

CONSEQUENCES OF LEAKY GUT SYNDROME

TOXICITY: In LGS, the load of toxins escaping from within the walls of the bowels can easily overwhelm the liver. In mild toxicity, it might manifest as a headache, fatigue or irritability after eating certain foods. In more advanced leaky gut, a simple glass of wine can debilitate a person for a few days, cause elevated liver enzymes on blood testing, and be at the center of any chronic disease.

HORMONES: LGS can cause chronic stress, even if not perceived. The adrenal glands can become exhausted (see prior article), with secondary effects on the other hormonal systems of the body (thyroid, sex hormones, sugar-modulating hormones), as well as the immune and nervous system. The hormonal repercussions of LGS may last months to years and require comprehensive treatment to get back to balance.

INFLAMMATION: can be thought of as a fire within, like the useful fires that we keep in our homes' furnace or stove. It kills invading bacteria, viruses, yeast, and cancer cells and takes apart dysfunctional tissues, such as bone and muscle, which allows them to be rebuilt stronger and better. A similar fire burns nutrients in each cell to generate energy.

However, like fire, if inflammation is not contained, it can rapidly spread and beget more inflammation. Like the fumes and tiny sparks coming from a fire can ignite an inferno, the "free radicals" generated by the inflammatory process can attack virtually every tissue of the body in a domino-like cascade. Such tissues include brain (depression/dementia), blood vessels (hypertension/cardiovascular disease), endocrine glands (thyroid disease, diabetes), and bone (osteoporosis, arthritis), just to name a few.

MALABSORPTION & MALNUTRITION: LGS is almost always associated with malabsorption of certain critical nutrients, causing deficiencies which then limit healing and allow for other problems to arise.

EVIDENCE THAT THE GI SYSTEM IS CONNECTED TO CHRONIC DIS-EASE

- 1) Sick creatures lose their appetite
- 2) Rheumatoid arthritis (and other auto-immune diseases) improve during a fast
- 3) If people with Inflammatory Bowel Disease (another auto-immune disease) are fed bacteria from healthy people, they have improvement equal to that of medication
- 4) Pain and other symptoms improve when people are given probiotics and pre-biotics (see below)

SYMPTOMS OF LEAKY GUT SYNDROME

LGS can manifest as problems with the GI System itself, including chronic constipation, diarrhea, acid reflux disease, Irritable Bowel Syndrome (IBS), colitis, chronic gas, bloat and gallbladder dysfunction. However, even without GI symptoms, LGS can be at the center of many of the chronic diseases that now plague our society. LGS is both a cause and effect. It is best to think of it as a web-like situation which interacts with many other systems of the body, and causes a progressive decline in them all.

EVALUATION OF GI DYSFUNCTION

Conventional medicine offers many tests of GI dysfunction. While they often fail to reveal the root cause of problems, they should be done first to rule out serious medical conditions that might require acute treatment, such as active ulcers and cancer.

Holistically, the history and physical exam give lots of information. A patient's lifestyle and symptom pattern provides the most important clues. A physical exam, which includes important acupuncture points, gives additional information.

If this information is insufficient, there are no GI symptoms, or a patient does not respond to treatment, then additional tests are available which measure leaky gut and detect pathogens such as parasites, bad yeast (Candida), heavy metals, adrenal fatigue, or other biochemical or hormonal issues.

HOLISTIC TREATMENT

Treatment of LGS often begins with the digestive system, whether there are symptoms or not. While this must be individualized, it may include changes in diet (eliminating or emphasizing certain foods), correction of deficiencies with supplements, addition of stomach acid and enzymes, the use or "pro-biotic" bacteria and yeast, and "pre-biotic" compounds that help the lining repair, such as licorice, aloe vera, glutamine, and FOS. Yoga and acupuncture can be extremely effective, **and may be essential to facilitate and continue healing** for some people.

