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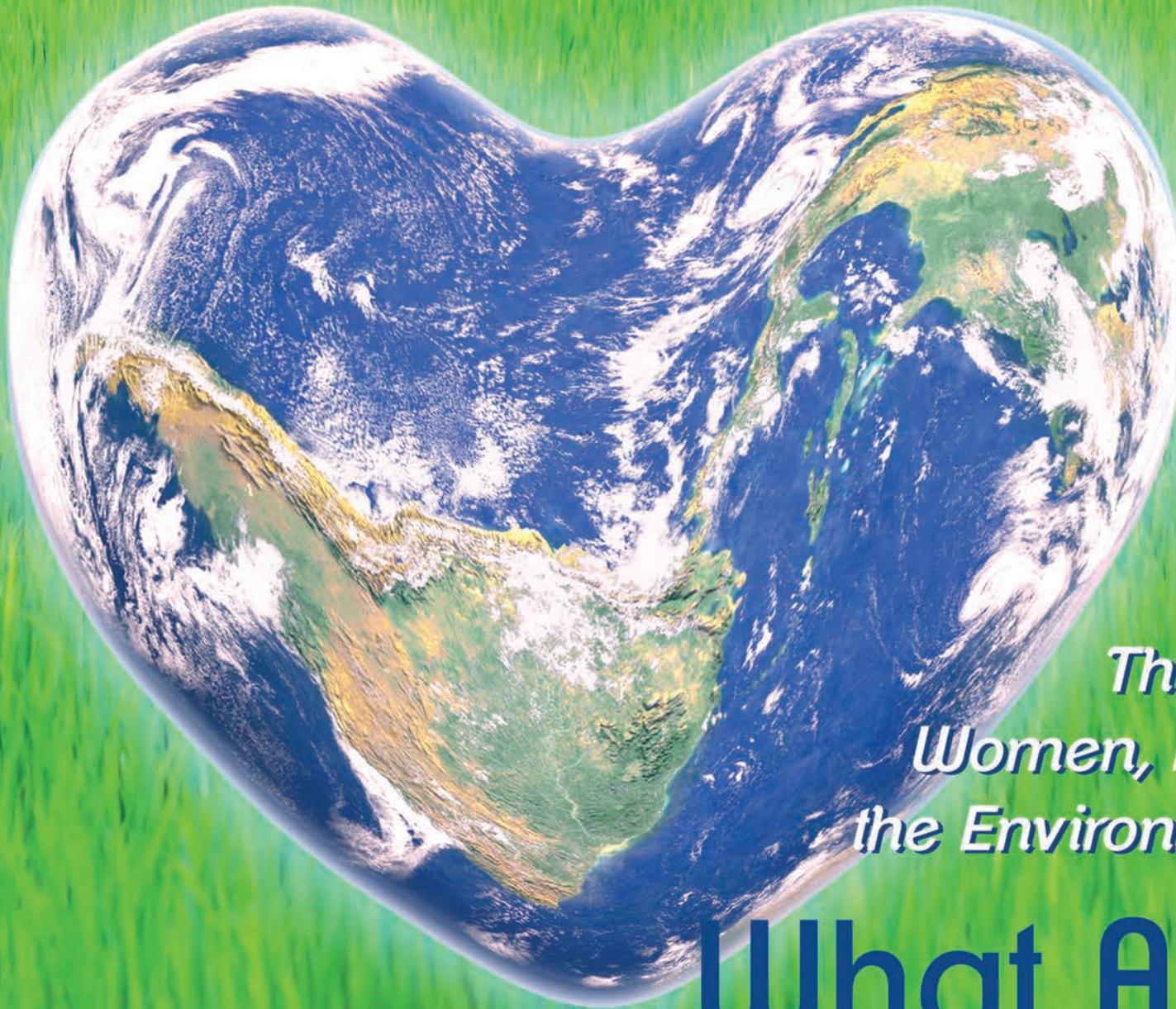
# CREATIONS

MAGAZINE

VOL 33, Issue 2

April/May 2019

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*The Spring Issue:  
Women, Mothers, Earth,  
the Environment & Rebirth*

## What Are You Contributing?

*Have Humans Lost Their Connection to Nature? by Frances Moore Lappé*

*Sweet Deception by Brian Clement, PhD*

*Who Are You Feeding? by Ocean Robbins*

*An Assault on Humanity by Rabbi Gabriel Cousins, MD*

*Fear is the Liar by Alan Cohen*

# GOT TEETH???

It may be surprising for you to discover that about 180 million Americans are missing at least one tooth and the overwhelming majority have many missing teeth. More than 35 million of us have lost all their teeth and 10% of them cannot wear dentures and must go around completely toothless. Tooth loss is so common that you, the reader, may be missing at least one tooth yourself!

Missing a front tooth may be emotionally devastating, but missing even one back tooth creates silent havoc on your health. As the number of missing teeth increase, so do diseases and risk of death.

Here are just a few of the recent scientific findings: **Tooth loss increases your risk of stroke and heart attack, both deadly as well as debilitating diseases.** Tooth loss also increases your risk of rheumatoid arthritis, a painful and crippling disease. If you are missing 5 or more teeth your chance of pancreatic cancer (survival 5%) increases by 20%! *Did you know that people without teeth live 10 years less than those with teeth?*

Oh, and it also makes you gain weight!

The reason for these associations, are both obvious and yet undiscovered. If you think about it, digestion begins in the mouth. It is no surprise then, that improperly chewed food has a devastating and far-reaching impact on our health. Food that is not properly chewed may not be fully processed resulting in half-chewed food and robbing your body of vital nutrition. The digestive tract constantly works overtime trying to digest unnaturally large chunks of un-chewed food. According to the latest peer reviewed research, poor nutrition combined with increased stress on the body leads to diseases, suffering, misery and early death.

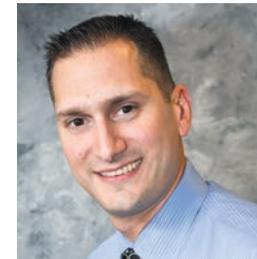
In view of this information, it seems obvious that preserving your natural teeth for your entire life should be one of our life pursuits—along the lines of eating healthy, exercising, and being happy. Sadly, the odds are against us. Today our teeth have to survive longer than any time in human history simply because

we are living longer. This trend will continue, especially within the health-conscious community, like the readers of this article. The 1800's techniques of dentistry worked when life expectancy was 30 or 40 years old. They may not be the best choice for people living well past their 90's!

In the future, modern dentists will be able to repair teeth with natural tooth parts and organically grown teeth. We are already doing this today but it is not practical just yet. The concept of biomimetic, or *Nature Shaped Dentistry* is a synthetic reconstruction of the natural tooth. By focusing on preserving as much of the natural tooth as possible and mimicking the physics, form, function and color of the patient's tooth, a remarkably close approximation of the natural tooth is possible today.

Your goal should be to preserve your teeth in the most natural way possible. When teeth need to be restored or replaced, a natural, simple and conservative approach should be used.

Optimizing the oral cavity will result in optimizing your total body health, as the mouth is a portal to the immune system, the cardiovascular and respiratory systems. So keep your pearly whites shining and keep smiling!



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# TALKING OUR WALK

As this magazine is going to press, a very important decision is being made by our government. A decision that will affect all of us on all levels of our being, but in particular, our physical health. The pharmaceutical industry has become most powerful in its ability to wield influence over our elected government officials with whom we have entrusted our freedoms, liberties and ability to pursue happiness.

These very same pharmaceutical companies have faced multiple lawsuits, class action and otherwise, due to faulty and even deadly products. Some of these companies have been caught “red-handed” altering and outright lying about safety studies. Statistically, death by medicine—and that is by medication that has been administered *properly*—is the SIXTH LEADING CAUSE OF DEATH in the U.S. The statement “follow the money” couldn’t be more true. And yet, there are Congressional hearings followed by hearings by the Senate Committee on Health, Education, Labor and Pensions with a thought to give power to the federal government to ensure vaccination compliance or forced vaccination. Please don’t stop reading as I would like you to consider a few things:

In December of 2018, the Argentinian government passed laws whereby one could not get a drivers license, passport, marriage license, or any kind of government ID if they did not have the vaccination records to prove that they were up-to-date with the government vaccination schedule. This is what is planned for United States citizens through the Healthy People 2020 Act. Would you really want your health decisions determined by your government who have quite obviously become beholden to the pharmaceutical industry. Do you truly believe that they have your best interest at heart?

