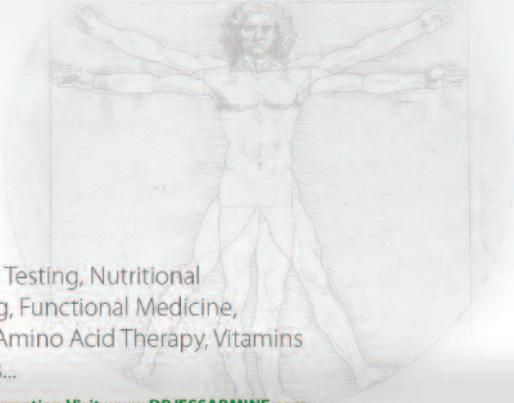


## INTEGRATIVE FAMILY HEALTHCARE

Because your health deserves alternatives.

### COMPLEMENTARY AND ALTERNATIVE THERAPY

Depression, Chronic Stress, Migraines, Menopausal Symptoms, PMS, Anxiety, Fatigue, ADD, Autism & more...



Metabolic Testing, Nutritional Consulting, Functional Medicine, Targeted Amino Acid Therapy, Vitamins and Herbs...

For More Information Visit [www.DRJESSARMINE.com](http://www.DRJESSARMINE.com)

INTEGRATIVE FAMILY HEALTHCARE  
1010 West Chester Pike, Suite 303  
Havertown, PA 19083 | (610) 449-9716

## RENUV Med Spa & Wellness Center

Healing Body • Mind • Soul

Facials • Skin Rejuvenation • Ayurveda Wellness  
• Weight Reduction

Meena Nerurkar, M.D.

**215-322-6221**

4 Rose St. Feasterville

[www.renuvspa.com](http://www.renuvspa.com)



- Massage • Stress Reduction
- Detox • Wrinkle Reduction
- Laser Liposuction • Hair • Veins

## *Afraid that Hormone Replacement Therapy Is In Your Future?*



## *Think Again.*

*Approaching menopause doesn't have to mean automatic hormone replacement therapy and a one-size-fits-all approach to alleviating your symptoms.*

There are 12 different types of menopause— you need *an approach that is right for your unique Menopause Type®*

Daniel D. Beninati, M.D., CCN has been trained to create an *individualized program* tailored to your personal needs, as well as *Bio-Identical Hormone Replacement* with the direct cooperation and advice of a compound pharmacist.

*Daniel D. Beninati, M.D., CCN*

Combining Traditional Gynecology, Nutrition, Alternative and Complementary Medicine for Women

77 Manor Avenue  
Downingtown, PA 19335  
610-269-9010

# AFTER THE RELATIONSHIP IS DONE

**SOMETIMES ALL THAT IS LEFT IS THE ANGER.** The love is gone, the house, cars, pictures, and all that remains is anger. So you hold on tight to anger for that is what keeps you connected. Anger gives you that sense of control, and it keeps you from closing the book and ultimately, opening a new book. Anger breaks you down emotionally, physically, and spiritually. It sucks the light from you and makes what is already dark a black hole. Yet, anger is not all bad. It gets you out of bed, picking up the pieces, focusing on what you must do instead of the thousands of thoughts running around inside your head. Anger is a very tricky emotion. It has a positive intention. It is needed at times. In small controlled quantities it can motivate you but once you let it out, oh how it does not want to go back in.

So let's examine anger - how it serves and enslaves you, especially in the area of an end of a relationship



where the face of anger is very prevalent. You will also learn a few keys on how to move from anger to peace to growth. So take a deep breath and let's begin.

## IN THE END

Very often when a relationship ends, there is a world of hurt, misunderstandings, pain, and uncertainty. It becomes very much like you are riding the bus for a long time and suddenly it stops, telling you that you have to get out here. You do so only to realize this is not where you want to be and you ask yourself, "Now what?" The truth is that very often at the end of the relationship, we don't really know where we are or what to do. In our heads there are more questions than answers, and some questions contradict answers to other questions and the whole thing is a bit unsettling. In our hearts, we go from missing to hating in a matter of seconds and we even beat ourselves up to why we miss that person anyway. In our heads and hearts, we are desperately seeking to understand. Conversely, there is a strong part that doesn't want

to understand. It is not because we are afraid to understand but rather, what would it mean to understand? What actions would we take?

## DEALING WITH IT

When we feel powerless and out of control we reach for balance. Very often what we grab a hold of is anger. It instantly gives us the illusion of feeling in control. Anger is a natural response to when we feel threatened or an extremely high value or standard as been violated by our self or others. Anger is a lot like power. It feeds on itself and grows exponentially. Once the monster is out of its cage it is hard to get it back into its cage. It is at this point that anger limits us and fails to serve us. It is human nature to look for control when we feel that we have no control- to reach for certainty when we feel uncertain. At the end of a relationship, it is easy to feel both the lack of control and an overload of uncertainty. Our situation becomes an excuse that is all too easily justifiable of why we have the right to stay in anger. Unfortunately when we stay in anger, the toxicity and anger permeates out to other parts of our lives and also gets turned inwards. In the end it is not whom we are angry at that pays the price, it is you.

## IT ALL MUST END

Things must end for new to begin. Night ends to day. Winter ends to spring. Relationships must end when they are no longer a relationship. Anger keeps us connected to an ex. We can hate them, be upset at ourselves, angry at any perceived injustices, but it is the anger that keeps us connected to the other person and more importantly to the past. Letting go of the anger means letting the connection die. In essence it is closing the book for good and becoming ok with unanswered questions or answers that contradict each other. It also means that we allow ourselves to become open to a new beginning.

## IN THE BEGINNING

Remember now these words: That no one thing or event is greater than who you are. Problems are never eternal but our souls are. Although we become afraid of what we don't know or what we can't control, we can resign to understand that all that you really need is within you. Love can never be taken away from us because it has always been a part of you...regardless of your past. ▲



# SACRED JOURNEYS

## Holistic Counseling and Healing Services

New offices located in Chester County PA

Discover new paths of deep spiritual, emotional and physical healing, with Dr. Jonathan Cohen and Shari Landau. We offer a variety of psychological, shamanic, and energy work modalities, that help clients shift their consciousness and connect to their sacred purpose.

### Our Offerings Include:

- Psychotherapy & Energy Medicine
- Individual Therapy
- Couples Work - 2 hr. Intensives
- Family Therapy
- Shamanic Energy Sessions
- Ceremonies for All Life Transitions
- Men's and Women's Issues
- Trauma and Eating Disorders
- Public Speaking

All are welcome: Children, teenagers, adults, families and couples.