One of the more challenging aspects of this approach is that the results are often subtle. How our GI system functions today reflects the last three days of eating (which is the basis of the four-day rotation diet). The way our diet and GI system then affects our function can take weeks to months to observe. Therefore, it is vitally important to develop and commit to a comprehensive plan and to stick to it for a period of time to evaluate its effectiveness. Making frequent changes in treatment out of desperation wastes time, hope and other resources.

It is helpful for patients to keep a log of their symptoms: daily rating, on a scale from 1-10, symptoms such as fatigue, fog, pain, stiffness, diarrhea, gas, etc., and to keep a record of food, sleep, and other factors. Sometimes the patterns are not apparent on a day-to-day basis, but become clear when looking back over a month.

Despite what the TV ads say, many of our chronic ills do not require medication for the rest of our lives, and can be substantially healed by working on the gut as a part of the holistic approach. ▲

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

FOR MORE INFORMATION

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- Wright, Jonathan: *Why Stomach Acid is Good for You*. M. Evans and Company, Inc., 2001. ISBN 0871-319-314.
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- Boutenko Victoria: *12 Steps to Raw Foods, Revised Edition*. North Atlantic Books, 2007. ISBN 1556-436-513.
- Gittleman, AL: *Fast Track Detox Diet: Boost Metabolism, Rid Toxins, Jump-Start Weight Loss...* Morgan, 2006. ISBN 0767-920-465.
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One skill that is essential to building your practice is marketing. And – I know – people shy away from that term because of all the aggressive, intrusive examples we have out there. Sometimes, we think of in-your-face ads, or overzealous salespeople when we think of marketing. And yes, that is one way to do it.

At its center, marketing is how your business builds relationships with the people that you want to serve. And, marketing can be done mindfully. You don't have to be aggressive, you don't have to be intrusive, and you don't have to turn into salesperson of the month to be successful with your marketing efforts.

Here are three things you can do to start promoting yourself in a mindful way:

1. Your practice starts and builds relationships, just like a person. People need to get to know you and your practice. And first, they need to feel a connection.

If you approach someone and immediately begin trying to sell them on your practice, it gives them the same feeling as if they walked into a retail store and were pounced on by the clerk. Your intention upon meeting someone for the first time should be to establish a connection, not try to get them as a client.

The truth is, not everyone is an ideal client for your business. Being genuinely interested in other people, and making true connections will help you relax when you meet new people, and not look for the "in" to talk about your business.

2. Have a way for people to stay in touch with you. Once a connection is felt, people will want to get to know you and your practice on a deeper level.

Start a newsletter or a blog that people can subscribe to. These tools will help them see what you're all about, and it will give them an idea of your working style and philosophy.

In your newsletter or blog, share something of value. Whether it's information about your area of expertise,

recipes, meditations – whatever your potential clients might be interested in. That value will help you build a rapport with your potential clients, and it will help them get to know you, and give them an idea of how you work.

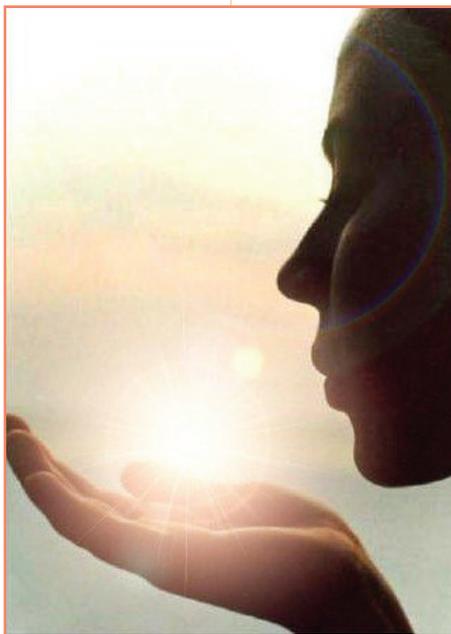
3. Find the people that make your heart sing. You've had clients in the past that you absolutely adore. And then, you've had the ones that you wish would go to someone else.

