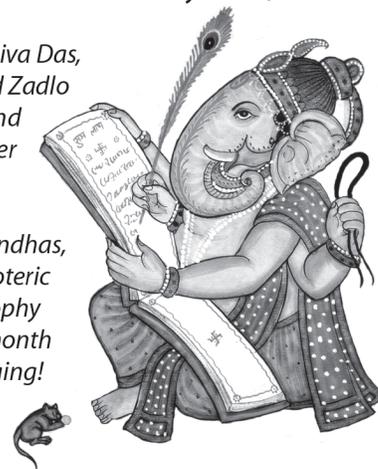
YOGA·ON·MAIN

200 Hour Yoga Teacher Certification Training

September 7th, 2007 - January 26th, 2008

Join senior teachers Shiva Das, David Newman and Ed Zadlo for a comprehensive and well-established teacher training program.

It includes the study of asana, pranayama, bandhas, kriyas, physical and esoteric anatomy, yoga philosophy and ayurveda. This 5 month immersion is life changing!



4363 Main Street, Phila., PA 19127 • 215.482.7877
www.yogaonmain.com • info@yogaonmain.com

“A Yoga Alliance Certified School”

YOU are unique.
Your healthcare should be, too.

Do you:

- tire easily?
- crave chocolate, bread or sugar?
- have no sex drive?
- find it impossible to lose weight?
- suffer with dry vagina?
- feel moody?

Call to discuss effective options for restoring your unique balance.

Ann McCloud Sneath, MSN, CRNP

Certified Nurse Practitioner
Healthcare for Women
West Chester, PA

610-692-7126

Donation Yoga on The Main Line!

THE EXOTIC WAY™

Yoga and Dance Studio

222 W. Lancaster Ave Paoli PA 19301
1-610-296-5580 www.theexoticway.com

Partner Yoga Workshops Monthly!

Donation Yoga Classes Daily!

Pilates!



Dance Classes!

Featuring "The Art of Exotic Dancing for Everyday Women" Workshops!

Daily Classes & Workshops
Private Instruction Meditation Gift Cards
Studio Rentals Instructor and Business Opportunities

and hypnosis, Freud, interestingly, recognized that relaxation can promote healing by encouraging introspection and ultimately behavioral change. These methods are compatible with yoga because both seek to produce deep relaxation and its concomitant benefits.

Yoga

Yoga psychology also recognizes that positive and negative habits, be they mental, physical, or energetic (e.g., tension), are learned over time. For example, yoga philosophy includes discussion of samskaras (impressions derived from past experiences in previous incarnations and/or in this lifetime that influence future responses and behavior). Yoga uses the tools of asana, pranayama, and meditation to reshape habits of the body and mind. Such reshaping may occur via practices that target the physical body, releasing tension and calming the body, through breathing and concentration practices that affect body and mind, and through practices that increase focus and promote meditation (i.e., mantra repetition, visualization, mindfulness).

Behavior change is also encouraged through the yamas (restraints), which promote a commitment to ethical behavior (e.g., refraining from lying, stealing, violence toward self or others) and moderation (e.g., eating until you are satisfied; eating in a way that is healthy for one's body), and through karma yoga, which encourages service to others.

Cognitive Change & Self-Acceptance

Psychotherapy

Many psychotherapeutic approaches focus on creating cognitive change – in other words, helping people think differently. This includes how clients think about themselves.

Some approaches actively challenge “faulty” cognitions through “cognitive restructuring,” or through problem-solving or coping skills training. Some types of therapy may focus on unresolved issues, including automatic ways of negatively perceiving, interpreting, or reacting to events. Therapy may also highlight the emotional impact of one’s thought patterns. Clients may be encouraged to see how a pattern of thinking developed and became generalized as a response to a given situation or as a creative adaptation to a past situation. This cognitive pattern from the past, although adaptive and/or necessary to the client’s survival at the time, may be problematic or maladaptive in current environments. Therapy, through cognitive change, seeks to alter these patterns of thinking to allow clients to experience, react to, and adjust to present circumstances.

