

TV's drug and hospital commercials"). Even the New York Times agrees (look up "What's Making us Sick is an Epidemic of Diagnoses," 1/2/2007). Whereas I have been very successful in viewing pain and symptoms of "disease" in the way my native elders taught me--as invitations to transform something I am "stuck" on.

I'm not suggesting this approach is trivial, or always easy--but I can look back and say that symptoms correlated with several major diseases created better versions of ME and then disappeared. Thank you, "arthritis." Finally, don't try to heal everything at once ("leave some leaks"), or think that making one or two sub-systems perfect is the answer. You'll get stuck. You're here to evolve the whole of you--not just your diet. Remember, those strong, easily perfectible parts of you might have to blow off some stress so that weaker areas get a chance to heal.

Now, to the poet's image of the empty house, in which death is but the locking of the door. As I am the steward of my body, so is the sense of purpose of all those colonies of living beings tied intimately to my deeper dreams and desires. If I abandon those dreams, there is a despair that settles in this or that colony, and says, "ok... no sense in prolonging this... he's already moved out." So this little guideline is something like "passion saves." The most amazing lesson for me in this regard involved the onset of symptoms usually associated with lung problems. With a lot of fear, I worked through over a year of dialogue with myself and kept getting the message that, "well, you want to create a certain sort of sailboat so badly you can taste it... believing that you can no longer do that in this life is shutting down your breathing." Two years down the road, having reinstated that dream, the boat is materializing in my garage in some fairly miraculous ways--and I don't experience those symptoms anymore. Thank you, "lung problems."

Beyond caring for the miraculous carriage, and the staying true to the personal dreams it is meant to support, there is one other aspect to this. As cells and organs are parts of me, so I am a part of larger entities--society, Mother Earth, the Divine Energy itself. The prayer I make is this: "Great Mystery, help me always to affirm and reach for those things I most love, enjoy, and am best at. And, out of the **overlap** between *those*, and the needs of your ever-evolving harmonies--let us find the best dances for me." There is simply a lot less ME in the way now than there was 30 years ago. Many dreams burn ever so brightly, but so much of the wounded ego armor has fallen away. And which of those dreams actualize exactly how, I am more and more content to leave up to Spirit. In sum, what I have lost in physical vitality seems to be way more than made up for by gains in emotional and spiritual vitality. It's a very worthwhile trade-off. ▲



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Pablo Casals, the famous cellist, was 94 and still practicing 3 hours every day and someone asked him "Why do you still practice three hours a day?" And he said, "I'm beginning to notice some improvement."

BARBARA LEVITT, MY WIFE, HAS BEEN A SKY FOUNDATION YOGA TEACHER FOR 35 YEARS. As a student of Dr. Vijayendra Pratap, she practices and teaches a very traditional program of Classical Yoga, but 12 years ago she was presented with a special challenge. Logan Square a residential community for seniors in Center City Philadelphia, asked her to teach a class.

She found on her first visit a beautiful facility with an enthusiastic group of bright, eager participants ready to explore this "Yoga thing" they had heard about from their kids and grandkids and great grandkids. These were accomplished people who had lived full, successful lives and intended to continue learning and growing into their nineties and beyond.

My name is Ed. I was at first very skeptical about going to Yoga. It sounded like some mumbo-jumbo that perhaps I wouldn't like. But since I've been coming here on Saturday mornings I find it's very helpful to stretch every muscle and joint – some of which I didn't even know I had! I feel much better afterwards.

Barbara realized that for many in this class, some modifications would have to be made, but she was determined to offer the essence of a complete Yoga program even to those who needed a walker to get to the auditorium.

I think the class is great. I do what I can. I cannot stand up without holding



on, but other than that, I can do everything and I enjoy it very much. -Selma

On a recent Saturday morning, at Barbara's urging, I drove her into town and took the class myself. I'm 64 and, thanks to the Yoga I started in my 20's, I'm still in pretty good shape. The day before I had played basketball in Narberth with my son and grandkids and held my own. I expected this "modified" class to be just a little mild stretching and a good rest. I had, I admit, underestimated Barbara and her "regulars." The reality was that the hour-long class was a workout! Okay, this is not Power Yoga or Hot Yoga. The room wasn't pulsing with sweating hard bodies. But the leg-raises and the twists, the stretches and the pranayama, the attention to your own body's limits and potential – all added up to a very satisfying Yoga experience. And remember, several

people in that room would soon celebrate their 100th birthday!

I just want to say that I tried Yoga a number of years ago, from a video I had bought and found that I could not do that because it was too difficult – lying on the floor and so forth. But now, in this class, when I'm able to do it sitting and standing, and as easily as I can, I really find it extremely helpful. -Lorraine

For Barbara, these classes have been amazing. "I learn so much from them and while I enjoy all the Yoga classes I teach, this is the one I look forward to most every week. It's inspiring to see the energy and the humor and the wisdom they bring to every class. And, like all Yoga classes, you see the improvement happen before your eyes. The relaxation, the mobility, the sense of accomplishment – it all shows in their faces. They always seem to leave the class younger than when they arrived!