Think about the clients that you love to work with. What common traits do they all have? Consider focusing your promotion efforts where these people tend to congregate. For example, if you love working with mothers of young children, find mom's groups that you can speak to. Or, if you enjoy working

with baby-boomer women, find publications that they would likely read, and submit articles to them.

Choosing a specific group will help you focus your promotional efforts, and it will help you make connections. Think of how wonderful it will be to attract only to those people who make your heart sing!

When creating consistent client flow in your business, it's important to remember that establishing a connection, building a relationship, and working with people you love will help your potential clients get to know you, feel safe with you, and have no problem at all hiring you. ▲



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- S.K., formerly afraid of heights

"Until this moment, I have felt an underlying current of perpetual fear for my little boy's safety. Our world just became so much safer."
- C.S., mother of child who no longer has a peanut allergy

"I feel healthier than I have in years! No more chronic headaches and yeast infections! I'm a much happier person because I am a healthier person."
- R.A., history of multiple health problems



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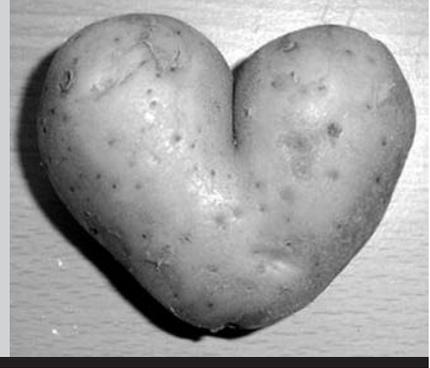
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Warming with Winter Veggies



*I*t's that time of year again... the temperature keeps on dropping and the parties keep on popping. There are so many temptations to stray from our healthy eating habits during the holiday season, that we can forget that winter is a great time for veggies. In fact, we need them even more now to help us stay in balance during the months that we tend to be less active, and unfortunately, more stressed due to over stimulation during a time when we essentially should be hibernating.

It's fun to be in the kitchen during the winter months, the heat and love that we generate in that area of the house can be really uplifting. We all crave comfort food during the cold months, but let's remember that comfort food can be hearty and healthy. Don't let the single-digit temps and scaled-back sunlight make you think the produce aisle is a bust in the winter months. If you look around, you'll see that there is a bumper crop of hearty, healthy, cold weather-loving veggies.

Let's get started with one of my favorites – sweet potatoes. You can mash 'em, roast 'em, puree 'em into a soup – sweet potatoes (as well as their regular counterparts) are one of the most versatile ingredients on the menu. This sweet mash is just the thing to warm the family up on a cold winter day.

MASHED SWEET POTATOES WITH COCONUT MILK

Serves 4.

1 1/2 pounds sweet potatoes (about 3 medium)
3/4 cup "lite" coconut milk
1 tablespoon minced fresh ginger
1/2 teaspoon salt

1. Prick sweet potatoes with a fork in several places. Place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour (you can also microwave them on high until tender all the way to the center, 10-15 minutes.)
2. When cool enough to handle, peel off and discard skin. Transfer the sweet potatoes to a medium microwavable bowl and mash thoroughly with a potato masher. Add coconut milk, ginger, and salt; stir well. Reheat in the microwave for 1-2 minutes, or in the oven for 8-10 minutes. Serve warm.

BRAISED RED CABBAGE WITH CHESTNUTS

Serves 8.

2 teaspoons canola oil
2 onions, halved lengthwise and thinly sliced
1 head red cabbage (about 3 lbs.), halved, cored & thinly sliced
2/3 cup reduced-sodium, chicken or vegetable broth
2 teaspoons honey
1 teaspoon caraway seeds

1 cup cooked, peeled chestnuts, halved (see instructions for cooking chestnuts below)
1/3 cup cider vinegar
1/2 teaspoon salt, or to taste
Freshly ground pepper to taste

1. Heat oil in a large pot or Dutch oven over medium heat. Add onions and cook, stirring often, until light golden, 6-8 minutes.
2. Add cabbage and cook, stirring occasionally, until the cabbage wilts, about 5 minutes. Stir in broth, honey and caraway seeds; bring to a simmer. Reduce heat to low, cover and cook until the cabbage is very tender, 15-20 minutes.
3. Stir in chestnuts, vinegar, salt and pepper. Increase heat to medium and cook, uncovered, until most of the liquid has evaporated and the chestnuts are hot, 5-8 minutes.