**Dr. Jonathan Cohen**, licensed psychologist, has been internationally trained in both psychology and shamanism.

**Shari Landau, MA ATR-BC**, is a registered and board certified art psychotherapist and shaman.



**Receive a 15 minute courtesy phone assessment**  
**Call for appointment: 610.853.1726**  
**Visit our website: OURSACREDJOURNEYS.COM**

## HypnosisByTony.com

- Learn Self Hypnosis
- Quit Smoking
- Lose Weight
- Manage Stress

610 659-0526

Phoenixville, PA

info@HypnosisByTony.com

LISA M. MILLER  
 PSYCHIC MEDIUM SHAMAN REIKI MASTER



610-273-2967

BrownSpirit\_Bear@yahoo.com

www.Sacred-Light-Circle.com

ramesqrara@aol.com

RuthyAnn Mandell  
(609) 605-0656



kulanu.org/  
abayudaya

**"Key of Light"**  
 iacmusic.com/ruthyanmandell

1/2 of all proceeds from the sale of 'Key of Light' go to Kulanu to educate and feed Jews, Muslims and Christians in Uganda.



## Serendipity Healing

Helping you to create the life of your dreams by clearing emotional blocks and limiting beliefs keeping you from authentic self-empowerment.

Cindy Payne, Empath  
 cindy@serendipityhealing.org  
 http://serendipityhealing.org

# Coach Thyself: Peak Intellect?

You've heard of "peak oil," no doubt. That's where the amount of oil we can easily extract from the planet begins an inexorable decline. Is it real? Have we reached that point? Pundits and experts trade arguments about this. But suppose I told you there's another argument heating up, and that it's not oil that's in question. Though it's hard to imagine things too much more fundamental to our civilization than major energy sources, this argument is about something actually more important. What might be slipping into an inexorable decline in nothing less than our smarts. Are we losing the reflective, creative intelligence of the human species.

What!? Don't be silly, you say. Why, our brains, augmented now by the Internet, search engines, e-books, and the like—they've got to be better than ever. Well, no, sorry. Though you won't see it highlighted on TV or your popular web pages, the evidence is pouring in. Searchable, hyperlinked, interactive, multimedia-enhanced text, instead of augmenting our powers of intelligence, is diminishing them. Careful, sustained, focused reading and thinking are in steep decline—especially if you take the younger generational cohorts into account. "Peak intellect," as strange as it may sound, is quite likely already a reality.

Nick Carr's *The Shallows—What the Internet is Doing to our Brains* is a rich, readable compendium. It outlines fascinating history of books and reading, explains recent brain imaging studies, and makes astute observations on the cultural effects of a wired world. He gives credit to technology where it is due—indeed, wherever he can. But the preponderance of the research he cites is distressing to say the least.

If, for example, the Web is living up to its promise, then one thing you would certainly expect is that professional

scholars and scientists would be using the newer, searchable, online journal articles to gather more relevant information for their own thinking and writing. Yet in analyzing the citations in no less than 34 million research articles written between 1945 and 2005, a sociologist found just the opposite. As more and more scholarly journals went online, fewer and fewer references appeared in their articles. Even as older issues of journals were digitized, the trend persisted. Scholars cited really only a few of the most recent.

Search engines, it turns out, favor always what is newest. They rank the hits they return in such a way as to establish and amplify a quick, superficial consensus about what is important. In the pre-web days, researchers apparently spread their own print-based reading net wider—instead of letting the questionable algorithms of Google or Bing channel their reading. Google, you should know, makes its money from "clicks-thru's." So it does not actually want browsers to spend much time on any given page.

Even more striking, however, are the various studies Carr reviews that compare reading comprehension and retention of simple print texts versus that of "richer," interactive, hyperlinked, even video enhanced web pages. Everything from eye movements to brain imaging demonstrates that "content enriched" web pages function as an interruption and distraction. Two groups, for instance, were asked to compare two research articles. One read plain text and the other saw text with links back and forth between the articles. These links were supposed to help. They didn't. Even without distracting ads blinking on the page, the hyperlinked group tested significantly worse.

What's going on is that the transfer of ideas into our long-term memories, and thus their integration into our "knowledge," is being short-circuited in

the hyperlinked text by a part of the forebrain that has to take over and make decisions. To click or not to click?

To go back after the click, or follow other links onward? How many windows am I keeping track of now? You can actually see this activity in the neural images. Quite simply, those with less distraction and fewer choices absorb and understand better.

Maggie Jackson, in *Distracted—The Erosion of Attention and the Coming Dark Age*, does have a chapter on efforts to use computers to train people in better attention and focus. She speaks of either a new "dark age," or else a computer-aided "renaissance of attention." Meanwhile, teenage girls in Japan are writing novels composed entirely of text messages, because "longer sentences are too hard to understand." And you can see for yourself how much impact attention-training is getting on the web.

Perhaps the most interesting positive news (from Carr) is this. After a half an hour walk in the woods, as compared to a half an hour walk downtown, people test seriously better at reading and thinking. And this brings us back to those other practices, like yoga and meditation, which are perhaps the best "training of focus and attention." My coaching question from all this is—what would happen if you thought twice about that glittering distraction machine on your screens. Good science suggests that the simple print page is already an optimal technology for growing your internal knowledge base. At the rate we're going, we may well teach computers to think, not "like us," but rather "like we used to ourselves." ▲



# Rosemary Nardone

Certified Nutritional Health Counselor



Personalized programs for weight loss, compulsive eating, cleansing, stress-related eating patterns, detoxification & learning to live a healthy lifestyle.

New Group Weight Loss Seminars forming, contact us. **FREE consultation!**

Don't Miss Our Ongoing Healthy Cooking Classes!

[www.RosemaryNardone.com](http://www.RosemaryNardone.com)

(610) 651 - 8181

## Holistic Mental Health Group Practice

in Elkins Park/Jenkintown

Integrating traditional therapy & holistic healing modalities

Specializing in providing a continuum of therapeutic services  
Choose from the following starting Oct. 2010

### Holistic Treatment of Depression of & Anxiety

- Mindfulness based Cognitive Therapy 8-week group Sat. AM
- Yoga for Mood Management 12-week group Tues. PM
- Individual therapy addressing interpersonal & intrapsychic disturbances

### Eating Disorder Treatment & Recovery

- Therapeutic support groups 12 and 15-week groups on Sat. & Sund.
- NIA movement group 12-week group Sat. AM
- Yoga for Mood Management 12-week group Tues. PM
- Supportive Lunch and Dinner groups 4-5 days per week
- Family Psychoeducational groups 12-week Wed. PM
- Individual and Family-based treatment

### MBSR classes offered every 8 weeks starting Oct. Thursday PM

- Mindfulness based Stress Reduction helpful for management of stress, depression, anxiety and pain  
for professionals interested in working in a collaborative holistic mental health group practice see website under "for professionals"

SEE FUCHSMORTONHOLISTIC.COM

CALL (267)303-4189

ACCEPTING INSURANCE

FAIR PRIVATE PAY FEES & PAYMENT PLANS

- Mercury Free
- Non-Metal Restorations
- Digital X-rays
- Surgical Extractions
- TMJ/Facial Pain
- Invisalign

216 Mall Blvd  
Suite 11

King of Prussia, Pa 19406

**610-265-4485**

## Dental Wellness Centre

Dr. Hyo Lim, DMD

Your health is our concern.  
Exceptional dentistry in a caring environment.