I think this is a great class. The students are wonderful, the teacher is superb. I think our bodies reflect the exercises we're doing, so that I know I feel much more limber after a class than before the class. So I think it's really done me a good bit of good and I'm sure I speak for everybody when I say that. Thank you. -Florence

Right now, Barbara is putting the finishing touches on a book that describes in detail the program she and other SKY teachers have taught to these terrific students over the past 12 years. Hopefully, it will help extend the benefits of Yoga to many more of our active, vital seniors! ▲

I know that the Yoga class is good for me, and I'm really enjoying it, which makes it even better! -Henry

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IN THIS COLUMN, WE WILL EXPLORE HOW THE PRACTICE OF MEDITATION CAN SUPPORT THE SALES PERSON AS THEY PRACTICED THE ART OF SELLING.

Ten percent of our nation's workforce is employed in positions that involve sales or sales-related activities. In our 'economic' society, the sale is the essential transaction. Nothing gets done unless someone has a product or service to sell, and another has a need for that product or service. To discover how meditation can support the art of selling, let's first look at what selling involves.

When a sale consummates, it means that the salesperson guided a prospective client or customer through a process that resulted in the client's decision to purchase. This process involves the prospective client's mental, emotional and physical faculties, sometimes represented in the acronym AIDA, which stands for attention-interest-desire-action. At the completion of the action part of the process (the purchase), the new client or customer feels a sense of resolution. Now let's look at the process that occurs in the practice of meditation.

The meditator begins in an active mental, emotional and physical state. His mind is producing thoughts. The thoughts either generate emotion or were generated by emotion. He is also performing physical actions before he begins his practice. So he takes his meditative posture, and begins to settle into it. He becomes aware of the thoughts that are passing through his mind. He notices the intrinsic nature of his mind — that it will continually produce a stream of thoughts unless he somehow intervenes.

By dispassionately observing his thoughts, he begins to gain control over them. What has occurred is that he has moved from a thinking state to an awareness state. He now has a choice in the matter - to place his awareness on his thoughts or to place it on something else. So he places his attention on his breathing. His thoughts naturally subside as he holds his attention on his breathing. He soon realizes that there is something underneath his thoughts that drives them - his motivations, or his emotions. With this realization, he lets go of his immediate emotions or desires, and focuses his attention entirely on his breathing. A natural byproduct of this mental and motivational release is that the body becomes more relaxed and stable. The meditator has gone



Meditation & Selling

by Anthony Michael Rubbo, MHS

from a somewhat distracted state to a calm, clear and resolved state.

So let's now look at the connection between meditation and selling. The salespersons' art is to bring a person from a state of various concerns and motivations to a state of full attention on the product or service that the salesperson is representing. To make the connection between meditation and selling, the salesperson:

1. Defines the last part of the process first - the purchase and the satisfying use of the product and service
2. Makes it his goal to bring the person to a positive decision and a state of resolution
3. Learns the needed product knowledge
4. Participates in the process with the person as they move toward a state of resolution together

In this sense, the sale becomes a meditation. Professional benefits of this approach are:

- Focus on the result
- Awareness of the prospect's mental and motivational processes
- A decrease in the typical stress associate with selling
- The critical sales skill of multitasking is strengthened
- Intrinsic personal satisfaction in the job is enhanced

Besides the professional benefits, the salesperson that practices meditation will also experience other general benefits. Psychological benefits include: increased brain wave coherence, creativity, self-actualization, feelings of vitality and rejuvenation and emotional stability; and decreases in conditions such as anxiety, depression and other debilitating mental and emotional states. Physiological benefits include a decrease in: metabolic rate, levels of lactate and cortisol (chemicals associated with stress), high blood pressure, cholesterol levels, the aging process. Other physiological benefits include improved airflow into the lungs, higher levels of DHEA (a sign of youthfulness), a higher skin resistance, deep rest, lower heart rate, and reduced workload of the heart.

With the general benefits that meditation provides, the sales organization that offers meditation to its team is taking a whole-person approach to their sales mission. In return, the organization will receive a deeper level of commitment from their staff, as they give themselves wholly to the organization's mission, vision, and sales goals. ▲

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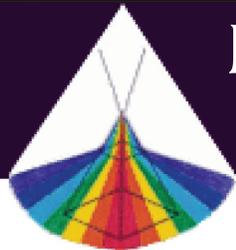
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How to ease your Allergies!

IT'S THAT TIME OF YEAR AGAIN. The sun is a little higher in the sky, the temperatures are inching up, the trees and shrubs are leafing out, and it won't be long until many people find themselves staying indoors with the windows shut because of seasonal allergies. If you think your allergies are getting worse every year, it's probably not your imagination. Scientists say the carbon dioxide from fossil fuel emissions cause plants to produce more pollen. As our air quality deteriorates, allergies get worse as well.

Fifty million Americans are estimated to have allergies. This means that a great number of people live with certain lifestyle 'limitations' because of an adverse reaction by the immune system to foreign substances. There is no apparent medical reason why people contract allergies, but one thing is certain - the condition is indiscriminate in its coverage and may affect us regardless of age, gender, or race. Commonly, however, the allergy manifests in our infancy or childhood, although some symptoms may appear at any age or may reappear after any period of apparent inactivity.

There is often a stress component to allergies, and it's not unusual for people to look back at the onset of allergies and realize it was an especially stressful time in their lives. This makes intuitive sense, because we know that stress depletes immune system functioning.