To cook chestnuts: Eight ounces of fresh chestnuts yields about 1 cup peeled and cooked. Using a small knife, score a cross on the flat side of each chestnut. Using a slotted spoon, dip chestnuts, 4 or 5 at a time, into a saucepan of boiling water. Peel away shells and inner brown skins. If chestnuts are difficult to peel, return them to boiling water for a few seconds. Place peeled chestnuts in a large saucepan and add enough water to cover. Simmer, covered, until tender, 30-45 minutes. Drain and refresh with cold water.

Note: You can find cooked chestnuts in cans or vacuum-sealed containers at specialty stores if fresh ones are not available.

INDIAN SPICED KALE & CHICKPEAS

Serves 4.

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 1-1 1 pounds kale, ribs removed, coarsely chopped
- 1 cup reduced-sodium chicken or vegetable broth
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garam masala
- 1/4 teaspoon salt
- 1 15-ounce can chickpeas, rinsed

Heat oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute. Add broth, coriander, cumin, garam masala and salt. Cover and cook, stirring occasionally, until the kale is tender, 8-10 minutes. Stir in chickpeas; cover and cook until the chickpeas are heated through, 1-2 minutes.

ZITI WITH CAULIFLOWER

Serves 4.

- Kosher salt
- 1/4 cup extra virgin olive oil
- 1 red onion, finely chopped
- 1/2 bunch fresh mint, leaves only
- 1 teaspoon hot red pepper flakes
- 2 clove garlic, thinly sliced
- 2 heads of cauliflower, cut into 1-inch chunks
- 1 pound whole grain ziti
- Pecorino Romano, for grating

1. Bring 6 quarts of water and 2 Tablespoons of salt to a boil.
2. In a large skillet, heat olive oil over high heat until almost smoking. Add onion, mint, red pepper flakes and garlic. Sauté over medium-high heat until garlic is just golden, 1-2 minutes. Add cauliflower and cook until tender, about 7 minutes.
3. Cook ziti in boiling water to al dente. Drain pasta and add it to pan with cauliflower. Toss over high heat for 1 minute, and divide the pasta evenly among four heated bowls. Grate Pecorino over each bowl and serve immediately.

MILLET BAKE

Serves 4-6.

- 1/4 cup extra virgin olive oil, plus oil for the dish
- 3/4 cup millet
- 1 medium butternut or other winter squash or 1 small pumpkin, peeled seeded and cut into 1-inch cubes
- 1 cup fresh cranberries

- Salt and freshly ground pepper
- 1 tablespoon minced sage leaves or 1 teaspoon dried
- 2 tablespoons maple syrup or honey
- 1 cup vegetable stock or water, warmed
- 1/4 cup pumpkin seeds or coarsely chopped hazelnuts

1. Preheat the oven to 375°F and grease a 2-quart casserole, a large gratin dish, or a 9x13-inch baking dish with olive oil.
2. Put 2 tablespoons of the oil in a small skillet over medium-high heat. When hot, add the millet and cook, stirring frequently, until fragrant and golden, about 3 minutes. Spread in the bottom of the prepared baking dish.
3. Scatter the squash or pumpkin cubes and the cranberries on top of the millet. Sprinkle with salt and pepper and the sage and drizzle with syrup/honey. Carefully pour the warmed stock over all. Cover tightly with foil and bake without disturbing, for 45 minutes.
4. Carefully uncover and turn the oven to 400°F. As discreetly as possible, sneak a taste and adjust the seasoning. If it looks too dry, add a spoonful or two of water or stock. Sprinkle the pumpkin seeds on top, and return the dish to the oven. Bake until the mixture bubbles and the top is browned another 10 minutes or so. Serve piping hot or at room temperature.

