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If, during the formative years (age 2 through 12), the child perceives no conflict between what the parents instruct and the manner in which they handle their own personal issues, at a certain point of maturity the child will begin to recognize the profound truth—that they too possess the very same discriminative faculty the parents use to make skillful decisions. If, however, the child observes a disparity between what the parents instruct the child to do and how they face their own fears, anger, and desires, a serious conflict is created in the child’s mind. This inner conflict places a tremendous pressure on the child to experiment in order to discover the truth about how best to act in the world. Such children of unskillful parents often feel compelled to touch every burner on the stove and suffer all the consequences in order to learn which are safe and which bring pain.

Growing Together

The ancient Chinese philosopher Lao Tzu observed, “To love someone deeply gives you strength, and being loved by someone deeply gives you courage.” When a husband and wife view their marriage as a framework for Yoga Science, they gain strength and courage from both loving and being loved. True love cannot be expressed by an unconscious addiction to old, harmful habits, nor by merely acquiescing, or by being angry about a spouse’s unskillful and debilitating actions. On the contrary, true love between husband and wife means consciously facing every situation together and making earnest, discriminating choices that lovingly question old mental and emotional conditioning. Because of a spouse’s love and respect for the truth that is spoken by their soul-mate, there is no perceived threat, resentment, nor acrimony; only a humble recognition that the old tapes of ignorance—powerful and attractive as they might be—are not in the best interest of the individual, the couple or family.

With this understanding, the Yoga of marriage is a genuine union of two human beings. It is a mutually respectful and beneficial relationship grounded in the desire to serve the Divine in each other. Neither of the two is separate nor superior to the other. Yogic marriage is a shared experience that is fair, mutually responsible, and uplifting because both husband and wife agree to place themselves in service to a wisdom greater than their individual habit patterns. In the *Bhagavad Gita*, the Lord in the form of Krishna, speaking to his disciple, Arjuna (who represents the limited personality of the human being), says, “Abandon all other supports. Make everything an offering to Me, and I will shine forth through you.”

True marital happiness lies in service; serving one’s inner intuitive wisdom and truth and serving the “other” as the Supreme Self. The more a husband and wife are willing to base their choices on Yoga Science, the more completely they experience the fullness and bliss of the Supreme Reality that lies at the center of their being. When a sculptor stands before a raw block of marble, she might have a vision of an elephant. As she takes hammer and chisel in hand, she proceeds to remove everything that is not the elephant—until all that remains is the elephant.

Similarly, the Yoga of marriage is a practical method of discovering that beneath all the layers of debilitating habits and emotion, unbounded happiness and eternal love is the natural state of our being. “Love,” Swami Rama of the Himalayas taught, “is the most ancient traveler in the universe—traveling from eternity to eternity.” If you acknowledge that you and your life-mate are essentially spirit having a human experience, Yoga Science can help you realize your own eternal, bliss-filled essence by inspiring you to remove all the ignorance that is not the real You. Then, centered in the fullness and contentment of your true Self, your skillful actions will make you a prophet of love, both inside and outside the marriage.

In Yoga Science, married individuals are asked not to love their spouse until it hurts, but to love their spouse even when it hurts. In his famous sonnet to love and marriage, William Shakespeare observed that true love remains strong and dedicated to eternal truth even during the most challenging and hurtful circumstances. True love, Shakespeare says, is constant, unmovable, and reliable. It is not weakened by difficulty or hard times. Youth or beauty does not bind it. Love, true love, is forever. ▲

Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:

O no! It is an ever-fixed mark
That looks on tempests and is never shaken;
It is the star to every wandering bark,
Whose worth’s unknown,
although his height be taken.

Love’s not Time’s fool,
though rosy lips and cheeks
Within his bending sickle’s compass come:
Love alters not
with his brief hours and weeks,
But bears it out even to the edge of doom.

If this be error and upon me proved,
I never writ, nor no man ever loved.

WILLIAM SHAKESPEARE
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Making a Family

"TO EVERY THING THERE IS A SEASON, AND A TIME TO EVERY PURPOSE UNDER THE HEAVEN: A TIME TO BE BORN, AND A TIME TO DIE..." -Ecclesiastes 3:1-2

Having received the topic of "family" some months ago, I had imagined how I would write this article.

