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the labs are “abnormal” or there are other red flags. It’s a wait-and-see, while these antibodies are doing their damage. It’s like having foreign invaders in our country and only having nuclear bombs. We lose if we don’t do anything, and we lose if we do something.

Why the Thyroid Gland

There are many theories about why the thyroid gland is so sick, but no one theory seems to explain it all. It is probably a combination of factors, which I will briefly review.

1. AUTOIMMUNE DISEASE.

The holistic understanding of autoimmune disease is that the immune system gets confused and begins attacking the body itself. Causes of autoimmune disease include chronic stress, adrenal fatigue, lack of stomach acid and digestive enzymes, improper bacteria and yeast in the intestines (dysbiosis), leaky gut (where toxins from these bacteria and yeast get into the bloodstream), energetic imbalance (see below), nutritional deficiencies and environmental toxins. (The topic of auto-immune disease is complex and will be discussed in a future article).

2. IODINE COMPETITION.

Modern civilization has cycled in its approach to iodine. At some points, iodine was added to our foods, such as salt. At other points, it was removed from our foods, such as replacing potassium iodide in the production of bread with potassium bromide. Currently, our environment is filled with “halides” that can compete with iodine absorption and processing. These include: fluoride in water and toothpaste, chlorine in water and other disinfectants, bromine in foods and in plants, and perchlorates, industrial toxins that have been found in all breast milk.

3. TOXINS & NUTRITIONAL DEFICIENCIES.

Certain foods, such as soy and gluten, and toxins such as hydrogenated oils and pesticides, as well the fact that conventional foods are nutritionally deficient, can cause problems specifically for the thyroid, and for many of the hormonal systems in general.

4. STRESS. Our lifestyles do not allow for adequate rest and recovery. Since the thyroid gland is the gland that controls whether we’re going fast or slow, it may simply “burn out”, through the above mechanisms, just like the pancreas burns out in diabetes.

5. ENERGY. The thyroid gland is located near our “throat chakra.” In yoga theory, each chakra is involved with certain themes in our lives. The throat chakra has to do with our feelings of expression, both in an emotional sense, and in the sense of being heard, being creative, and having meaning. In my own case, my own thyroid became sick when I was involved in such issues.

6. GENETICS. There is certainly a genetic tendency toward thyroid and autoimmune disease. However (as I’ve written about in other articles), these genes are like switches that can be turned on or off by factors such as the ones listed above.

What To Do

Thyroid disease lends well to the holistic approach, since it is truly multi-factorial. Many people have been able to reduce or eliminate thyroid medication, and have eliminated antibodies to the thyroid gland.

The holistic evaluation and treatment of thyroid disease is more involved than that of conventional medicine. It is not one blood test or one pill. You may need to change aspects of your lifestyle, such as how you eat or sleep. Almost always, nutritional supplements are required to rehabilitate the body’s metabolic processes and to get rid of toxins. Often, a formal detoxification process is required. Modalities such as yoga and acupuncture can be very helpful. Not all tests and treatments are “covered” by insurance, so there is some cost involved in healing the thyroid. Some special tests include: TRH, TRH stimulation test, TSH antibodies, iodine loading, RBC

selenium, and thyroid scan. You can find more information on these tests on the internet or in consultation.

Often Thyroid Is Not Enough

Oftentimes, thyroid medication alone is insufficient to restore a person to a feeling of wellness. If a person is on hormone, but is still feeling symptoms of fatigue, mild depression, constipation, poor skin healing, dry skin, etc., then a holistic doctor may change the formulation of the thyroid hormones, or add supplements that support related glands such as the adrenals, pancreas, or sex glands. Giving thyroid hormone in the face of adrenal fatigue will sometimes make symptoms worse.

Since the thyroid affects so many tissues and functions of the body, taking care of our thyroid gland not only has a direct benefit, thyroid health can ultimately save huge amounts of time, energy, money and quality of life. ▲

For More Information

- Dr. Cheikin’s website, www.cheikin.com, has helpful articles on related topics
- Cheikin, Michael: [Chronic Pain, Fibromyalgia and Chronic Fatigue Syndromes: A Nine Step Pathway to Healing](#). Optimal Health, 2007. ISBN 9780-9795-20303.
- Campbell, TC & Campbell TM: [The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health](#). Benbella Books, 2005. ISBN: 1932-100-385.
- Pizzorno, Joseph: [Total Wellness: Improve Your Health by Understanding...](#) Prima, 1997, ISBN 0761-510-94X.
- Sivananda Center: [The Sivananda Companion to Yoga](#). New York: Simon & Schuster, 1983. ISBN: 0684-87000-2.
- Hanley, JL et al: [Tired of Being Tired](#). New York: Putnam, 2001. ISBN 0399-147-497.
- Bland, Jeffrey: [The 20-Day Rejuvenation Diet Program](#). Los Angeles: Keats, 1999. ISBN 0879-839-805.

IMPORTANT NOTE:

This general information should not be used to make decisions about medical care without the involvement of an experienced practitioner.