The psychotherapeutic relationship, via the acceptance and understanding of the therapist, also becomes a model for self-understanding and kindness toward oneself. The therapist, through empathy, often aims to create a safe “holding environment,” (Winnicott, 1960) in which clients can work on their issues, developing insight and promoting change while remaining compassionate toward themselves.

Yoga

Yoga instructors also aim to create environments in which practitioners can compassionately and non-judgmentally observe thoughts and emotions that surface during the practice. While yoga and meditation can be seen as more passive or organic – perhaps less forceful – ways to support cognitive change than certain psychotherapeutic techniques, both psychotherapy and yoga encourage self-reflection, self-acceptance, and transformation.

continued on page 49

Dreamer Dan's HEALTHY HOBBIES

DAN UNDERSTOOD THAT EACH PERSON HAS HIS/HER OWN DEFINITION OF WHAT A HOBBY IS AND HOW HEALTH RELATES TO THAT DEFINITION. Dan also knew that the words healthy and healing are integrally related. Until One fully integrates the Knowing of the Oneness, One has some healing to do. And it is healthy practice that integrates healing.

The DreamTime pictured further insights for Dan that he would not have otherwise realized. The DreamTime did so by sharing the following:

1. One heals in others what One desires to heal in Oneself. By healing Oneself, One heals others. By healing others, One heals the self.

A family had 3 cats. 1 had been lame. She was now running and playing with the other 2. I felt that, given time, all things would heal. **This Dream revolves around the cat, Dan's symbol for courage. The number 3 is the number of manifestation. From this, Dan knew that he could not manifest healing until all parts of himself had the courage to do so. It takes courage to accept One's healing. Because Dan realized this, the Dream took him to an even higher level of awareness. The experience of healing is even more important than the individual part that is healed. When One experiences healing and integrates it, One can further share that Energy with the self and with others. The experience and Knowing of healing brings with it the assurance that all things will heal. That is, all things Will re-turn to the Oneness from where they came.**

2. One heals the self permanently when One no longer expects injury. It is the Energy of belief in injury that brings it upon Oneself.

I played baseball. A ball hit me on the head and cut me. My friend, who attended to me, expected the injury because it had happened before. I did

not feel that way. My friend bandaged my cut.

Afterward, I re-moved the 3 bandages because I had healed. The Knowing of healing healed the cuts. The number 3 presents itself again. It shows that the Energy of healing had manifested or integrated in the body of the Dreamer. It is the Knowing of healing that has healed the cuts. Dan's Dreams integrated that Knowing.

3. The body sometimes shuts down or gives the appearance of illness so that the body can integrate new Truths about health.

Four (4) health professionals visited my friend at her home. They came to help her because she could not move her body. They tried to manipulate her body into movement. I sat at the kitchen table to be sure they did not hurt her.

The number 4 is the foundation number. The friend is now establishing the foundation for a more expanded view of health. In order to do so, she has shut down her body. The Dreamer realizes this so he watches at the kitchen table. The kitchen table is the symbol of giving and receiving food, the symbol of Divine Grace. The Dreamer nourishes himself so that he can impart that safety and support to his friend. The health professionals are balancing the 4 physical elements within the friend's body. Silently, the Dreamer sends the Energy of the 5th element, ether, which represents connection to the Divine Energy that surpasses that of the physical.

4. The re-cognition of health in One's surroundings mirrors the individual's integration of the Energy of health in Oneself.



I saw the large trees growing in health on the city streets. I realized how deep the roots went in order to support these large, full-leafed trees. **Notice that the trees stand along the blocks of city streets. They have the health to grow, endure, and thrive in a polluted environment. The Dreamer realizes this. This realization in the DreamTime shows that the Dreamer has accepted his own majesty, health, and deep-rooted Knowing of the Grace of Health. The Dreamer now acts as the tree that takes carbon dioxide from the air and turns it to oxygen for all those in its environment. The Healthy One truly offers the Breath of Life to all.**

Dan knew that his hobbies provided the relaxation required for him to feel completely at ease. That ease absorbed him completely in the Joy of the Moment. The hobby itself surfaced the connection to True Healing that lay within him. The DreamTime had integrated the Knowing of Healing. The hobby fused the two and maintained the ease where no dis-ease could manifest. ▲



Are You Ready to SUCCEED?
Let HYPNOSIS Accomplish Your Goals!