“The science is settled” is a very curious statement. Where else in science is this statement used? Do we say the science is settled regarding astronomy, physics, archaeology or any of the sciences? Isn’t the very nature of science, “theory,” and that as new information comes in, theories are revised? Yet concerning vaccination and any connection to autism and a host of debilitating physical and mental conditions, we are told the door is closed scientifically and there is no causal relationship. Shouldn’t we keep looking and perhaps wait until we are absolutely sure? The physician’s oath is “First do no harm.” Is the medical establishment living up to that oath?

Then there’s the discrepancy of the “MeToo” movement. We are instructed



to believe women, but tacitly we only believe certain women regarding certain “approved” topics. We are not allowed to believe the thousands of mothers (and fathers) who have witnessed their child change from normal development to delayed and autistic behaviors hours, days or weeks after receiving their “well-baby” vaccinations. Their numbers are legion. But these mothers are not heard. They are marginalized and left to live with the heartbreaking experience as lifetime caregivers to a once healthy, developmentally normal child. According to the CDC, the autism rate is now 1 in 59 children nationally (1 in 34 in New Jersey). In 1997 it was 1 in 2,500. Don’t we owe it to those children, parents and humanity to listen?

**The Real Truth About Health 10-Day FREE Conference**, held this past January-February, was a dazzling success. Total attendance doubled compared to last year’s inaugural event. Leading national and international doctors, scientists and authors presented to enthusiastic, and engaged audiences, who showed up with open minds and open hearts.

As Media Partner to TRTAH Conference, *Creations Magazine* had the great fortune to meet many of the presenters, including Brian Clement, Ocean Robbins, Vandana Shiva, and Gabriel Cousens. You will get to meet them in this issue. Notably, Dr. Cousens has contributed the most in-depth, all encompassing examination of the dangers, and the **solutions**, concerning the looming worldwide rollout of 5G technology, *An Assault on the Planetary Web of Life*. Quite simply, this technology—forced upon us, wholly without our consent and with no opt out—is one of the greatest threats to all life on the planet, potentially damaging us physically, mentally, emotionally and spiritually.

Peace & Health,

Neil & Andrea

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# Have Humans Lost Their Connection to Nature?

by Frances Moore Lappé  
Cambridge, MA

In the UK, the typical eight-year-old is better at recognizing Pokémon characters than common wildlife. Now only 6 percent of American children nine to thirteen years old play outside unsupervised with other children as they have from time immemorial. “I like to play indoors better, because that’s where all the electrical outlets are,” a fifth grader told Richard Louv, author of *Last Child in the Woods*.

And I myself realized I had to change the cricket ringtone on my iPhone, lest my Manhattan-bred granddaughter, who at three many not yet have heard a real cricket, someday encounter the sound and begin scouring the grass for someone’s lost phone.

Given these huge changes, maybe it’s too much to expect people to feel themselves truly part of nature, sharing one fate, and therefore naturally eager to reverse the human assault on nature.

But wait. *What if we just can’t help it?* Whether we consciously feel connected or not, human beings have been soft-wired over eons of evolution to love and respond to nature. There’s even a fancy term for it—*biophilia*—first used by Erich Fromm but expanded by famed Harvard biologist E. O. Wilson to describe the connections that human beings subconsciously seek with the rest of life. A few urbanized decades and technology immersion can’t knock it out of us.

*Because of our innate connection, almost any exposure to nature, studies show, seems to do great things for us—benefiting our health in many ways, including helping us to recover from stress and to concentrate and think more clearly.* And what’s dawning on more and more urbanites, as well as planners and developers, is that city living doesn’t have to break this natural connection.

Most obvious is the enticement of the garden. Roughly a third of American

households—41 million—gardened in 2009, up about 14 percent in just a year. There are now roughly 18,000 community gardens in the US and Canada, including those on otherwise vacant lots and land in public housing projects. And all of these little plots add up. By one calculation, between 15 and 20 percent of food produced in the world is grown by 800 million urban and peri-urban farmers and gardeners in cities from Havana to Kampala.

Sometimes the connection with nature comes as a big surprise to people. “You mean, all this time I have been hungry and have sometimes had to go without food, and now I find out food grows in the ground?” asked a resident in the garden at Interfaith House in Chicago.

The United Nations estimate that more than half of us are urbanites—however, this may overstate our distance from the natural world. Typically counted as “urban” is any population of 2,000 or more; yet, when I lived in a Vermont town of 5,000, I was surrounded by hundreds of forested acres, and my life felt deliciously rural. So, most of humanity still has wide access to nature.

## Soft-wired Connection

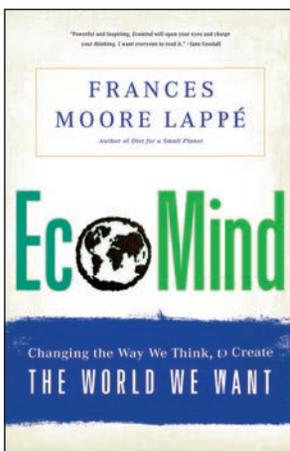
Now, let these findings assuage remaining fears that humans have lost an innate connection to the earth:

Just a view of a park or greenery from home has a positive effect on the cognitive functioning of children.

The same findings hold in the workplace. “Over long periods people working in rooms with windows have fewer illnesses, feel less frustrated and more patient, and express greater enthusiasm for work.”

Before and after showing subjects three hundred photos of urban and rural scenes, University of Essex researchers put them on a treadmill. In subjects who had viewed pleasant rural scenes, they discovered, blood pressure fell significantly, while it climbed in those who’d seen the unpleasant urban photos.

And when we’re ill, nature helps us heal:



Two groups of patients had the same surgery in a 1984 study at a suburban Philadelphia hospital but experienced very different outcomes. The difference depended on whether their rooms looked out a brick wall or a stand of deciduous trees. Following their surgeries, patients who had the tree view experienced shorter stays (nearly one full day on average) and needed less pain medication. Their moods were better, and they suffered fewer minor complications.

Benefits to patients occur even if nature is reduced to a recording or painting. In a Johns Hopkins Hospital study, one group spent the hours before surgery

listening to recordings of birdsong and a babbling brook. They could also look at a large landscape picture. The control group had no picture or sounds. The “nature” group reported significantly better pain management than the control group.

In the Netherlands, 1,000 farms are revealing the healing power of growing food. On these “care farms,” farmers are paid to incorporate into the workforce people suffering from mental illness and addictions, as well as young people who’ve been dismissed from regular schools. The results are impressive—as significantly fewer of these folks later need social-services help. Farmers benefit too, reporting that they love sharing their passion for farming, feel less isolated, and enjoy the “meaning brought to their lives through delivering care.”

Living near a park or other green space boosts health and encourages health-related behavior so much that UK scientists calculated that the health gap between rich and poor might be cut by half through exposure to green spaces.

In general, “evidence suggests that children and adults benefit so much from contact with nature that land conservation can now be viewed as a public health strategy,” argue environmental health advocates Howard Frumkin and Richard Louv. We might “prevent or treat illness,” Frumkin suggests, “by prescribing gardening or pet ownership or vacations in beautiful places.

Now that’s real health-care reform!

And doctors are catching on. In Santa Fe, New Mexico, doctors are combating runaway diabetes by distributing trail guides to patients in a program called “Prescription Trails.” ✨

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Frances Moore Lappé is the author or coauthor of nineteen books, including the three-million copy *Diet for a Small Planet*. Her latest work is *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*, coauthored with Adam Eichen, focusing on the roots of the U.S. democracy crisis and how Americans are creatively responding to the challenge. Frances is co-founder of Oakland-based Food First and the Cambridge-based Small Planet Institute, which she leads with her daughter Anna Lappé. The recipient of eighteen honorary degrees, Frances has been a visiting scholar at MIT and U.C. Berkeley and in 1987 received the Right Livelihood Award, often called the “Alternative Nobel.”

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# Sweet Deception

by Brian Clement  
West Palm Beach, FL

**Y**ou may not want to believe it, you may choose to ignore it, but *sugar is more addictive than cocaine*. That's not me trying to exaggerate its evils. That's not me trying to sell books. That's a fact firmly rooted in science.

*Sugar is tantamount to a drug and the addiction to it produces much more widespread illness and disease in humans than any other legal or even illegal drug, with the possible exception of tobacco.*

Profiting richly from this addiction, while covering up its pernicious health repercussions and otherwise doing everything in their power to keep this addiction's tenacious hold in place over humans of all ages, is a sweetener industry more powerful than the tobacco industry

had been at its zenith.

With hundreds of millions of dollars spent on campaign donations to politicians to pump up government subsidies and ward off regulation, and much more spent for propaganda extolling sugar usage and downplaying how it triggers disease and death, worldwide sweetener growers and producers, refiners, processed food manufacturers and fellow profit travelers constitute a clear and present danger to human health.