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From Our Home To Yours

Go Raw!

by Carol Haytko

EATING RAW FOOD, JUST AS NATURE GAVE IT AND WITHOUT ANY PROCESSING, HAS BEEN AROUND SINCE HUMANKIND BEGAN. Ancient peoples, often without the methods used in modern food preparation, ate their food fresh. In current usage, the Raw Food Movement, sometimes abbreviated as RFM, began in the United States before spreading to Canada, Europe, and Australia in the 20th century. This movement promotes the consumption of uncooked, unprocessed, organic foods that have not been heated above 118°F, thus retaining all the natural properties of the food. A raw food diet may include fruits (including raw wines), vegetables, grains, nuts, and seeds; while the majority of raw foodists are vegans, there are those who also eat raw meat, fish, eggs, and dairy (raw and unpasteurized milk, cheese, and yogurt).

There are three basic tenets of the Raw Food Movement: eating raw food is natural, raw food is living food, and raw food is healthy food. Raw food is food in its natural state; in its natural, non-mutated state, the human body, like raw food, is healthy. Some raw foodists believe that disease came around with the invention of fire and thus the cooking of food.¹ Dr. Joel Fuhrman, Dr. Gabriel Cousens, Gillian McKeith, and Professor T. Colin Campbell advocate diets high in raw, unprocessed foods and claim that social trends over the past several

centuries have diverged from this diet and, together with less active lifestyles, has contributed to the increase of non-communicable diseases and obesity-related illnesses, like cardiovascular illnesses, cancer, diabetes, and autoimmune diseases, in developed countries.²

The Raw Food Movement began to take root in the United States in the early 20th century. In 1933, E.B. Forbes wrote a paper that discussed the damage to the teeth of those eating cooked foods and, in 1936, dentist Westin A. Price observed dental degeneration in the first generation to adopt diets high in non-raw food. This study is echoed by anthropologist Peter Lucas, who reported in 2005 in New Scientist magazine the casual link between the chronic poor dentition found in only one mammal- humans- and the processing and cooking of food.³

Cooked food has a cumulative effect on the body; it builds up over time and prematurely wears out the body while severely damaging organs.⁴ Some raw foodists believe that cooking food converts some particles into harmful chemicals and makes the food less digestible than raw food because cooking destroys food's natural enzymes.⁵ This is the second Raw Food Movement tenet: food is alive.

Research is widespread on the benefits of eating raw, unprocessed, organic foods. In addition to Lucas's 2005 publication, the Journal of the National Cancer Institute suggested that ingesting cooked or pasteurized dairy products may increase the risk of colon cancer.⁶ Some people have overcome cancer, fibromyalgia, diabetes, obesity, and autoimmune diseases by adopting a raw food diet.⁷

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Many people begin the transition to raw food by visiting a restaurant, like Pure Food and Wine in New York City, a raw, vegan, and organic establishment, near Gramercy Park, which serves a variety of nut milks, desserts, and main courses like lasagna and pasta, all derived from fruits or vegetables and all raw. Make no mistake. While raw food is delicious and very healthy, it takes an enormous amount of preparation time and planning (especially in the beginning of this diet) and can be quite pricey for organic and rare items. However, the health benefits are amazing. Health seems to improve overnight.

Raw food isn't just about a food movement or elegant restaurants. It's also about discovering food. I never thought of eating raw corn on the cob until my husband and I explored raw food. Raw, white corn is sweet and succulent; nothing is better on a hot summer night. What will you discover- not only about food, but also about yourself?

There are so many food movements, each touting their benefits: all meat, all vegetables, all fruits. Which is best? Just as there are a variety of taste likes and dislikes, so are there a variety of food choices that may be right for each individual. Choosing any food movement to join- especially one that can seem limiting at first glance- is a personal choice that should be entered into after research, experience, and time. But, should you decide that raw is for you, what better time to try it than in the summer, when the heat can feel oppressive and no one- even the happiest of chefs- wants to slave over a hot stove.

Don't be afraid! You can start your raw food journey one meal at a time. Replace one meal a day with a raw food meal for the first week. The simplest meal to replace is breakfast. Enjoy a fruit smoothie or a bowl of raw cereal. For the second week, replace two meals and half your snacks. Raw snacks, like crudités, are simple and easy to prepare, as are beautiful lunches, like a fresh salad with homemade vinaigrette. By week three, you'll be well on your way to a cooking-less summer! Try raw ravioli or raw sushi!

Fruit Smoothie (Serves at least 2)

YOU WILL NEED: 1 cup of diced strawberries, 1 cup of blueberries, 1 cup of diced peaches, 1 cup of diced bananas, 1 cup of diced mango, 1 cup of diced melon, 1 cup (or more to taste) freshly squeezed orange juice

Place your raw fruit in a storage container or bag and freeze it overnight. (You can omit this step, but you will need to add approximately one half cup of ice to your blender). Toss the frozen fruit (or fresh fruit and ice) into your blender. Add the juice, adding more during the blending if you prefer your smoothie with a more liquid consistency. Blend on high for one to two minutes, then pulse until well blended. Pour into tall glasses and serve immediately.