My long hair would be tied up, wispy strands bordering my face, plump with extra weight. I'd be sitting at my desk, my belly so large that I could hardly reach the keyboard, or perhaps, more comfortably, I be lounging on the couch in pajamas (probably the last articles of clothing that fit), writing by hand. Regardless of the where, I'd smile at each kick of one of the four feet wiggling around inside my stretched out body, happily recalling how families are created and made through love and hard work. Knowing this issue would come around July, I'd ponder the newborn twins who were keeping me awake at night, or dazzling me with their flexibility in baby-and-me yoga.

As I type at my laptop, sitting in a local library, I look at the two framed images of Nicholas and Sophia that sit across from me. My hair has been cut short and my stomach is flatter now than it was going into my pregnancy. My stretched out belly has been relegated to the stretch marks hidden under the satin blouse that I wear instead of the pajamas I'd hoped for. I have no quips about babies who cry or the sleep I haven't gotten. Instead, I sleep now for hours, long hours, and my babies don't cry. The silence is deafening.

I'd imagined scenario after scenario of how the family my husband and I had longed almost a decade for would enter the world: a natural birth at home, a hospital birth with a holistic practitioner, my worst case scenario of a cesarean after a long labor. But, in all of my daydreams and even my nightmares, the one thing I'd never imagined was a call to 911 the night my son was born at home before dinner or the second call to those same paramedics two weeks later, when his sister's labor started at home and ended in a Philadelphia hospital. It didn't cross my mind that my twins, the twins who were so healthy on every doctor's visit, would be born too premature to save and that the life my husband and I had dreamed of would shatter as it was



born. My plan had been to write how their births had created a new home, growing us from a couple of two into a family of four. But in the weeks following their February entrances into the world, I'd convinced myself that I could never write again; I'd stare at an empty screen time and time again, only to turn the computer off. Life, as I'd known it, had ended. What followed was something I'd never fathomed.

Paramedics, fireman, and police called and emailed, simply to check in. Coworkers and acquaintances made meals. Friends and parents cleaned while we were in the hospital and even moved our bed into our living room for the bed rest that followed my son's birth.

Countless cards flooded our home, each containing a prayer or a thought. Mass cards and donations to our local EMT service, in Nicholas and Sophia's names, numbered too many to count. Six weeks after they'd brought more joy into our lives than we'd thought possible, we held a memorial service instead of the christening we'd pictured. More than a hundred people attended—some from hundreds of miles away—a testament to two little lives that had touched so many and made us, more than anything else, family.

We were blessed for the moments they lived with us, and we continue to be blessed in the presence they keep in our lives now. In the nights ahead, we cling to their smells and their soft skin. We caress the blanket that kept them so warm, kiss the pictures that we've hung throughout our home, and hold onto the marble box that houses their ashes. On the outside, we look like two people, but in reality, we are twice that. In my husband's face, I see the little boy who had his father's ears and nose; in the mirror, I look back at the chin and smile that my daughter captured. I weep for the moments we've lost: the baths and the laughter, the tears and the kissing of countless boo-boos. But, for the moments that made us a family and the two special people who brought parenthood to their father and me, I am eternally grateful. ▲

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The Cooling Bounty of Summer



There are so many nice things about the arrival of summer. Longer days of warm sunshine on the garden, and the result is an abundance of all sorts of tasty, garden-grown fruits and vegetables. From arugula to zucchini, it's all great stuff – health food the way that nature intended it.

In addition to eating truly fresh fruits and veggies, keep in mind that the summer heat can be managed through internal processes – that's right – the foods that you choose to eat can help to keep you cool! We all know intuitively that salads are more appealing in July than they are in December, but let's think about how things grow – the foods that take the shortest time to grow and mature are typically more cooling, and this includes many summertime crops like lettuce, celery, radish, cucumber, yellow squash, zucchini, tomatoes, etc. Nature sets us up to eat what we need according to the season. This concept is sometimes lost to us in our supermarket, get anything whenever you want it culture.