To spread the word about sugar and its associated cousins—the artificial sweeteners created and promoted as “healthy” substitutes—I researched the most current medical science research revealing how a wide range of maladies from cancer to heart disease and neurological degeneration can be traced back to sweetener usage.

## Sugar Purveyors Are Ruthless Drug Pushers

Of more than 85,000 processed food products sold on supermarket shelves today, at least 75% of them contain added sweeteners in one form or another. This

number is consistent with most developed countries.

Corn syrup is the most common among these sweeteners, followed closely by sorghum, cane sugar and high-fructose corn syrup. Certain categories of foods are almost entirely dominated by individual sweeteners and combinations of sweeteners—for example, 95% of all cakes, cookies, pies, granola bars, protein bars, energy bars, cereals, and soda beverages contain high levels of added sweeteners.

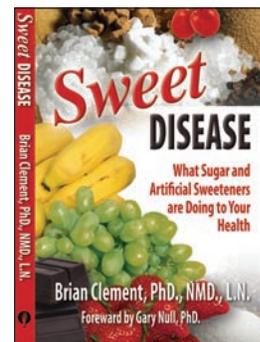
Don't be fooled by the labels “healthy” and “natural” because many of the products carrying such seductive words also contain added sugars. You need to carefully read the ingredient labels. Even then, you must be a well-informed consumer to identify the added sugars because they appear under 61 different names ranging from dextrose and maltose to rice syrup and barley malt. Nor will nutrition labels on products give you the daily reference value for these added sugars, as they do for fats and salt, since the U.S. Food and Drug Administration doesn't require added sugars to be estimated under its current labeling guidelines.

## What sets unnatural sugars apart from natural sugar sources?

Two scientists, James DiNicolantonio of Saint Luke's Mid America Heart Institute and Sean Lucan of the Albert Einstein College of Medicine, explain how and what: *Whereas natural sugar sources like whole fruits and vegetables are generally not very concentrated because the sweetness is buffered by water, fiber and other constituents, modern industrial sugar sources are unnaturally potent and quickly provide a big hit. Natural whole foods like beets are stripped of their water, fiber, vitamins, minerals and other beneficial components to produce purified sweetness. All that's left are pure, white, sugar crystals. A comparison to drugs would not be misplaced here. Similar refinement processes transform other plants like poppies and coca into heroin and cocaine.*

## How much added sweetener to our diets is too much?

In my view, any amount of added sugars is too much for the human body to bear over the course of a lifetime. Medical and nutritional advisory organizations are gradually catching up to this point of view. Whereas the World Health Organization (WHO), for example, didn't address



sugar as a profound health threat a decade ago, it now recommends limiting daily sugar consumption to 25 grams for women and 38 grams for men. This recommendation duplicates what The American Heart Association established as dietary guidelines. Still more support for that standard came in February 2015, when the Dietary Guidelines Advisory Committee, which every five years sends recommendations to the U.S. Department of Agriculture and the U.S. Department of Health and Human Services for shaping the nation's public school lunch programs, finally came around

to identifying added sugars as a major health problem in need of addressing with cutbacks in consumption.

The average U.S. citizen absorbs 82 grams of sugar a day from all sources, more than three times what WHO recommends for women and more than twice what it has set as a standard for men. If you extrapolate that daily consumption out over the course of a year, it comes to more than 66 pounds of added sugars for every person in the nation. These numbers are either identical, or close to that of all developed countries. My strong belief is that these estimates of added sugar in the average diet are way too conservative. Dr. Sanjay Gupta, the medical expert for CNN, voiced the same opinion, and in a March 2015 report estimated that the average American consumes *140 pounds of sugar a year*.

To illustrate what I mean about sugars hiding everywhere in the typical diet, just a single 12-ounce soda contains 46 grams of added sugar. That's more than half of the estimated daily consumption of sugars in the mainstream American's diet. Think about how many people, particularly children and teens, drink two or more sodas or energy drinks daily.

Add to that the added sugars in everything from pasta sauce (12 grams in a half-cup) and ketchup (4 grams per tablespoon) to sweet salad dressings like raspberry vinaigrette (7 grams for every small serving) and such foods as yogurt (29 grams in a single serving) and bran cereal (20 grams per serving) and we're talking about a daily sugar intake *at least twice or three times* what medical associations, government agencies and nutritional authorities would have us believe.

*We haven't even factored in the other major indirect source of sugars in the human body—refined carbohydrate products, which convert*

## LIVE YOUR MOST HEART-CENTERED, INTUITIVE LIFE

“Bill Philipps has done it again – written an excellent book on the complexities and simplicity of the spirit world. Another winner!”

– ECHO BODINE, author of *Echoes of the Soul*

“Bill Philipps writes about communicating with Spirit in an accessible and refreshing manner that demystifies the topic.”

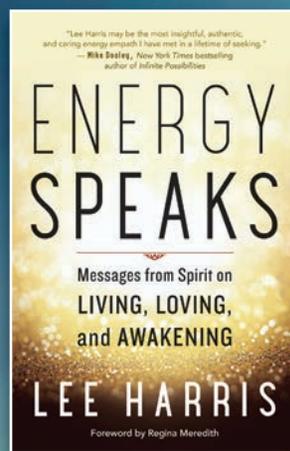
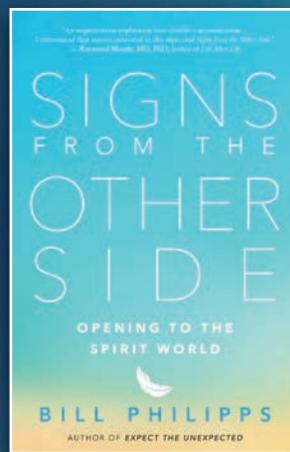
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“Lee Harris may be the most insightful, authentic, and caring energy empath I have met in a lifetime of seeking.”

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to sugar once absorbed. These foods include everything from bread and pasta to rice and related products. According to the U.S. Department of Agriculture, North Americans consume at least 200 pounds of grain products each year. That level of consumption raises the overall sugar ingested to nearly 400 pounds annually, so it's no wonder that the ideal metabolic conditions for cancer cells gets created in the human body.

#### A Sweet Disease Cover-up

Health problems and diseases linked to sugar consumption are legion and growing in number as research focuses on the disruptive power that sugar exercises over specific parts of the human chemistry and anatomy. These health maladies, include cancer, heart disease, diabetes, and neurological diseases. Other conditions triggered by sugar intake may surprise you even more than the lineup of usual suspects:

Did you know that your dietary sugar intake is a risk factor for the **development of cataracts**? Studies beginning in 2003 found a link between sugar and degeneration of the eyes resulting in cataracts.

Did you ever consider that your sugar consumption, especially if you are a woman, is a risk factor for **depression**? More than 1,000 women aged 20 to 93 were studied to determine whether their sugar intake was connected to mental disorders, particularly depression. There was little doubt that such a link exists.

Did you realize that your sugar habits help to determine whether you will contract **kidney disease**? Using a medical database of nearly 10,000 people 20 years of age and older, along with information on dietary habits, it was found that sugary soda consumption, by itself without even factoring in all of the other added dietary sugar sources, is associated with kidney disease.

Taking not just a page but an entire chapter from the tobacco industry and its sordid history of lies and manipulations, the sugar industry, in all its various trade group and corporate forms, continues to employ the same tactics of spreading misinformation about the health dangers as Big Tobacco did. Meanwhile, it buys special treatment from public officials to protect sugar production and keep sugar consumption high.



For Halloween in 2010, The Sugar Association, a trade group that represents sugar cane and sugar beet producers and refiners, distributed “fact sheets” for parents of trick or treating kids, claiming “sugar doesn’t cause obesity” and “sugar adds to the quality of children’s diets.” To further reassure parents that eating candy is good for their kids, other “fact sheets” issued by the group declared: “every major review of the scientific literature exonerates sugar as the cause of any disease, including obesity.”

These outright falsehoods might be simply laughable if they were isolated examples. But this type of propaganda is a common refrain heard from industries dependent on profits from the sale of sweeteners. For instance, another food and beverage industry funded group, The International Food Information Council Foundation, posted a 2012 webpage stating: “to date, there is no conclusive evidence of a causative effect of sugars on chronic diseases.”

As might be expected, individual corporations that peddle sugars in their products also toe the sugar industry propaganda line by periodically jumping on the misinformation bandwagon. Here is what that purveyor of sugary cereals, the General Mills Corporation, alleged in a 2013 public statement: “sugar intake has not been shown to be directly associated with obesity or any chronic disease or health condition except dental caries.”