Quit Smoking	Relieve Pain
Lose Weight	Manage Fears
Relaxation	Sports Performance
Manage Stress	Public Speaking

Tony Longobardi, CH
Certified Hypnotist with the
National Guild of Hypnotists
610-659-0526
longobardihypnosis@verizon.net

Charmingly Linda's
QUALITY CONSIGNMENTS
& eBay Listing Service



MEN'S AND WOMEN'S
FINER FASHIONS
JEWELRY & ACCESSORIES
All Your Favorite
Labels In One Store

Most "Charming" Consignment on The Main Line

Frazer Shopping Center
480 Lancaster Ave., Frazer
www.CharminglyLindas.com

We Recycle

(610) 640-1220
Tues, Thur, Fri: 10-6
Wed: 10-8 / Sat: 10-4



Optimize your eyesight.

Eye Fitness with Sharon Hicks,
Optometrist Trained, Vision Educator

Free consultation: 610-299-6210 | Seeingislearning.com

the **Organic Mattress Store**

Comfort Never Felt So Natural

Visit our showroom and see what you're missing!

1075 MAIN ST., HELLERTOWN, PA • 1 866-246-9866 • 484-851-3636
www.TheOrganicMattressStore.com

verge 
poweryoga
Wayne, PA



Wilmington & Newark, DE

200 Hour Yoga Teacher Training
September '07 - March '08

Learn to teach our successful
Stationary Series and Vinyasa Series

Now is your time!



www.vergepoweryoga.com
www.empoweryoga.com




Center
For
Spiritual
Living



Rev. Bob Deen
Minister

Jim Wade
Music Director

Sunday Celebration

10:30am - All are welcome!

Youth & Teen Programs • Classes & Workshops
Metaphysical Bookstore

Greater Philadelphia Religious Science

19 Central Ave. Paoli, PA
at the Delaware Valley Friends School just off Lancaster Ave.

(610) 695-0375

www.rsiphiladelphia.org

affiliated with Religious Science International

Wake Up! Life is Not a Dress Rehearsal!

Lighten Up, Have Fun, Laugh, and Don't Take Life So Seriously!



THE PARADOX OF HUMAN LIFE: MULTI-TASKING UNTIL WE FIND STILLNESS, FOCUS, LETTING GO, AND PEACE. The waking up process is about finding what wakes us up to our truth. This can be a very chaotic time as we experiment and experience many different ways of growth and finding ourselves. The hardest part is taming the ego and releasing our identification of the ego as who we are. The key part of this process is waking up to the realization that life is not a dress rehearsal! It's kind of like, "shit or get off the pot!" This is an amusing quote as there will be a lot of releasing during this waking-up period. At this point you may be asking yourself, so where is the fun?

It is in waking up to our truth and purpose that we find the humor in the human condition. We also experience the illusions of our past conditioning and belief systems. For many of us we wake-up to the Goddesses/ Gods that we are. That being the case we might as well have fun while we're here and experience everything we want to experience. It is during this realization that we start to not take life so seriously. We begin to find that letting go and being present produces results with less effort, less time, more focus, and more enjoyment. Does this mean you can lighten up, have fun, and laugh while you manifest your dreams and desires? Yes!!!

Healthy vacations and activities are not the activities themselves that produce fun, but your mindset and perception open the door to Love and joy. One helpful resource is the book, "Vacations That Can Change Your Life: Adventures, Retreats & Workshops For The Mind, Body And Spirit" by Ellen Lederman. Other vacation and travel resources are cruises that are designed for spiritual and personal growth themes. Two other books that offer quality vacations are "1,000 Places To See Before You Die" by Patricia Schultz and the 30th Anniversary Travel Special of the magazine Outside "The World's Greatest Trips Ever." Any trip that you plan can be a spiritual and growth experience. It is your intent that makes all the difference!