When allergies come to the fore, we usually say it has been 'triggered', implying that the body has been exposed to a 'trigger' that activated the allergy from within. These



'triggers', or potential allergens, may be animal dander, feathers, mites, house dust, insect stings, chemicals (like perfumes, cosmetics, shampoos and soaps) and dyes, medication, synthetic fiber, and a huge variety of food and drinks. Of course pollens, weeds, grasses, and trees are the most common seasonal allergens and also the most common allergens overall in our population.

An allergen is a type of antigen - a particle which the body recognizes as foreign and attacks it via its own biological machineries. In the event of an allergy, our immune system, which normally wards off unwanted foreign substances in our bodies like parasites, bacteria, and dirt, mistakenly identifies common harmless objects as outsiders that are sure to do some dreadful damage and must therefore be destroyed. It then releases antibodies that cause bodily manifestations or "symptoms." That's what's known as

a "histamine response." The result is tissue swelling, runny nose, rash, hives, watery or itchy eyes, and sneezing.

Not all individuals react the same to the same substances. While some may only develop slight symptoms, the same allergen exposure might be life-threatening for others. Current research at the Medical College of Georgia, Section of Allergy and Immunology shows that children who grow up with dogs and cats, typical allergic sources, have significantly less allergic tendencies than children who don't have any pets at home. This may be because they have been desensitized by having a common antigen (pet dander) constantly in their environment.

Around 7 to 10% of children experience some degree of asthma, and current statistics show an increasing number of sufferers. Asthma does not seem to be an inherited disease since a

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family member, who apparently do not have relatives exhibiting the symptoms of the disease, can be affected at any time should, he or she is exposed to environmental factors triggering the onset of the disease. People with this medical condition have a very sensitive bronchial pathway. Presence of molecules or particles recognized by the body as foreign can set off an asthma attack.

Allergic rhinitis, more commonly known as “hay fever,” happens when you breathe in something you are allergic to. The inside of your nose becomes inflamed or swollen.

When this happens, the body’s immune system overreacts to specific particles such as plant pollens, molds, dust mites, animal hair, industrial chemicals, tobacco smoke, foods, medicines, and even insect venom.

Allergic rhinitis affects 40 million people in the United States and is an extremely common condition, affecting approximately 20% of the population. While allergic rhinitis is not a life-threatening condition, complications can occur and the condition can impair one’s quality of life leading to a number of indirect costs. Recently, the total direct and indirect cost of allergic rhinitis was estimated at around \$5 billion annually.

Signs of allergic rhinitis are similar to signs of a common cold. But, unlike symptoms for the common cold, allergic rhinitis can last for more than 8-10 days.

Symptoms include:

stuffy or runny nose, sneezing, itchy or watery nose, itchy or watery eyes, coughing (caused by clear mucus running down the back of the throat), feeling of a ‘permanent cold’ that never goes away, headaches and earache, constant sore throats and postnasal drip, sleep disturbances and snoring, loss of taste and smell, and poor concentration. Children who have allergic rhinitis might have dark circles under their eyes known as “Allergic shiners” (related to nasal congestion).

There are a variety of ways to address the problem of allergies. Generally, pollen counts are highest during early morning hours (5 to 10 am.). Wearing a dust mask during lawn and garden work will help. Planning outdoor activities like hiking or camping to avoid seasons with high pollen count is useful, as is taking frequent showers or baths to remove pollen from hair and skin as soon as you come indoors. Showering before bed will also help keep contaminants out of your bedding.

Using car and home air conditioning and keeping windows closed will help prevent seasonal allergies. Circulating air with window or attic fans is not recommended since it will increase indoor pollen levels. Over-the-counter antihistamines and nose sprays can help at first, but they can have a number of unpleasant side effects such as making you feel tired and drowsy, while nasal sprays can have a rebound effect that makes your stuffiness worse. Physician-prescribed nose sprays and antihistamines are different types of medication and are very helpful for controlling long-term symptoms.

Your doctor may talk to you about allergy shots if your allergy symptoms are very bad and if they happen for most of the year. You can also consider this if you are constantly around the allergens and if in spite of medicines, you are still symptomatic. Allergy shots help how your body handles allergens by injecting small amounts of the substances causing your allergy. Over the period of the therapy, which may take years, your body may learn to accept the allergen without overreacting to it, although this does not work for everyone.

A lot of people are now turning to natural remedies to resolve allergy problems, including Ayurvedic Medicine, acupuncture and Chinese Medicine, biofeedback, bodywork, Buteyko (a type of breathing to help asthmatics), flower essences, herbology, homeopathy, naturopathy, and energy medicine. I have been very successful in my practice addressing and usually eliminating allergies with various energy techniques including acupressure and NMT (the Neuromodulation Technique). Properly treated, allergies need not affect your life in any significant manner, and you can get back to the business of enjoying the beautiful weather! ▲

