

Your Akashic Records....



Consciously create your life with the guidance, infinite knowledge and transformative energy from the ultimate source for Life Coaching and Spiritual Evolution.

For personal guidance, change or growth in ANY area:

Relationships Family Parenting Finances Career
Health Artistic/Creative Spiritual Mission/Purpose

Individual & Group Sessions **Cherie Lyon**

TheAkashicPath.com 610-458-9876

Experience Past Life Regression with Carol Bowman

"Carol, my past life session with you was one of the most fun, helpful things I've ever done. It's one thing to have a medium tell you about a past life, but entirely different to see and feel it for yourself. WOW!" —T.H., Bryn Mawr

"Thanks for guiding me though the experience in such a thoughtful, pleasant way. It was the BEST" —G.J., Ambler

"I'm still reeling wonderfully from the adventure we took through space and time. It's had a profound effect on my inner being. All my gratitude to you for being the instrument that got me there." —S. B., Cherry Hill, N.J



Carol Bowman, MS, past life regression therapist for fifteen years, is the internationally-known lecturer and author of *Children's Past Lives* and *Return From Heaven*.

Carol has been featured on national TV and radio including *Oprah*, *Good Morning America*, *The Art Bell Show*, *Unsolved Mysteries*, *ABC Primetime* and as reincarnation expert on A&E and The Discovery Channel.

610-566-3870 (Media, PA)
www.CarolBowman.com

CHIROPRACTIC • KINESIOLOGY
NATUROPATHY • NUTRITION • AYURVEDA
ACUPRESSURE • MASSAGE • MORE



LIVE WELL
HOLISTIC
HEALTH CENTER

CALL US AT
(610) 896-1554

16 EAST LANCASTER AVENUE
PLAZA 16 BUILDING - SUITE 104
ARDMORE, PA 19003

WWW.LIVWELLSHOLISTICHEALTH.COM

\$10 OFF

your first treatment at Live Well!

VALID TOWARDS A THERAPEUTIC MASSAGE WITH A MASSAGE THERAPIST OR A HOLISTIC HEALTH VISIT WITH DR. MARTIN ORIMENKO. CANNOT BE USED WITH ANY OTHER SPECIALS OR DISCOUNTS AT LIVE WELL.



DR. MARTIN ORIMENKO, DC, ND, FIACA

DR. MARTIN ORIMENKO'S MULTI-APPROACH HOLISTIC HEALTHCARE TREATS:

- NECK & BACK PAIN
- SPORTS INJURIES
- YOGA INJURIES
- DIGESTIVE ISSUES
- ALLERGIES
- HEADACHES
- CHRONIC COLDS
- CANDIDIASIS
- WEIGHT ISSUES
- HORMONE IMBALANCE
- INSOMNIA
- FIBROMYALGIA
- CHRONIC FATIGUE
- STRESS & ANXIETY
- DEPRESSION
- ADD/ADHD
- CHILDREN'S HEALTH
- AND MANY OTHERS

Holistic Medical Practice

HEIDI WITTELS, MD



DR. WITTELS IS WELL-KNOWN FOR THE CREATIVE SOLUTIONS AND IMPROVED HEALTH OF HER PATIENTS.

Most Insurances Accepted

- Board-Certified in Holistic Medicine
- Board-Certified Specialist in Physical Medicine and Rehabilitation
- Extensive training in Functional Medicine (Metabolic and Nutritional Medicine)
- Treatment and Risk Prevention for metabolic syndrome/diabetes, obesity, back and joint disorders, chronic fatigue, fibromyalgia, irritable bowel syndrome, allergies, and heavy metal exposure
- Diagnostic Metabolic Testing
- Effective treatment to increase energy and balance metabolism

Montgomery Rehab Associates
Montgomery Rehab Center of Chestnut Hill

8601 Stenton Avenue, Suite 100, Wyndmoor, PA 19038
215-233-6226 ✦ hlwitt322@yahoo.com

CONVENIENTLY LOCATED NEAR RT. 309 & PAPERMILL ROAD
(10-MINUTES FROM PA TURNPIKE)

The Experience of Group Meditation

Over the years, I have written a variety of articles on the benefits of meditation. Here we will explore a social approach, and look at the experience of becoming part of a meditation group. Part of the research comes from a meditation group of 15-20 people that I have been facilitating. Let's begin by following a typical path of someone who becomes part of such a spiritual community.

1. The decision to meditate often starts with the feeling that something is missing from one's life or that there is a life situation that inner practice might improve. It's as if there is a camera focused on the person and he or she is the only thing in the picture. They live with a feeling of aloneness, separateness, or that life is not going the way that they want it to go.
2. The person begins to meditate, and the camera seems to pull back a bit to reveal other elements in the picture. As the person continues their practice, the camera continues panning to include other people, places, the world, and finally the universe. The person feels whole and complete within himself or herself.
3. Then comes the desire to go beyond the individual experience, and the person begins meditating in a group setting. They first become aware of the social aspect, and don't experience the same depth as they did in individual meditation.
4. Finally, they do experience the same degree of meditative awareness in the group setting.
5. Now comfortable that they can settle into their meditation, they begin feeling the positive aspects of the group – support, acceptance, and enjoyment of being with like-minded people.
6. Settling into the group, they begin feeling a deep connectedness with the other members, and in doing so, experience transcendence in a way that they didn't experience in individual practice.
7. And then the person moves to a state of true oneness as the group setting brings them into a pure spiritual experience beyond the physical or material plane.