It's no wonder that a large segment of consumers find themselves confused about how much sugar is too much sugar before human health is seriously undermined. The same can be said, unfortunately, for many public officials who wield the power

these tactics, have swayed our public policies on food, nutrition, and health.”

Even more in-depth examinations of how the sugar industry manipulates public policy, science, and public attitudes, while siphoning off tax money as subsidies to prop up sugar prices, can be found in the Union of Concern Scientists report, *Sugar-coating Science: How the Food Industry Misleads Consumers on Sugar*. You can also find detailed information in the Marian Nestle book, *Food politics: How the food industry influences nutrition and health*.



#### Brian Clement, Ph.D.,

L.N. is the Director (along with his wife Anna Maria Clement, Ph.D., L.N.) of the renowned Hippocrates Health Institute, West Palm Beach, FL, the world's foremost complementary residential health center. Brian has written over 20 books focused on health, spirituality and natural healing, including **Living Foods for Optimum Health, Longevity, Supplements Exposed, Food is Medicine, 7 Keys to Lifelong Sexual Vitality and Dairy Deception**. Clement conducts conferences worldwide on attaining health and creating longevity, giving humanity a roadmap for redirecting, enriching and extending their lives. A licensed nutritionist, Brian earned his Ph.D. from the University of Science, Arts, and Technology.

to keep consumers better informed about the health dangers of “white gold” and its many sweet fellow travelers birthed in chemical laboratories.

#### Trying to Keep You Fat, Ignorant, and Addicted

Taken together the sugar industry's lobbying dollars, political contributions to lawmakers, and influence on rule making at federal agencies have all contributed to a lack of effective federal and state policies that would address the public health concerns of sugar consumption, concluded a report from policy analysts and scientists at the Center for Science and Democracy. “Decision makers seeking to enact such policies have faced uphill battles, as sugar interests, through a combined force of

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# Who Are You Feeding?

by Ocean Robbins  
Santa Cruz, CA

**D**eep in your gut, 40 trillion chemists are hard at work helping you digest your meals, making essential nutrients you can't produce on your own, protecting you from disease, and even shaping which parts of your DNA manifest and which remain dormant.

These talented creatures are fungi, bacteria, and other single-celled organisms. And they are a bigger part of who you are than you have probably ever imagined!

While your body includes about 22,000 human genes, it also hosts as many as two trillion microbial genes that are technically not “you,” but rather benevolent guests working in exquisite harmony with your body. Some of these microbes flourish on your skin, but the vast majority take up residence in your digestive tract.

Study of the microbiome—the community of microorganisms living inside your body—could well be the most compelling frontier of health science. The digestive process breaks down food and beverage particles so that your body can absorb the nutrients it wants and excrete the rest. Trillions of organisms join in the effort. These microbes also play a critical role in shaping your appetite, allergies, metabolism, and neurological function. In fact, scientists have found that gut bacteria produce neurotransmitters such as serotonin, dopamine, and GABA, all of which play a key role in determining your mood.

Studies suggest that your gut microbiota may factor into your risk of developing neuropsychiatric illnesses like schizophrenia, ADHD, obsessive-compulsive disorder, and chronic fatigue syndrome. In other words, the bacteria living in your gut have a huge impact on the way you feel.

## Which One Are You Feeding?

There's an often-told story, reportedly from Cherokee folklore, about a Cherokee elder who is teaching his grandson about life. “A fight is going on inside me,” he says to the boy. “It's a terrible fight between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment,

lies, false pride, and ego. The other is good—he is joy, peace, love, hope, serenity, humility, kindness, empathy, generosity, truth, and compassion. The same fight is going on inside you—and inside every other person, too.”

The grandson thinks for a minute and then asks, “Which wolf will win?”

The old Cherokee replies, “The one you feed.”

When it comes to the bacteria in your gut, every time you eat, you are feeding somebody. Unfortunately, the modern industrialized diet is all too often feeding the bad guys and, just as important, starving the good.

To put it simply, “bad” bacteria tend to feed on sugar and unhealthy fats (yes, junk food!). And **the single most important nutrient that good bacteria need to thrive inside you is fiber.** When they have plenty of fiber, they can do their job—and your digestion, mental function, and even your mood reap the benefits.

It's clear that fiber is critical to gut health. But less than 5 percent of Americans get the recommended 25 to 30 grams per day. It's estimated that our Paleolithic ancestors got an average of up to 100 grams per day. Compare that to the average Brit, who gets only 18 grams per day, and the average American, who gets even less—just 15.7

Most of us are literally starving the good bacteria that would, if we only gave them the chance, be digesting our food and making the brain-boosting chemicals we need to thrive.

## The Inflammation Connection

Inflammation is the defense response that focuses your immune system's attention toward fighting a perceived threat—such as bacteria, a virus, or a toxin. When part of your body becomes reddened, swollen, hot, or painful, this is inflammation in action.

So far so good. But when inflammation becomes chronic, your body's natural defenses get depleted and become unable to do their job properly because they are worn out. Constant alarms put the body in chronic stress, until its defenses are unable to function properly.

We've known for some time that chronic inflammation can result when your body is inundated with a barrage of threats—often stemming from food allergies, poor diet, toxins, or stress. But now, researchers are coming to believe that an often-critical

piece of the inflammation puzzle actually lives in your gut bacteria.

How does this work? From the esophagus all the way to the anus, your digestive tract contains a lining called the *epithelium*, which is only one cell thick. The portion that runs through your small intestine is exquisitely designed to absorb the nutrients your body needs to thrive, while keeping out whatever might be harmful or inadequately digested. But since it's only one cell thick, it's very vulnerable.

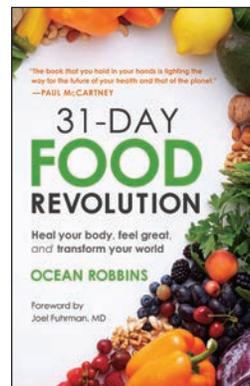
According to Lita Proctor of the Human Microbiome Project at the National Institutes of Health, the “bad bacteria” that are fed by sugar and unhealthy fats can emit chemicals that compromise your intestinal lining. When your gut lining is damaged, or “leaky,” certain chemicals and proteins can cross the lining and activate an immune or inflammatory response in your body.

## Glyphosate Could Be Adding Fuel to the Fire

Nearly all the soy and corn grown in the United States today—and worldwide—was genetically engineered by Monsanto (now Bayer) to withstand the company's proprietary herbicide, *Roundup*. The primary active ingredient in Roundup is *glyphosate*. There are many problems with glyphosate, including the fact that it's considered probably carcinogenic by the World Health Organization and by the state of California, which wants it to carry warning labels when sold.

But there's another issue with glyphosate that's received shockingly little attention: **In 2012, the weed killer was patented by Monsanto as an antibiotic.** Antibiotics kill microbes, such as bacteria. Increasing numbers of scientists believe that this chemical, millions of tons of which have been applied directly to food crops destined for human consumption, may disrupt and kill beneficial bacteria in your gut, leading to impaired immune function and a cascade of other ill effects.

Prior to being purchased by Bayer in 2016, Monsanto frequently told us that Roundup was nontoxic to humans. They paid many scientists to reiterate this claim, and some pointed out that glyphosate killed weeds



by interrupting a process called the *shikimate pathway*. The shikimate pathway is the process by which plants take carbohydrates and change them into amino acids, which are the building blocks for protein. We humans don't have that pathway in our cells, so we were told that we had nothing to worry about. It was a pathway found only in plants and bacteria. But this is where the company's story began to fall apart. Many of the 40 trillion microbial cells in your body are bacteria that do, in fact, depend on the shikimate pathway for the production of what are called aromatic amino acids (in case you're wondering, aromatic amino acids don't emit some special scent.) The aromatic amino acids produced by bacteria in this way are phenylalanine, tyrosine, and tryptophan, and they are all essential to human health.

What's becoming increasingly apparent is that glyphosate, found at increasingly high levels in and on today's genetically engineered foods, is having a significant and potentially damaging impact on the human microbiome.

Of course, Monsanto was quick to tell us that this was all a bunch of hogwash. But keep in mind, Monsanto also told us that another of its chemicals, DDT, was completely safe. And we now have studies proving that women exposed to DDT in the womb face a quadrupled risk of developing breast cancer. It's never wise to trust a poison manufacturer to confirm the safety of its products.