There are local community ways of having fun while expanding your horizons. The personal growth group called the Essential Experience Workshop fosters personal growth and community on the Main Line, www.eeorg.net. Experience impromptu dance and movement with live music every Friday night at 8pm at Group Motion in West Philly, www.groupmotion.org. See Yoga Living Magazine's event section to learn about a variety of events in our local area. For a spiritual sweat lodge (a Native American ritual), check out two locations in the Delaware Valley, www.birdsongpeacechamber.com, and www.malvernsweat-lodge.com. Or try the Center For Human Integration in Foxchase, Philadelphia, PA, www.chi4wellness.org, the Greenshore Arts Consortium in Quakertown, PA, www.greenshorearts.org, Temenos Retreat

Center in West Chester, www.temenosretreat.org, Pendle Hill Retreat Center outside of Media, www.pendlehill.org and a new kid on the block called Transformations in Voorhees, NJ, www.readytotransform.com. These are just a sampling of many community organizations and activities in the Philadelphia area. If you would like more information about what is available in the Philadelphia area you can contact me at rusty@rustystewartphd.com.

If you want to venture outside of the Philly area, here are some other fun regional resources for spiritual and personal growth. I even make new friends from the Philadelphia area at the Omega Institute in New York, www.omega.org. Here is a brief list of wonderful conferences, workshops, and retreat centers include: Radiating Soul Wisdom at the 28th Annual Life Spectrums Conference/ Retreat at Pocono Manor, PA www.lifespectrums.org, two fantastic Yoga Retreat centers; the Himalayan Institute in Honesdale, PA, www.himalayaninstitute.org, and Kripalu in Stockbridge, MA, www.kripalu.org, Four Quarters: An Interfaith Sanctuary Of Earth Religion in Artemas, PA, www.4qf.org, Shalom Mountain in Livingston Manor, NY, www.shalommountain.com, Healing Tao Retreats at The Dao Mountain Retreat Center at the Jeronimo Center in Walker Valley, NY, www.healingtaoretreats.com, The Option Institute in Sheffield, MA, www.option.org, the Leven Institute Of Movement Therapy in Lenox, MA, www.leveninstitute.com, The Crossings in Austin, TX, www.thecrossingaustin.com, The Living Tao Foundation in Urbana, IL, www.livingtao.org, Astara in Upland, CA, www.astara.org, The Four Winds Society in Park City, Utah, www.the-fourwinds.com, a gay men's retreat center called Easton Mountain Retreat Center in Greenwich NY, www.eastonmountain.com, The Rowe Conference Center in Rowe, MA, www.rowecenter.org, and Dance New England Summer Camp in Poland Springs, ME, www.dne.org/camp/-2007. Wow, what a list to pick from!

I encourage you to research these organizations and use your intuition when deciding where to go to have fun in your spiritual growth process. I also invite you to look for events in the back of Yoga Living Magazine and online in my Manifesting Community Listing page at www.personalgrowthalternatives.com. Other local online community event resources are www.communityhealthguide.net, and www.holistic-hometown.com. Wherever you go remember to lighten up and not take life so seriously; after all, you are all Gods and Goddesses incarnate you know! ▲

Hypnosis Classes Forming Now!

Consider us your partner, as you explore and create what you want for your life.

7th PATH™ Transformational Meditative Hypnosis

Have the tools to fulfill your dreams!

HypnoBirthing™ Childbirth Education

For an easier, more comfortable birthing experience

- **Professional Hypnotherapy Certification Training** – Train for a career in Hypnosis with **5 PATH™ Hypnotherapy** and **7th PATH™ Self-Hypnosis**
- Learn tools and structures to – **Manifest your Desires** for anyone who wants to live the life of their dreams!
- Individual hypnosis sessions available – **To help you succeed where you never thought success was possible!**



CALL DELAWARE HYPNOSIS PARTNERS, LLC TO SIGN UP TODAY!

Delaware Hypnosis Partners

Change your life, one thought at a time.

(302) 999-1400 ♦ www.delawarehypnosis.com



Thai Yoga Massage
Shiatsu
 Marlene Burk
 610-613-9248
www.blissinbalance.com

RULE #1: YOU CREATE YOUR OWN REALITY.
RULE #2: SO, YOU CAN CHANGE IT.