[www.dentalwellnesscentre.com](http://www.dentalwellnesscentre.com)



**I**MAGINE YOU JUST DISCOVERED THAT THE LIFE YOU'RE LIVING IS ACTUALLY A MOVIE, and you're a character in it. Or that the world you think is real is actually a video game, and you're an avatar in the game. And now imagine that there is a doorway out of the movie or the game, where you will discover the actor behind the character or the real person who is controlling the avatar.

The question here is how do we discover our true essential nature? Well the movie of your life is filled with excitement, so the first step in finding a way out of the movie is to become calm. And the video game is filled with action, so next you become still. That's it - just sit calm and still. Putting your attention on your breathing will help. And then focus on your center of gravity - that place in your abdomen that's also known as the core. Feel your calm centered power.

Wouldn't it be nice if you could feel this sense of calm power in the middle of your everyday life? Well let's actually imagine it. And then think of a situation in your day that might be a little challenging, and use your calm, centered focus to rise above the situation. Let's get more specific about a kind of challenge you might face in your everyday life. We'll start with negativity - temptations, bad habits, negative thoughts and feelings, that kind of thing. Think of a few scenarios and situations and begin to actually feel the effect that the negativity can have on you. Then refocus on the centered feeling and once again become calm and stable.

Is there anything else to keep us calm and focused when faced with negativity? Yes, you can use one of the most powerful human qualities - the trait of Patience. Patience will help you to wait as a negative outer situation or inner impulse passes. Can you see how that can help?

The next item that can push or pull you off your center is our technology. We don't realize how totally controlled

we are by our technological devices and all the products of our technology. So here is my suggestion: When you're thinking how remarkable our technological devices are, consider that the most extraordinary marvel of all is you - a human being. When you are calm, centered and focused, you are in control of an amazing field of energy far beyond any technological device, toy or gadget, etc. Be in the center of that field of energy. Experience it. Enjoy it. And don't let our technology distract you from it.

After technology, the biggest block to finding our higher nature is your own mind. We use all our logical reasoning of life to be right. But being right is the second prize of life. The first prize is feeling good - naturally good in the highest possible way. So when there are thoughts that make you right, but also make you unhappy, let go of those kinds of thoughts - the 'I'm right, you're wrong' thoughts, the 'I'm up and you're down' thoughts.

And now think about your calm centered feeling, your patience, your ability to let go of non-constructive thoughts, and make them all part of your natural character.

Before we continue on, here is a good question: If you were to have the ultimate human experience, what qualities would be part of it? Freedom, power, energy? Love, the feeling of security? What are some other qualities on your list? Close your eyes for a few moments and think about these qualities. When you reopen your eyes, release your identity and let your new identity be the qualities you have chosen. Okay, that was a practice run. Do it again and when you reopen your eyes, see the world for what it is - something like a movie or video game.

In other words, your old reality is actually a construction of all kind of thoughts, feelings and motivations (many of them negative), and a technology that permeates every single aspect of your life. That is the movie, that is the game. By transforming your identity, you are no longer a character written into a story that includes negativity and powerlessness. You are no longer an avatar at the mercy of random forces. You are free.

The final step is to take your new identity into your life, and see that every day and every situation is an opportunity to express your new ultimate identity and to have fun testing your calm centered focus. Every time you achieve your ultimate experience in the midst of your everyday life, your power will grow and your freedom will expand. As the days and weeks pass, your entire life will transform! ▲

# Yoga for the People



We offer a Universal, non-dogmatic approach that is accessible to all ages, shapes and sizes. Our teachers are knowledgeable and caring and the studio space warm and welcoming. Come practice with us and experience the YogaLife difference!

## Fall Special

*\$10 for 10 days of Yoga*

\*New students only.

Offer expires November 30<sup>th</sup>, 2010

## First Class Free

\*New students only.

Offer expires November 30<sup>th</sup>, 2010

### Now Offering:

- Beginners Yoga
- Intermediate Yoga
- Vigorous Yoga
- Yin Yoga
- Yoga and Mindfulness Meditation
- Teen Yoga
- Kids Yoga
- Prenatal and Postnatal Yoga
- Weekly Seminars
- Weekend Intensive Programs
- 200 & 500 hour Yoga Teacher Training
- Meditation Teacher Training
- Private and Corporate Yoga Classes



YogaLife Institute  
philosophy • practice • education

821 West Lancaster Avenue | Wayne, Pennsylvania 19087

610-688-7030 | [yogalifeinstitute@verizon.net](mailto:yogalifeinstitute@verizon.net) | [www.yogalifeinstitute.com](http://www.yogalifeinstitute.com)

NEXT TO  
WHOLE  
FOODS!

# Holistic Resource Directory

## ACUPUNCTURE

**Acupuncture with Lance** LanceIsakov.com (610) 203-3747 Wayne, PA

**Ananda Acupuncture & Herbs**, John Stamps, M.A.C., L.O.M 610-526-2689  
Acupuncture & Healing Bodywork 1049 W. Lancaster Ave., 2F, BrynMawr, Pa.

**LiveWellHolisticHealth.com** Dr. Orimenko Ardmore, PA 610.896.1554

**Gateway Bodyworks** Lic. Acupuncturists Pain Management, Fertility  
Smoking Cessation, Face Lifts, Herbs. Phoenixville. 610-933-5459  
www.gatewaybodyworks.com

**Beata Maslanka** Lc. OM 647 Bainbridge, Philadelphia 215-400-1023

**Meredith Murphy** LicAc, MaAc, DiplAc King of Prussia 610-265-1827  
fertility, pain, migraines, anxiety www.healingpointonline.com

**Simply Be Well Acupuncture** Kim Cherry L.Ac, M.Ac.  
Skippack, PA 610-584-2439 kimcherry.com

## AYURVEDA

**Alpa Bhatt, BAMS, LMBT, NMT** (610) 239-9901 (732) 857-6411  
Ayurvedic Lifestyle Education, Body Type, Shirodhara, Pulse Analysis &  
Yoga Marma-point Massage, Diet, Cooking & Natural Remedies

## CHIROPRACTIC CARE

**Jennifer A. Hartmann, DC** Dietitian. Wayne, PA 610-293-1660  
10 yrs exp in muscle therapy & sports med. www.drjennhartmann.com

**LiveWellHolisticHealth.com** Dr. Orimenko Ardmore, PA 610.896.1554

**Soft Chiropractic** stress and pain relief. Let my 30 yrs. of Yoga  
practice serve you. Exton area. Call Dr. Redmond 610-524-2171

## COACHING & CONSULTING

**EmpowermentCentre.com** - Career, Life/Personal, Bus 610-213-1010

**ReddyWorks.com** Personal/Business Coaching, Energy Leadership  
Assessments, "Book Yourself Solid" Marketing Trainer 610-469-7588