For many people, one of the most compelling reasons to choose organic or certified non-GMO foods is to keep glyphosate out of their diet. ✨

*Excerpted from 31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World by Ocean Robbins. Copyright ©2019 by Ocean Robbins. Reprinted with permission from Grand Central Publishing. All rights reserved. 31dayfoodrevolution.com.*

*Ocean Robbins is CEO and cofounder of the 500,000-plus-member Food Revolution Network—one of the largest communities of healthy eating advocates on the planet. He has held hundreds of live seminars and events that have touched millions of lives in 190 nations. He's served as adjunct professor for Chapman University and is recipient of many awards including the national Jefferson Award for Outstanding Public Service and the Freedom's Flame Award.*

# Another Leap Forward in Dental Healing: The future of Root Canals TODAY

by Dr. Jeffrey Etes, DMD, NMD, IBDM

All too often I am asked, "Is it true that root canals are toxic, and I can potentially get cancer from root canals, and all sorts of other health problems in my body?" The correct and scientifically backed answer is, when performed correctly and to at least the standard of dental care, traditional root canal treatment does NOT cause cancer or any other disease.

I agree that it can be very confusing regarding what are actual scientific facts, and what are just Internet rumors, baseless claims, nonfactual television documentaries, or outdated and unfounded research from the 1930's. Traditional root canal treatment can safely save your tooth. It is performed by dentists over twenty five million times every year. I will agree whole-heartedly that when a root canal is done poorly, or is contaminated by germs, many oral and systemic health issues can result.

So what if you need a root canal to save your tooth and you don't want one? You might get a dental implant to replace your

existing problematic tooth, but that is an implanted artificial device; it is certainly not the tooth you were born with. You could get a bridge, but then you need to drill down healthy teeth. You could wear a removable denture, but that flops around inside your mouth. You can do nothing, but having an unsightly missing tooth causes increased workload on your remaining teeth.

What if there was another way—a true biologic way? What if you could save your existing tooth with an "organic" root canal? Enter the new era of regenerative dentistry, and allow me to introduce you to the **regenerative root canal**. Simply stated, it's a tooth that's been root canaled but instead of completing and filling the root canal with inert non-biologic dental material like *gutta percha*, the organic neurovascular structure within the tooth root is reorganized into a living, regenerated vascularized tooth root, with your own connective tissue, capillary blood supply and even, sometimes, nerve regeneration.

Our **Root Canal Genesis™** regenerative root canal is a proprietary dental root canal process in which the dead or failing inner tooth tissue is completely removed, and the tooth is thoroughly cleaned with the most advanced methods available today as is done in the traditional state-of-the-art root canal, which includes LASER and ozone therapy.

The advantage of the regenerative root canal is that you are reconnecting the tooth to your body's own immune system through the creation of new blood vessels. It is still the standard of care today to offer the patient conventional root canal therapy when needed. Luckily, there is now the option for the regenerative root canal for those patients not accepting of the conventional root canal and seeking something else to save their compromised tooth.

Some patients believe that root canal teeth are "dead vesicles" and can harbor bacteria and endotoxins that can have negative and damaging effects on the body. Having teeth extracted instead of

saving teeth can have severe debilitating effects on one's mouth and overall bite, which will ultimately compromise the other healthy teeth.

Now, with the option of Root Canal Genesis™ regenerative root canal, the lifeless inner root is reorganized into your body's living tissue, with its own blood supply. Instead of an inert, devitalized tooth root, now a living root, with its own blood supply, exists which uses your body's own immune system to maintain its health.

This procedure is not for everyone, and some teeth will still require a dental crown to restore the tooth back to function. When we consider the significant biological advantage of regenerating a tooth back to life, the usefulness of this root canal regenerative process becomes very clear for patients wanting additional options beyond the conventional root canal.

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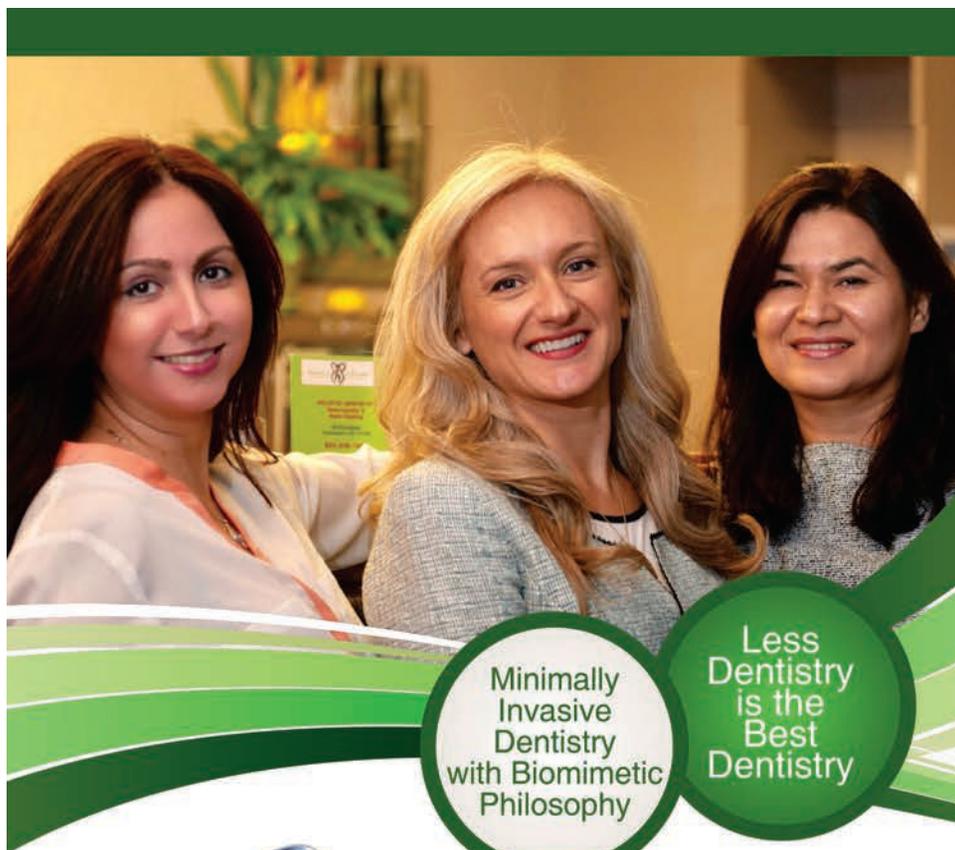


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# What Are You Contributing?

Channeled by Salena Migeot,  
Southampton, NY

**W**e request your assistance as you raise yourselves up. We would like you to be aware that all you do is always being broadcast throughout the universe and each thought, word, and deed contributes to your collective reality and experience.

As such, we implore you to be ever mindful of your thoughts as your thoughts truly create your reality. As you move through each day, begin to consider what the impact of your thoughts are on the whole of human experience. *Are you contributing in a way that uplifts the whole or are you being burdensome to the whole of humanity?* Every time you compliment another, offer assistance, lift others up in some way, you are making a positive contribution to the human condition. Joy and laughter are of a very high vibration and are powerful contributions. Having the courage to stand up for another in any way is also a powerful contribution.

When you begin keeping track of your contributions, you will easily ascertain if your overall impact is improving the human condition or not. We recommend that you think of yourselves as the one who can and does maintain a high level of morale, integrity, compassion, heartfulness, generosity, kindness, and any other quality you know will contribute in beneficial ways to the whole. What we are suggesting here is that you act in ways that you know are in the highest good. In terms of all the powerful qualities that you have the power to exhibit at any time, we recommend you choose those that are most uplifting to you personally. The reason is that when you are uplifted, it is much more likely that you will continue to make choices in the highest and best good. All of your choices spill over to all beings in your immediate environment and continue to ripple out to others energetically.

**Not one of you is insignificant in any way.** You might think a grain of sand is insignificant, yet each grain of sand contributes to the whole to form a beach. Those grains of sand that endure immense heat alchemize into glass. The tempered glass is a much different substance than sand. What are you willing to endure to

contribute more beauty to the world? *Do you understand that each and every way you are tempered creates greater possibility of what you can become?* Sometimes glass breaks. That does not mean its usefulness is over. Far from it. Glass can be melted again and again, continually being fashioned into something beautiful. There are infinite possibilities of what you can become if you are willing to withstand some heat. If you continue to allow yourself to be tested, you will be gifted with more ways of knowing what you can withstand. The more you allow yourself to go beyond your previous limits, the more you will understand how truly limitless you are. There are no ends to what you can do, be, or become.

Have fun with testing your limits and know that if you desire to achieve something, nothing can hold you back from achieving that unless you allow it to. Imagine what your world would be like if every one of you truly believed you could achieve anything and everything you desire. Imagine how the whole would change for the better. Beloveds, that is the Age of Aquarius—each of you contributing to the whole in your own beautiful and unique ways.