Dr Robert Schwarz
 Co-developer of AFT

If you have: Allergies • Addiction • Chronic Fatigue • Anxiety • Child Behavior Problems • Depression • Migraines • Trauma • Pain • Money Problems • Relationships • Spirituality & Consciousness Training

"I invite you to discover the power of Attractor Field Techniques and Accutone CDs to transform your life"

AFT uses a unique combination of kinesiologic muscle testing to discover your unconscious beliefs that block you from health & peace plus meridian stimulation to neutralize negative energy patterns.

Haverford, Pa

www.doctor-bob.net

(610) 642-0884



ORAL CANCER IS AS PREVALENT AS CANCERS OF THE LUNG, COLON, BREAST AND PROSTATE.

VIZI LITE ENHANCED ORAL CANCER SCREENING INCREASES DENTAL PRACTITIONERS' ABILITY TO DETECT ANY ORAL ABNORMALITY AT THE EARLIEST POSSIBLE STAGE, WHEN TREATMENT IS QUICKER, SIMPLER, LESS INVASIVE AND MORE THAN 90% SUCCESSFUL.

HEALTH BEGINS WITH A SMILE

John P. Roeder, DMD

Biological Dentistry

610 647-7272

Nature's Homemade Bounty

FIVE THINGS IN YOUR KITCHEN THAT ARE GOOD FOR YOUR SKIN

by Vera Kosabutski

SUMMER IS HERE, AND OUR SKIN SUFFERS THE MOST WITH INCREASED SUN EXPOSURE, CAUSING FREE RADICAL DAMAGE AND DEHYDRATION. When you're feeling hot, lethargic and knocked out, here are five things that you can use to soften, revitalize and refresh the skin you're in.

Everybody loves roses. The colors and fragrances are reminiscent of true love and adoration, and in a 1969 Bulgarian study, it was shown that rose oil increases alertness and gives one pleasant dreams. Rose petals and oils are suitable for all skin types, especially dry, sensitive, or aging skin. The oils have also been used to help conditions such as stress and nervous tension due to the soothing properties to the nerves. Rose oil is used regularly in facial massages and skin products to calm and uplift the spirit, as well as the skin.

Taking one whiff of a fragrant bouquet of peppermint will conjure up images from the days of yester-year. This aromatic herb is easily introduced from cool drinks to long foot soaks. According to U.S. and Japanese research, peppermint improves your alertness and stimulates the brain. It is common knowledge that it helps alleviate stomach pain and enhances our digestion, but it is great as a foot tonic, too. Making a foot soak not only is relaxing while evoking sighs of delight; it also relieves fatigue and revitalizes the whole body.

Nothing beats a big bowl of natural yogurt and granola to get your day started, but did you ever want to just stick your face in it? Well now you can. Natural yogurt, when used as a cleanser, acts like a natural moisturizer and with its live active cultures has great antibacterial and antifungal properties. The lactic acid present in yogurt helps soothe, soften, and tighten the skin, while refining the pores.

Few things are more enjoyable than a good melon or cucumber salad. You can use the



juices of both to make a great cooling eye compress. Melons are powerful antioxidants and help to neutralize skin damage while cucumbers are high in sulfur (necessary for collagen synthesis) and silicon, helping skin surface issues. Cucumbers also reduce swelling around the eyes while soothing and softening the skin.

Looking to keep those tropical memories alive? Bring it all back with a body polish made from papayas and fine sea salt. The enzymes in papayas dissolve dead cells from the skin's surface leaving the skin soft and supple. Sea salt has a high magnesium content that helps with the metabolism of skin cells.

These great summer ingredients will help keep you looking and feeling your best, even on the hottest summer days. So the next time you are in your kitchen looking and feeling tired, just whip up some fresh ingredients and have fun! ▲

Rose Petal Tonic

3 teaspoons dried rose petals
1 cup water
1oz. grape seed oil

Bring water to a boil. Pour water and oil over rose petal and steep for three minutes. Pour into a plastic bottle and shake well. Massage all over skin.

Peppermint Body Tonic

4 peppermint tea bags
1 cup water
8 teaspoons ground cinnamon

Steep tea in boiling water for 10-15 minutes. Pour liquid in sterilized container. This can be used as a cleanser or toner, or warm mixture up and rub all over skin.