Through this process, the person learns to live with spiritual enlightenment or transformation amidst the everyday people, places and things of their world. But don't just take my word for it - here are comments from some of the people from the group I have been facilitating.

Lynda Bianchini shares, "When I meditate with the group, I feel that my spirit is lifted into some other form of consciousness. Then when I come back into my physical body, it feels like that my consciousness is like everyone else's. And when I bring that feeling into my everyday world, the only word I can use to express it is Love. And finally, when I express or project this feeling to others in my everyday life, they respond to me very positively and my life simply gets better in the process."

Ray McKenna shares: "In the group we go beyond language and into a deeper reality. This makes me become more aware of the limitations of language in life. Language can only go so far. So in my daily life, I go beyond language into 'stillness', and sense other people's vibrations. Then I can rely on my inner sense to fill in some of the communications."

Cheryl Sickels shares: "A group meditation is powerful in a different way than individual meditation. There is still that sense of transcendence, but there is also a connectedness and closeness. The person who meditates alone, sits at home, and brings certain insights into the world. When you meditate with others you bring

even more insights into the world. In the simplest terms, there is meditation and there is the everyday world, and when you meditate in a group, you discover a bridge between the two."

Monica Bruzek shares: "I'm new to spiritual meditation although I have a kind of natural spiritual sensitivity to people. I can feel their energies and know what kind of people they are. In the group, the energies are so free and open, that it has a great positive effect on me, and even a healing effect. I think many people have such sensitivity, and would greatly benefit from meditating in a group."

Finally, as for me, I find that group meditation helps me to move into new realities in my everyday world. In the group, I experience a totally 'at home' feeling with the people and the situation. When I then transfer that feeling into the new realities I create for myself, I settle into my new life, without feeling the urge to escape it or retreat back into my old, more familiar reality. In other words, group meditation helps me to make great positive changes in my life. ▲

Author's Note: Special thanks to Cheryl Sickels for her contributions to this article and the formation of the cited meditation group.





Plain and simple...
we're just good medicine.

Wendy Warner, MD

Board Certified in Gynecology
and Holistic Medicine



Integrative Holistic Medicine

/int-ə-grāt-iv

The bringing together of doctor/
practitioner and patient; incorporating
all therapeutic approaches, conventional
and non-conventional ...

hō-lis-tik

... addressing the whole range of
influences that affect
one's health; physical, emotional,
mental, social,
spiritual, and environmental ...

med-ə-sən/

... practicing the science and art of
health maintenance and the prevention,
alleviation or cure of dis-ease.

- Women's healthcare/gynecology
- Holistic medical consultations for men and women
- Acupuncture, massage, osteopathic manipulation, energy work, stress management, and more

940 Town Center Drive Suite F-90
Langhorne, PA 19047 215.741.1600

www.MedicineInBalance.com

Holistic Support for Life's Challenges

Mind • Body • Soul

www.EssentialWellnessCtr.com

Essential Wellness Center

610-647-5407



BILL HARVEY

Rolfing®

Rolf Movement®

Biodynamic
Craniosacral Therapy

215.681.1001

www.BillHarvey.org

Discover Peace, Harmony
and Well Being

Visit our new location
in Laurel Springs, NJ

856.227.0999

Still Point
Yoga

www.StillPointYogaCenter.com



Karen is a certified
Financial Recovery™ counselor

Call for a complimentary,
20-minute initial consultation.

Karen A. Polis • Karen@FollowMantis.com
610-783-0195 • www.FollowMantis.com

FOLLOW MANTISSM
MONEY COACHING

Tired of Fighting with Your Money?

Eliminate the Money Fog.
Gain peace and clarity around money.
Take control of your financial life
with a powerful, proven process.



Coach Thyself: Healing Trauma with Emotional Freedom Techniques



In the Fall issue of *Yoga Living*, I acquainted you with the simple neurology of trauma—a response of your nervous system to the overwhelm of prolonged stress, or sudden mortal crisis. It’s your body’s built-in way of coping. It can be crucial for surviving in the short run, but also leave you with troublesome, unassimilated memory traces. The problem is those memories emerge again later in life and blur your perception of the present. They can trigger in situations that don’t really call for them responses similar to those you had in the crisis or stress. And that, in turn, throws you off balance socially, emotionally, and physically.

But I also said that, in addition to understanding trauma better, we have some new and impressive ways of healing it. One set of these, called Emotional Freedom Techniques (EFT) by their originator, Gary Craig—is surprisingly simple. So simple you can easily learn and work with it on your own. Basically, you bring up the old, problematic responses while reciting a mantra of self-acceptance—and simultaneously tapping slowly on the ends of certain acupuncture meridians.

Most of the research and practical procedures arising from EFT have been gifted to the public. This means you can go to and download very accessible information that will teach you “the basic recipe.”¹ While professional practitioners have a variety of ways of determining which acupuncture meridian ends to tap on for this or that problem—the basic recipe simply covers them all in a two-minute process. This makes it

ideal for releasing on a “do it yourself” basis the leftover arousal of your nervous system around stress, pain, or illness.

On the basis of both personal experience and professional training, I can attest that, despite my own initial skepticism, EFT really helps. When you home in carefully on the feelings behind stressful, painful, or out-of-proportion responses—the calming impact of the basic recipe can be very impressive. It’s not magic, of course. Sometimes you have to tap your same troublesome reactions several times, or repeatedly over a period of days. And there are deeper, more complex forms of trauma—such as those you may carry for others in your family system—that can require different remedies and/or professional help.

