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function is hyper-insulinism. If blood sugar levels are frequently high, then the pancreas chronically puts out extra insulin. Eventually insulin receptors “down-regulate”, or become less responsive to insulin, called “insulin resistance”. Finding high levels of insulin in the blood is a sign of this condition, also called pre-diabetes. It is usually accompanied by high triglycerides (found on a blood lipid test) and high blood pressure. In this phase, fasting blood sugar levels are normal, due to the extra work of the pancreas in putting out extra insulin.

Type II Diabetes (DM2), or Adult Onset Diabetes. Eventually the pancreas cannot produce enough insulin to compensate for the receptor resistance, and there is insufficient movement of glucose from the blood into the cells. Here you will see elevated fasting blood sugar levels and perhaps some sugar in the urine. If a person is overweight, losing just 5-10% of body weight might reverse this situation. Moderate exercise also can improve response to insulin. The oral medications used in DM2 either increase receptor responsiveness or push the pancreas harder to release more insulin.

Type I Diabetes (DM1), or Juvenile Diabetes

In this situation, the pancreas can no longer produce insulin due to destruction of the beta cells. Blood sugar levels can become dangerously high. In addition, when cells cannot import sugar for their internal furnaces, they must use a different fuel, a fat derivative called ketone. Long-standing “ketosis” is dangerous because it makes the body acidic, which compromises multiple metabolic functions.

DM1 can occur suddenly in childhood. One cause is a virus. Recent work suggests an ongoing inflammatory/immune system dysfunction as a contributor. For example, the incidence of juvenile diabetes is proportional to a country’s consumption of milk (see Campbell’s book)!

The vast majority of DM1 is in adults who gradually deteriorate from DM2. After producing high levels of insulin for a long period, the pancreas simply “burns out”. Again, inflammation is involved.

Once someone has developed DM1, it is believed to be irreversible. However, like other hormonal dysfunctions (see my related articles), if caught early, a holistic approach can reverse or slow down the progression of DM2 to DM1.

Sugar and Degeneration

The crust of a bread is created by a reaction between the sugars and proteins, using

heat. In the body, this crusty coating occurs in our blood vessels and other places when there is excess sugar and oxidative stress. These products are called “AGE’s”, which stands for Advanced Glycation Endproducts. High carbohydrates in our diet also causes increased levels of triglycerides and LDLs (low density lipoproteins), two components of our blood cholesterol profile which are undesirable by contributing to inflammation and atherosclerosis.

Diabetes is Not Just Insulin

There are several hormones and other compounds in the body which affect blood sugar and it’s metabolism, including glucagon, made by the pancreas, and cortisol and adrenaline made by the adrenal glands. So, sugar disease is not as simple as conventional medicine makes it seem. These complex relationships also give us the opportunity to correct sugar disease without using drugs.

Holistic Evaluation of Sugar Disease

There are several routine and special tests that can help understand why a person is processing sugar poorly, and even craving sugar. Besides a two-hour post-prandial (after eating) glucose and insulin test, we can look for certain vitamins, minerals and other compounds in the blood and urine, and look for associated conditions such as yeast syndrome or food allergy. Specifically designed elimination, rotation and detox diets may be both diagnostic and therapeutic. We also need to explore the emotional and spiritual realm. Some people are sub-consciously seeking a “slow sweet suicide.” In Chinese and Ayurvedic medicine, sugar cravings may reflect an energetic imbalance and/or a nutritional deficiency.

The Holistic Treatment of Sugar Dysfunction

The first step is to gradually reduce sugar consumption. While for most of us, a life without chocolate may not be worth living, eliminating the junk is really not that hard. We need to recognize our emotional attachment to sugar from our childhoods. Also, sugar addiction can be a way of handling fatigue, depression, and other stresses of our lives.

There is lots of new information about the relationship between toxicity, inflammation,

and “weight loss resistance”. As we age, our toxic and inflammatory load increases. This is probably why we gradually gain weight as we age and can’t shake it with the standard fare of “diet and exercise”. Appropriate supplements and meal plans (not “diets”) can help. (see a future article on diets and weight management).

Allergy to carbohydrates or caffeine can be a cause of sugar dysfunction. When people lose weight on the Atkins or South Beach type diets, the weight loss may be not only from restricting carbohydrates, but by eliminating substances such as wheat and caffeine to which many people are allergic.

There are numerous supplements that can aid in the processing of sugar. For example, blood tests often show that people are deficient in magnesium, which is essential for 300 metabolic processes. While harder to measure, most of us are deficient in omega-3 (fish) oils, healthy omega-6 oils, selenium, zinc, chromium, stomach acid and enzymes. Other compounds such as alpha lipoic acid, green tea compounds, CLA (conjugated linolenic acid), L-carnitine and coenzyme CoQ10 can help in energy processing.

Given the well-known facts about diabetes, obesity and its affect on our society and our children, we all must strive to understand and rebalance our lifestyle patterns regarding sugar; and put economic pressure on food producers and restaurants to provide healthier fare. ▲

For More Information

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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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From Our Home To Yours

Falling Into Fall

by Carol Haytko

CRISP BREEZES FILLED WITH CARAMEL-LIKE APPLE CIDER AND WARM PUMPKIN PIE...

A light jacket and a hike over crunchy leaves... Picturesque scenes and gem-colored trees... Autumn is the time of year when we prepare our bodies for the winter months ahead and eat for the cold with warm, savory foods.