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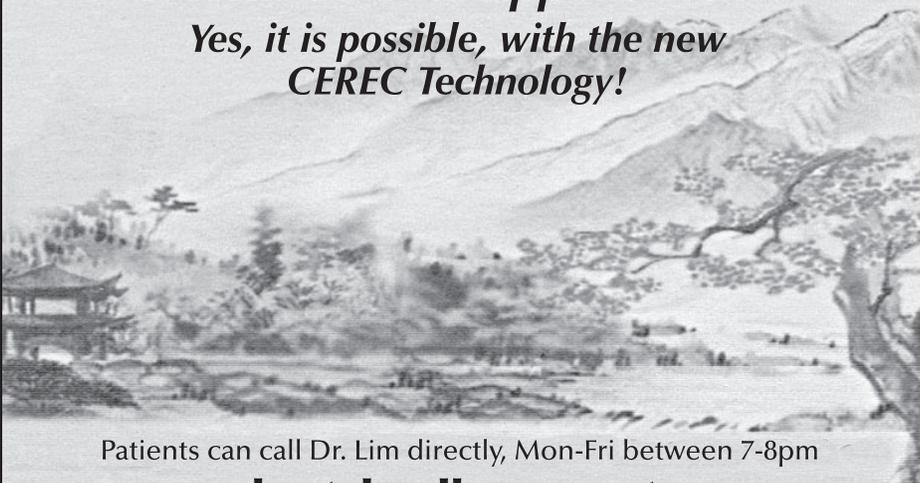
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Penny Kulp grew up in Chester Springs, PA, in a caring family environment. After a short time in business, her concern for others led her into a career as a Massage Therapist.

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.

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The Vitality Mentality

JUST GOT BACK FROM THE “HARMONIC WEALTH WEEKEND” WITH JAMES RAY. He is one of the people in the DVD “The Secret.” If you have not seen it, or do not know what I’m talking about, then get the DVD! You can purchase “The Secret,” or his book “Practical Spirituality” I am referencing in this article, from James Ray’s website through his link on my homepage at www.personalgrowthalternatives.com. Basically, we want to have vitality in all areas of our lives, financial, intellectual, relational, physical, and spiritual. In order to attract what we want into our lives we need to visualize and really feel the emotions as if we are already experiencing it in our lives. This is the simple version and not really the purpose of this article. However, if we want to live our lives to the fullest and reach our potential as Spiritual Beings having a physical experience we have to experience personal power and vitality. James Ray stresses in his book “Practical Spirituality” that “Living a life of power is the increased ability to collect, condense, and escalate your energy (CCE). You will experience the ability to CCE when your entire being is firing on all cylinders: the body is flexible and strong, the mind is focused on the positive, and the Spirit is connected to the Divine” (Ray, 2005). So if you want to tap into your power and vitality you better address all of these areas!



In order to experience vitality we need to take care of our bodies. That means we need to eat the foods that give us healthy energy, exercise our muscles, stretch our muscles, do cardiovascular exercise, get plenty of rest, and do the wellness/preventive steps to keep us at the top of our game health wise. I now have a personal trainer to learn different and more effective ways to train my body without hurting myself. I also just got back from my first visit with a new

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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*.

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chiropractor/nutritionalist Dr. Marc Schwartz that uses an advanced method for testing imbalances in the body called Nutri-Spec. After years of searching for solutions he figured out most of my problems in one visit. Now it will take months of dietary changes and some supplements, but my problems will finally be solved. I'm basically cutting out all acid producing foods, eating healthily, and cutting out all coffee and caffeine. I attracted this knowledgeable holistic practitioner into my life because I am ready to heal and I am taking my life to the next level. This means I need to tap into my personal power and vitality. The body is important! I don't care how spiritual you are. Most spiritual masters are warriors. They take care of their bodies in all ways.

Thoughts are just as important. After the James Ray weekend I am really, for the first time, taking total responsibility for my thoughts and emotions! Now, I have become vigilant with my thoughts and am not letting my emotions get the better of me. I acknowledge my emotions

and then choose to feel something different because my emotions are coming from my thoughts. Change my thoughts and the emotions change. My past does not equal my future. I have also incorporated passionate visioning into my days and combined this with my breathing techniques. This gives me a boost in the morning and before I go to bed, the two most important times to plant seeds about how I want to co-create my day and my life! I have noticed a significant rise in my frequency and vibration as a result of thinking positively, reframing what I want in the present, and living my life as if I already have it. Wow, what a difference!

Finally, if we want to tap into our power as spiritual warriors, stillness and silence are essential! Many people use ritual in their spiritual practice to raise their state of consciousness. But rituals are not really necessary; they just point us in the direction. Stillness and silence are mandatory, or we will never fully tap into our power and vitality. "While you may be able to advance your consciousness

without ritual and rites, I guarantee you will not stand a chance without regular, consistent time of silence. And interestingly enough, this may be one of the most foreign practices with which you must become familiar. Power manifests in silence. Noise (your ego's first love), on the other hand, is diffused power" (Ray, 2005).

So there you have it, a short beginners guide to raising your vitality and personal power! Remember, we must always practice the humility of "beginner's mind." That is what is enabling me to heal and play a bigger game, the game we call life! A holistic approach is inclusive. Power and vitality can only be achieved by such an inclusive and integrated approach. A life of power incorporates a healthy diet, exercise for muscle strength and tone, flexibility, rest, and relaxation: the complete and total preparation physically, mentally, and spiritually to escalate energy. Prepare yourself to raise the amps, warrior—use your body, mind, and spirit as a tool for power and vitality (Ray, 2005). ▲

Dreamer Dan, VITALITY MAN

DAN WONDERED IF HE WERE TRULY A MAN OF VITALITY. He asked himself the questions, “Am I truly alive here? How deeply do I cherish every Moment? Am I truly grateful? Do I hold back, or do I put myself completely into what I do?”

For the answers to these very important questions, Dan consulted the DreamTime.