That said, however, EFT’s release of upset, aggravated, or fearful states of arousal is a bit amazing. Something that really used to be a problem for you, whenever it happened, can quickly become... ho-hum, normal. Maybe it’s still not your favorite thing, but it’s also no longer any big deal. It simply no longer triggers an inappropriate reaction.

The EFT Manual gives examples of a broad range of common ailments and particular emotional and physical problems the process has been found to work for. In general, it can relieve various fears and phobias, traumatic memories, and addictions, and hasten recovery from some chronic illnesses as well. It has been used to improve artistic or athletic performance. Among the case studies in the book are: fears or phobias around public speaking, needles, spiders, and elevators;

addictions to coffee, alcohol, nicotine, and peanut M&M’s; relief of asthma, anxiety with nail biting, overlong grieving, low back pain, constipation, and insomnia.

Increasingly, there is now solid scientific proof, in the classic form of randomized double-blind research studies, that EFT works.² Its effects are lasting, and arise from the process itself—not the placebo effect, or some charismatic healer who happens to be applying it. But why does it work? The picture that is emerging is this. Careful focus on the problem, coupled with an affirmation of self-acceptance and the meridian tapping, produces measurable changes in the brain and hormonal system. The whole neurological stress response is told to “stand down,” which allows the brain to start processing any unassimilated memories of being overwhelmed. This also restores function to digestion, the immune system, and many other things the body does to create health when it is at peace.

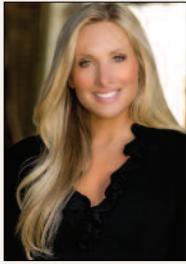
Despite what may be a sense of surprise that tapping while reciting particular sentences can help solve major problems in life, EFT is doing just that now for millions of people. It’s a simple, inexpensive, powerful process suitable in many cases for home use. It works well on most kinds of personal trauma. Learning about it could be well worth your while. ▲

Footnotes & References

¹www.eftfree.net offers a free manual for download

²*The EFT Manual* by Gary Craig, Energy Psychology Press; 2nd Edition

Are You Ready to Embrace Your Future?



Barbie Adler
Founder & President

We are searching for women dedicated to the practice of Vipassana - Is this you? You're devoted to Vipassana and a heart-centered lifestyle. Let us introduce you to a man who shares your passions and values.

Meet Selective Search. We are personal match-makers to the nation's most commitment-minded individuals. We are seeking dedicated Vipassana practitioners who are introspective, compassionate, and radiate inner beauty. If you are warm, genuine, and in your 30's to 50's we would love to know you. We'll honor your time and preferences, and we will only introduce you to a man who meets all of your criteria. You have nothing to lose, and an incredible man to gain.

We are currently conducting searches on behalf of the following commitment-minded singles:

- Vipassana Practitioners • Theravada Buddhists
- Vegetarians • Vegans

Women Join Free | 100% Confidential | 100% Custom Tailored

(866) 592-1200 ~ mdaniels@selectivesearch.com
www.selectivesearch.com

"Go holistic with your medical doctor"



Georgia Tetlow, MD
Clinical Asst Prof. of Rehabilitation Medicine, Thomas Jefferson Medical College
Bravewell Fellow, Program in Integrative Medicine U. of Arizona

Dr. Tetlow is available for questions, call to schedule a time to speak with her.

(888) 702-7974

MD Appointments at the Resiliency Center
Ambler Professional Center, Bldg B
602 S. Bethlehem Pike, Ambler, PA 19002

www.beingmybestself.com
Info@beingmybestself.com

Time to Hire a Coach?

Are You... Starting a Business? Changing Careers?
Writing a Book? Wanting to Relocate?

Let Author & Career Coach Rosemary Augustine
Help You Change and Shape Your Future.

Coaching Individuals since 1991.

610.647.8863

www.RosemaryAugustine.com
info@rosemaryaugustine.com

Second-Floor Rental Space Available For Small Practitioners



PRIVATE SESSION ROOMS WITH SHARED WAITING AREA
ON THE 2ND FLOOR OF THE DEVON DESIGN AND LIFESTYLE CENTER

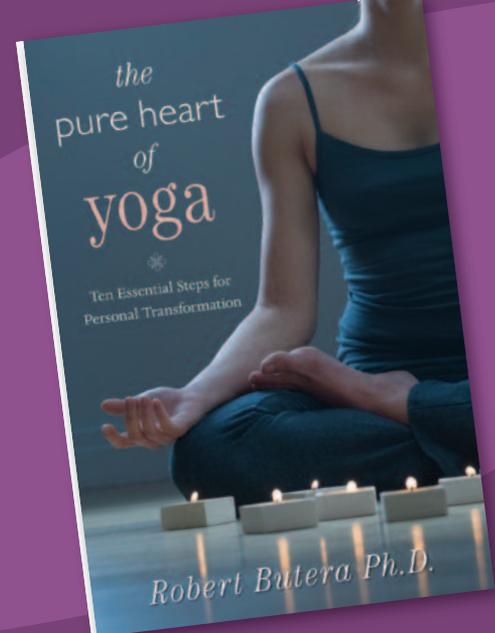
- Across from Devon Horse Show, adjacent to Yoga Life Institute.
- Perfect for complementary holistic practices.
- Full/Split rents available. Parking on site.

Contact Stacey at Eadeh Enterprises **610-647-1776**

SEE DETAILS AT
EADAH.com

Photos • Maps • Detailed Descriptions

Yoga Practices to Transform Your Life with Robert Butera, PhD



www.PureHeartofYoga.com



Making the Natural Choice in Electricity

Most of us don't think about electricity. We can't see it. We don't hear it or taste it. We might hear policymakers refer to the "Energy Crisis", but most of us don't think about our electricity unless it isn't there when we want it to be. So thinking about making the right choice in electricity is not usually top of mind.