From the autumnal equinox until the winter solstice, the sunlight begins to decrease at a more rapid pace; in our summer business, we didn't notice that sunlight slowly began to wane from the summer solstice! But now, it is fall and we do take note. The days are a bit shorter and a bit chillier. We aren't so apt to accept that last minute walk outside, instead opting for an evening at home. A side effect of our journey indoors is that we receive less vitamin D from our sun exposure.

Vitamin D deficiency can be a serious health problem, most notably by blocking the absorption of calcium and phosphorus, causing a chronic imbalance and bone deterioration. Sunlight is the most abundant, natural source that helps us create vitamin D, which isn't really a vitamin at all, but rather a hormone known as calcitrol. When your skin is exposed to UVB light, it converts 7-dehydrocholesterol (present in your skin and bloodstream) into vitamin D, where the liver and kidneys activate it and it begins regulating and enhancing the absorption of the minerals

calcium and phosphorus in the body. Few foods contain vitamin D, however many foods are fortified with it, including milk and cereals.¹

In the fall and winter months, many people use their body's stored reserves because exposure to light becomes less prevalent. Season, geographic latitude, time of day, cloud cover, smog, and sunscreen affect UV ray exposure and vitamin D synthesis and, for example, sunlight exposure from November through February in Boston is insufficient to produce significant vitamin D synthesis in the skin.² The effects of vitamin D deficiency range from rickets and osteomalacia (muscle and bone weakness) to migraine headaches.

So what can you do? If you are a vegan, your choices of vitamin D rich foods (unless fortified) are non-existent; as an ovo-lacto vegetarian, omnivore, or carnivore, your natural or fortified choices increase in number. The National Institute of Health states the following on their website:

Sunscreens with a sun protection factor (SPF) of 8 or greater will block UV rays that produce vitamin D, but it is still important to routinely use sunscreen to help prevent skin cancer and other negative consequences of excessive sun exposure. An initial exposure to sunlight (10 -15 minutes) allows adequate time for Vitamin D synthesis and should be followed by application of a sunscreen with an SPF of at least 15 to protect the skin. Ten to fifteen minutes of sun exposure at least two times per week to the face, arms, hands, or back without sunscreen is usually sufficient to provide adequate vitamin D.³

So, what if you aren't interested in sun exposure or eating foods outside of your lifestyle? There are a multitude of vitamin D supplements on the market; check with your healthcare provider for a recommendation.

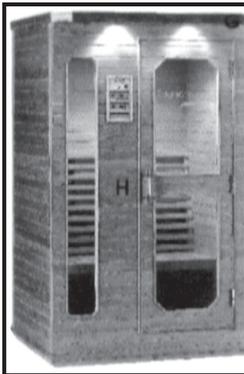


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While these recipes may not be sources of vitamin D, they may inspire you to enjoy what is left of the daylight! So nosh! Enjoy! Take in a deep breath of smoked apples and roasted nuts and relax in the balance of fall.

ALL RECIPES SERVE FOUR (except where noted).

Gingered Carrot & White Tea Soup

3 cups of carrot puree, 1-2 tablespoons (to taste) of minced ginger; 2 cups of unsweetened white tea, 1/2 cup of apple cider, sour cream (optional), and freshly ground black pepper (optional)

1. In a food processor, puree enough slightly steamed carrots to complete 3 cups of mashed carrots.
2. Add the ginger and cider, and pulse to mix.
3. Slowly add the tea until the soup is the consistency of your choice. Add less tea for a thicker soup and more tea for a thinner soup.
4. Over medium temperature, heat the soup until warm, but do not boil. Stir well.
5. Serve warm, with a dollop of sour cream in the center and sprinkled with pepper, if desired.

Garlicky Kale with Roasted Peppers

2-3 bunches of kale, 1 Spanish (red) onion (thinly sliced), 1 orange pepper (thinly sliced), 1 red pepper (thinly sliced), 1 yellow pepper (thinly sliced), 3-5 tablespoons (to taste) of minced garlic, and 1/2 cup of extra virgin olive oil

1. Wash and rip the kale. Put the kale aside in a colander to drain.
2. In a deep stockpot, heat the oil and sauté the garlic until browned. Add the thinly sliced peppers and onion. Sauté for 3-5 minutes or until the onion slices are translucent and the peppers are soft.
3. Add the kale and coat with the oil and vegetables. Cover the pot for 3 minutes before stirring. Repeat until the kale has withered and is a dark green.
4. Remove from heat and serve immediately.

Blackened Carrots

4 cups of julienned carrots, 1/2 cup (salted) of sweet cream butter, 1/4 cup of raw honey (you may use additional honey to taste if you would like a sweeter dish), and 1 teaspoon of ground cardamom.

1. Over medium heat, melt the butter in a large saucepan. Reduce the heat to medium-low and add the carrots. Cook for 15-20 minutes. The carrots will wilt and begin to blacken.
2. Raise the heat to medium-high and add the honey, stirring and coating the carrots. Stir in the cardamom.
3. Cook for 5-10 more minutes, or until the carrots are blackened.
4. Serve warm or chilled.

Pan Seared Squash

(I recommend using a cast iron grill pan, as it works extremely well for this dish.)