How we cook our veggies also effects how cooling they will be – the closer to raw, the more cooling effect a food will have. In the summer, stick to raw preparations, lightly sautéing, steaming, or light grilling. Use fresh herbs like basil, cilantro, marjoram, dill, lemon balm, and peppermint to help stay cool. Though we may crave icy drinks, they can shock our digestive system – so it is best to stick with cooled (not iced) fruit/vegetable juices or warm/lukewarm herbal teas and vegetable broths. The irony is that refraining from the immediate relief of iced beverages, we can actually cool off more in the long term.

Summer is a time of fire that can drain a great deal of the moisture that resides inside the body, so we need to take special care to include foods that are high in water content. Foods like lettuce, leafy greens, cantaloupe, raw carrots, broccoli, tomatoes, and watermelon are in this arena. Almost all citrus foods are cooling, eaten whole or juiced. Lemons are easily accessible throughout the summer – not only do they taste good spritzed over veggies and salad, they also have medicinal qualities that can protect the body from summer related ailments like prickly heat and boils.

If you eat animal protein, stay light on the poultry, pork, and red meat during the summer months – stick to seafood – it is abundant and naturally cooling. Vegetarians will be happy to know that legumes have a cooling effect as well. Most dairy products have neutral properties, with the exception of yogurt. Yogurt is a great summer food, as it is the most cooling of all dairy foods. Grains that tend to be more cooling in summer are of the sprouted variety. Try a mixture of amaranth, barley, millet, and wheat.

The simplest way to implement some of the cooling principles into your summer diet would be to eat a lot of large salads, and use onions! If you think about places like South America and India, onions are big part of what they eat, because onions help the body stay cool during hot days (especially when they are eaten raw).

As with any dietary prescription, the goal is always self exploration and understanding. There are no absolutes – what is right for one person may not be right for another. Different body types and dispositions require different approaches, so I encourage you to experiment with cooling foods and see what works best for you!

HOMEMADE OLIVE OIL & LEMON JUICE DRESSING

- 2 tablespoons lemon juice
- 5 tablespoons best quality olive oil
- 1 level teaspoon salt
- 1 level teaspoon freshly ground black pepper

Whisk together the ingredients and use for salads or drizzled over steamed veggies.



RAW BROCCOLI SALAD

- 1 tablespoon white wine vinegar
- 1 lemon, zested
- 1 tablespoon freshly squeezed lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon kosher salt
- Pinch freshly ground black pepper
- 1/4 cup olive oil
- 1 pound broccoli crown, cut into small bits
- 6 ounces cherry or grape tomatoes, halved
- 3 ounces coarsely chopped, toasted pecans or hazelnuts
- 2 tablespoons chiffonade fresh basil leaves

Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium mixing bowl. While whisking constantly, gradually add the olive oil. Add the broccoli and toss to coat. Cover and place in the refrigerator for 1 hour.

Stir in the tomatoes, hazelnuts, and basil. Cover and allow to sit at room temperature or in the refrigerator, for another 15 minutes before serving

FENNEL & ORANGE SALAD

- 2 bulbs fennel
- 2 bunches arugula
- 3 oranges
- Extra virgin olive oil
- 1/2 cup chopped olives
- Salt and pepper, to taste

Using the safety guard on a mandolin, thinly slice the fennel bulbs. Wash and thoroughly dry the arugula. Peel and supreme the oranges. Squeeze orange juice out of remaining orange skins. Whisk in some olive oil, season with salt and pepper. Set aside. In a large bowl toss together fennel slices, orange slices, arugula and chopped olives. Add orange-olive oil dressing and toss.

TOMATO & CUCUMBER SALAD

- 1/2 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons red wine vinegar
- 1/2 teaspoon sea or kosher salt
- 3-4 cloves garlic, minced
- 10 fresh basil leaves
- 5 fresh oregano leaves
- 3 small fresh cucumbers
- 2 large beefsteak tomatoes or 4 medium roma tomatoes

Mince garlic or press through a garlic press. Let garlic stand in balsamic and wine vinegars for 10 minutes. Roll up basil and slice into little strips. Chop the oregano and add the prepared herbs to your best olive oil and allow to stand in oil while garlic marinates. Meanwhile, prepare salad ingredients. You can peel, partially peel, or not peel the cucumbers based on your preference. Slice cucumbers into 1/4 inch circles. Slice tomatoes into wedges. Place tomatoes and cucumbers in salad bowl and sprinkle with sea salt or kosher salt. Combine olive oil with vinegars, whisking together well. Use to dress tomatoes and cucumbers; serve at room temperature.