This does not mean everything is easy—quite the contrary. When you all begin living more and more in your courage, in your integrity, in your joy, in your compassion for others, in your meaningful intentions to contribute to the world in positive ways, in your willingness to live on the edge of your comfort zone and thereby continually expand your area of comfort, in your joy, in your laughter, in your zest for living more powerfully, more meaningfully, more lovingly, you will be living as you were always meant to live. You were never meant to be small and stay small. Each and every one of you has a role to fulfill. If you are not currently living that role, we invite you to explore your edges and revel in the adventure.

## The Collective of Guides ✨

**Salena Migeot** is a Spiritual Channel who was divinely guided to move to the East End of Long Island in 2009. Seven months later she began channeling, and since 2013, channeling has been her primary work. She facilitates private phone readings for clients as well as live group channeling events. Salena is now traveling extensively to bring the Guides to more and more people. She can be reached at: 609-741-0402 or SalenaM2@msn.com.

# Fear is the Liar

by Alan Cohen  
Hawaii

I recently watched a touching documentary, *Tea with the Dames*, an intimate chat between four legendary British actresses, Judi Dench, Maggie Smith, Joan Plowright, and Eileen Atkins, all of whom have been knighted. I found it a treat to momentarily peek into the lives of four esteemed thespians.

At one point the subject of fear came up. Judi Dench admitted, "I still feel quite anxious when I have to act in a film." I was stunned! Here one of the world's finest actresses, who has often been cast as the Queen of England, and exudes utter confidence in her roles, now 85 years of age, is still plagued by fear! To my further surprise, her peers, also among the most respected actresses in the world, confessed that they, too, are camera shy.

This shocking revelation confirmed to me a phenomenon I see in many successful professionals: Even while the voice of fear pursues us, we can go on to create huge success. That voice often disguises itself as *fraud guilt*—the idea that "I am a phony and if people knew the truth about me, they would not pay me, like me, or want me." A survey of top Hollywood movie studio CEO's asked, "What do you fear most?" The most common answer was, "I am afraid that people will find out I don't really know what I am doing." Meanwhile these execs were turning out fabulous movies, earning many millions of dollars for their studios.

**Success is not the liar. Fear is.**

Don Juan, the mentor in Carlos Castaneda's classic series of books of conversations with his Yaqui shaman teacher, told Castaneda, "Fear never really goes away. It sits on your shoulder and whispers in your ear, trying to frighten and belittle you. The spiritual warrior hears the voice of fear, but does not give in to it."

Phil Alden Robinson, writer and director of one of my favorite films, *Field of Dreams*, recounts that during filming, "Every night I went back to my room and thought I had failed." Meanwhile, Robinson was turning out a blockbuster film that was nominated for three Academy Awards and has become a classic.

*A Course in Miracles* tells us that there are only two emotions, and thus only two voices we might listen to: love and fear. We all have a fear voice that chides us with all kinds of threats. At some point we must stop running from the fear voice and confront it. The question is not, "Does fear taunt you?" The question is, "Are you willing to move ahead anyway?" My mentor Hilda Charlton used to say, "The dogs bark, and the caravan moves on."

The deepest purpose of our life is to rip the mask off of fear to reveal the love it hides. We must cease to live as if we are small, and claim our authentic magnificence. Even while scary newscasts and prophecies bite at our heels, we must move on.

At the height of the Beatles' illustrious career, Ringo Starr decided he wasn't fit to be in a band as talented as the Beatles. He went to John Lennon and told him, "I'm leaving the group because I'm not playing well and I feel unloved and out of it, and you three are really close." John replied, "I thought it was you three!" Then Ringo told Paul McCartney he felt like an outsider. Paul replied, "I thought it was you three!" Ringo didn't bother going to George Harrison, who might have given a similar reply. The idea that any of these four—Ringo, John, Paul, or George—was not a "real" Beatle seems laughable and ludicrous, since each of those musicians was talented in his own way, and their unique synergy made the Beatles the most successful entertainers in history. But each of them had to face and deal with his own demons. If even the Beatles suffered fraud guilt, you can see what a liar that voice is, and why you should give it no credence and not let it stop you on your own path to success.

*A Course in Miracles* also tells us, "fear is never justified in any form," and asks us to remember, "I am at home. Fear is the stranger here." Emerson boldly suggested, "Do the thing you fear, and the death of fear is certain." Consider all the things you have feared, and how many of them have come true. And of the very small percentage that have come true, you have continued to move ahead, and even learned valuable lessons from the experience.

In the human experience we all feel fear at some time. How you deal with it determines whether or not it has power over your life, or you claim dominion over it. **Fear and love cannot coexist in the same mind or place. The more we choose love, the more that becomes our prevalent experience.** We have been taught by word or example that fear is real and love is the illusion. But the world is often inside-out and upside-down. Only love speaks truth. ✨



Alan Cohen is the bestselling author of the newly released **Spirit Means Business**, illuminating how you can succeed with money and

career without selling your soul. Become a certified professional life coach through Alan's transformational Life Coach Training beginning September 1. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [alancohen.com](http://alancohen.com).

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# CALENDAR

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### ONGOING EVENTS

#### MONDAYS

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**SHAMANIC MEDICINE WHEEL GROUP** for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, [www.DrlreneSiegel.com](http://www.DrlreneSiegel.com).

#### TUESDAYS

**PSYCHIC PALM/TAROT/MEDIUM READINGS** by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

**SPIRITUAL WORKSHOPS BY GOL** Experience an array of mindful and provocative group sessions focused on supporting each individual's spiritual growth. Prior sessions included; book discussions, energy circle, chakra work, past life, food issues and more. 7PM at 95 Old Country Rd, Melville Call 631-265-3822 for more info. See our calendar on our website [GatheringOfLight.org](http://GatheringOfLight.org).

**CHAKRA SERIES** – Dates have been changed. Thymus Chakra 5/28 Everyone is welcome to attend. Discover the role each Chakra plays in your wellbeing. 7:30 – 9:30 PM Smithtown. Call for further Information, Registration: 631-724-9733, [lightawakenings7.com](http://lightawakenings7.com).

**MEDITATION GROUP**– Inner Peace, Self-Love. 4/2, 4/16, 5/7, 5/21, 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733, [lightawakenings7.com](http://lightawakenings7.com).

**ASTROLOGICAL INSIGHTS**– Understand your Strengths, Lessons, Life Path. Printed Chart & Interpretation. Private Session Offered. 631-724-9733 Smithtown. [lightawakenings7.com](http://lightawakenings7.com).

#### WEDNESDAYS

**THE REAL TRUTH ABOUT HEALTH PLANT-BASED SUPPORT AND PLANNING GROUP** for the January 2020 Free 10 Day Conference. Please join us ONE Wednesday each month to share your ideas and suggestions to help us create the greatest positive impact on the world. 7–9PM. Free vegan food. Long Island Hilton, Melville, NY. Our next three meetings are **April 10, May 1 and June 5**. For more info, call / email Steve 516-921-1417, [steve@realtruthtalks.com](mailto:steve@realtruthtalks.com). No registration necessary.

**CITIZENS FOR 5G AWARENESS** is an activist group. Learn about the health dangers re fifth-generation wireless technology that is being forced upon us in our homes without our consent, and the actions we need to take to protect ourselves and our families. 7–9PM, ONE Wednesday each month. Long Island Hilton, Melville, NY. Our next four meetings are **March 20, April 17, May 15 and June 19**. For info: [dtepevarsara@optonline.net](mailto:dtepevarsara@optonline.net)

#### THURSDAYS

**PSYCHIC PALM/TAROT READINGS** by Roni Todd at A Time for Karma, 14 S. Village Ave., RVC, NY. 1-6pm. (516) 889-3732.

**TRANSMISSION MEDITATION** – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-729-0664 for more info and location in Farmingville.

**SHAMANIC DRUMMING MEDITATION** – Led by Ric Statler. Last Thursday of each month. 7PM – 8:30PM at All Soul's Episcopal Church, Parish Hall, 10 Mill Pond Rd., Stony Brook, NY 11790. Suggested Donation: \$10 – \$20 / give what you can. Info: Dan Kerr, 631-655-7798. [ShamanicMagnifiedHealing@yahoo.com](mailto:ShamanicMagnifiedHealing@yahoo.com).

#### SATURDAYS

**Newly enhanced! CHILDREN'S SPIRITUALITY CLASSES** 10AM during GOL services at 95 Old Country Road, Melville 11746. Contact Leda at [GOLyouthprogram@gmail.com](mailto:GOLyouthprogram@gmail.com) to confirm.

**SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT** - Are you looking to deepen your spiritual connection? We welcome all faiths, beliefs, and traditions. Come join like minded people in community. Saturday, 10 AM. [gatheringoflight.org](http://gatheringoflight.org). 631-455-3471. (See ad p.16)

**SPIRITUAL DISCUSSION** 1st Saturday of every month, 10AM - 12Noon. Traveling a spiritual path is a journey of discovery and is always easier when undertaken with the fellowship of other like-minded people. Our Saturday discussion is for those who would like to share their journey with like-minded friends. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org).

**SUMMERLAND CHURCH OF LIGHT, NSAC** Renew your Spirit each Saturday at 10:30 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 380 Nicolls Road, East Setauket, at the Unitarian Universalist Fellowship at Stony Brook. 631-316-1588. (see ad p.31)

**VEGAN LIVING PROGRAM** – June 1st to 29th, 2-5PM. Free classes, talks and activities. The Sustainability Institute at Molloy College. Visit: [VeganLivingProgram.org](http://VeganLivingProgram.org). (see ad p.14)

#### SUNDAYS

**CENTER FOR SPIRITUAL LIVING LONG ISLAND** teaches universal spiritual principles that help us through life's challenges, allowing us to live more fulfilling lives. If you resonate with authors like Louise Hay, Wayne Dyer and Michael Bernard Beckwith, see their ideas come alive at CSL-Long Island. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30 A.M. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org).

**THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC**— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.30)

**UNITY LONG ISLAND** – If you like Wayne Dyer and Louise Hay, you will love Unity Long Island's Positive Path of Spiritual Living! Services are held @ 11:00AM, 38 Old Country Road, Garden City, NY 11530, 2nd Floor. 516-823-0940 [www.unitylongisland.com](http://www.unitylongisland.com) [UnityLongIsland@gmail.com](mailto:UnityLongIsland@gmail.com). (See ad p.29)

### SPECIAL EVENTS

#### MARCH 30 – 31

**CONNECTING TO THE EARTH: GEOMANCY & DOWSING WORKSHOP** with Alex Stark – Feng shui Master, Shaman, Architect at Planting Fields Arboretum, Oyster Bay. <https://www.luminous-spaces.com/earth-energies-workshop-with-alex-stark/>

#### MARCH 31

**VOICES OF FAITH FOR PEACE** - 2 1/2 hours of sacred chants from all faith communities around LI. Powerful one-of-a-kind experience open to all. Bring drums and open hearts! Sunday, 2 - 4:30PM, Old Westbury College Student Union Building. Contact GOL for more information. [GatheringLT@aol.com](mailto:GatheringLT@aol.com) or 631-455-3471 Vendor space available. No cost to attend.

#### APRIL 5

**EYES OF LEARNING – MEET THE PSYCHICS** Sit in one of five semi-circles and five psychics will spend time with each group. All attendees will have the opportunity to interact with each psychic. Mark your calendar so you can “Meet The Psychics” first hand! Friday, 8:00PM, Levittown Hall, Levittown Pkwy, Hicksville, NY. Members: \$10, Non-Members: \$15. [www.eyesoflearning.org](http://www.eyesoflearning.org) 516 450-8905.

#### APRIL 7

**ALL KIDS FAIR** – Part activities/education expo, part health/ wellness fair. Free with admission: petting zoo, bounce house, 80+ exhibitors, tons of kids' classes, face painting, balloon animals, Quackerjack from the LI. Ducks, touch a huge snake and other reptiles, live butterflies, tons of fun kids' activities. Camps, schools, party places, after school activities, special needs and more! Charity book drive. Huntington Hilton. 598 Broad Hollow Rd. (Rt. 110), Melville. 10AM-4:30PM. Tix \$5 ages 3+. 516-621-1446 [www.AllKidsFair.com](http://www.AllKidsFair.com).

#### APRIL 13

**ANNUAL ALL YOU CAN EAT SPAGHETTI DINNER AND READINGS** Saturday, 6PM. \$20.00 per person / children under 10, \$5.00, Temple of Metaphysical Science, American Legion Hall. Call church: 800 216-1231 for more information.

#### APRIL 21

**SPECIAL EVENT: PLANET HEART'S 12TH ANNUAL WORLD PEACE EARTH DAY CELEBRATION AND BENEFIT** - Join us in NYC in a conscious community in Unity to honor Mother Earth with inspirational talks, live music and dance, meditation & prayers, food, vendors and more with host Mitchell Rabin (A Better World TV and Radio). Sunday, 3 PM sharp to 8 PM. Adv: \$15, Door: \$20. 4 West 43rd Street, Social Hall, New York, NY Info/Tix: [www.planetheart.org](http://www.planetheart.org), [earthday@wethworld.org](mailto:earthday@wethworld.org).

#### APRIL 27 – 28

**NAVEL EXPO** – Science of Human Optimization Conference at the Hyatt Regency, Long Island. Keynote speaker is bestselling author, Joel Fuhrman, MD. (see ad p.19)

#### APRIL 28

**WHY YOU'RE NOT MANIFESTING AND WHAT TO DO ABOUT IT** - Workshop with Rev. Della Menechella. Sunday, 1:00 to 3:00 PM, Workshop Fee: \$20, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org). As a spiritual being, you can direct Universal Power to create anything you want. If you've been struggling to manifest what you want on a consistent basis or ready to take your skills to the next level, this workshop is for you. Rev. Menechella will also be guest speaker at our 10:30 AM service.

#### MAY 4

**26th ANNUAL BELTAINE FESTIVAL** - Guest speakers, live performances, vendors, readers, workshops, maypole dancing, raffles & more! Bring a dish for pot luck feast following open ritual. Suggested donation of \$5, \$4 with donation for LI Cares. Unitarian Universalist Fellowship of Huntington. Saturday, 10am-6pm. [www.longislandbeltaine.org](http://www.longislandbeltaine.org).

#### MAY 5

**EVENT: EYES OF LEARNING 32nd ANNUAL SPRING FESTIVAL** Sunday, 11AM – 5PM. Admission \$5.00. Readings: \$20.00. Levittown Hall, Levittown Pkwy, Hicksville, NY. Vendors wanted. 516-450-8905. [www.eyesoflearning.org](http://www.eyesoflearning.org) (see ad p.14)

#### MAY 22

**INTERNATIONALLY RENOWNED UK SPIRIT ARTIST** Sandy Ingham & Winter Brook, psychic medium are presenting a joint mediumship demonstration. Sandy will draw your loved one in Spirit while Winter Brook brings through the communication. Wednesday, 7pm at 171 Main Street, Northport, NY. Call (631) 261-9300 or [winter@winterbrookmedium.com](mailto:winter@winterbrookmedium.com) for tickets (\$45).

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# Prenatal Ultrasound is Anything But “Perfectly Safe”

by Jeanice Barcelo  
Massapequa Park, NY

Since the 1970s, pregnant women have been repeatedly told that ultrasound is “just sound waves” and, therefore, “perfectly safe” during pregnancy.

They have been encouraged by care providers to undergo multiple ultrasound scans and Doppler fetal heart monitoring (also ultrasound based) during pregnancy, and sometimes they and their babies are exposed to ultrasonic monitors for hours during hospital birth.

But ultrasound is *not* just sound waves. In fact, it is *nonionizing radiation*, and many hundreds of studies have shown that this type of radiation is harmful. Humans and other life forms are in danger from exposure to non-ionizing technologies, and this is especially true for children and developing babies in the womb.

We can find ultrasound listed on the FDA’s website in a section entitled *Radiation-Emitting Products*. There we are told that “ultrasound... is based on non-ionizing radiation, so it does not have the same risks as X-rays...” However, **study after study has confirmed that ultrasound produces very similar biological damage to the damage caused by x-rays.** One study found that a single exposure to ultrasound produced DNA damage similar to that caused by 250 chest x-rays.

DNA-damaged fetal cells can quickly replicate and multiply during cell division, leaving babies susceptible to mutated development, and/or cancerous tumors, leukemia, and other life-threatening illnesses over time. Ultrasound damage is insidious since the beam can penetrate deep into the body without showing any signs of damage on the skin. Children who are exposed to ultrasound may look normal, but the internal contents of their bodies have been cooked, causing damage to blood, brain, bones, reproductive organs, heart, and more. Prenatal ultrasound is being linked to intrauterine growth retardation, low birth weight, fetal abnormalities, fetal demise, miscarriage, premature birth, infertility, heart defects, autism, childhood hearing loss, speech problems, leukemia, and more.