Raw Cereal (Serves at least 2)

YOU WILL NEED: 1 cup of raw almonds (crushed), 1 cup of raw walnuts (crushed), 1 cup of raw dates (minced), 1 cup of raw coconut (shredded), 1 sliced banana, 1 cup of raw milk or 1 cup of banana milk

Mix all ingredients except banana milk or raw milk together. Top with the milk of your choice and let the milk permeate the cereal for 3-5 minutes before eating. To make banana milk, place a very ripe banana in a food processor and process until mushy. Add water until the milk becomes the consistency of your choice. Use immediately.

Crudités & Raw Hummus (Serves at least 2)

YOU WILL NEED: a variety of the raw vegetables of your choice (my favorites are carrots, sugar snap peas, celery, bell peppers, and cucumbers), 1 cup of sprouted chick pea sprouts (you should be able to find these in a health food store or co-op), the juice of one lemon, the juice of one lime, 3 cloves of garlic (minced), 1 tablespoon of raw tahini (you should be able to find this in a health food store or co-op), 1 teaspoon finely ground sea salt, 1 teaspoon of fresh basil (minced), water

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Blend the chickpea sprouts, lemon juice, lime juice, garlic, and tahini together in a food processor. Add enough water to create a smooth consistency as you pulse. Stir in the salt and basil. Chill for at least an hour and serve with your fresh vegetables.

Summer Salad & Simple Vinaigrette (Serves 2)

YOU WILL NEED: 1 cup of fresh leaves (oak, lettuce, cabbage, or a combination), 1 fresh tomato, 1 small zucchini, 1 small ear of corn (freshly shucked), 1 baby potato, a few springs of fresh basil, 1/2 cup of cold pressed vinegar, 1/2 cup cold pressed olive oil, 1/2 cup cold water, 1/2 teaspoon cayenne pepper, 2 tablespoons of raw sunflower kernels

Divide the leaves into two bowls. Dice the tomato and zucchini and share between the bowls. Using a sharp knife, cut the kernels from the corn, allowing the corn milk to spill into the bowls. Julienne the potato and divide between the bowls. In a jar, combine the basil, vinegar, olive oil, water, and pepper. Shake well to combine. For best results, let the vinaigrette sit for 6-24 hours before serving (although you can serve it immediately). Drizzle the dressing over the salad to taste and top the salad with the sunflower kernels.

Raw Ravioli (Serves 2)

YOU WILL NEED: 3 large radishes (thinly sliced- I use a vegetable peeler), 1 cup of each: raw pine nuts, raw macadamia nuts, raw cashews, 5 teaspoons of cold pressed soy sauce, 1 tablespoon plus 1 teaspoon of cold pressed olive oil, 4 cloves of garlic (minced), 1-1/2 cups of minced basil, 3 large tomatoes, 1 tablespoon cold water

To make the ravioli, lay half of the radishes on a plate (the other half will serve as the ravioli tops). To make the filling, blend the nuts, soy sauce, 1 teaspoon of the olive oil, 2 cloves of the garlic and 1 cup of the basil to a food processor and pulse until thick and creamy. Spoon out a large spoonful of the filling and lay it on the radish slice. Top with a second radish slice. To make the tomato sauce, mix the remaining ingredients together in a food processor and pulse until chunky but combined. Spoon a healthy helping atop each ravioli.

Raw Sushi (Serves 2)

YOU WILL NEED: an assortment of julienned vegetables (like carrots, avocado, cucumber, sprouts, or whatever you prefer), several sheets of dried but unroasted nori (seaweed), freshly sliced ginger and cold pressed soy sauce to taste

Lay the nori on a flat surface. You can spray it with a thin coating of very cold water if you'd like. Move in one quarter from the left edge and sprinkle a bit of each of your vegetables in a straight line, taking up no more than a third of your sheet. Rolling from left to right, roll the nori into a roll. Moisten the right edge with water to seal and lay the roll, seam down on a cold plate. Slice vertically and serve immediately. ▲

¹ Goodson, Deanna Couras. *3 Things Raw Foodists Believe*. Suite 101. April 13, 2007 <http://vegan-food.suite101.com/article.cfm/3_things_raw_foodists_believe>.

² *Raw Foodism*, Wikipedia. April 13, 2007 <http://en.wikipedia.org/wiki/raw_foodism>.

³ Ibid.

⁴ Benhaim, Pail. *Raw Food Craze*. Health Therapists. April 13, 2007 <http://www.healththerapists.com/news_articles/general_health/raw_food_craze>.

⁵ *Raw Foodism*, Wikipedia. April 13, 2007 <http://en.wikipedia.org/wiki/raw_foodism>.

⁶ Ibid.

⁷ Goodson, Deanna Couras. *3 Things Raw Foodists Believe*. Suite 101. April 13, 2007 <http://vegan-food.suite101.com/article.cfm/3_things_raw_foodists_believe>.



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NEXT TO WHOLE FOODS!