Variation: Add 1 thinly sliced red onion; pitted, oil-cured, black olives; and cubes of fresh mozzarella cheese.

MINT TEA

- 4 c. boiling water, divided
- At least 12-18 big sprigs of fresh mint, washed
- 4 tea bags (green, white, or black)
- 1/2 c. fresh lemon juice
- 4 tablespoons of honey
- 1 qt. cold water
- Ice
- Additional mint for garnish

In large heat-proof jar or pitcher, pour 2 cups boiling water over mint and tea bags. Steep 30 minutes. In another container, pour 2 cups boiling water over lemon juice and honey. Cool, and add to tea mixture. Stir, strain into serving pitcher with enough room to add the cold water and ice before serving. Garnish with additional mint. Makes 2 quarts.

Variation: add fresh lemon/orange juice for a Fruited Mint Tea. Or skip the tea bags and double the amount of fresh mint.

BASIC SMOOTHIE RECIPE

Fruit juice can be fresh squeezed or from a carton. Use orange juice, pineapple juice, white grape juice, or a juice blend. Choose a juice that will compliment the fruit you use.

- 1/2 to 1 cup fresh fruit
- 1 cup plain or fruit yogurt
- 1/2 cup fruit juice (or 1/4 cup fruit juice mixed with 1/4 cup water)
- 4-5 ice cubes

Combine all the ingredients in a blender. Process on high until the ice is completely crushed, and the drink is smooth and creamy. ▲



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Haddonfield Nutrition Center 856-857-0020 7 Haddon Ave Haddonfield NJ 08033
HealthWorks 856-854-4468 786 Haddon Ave Collingswood NJ 08108
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Nature's Cupboard 856-354-8811 208 Kresson Rd Cherry Hill NJ 08034
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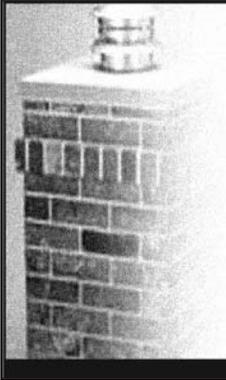
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Back To Nature Health Foods 609-886-4027 Rt47 & RR Ave RioGrande NJ 08242
Bayshore Nutrition Center 609-886-8008 3702 Bayshore Rd N Cape May NJ 08204
Green Street Market 609-463-0606 3167 US Hghwy9 N S Rio Grande NJ 08242
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Country Health Store 302-995-6620 2199 Kirkwood Hwy Wilmington DE 19805
Francine's Community Market 302-239-3737 6149 Lancaster Pk Hockhessing DE 19707
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Breast-feeding is recommended for at least the first two years and beyond (by the WHO as well as AP!). Baby-wearing and co-sleeping* may be practiced, as long as these are mutually satisfying arrangements. Of course, every family is different and must adjust as they see fit—the key is the mother and father allowing themselves to respond naturally and from the heart to their baby's needs, instead of following 'baby training' advice.

As babies morph into toddlers, gentle discipline is practiced. Behavioral modification techniques such as time-outs, bribery/rewards, and spanking are not used to 'control' the child. These methods teach shame and aggression, where attachment and connection create an atmosphere where a child wishes to please because they are connected to the parent and moral understanding evolves naturally. When there is no real danger to your or someone else's child or pet, the natural consequences of an action may be played out so that a real learning occurs instead of resentful obeying. An example would be letting the child who does not wish to wear their coat in winter to go outside without a jacket to see for themselves the result of their choice.

The word *no* is used sparingly. Instead, attention may be redirected, or the parent may take a step back to think, "Why not?" instead of an immediate, "No." Modeling instead of enforcing desired behavior ensures that parents are *present* and do not give conflicting messages. Twenty-five years of research suggests that securely attached children grow into secure, independent, compassionate, trusting, and temperate adults who are comfortable with giving and receiving intimacy, a prime indicator of potential for happiness.