## COLONICS/COLON HYDROTHERAPY

**The Art of Health, Jeannette Ponder** (610) 935-0701  
Colon Hydrotherapy, Nutritional Counseling Kimberton, PA

## COUNSELING- TRADITIONAL/HOLISTIC

**IntegrativeHealing, ws** Trad/Pranic Healing/Hypno tx 610 247 0508

## CRANIOSACRAL THERAPY

**Brigid Meagher** Upledger CST, Pottstown, Kimberton 610-469-1717

## DENTISTS, HOLISTIC

**DAMS, Dental Amalgam Mercury Solutions**, Intl 610-649-0465  
Learn about benefits of mercury-free dentistry for your health. For  
resources and information, call carol\_ward@verizon.net

**Dental Health Associates, Ltd.** John P. Roeder, DMD

Look great and feel even better with a beautiful healthy smile.  
Biological Care 45 Darby Road, Paoli, PA (610) 647-7272

**Dental Wellness Centre**, Dr. Hyo Lim, DMD (610) 265-4485  
Holistic Dentist. Exceptional dentistry in a caring environment.  
216 Mall Blvd., Ste. 11, King of Prussia www.dentalwellnesscentre.com

**Donald Robbins, DMD** BioSafeDentistry (610) 363-1980  
Protect your Health, safe mercury/vapor removal, no fluoride/metals  
Author of The Toxic Dental Office. The Green Dentist Lecturer  
Talk Show Host Protecting Your Health on www.webtalkradio.net  
FREE mercury vapor testing. Exton, PA www.donaldrobbinsdmd.com

## EAR CANDLING

**www.healingpointonline.com** King of Prussia 610-265-1827  
ear candling, acupuncture, massage, body work, shiatsu & more

## ENERGY AUDITS

**Residential Energy Solutions.com** 800-789-5131

## ENERGY HEALING

**RYAH Yoga & Health** *Conshohocken* ryahyogaandhealth.com (610) 834-1551

## ENERGY MEDICINE TRAINING/ HEALING

**Energy Medicine Healing/ Education** -www.TheEmpowermentCentre.com

**Laurie Miller**, Energy Medicine Practitioner & Shaman 609-332-5536

## FAMILY CONSTELLATIONS

**Andrea Bosbach, MSW, CYT**, Kimberton & Wilmington  
Counseling:One-on-One, Couples, Family. Group & ongoing Workshops  
Consultation/Training:Dynamics of Family, Organizations, Systems  
www.fieldconstellations.net constellations@gmx.net 610-513-2757

**Michael Reddy, PhD, CEC, ELI-MP** Reveal and re-align damaging hidden  
Loyalties to family and ancestors. www.reddyworks.com 610 469 7588

## FENG SHUI

**Wendy Young** (610) 688-0505  
Certified Feng Shui Practitioner and Interior Designer (CFSP)  
Improve your home or office environment and change your life.

## FLOWER ESSENCE THERAPY

**Charlene Briggs**, BFRP REG. BACH FLOWER FES TRAINED (610) 594-9591  
Safe, integrative approach to releasing emotional energy patterns. Personal  
consultations, workshops. Transgress grief, depression, transitions, stress.

# Holistic Resource Directory

## HEALING

**Rinah, MSW** Yoga Therapy for BodyMindSpirit, Wayne, 617.388.4281

## HOLISTIC HEALTH

**Lionville Nat. Pharmacy & Holistic Ctr** www.lionrx.com (610) 363-7474

**LiveWellHolisticHealth.com** Dr. Orimenko Ardmore, PA 610.896.1554

**Ula Pasternak, CMT, MMS Guide, MA, Rev.** 610-287-2714 lula@verizon.net  
The Unity Center for Holistic Living at www.theucenter.com

## HOLISTIC MEDICAL DOCTOR

**Lisa Freedman, MD** Works with Pennington Apothecary  
Villanova: 610-579-3797 and Huntingdon Valley: 215-796-1700

**Georgia Tetlow** Ambler, www.beingmybestself.com 888-702-7974

## HOLISTIC STUDIES/TRAINING

**Lourdes Institute** of Wholistic Studies (856) 869-3134  
900 Haddon Ave. Collingswood, NJ www.lourdeswellnesscenter.org  
Yoga Teacher Training, Massage, Shiatsu, Reflexology Cert.

## Yoga Based Therapy



**Mary Sue Hardy, LPC, MS, CACD, CYT**  
Psychotherapist/Certified Yoga Teacher

**PERSONAL EMPOWERMENT • SELF DISCOVERY**  
**DEPRESSION/ANXIETY • GRIEF/LOSS**  
**RELAPSE PREVENTION • SPIRITUAL CRISIS**  
**LIFE TRANSITION/PERSONAL JOURNEY**

*Using an Integrative Approach*

1002 Geigertown Road, Birdsboro, PA 19508  
(off Rt.422 corridor between Pottstown & Reading)  
phone: 610-582-2639 • pager: 610-907-0098

## HOMEOPATH

**Angela Walker, CCH, RSHom** www.catalysthomeopathy.com (610) 526-2246

## HYPNOTHERAPY

**Sarah Murphy, MA, CH** www.bridgetherapy.net 610-341-9200

## INTUITIVE READINGS

**Vasiliki** Intuitive Readings/Meditation AC/Ventnor, NJ 305-606-9874

## MARTIAL ARTS

**Kwon's Black Belt Academy** Katharine Ruoss-Naumenko  
Tae Kwon Do • Tang Soo Do. Instilling those elements which create a quiet confidence.  
kwonbb@aol.com (610) 651-KWON www.kwonsblackbelt.com

## MASSAGE

**Back In Balance** www.back-in-balance.com 267.980.1727 Langhorne, Pa

**Ctr.for ALLTherapies** Alyssa Obrien CMT,CMCP Pottstn 267-372-3083

**Gateway Bodyworks** 333 Morgan St pville 610-933-5459  
Bodywork, Acupuncture, Classes &More! www.gatewaybodyworks.com

**Healing Hands Massage** www.hhmassage.com 610-647-7551  
Berwyn, Media, West Chester, Downingtown-Gift Cards-Open 9-9 7days

**www.healingpointonline.com** King of Prussia 610-265-1827  
massage, shiatsu, prenatal, reiki, reflexology, myofascial, & more

**RYAH Yoga & Health** *Conshohocken* ryahyogaandhealth.com (610) 834-1551

**Susan Rosenberg, NCTMB** leftofcenteryogamassage.com 610.389.6785

**ThaiYogaSwedishMassage** by Barb www.spiritualhealingmassage.com DE

**www.energywithinthrapy.com** Blue Bell 610-213-1102 Myofascial Rel

## MASSAGE CUPPING THERAPY

**Alyssa Obrien CMT,CMCP** Deep Tissue Release Pottstown. 267-372-3083

## MASSAGE SCHOOLS

**The Massage School** 600 hrs 610-524-2171 Exton, Pa.

## MEDITATION

**Meditation for Your Type & Training**, Discover the meditation  
that works for your personality. Learn tools for inner-peace.  
www.YogaLife Institute.com Devon, Pa. 610.688.7030