FOOD: Your Next Healthy Hobby

I am a food junkie.

This does not mean I eat junk food. This means I am crazy about all things regarding healthy food! Food intrigues me. I find joy and pleasure in experiencing my food. I am fascinated by the growing and preparation processes. I love to study nutrition. Mostly I like to experiment with food and my body. Does the food I eat increase or decrease my energy? Does it improve or disrupt my digestion? I like to do what works for my body regardless of what nutrition studies show. Food is indeed one of my favorite hobbies. Below you will find some suggestions if you would like to join me in starting a hobby with food!

GARDEN

If you do not have enough land to grow a small garden, check out www.earth-box.com. You can grow your own vegetables or fruit out of a box! There are many new options such as hydroponics growing systems (using only water) or systems that use air and light, but I recommend using good old-fashioned dirt. That is where the minerals are. If your soil is of poor quality, consider using a safe seaweed fertilizer. Seaweed adds minerals back into the soil. Gardening is a wonderful project if you want your kids or grandchildren to see where food really comes from. Plus, you get a chance to spend time with nature and feel the earth up close and personal!

VOLUNTEER TO WORK ON FARM

If the above option does not work for you, find a local farm that grows produce and volunteer an hour or two of your time. If you do a good job, maybe you will get a chance to taste test some of the food they grow! Being in the energy of growing and freshly picked food is an experience unlike any other. If you have never had the opportunity to try a raspberry newly plucked from the prickles, it is a must-try! Cherry tomatoes straight from the vine are better than candy. Food is fun when it is fresh!

PLAY WITH YOUR FOOD

Literally, play with your food. Children especially love this. Slice an apple, spread peanut butter on top and decorate with raisins for eyes, shredded coconut for hair, sunflower seeds for a smile... Be creative! Use toothpicks to add appendages to carrots then decorate the toothpicks with raisins or another dried fruit or even a vegetable.

EAT A MEAL WITH YOUR FINGERS

If you are concerned about your children learning an unacceptable social habit, frame the meal as a cultural experience. People in India eat with their hands all the time. Eating with your fingers connects your body with your food in a more intimate way.

FEED YOUR PARTNER

Whether it's a friend or lover, feeding someone else and being fed by someone else is a unique experience. You never know what will show up on the fork now that someone else has control! Eat with your eyes closed for even more mystique.

COOK WITH A FRIEND

Preparing food with a friend adds loving energy to your food. Be sure to listen to your favorite music and laugh a lot as you cook to infuse your food with good



vibrations. Get your bare hands involved- instead of using a utensil to mix or stir ingredients, use your hands. As with most things in life, food is more fun when you do it with someone else.

EAT THE FOOD YOU ENJOY

Make food your friend. Rather than eating only what you think you should, eat what you *like*. I am not saying to pick up poor eating habits. I am saying that it is important to enjoy the healthy foods that you choose for your body. If a magazine article conveys that kiwi are the best thing for you, but you don't enjoy kiwi, then don't eat them! There are so many healthy options out there. Try a new one each week, so that you can discover what you enjoy!

LIVE DANGEROUSLY AT THE GROCERY STORE

Following up on the previous paragraph, be adventurous when you shop. If you are already somewhat of a food connoisseur, expand your horizons by finding an international foods store and try something new. If you are used to the same fruits and vegetables, each time you shop, try one new fruit or vegetable. Variety is fun- be brave!

CULTURE YOUR FOOD

I am not talking about training your food to enter high class society. I am speaking of fermentation or culturing your food. Cultured foods have higher enzyme content, and for most people (without complicated digestive issues) are an excellent addition to your diet as they aid in digestion. Sally Fallon's book, "Nourishing Traditions" is a great resource for how to culture or ferment foods. ▲

Is food simply fuel for you or is a fun and exciting hobby? How do you transition from just eating out of necessity or to really making food fun in your life? I have outlined several ideas from which to choose. Pick one that works for you!

Wish to receive produce within 24-hours of picking? Wish to know your farmer? Want to help Organic growers or those moving to becoming completely organic growers? Like to educate your family on ecology and health?

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Yoga is based in a number of principles that support self-acceptance. For example, yoga philosophy maintains that we are “just right” as we are and that we have forgotten this over time. While promoting the experience of union as our natural state, yoga aims to help practitioners question false, illusory identifications with our perceptions, beliefs, and patterns.

Yoga also helps practitioners learn to be present to and cope with anxiety, tension, anger, negative memories, and conflicts. The practices of asana, pranayama, concentration, and meditation often assist practitioners in becoming aware of distractions, strengthening focus and mental clarity, and, ultimately, reducing distractions. Through the *niyamas* (observances), yoga helps practitioners cultivate and strengthen other healthy attitudes such as mindfulness, generosity, equanimity, simplicity, calm, and joy.

There is also a yogic assumption that we are different from our thoughts. The mind is filled with continually changing thoughts, images, internal commentary, and fantasies. Yogis believe that it is possible to observe thoughts, if one cultivates the ability to dis-identify from them. Although practitioners often initially experience their identity as a stream of thoughts, emotions, and urges, one eventually witnesses the stream of consciousness. Such observation of and separation from the cognitive process naturally leads to cognitive transformation.