Confidence from the Sharing of One’s Unique Gifts

My friend held her middle child on her lap, a beautiful, straight-haired blonde of about 10 years of age. The girl kept talking intelligently about her life. Dan felt awestruck by this *middle child*, a balanced child transitioning from childhood to adulthood. Dan looked at the wonderful qualities of this girl; beauty, intelligence, with the awareness to speak cogently about her life at such a young age. The #10 in the Dream told Dan that the girl was embarking on a new part of her life. She understood her life and felt confident about it. Her confidence found root in the grandeur of her Creations. In addition to beauty, intelligence, and clarity of speech, she had Created the blonde color of Unconditional Love and the straight hair of direct connection to Source. With these qualities firmly in place, the girl was already living life to its full vitality.

Courage to say “Yes”

I spoke with 3 members of my family. We were coordinating our lives together. They asked if I desired to have them in my life. I said, “Yes.” I read French to them. They were learning this language. From this Dream, Dan realized that an important part of living life is to declare openly and freely what One’s desires are. Here, Dan answers the question directly. He says, “Yes.” That one simple word “says it all.” It contains great Power and encompasses all the parts of the desired Creation. Dan

realized that he had said “Yes” to a very important part of his life, a close relationship with these beloved family members. The family members desired it also. Creating it in the DreamTime Creates it on the Spirit Plane first. The relationship would then ground itself on the Earth plane. In Dan’s Dreams, the French language was the Universal language. From this, Dan knew that this relationship would include personal happiness as well as fulfillment for the Earth and the Planes beyond.

Welcoming Longevity and Change

I thought of having devoted my whole life to college education as some people had. I told a man I had just left the education of my Youth and would be moving on. This Dream told Dan that vitality included the ability to endure in one, specific profession as well as to welcome change and adjustment when required. From time-to-time, it is important for some people to “move on.” To Know when it is time to move is a Precious Gift indeed. When One moves, One does so with fond memories of the former experience. One feels the gratitude for all the Gifts received and feels eager to carry them to the next level.

Ability to Respond Positively to One’s Own Creations

***I Am in a space where I Know I Am the Master and Creator of my life. I can draw all my desires to me.** Dan considered this the most important quality of the person of vitality, the One who lives life with Joy and Gratitude. It is wonderful to Know that One Creates all the circumstances of



One’s life. That Knowing affords Great Power and places it where it belongs. Yet, that Knowing carries Great Responsibility. It places people in Creative mode, not victim mode. The Vital One embraces every Moment of One’s Creation and Trusts whether it brings Joy or disappointment.

Cherishing the Great Love of Partnership

I heard my wife’s voice speaking. I thought of how my father felt when he heard my mother’s voice for the first time and realized that this was the person with whom he would choose to spend his life. The Vital One comes to marriage and partnerships with Great Love. The Vital One nurtures those relationships every day in every way. The Vital One strives to appreciate all the qualities of One’s life partner and partners. Dan’s Dream put his Earthly relationships on the Spirit Level. He wondered how his Divine Father felt when he heard the Voice of the Divine Mother reflected in the voices of all the women incarnate on the Earth Plane. What a Vitality Moment to cherish forever! ▲

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FROM HEALTHY SELF: *Lessons on Mindfulness in Medicine*

by **Saki F. Santorelli, EdD, MA**

A Labor of Love

Much like the careful polishing of a mirror, mindfulness asks of us a steady, deliberate paying of attention to our lives moment by moment. Our intention to slowly begin to polish the mirror of the heart is a fundamental activity of being a human being, not different from flossing our teeth, washing our faces, or putting on our clothes. Meditation is central to this polishing and sustained practice is no less than the taking up of a catalytic path of development- a constantly renewed decision not to turn our heads and to work with whatever appears before us.

The process of opening what has been closed, of touching what has been untouched, of feeling the actuality of what is, is a difficult labor. The words of Thich Nhat Hanh, the Vietnamese Zen Master and poet nominated for the Nobel Peace Prize, point to this process:

“Mindfulness is revealing and it is healing”

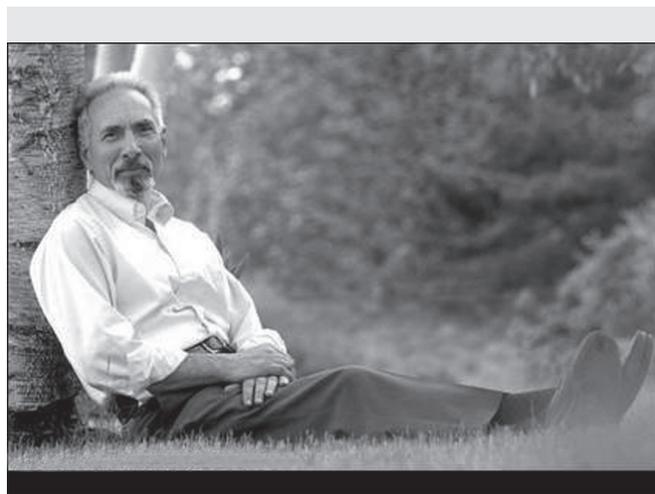
The “revealing” is healing, functioning like a doorway, offering us the possibility of entering a place where we can begin to understand firsthand, perhaps for the first time, the actual feel, contour, and breathe of our lives. If wakefulness is our inheritance, our capacity for mindless activity is a highly refined, intergenerationally acquired skill. We are often on automatic, out of touch with the truth of our experience. Given this, the extraordinary range of anguish we are faced with on a daily basis provides further impetus to shut down, become numb, function on autopilot, aware only at the outermost edges of awareness of the immensity of human suffering- including our own.