**Penn Program for Mindfulness** Applied Mindfulness Meditation-Based  
Tools for Living. www.pennmedicine.org/stress 215-615-2774

## MIDWIFERY

**The Birth Center**, Bryn Mawr & Exton (610) 525-6086

## NATUROPATHY

**Lynn W Feinman, ND**, Natural Health Practice, Improve your Health  
& Well-Being, contact: lwf@comcast.net, 610-608-1430 Paoli Office

## NEURO-LINGUISTIC PROGRAMMING

**EmpowermentCentre.com** NLP Training/ Counseling 610-213-1010

# Holistic Resource Directory

## NUTRITION

**Ben Briggs, RPh, CNC, Functional Nutrition** www.lionrx.com (610) 363-7474

**Rosemary Nardone, CHHP** www.RosemaryNardone.com (610) 651-8181

## PSYCHOLOGIST

**Amanda S. Fuhrman, PsyD** www.asfpsych.com 610-574-1262

**Emma Mellon PhD** Berwyn 610-240-9591 emmamellonphd.com  
Support groups, indiv therapy, EMDR, EFT: For gentle, lasting change.

**Christine J Ware, PhD, RYT** www.mindbodyservices.com 610-664-6446

## QIGONG

**Debi Dunn** certified Qigong, Tai Chi, Yoga Instructor, Reiki Master.  
Classes & seminars. www.theheartofhealing.com 484.431.1270

## REIKI

**The Center for Oneness (.com)** Full and partial Reiki sessions  
All level students welcome! Lynda 484-432-0174 Ardmore, PA

**LiveWellHolisticHealth.com** Marlene Berdit, Intuitive 610.896.1554

**Reiki Healing Center** 20 S. Olive St, Suite 305, Media, PA 19063  
Classes & Sessions www.reikihealingcenter.org 610-348-5698

**Restorative Reiki** – unique blend of energy and expressive therapy.  
Jeanie Ruland-Matteson at Creative Healing Arts (610) 738-0988

**USUI Reiki Initiation** Level 1, 2 & Master Classes offered.  
20 yrs. Experience. Exton area. Call Dr. Redmond 610-524-2171

## RETREAT CENTERS

**Pendle Hill Retreat Center** (610) 566-4507  
personal retreats/ seminars Wallingford, PA www.pendlehill.org

**Temenosretreat.org** 610 696-8145 retreats weddings personal growth

## SKIN CARE SURROUND

**Holistic Skin Care** Facials Lic Aesth. Lisa Loeb 610-240-9272

## SPIRITUAL HEALING

**Soul based counseling,** spiritual healing www.spiritinhealing.com

## TALK CIRCLES

**Dinner, Talk Circles & Massage** w/Karen Wrigley, LSW 610-631-0880  
1823 West Main St, Norristown, Pa. 19403 www.RejuvenationExpress.com

## WELLNESS CENTER

**Essential Wellness Ctr.** Supportive, Nurturing, Integrative Care  
Therapies, Workshops. www.EssentialWellnessCtr.com (610) 647-5407

**Lionville Nat. Pharmacy & Holistic Ctr** www.lionrx.com (610) 363-7474

**RYAH Yoga and Health** Wellness Center in Conshohocken – Holistic  
Health Svc; Yoga/Pilates; Massage/Energy; Counseling Svc; Events,  
Workshops; Corp. Retreats (610) 834-1551 www.ryahyogaandhealth.com

## WISDOM CIRCLES

**Wisdom circles** workshops, wellness-oriented events by inherlife,  
LLC: women's renewal/retreat; south/central NJ; www.inherlife.com  
or email Lee at leeforestknowlton@yahoo.com for more information.

## WOMEN'S HEALTH

**Lionville Nat. Pharmacy & Holistic Ctr** www.lionrx.com (610) 363-7474

**Bach Flower Therapy, Charlene Briggs** (610) 594-9591  
Helping with grief, depression, stress, transitions, anxiety &  
Emotional challenges. www.bachflowersUSA.com

## WRITING TEACHER

**Write Your Life, Your Memoir.** Classes & indiv instruction with  
published author. Emma Mellon PhD 610-240-9591 emmamellonphd.com

## YOGA THERAPY

**Robert Butera, MDiv, PhD** by appt. only (610) 688-7030  
Develop personalized Yoga program for health, psychological & spir-  
itual. In Devon. Daytime hours. www.yogalifeinstitute.com



For more info. call 610-917-1228 or visit our website at  
www.thecolonialtheatre.com. 227 Bridge Street, Phoenixville.



Art and independent films seven nights a week | Classic Films on Sundays  
at 2:00pm | Children's Series on Saturdays at 2:00pm | Baby Nights on  
Mondays at 6:30pm | Matinees on Wednesdays at 2:00pm | Film  
Discussions on Wednesday at 9:30pm | Live concerts presented by Point  
Entertainment | FILM PRICES: \$8.00 Regular Admission. \$4.00 Children  
under 13 and Members \$6.00 Seniors/Students with ID

# Green Business Directory

## ADVERTISING

**Yoga Living Magazine** [www.yogalifeinstitute.com](http://www.yogalifeinstitute.com) 610-688-7030  
Reach loyal 65,000 readers. Local, community oriented events.  
Main Office, 821 W. Lancaster Ave, Devon next to Whole Foods.

## DRY CLEANING

**Devon (Monarch) Natural Dry Cleaners** No Toxic Solvents  
EM (Effective Mirco Organism) Benefits us and the Environment  
821 Lancaster Ave. (Next to Whole Foods Mkt.) 610-687-1140

## GENERAL CONTRACTING

**Schreiber Gen. Contractors**, "no job too small" 484-955-0292  
Additions, carpentry, kitchen remodeling, decks/siding. Trustworthy  
and we have pride in our workmanship

## GREEN BUSINESS ORGANIZATION / LOCAL ECONOMY

**Sustainable Business Network of Greater Philadelphia** network of  
socially and environmentally respon. businesses. Website has events, on-line  
marketplace, membership info: [www.sbnphiladelphia.org](http://www.sbnphiladelphia.org) 215-922-7400

## Geothermal Specialist

See [www.groundsourcehvac.com](http://www.groundsourcehvac.com)

**Don Hull** Tel. 610.306.6245  
Email: [greenscene@fastmail.us](mailto:greenscene@fastmail.us)



## LANDSCAPING

**Flowers & More**, [www.flowersandmore.biz](http://www.flowersandmore.biz) 610-701-9283

**Pride & Joy EarthCare**, Birchrunville, PA 610-495-5684

## NATURAL PHARMACY

**Lionville Nat. Pharmacy & Holistic Ctr** [www.lionrx.com](http://www.lionrx.com) 610-363-7474

## OCEAN CITY, NJ 'ECO-HOUSE'

**Eco Equipped Summer home** rental property, 1 block to beach  
Private Deck w/ Ocean View, 3 bedroom/2 bath, 2nd Floor  
See [www.vrbo.com/226122](http://www.vrbo.com/226122) for on/off season rental.