Integrating approaches to cognitive change

The combination of yoga and psychotherapeutic practices may be particularly potent for clients who have more difficulty expressing themselves and healing through traditional talk therapy. We are beings with bodies and experiences that are sometimes difficult to describe through language. Emotions and sensations may also be embodied in physical experiences. Clients may be blocked or struggling with powerful physical reactions and memories, such as those evoked by trauma, eating disorders, anxiety, or medical concerns. Physical, yoga-based work may assist specific therapeutic goals, such as helping clients feel more comfortable in and accepting of their bodies, as well as helping clients who have problematic reactions to their bodies and bodily functions.

Connection

Psychotherapy

The various psychotherapeutic orientations place different degrees of emphasis and importance on connection. At some level, however, all psychotherapies recognize connection and the role this plays in treatment.

All psychotherapeutic orientations acknowledge that we are social, that we are affected by our environment and culture, and that we affect and are affected by others. All psychotherapies also recognize the central importance of the client-therapist relationship and its effect on treatment. In fact, the therapeutic relationship has been identified as a key, perhaps *the* key, factor in healing. Therapists are trained to consider the interpersonal dynamics of therapy. For example, therapists are often aware of the effect of their “expert” role and knowledge on clients.

Furthermore, most modern psychotherapeutic approaches acknowledge the link between mind and body, as well as the connection between thoughts, emotions, and behavior. The degree and manner in which this is addressed in therapy may vary greatly however.

Yoga

Yoga, as a practice and experience of “union,” can be seen as a philosophy and practice of connection, as an individual develops his/her sense of internal relatedness and relationship to other

people, other beings, the environment, and the universe. An individual develops a sense of connection to himself or herself through yoga, becoming aware of the links between mind, body, breath, feelings, memories, experiences, health, and states of consciousness. In observing these internal connections, one develops greater understanding of the self, others, and our relationships. Yoga not only promotes the experience that all beings are inter-related, but the ultimate experience of direct realization of the Self, the reunion of the individual self (*jiva*) with the Absolute or pure consciousness (*Brahman*) (Sivananda Yoga Center, 2000). Yoga refers to “any method by which an individual human being is brought into union with God, with reality, with the ground of being, or with source” (Cope, 1999, p. 311). The techniques of yoga aim to uncover and highlight these connections.

Conclusions

Psychotherapy and yoga practice can be seen as complementary practices. Because both promote introspection and self-awareness in different ways, the combination of both practices may enhance “inner work.” Both practices attempt to resolve splits (e.g., the mind-body split) in order to promote a healthy, integrated self. As we have seen above, both approaches also promote behavioral, cognitive, and emotional change. Both aim to help clients more clearly experience the present. Yoga and psychotherapy both focus on promoting a sense and experience of connection.

On the other hand, the differences between yoga and psychotherapy also suggest that each approach has distinct assets and limitations. Psychotherapy, for example, tends to encompass a more historical focus, using the past to reflect on the present, whereas yoga tends to focus more on the here-and-now of immediate experience. In certain cases, psychotherapy may advance cognitive change more quickly than yoga through its direct challenge to long-standing, automatic, or unchallenged patterns of thinking. On the other hand, reflection on the past may, from a yogic perspective, be viewed as leading to continued misidentification with *samskaras* and illusions if it mistakenly encourages dwelling on the past rather than more clearly seeing and experiencing reality. Furthermore, one could argue that yoga places greater emphasis than many psychotherapeutic orientations on both intrapsychic connection and universal connection, and less emphasis on interpersonal connection and improving contact between people.

Yoga practice is not a substitute for professional psychological and psychiatric care when this is needed. Traditional psychotherapeutic means may first be needed to stabilize and alleviate some clients’ distress and/or self-destructive patterns. Nonetheless, given the complementary and distinct benefits of each approach, an integrated therapy, adapted to an individual’s needs, has the potential to be uniquely effective. For some individuals, yoga practices may enhance the benefits of traditional psychological interventions. Others may find that therapy deepens the yoga practice, promoting greater insight and integration. ▲

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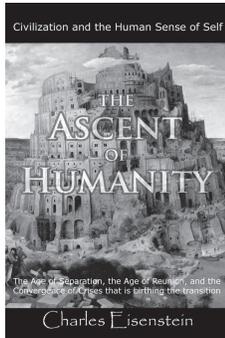
Separation and Reunion Writ Large

The Ascent of Humanity

Charles Eisenstein

Yoga is a process by which our fractured selves are brought back into union. Is it possible that the human species is undergoing a parallel process? A new book, *The Ascent of Humanity*, describes the history and future of civilization as a story of initial wholeness, followed by widening separation, followed by a reunion into wholeness at a higher level of consciousness and complexity.