VEGETABLE BARLEY SOUP

Serves 8.

- 2 quarts vegetable broth
- 3/4 cup uncooked barley
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 1 (14.5 ounce) can diced tomatoes with juice
- 1 zucchini, chopped
- 1 (15 ounce) can garbanzo beans, drained
- 1 onion, chopped
- 3 bay leaves
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried parsley
- 1 teaspoon curry powder
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce

1. Pour the vegetable broth into a large pot. Add the barley, carrots, celery, tomatoes, zucchini, garbanzo beans, onion, and bay leaves. Season with garlic powder, salt, pepper, parsley, curry powder, paprika, and Worcestershire sauce. Bring to a boil, then cover and simmer over medium-low heat for 90 minutes. Remove bay leaves before serving. ▲

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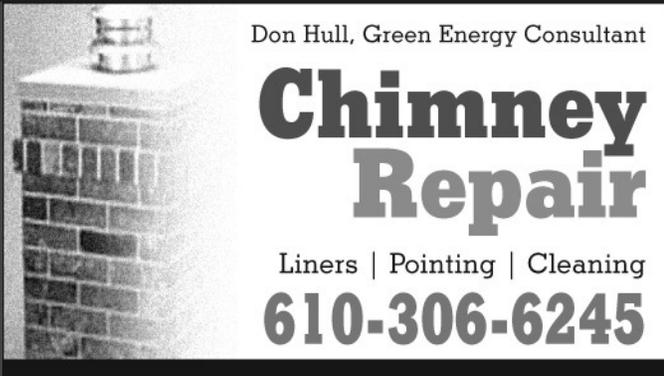
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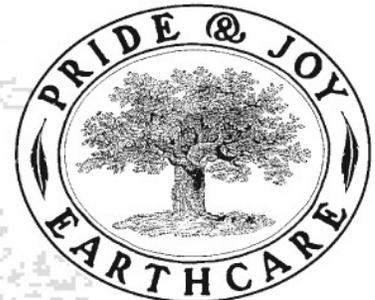
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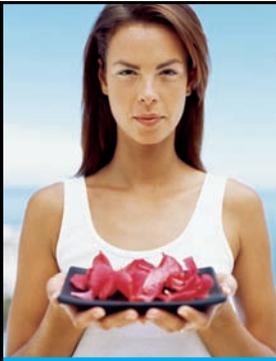
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Post-Natal (aka Mommy & Me) YOGA

HURRAY! AFTER COUNTING DOWN THOSE LOOOONG FORTY WEEKS, YOUR BABY HAS FINALLY ARRIVED! You thought that suddenly all of those aches and pains from carrying a giant watermelon under your t-shirt would fade away, but you're finding in some ways they are getting worse.

Sure, you're no longer carrying all that weight inside your body, but you are now holding your baby on your hip or shoulder, lugging around that car seat and hauling an overstuffed diaper bag. The continuous picking up of your baby and baby stuff is hurting your low back. Not to mention that you are often hunched over while feeding your little one. And if you're nursing, the increased weight in your breasts makes your shoulders round even more. Maybe you've noticed your neck jutting forward. Certainly, you feel weaker, especially through your midsection, which is also contributing to your lower back pain. And more than likely you feel a lack of energy from your baby's need for night feedings. Any of this sounding familiar?

I remember feeling shocked by how bad my body felt. I wished someone had warned me. My new role as mom made me incredibly happy, but my hormones made me want to cry over the smallest things. Like how I still needed to wear my maternity clothes!

Of course, becoming a new mom is a time of celebration and gratitude that brings tremendous feelings of love. But it also can be a little hard to cope with so many changes at once, both in your life and in your body. Post-natal yoga offers an hour dedicated to the new mom and her baby where you can work out some of these mental and physical kinks, share some purposeful time with your little one, and meet other moms on a similar journey.