## PAINT AND PAINTERS, NATURAL

**American Pride Paint** Order on-line: [www.safepaint.net](http://www.safepaint.net)  
100% No toxin, all natural paint that holds up.  
[www.americanpridepaint.com](http://www.americanpridepaint.com) 1-601-264-0442

**Baldwin Painting** [baldwinpainting@yahoo.com](mailto:baldwinpainting@yahoo.com) 484-886-6681  
"See the difference between a job done, and a job done well."  
Ask about using all natural products.

## REAL ESTATE

**Keller Williams**, Pam Butera [www.expertsforyou.com](http://www.expertsforyou.com) 215-646-9200

## RESIDENTIAL ENERGY SOLUTIONS

Energy Audits, Diagnostic & Thermal Infrared Testing Services  
**Residential Energy Solutions.com** 800-789-5131

## SPA, HOLISTIC

**Green conscious** holistic massage & organic skincare, un-rivaled  
touch & training make us a leader in supporting wellbeing in a  
sustainable world. **EviamaLifeSpa** [www.eviama.com](http://www.eviama.com) 215 545 3344

**Harmonia Healing Arts Spa** 413 E Lancaster Ave, Wayne 610-688-1007  
Offering holistic & healing spa treatments [www.harmoniaspa.com](http://www.harmoniaspa.com)

## VETERINARIAN

**Animal Wellness Center**, Rose DiLeva, VMD, MS, CVA 610-558-1616  
Cert. Vet. Acupunct. Alternative veterinary med. Chinese Herbs, Amazon  
Herbs. TCM. Holistic cancer treatment. Pain management. All animals.

Yoga Living Seeks Green Businesses; Cleaning, Natural Builders, Natural Painters, Green Investing, Green Stores!

# Holistic/Yoga Gift Shop Directory

Featuring Yoga Shops, Green Stores, Gift Shops, and local, fair-trade shops.\*

Email us your store's FREE, one-line listing at [info@yogalivingmagazine.com](mailto:info@yogalivingmagazine.com). Kindly let us know if there are any corrections.

## PENNSYLVANIA

### BERKS COUNTY

Earth Rhythms 610-374-3730 641 Penn Ave Reading PA 19611

### BUCKS COUNTY

Freckles Place 215-674-5640 1165 York Road Warminster PA 18974  
Solutions for Daily Living 215-968-9750 126 N State St Newtown PA 18940

### CHESTER COUNTY

BendBodyWear 610-558-0565 Old Ridge Vll 100 Ridge Rd#7 ChaddsFord PA 19317  
Charmingly Linda's 610-640-1220 480 Lancaster Ave Frazer PA 19355  
Earth Mart 610-935-1793 235 Bridge St Phoenixville PA 19460  
Earth Speak 610-933-7375 2123 Kimberton Rd Kimberton PA 19442  
Revue Boutique & Gallery 610-918-4402 138 East Gay St, West Chester PA  
Ten Thousand Villages 610-594-2370 271 Main St Exton PA 19341  
YogaLife Bookstore 610-688-7030 821 W Lancaster Ave Wayne PA 19087

### DELAWARE COUNTY

Ten Thousand Villages 610-892-5020 101 W. State St Media PA 19063  
Total Nutrition of Wayne 610-688-9300 156 E. Lancaster Ave, Wayne, PA 19087

### LANCASTER COUNTY

Evolution Power Yoga LLC 717-391-1060 447 N Mulberry St Lancaster PA 17603  
Radiance 717-290-1517 9 W Grant St Lancaster PA 17603  
Ten Thousand Villages 717-721-8400 240 N Reading Rd Ephrata PA 17522

### MONTGOMERY COUNTY

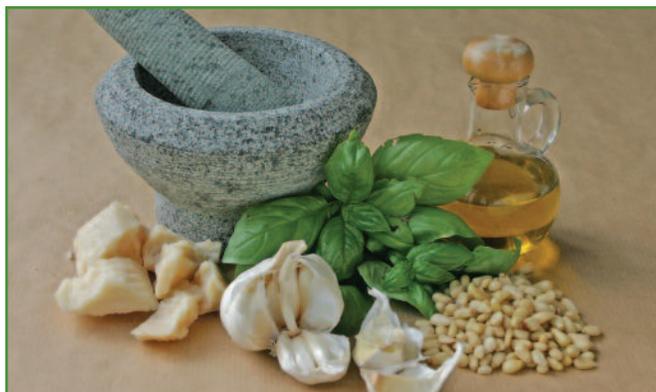
AVJ Natural Cat 610-326-0177 6 S Hanover St Pottstown PA 19464  
Got Your Back 610-834-3992 521 E Hector St Conshohocken PA 19428  
Dreamcatcher 610-584-5556 4049 Skippack Pk Skippack PA 19474  
Environmental Home Store 215-368-2589 1684 Kriebel Rd Lansdale PA 19446  
Lucy 610-649-2541 24 Parking Plaza (Suburban Square) Ardmore PA 19003  
Ten Thousand Villages 215-723-1221 787 Rt 113 Souderton PA 18964

### NORTHAMPTON COUNTY

Organic Mattress Shop 866-246-9866 1075 Main St Hellertown PA 18055

### PHILADELPHIA COUNTY

Arcadia Boutique 215-667-8099 819 N. 2nd Street, Philadelphia, PA 19123  
The Black Cat 215-386-6664 3428 Sanson St Philadelphia PA 19104  
Environmental Home 215-844-4733 550 Carpenter Ln @ Greene St Phila PA 19119  
Eviama Life Spa 215 545 3344 262 S16th St Philadelphia PA 19102  
Garland of Letters 215-923-5946 527 South St Philadelphia PA 19147  
Greenable 215-922-6066 126 Market St Philadelphia PA 19106  
Greendepot 215-333-1404 6951 State Rd, Ste A, Philadelphia, PA 19135



## PHILADELPHIA COUNTY (cont.)

Lululemon 215-735-2431 1704 Walnut St Ste 3F Philadelphia PA 19103  
Moving Arts Institute 215-205-1292 7425 Old York Road Elkins Park PA 19027  
Sanctuary Yoga Shop 215-242-3150 8611 Grmntwn Ave Chestnut Hill PA 19118  
Ten Thousand Villages 215-574-2008 1122 Walnut St Philadelphia PA 19107  
Villa and Hut Furniture 215-425-1014 1105 Frankford Avenue, Philadelphia PA 19125

## NEW JERSEY

### BURLINGTON COUNTY

Lucy 856-983-1291 500 Route 73 South (Promenade) Marlton NJ 08053

### CAMDEN COUNTY

Body Encounters 856-985-6363 230 N Maple Ave Marlton NJ 08053  
Yogawood! 856-858-YOGA 688 Haddon Ave Collingswood NJ 08108

### MORRIS COUNTY

Tools for Yoga 973-966-5311 2 Green Village Rd Madison NJ 07928

## DELAWARE

### NEW CASTLE COUNTY

My Thai 302-428-1040 21 Trolley Sq #A Wilmington DE 19806  
Ten Thousand Villages 302-428-0340 4021A Kennett Pike, Wilmington, DE 19807

\*Note: Featuring stand-alone shops only.