In *The Ascent of Humanity*, author Charles Eisenstein explores the converging crises of our age. He shows their deep origins in our basic identity, the “discrete and separate self,” and in a way of being that we mistakenly call “human nature.” This way of being, he says, is reaching its last



extreme in our times. The Age of Separation is ending, and a new age, the Age of Reunion, is beginning. The gathering crises we see today – ecological, health, education, energy, finance, politics – are like the birth-pangs, the contractions propelling humanity into a new era. As individuals we see it already, in our desire to reunite with nature, with community, with lost parts of ourselves, with spirit. Soon, says Eisenstein, these individual transformations will crystallize into a vast phase-shift.

The Ascent of Humanity is one of those rare books that fully appreciates the magnitude of the present crisis, yet responds not with alarm or despair, but with an optimistic urgency. The dynamics of birth and death, transformation and transcendence apply equally on the collective level and the individual. Humanity, says Eisenstein, is being born into an entirely new way of being that will effect all areas of human technology, culture, and relationship. Joseph Chilton Pearce describes it as “a profoundly serious, indeed somber portrait of our times, even as it opens a door of honest hope amidst the dark destiny we have woven about us. Accept the challenge of this major accomplishment and discover the light shining within it.”

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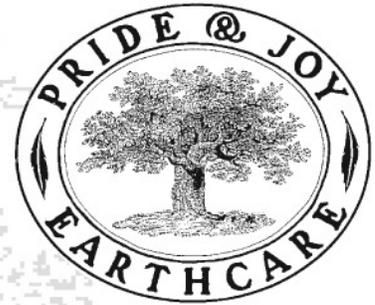
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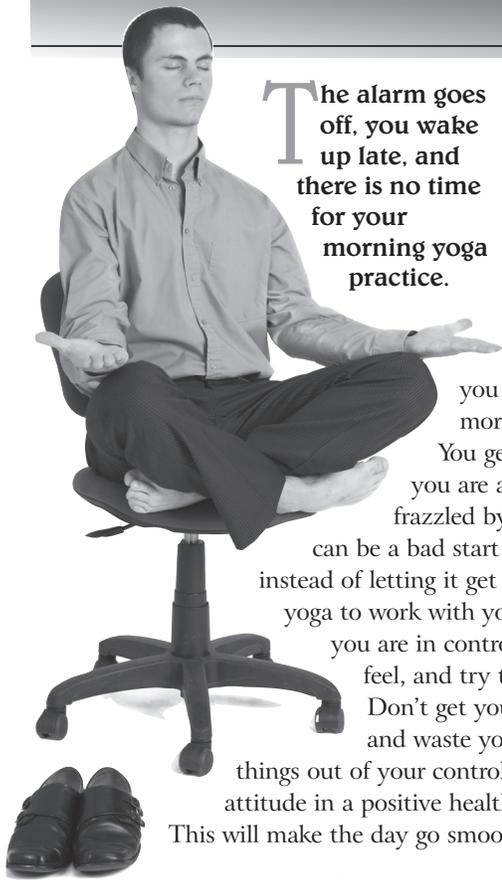


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The alarm goes off, you wake up late, and there is no time for your morning yoga practice.

Yoga for Work

by Barb Walsh

You're out the door, and now you are stuck in the morning traffic jam. You get to work and you are all ready feeling frazzled by the day. This can be a bad start to the day, but instead of letting it get to you bring yoga to work with you. Realize that you are in control of how you feel, and try to remain calm. Don't get yourself wound up and waste your energy on things out of your control. Keep your attitude in a positive healthy perspective. This will make the day go smoother.

Simple changes of attitude and approach to work can make you cope with stress better. Begin by looking for ways to incorporate your yoga practice at work. The more you incorporate your yoga practice into your work day, you will begin to feel more energetic and productive. Coworkers may notice a difference and your relationships may improve. Try a few of the techniques listed below for a start and expand from there. Namaste!

MORNING START UP:

The first thing one might do to get their day started at the office, is to power on the office light, computer system, unlock drawers and review a to do list. As a part of your daily routine begin to include deep breathing as you are getting the work day started. After a few centering deep breaths, your mind will be open and clear to handle the tasks that need to get done. With deep breathing to start your day, you will be powering on your mind and be able to set a personal focus for what you want to accomplish for the day. Deep breathing can also be done during the day to help give a mental boost of energy. If you waiting for a meeting to begin, or just an afternoon break, doing a couple breathing techniques can leave you invigorated and with a fresh mind.

SEATED SPINAL TWIST:

In order to squeeze out of you some of the worries that you might have, try a seated twist. Twisting releases the spine and allows energy to flow through the body. Sit on the forward part of the desk chair. One hand reaches for the opposite

knee or outside the opposite leg. The other hand reaches for the back of your chair. As you breathe in get really tall in your chair. As you exhale, twist toward the back of the chair. Stay for a few breaths in the pose and go deeper into the pose on the exhale. After a moment, return to center, and then complete the pose on the other side.