Of course, the early months can be tough for the parents—especially on the mother as primary 'attachee.' Moms working out-

side of the home must find creative ways of connecting in the time they do see the child, and Stay-At-Home Moms must ensure they get time to pursue personal endeavors. Unfortunately, our society doesn't support either option well. Stay-At-Home Moms often feel isolated and/or do not get the respect they deserve for their hard work, while those working outside of the home may feel that they are not performing well at work or home, as they are pulled in so many directions. Pumping and storing breast milk in the workplace is just recently becoming common-place and mainly in the white-collar arena.

One of the philosophical tenets of AP is balance, a state that can be difficult to maintain in our fast-paced society. The AP style calls us to change the world in a sense, to support our *dharma* as parents, by being true to our instinctual response to raising children and bringing concerns of the family to the forefront. To this end, many AP families find that it makes sense to home-school or un-school their children, and involve their kids in raising some of their own food, or connecting deeply with nature in other ways.

There is a vision that seems to go along with AP—of forging connections with like-minded others to create a network of families based on respect for the Earth and all her creatures—a return to the Village where everyone plays a unique part in society. Perhaps the village as it existed in the past is idealized, but humans crave close connection, along with global awareness—an 'attached society.' Much of the art and literature of the last few centuries has expressed feelings of alienation, as relationships with food, work, and each other became increasingly mechanized. What would a generation of 'attached kids' visualize, create, and in fact demand of our culture to further support the security, compassion, and freedom that they experienced in childhood? ▲

*Co-sleeping continues to be a controversial subject although it is practiced extensively in the non-Western world. Read the literature and safety information and make an informed decision!

AP RESOURCES

Local AP & Natural Living Websites:

<http://www.circleoffamilies.org/discussions/>
<http://www.familiesfornaturaliving.org/ONSITE/render.php>

Websites:

www.askdrsears.com
www.mothering.com

Books:

Sears, M.D., William, 1999. *Attachment Parenting: Instinctive Care for Your Baby and Young Child*. NY: Pocket Books.
Leo, Pam, 2005. *Connection Parenting: Parenting Through Connection Instead of Coercion, Through Love Instead of Fear*. Wyatt-MacKenzie Publishing.

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RECEIVE VALUABLE WORD-OF-MOUTH RECOMMENDATIONS

Our readers often tell us that they pass a copy of the magazine on to a friend or family member with a recommendation to read it! In addition, many holistic practitioners will use Yoga Living as a reference to refer their clients to complimentary services. This is like receiving a referral from a trusted friend, and an added value for our advertisers.

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Full Page (7w x 9h")	800.	760.	725.
Page 3 (7w x 9h")	1,500.	1,425.	1,350.
Inside Covers (7w x 9h")	1,150.	1,050.	950.
Back Cover (7w x 9h")	2,500.	2,425.	2,350.

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FAMILY IS EXTREMELY IMPORTANT, WHETHER YOU ARE RELATING TO YOUR BIOLOGICAL FAMILY OR AN EXTENDED SPIRITUAL FAMILY, FAMILY IS THE TIE THAT BINDS. We all need to feel connected and a part of something. Feed your family well to grow your connections and purpose in your family. *Feeding your family involves more than the food you place in front of them.* It also has to do with how you feed your minds, your spirit, and what you do together to achieve emotional health.

How does your family feed itself? If you are wondering where to start, try the following suggestions:

1. At least once a week, do something together to feed your minds in a healthy, natural way. Children love to watch TV, but when you take them outside a whole new dimension of learning occurs. Feed their minds with nature and art instead of becoming unconsciousness in front of a video game or TV show. Dig holes in the ground. Feel worms. Plant seeds inside or outside. Make mud pies. Count the butterflies. Find shapes in the clouds. Climb trees. Admire the creepy-crawlies. An outdoor workout for the mind usually involves more of the whole self as you involve your physical body. **WARNING:** You may experience emotions such as happiness and spiritual waves of peace as you connect to nature!
2. Find a local farm and visit frequently. Get to know the farmer and support her or him by buying their food. Typically local food is a healthier way to feed your body because there are fewer preservatives and fewer fuel costs. Think globally in terms of what is best for the earth and eat locally. When you are at the farm or the grocery store, have your children pick out a new fruit or vegetable that they want to try. Turn the trip into a special family outing to make it a more enjoyable experience for them (and for you)! Give your children structured choices and options so that they can give their input and make empowered choices. As much as it is possible, turn cooking into a family event. Give each a child a task and work together to create a meal. If they choose the ingredients, the recipe, and then help to prepare the food, they will be much more likely to eat it! Eat meals together. Turn off the TV and sit down as a family. Get to know each other's likes and dislikes. Find out about your child's day. Make the effort to connect with your children... even if you are initially rejected, you will be glad you did your part.