It's been more than ten years since consumers in the Northeastern US were first given the opportunity to choose the source of their electricity through deregulation. Under deregulation, traditional monopoly utilities were forced to open their distribution systems to allow competitive electric suppliers to deliver electricity to end-use customers. The utility company is still legally obligated to deliver the electricity, maintain the wires and poles, and restore service in the event of an outage. And in most cases you pay your new supplier through your existing utility bill. So your day-to-day experience of electricity does not change. But today in nearly every deregulated utility market there are dozens of electricity suppliers to choose from who offer various products, prices and terms.

Switching is Easy

For some people, the idea of switching from the utility company they know and trust is both new and frightening. This is understandable given that the option to switch has only been available in most states for less than fifteen years compared to the many decades prior during which the utility company was the only option. But rest assured; there is nothing to fear. The utility company will always be there to provide electricity even if your competitive supplier fails to deliver. There really is no risk.

How do I choose?

Evaluating electricity suppliers simply on price and terms is very straightforward. All suppliers offer their electric rates in cents per kWh. Some offer variable prices that can change monthly and others fixed rates for terms of 6, 12, 24 or 36 months. Just make sure to watch out for cancellation fees and introductory rates that are likely to spike after the introductory period. If price is your main driver, the calculation is not difficult. However, if you want to make the clean, healthy choice in electricity products, you need to look a little deeper.

Not all Electricity is Created Equal

Electricity generation is one of the biggest sources of pollution in the US. Nearly half of our electricity comes from burning coal, with another 20% from natural gas and an additional 20% from nuclear. Burning fossil fuels such as coal and gas produce greenhouse gas emissions that are causing destructive climate change along with other dangerous emissions that pose a threat to public health. A new method to extract natural gas from the ground called fracking has raised concerns about potential contamination of groundwater. And you don't have to look further than the recent earthquake and tsunami in Japan to be reminded of the extremely devastating impact that a nuclear power plant accident can have on the environment.

Only about 5% of our nation's electricity comes from non-hydropower renewable sources such as wind and solar. These advanced, fuel-free, pollution-free clean energy technologies are ready to make a much more significant contribution to our energy mix. Investing in new renewable energy technologies now will add significant economic benefit today and in the future. And you can often choose renewable energy at or below the price of standard, traditional electricity from your utility company.



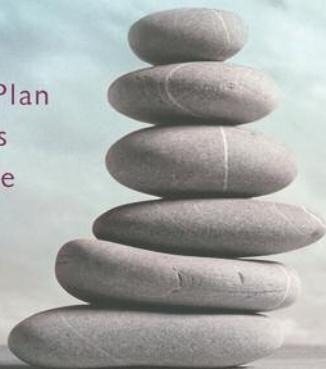
*Bear Creek Wind Farm,
a 24 MW project built in 2006 in the Poconos.*

continued on page 38

Meditation for your *Life*



Creating a Plan
that Suits
Your Style



Robert Butera, PhD

CREATE A MEDITATION PLAN THAT SUITS YOUR PERSONAL STYLE

A New Book by
Dr. Bob Butera

*Publisher of
Yoga Living Magazine &
Director of YogaLife Institute
in Devon, PA*

Meditation for Your Life offers an innovative new program of personal empowerment that can help anyone make meditation a lifelong practice. Key insights on how to prepare the mind for meditation are offered alongside tips on how to create a lifestyle that sustains a meditative practice.

Six basic forms of Meditation are described in detail and the reader is guided to identify which style suits their disposition the best. This unique approach allows the reader to create a practice that complements their personality and fits their unique needs. Questions, exercises, and illustrative stories engage and support the reader through the self-inquiry process.

16-Week Meditation Course

Starts Jan 21st @ YogaLife Institute in Devon PA

Yoga, Sound & Meditation Weekend:

April 26-28, 2013 @ YogaLife Institute, Devon PA

Praise for **Meditation for Your Life**

"Highly recommended for teachers, students and health professionals." – Larry Payne, PhD, Yoga for Dummies, Yoga Rx & The Business of Teaching Yoga

"Bob Butera's book is the first that I have seen put different Meditation methods into perspective and helps the student sort out which approach is best for them and why. It has been immensely helpful in my own practice and understanding."

– John Kepner Executive Director,
International Association of Yoga Therapists

"You could have no better guide than master yogi and scholar Robert Butera...whether you teach meditation or are taking your first step into practice, this book belongs by your cushion!"

– Amy Weintraub, MFA, ERYT-500,
author *Yoga for Depression & Yoga Skills for Therapists*

Information on Local Book Signings & Seminars and Free Video Downloads

www.MeditationForYourLife.com





*Keystone Solar Project,
a 6 MW project built in 2012 in Lancaster County.*

Benefits of Renewable Energy

Reduce your carbon footprint. Choosing renewable energy neutralizes the carbon emissions associated with electricity use in your home. This is the easiest and most effective way to do your part to fight global warming. At the current pace, CO₂ levels in the atmosphere could double by 2050, causing a startling 2-6 degree increase in global climate temperatures.

Clean the air you breathe. When you choose renewable energy, less electricity is generated from fossil fuels. That means fewer harmful emissions polluting the air you and your family breathe. More Americans die from health concerns related to air pollution than homicides each year.