AFTERNOON BREAK SUN SALUTATION:

Instead of going to the coffee room in the afternoon for the quick pick me up cup of coffee, try doing a sun salutation at your desk. You will feel rejuvenated until the end of the day. To do a seated sun salutation, move your chair out from your desk so there is lots of room. Sit forward enough so your thighs are off the chair. Place both feet on the floor, hip width apart. Bring your hands to prayer position over your heart. Breathe out as you slowly lower your hands to the outside of your legs. Breathe in as you slowly bring your arms up and over your head. Breath out as you hinge forward from the hips (keep your back straight) until your upper body is on your lap. If you can, place the right palm on the floor next to the outside of your right foot. If you cannot touch, just reach as far as comfortable. Breath in, swing your left arm to the side and up until it points towards the ceiling. Look up to your hand. Breathe out while you lower your left hand to the floor, near the outside of your left foot. Breathe in as you swing your right arm toward the ceiling as you look up. Breathe out as you lower your right arm back down. With both arms stretched out in front of you, breathe in while raising them up over your head. Keep your back flat and move up from the hinge of your hips. This strengthens the lower back. Lower your hands back to heart center.

END OF DAY WRIST FLEXES:

If a computer is used for a major portion of the day, give your wrists a break. To off set the movements associated with a mouse or key board, try a counter stretch for the wrist. Seated a foot or so away from your desk, open your hands in front of you so your palms are upward. Place your fingertips on the bottom edge of your desktop. It is fine if your pinkie and thumb do not touch the desk's edge. Just the three middle fingers will do. While the fingers stay anchored to the desk, lift the wrist toward the ceiling and away from you. The fingers are now pointing downward. Do this gently and feel the stretch in the hand. As the wrist reach upward so does the chest. You can also connect your breathe moving upward on an inhalation and lowering of the wrist on the exhalations. ▲

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Use Feng Shui to Find the Perfect Home

If you are in the market for a new home and would prefer something ideally suited to your life or family, keep on reading!

Location, Location, Location

The ancient Chinese art of Feng Shui provides strategies for finding just the right home. Start by analyzing how a house feels by taking into account everything about its neighborhood. Is it run-down? Is it a happy neighborhood with children playing outside or a reserved neighborhood where people stay indoors? Remember — you are not only buying a house, you are investing in a location. The house you choose will be the place you and your family spend a great deal of time for years to come. Let's say you are considering living close to a graveyard. When you drive home you may encounter funeral processions, grief and sadness. This affects the way you feel even before you get home.

Go With First Impressions

Also take a long look at the house itself — how does it present? Is it hidden, easy accessible or imposing? Can you easily see the front door? What does the house tell you at first sight? Do not think it over. Remember the thoughts or feelings you experience within the first five seconds. For example, sometimes you will drive into the driveway and you will feel "something seems off" or "this looks like a happy home" or "I love the light playing on the windows". Let your impressions roll freely and tune out everything else. Once you start analyzing the situation, you will set off on a different track and possibly diminish your intuitive input.

Don't Forget the Yard

The shape of the yard is also significant. Although plot sizes differ, the most energetically balanced and common shape is a square or rectangle. Shapes that

deviate often feel "complicated." For example, a triangularly shaped lot allows for less space in the backyard and thus will seem distorted. Also, because of the odd shape, your neighbors' property will encroach upon your yard and possibly parts of your house (see picture). This dustpan shape can also negatively impact the affluence of a property. If this describes your yard, place two, bright lights in the back corners so it will feel and look as if the yard is bigger than it actually is. If your lot is angled, plant healthy bushes or plants alongside for something lively and beautiful to look at to detract from the negativity of the slant. Your yard is sure to feel more balanced after these minor adjustments.

Energize a Cul-de-Sac

If the property you are considering is located on a cul-de-sac, you will have far less energy coming your way than on a regular street. This is great if you want to calm down and enjoy a quiet setting. However, it can also lead to a lethargic environment, where you encounter problems moving forward. To counteract the quietness, add a colorful mailbox and introduce motion, such as a water fountain. In this way you will stimulate the property entrance and attract extra energy.

Go With Your Instincts

Once inside the front door, how do you feel? Do not mull it over, just say what instantly comes to mind. If you don't like a space, irrelevant of the décor or invest-



ment, it is best not to live there. When you walk into a house, you will intrinsically know whether you like it or not. Keep in mind that you can remodel or replace carpet, paint or siding if certain rooms or exterior features do not appeal to you. It is far more difficult to change the feeling of a neighborhood, property or house.

Picture Yourself Living There

Last but not least, look at the house and consider how it works with or against your lifestyle. Is it child friendly? Are schools close by? Are there sidewalks for strolling? Do you have a deck for entertaining? Is the yard big enough for pets? Can you easily manage the stairs with small children or seniors? Are there shops or restaurants nearby? Can you afford the upkeep so you will not be a slave to your house? Will it suit your purposes for the next five to twelve years?