Women can begin postnatal yoga as soon as they feel ready and have clearance from their OB. Some women are excited to get out of the house and start class as early as two weeks postpartum. I know I was completely nervous to leave my newborn with a babysitter, but desperately wanted to workout and socialize. When I finally left my son at the Y's childcare center, I worried during my entire tennis lesson. A Mommy and Me class is a great solution to that problem.



Some babies will sleep through the entire class, other babies will 'coo' at their Mommies as they watch their fingers wave to them from triangle pose or flip their hair down onto their little face in a forward bend. And yes, some babies will fuss, but a mindful feeding and changing your baby can also be part of class. I remind Moms to practice their equal breathing, kegels, or continue to work on lengthening the spine while taking care of babies needs.

We begin our class with centering, a time for focusing on the breath, letting go of any concerns and creating an intention. The intention is a positive thought or feeling. I ask Moms to focus on something they need like patience, faith, or a sense of peace and to share that with their baby.

In our asana practice we place special focus on shoulder openers, low back and midsection strengthening. Some of our poses incorporate baby, but for the most part Moms work on moving through the poses with their baby lying on a blanket in front of their yoga mat. As babies get a little older they become interested in each other and more playful, sometimes imitating their moms yoga pose. Unfortunately, once they begin to crawl they need to graduate from class.

Class ends with a short period of relaxation. Everyone is then welcome to stay and share questions and ideas with each other. Moms enjoy the opportunity to meet like-minded moms and some go on to form playgroups once their babies are too old for class.

I never imagined how much I would love teaching this class. Each week I feel honored to share in this spectacular time with new moms and their babies.

If joining a Mommy and Me class isn't possible for you, there are a few good videos, including one by Shiva Rea that you could practice at home. Or you could consider joining a regular yoga class when your partner or a friend is available to take care of your baby. Enjoy your practice! Your relaxed body and mind will help you enjoy your baby even more. And before you know it you will feel strong and energized again. ▲



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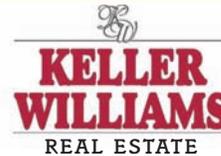
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THERE IS A NEW HERBAL-BASED FORMULA THAT APPEARS TO HAVE SIGNIFICANT FIGHTING POWER AGAINST CANCER

IN PETS. Examples of what the world have considered breakthroughs in modern medicine in the past were the discovery of penicillin, aspirin and morphine. All of these are botanicals that came from plants or, in the case of aspirin, the bark of a tree! No single botanical base has had more single uses than the common aspirin. We take it for the simple headache, yet, in certain circumstances, we are advised to take it to take it to avoid getting blood clots in particular medical conditions. Basically, botanicals are the basis of most of the pharmaceuticals that exist and have been synthesized in the conventional medical profession today.

Simply stated, "cancer" refers to any uncontrolled growth of abnormal cells in the body. Cancer can be on the body (such as the skin) or within the body (such as the liver, spleen, lungs or bone). Some cancers stay localized in one area while other spread to adjacent tissues or distant parts of the body (called metastasis). Some pure breed dogs (such as the Golden Retriever) tend to have a higher incidence of cancer than mixed breeds and the incidence tends to increase with age. A recent study suggested that pets over 10-years of age have greater than a 50% chance of getting some form of cancer in their lifetime.

Well, pets lovers, get ready for this! There is a compound the basis of which comes from *Sanguinaria canadensis* that has hit the forefront of alternative veterinary medicine that has had some mind-boggling results. In using it in dogs and cats for the past two years, I have seen some wonderful and encouraging results. It appears to be the abundance of isoquinoline alkaloids in the active principle of sanguinarine that causes the death of neoplastic (cancer) cells. In micromolar concentrations the main constituents preferentially eliminate cancer cells without precipitating the death of normal cells. The substance, called Neoplasene, should only be used under licensed veterinarian familiar with its use. The substance can be injected into tumors, given orally, applied topically or a combination of them all, and it has put serious and aggressive tumors such as bone cancer (osteosarcoma) and a type of skin based tumor (fibrosarcoma) into remission in a matter of months. Most of these patients were given a grave to poor prognosis because of the typical progression of that cancer. The following are a few of the cases that have been very successful.