3. Feed your spirit.

What kinds of activities does your family enjoy doing together? Do them! Whether it is attending church together or hiking in the mountains, schedule family time. Even if it is only one hour a week, make time with your family to do the things you love. If you disagree about what to do, take turns picking the activity. Uplifting the spirit of your family as a unit strengthens you individually and together.

4. If your biological family is not geographically close, create your own family where you are now. Reach out to neighbors, friends, and acquaintances. Have a tea party or a potluck picnic. We are all citizens of this planet. This connects us and makes us one family, one community. In my personal journey, I have come to appreciate my non-biological family just as much as my biological one. I feed my spirit by learning from everyone I meet, and I am so enriched by each connection. Open your heart to strangers and you will be pleasantly surprised by the new family you will create.

You are never alone in this world.

It is up to you, however, to open yourself to connect to the life around you. Whether it is people, animals, or the flowers, life awaits to connect to your heart. See yourself as a key player in creating one big happy family on this planet! ▲



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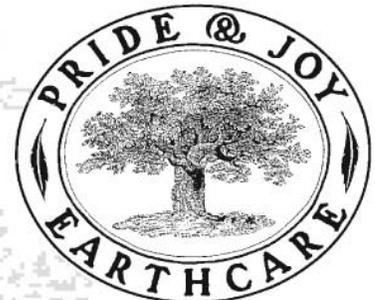
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FENG SHUI FOR Our True Self

FENG SHUI IS THE STUDY AND APPLICATION OF ENERGY. The Chinese chose the term as it literally means wind and water: two elements that continually change just as our world constantly changes. Nothing is permanent.

Everything on the planet is composed of energy. If you place a piece of wood under the microscope you will see that the molecules are moving. Although we may consider things 'dead,' they are very much alive and bustling with energy. Our environment exchanges information with us at all times, and when it changes, we also change. Just think of how different you feel when at the beach versus hiking in the woods.

We tend to live in the same houses, have the same kids, and socialize with the same friends year after year. However, when we look more closely, there is change, nonetheless. Neighbors move, new stores come to town, and we make/meet different friends. We see ourselves aging just by watching our kids grow up: a child's "height-marker" on the wall tells us how quickly time passes, and the candles on their cake may mean more to us than to them!

We adapt continually without realizing it. It is barely noticeable on a daily basis. However, when comparing months, years, or decades it becomes more apparent. As a child, little things meant so much. (I thought I was truly rich when I had two pints of my favorite ice cream in the freezer!) Change is an integral part of life. At times it can move us away from our core and what makes us happy. When this happens, we lose our *inner compass*, our direction. We start feeling unsettled, edgy, and even unhappy. We have problems identifying with the changes in our environment, our place of work, our community, or even the people around us.

Change is good, as long as we listen to what truly makes us happy. When an unavoidable change happens, it is good to be still and evaluate if this change is something we want. How can we find the best new balance in accommodating all that is new or different?



The Bagua or Feng Shui "compass" highlights the key areas in our lives. They are set up across from each other, and clearly identify their balancing part:

The counterbalance of *wealth or abundance* is *helpful people*—nothing accumulates in a vacuum. We all help one other. For example, how else could you accumulate wealth when selling your house, if you do not get the appropriate people to help you—the realtor, the mortgage company, or even the new family moving in?

The counterbalance of *life path or career* is *fame and recognition*. When we walk our path with kindness to ourselves and others, we gain recognition and sometimes fame. A telling example is that of the parent who raises their child with love, and who hears someone say what a great a job he or she has done. A second example is the student (*career*) who gets his or her diploma (*recognition*).