Fbo LIVING BEYOND BREAST CANCER

### 10 MINUTE TRIAL CLASSES

OF SOME OF THE BEST WORKOUTS! 20+ STATIONS!

ZUMBA? TRY 2 HOURS OF IT AT THE ZUMBATHON

OR

GO FOR A 3 HOUR RIDE IN OUR SPIN-A-THON!

WANT IT A LITTLE STONGER?

GO FOR THE POWER LIFTING & TIRE FLIPPING RACES!

STILL NEED MORE?

VISIT OUR VENDORS FOR FUN SHOPPING  
AND HELPFUL INFORMATION

**SUNDAY, SEPTEMBER 26, 2010**

THE GREATER PHILADELPHIA EXPO CENTER • OAKS, PA

11:00 am to 5:00 pm

**COME DRESSED TO SWEAT!!**

GO TO [www.sskfundraiser.org](http://www.sskfundraiser.org)

FOR MORE INFORMATION AND TO REGISTER ON LINE!

# Thinking of selling your home?



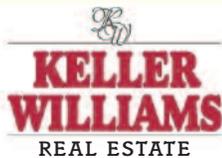
## LIST WITH ME!

On average, homes listed with me sell for 98% of their asking price vs. the 94%\* obtained by the average Realtor. **Who do you want working for you?** Contact me today to learn about my exclusive and effective marketing plan!

\*Stats taken from MLS TREND system

### Pam Butera... "Simply Better"

[www.ExpertForYou.com](http://www.ExpertForYou.com)



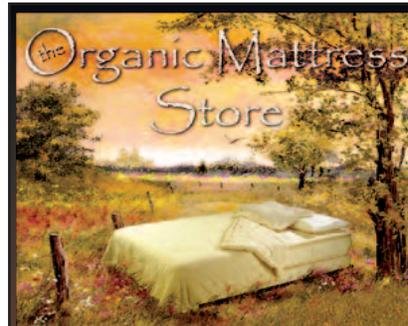
Each office is independently owned and operated  
**MAIN PHONE: 215-646-2900 DIRECT: 215-646-9200**



## The Tarot Muse Carolyn R. Guss

Certified Tarot Reader & Teacher  
 Private Readings by Appointment  
 Group Events / Tarot Instruction  
**610-658-3252**

[www.tarotmuse.com](http://www.tarotmuse.com)



### New Address

SHOWROOM:  
 1075 Main Street  
 Hellertown, PA  
 18055

484.851.3636 | [www.theorganicmattressstore.com](http://www.theorganicmattressstore.com)

# Yoga Wear & Accessories

## Celebrate the Yogi Lifestyle

Philadelphia's only store devoted to yoga wear and accessories and the yogi lifestyle.



everything you need to create your own sanctuary . . .



# sanctuary

Filled with beautiful clothing for yoga and après yoga, yoga mats, towels, pillows & bags, meditation supplies, new age books & music, unique jewelry, Buddha statuary, luscious organic bath & body treatments, organic flowering teas, fine incense, candles and much more.

8611 Germantown Ave. Chestnut Hill  
 215.242.3150  
[info@sanctuaryyogashop.com](mailto:info@sanctuaryyogashop.com)

# Savoring the Fall Harvest:

## 10 Recipes to Capture the Season



**F**all is a time of transition from the last of the backyard summertime produce to a harbinger of fresh new winter selections. An abundance of local seasonal vegetables become available, the temperature has dropped and entering the kitchen to use the stove suddenly becomes appealing again. Summer salads give way to heartier fare like soups and sautéed dishes, and after a long absence, fall squashes and apples make for happy eating all over the slowly chilling northeast corridor. Here are 10 of my favorite ways to celebrate healthy & flavorful fall eating!

### **BROCCOLI EGG DROP SOUP**

*Serves 4 (Appetizer)*

- 5 ½ cups canned low-salt chicken broth or vegetable stock
- 3 ½ cups coarsely chopped broccoli florets (from about 1 ½ pounds broccoli)
- 2 large eggs
- 4 tablespoons freshly grated Parmesan cheese

Bring 5 cups chicken broth to boil in large pot. Add broccoli. Reduce heat and simmer until broccoli is just tender, about 5 minutes. While broccoli is cooking, whisk eggs and remaining ½ cup broth in medium bowl to blend well. Bring soup to boil. Slowly pour egg mixture into soup without stirring (egg mixture will form fluffy clumps); boil 1 minute. Stir gently to blend and season with salt and pepper. Sprinkle with parmesan cheese to taste.

### **WARM BUTTERNUT SQUASH AND CHICKPEA SALAD**

*Serves 4 (Main Course)*

- 1 medium butternut squash peeled, seeded, cut into ½-inch pieces
- 1 medium garlic clove, minced or pressed
- 2 tablespoons olive oil
- Salt
- One 15-ounce can low-sodium chickpeas, drained and rinsed
- ¼ of a medium red onion, finely chopped
- ¼ cup coarsely chopped fresh cilantro or parsley
- 1 medium garlic clove, finely minced with a pinch of salt
- ¼ cup lemon juice
- 3 tablespoons well-stirred tahini
- 2 tablespoons water
- 2 tablespoons olive oil, plus more to taste

Preheat the oven to 425°F. In a large bowl, combine the butternut squash, garlic, allspice, olive oil, and a few pinches of salt. Toss the squash pieces until evenly coated. Roast them on a baking sheet for 25 minutes or until soft. Remove from the oven and cool. Meanwhile, make the tahini dressing by whisking the garlic and lemon juice in a small bowl. Add tahini

and whisk to blend. Add the water and olive oil, whisk well, and taste for seasoning. Add water as needed to thin the dressing out. Combine the squash, chickpeas, onion, and cilantro or parsley in a mixing bowl. Add the tahini dressing to taste, and toss carefully. Serve immediately.

### **CABBAGE AU GRATIN**

*Serves 4 (Side Dish)*

#### **Ingredients**

- 2 cups shredded cabbage
- ½ cup grated carrot
- ¼ cup chopped green onions
- 1 egg
- ½ cup milk
- 3 tablespoons shredded Swiss cheese
- ¼ teaspoon seasoned salt
- 1 tablespoon minced fresh parsley
- 1 tablespoon shredded Parmesan cheese

In a large skillet coated with nonstick cooking spray, sauté the cabbage, carrot and onions until for 7 minutes or crisp-tender. Transfer to a greased shallow 1-qt. baking dish. In a bowl, combine the egg, milk, Swiss cheese and seasoned salt. Pour over the vegetables. Sprinkle with parsley and Parmesan cheese. Bake, uncovered, at 350 degrees F for 30-35 minutes or until a knife inserted near the center comes out clean.