2 large yellow squash, 2 large shallots (diced), 2 cloves of garlic (sliced), 2 leeks (white and green parts finely chopped), 1 large tomato (diced), 1 tablespoon each of oregano, basil, and parsley, 2 cups of vegetable broth

1. To prepare the squash, slice off the ends and the sides. Cut in half. Discard the ends and sides; you should be left with 4 fillets.
2. In a large pan, heat 1/2 cup of the vegetable broth to simmer on medium heat. Add the shallots and the leek and sauté for 3-5 minutes or until aromatic and translucent. Add the garlic and cook for another 2-3 minutes. Add small amounts of broth as needed to keep a small amount of liquid in the pan.

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3. Place the squash fillets in the pan and slow cook for 8 minutes before turning to the other side.

4. Add the tomato, herbs, and up to a cup of the broth. Bring the broth to a boil over medium-high heat and cook an additional 4 minutes.

Mrs. Clay's Rolls (makes 1-2 dozen)

(These yeast rolls are a happy memory of my husband's childhood and all credit for this recipe goes to Mrs. Geneva Clay of Tom's River, NJ.)

1 cup of mashed potatoes, 1 cup of milk, 3/4 cup of sugar, 2 beaten eggs, 2 envelopes of yeast, 2/3 cup of salted sweet cream butter, 5 1/2 cups of sifted flour, and 1 1/2 teaspoons of salt

1. Dissolve the yeast in 1/2 cup of lukewarm water.
2. Scald the milk and add the butter, sugar, and salt. Pour into a bowl and add the potatoes. Mix well and beat the eggs into the mixture.
3. Add the flour and mix three times: mixer, wooden spoon, and, finally, hands.
4. Knead the dough on a floured board until smooth before placing in a buttered bowl. Let the dough rise for 90 minutes. Punch down the bread, knead, and let the bread rise again.
5. Punch the bread down and spread it on a floured surface with a rolling pin.
6. Using a biscuit cutter, cut the dough into round shapes. Make a slit in the top and pour in a bit of melted butter (approximately 1 teaspoon). Fold the dough in half and brush it with melted butter.
7. Put the rolls in an ungreased pan and allow them to rise prior to baking.
8. Bake at 400° for 15-20 minutes.

Honey Glazed Pears

4 not-too-ripe pears (peeled and cored), 2 cups of white grape juice, 1/2 cup of raw honey, 4 cinnamon sticks, 1/2 teaspoon of ground cinnamon, 4 tablespoons of unsalted sweet cream butter.

1. Heat the oven to 325°. In an 8x8 dish, place 2 tablespoons of butter and place it in the oven. The butter will melt while you prepare the dish.
2. In a saucepan, melt the remaining 2 tablespoons of butter. Add the juice and bring to a boil. Add the honey and cinnamon sticks. Boil for 4 minutes.
3. In the baking dish, place the pears, cored and sitting upright. Pour 1/4 of the liquid mixture over them, through the core. Place a cinnamon stick in each core and sprinkle the ground cinnamon over them before baking for 15 minutes.
4. Serve warm and with vanilla bean ice cream, if desired.

Spiced Cider

1 gallon of apple cider, 1 orange (separated), 1/4 cup of whole cloves, 6 cinnamon sticks, 6 whole nutmeg pods, 6 whole cardamom pods

1. With a mortar and pestle, crush the nutmeg and cardamom.
2. Combine all ingredients in a crock pot and simmer for 3-4 hours prior to serving.
3. Serve warm. ▲

¹ <http://www.cosmeticscop.com/learn/article.asp?PAGETYPE=ART&REFER=SKIN&ID=149>

² <http://ods.od.nih.gov/factsheets/vitamind.asp>

³ *Ibid.*



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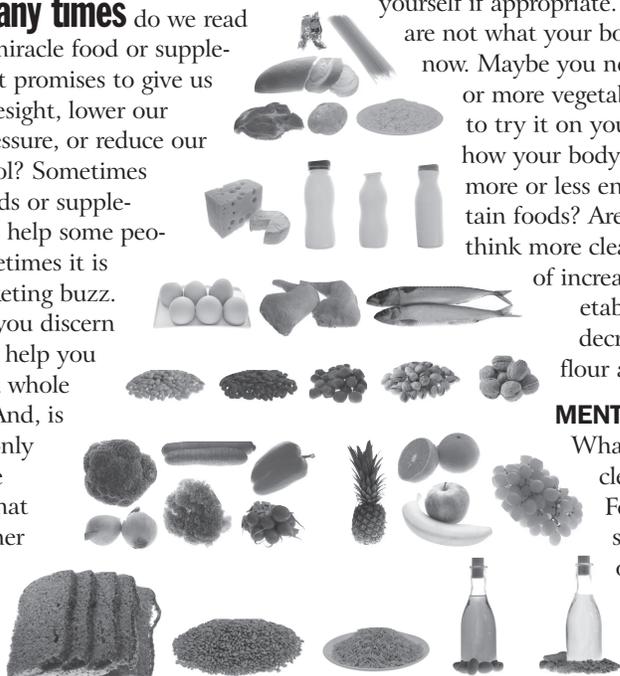
Integrate Your Nutrition Education

by Susie Beiler | Healthy Food Counseling

How many times do we read about a miracle food or supplement that promises to give us better eyesight, lower our blood pressure, or reduce our cholesterol? Sometimes these foods or supplements do help some people. Sometimes it is just marketing buzz. How do you discern what will help you become a whole person? And, is it really only about the food? What about other forms of nourishment which address more than just our body? We need to be nourished on many different levels. Our spiritual selves need a healthy dose of “nutrition” just as much as our mental, emotional, and physical selves. In order to integrate all forms of nutrition, you must learn to nourish yourself on all of these levels.