The counterbalance of *children* is *family*. Both are tightly linked. If you treat your parents correctly, chances are your children will follow your example. The way you have been raised will give you clues on what or what not to do. You can make up for lost time. Try to do it better by working on sharing love that your parents had for you. It might sound easy, but we all know it takes effort to keep the balance.

The counterbalance of a *relationship with a partner* is the *knowledge of Self*—the better we know ourselves, the better we can attract someone who fits our picture. It does not work by screaming that you want a loving and giving partner, if you yourself are closed up and weary about sharing. **You can only attract the vibration you yourself emit!**

With the increased influence of mass media, the next generation is mirroring itself to extremes, making it harder for them to find peace within. It also makes it harder to accept who they are without imitating someone else. Balance is not easy to find.

Go with the changes of life but keep looking within and asking if this is the right direction for you. Do you feel happy and balanced? **Trust your inner compass—it is a beautiful life full of changes.** ▲



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PREGNANCY-CONSCIOUS DENTISTRY

An Expectant Mom's Concern About Dental Work Affecting Her Baby's Health

RENEЕ JAMISON, A 37 YEAR OLD SENIOR MANAGER AT A FINANCIAL SERVICES FIRM, REALIZED THAT SHE WAS SPENDING MOST OF HER NON-WORKING TIME TRYING TO RECUPERATE FROM THE WORKDAY. Describing herself as a type-A personality that was driven to succeed in her career, raise a family, and keep physically fit, Renee worked long hours, went to the gym, shopped at the health food store, and tried to spend quality time with her husband. The fact that she was burned out and suffering from fatigue, headaches, and allergies, didn't stop her from also trying to get pregnant. Renee had already stopped eating fish because of the mercury warnings, but she read somewhere that silver fillings contained 50% mercury and now one of the cusps of a molar with a giant amalgam had just fractured. "It was too soon to tell if I was pregnant, but I had to do something with this tooth. It was beginning to hurt." Renee's dentist, whom she had been going to for years, assured her that amalgams were safe; however, she preferred to be cautious and not expose herself to an aerosol of mercury from drilling out her large filling. "My dentist told me that the pain may be a worse stress for the pregnancy and my obstetrician suggested that I get the tooth fixed. I just didn't know what to do."

THE MOUTH REALLY IS CONNECTED TO THE REST OF THE BODY

Dental health can affect your overall health as well as a developing fetus. The fact that med-

ical doctors have little to no training in dentistry and that dentists aren't licensed to treat the whole body has created a void in healthcare. Physicians rarely look at teeth and gums or have any questions in their health history about dental infections, surgeries, or condition of dental work. Despite that there is mounting evidence of the links between periodontal disease and heart disease, diabetes, and pre-term births, and so many people suffer from digestive problems, obesity, headaches, and allergies, medical doctors fail to make the connections to dentistry and seldom consult or refer to a dentist.

HOW ARE BIOLOGICAL DENTISTS DIFFERENT FROM CONVENTIONAL DENTISTS?

Dentists, skilled in restoring and replacing teeth, have differing opinions regarding biocompatibility of dental materials, effects of certain oral infections on the immune system, and treatment protocols for tooth and jaw imbalances causing distress for the entire musculo-skeletal system. The International Academy of Oral Medicine and Toxicology (IAOMT), The Holistic Dental Association (HDA), and the International Academy of Biological Dentistry and Medicine (IABDM), are a few of the organizations representing less than a half a percent of practicing dentists that have established training programs, scientific studies, strict biological treatment standards and yearly conferences for Biological dentists. Their common premise is the firm belief that dental products and procedures affect the entire body. Biological dentists are taught to work closely with other members of the healthcare profession including environmental physicians, acupuncturists, chiropractors, naturopaths, nutritionists, body workers, and other holistic practitioners.

Biological dentists are not just "mercury-free." They believe that proper nourishment, detoxification, and restoration of balance and function is of paramount importance in overall health and that dentistry plays a vital role. They ascribe to the Hippocratic Oath, **First, do no harm**, and take hundreds of hours of continuing education, read studies published throughout the world, and make an enormous investment in special equipment and supplies

that are necessary for health-conscious dental interventions. Biological dentists take professional risks by challenging long-established standards of care in dentistry. Many have suffered legal and State Board consequences with the unfortunate result that biological dentists are far and few between. This presents a dilemma for individuals who seek health-conscious dentistry.