Get the Scoop

Houses may look similar but the way they feel inside and out varies greatly. The easiest, most enjoyable way to get the full scoop on a property of interest is to have a cup of coffee with neighbors. They may tell you stories about the home that will surprise you. Most importantly, stand back, trust your instincts and feel what you see! ▲

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Herbs & Your Pet

WE HUMANS ARE ALWAYS LOOKING FOR THE QUICK FIX, AND BETTER STILL, IF SOMEBODY-ELSE QUICK FIXES IT FOR US! We use the excuse that others know more but often we are just too lazy to take responsibility for ourselves. How sad that is when, after all who knows us better than we do? Certainly there may be times when we need professional help, and by listening to our bodies we can recognize those times.



about this she said “this is how we did it in Europe and all I can tell you is it works.” I have since learned she is absolutely right! Martha’s remedies are not species specific and have been used safely on everybody from a small hamster to a large horse. Her “Stinky Ear Oil” is one of her most widely used remedies but is not given orally. The liquid is put directly into the ear, and users have told me their dog’s ears cleared up within days due to the anti-fungal and anti-bacterial properties.

That “quick fix, let somebody else do it,” way of thinking typically carries over into the care of our four legged friends. Cat sneezes more than a day and off to the vet he goes. Dog doesn’t eat her dinner so she must be sick. When it comes to our pets and illness, close observation is required. Not eating may be a sign of illness to us but could be a healing fast for a cat or dog. I have had cats hide just so I couldn’t force feed them. I’m a mom and feeding my kids is what I do, regardless of how many legs they have. It isn’t always easy to take the sit back and wait approach. Yet almost every time one of my cats ignored a day’s worth of meals and went off by himself to rest, he was back to being a cat the next morning. No one knows your pet better than you, except maybe your pet!

Frequently we can resolve minor issues with a little thought, common sense and products created from nature’s own wonderful herbs. Since figuring out which herbs to use is not my expertise I use prepared formulas from companies I trust. The majority of herbal remedies for pets are in liquid form with vegetable glycerin as a base. This makes them easy to administer by putting the remedy in a small amount of food or directly in the pet’s mouth. Most but not all, contain a small percentage of alcohol. Some companies make separate, specific formulas for cats and dogs and others use one formula for both. Herbal remedies are inexpensive when compared to many medications, usually costing be-

tween \$10 and \$20 a bottle and rarely are there any side effects. My cat Sam was 19 when he passed away last fall. I was told his kidneys were not in the greatest shape from the time he was half that age. I frequently added a liquid herbal kidney support to Sam’s food and am convinced it improved the quality of his life. No other treatment was ever needed for Sam’s kidneys and when he left us it was likely his organs slowly shutting down due to age.

When one cat begins sneezing I immediately add a respiratory formula to everyone’s food bowl. I have two FIV positive cats and have never had to medicate them for a respiratory infection which is common for FIVs. I’ve also used other herbal formulas for digestive issues, detoxification and immune support. One company has a formula named “Great Greens” and I have been told that with regular use it avoids cats (and dogs) chewing on plants. I avoid house plants entirely in cat areas as too many of them are toxic to felines. Please be careful if you have plants and cats.

Some herbal formulas are unique in that they also contain homeopathic ingredients. I had always been taught that homeopathic remedies not be mixed with anything other than water or milk. Then I met a petite woman with graying hair named Martha who is a wealth of herbal knowledge. She has been studying herbs for nearly 40 years and creates formulas for both people and pets, some of which do contain homeopathic ingredients. When I questioned Martha

Herbal formulas are available for practically every issue and can be used in conjunction with most other medications. Many veterinarians are now using herbs but if yours isn’t familiar please check with an herbalist if your pet is on medication. All reputable companies have a phone number listed on their product and I have always found these people responsive and helpful.

Chinese herbs are also extremely healing and the herbs are usually combined into pill form. Recently I found an excellent company in Canada who makes Chinese herbs for cats and dogs. Most are packaged as a one month supply and are a bit more expensive than the traditional liquid herbs. I was pleased to find a “parasite” relief pill created from Chinese herbs as many conventional parasite treatments are quite toxic. Please do not buy over the counter parasite medications sold at discount stores, pharmacies, etc. If you choose to go the medical route your veterinarian will know the safest treatment for your pet.

There are many books available to learn more about using herbs and you no longer need to have an herb garden in order to use these little miracle plants (or pronounce their names correctly). Nature has provided us with some of the most powerful yet gentle healers available for thousands of years. If you are not already using them for yourself and your pets I hope you will give herbs a try. ▲



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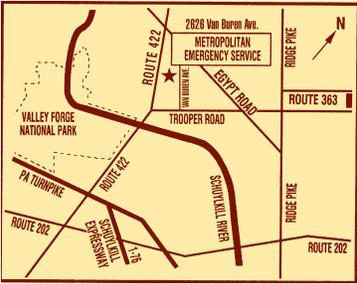
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Quarter Page (3.5w x 4.5h")	225.	210.	195.
Half Page (7w x 4.25h or 3.25w x 9h")	450.	420.	390.
Full Page (7w x 9h")	800.	760.	725.
Page 3 (7w x 9h")	1,500.	1,425.	1,350.
Inside Covers (7w x 9h")	1,150.	1,050.	950.
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