Promote energy security. Because renewable energy is generated from inexhaustible natural resources like wind and sun, the cost of generating renewable electricity in the future is known. As we add renewable energy to the mix, we become less dependent on finite resources like fossil fuels and less susceptible to fuel price spikes. If every person in the world used as much energy as today's average American, our globe's known oil reserves would be depleted in 9 years.

Advance green jobs. The development of solar and wind farms creates jobs in construction, operations, maintenance and manufacturing here in the US. These are good, paying jobs that add value to the local community and begin the transition to a greener economy. The creation of a typical new 250 MW wind farm in the US could create 1,079 jobs each.

Not all Green Electricity is Alike

Don't be fooled by "green" power offers that aren't clear about their sources. Some of these products are simply using Renewable Energy Certificates (RECs) from outside your power grid to "green up" the electricity. These products are really just carbon offsets that negate your carbon footprint but deliver all the benefits of renewable energy to other parts of the country. Air quality is

local so you need to make sure you are promoting clean energy locally if you want to clean the air you breathe. Energy security is specific to your particular electric grid. If all the "green" energy purchased by residents of Pennsylvania is really RECs from Texas, Pennsylvanians are not protected from rising fuel costs in the future and have no more energy security.

If you want to create a clean energy economy close to home, you need to make sure that you are choosing green electricity generated from renewable energy projects that are being built locally.

Technology is also an important factor. Hydropower is a renewable resource, but due to environmental constraints we can't build more hydropower in the Northeastern US at any scale. Wind and solar, by contrast, have tremendous room for growth. Specifically, there is a 50% growth potential for solar in Pennsylvania. If you want your choice of renewable energy to make a difference in the construction of more renewable energy projects in the future, choosing wind and solar sends a strong demand signal to project developers.

Making the Right Choice is Easy

Ask your prospective energy provider two questions:

What technology is the "green" energy? Some products will be a mix of sources. Make sure they are specific about the mix. For example, one PA-based renewable energy supplier offers a 99% Pennsylvania Wind and 1% Pennsylvania Solar product. Some products are often blended with cheaper green energy sources such as hydropower for more price sensitive consumers. But remember: the more wind and solar, the bigger your impact on the clean energy future.

Where are the renewable energy projects located? The benefits of renewable energy development are largely local. Choosing an energy supplier that is supplying its green power from nearby projects allows for the greatest realization of these benefits and generates value for your local community.

How to Switch

While it may seem a daunting task, these two simple questions can make the switch to a new competitive electric supplier easy and gratifying. State sponsored websites such as for residents make it easy. Simply understanding that there is no risk, and little to no extra cost, in switching to a local renewable energy supplier guarantees that you can quickly and easily make the change today in helping your region build a clean energy future. ▲

To Learn More

PA Market: www.PAPowerSwitch.com

NJ Market: www.state.nj.us/hpu/commercial/shopping.html

Holistic Resource Directory

ACUPUNCTURE

Acupuncture & Yoga with Lance @ WayneAcupuncture.com 610-203-3747

Ananda Acupuncture & Herbs, John Stamps, MAC., LOM 610-526-2689
Acupuncture & Healing Bodywork, Bryn Mawr and Paoli Locations
Gentle treatments www.anandaacupunctureandherbs.net

Gateway Bodyworks Phxville gatewaybodyworks.com
Private and Community Acupuncture 610-933-5459

Harmonia Healing Arts Spa 413 E Lancaster Ave, Wayne 610-688-1007
Offering holistic & healing spa treatments www.harmoniaspa.com

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

ANGEL THERAPY

Angel Therapy Crystal Therapy at www.HeavenAndEarthsLight.com

AYURVEDA

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

Sally Miller Ayurvedic Consultations in Person or by Phone
Ottsville, PA (215) 862 - 2770 www.sallymilleryoga.com

CHILDREN'S YOGA PARTIES

Yoga parties for children pammysyogaparties.com 610-525-7288

CHIROPRACTIC CARE

Gentle & Holistic Chiropractic Care plus Nutrition & Naturopathy
610-896-1554 www.LiveWellHolisticHealth.com in Ardmore, PA

Strafford Chiropractic & Healing Ctr Wayne, PA 610-293-1660
Customized Healthcare/Total Wellness www.drjennhartmann.com

CLEANSING AND RAW FOODS

CatalystCleanse.com Radnor & Philly Locations 877-566-2988

COACHING

Tori Goodrich Life, Business & Organizational Coach 610-613-2127

COLONICS / COLON HYDROTHERAPY

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

Kulp Chiropractic Clinic, Inc. Clinical & Nutrition Center
Colonic Therapy- Meg Solt, Reading, PA, 610-375-2234

PureFoodandBody.com Wayne, Pa. 484-580-8967
I-Act Certified Colon Hydrotherapist 'Organic & Natural

COUNSELING- TRADITIONAL / HOLISTIC

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

Pat Lambert MSW MainLine Parenting & Artist's Way Creativity
Recovery Groups 484-318-1219 plambert@HelpBeginsHere.com

CRANIOSACRAL THERAPY

Brigid Meagher Pediatric Adult CST upledger.com 610-469-1717

ThePolarityCenter.com Nancy Goss, Biodynamic RCST® 215-816-6401

DENTISTS, HOLISTIC

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

Dr. David Digiallorenzo Dental Wellness Center, 610-409-6064
Laser, Esthetic & Reconstructive Periodontics, Implantology, TMJ
Metal Free & Non Surgical Options, with options in nutrition,
detox, acupuncture, reflexology, craniosacral, laser biostimulation,
prilotherapy (PRGF). www.perioimplants.us

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

ENERGY AUDITS

Save Energy and Money www.OldeHousesGoGreen.com 215-262-3086

Holistic Resource Directory

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.