Whether we are offering or seeking care, our inability, for lack of a sustained inner education, or our unwillingness to slow down, to look deeply into our bodies, minds, and hearts has powerful consequences. Mindfulness is inviting us to do just the opposite. Rather than shutting down, mindfulness is inviting us to face the immensity of suffering, including the shutting down on purpose. Walking this way, we are offered an opportunity and a method for stepping into this forge. In our willingness to examine the grief, separation, and distance we feel in ourselves, and in our relationship to others, we open ourselves to the possibility of transformation.

The cultivation of self-knowledge shaped and made adamant in the crucible of silence, stillness, and community is the basis of mindfulness in medicine and health care. Our willingness to begin with ourselves, embracing the fullness of our lives, whatever the landscape, is where practice begins. When such a practice becomes the core of the healing relationship, we

encourage the same willingness in others. This is necessary if healing is to occur.

By healing I mean our willingness to feel and hold in awareness all parts of ourselves without division and distinction. Essentially, this is the embodiment of self generosity and appreciation, an expression of our fundamental wholeness, no matter what our condition or situation. For ourselves and those with whom we are privileged to work, this is deeply nourishing. Receiving such sustenance has much to do with *non-doing*, with not seeking or trying to do something or to get somewhere, but instead with learning to stop, to take our seat no matter how painful or uncomfortable. Approaching our lives in such a manner is a labor of love, an opportunity for each of us to give birth to the presence of our true nature. Like any worthwhile labor, this is not painless, but it is filled with the possibility of joy, ease, and a new life. ▲



Saki F. Santorelli, EdD, MA is Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society and an Associate Professor of Medicine in the Division of Preventive and Behavioral Medicine at the University of Massachusetts Medical School. He has been the Director of the renowned Stress Reduction Clinic since 1996 and has made pioneering advances in Mind-Body and Integrative Medicine, through the clinical application of meditation and mindfulness in contemporary medical and health care settings. His book, *Heal Thy Self: Lessons on Mindfulness in Medicine* explores, in detail, the cultivation of the inner life of health care professionals, the dynamics of a healing patient-practitioner relationship and the innate ability of people suffering with illness to learn how to more effectively care for themselves through training in mindfulness practices.

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Chiropractic Art

by Dr. Brandie Nemchenko

WHEN MY ELDEST DAUGHTER WAS ONE YEAR OLD, SHE SLIPPED ON OUR HARDWOOD FLOOR AND FRACTURED HER LOWER LEG. After two months in a dark purple hip cast (in honor of Barney), she walked with a limp, much like she still had the cast on. On-lookers in stores would stop me to ask what was wrong with my child. My family and friends suggested specialist after specialist because something was really wrong.

I was exasperated with specialists. After spending two hours in a waiting room with a baby, I was told that our only options were to either break her leg again or put her in a leg brace for an undetermined amount of time once she turned four.

One day a friend asked, "Have you ever tried chiropractic?" Truth was that the thought had never crossed my mind. My initial reaction was one of dismay and disbelief. How could a chiropractor help what three specialists and my daughter's pediatrician couldn't?

Chiropractors, I thought...weren't they like podiatrists or something but with the back? How could a chiropractor help my daughter? She broke her leg, not her spine.

Weeks passed and my daughter continued to limp. I did some research and found a website about chiropractors who specialized in kids. From there, I found a doctor and skeptically made an appointment. Before the appointment, my husband and I discussed that under no circumstances would we let him treat our daughter, we were only going to listen to what he had to say.

After filling out paperwork, my husband and I were met by a giant, teddy bear of



THE AUTHOR'S DAUGHTER AT 3.

a man. He introduced himself kindly, but immediately turned his attention to my teetering, impish child.

His large hands picked her up and he laid her across his lap. She happily babbled stuffing her favorite toy in her mouth. He compared the length of her legs. One was markedly shorter. Pressing on her lower back, he lifted each one of her legs. "Uh oh," he stated, "Here's your problem, little one."

Turning to us, he showed us the length of her two legs. He explained that just like physics, any action on the body can result in an opposite and equal reaction. When weight is placed on one side of the body, especially a heavy hip cast, the weight causes the ligaments of the entire leg to stretch. At the end, or the fulcrum, is the sacroiliac joint. He pointed to her lower back where I just thought she had cute dimples.

"Under this dimple is the sacroiliac joint. It is held together by ligaments. Ligaments are like the plastic bags that you put fruit in. When stretched, unlike a rubber band, they do not stretch back. Because her leg bone connects into the pelvis and sits in the hip socket, when

the joint misaligns, the leg appears shorter."

After we consented to him treating her, he gently pushed over the dimple in her lower back. We all heard a small, yet distinct, "click."

I jumped, but the doctor reassured us that joints have capsules that are filled with fluid and air. When the joint moves it cavitates, or "pops." He encouraged me also to note that my daughter had not even flinched. She still was babbling, chewing on Elmo's head.

His giant bear hands placed her gently on her feet. She took a few wobbly steps, like a new fawn, and then took off down a long hall – without a limp.