WHOLE-ISTIC EATING

Feeding your physical body is imperative to surviving and thriving in your life. **YOU ARE WHAT YOU EAT.** Experiment with a variety of foods and listen to your body’s response so that you can figure out what works for you. Typical problem foods are sugar, caffeine, dairy, and wheat gluten. Foods that most people thrive on are **WHOLE FOODS** such as vegetables, beans, and whole grains. Fruits are generally tolerable unless you have unstable blood sugar conditions. Try replacing cereal and milk with a breakfast of whole grains. Take cooking classes to learn how to prepare new foods. Go food shopping with a friend to add excitement to your experimentation. Integrate what you hear and read by trying it on



yourself if appropriate. Maybe bananas are not what your body needs right now. Maybe you need more water or more vegetables. The key is to try it on yourself and see how your body feels. Are you more or less energetic after certain foods? Are you able to think more clearly after a week of increasing your vegetable intake and decreasing refined flour and sugar?

MENTAL NUTRITION

What helps you to clear your mind? For most people sitting in silence only serves to increase the volume of our thoughts. Movement

can be helpful because as you move, your work out all the thinking that is happening. I encourage you to find the stillness in your mind. We all have that place of silence and peace. The hardest part, until you become proficient, is accessing that still quiet place. If you find yourself doing a lot of thinking and you just cannot figure out how to quiet the voices, change what the voices say. Your way of thinking is part of creating a healthy you or an unhealthy you. If you cannot quiet the voices, then it will help to re-program your thoughts. As soon as you notice a disturbing thought creeping in, flip your “thought switch.” In other words, think about something that brings you joy or create a positive scenario in your mind instead of thinking about the worst case scenario. I am not telling you to neglect your responsibilities or avoid your duties, but I am saying you can change your perception about what is happening in your life. Mental health is key in being a whole person.

EMOTIONAL NUTRITION

What makes you feel good? As long as it does not involve harming yourself or

others, **DO IT!** Developing emotional stability involves becoming in touch with **all of your emotions.** If you feel joy, express it by passing it onto others or integrating it into your work. If you feel despair, get some support and dig a little deeper to get to the core so that you can let it go and move on in your healing. When you feel angry, instead of stuffing it down as many of us have been taught, find a healthy outlet. An intense workout or a phone call to a friend may suffice. Like food, find what works for you. Experiment with healthy ways of expressing and releasing your emotions. You are human. You are supposed to have a wide range of emotions. It is natural and normal to feel them and express them. I repeat, as long as you are not hurting yourself or others, please express them. People want to see the real you! Do more things for yourself that bring you pleasure. Your friends will want to be around you when you feed your emotional body with pleasure and joy.

SPIRITUAL NUTRITION

This may well be my favorite layer of my wholeness. Integrating more ways to connect to Spirit will go a long way in nourishing all of your other layers. Make an extra effort to seek Divine guidance in your life. Whether you find this through attending church, meditation, or spending time in nature, find **YOUR** way. Living as someone who is connected to God means that you follow your heart in all that you say and do. In the most complete sense, you are who you say you are. You live your true passions. You are free to be the person that you know you are.

YOU – A WHOLE PERSON

Work on yourself. Work on each layer. Educate yourself and then practice integrating new concepts into your life to develop your growth and healing. Experiment gently with your body, mind, emotions, and spirit. This is your life. You deserve wholeness. ▲

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As I observe my own child in motion, memories of my own childhood return. I often find myself transported in time and space when I take the time to watch any child in motion. Doing so reminds me how God's love is inherent in every child's presence. Then I would often be reminded how God's love is within me, ready to create and play.

Children show us many aspects of ourselves we readily see within us. We can choose to live with innocence, curiosity, joy, confidence, sensitivity, adventure, faith, love, and industry effortlessly. It is our natural spirit to do so. Watch a child in motion, and see if you can find aspects of yourself you wish to come alive again.

The following is a compilation of observations I have made of children over time. Perhaps you might find semblances of your own inner child among them.

A child of innocence is a pure soul, has no fear, feels no limitations, is creative and talented, speaks the truth, sees things as they come, forgives easily, easily laughs, is mindful and intelligent, and uses all senses simultaneously.

A child of curiosity has great capacity to learn, picks up language skills and musical abilities easily, is nonjudgmental, sees no barriers, feels no prejudice, is active and playful, is stress free, learns by doing and watching others, looks forward to dreaming, accepts death of a loved one as a matter of course, meets people and befriends them, loves to read, and is relentless in finding answers to questions.

A child of joy prefers bright colors and clean places, loves to play in the mud and in the rain, is spontaneous, sleeps and rests when tired, shares affections readily, feels natural with nudity, marvels at the sound of thunder and the sight of lightning, loves bubbles, likes to spin and bounce, has an active imagination with storytelling, loves to sing everywhere especially in baths, loves to be tickled, and feels no guilt or shame.

A child of confidence knows what he or she wants when he or she wants it, feels invincible and powerful, possesses tremendous self-confidence and self-reliance, has a healthy self-esteem and esteems others likewise, accepts all people, does not fret about the past, makes friends easily, reconciles quickly, is kind and funny, speaks to strangers without suspicions, and likes order and discipline.

A child of sensitivity responds to auras and energy fields, becomes aware of danger using the sixth sense, and has imaginary friends who may be guardian angels and spirit guides, foresees events, senses people's emotions and intentions, shows all range of emotions, soothes and calms others with his or her own presence, cries when conflict and negativity arise, remembers kindness and love, and feels compassionate towards others.