FITNESS CENTER & SPA

ChungDam Spa&Fitness Cheltenham 215-635-6170 www.chungdamspa.com

FLOWER ESSENCE THERAPY

Charlene Briggs BFRP www.bachflowersUSA.com 610-458-4747

HOLISTIC HEALTH

Lionville Natural Pharm & Health Food lionrx.com 610-363-7474

HOLISTIC MEDICAL DOCTOR

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

MARKETING

Grow your holistic practice profitably; guided tools 610-585-8776

MASSAGE

Lana's Massage Therapy Swedish, shiatsu, Russian, deep tissue 484-557-2307

Ctr.for ALL.Therapies Alyssa Obrien LMT,CMCP Pottstn 267-372-3083

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

Anne Butler, LMT King of Prussia 610-265-1827 www.annemtbutler.com

MASSAGE CUPPING THERAPY

Alyssa Obrien LMT,CMCP Deep Tissue Release Pottstown 267-372-3083

MEDITATION

ClearLight Meditation offers in-depth meditation instruction, classes & retreats for every level. Discover more peace, clarity, and compassion. www.ClearLightMeditation.org

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

MONEY COACH

Cert. Money Coach Karen Polis www.FollowMantis.com 610-783-0195

NUTRITION

Ben Briggs, RPh,CNC,IACP Nutritionist lionrx.com 610-363-7474

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

ORGANIC RAW WHOLE FOODS

Pete Ashman <http://wellness.restoration90.com> 484-751-7690

POLARITY THERAPY

ThePolarityCenter.com Nancy Goss Conshohocken, PA 215-816-6401

PSYCHOLOGIST

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

PSYCHOTHERAPY

Sarah Murphy BRIDGE 610-902-9229 www.thebridgetohealing.com

QIGONG

Malvern, **Awakening Wellness Healing Arts** 610-858-3663

REIKI

Reiki Healing Center 6 West Front St. 1st Floor, Media Pa. 19063
Classes/Sessions: Usui Reiki, Karuna Reiki®, & Magnified Healing®
For Info: www.reikihealingcenter.org Myra @ 610-348-5698

RETREAT CENTERS

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

Holistic Resource Directory

STRESS REDUCTION

Sandra Belfiore, CLP Applied Qi Gong Therapy, LifeLine Technique MBSR. www.sandrabelfire-severson.abmp.com 610-942-2512

WELLNESS CENTER

Awakening Wellness Malvern 610-858-3663 www.awakeningwellness.info
Yoga/Qigong/Energy/Bodywork/Wellness/Life Coach/Green Consulting

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

RYAH Yoga and Health Conshohocken – Yoga/Pilates, Massage/Energy, Acupuncture, Skin Care, Counseling Svc, Workshops, Corp. Retreats. 610-834-1551 www.ryahyoga.com

WOMEN'S HEALTH

Infertility? Results in months w/Ayurveda, Dr. Bhatt 732-857-6411

Lionville Natural Pharmacy 610-363-7474 lionrx.com
Compounding Pharmacist/Nutritionist, Natural Hormone Replacement

YOGA

Integral Yoga Restorative. Stress Mgmt. Vimukti RYT 917.991.4249

YOGA THERAPY

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

YOGA TEACHER TRAINING

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

YogaLife Institute Classical Yoga Training 610-688-7030
Learn the essence of Yoga and Yourself, improve your lifestyle,
Led by Dr. Robert Butera www.YogaLifeInstitute.com

Yoga, Sound & Meditation Weekend

with Dr. Bob & Kristen Butera, Mark Moliterno
April 26-28, 2013

Program Will Feature

- Deep Exploration of Personal Intention for Practice
- Stress Management & The Meditative Lifestyle
 - Mind Quieting Tools & Self Reflection Exercises
 - Uncovering Your Authentic Voice
 - Sound Meditation & Vocalization in Poses
 - A Variety of Yoga, Chanting, Meditation & Relaxation Practices



YogaLife Institute
philosophy • practice • education

610-688-7030 | studio@yogalifeinstitute.com | www.yogalifeinstitute.com



Winter Phyto Foods: Leeks & Cabbages



Phytonutrients are found in plants, they help prevent disease and boost overall health.

LEEKS

Delicate flavored leeks have similar health-promoting compounds as their other Allium family cousins: the onion, garlic and scallion. They also tend to have a much milder flavor than many of its other allium cousins.

WHAT TO LOOK FOR: Leeks look like overgrown scallions. Many markets will carry leeks year-round, but their prime season is September through the end of April. They typically grow 12-24" long and because the above ground stalks are quite hardy, they grow all winter long in temperate climates. The underground leek doesn't form as much of a bulb as onions or garlic and is the most tender part of the plant. Look for stalks that have not been damaged and the tips of which have not begun to wilt or brown.

HEALTH BENEFITS (PER 100G)

- Leeks are a good source of Vitamin A (1667 IU or 55% of RDA), as well as vitamin C, K and E, which help to scavenge harmful, inflammation-causing free radicals.
- Pyridoxine, niacin, riboflavin and thiamin are also plentiful.
- Leeks are high in vital amounts of folic acid, which is essential for DNA synthesis and has been shown to prevent neural tube defects in newborns.
- Allium vegetables contain sulfur and release nitric oxide in the body, which reduces blood pressure, decreases risk of coronary artery disease, peripheral vascular disease and stroke.
- These same compounds also reduce cholesterol and block platelet clot formation in the arteries.
- Laboratory studies show leeks to contain terrific anti-cancer phytonutrient polyphenols as well as anti-bacterial, anti-viral and anti-fungal properties.
- In addition, they are low in calories (61 calories) and very high in soluble and insoluble fiber.