BEING YOUR OWN DENTAL ADVOCATE

From her own research, Renee read that mixed metals in the mouth can cause an electrical current known as galvanism. "I was concerned that if I needed a crown, that it may contain some type of metal. I read that you should not keep an amalgam under a metal crown because of the galvanism and besides I still have other amalgams in my mouth and wear a retainer with metal wires." The controversy in dentistry over mercury exposure from dental fillings was causing her anxiety and confusion. She trusted her dentist, but still did not want to take any chances (no matter how small) with this pregnancy. It took her years to conceive and because of her age, she was considered to be a high risk. From what she read about the fish warnings and the toxicity from mercury to the nervous system of a developing fetus, Renee just didn't feel right about this dental procedure that she needed. The problem was that her dentist didn't agree with her philosophy or have any training in the proper removal protocols.

Renee had to take matters into her own hands and become her own dental advocate. She owed it to herself and her baby. Armed with downloaded information from biological dental organization and consumer group websites, Renee set up a consultation appointment with her dentist to be able to explore treatment options and protocols that satisfied her requirements for health and safety. While she realized that her dentist may not have all the protective equipment, Renee learned of safeguards and detoxification actions she could apply on her own. There was no question in her mind that this discussion with her dentist was a positive health choice and helped to reduce her stress; one less thing to give her a headache. ▲





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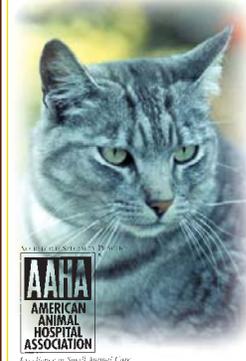
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AS THE OLD ADAGES GO, “WE ARE STRONGER TOGETHER THAN APART” OR “THE SUM IS GREATER THAN ITS PARTS.” These sayings have become adages because there is strong, yet simple truth held within them. And though they have been used to describe many different events and ideas over time, they are especially true as we approach the second edition of the South Jersey section of *Yoga Living* magazine.

This strength was evident during the recent South Jersey *Yoga Living* networking event. Over 25 practitioners came out to meet new contemporaries and colleagues! A small sampling of the group included a holistic dentist, a psychotherapist, reiki and energy practitioners, yoga instructors and a number of wellness center owners with a variety of offerings.

After some lively conversation about what is going on in our area in terms of holistic living, we discussed the possibilities and resources available to create a stronger and more vibrant holistic community network in South Jersey. The reaction of the attendees to this discussion was overwhelmingly positive and the seed for continued growth was planted in those few moments of conversation.

The vision was formed to create a council that would provide opportunities for South Jersey practitioners and centers to learn more about each other. This network of practitioners and centers in South Jersey would be a place where information and ideas could be exchanged and education could be attained about different approaches to holistic health and wellness. Ultimately potential clients/leads could be referred among contemporaries. This network would also service the South Jersey community at large by becoming a central educational resource for people who are seeking to improve their lives with holistic services.

This group would be appropriate for holistic physicians, chiropractors, reiki and energy work practitioners, yoga centers, massage therapists, holistic mental health professionals (psychiatrists, psychologists, social workers, therapists and counselors), life coaches, religious/spiritual leaders etc.



If you want to be part of the exciting group please let me know by contacting me at 856-470-1399 or scott@readyto-transform.com.

Peace,
Scott



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Yoga Living

South Jersey Holistic Networking Event

Wed., August 6, 6-7:30PM

This event is for local holistic practitioners and businesses owners to meet and discuss ways to help one another reach out to the community. Create a strong referral network and make some new like-minded friends!

★ ★ ★ ★

Join us for a fun and informative gathering at:
**WILLIAM G. ROHRER CENTER
FOR HEALTH FITNESS**
2309 EVESHAM ROAD, VOORHEES, NJ 08043

For directions visit
<http://fitness.virtua.org/>

For more information call
DONNA MEYER
(856) 470-1399