A child of faith expects the manifestation of desires, believes in the goodness of others, transitions easily, has no worries about tomorrow, believes the best in everyone, believes without reservations, laughs easily, and springs back from grief easily.

A child of adventure tries new skills right away, gets up right after stumbling, forgets transgressions, enjoys freedom, explores with wonder, moves and dances with music without trepidation, runs and swims when opportunity presents itself, loves to have fun, loves parties and celebrations, make believes often, and does not complain.

A child of love becomes fascinated with nature, accepts all who comes near, prefers soothing sounds from classical music and nature, loves variety of soft textures, becomes fascinated with scenic wonders, responds to whispers and soft spoken words, gives

love easily, is trusting, follows inner guidance spontaneously, and wants to be with other children and animals, is attracted to loving people, shares, hugs and kisses a lot.

A child of industry accepts responsibility, feels time with exploration and discovery, continually creates, finds work fun through movement and music, loves to make sand castles even though it's not permanent, loves to draw and paint what's on his or her mind, is helpful, and loves to make others happy with a gift from the heart.

All of these aspects are also present in the inner child within us. All we have to do is tap into them, and let our inner child come alive outside ourselves.

When you feel the onset of an illness or feel hopeless about any situation, stop and ask yourself the following questions. Then, listen quietly with an open mind, and you will hear the answers from your own inner child.

When did I last sing, dance, and play? What can I do better to get enough sleep, rest, healthful nutrition, and exercise? How often do I connect with nature and with other people? When was the last time I created and imagined anything? Have I talked to God lately? How often do I forgive and forget transgressions? Do I freely give love, lend a hand, pray for others, and serve without guilt or expectations?

Give yourself a gift, and watch children in motion. There's so much they can teach us about creating love, joy, and peace in our lives. By allowing your inner child to come out and play, you would be on your way to feeling freer and happier. You would also be raising your own vibrations, and your inner radiance would uplift the others who come in contact with you. This makes it natural to share the love, joy, and peace you create for yourself. That is a gift you give yourself. ▲



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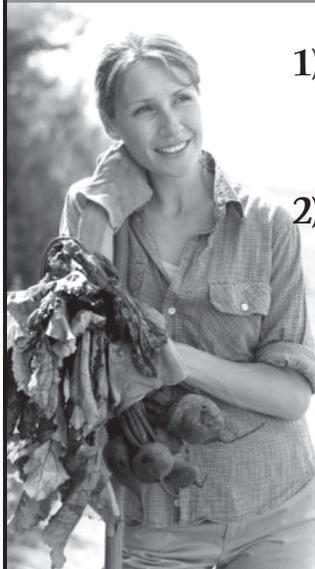
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Wholistic Financial Advisor, Peter Listino, at Selene Food Coop in Media.

Eat Green to “Go Green”

By Maura Manzo

Look around. Things are starting to look a little greener, aren't they? In the aftermath of last summer's immensely popular documentary, *An Inconvenient Truth*, and Al Gore's most recent endeavor, *Live Earth*, being eco-friendly has become the trend du-jour. In honor of the Earth Day this past April, many magazines & newspapers featured articles about the environment – entire publications went “green”, focusing on a whole slew of ideas such as organic cosmetics and volunteer vacations – each posing the simple question, “what can you be doing?” Images of Leonardo DiCaprio standing amidst a melting glacier graced the cover of *Vanity Fair* and gossip columnists described the details of Julia Roberts' \$21 million eco-conscious Malibu home. Environmentalism has become the new “hot” topic, pun intended. Everybody is aware of global warming and now everybody wants to be part of the new “it” crowd.

But there is more to be discussed than hybrid cars and SUV carbon dioxide emissions. There is one thing that always seems to be missing from the conversation – something more important, something people do on a daily basis, unaware of its impact on our environment – they eat meat. This is not a crazy idea. The truth is

that the way we eat is often overlooked as a major contributor to global warming. But, in fact, the livestock sector generates more greenhouse gases than the transportation sector. Meat production across the world has rapidly increased over the course of the 20th century with livestock production dominating agriculture land use, totaling 30% of the earth's surface. Today, there are twice as many chickens on earth as there are humans. The Compassion in World Farming Trust reports, “The scale of this expansion is unsustainable and will reduce the future prospects of healthily feeding an expanding human population.” But what does this mean and how does it translate to our society of meat-eaters? To begin to understand the impact our eating habits have on the environment, we must look at where the damage takes place.



Where's the Beef?

Factory farming is the system where animals are regarded as units of production, expected to yield the maximum returns. Kept in conditions that are unnatural, severely overcrowded, indoors, and away from natural food sources, the health and welfare of animals becomes secondary. The area of land on which high concentrations of animals are kept cannot provide either enough crops to grow their feed or absorb their manure. Factory farms produce very high amounts of animal waste that must be managed correctly to prevent environmental damage. Because crop production and livestock are becoming increasingly divided, sufficient land to dispose of waste properly is not nearby. Additionally, meat consumption is at an all-time high, with global production levels expected to double, mainly in developing countries, from 225 million tons in 2001 to 457 million tons by 2050. And over the course of the next 50 years as demand grows, so will the amount of livestock's greenhouse gas emissions and the degradation of the world's natural habitat. So how does this relate to the environment and the crisis our planet is facing?