That was our introduction to chiropractic. And it was a miracle in our eyes. Years have passed, and our little girl will be nine this year. She is healthy and happy. Both my husband and I are chiropractors now and see miracles just like ours frequently...all without the use of drugs or surgery.

Unfortunately, many people live by Western philosophy of treating problems instead of taking small steps to prevent them. People understand the concept of dentistry, in that if you do not take care of your teeth, they will decay. Think about it...you can't replace your spine. I often joke with patients that if God put your spine on your face, you would take better care of it.

When you or someone you know has a problem that they have not found relief from, want to see how they can prevent further degeneration overall, or just wants to feel better, consult a chiropractor. For my husband and I, it was a miracle that changed our family's lives. ▲



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Adrenal Fatigue: A VITALITY DEBT

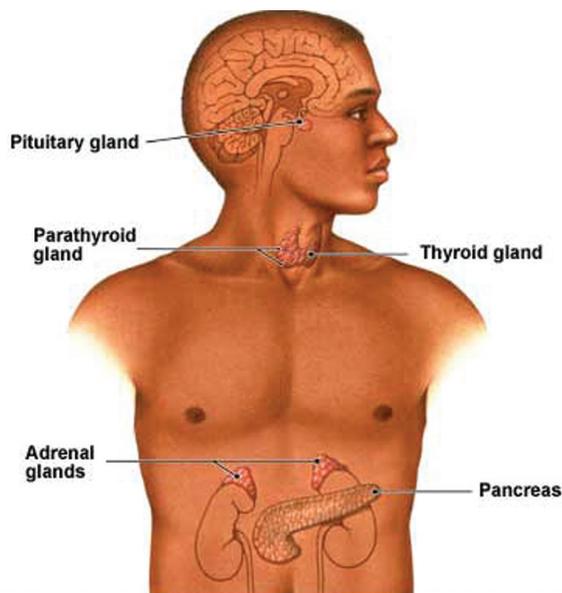
LAST ISSUE, I WROTE ABOUT HORMONES IN GENERAL. This issue, I will focus on an obscure but important issue of adrenal fatigue. In articles, I will talk about epidemics affecting the thyroid and pancreas.

The adrenal glands are small triangular-shaped glands that sit on top of the kidneys. They have two essential areas—the cortex, or outer portion, and the medulla, or inner portion. Each produce a different set of hormones. Cortisone, the most well-known adrenal hormone, is made by the cortex. Like all hormones, the adrenal hormones affect every cell of the body, altering metabolism, chemistry, immune system and other functions.

While I had been hearing about “adrenal fatigue” for years in the alternative medicine world, the medical-scientist-in-me was unable to accept this as a true condition until recently. This is because it was initially hard to understand, and even more difficult to prove.

For other glands, we can prove fatigue and failure. In hypo-thyroidism, the thyroid gland makes insufficient thyroid hormone, and eventually none. This is easily measurable. In some cases it is reversible, in others not. With the pancreas gland, people initially develop Type II (adult onset) diabetes, in which the pancreas is actually asked to produce more insulin than usual, due to a situation known as insulin resistance. At some point, considered irreversible, the pancreas “poops out” and can no longer make insulin—and the patient needs to take insulin injections for the rest of his/her life.

However, with the adrenal glands, such a progression from insufficiency to failure was hard, if not impossible to demonstrate. Yes, there are conditions where the adrenal



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by Michael Cheikin, MD

glands totally fail, called Addison's disease. However, this condition is easily measurable and relatively easy to treat. But it is extremely rare, and is not what “adrenal fatigue” refers to. Proving the existence and of adrenal fatigue for myself and my patients proved to be like a CSI investigation.

What Does Adrenal Fatigue Feel Like?

Adrenal fatigue can be as simple as feeling “older than your age”, or having difficulty healing after a cold, infection, or wound. Or it can feel like a pervasive fatigue—unable to feel refreshed after sleeping, or feeling worse after exercise. Or it can manifest as a low-level (or intractable) depression or mental fogginess. It has a very similar symptom profile to hypothyroidism, chronic fatigue syndrome, depression, “peri-menopause”, and various toxicities. This overlap with these other “diagnoses” makes it hard to identify, which is one of the reasons why conventional medicine has not yet recognized it. The reason all these

situations have similar symptoms is that the body, when it doesn't work well, has a limited number of ways to become dysfunctional.

What Is Adrenal Fatigue?

Adrenal fatigue is considered a condition in which the adrenal glands cannot keep up with the demand for adrenal hormone production. While there are numerous hormones that the adrenal gland makes, they are all interactive in that many are inter-convertible and they affect each other. For example, all female hormones are made from male hormones. Therefore, in women, we want this process of conversion to work very briskly; while in men, we want the opposite.

There are other important hormones, such as cortisol, aldosterone, pregnenolone and DHEA, which can affect the

immune system, blood sugar, kidneys, liver, brain, other hormones (thyroid and pancreas) and innumerable chemical processes in our bodies. It is the balance of these numerous hormones that ultimately determines whether we are healthy.

For example, earlier in my career, I used thyroid hormone in many of my fatigued patients, after hearing about some “miraculous” improvements. It made sense that even if lab tests didn't show blatant abnormalities, perhaps the patient had “sub-clinical” (i.e. immeasurable) hypothyroidism. Indeed, a small percentage of my patients, maybe 10%, showed such a miraculous improvement. However, the fact that the other 90% didn't show any significant improvement, frustrated us.