### **CAULIFLOWER CURRY**

*Serves 4 – 6 (Main Course)*

- 1 cup of cauliflower florets
- 1 ½ onion finely chopped
- 1 ½ tomato finely chopped
- 2 teaspoons cilantro
- 2 teaspoons yogurt
- 3 cloves of Garlic
- 2 fresh Serrano chilies
- Fresh ginger (thumb tip size piece)
- 1 teaspoon red chili powder
- 1 teaspoon poppy seeds
- 2 teaspoons of cashews
- 1 teaspoon coriander powder
- ½ teaspoon turmeric powder
- ½ teaspoon cumin powder
- Salt to taste

Mix poppy seeds and cashews and grind into a paste using a small food processor or mortar and pestle and set aside. Mix garlic cloves, serrano chilies and fresh ginger and grind into a paste using a small food processor or mortar and pestle and set aside. Mix chili, coriander, turmeric and cumin powders in small bowl and set aside.

*continued on page 48*



**LIONVILLE**

*Natural* PHARMACY      *Holistic* HEALTH CENTER      *Health* FOOD STORE

A compounding pharmacy integrating holistic and alternative therapies.

Plus a health food store, full staff of holistic practitioners, alternative therapies, natural vitamins, homeopathic remedies, customized hormone replacement and veterinary compounds, and much more!

Family-owned and operated, providing quality products & professional pharmaceutical care to the Chester County community since 1979.



An independent pharmacy with a service-oriented philosophy; an experienced & knowledgeable staff, ready to meet your needs.

*In our 30th year devoted to problem solving through customized medications, holistic health and wellness, and whole organic foods.*

**Located just off of Route 113 and directly south of Route 276 in Lionville**

309 Gordon Drive, Lionville, PA 19341  
 Phone (610) 363-7474  
 Fax (610) 363-5707  
 See our Website @ [www.lionrx.com](http://www.lionrx.com)

Hours:  
 Mon-Thurs 9am-7pm  
 Fri 9am-6pm  
 Sat 9am-5pm

Heat oil in a sauté pan, add the chopped onions and sauté till golden brown. Add the ginger, garlic and green chili paste and sauté for 2 min. Add chopped tomatoes and sauté for 2 min. Add all the spice powders mix and cook 5 min. Add the yogurt and sauté till the yogurt blends into the sauce. Add the cauliflower florets, stir well to coat them and cook covered for 2 minutes. Add the cashew poppy seed paste and ½ cup of water. Cook covered for 5-6 minutes. Garnish with cilantro leaves and serve hot over rice.

### SOUTHERN STYLE COLLARD GREENS

*Serves 4 - 6 (Side Dish)*

1 tablespoon olive oil  
 1 tablespoon butter  
 ½ large onion, chopped  
 1 teaspoon red pepper flakes  
 1 clove garlic, finely chopped  
 1 pound collard greens, chopped  
 3 cups vegetable stock  
 2 tomatoes, seeded and chopped  
 Salt and freshly ground black pepper to taste

In a large pot over medium heat, heat oil and butter. Sauté the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic, cook another minute. Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and freshly ground black pepper.

### EGGPLANT BABA GANOIJ

*Serves 10 - 12 (Appetizer)*

2 medium eggplants, (about 1 pound each)  
 4 cloves garlic, unpeeled  
 ¼ cup lemon juice  
 2 tablespoons tahini, (see Note)  
 1 ¼ teaspoons salt  
 Extra-virgin olive oil, for garnish

Preheat grill to high. Prick eggplants all over with a fork. Thread garlic cloves onto a skewer. Grill the eggplants, turning occasionally, until charred and tender, 10 to 12 minutes. Grill the garlic, turning once, until charred and tender, 6 to 8 minutes. Transfer the eggplants and garlic to a cutting board. When cool enough to handle, peel both. Transfer to a food processor. Add lemon juice, tahini and salt; process until almost smooth. Drizzle with oil if desired. Serve with warm whole wheat pita for dipping.

### SPICY OKRA SAUTÉ

*Serves 4*

3 tablespoons butter  
 1 medium onion, chopped  
 1 pound sliced fresh okra  
 ½ teaspoon ground cumin  
 ½ teaspoon ground ginger  
 ½ teaspoon ground coriander  
 ¼ teaspoon ground black pepper  
 Salt to taste

Melt butter in a large skillet over medium heat. Add the onion, and cook until tender. Stir in the okra, and season with cumin, ginger, coriander, pepper and salt. Cook and stir for a few

minutes, then reduce the heat to medium-low, and cover the pan. Cook for 20 minutes, stirring occasionally until okra is tender.

### MOROCCAN SKILLET POTATOES

*Serves 4 (Side Dish)*

¼ cup green olives (i.e. picholine)  
 1 pound fingerling or small red potatoes  
 2 tablespoons extra-virgin olive oil  
 6 strips lemon zest  
 ½ teaspoon ground cumin  
 1 cup water  
 ¼ cup coarsely chopped flat-leaf parsley

Cut potatoes in half lengthwise. Smash olives with flat side of a large knife, discard pits and chop olives. Toss potatoes with olives, oil, zest, cumin and salt/pepper to taste in a heavy skillet, add water and bring to a boil. Cover skillet and continue to boil over medium heat until the potatoes are tender - 10 to 12 minutes. Remove lid and cook, stirring, until water is evaporated, 1 to 2 minutes. Serve sprinkled with parsley and garnish with lemon wedges.

### OATMEAL APPLE MUFFINS

*Makes 2 dozen*

1 cup whole wheat flour  
 1 cup rolled oats  
 ½ teaspoon salt  
 1 tablespoon baking powder  
 1/2 teaspoon nutmeg  
 2 teaspoons cinnamon  
 1 ½ teaspoons green powdered stevia leaf  
 1 egg  
 ¾ cup milk  
 ¼ cup oil, or ¼ cup applesauce  
 1 medium apple, cored and chopped coarsely  
 ¾ cup raisins

Preheat the oven to 400°F. In a large bowl, combine the first seven ingredients thoroughly. In a medium bowl, mix the remaining ingredients. Gradually stir the dry ingredients into the moist ones. Spoon the batter into greased muffin tins or line with muffin cups. Bake for 15 minutes, or until a toothpick inserted in the center of a muffin comes out clean.

### TWICE BAKED PUMPKIN

*Serves 4 (Dessert)*

1 8"-10" "pie pumpkin"  
 4 tablespoons butter  
 4 tablespoons maple syrup  
 1/2 cup chopped pecans or walnuts  
 ½ tablespoon pumpkin pie spice

Preheat oven to 350 degrees. Cut the pumpkin in quarters from top to bottom, clean out the seeds, and place the pumpkin in a roasting pan or on a cookie sheet and bake at 350 degrees until the pumpkin until soft and remove from the oven to let cool. When the wedges are cool enough to touch, pull on the top "skin" that has formed over the meat while baking pull the soft pumpkin flesh into a bowl. Fluff up the pumpkin meat with a fork, stir in butter, maple syrup and pumpkin pie spice. Sprinkle the top with chopped nuts and return to the oven for another 15 minutes. Serve warm with fresh whipped cream as a garnish.