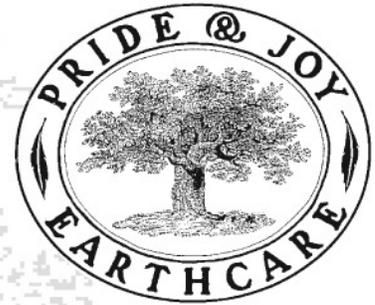
Factory Farming & Pollution

- Gaseous emissions omitted from livestock amount to approximately 18% of global warming, impacting the environment more than road transportation.
- Factory farm operations contribute to global warming through the production of methane and carbon dioxide. Improper waste management also causes high levels of ammonia and nitrates to pollute the land, water, and air.
- Methane and nitrous oxide have 23 and 296 times, respectively, the global warming potential of carbon dioxide. All of the aforementioned pollutants are created from naturally occurring processes such as animal respiration, digestion, and flatulence, as well as the overuse of artificial fertilizers, pesticides and antibiotics.
- Farm animals in the United States alone produced close to 1.4 billion tons of manure, more than 130 times that of humans!
- 200 hundred dairy cows can produce as much nitrogen in their manure as a town of 10,000 people.
- The US Environmental Protection Agency reports that the poultry industry region on the Atlantic Coast of Maryland, Delaware and Virginia produces 600 million chickens with waste amounts equivalent to more than a city of 4 million people.
- Sussex County, Delaware, has to absorb the manure of 232 million chickens a year, while it is estimated that the crops growing there can only make use of manure from 64 million chickens.

Factory Farming & Natural Habitats

- Factory farming results in the destruction of rainforests in Central and South America and the desertification from overgrazing in parts of Africa, reducing biodiversity.
- The majority of agricultural land in the US is used to produce grains with the assistance of herbicides, insecticides and other chemicals, only to be fed to farm animals.
- Water usage among the livestock sector represents nearly half of the water used in the US and 8% of human global water use.
- It takes 5,000 gallons of water to produce one pound of meat, while growing one pound of wheat only requires 25 gallons.
- You save more water by not eating a pound of beef than you do by not showering for an entire year.

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ALL OUR WORK IS DONE WITH SENSITIVITY AND DEDICATION TO THE ENVIRONMENT

- Runoff from both manure and other pollutants, such as antibiotics, contaminates rivers, lakes, and oceans, damaging not only our water source, but also plant and animal life.
- 60% of America's rivers and streams are damaged

What Can You Do?

- Eat less meat. If you choose to eat meat, support small family farms. Eat clean meat that is certified organic, hormone and antibiotic free.
- Purchase locally grown fruits and veggies.
- Support sustainable food systems by taking part in community supported agriculture and sign up now for next year's food shares with local farms
- Read labels and packaging and choose to buy products that are not damaging to the environment
- Stay informed about legislative decisions revolving around local and global food policy
- Help promote agricultural practices that respect the environment by educating the people surrounding you
- Get involved with organizations that support responsible practices and organics, like Sustainable Table (sustainabletable.org) and Local Harvest (localharvest.com)

As most of us already know by now, the emission of greenhouse gases causes global warming which in turn warms our ocean temperatures, melts our glaciers and threatens wildlife habitats. Extreme weather and coastal flooding are now a global threat. We are tilting the ecological balance. So what can we do? The easiest, most convenient solution for all people is to start eating less meat.

While it is great to have the ability to buy a hybrid car or construct solar panels to heat your house, such measures are not always the most affordable or available. All it takes is one person to effect change, so put your money where your mouth and start voting with your fork.

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Responsible Investing by Jim Cox

“What are your values and do your investments reflect those values?”

Any exploration of what it means to invest in a socially or environmentally responsible manner starts with this question. This is what makes SRI attractive for so many people. Purchasing stock in a company is like purchasing a piece of artwork—it must suit the individual investor's taste, it must resonate with the buyer, and most important it must reflect their view of the world. To purchase an investment without reflecting on whether it fits into your value structure is akin to purchasing a Jackson Pollack in the hopes you will make money on the investment when you (a) hate Jackson Pollack, and (b) you love works of Matisse and Renoir; you realize that even though you may make money on the investment, you may regret your decision down the road.

When most investors are approached by a new financial advisor, the investor is looking for good returns on the money they invest. Most advisors rarely evaluate a stock based on social and environmental concerns; rarer still is the advisor who looks at a company's record on labor relations and hiring practices and recommend against buying its stock even though it shows good profit potential. Most important though, most advisors do not take the time to help investors determine what is or is not an acceptable investment based on their values.

The process of determining which stocks or investments are suitable for a particular person is a very complicated and individualized process. It takes thoughtfulness, introspection, and time. It requires an additional effort on the part of both the investor and the advisor.

But what is the payoff for this additional effort? Statistically, investments that are screened using SRI strategies and matrices (such as the Domini 400 index) not only provided better investment returns over the long term, but also tend to have less risk associated with them than an unscreened portfolio. The result of the screening process is to layer additional levels of due diligence on top of the standard initial screens for profitability and financial strength. This additional research refines the universe of stock choices to what can be regarded as “the best of the best.” The philosophy behind SRI is the more research an investor does on an investment, its company policies, and its societal impact, the better the investor will do over the long term.