STORING LEEKS:

Leeks, like onions, will absorb other odors (and bacteria) from your refrigerator when stored uncovered. For this reason, it's important not to consume leftover sliced onions or leeks. *When in doubt, throw it out.* Once your bundle of leeky goodness returns from the market, wrap them in a clean dish towel (or paper towel), place in a green produce bag and then store your refrigerator drawer. The cloth covering will absorb moisture that typically accumulates on cold plastic so your leeks won't rot against the condensation. If stored this way your leeks will be fine for two more weeks, but remember that phytonutrient availability and taste are at their peak as close to harvest time as possible. This is also true for all produce.

PREPARATION: The smaller the bunch, the more tender the leeks tend to be. Since leeks grow under the earth, it's important to take care to remove the dirt carefully by cutting the bottom end off the stalks. Then lay the stalk down and cut lengthwise. Leeks come with their own handle! Grab the dark green stalks in order to swish the edible white stalks under running water until all dirt is removed. Leeks can be sliced into rings from the white bulb up to the tougher stems and sautéed in butter or olive oil. Sautéed leeks can be kept in the refrigerator for a couple of days and are wonderful and convenient way to add depth of flavor to ordinary soups, stews and pizza.

RECIPE IDEAS: Potato Leek Soup is undoubtedly the most well known recipe of this delicious winter vegetable, but why not try slicing them lengthwise, dress with olive oil, salt and pepper and simply braise or grill them until tender? Serve over salad greens and/or your favorite bean or grain dish with a squeeze of lemon.

CABBAGE

Versatility could be cabbage's middle name: There are quite a few varieties of cabbage, it is delicious raw or cooked, it can be pungent or sweet depending on how it is prepared and cabbage is used in almost every ethnic cooking style. Part of the varied and *enormously nutritious* Brassica family,

continued on page 44

The International Association of Yoga Therapists
presents



SYMPOSIUM ON YOGA THERAPY AND RESEARCH

June 13–16, 2013

Be on the Front Lines of Yoga Therapy

SYTAR is the only association event dedicated entirely to professional education, research, practice and policy issues for Yoga therapy.

Gain an innovative edge and join us for:

- **Presentation and practice sessions** given by Yoga therapy pioneers, Yoga researchers, and health professionals
- **New IAYT Educational Standards supported** in all sessions
- **Connection opportunities** with your peers and to share your own experiences in Common Interest Community (CIC) Sessions

Go to www.sytar.org for more info



**SYTAR and SYR 2013 will take place
at the Boston Marriott Newton
in Massachusetts on the
beautiful Charles River**



SYTAR and SYR are presented by the International Association of Yoga Therapists, a professional organization for Yoga teachers and Yoga therapists worldwide.

For more information, visit www.iayt.org

KEYNOTE SPEAKERS



Nischala Devi



Sonia Nelson



Vasant Lad

PLENARY SPEAKERS

Judi Barr
CLEVELAND CLINIC

Göran Boll
MEDICAL YOGA INSTITUTE OF SWEDEN

Loren Fishman, MD
MAHATTAN PHYSICAL MEDICINE

Mladen Golubic, MD, PhD
CLEVELAND CLINIC

Sat Bir Khalsa, PhD
HARVARD MEDICAL SCHOOL

Gary Kraftsow, MA
AMERICAN VINIYOGA INSTITUTE

Rolf Solvik, PsyD
HIMALAYAN INSTITUTE

Subodh Tiwari
KAIVALYADHAM YOGA INSTITUTE

CIC CHAIRS

Paul Copeland, MS, D O
HEALING PATHWAYS MEDICAL CLINIC

Bo Forbes, PsyD, E-RYT500
INTEGRATIVE YOGA THERAPEUTICS™

Chrys Kub, PT
BALANCED BODY YOGA THERAPY

Matthew Taylor, PT, PhD
MATTHEW J. TAYLOR INSTITUTE

AYURVEDA FOR YOGA THERAPISTS

Larissa Hall Carlson
KRIPALU INSTITUTE FOR EXTRAORDINARY LIVING

Arun Deva
ARUNACHALAYOGA AND AYURVEDA

Hilary Garivaltis
KRIPALU SCHOOL OF AYURVEDA

cabbages are cruciferous vegetables, long known for their cancer-fighting potential, along with broccoli, collards, kale, mustard greens, radish, arugula, horseradish and wasabi.

TYPES OF CABBAGE:

- Green cabbage is the most common type of cabbage.
- Savoy cabbage is green cabbage with less densely packed, curly leaves.
- Red cabbage is the bright magenta-colored cousin of the green cabbage.
- Napa cabbage, with its long, light-covered leaves break away from the round-head variety. This is the cabbage commonly used for Kim chi.
- Bok Choy is commonly used in Asian recipes. It resembles swiss chard and is wonderful in slaw and stir-frys.
- Brussel sprouts are tiny cabbages rooted to a central stalk. How cute is that?

WHAT TO LOOK FOR: All types of Cabbage listed here should be bright in color and firm in texture. Look for smooth outer leaves that are not too banged up. Watch out for dings and dents, as this will indicate damage deeper within the vegetable. Also be aware that super markets will often trim outer leaves for as long as they can, so be on the look out for a large stem base beneath overly manicured leaves as this would indicate the head's been laying around, getting trimmed for too long. Old cabbage is still edible but will get dull and slightly bitter the longer it lingers.