SASHA is a 10-year-old, male, Yorkie that had two small pea-sized masses on the skin between the shoulder blades. Both masses were injected with the compound and the salve applied topically. Approximately 1-month later they both sloughed off leaving a small wound area that healed non-remarkably. As of today, nearly 2-years later, "Sasha" is free of tumors and there is no indication that they, or any other masses, are growing on his skin.

DUTCH is a 14-year-old, male, Labrador that had a mass approximately 1cm. in diameter that was located on the outer aspect of his hind leg ankle. The tumor was injected twice with the substance. Within 2-weeks the mass detached from the skin and healed as an open wound. As of the writing of this publication there is no evidence of recurrence of that mass and "Dutch" is walking much better than before.

SHEBA is a 16-year-old female domestic short haired cat that was diagnosed with a very aggressive malignant cancer called squamous cell carcinoma. The cancer was located on the roof of her mouth. This mass was injected with Neoplasene and also applied topically under general anesthesia. This occurred every one to two weeks for a total of four treatments. As of this writing (approximately 7-months from initial diagnosis), the cancer has gone into remission and no evidence of recurrence is present.

ZACH is a 12-year old, male, miniature poodle that had a mass of unknown origin approximately the size of a jellybean on the tip of one ear. The mass was noticed to be increasing in size approximately one year ago. It was subsequently injected later that month once with Neoplasene. The mass sloughed off within one week and healed as an open wound uneventfully. The tumor has not returned and the area looks completely normal.

Results with neoplasene vary from case to case but it has extended the lives of some animal cancer patients. Very often other holistic anti-cancer treatments, such as acupuncture, Chinese herbs and high dose intravenous ascorbate, are utilized in conjunction with Neoplasene. Regardless of what kind of cancer you are working with, the main goal of any treatment should be to give your pet a happy, comfortable, pain-free life for as long as possible. ▲



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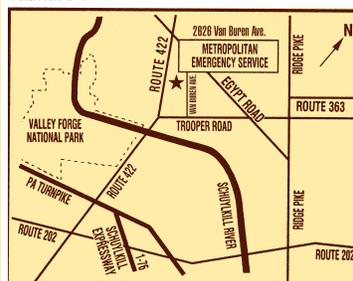
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South Jersey Wellness Council

THE FORMATION OF THE SOUTH JERSEY WELLNESS COUNCIL CONTINUES TO GROW AND EVOLVE AS MEMBERS OF THE HOLISTIC COMMUNITY COME TOGETHER IN AN EFFORT TO CREATE AN ORGANIZATION THAT SERVES NUMEROUS PURPOSES. From the initial meeting at which open discussions took place regarding the role this Council would have, a clearer picture has formed as to how this Council will serve the holistic community as well as the public at large. Specific roles have been named and volunteers have been stepping forward to help this evolution continue.

Amongst some of the recent accomplishments, a logo has been voted on and chosen as the consistent symbol of the Council's image. In addition, numerous domain names have been purchased and secured as an official website is currently under construction and should be online within the next few months.

Discussions continue regarding forming roles within the organization to tackle subjects including financial issues, legal issues, and membership issues. As of this writing, these roles are largely volunteer, and any interested parties are welcome.

The ultimate purpose of the South Jersey Wellness Council has been agreed upon to in part, include networking opportunities amongst the holistic practitioner community as well as the education of the benefits of holistic services to the general public. "Giving the public a unified destination to find and research holistic practitioners and services in the local South Jersey area will be of great value to the general well being of this community," says Scott Rosen, one of the original facilitators of this Council.

As with any major undertaking in its infancy, there is still much to be done and decided and all members of this specialized community are encouraged to attend meetings and volunteer their time and energy to this worthy cause.

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