In 1999 tobacco stocks were reeling from class action lawsuits and record settlements. The price of many tobacco companies were slashed by two-thirds of their 1998 value. CalSTRS (California State Teachers' Retirement System) decided to divest from tobacco stocks in 1999. (source: *Business Week* June 14, 2002) During the year, California pensions lost \$600 million due to their tobacco investments. The health risks of tobacco were known long before 1999, as were the financial risks of investing in tobacco stock. Additional due diligence could have saved California employees and retirees a great deal of money.

In the nineties a certain energy company was being touted as a green investment. It had a great run up in stock price and the future seemed bright. It owned investments in wind power, but overall this was a small percentage of its business. Had advisors looked further they would have found numerous “red flags” indicating accounting issues and policies involving price fixing and manipulation. The company eventually went bankrupt and investors were left holding the bag. Additional due diligence could have saved investors a great deal of money.

Each person is different. Each investor has a portfolio that is waiting to be “discovered.”

A client who is more concerned about global warming than about nuclear power may like to invest in “Utility A” that pro-

duces its electricity from natural gas, wind power and nuclear energy. A client who is gravely concerned about nuclear energy and its toxic by products may want to invest in “Utility B” that concentrates on wind power. A client who doesn't care about the environment may want “Utility C” that produces its energy from coal powered plants. As an advisor, my feeling is that over the long term “Utility C” will not be competitive with “Utilities A and B.” A carbon tax would cripple “Utility Cs” financial position. Coal, though abundant, is a diminishing resource. It uses technology from the 19th and 20th centuries, not the 21st century.

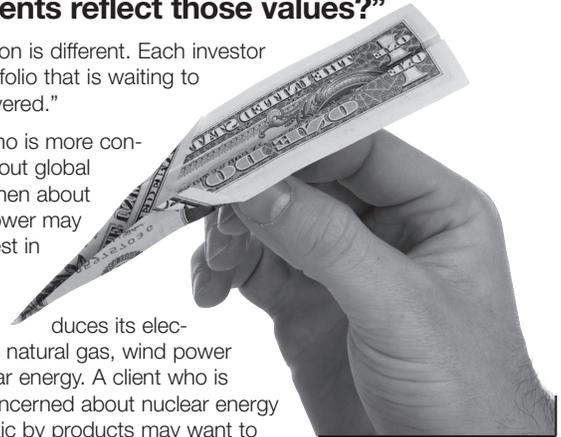
Another client is very concerned about the negative impact large pharmaceutical companies have on the state of American healthcare. This client, regardless of the financial upside, would get sick to their stomach investing in an industry they consider dangerous to American patients. Issues around overmedication, the compromising of immune systems, and genetic research are fundamental to the client's value system. There are plenty of other “good” investments that fit within her value system that are available – there is no need for the client to “sacrifice their beliefs.” The client's soul is not for sale...

Yet another client is opposed to the war in Iraq. In his speech warning about the danger posed by the military industrial complex, Dwight Eisenhower pointed out that when there is a lot of money to be made in waging war, we will have more wars. While profit margins and stock prices may surge for companies that build bombs, or fighters, or body armor, you must ask yourself... “Is this what I support?” “Is this who I am?” Some of the first SRI investment vehicles developed in response to people's opposition and moral concern over the Vietnam War.

SRI is a process that values the ethics and intelligence of the individual investor, as well as companies that work to create a better world. Each of your investment dollars is a vote. It is a vote for the company you invest in and against a company you do not invest in. More and more “votes” are being cast every day in support of sustainable businesses. As the business community sees the votes pile up for sustainable businesses, the business community changes the way it does business... and society and the environment improves as a result.

So the question you need to ask is “what do you value and do your investments reflect those values?” ▲

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The Power of Music & Faith: A Healing Journey

An Interview with Gila Cadry

Old ideas, once dismissed, are now being embraced by our modern culture. Ancient views of spirituality, medicine, and what it means to be human are being increasingly adopted and adapted to fit a world that sometimes feels like it's reeling out of control. The most exciting part is what we are melding the wisdom of various traditions together to form something wholly unique and valuable for our times. New interpretations of ancient knowledge can lead to compellingly effective results. Gila's personal journey reveals the power of music and faith.

QUESTION:

Why did you decide to work with sounds as a healing modality?

GILA: I think that sound decided to work with me. Like so many people, I was just drifting by on the river of life, going day by day, trying to stay afloat. On the outside, I was leading a privileged life, tucked away in an affluent American suburb. In truth, however, I was a very ill individual—emotionally and physically. Fear ran every aspect of my life, and my body was ravaged by a blood disease that had already claimed the lives of two of my family members. It seemed that I was next. At that time, energy healing and vibrational medicine were not part of my reality. I viewed them as the unlikeliest means of achieving health. But the universe does have its ways, and through a series of coincidences, seemingly out of nowhere, I met and began working with a very adept energy healer. After awhile I became attracted to sound as a way to move energy. I began to use sound in my meditative practice. Before I knew it, I was making sound for other people as well. Reaching out to sound to return to a state of balance was, for me, an act of desperation and divine intervention.

QUESTION:

How do you work with sound?

GILA: When I work with sound I usually incorporate three elements: the voice, sacred words, and crystal singing bowls. I find that combining these three elements is a very powerful and effective way of making use of sound as a vehicle for removing obstructions and blockages. It is transformative.

QUESTION:

Are the sacred words you use only from the Hebrew tradition?