HEALTH BENEFITS (PER 100G)

- Cabbage has the distinction of having the most nutrition for the fewest calories and the least fat of any vegetable!
- Cabbage is high in vitamin K, vitamin C, folate, and manganese and contains a terrific amount of calcium and iron.
- Due to its color, red cabbage has six to eight times the antioxidant power of green cabbage, this indicates a higher anthocyanin polyphenol count and significantly higher levels of Vitamin C.
- These red anthocyanin polyphenols in red cabbage also have considerable anti-inflammatory properties as well.
- Cruciferous vegetables are unique because they contain glucosinolates, which are cancer and inflammation fighting phytonutrients. These “fight-o” compounds have been shown to prevent bladder, breast, colon and prostate cancer. The consumption of 4 servings of cabbage per week was associated with this amazing cancer risk reduction.
- Our body breaks down cabbage glucosinolates into what's called ITC's, or isothiocyanates and an amino acid called glutamine. These additional compounds have demonstrated enormous benefits as digestive anti-inflammatory agents.

ITC's along with a bunch of Vitamin A (also inherent in the cabbage family) offers some insight into why cabbage juice has been used to heal peptic ulcers.

- One of the most exciting benefits of cabbage is that it's a natural detoxifier due to the high sulfur content that provides oxygen to the blood. The sulfur combines with chlorine to clear the body of wastes like excess mucus. It also helps with weight loss. These sulfur compounds are also key nutrients for healthy hair, nails and skin.
- The iodine in cabbage foods is very important in maintaining energy metabolism and regulating thyroid function.
- Steamed cabbage has shown a modest edge over raw in its ability to improve the liver's ability to scavenge cholesterol.
- Bok choy is very high in calcium and 54% of the calcium in bok choy can be absorbed by the human body – compare this to 5% in spinach, a high oxalate vegetable, and 32% in milk. The calcium from bok choy is highly absorbable when compared to dairy products.
- All of the Brassicas have copious amounts of vitamin C. Significantly more than oranges for example. Bok choy ranks at the top for C within the family.

STORING CABBAGE: Cabbage can sit in the fridge for several weeks, but that doesn't mean that you should let it! Keeping cabbage cold in the fridge will keep it fresh and help it retain its cancer-fighting phytonutrient properties. Keep it wrapped up in a dishtowel within a plastic bag and use as soon as possible. If you cut a portion of the cabbage, wrap the remaining portion well and use as soon as possible or it will begin to lose it's profound healing properties.

PREPARATION: Head cabbages seem indestructible but they are not. Always pull off outer leaves to remove debris. Quarter the cabbage and then cut out the core. Wash the large chunks in a tub of vinegar or salt water. Occasionally you may notice evidence of a bug or worm having had its way somewhere within the cabbage, just follow instructions here. A cabbage leaf can also be used topically as an anti-inflammatory compress: Remove an outer leaf or two and bring to room temperature. Place the leaves over the affected area, wrap and place a warm moist compress on top for 15 minutes. Another method is to dip the leaf into hot water for 45 seconds and then carefully place over the affected area (be sure not to scald the skin). Wrap with a warm, moist compress for 15 minutes several times per day.

RECIPE IDEAS: Cabbage is a wonderful addition raw, shredded on top of a traditional salad. It adds texture and some kick. It can be sliced and added to soups, stews and sauces but it makes a very hearty and healthy main meal choice. ▲

Green Business Directory

ADVERTISING

Yoga Living Magazine 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.

CLOTHING, GREEN

Your Local Thrift Stores! Re-using is Green

ELECTRICITY, GREEN / RENEWABLE

Community Energy Build a Clean Energy Future and Save Money
Enroll Online www.CommunityEnergyInc.com/PAWindandSolar
Call Radnor Office, 1.877.321.0476 for Wind and Solar

EVENTS, GREEN

Philly GreenFest www.greenfestphilly.org

Green Drinks network re; Green www.greendrinks.org/PA

FOOD, LOCAL

Search for Local Food at www.farmtophilly.com

Community Supported Agriculture www.buylocalpa.org
Search for Farmer's Markets and CSA's

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

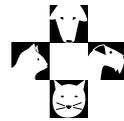
Sustainable Business Network of Greater Philadelphia network of
socially and environmentally respon. businesses. Website has events, on-line
marketplace, membership info: www.sbnphiladelphia.org 215-922-7400

GREEN HOME CONSULTING

Ed Howard, M.S., Leed-AP New or existing homes 610-247-3394

GREEN YOGA RESOURCES

Green your Yoga Learn why and how at www.greenyoga.com



**Cinnaminson
Animal Hospital**



Now offering Acupuncture!

**Call 856.829.1145 to make an Appointment
with Robyn A.S. Steiner, VMD, CVA Today!**

Full Service Veterinary Hospital • Convenient Hrs • New Patients Welcome

2498 N Rt 130 • Cinnaminson, NJ 08077 • VetCor.com/cinnaminson

LANDSCAPING

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

NATURAL PHARMACY

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

PAINT AND PAINTERS, NATURAL

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

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

Greenable 820 North 4th St Philadelphia, PA 19123 215-922-6066

REAL ESTATE

Keller Williams, Pam Butera www.expertsforyou.com 215-646-9200

SPA, HOLISTIC

Harmonia Healing Arts Spa 413 E Lancaster Ave, Wayne 610-688-1007
Offering holistic & healing spa treatments 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!