Zesty Mint Footbath

3 peppermint tea bags
15 fresh mint (crushed)
15 peppercorns (crushed)

Steep ingredients in boiling water, let cool. Soak feet for 15 to 20 minutes.

Creamy Neck Polish

3oz. natural sugar
6oz. of plain regular yogurt
3 drops vanilla extract

Mix ingredients. Massage skin with polish, remove with warm towels or rinse with warm water.

Cucumber-Melon Tonic

4oz. chilled fresh cucumber juice (strained)
4oz. chilled fresh melon juice (strained)
2 cotton eye pads

Mix ingredients. Saturate eye pads with tonic and place on eyes for 10 minutes.

Papaya Body Polish

1/2 cup ripe papaya (seeded, peeled and coarsely chopped)
2 tablespoons fresh lime juice
1/3 cup grape seed oil
1/3 cup fine sea salt
1 tablespoon lime zest

Blend papaya and lime juice and puree until creamy. Pour mixture into bowl and add zest, oil, and sea salt. Massage all over body and remove with moist towels or warm shower.

**Recipes taken from Les Nouvelles Esthetiques American Edition*



BACH FLOWER THERAPY

"All true healing aims at assisting the patient put Soul, mind and body in harmony."

Dr. Edward Bach

Bach Flower Therapy is a safe, integrative approach to releasing old energy patterns. Bach Flowers restore harmony by precipitating unwanted, old emotional patterns and thoughts. In Bach Flower Therapy, emotional issues are clarified and clients are educated in the use and selection of Remedies.

Unfold into peace, optimism and inner strength with a Registered Bach Flower Practitioner.

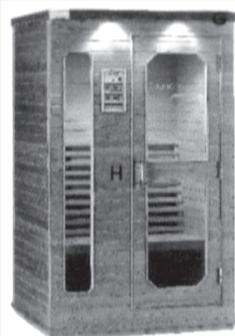
Charlene Briggs is on the International Register of Bach Flower Practitioners.

Charlene L. Briggs, BFRP

Lionville Natural Pharmacy
& Health Food Store
610-363-7474

BACH DIRECT LINE 610-594-9591

www.bachflowersusa.com
charlene@bachflowersusa.com



DETOX!

The Most Important Thing You Can Do For Your Health!

INFRARED SAUNA - No plumbing required, plugs into any standard outlet, ionized, hypoallergenic and medically proven to improve pain relief, weight loss, sports injuries, blood pressure, heart rate, immune response, metal detox, chronic infections, cellular energy, skin cleansing and more.

FREE booklet. Factory direct prices.
Commercial or Residential

800-856-0172 x211 • www.SaunaSpa.com



Shiatsu/Shin Tai

Gina Loree' Marks

484-712-5081

TouchLifeSpirit.com

Lionville Natural Pharmacy Holistic Health Center-Exton



LIONVILLE NATURAL PHARMACY AND HEALTH FOOD STORE

A Compounding Pharmacy Specializing In:

Natural Hormone Replacement • Nutrition • Veterinary Formulas

Natural Vitamins • Homeopathic & Herbs
Flower Essences • Anti-Aging Therapy
Natural Cosmetics • Organic Foods
Natural Household Products

- Nutritionist
- Yoga Classes
- Bach Flower Therapy
- Private Consultations
AVAILABLE BY APPOINTMENT

Listen To **Ben Briggs** Senior Pharmacist
And Owner Of Lionville Natural Pharmacy,
Every Saturday Morning From 9-10 On
WCOJ-1420 AM Radio Program,
Health Focus!