And so, as I was searching for the cause of the fatigue and immune dysfunction that my patients were complaining about, I kept coming back to the adrenals. Perhaps I should measure all these hormones, to see if the ratios were a clue for healing.

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Is Adrenal Fatigue Measurable?

Conventional medicine has a sophisticated test called the “ACTH stimulation test”, in which the adrenal glands are stimulated artificially and their response is measured. While this test is sometimes useful, and was very popular a few decades ago, it is now seldom used because it often is normal despite patients’ complaints.

The alternative medicine world has a saliva test, which again can be helpful in select cases.

In this test, not covered by insurance, saliva is collected several times over a day. With women, samples can also be collected over a few days or weeks to further measure female hormonal cycles. This test measures several hormones and how they vary over the day. Again, in some cases, it does demonstrate abnormalities; but not consistently, and then if there are abnormalities, what do you do?

There are many logistic problems with these tests. One is that a test is a “slice of life”—it captures a single moment in time. When a problem is subtle or “sub-clinical”, or is existing on an energetic level (see my prior and future articles on energy medicine), the chances of catching an abnormality may be no better than random. In addition, “normal range” for many of our tests are based on collecting data on a population of “normal” people. In America these days, who is normal? And if we establish a range of values, where does an individual belong on that range. What is normal for one person may not be normal for another.

When it comes to obscure conditions such as Adrenal Fatigue, there is little research. This is in part due to conventional medicine not believing in this condition. In addition, since the treatment does not involve proprietary drugs, there is little grant money available to do the appropriate studies.

Continued Discoveries

Out of desperation, I began to order different tests on my patients who seemed to have this syndrome. Several hormones, such as thyroid, aldosterone, prolactin were normal. In women, if their cycles were normal, then I knew their sex hormones were working fairly well, and this was substantiated by lab tests.

And then I stumbled upon two tests of obscure adrenal hormones that seemed to show abnormalities in many of my fatigued patients—DHEAs and Pregnenolone. While other practitioners I knew had been

measuring DHEAs, none had been measuring Pregnenolone. With a “normal range” of 20-230, many of my patients levels were below 30, or even immeasurable! None of my practitioner colleagues could help me understand this, and again, there is virtually no research on this finding. Even if I had little faith in “normal” ranges, this very low level seemed to be a consistent finding. With the DHEAs, it could be very low, very high, or within normal range.

While I still have lots of questions about the meaning of these tests, such as when is the best time of day to take the tests, and what supplements or drugs may affect these values, they come back abnormal in so many of my patients, that I believe they have some meaning. Furthermore, when we gear treatment (see below) toward correcting Adrenal Fatigue, patients begin to feel better and in some cases, the labs begin to improve. If they fail to improve, looking deeper for the “cause” of adrenal fatigue, such as food allergy, gastro-intestinal dysfunction, stress or sleep disorder, can begin the healing process.

Treating Adrenal Fatigue

Since the cause of adrenal fatigue is multifactorial and highly individual, so is the treatment. I usually start with education—since Adrenal Fatigue is a “lifestyle dis-ease”, and so no doctor can “prescribe” a medicine or a change in lifestyle. Ultimately, it is the patient’s responsibility, and choices, that will determine the rate and degree of healing. For example, some patients are unwilling to sleep more than 6 hours a night, while others are unwilling to change their diet. After education, gentle modalities such as eliminating toxins from the diet, adding core supplements that the adrenal (and other) glands need, stress reduction such as yoga and meditation, and energetic techniques such as acupuncture can facilitate the healing process.

Relation of Adrenal Fatigue to Other Conditions

Adrenal fatigue is intimately involved in recurrent infection. During peri-menopause, the adrenal glands have to take over production from the ovaries—and if they

are subtly fatigued, menopause can be characterized by lots of symptoms. Poor adrenal function can be linked to allergies and auto-immune diseases such as rheumatoid arthritis, Hashimotos thyroiditis, and inflammatory bowel disease, since the adrenal hormones are important modulators of immune function. Adrenal fatigue can also be the cause of, or caused by, gastrointestinal dysfunction including ulcers, GERD, and irritable bowel function. It is intimately involved in most inflammatory conditions of the body, including arthritis, Alzheimers, atherosclerosis, mood disorder, and aging.

Is Adrenal Fatigue Reversible

Conventional medicine tells us that the thyroid and pancreas, after failure, cannot recover, requiring their hormones to be prescribed for the remainder of a person’s life. This is also true of Addison’s disease, the extreme case of adrenal failure. The mechanism for such glandular death is usually an inflammatory attack that destroys the gland. However, in the case of adrenal fatigue, recovery can occur. I have extrapolated this finding to people with early diabetes and thyroid disease, and have shown that the pancreas and thyroid also have a chance to repair if their dysfunction is caught early enough. ▲

FOR MORE INFORMATION:

- See Dr. Cheikin’s related articles on: Allergy, Inflammation, Gastro-Intestinal Dysfunction, and Hormone Havoc
- Dr. Cheikin’s website, www.cheikin.com, has helpful articles on related topics
- Dr. Cheikin offers workshops on topics such as Chronic Pain, Journaling, Nutrition, Weight Management, and classes in yoga, meditation and other wellness methods. Please call to be placed on his contact list or if you wish to host a Workshop.
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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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