GILA: I work with energies as they present themselves. Sometimes I work with Hindu and Buddhist chants. Most of the time, what presents itself is from the Hebrew lineage. I feel that the Hebrew letters - their shape, their sound and their sequencing are strong forces. We can make use of these energies by going into resonance with them. The sacred writings, the psalms and the prayers, are encoded. Through sounding these words with intention, we can move into altered states of consciousness and avail ourselves insights and healings at all levels: physical, emotional, and spiritual.

The Hebrew tradition, in its purest form, made extensive use of sound. In the ancient temple in Jerusalem the service was based on music and poetry. With the passage of time, this focus has become one of study rather than of direct experience. A student of Torah sits and studies the texts and ascribes meaning to what is written. This form of study certainly has its merits; yet, I feel it is more potent to make use of the words through meditation, by sounding them with intention. It is far more satisfying and nourishing to the soul.



QUESTION:

Do you have a favorite chant?

GILA: That's like asking me if I have a favorite child. I love them all. Each chant imparts a different flavor. Having said that, track 8 on Chant of the Hebrews, "Ve Ahavta" (meaning "and you love"), is one of my favorites. This prayer provides a doorway into the heart. It activates the heart center and resonates with the energy of love. When I was recording this track, the recording engineer renamed it the "trippy" prayer. It was the first time he had heard this prayer uttered and he didn't even know what it meant; but he felt its power, its juice.

My other favorite chant is Psalm 150, authored by King David. I find the key to divine connection through this psalm: song, dance, and the playing of musical instruments. King David was the greatest of all musicians and poets. In the middle of the night, he would awaken and play his harp until he had achieved a meditative state. It was from this state that he composed his music and poetry.

QUESTION:

What is the message that you most want to transmit through your work?

GILA: We each have a sound that is an innate, God-given gift. Our voices are a powerful means of direct connection with the divine. When people hear my work, I hope that they experience this power, this pure joy, and that it opens them up to their own vocal expression. Through song, we liberate ourselves. We even liberate each other. ▲

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Veterinary Acupuncture

Let's Get Educated!

THAT BUMPER STICKER SAYS IT ALL IN A NUT SHELL. Knowledge acquired through education allows one to interact, react and respond to the world and the people in it, in an intelligent and ethical manner. My education started in kindergarten at the age of five. I went through the conventional routine of high school, college and graduate medical school, but it didn't stop there. My love of learning has led to me to complete additional training in veterinary cardiology, surgery, ophthalmology, veterinary acupuncture, Chinese herbs, veterinary orthopedic manipulation, Reiki, Gold Bead implantation, energy healing, Chinese cancer treatments, and a host of others. Learning different modalities through the years has allowed me to offer clients the best of many worlds. The biggest satisfaction is witnessing just how well the combination of various techniques works to heal pets.

Many veterinarians, physicians, acupuncturists, holistic practitioners, clinicians or other types of health care providers don't allot the time in their busy schedules to explain and educate their patients. As a veterinarian, I can say with confidence that many individuals want to know more about their pet's health care than their own. Consequently, educating my clients about veterinary acupuncture and the holistic options available for their pets, is a very important aspect of my practice. Even though acupuncture may be a foreign concept to most, when explained properly it is very easy to understand. Once a client understands a methodology, they feel empowered to make a decision about treating their pet with it. Everyone becomes happier, healthier and more confident in the process.



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"The truly educated never graduate."

-BUMPER STICKER, author unknown

Some of the most common questions regarding acupuncture in companion animals are regarding, "What is it?" Acupuncture has been used in China for over 3500 years. It was introduced in the United States in the early 1970s after President Richard Nixon opened up relations with the Chinese government. Presently, acupuncture is utilized by more than a quarter of the world's population as a primary medical treatment. By definition, acupuncture is the insertion of very tiny needles into specific points on the body for the purposes of healing. Stimulation of these points results in biochemical and physiological changes in the body which encourage healing. Treatments generally last between five and thirty-five minutes. In acute cases it may require only one or two treatments to correct the problem. In more chronic cases, such as degenerative arthritis, it may require weekly or biweekly treatments to achieve relief in the beginning of therapy. After that, it is based on the individual case, some necessitating monthly treatments, others only three or four times a year to maintain comfort.

In veterinary medicine, acupuncture is useful in treating arthritis, allergies, asthma, bronchitis, seizures, hip dysplasia, gastrointestinal problems (vomiting, diarrhea, colitis), cystitis (bladder

infection or feline urologic syndrome), dermatitis, kidney disease, liver disease, hyperthyroidism, diabetes, inflammatory bowel disease, intervertebral disc disease, cancer, any kind of musculoskeletal disease, pain management, urinary and fecal incontinence and much more.

The pets are free to move around the examination room after the needles are placed.

The acupuncture needles are very flexible. This allows the pet to sit or lay down without issue or fear of damage to tissues. Most dogs relax, lie down, stretch out and often yawn.

Initial acupuncture consultations include a conventional and a Traditional Chinese Medical examination. The pulse and tongue are assessed as well. Chinese medicine traditionally utilizes information from the pulse and tongue to further determine what imbalances are present in the body. This allows for treatment points to be determined and a treatment plan set forth – most consultations last between thirty minutes and one and half hours. ▲



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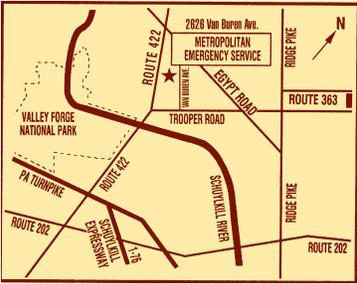
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