**Rt. 113 & Gordon Drive
Lionville/Chester Springs • 610-363-7474**

www.lionrx.com

Thyroid Disease:

THE HIDDEN EPIDEMIC

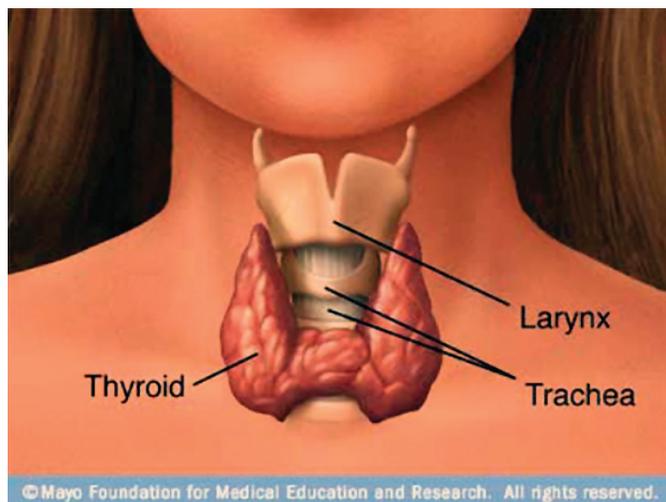
THYROID MEDICATION IS THE SECOND-MOST PRESCRIBED DRUG IN THE COUNTRY. More than diabetes medications. And for each person receiving thyroid medications, there are more who have “sub-clinical” thyroid disease, where the symptoms aren’t bad enough to trigger evaluation or treatment.

In general, we can have too little thyroid hormone, called hypo-thyroidism, and too much thyroid hormone, called hyper-thyroidism. The vast majority of thyroid disease is of the “hypo-” type—similar to too little insulin in diabetes and too little sex hormone in infertility, menopause and andropause. (See my other articles on these hormones.) I’ve previously written about how our hormonal glands are the most vulnerable tissues in our body. And since most hormones affect every cell of our body, when a gland is not working well, it has a great influence on our health.

Symptoms of Thyroid Disease

The thyroid gland is a butterfly-shaped gland in the front of the neck. It controls the speed of our metabolism—the more the hormone, the faster our metabolism goes.

Hypo-thyroidism symptoms, even when sub-clinical include: fatigue, poor skin healing, dry skin, low body temperature, coarse hair, loss of the outer third of the eyebrows, constipation, poor immune function, depression, increased blood cholesterol, cold extremities, fibro-cystic breasts, long menstrual periods, infertility, mild diabetes, and muscle pains; and in



by Michael Cheikin, MD

pregnancy and childhood, mental retardation and developmental delay. Doesn’t this sound like so many of us?

Hyper-thyroidism, which is less common, can manifest as anxiety, sleep disturbance, heart palpitations or heart rate > 100, thin, oily skin and hair, bulging eyes (called Graves disease) and other biochemical abnormalities such as osteoporosis.

Both forms can occur at any age, but hypothyroidism is more common as we get older. Many women develop thyroid disease in association with pregnancy or menopause.

There is a complex relationship between the thyroid, sex, adrenal and insulin hormones, which remains elusive for conventional medicine.

Evaluation of the Thyroid Gland and Function

If you have any of the above symptoms, as most of us do, then at some point your doctor will evaluate your thyroid. However, the type of evaluation can vary from very simple blood tests, to

more complex procedures that are only done in special cases. Holistic medicine has a different approach to the evaluation and treatment of thyroid, which will be discussed below.

Most doctors will begin with a TSH, or Thyroid Stimulating Hormone. This is a hormone made by the pituitary gland (in the brain) which tells the thyroid how much hormone to make. If TSH is high, then it means the pituitary thinks there is not enough thyroid hormone, which is the situation of hypo-thyroidism. If TSH is low, then the opposite situation is present.

The other common test is the actual amounts of thyroid hormone in the blood. The most common, T4, can be measured several ways. Since much thyroid hormone is bound to protein in the blood, and is not active when bound, the “free” T4 is measured. In the body, T4 is converted to T3, which is many times more potent than T4. It is important to measure free T3 as well as free T4.

So, if the TSH, free T4 and free T3 are normal, then it is assumed that the thyroid system is working adequately.

Antibodies to the Thyroid Gland and Components

However, this is not the end of the story. These labs can be “normal”, even while the body is making anti-bodies to the thyroid gland or its components. Depending upon where these antibodies attack, eventually hyper- or hypo-thyroidism will develop. Since conventional medicine can only treat autoimmune disease with powerful drugs or surgery, antibodies are only dealt with if