The medical establishment has known, since at least 1955, that ultrasound interferes with fertility. It has been shown to have deleterious effects on the menstrual cycle, induce premature ovulation, cause problems with embryo implantation, and trigger structural alterations in ovarian and testicular tissue which may be contributing to the rising rates of genital defects since the 1970s when ultrasound was mainstreamed in obstetrics.

Ultrasound has been documented to permanently halt sperm production and, in fact, the medical establishment is currently using ultrasound as a form of male contraception. Ultrasonic irradiation is being used to induce “non-invasive” vasectomies since it can literally “cook” the vas deferens of adult males and thereby block the tubes that deliver sperm to the penis. Additionally, two 15minute blasts of ultrasound to the adult

male scrotum ensures a minimum of six months infertility, and infertility can be permanent. If infertility is temporary, the quality of sperm is in question, since ultrasound can cause genetic defects in sperm and contribute to the myriad “de novo” mutations we are seeing in children today, including children with autism.

**Moreover, if ultrasound can stop sperm production and cook the reproductive organs of adult men, what do we suppose is happening to our developing babies when they direct that beam at the genitals to discover the sex of the child?**

Infertility is skyrocketing in the U.S., with men now producing 60% less sperm than they did in 1975 (when ultrasound was introduced). Female fertility is also in steep decline and the U.S. is currently experiencing its lowest birth rate ever recorded since 1909 when the government first began tracking fertility.

Radiation exposure *in utero* is obviously playing a huge role in this terminal decline. Exposure to cell phones, cordless phones, baby monitors, WiFi routers, etc., is also contributing to an existential fertility crisis, and British physicist, Barrie Trower,

has predicted that within 50 years, we are going to bear witness to a radiation-induced genetic disaster that will leave only one in eight children healthy.

Entire genetic bloodlines are at risk because of our radiation addiction, and we are not the only species that is being harmed. It is imperative that we acknowledge the danger of these radiation-emitting technologies and put an end to this madness NOW. Not only do we need to return to sane technology that will not endanger our lives, but we also need to say NO to harmful medical interventions like ultrasonography so that we can protect ourselves and our children from further harm. ✨

Based on the book, *The Dark Side of Prenatal Ultrasound and the Dangers of Non-Ionizing Radiation – Part 1*, by Jeanice Barcelo available at [BirthofaNewEarth.com](http://BirthofaNewEarth.com) or [RadiationDangers.com](http://RadiationDangers.com). **Jeanice Barcelo** is an author, educator, researcher and activist offering Powerpoint presentations and public lectures about 5G and other radiation dangers on Long Island. Visit her website for more info.

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by Miki Agrawal

Perhaps the greatest paradox of all is that women give birth to all men (and all humans) and, after being held inside our wombs for nine months, birthed, breastfed, and often raised primarily by women, some men turn around and oppress women, especially in certain parts of the world.

This is one of the biggest disconnections of our time that needs a massive transformational shift. Women in America only got the right to vote in 1920, and in most of the world women are considered inferior to men. Ninety five percent of C.E.O.s of for-profit organizations are men.

There has never been a female American president. And yet *all men come* from women!

And now, according to a new report from the Center for American Progress, “42% of mothers were the sole or primary family

bread-winner last year. An additional 22% were co-bread-winners.” So 64 percent of women now are either primary or co-breadwinners, on top of giving birth to all men, and we’re *still* living in a patriarchal society?

I too have experienced the good, the awesome, and the ugly while launching and growing my companies, pushing

# Disrupt-Her



herself, her community, and the world while she is here for said short amount of time. Like Thoreau, she wants to “live deep and suck out all the marrow of life.”

So with our mortality in mind (or as I like to call it, “the holy shitness of being alive”), a Disrupt-Her is unafraid to charge forward and try new things, even if the terrain ahead is rocky and uncertain. She is bold and proud to be fully embodied as herself, flaws and all; she speaks up and shares her thoughts, even if society might be trying to squelch her “new kind of thinking.” A Disrupt-Her doesn’t have “fail” or “failure” in her vocabulary; she sees every experience only as

an opportunity to learn and grow—and she prides herself on making any attempt at all in her passionate pursuits. A Disrupt-Her knows that “Hate-Hers” exist who want to take her down but also that “Love-Hers” exist who want to champion her in her pursuits. A Disrupt-Her also knows that Hate-Hers are only Hate-Hers when they’re hurt themselves, so she’s learned not to take it too personally. A Disrupt-Her who has children believes that being a mother should be on her résumé (rather than being seen as a detriment at the office), knowing that she can take care of another life selflessly, around the clock, even if she’s sick or exhausted; can multitask; and is very efficient with her time.

Only when we question, challenge, and then disrupt all aspects of our lives can we live a more excited, impassioned, lit-up existence filled with adventure, love, friendship, and fulfilling work that creates a positive ripple effect for generations to come. ✨

the boundaries of female leadership and what’s acceptable in society. I’ve created innovations in the categories of periods, pee, and poop, and talking about these things has made many people very uncomfortable. I’ve had to overcome societal stigmas, cultural taboos, grossed-out male investors, and the double standards of female leadership. My goal is to share all the lessons I’ve learned along the way.

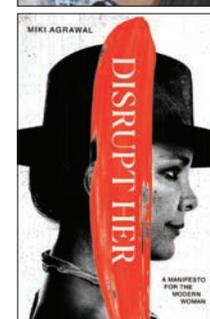
I have also faced major patriarchal pushback and experienced firsthand attempts to keep a female leader “in check” and not “too disruptive” or “too strong.” I had a choice to either quiet myself and shrink to what’s acceptable to society or continue to push boundaries and speak up productively—and I chose the latter, because it’s all part of the challenge of being a *Disrupt-Her*. I deeply believe that everything happens *for us*, not *to us*, and if we can take all parts of our journey—the good and the bad—with the same hunger for knowledge and willingness to dissect what worked and what didn’t, then all of it will be a blessing in the end.

A Disrupt-Her questions everything in her own life, in culture, and in society to ensure that she is maximizing her life experiences before it’s all over like a flash in the pan.

A Disrupt-Her understands that there are only about 21,000 days to live from the point when we graduate college (usually at around 22 years old) to the point when we die (around the average age of 80), and she deeply gets that time is the most nonrenewable resource we have. Thus, she is laser focused on creating the most value for



Excerpted and reprinted with permission from **Disrupt-Her** by Miki Agrawal. It can be found online at [hayhouse.com](http://hayhouse.com) and [amazon.com](http://amazon.com).



Miki Agrawal is also the author of the popular book **Do Cool Sh\*t** (foreword by Tony Hsieh, CEO of Zappos.com), an identical twin and Irish triplet, the daughter of a Japanese mom and an Indian dad, originally French-Canadian, a Wall Street dropout, a former professional soccer player, a Cornell graduate, and a proud new mama. [mikiagrawal.com](http://mikiagrawal.com).

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# Motherhood is a Sacred Trust

by Annette Cravera Goggio  
Oakhurst, CA

Every mother makes mistakes. They may be small ones and some that are not so small. I certainly have made my share of mistakes and feel some remorse at times, but in thinking about them, I capitulate because I realize there is no greater responsibility than that of being a mother, whether you become one from a child born to you or given to you by another.

That responsibility holds for a lifetime; it holds when your child is 2, or 14 or 40. You embrace them with your arms, your energy, your essence, because through biology or circumstance, they chose you and you agreed to care for them and to give of yourself in that effort—without

end. Your contribution to their life is incalculable. It is huge—just ask anyone who's ever had one.

Come to think of it, they really aren't mistakes. I prefer to call them *mishaps* because they seem to *happen* when we are not fully in our consciousness. We rely a little too fully on our minds to solve problems, the computer in us, dredging up rules conceived by other minds that draw up social norms or folktales that result in our giving them the wrong medicine, hitting them when they need a nap or sending them out of the house to fend for themselves on the streets.

Instead, we should remember the sacred trust between us—the duty we have to love and support this human being; guide them through life, guide them through their own particular trials that teach them about themselves and an understanding of others unlike and like them. We have a duty to follow them,



As all experiences are educational, the ones we have as Mother are especially so. We get to live in a degree of intimacy with another human being that surpasses all others, whether we are consciously aware of it or not. The experiences we have in our role as Mother registers directly at the soul level, bringing the lesson of compassion and service to others to a new height of awareness.

We are all mothers—or have been or will be in future lives—even all the men we know. The role is necessary for true elevation as a soul. Men don't stay men through all their lives any more than

women stay women. That is the beauty of soul evolvment: we get to be every kind of human being. We get to live every kind of life if we choose to beyond a certain level of maturity as a soul. Motherhood is just one stop along the way. We choose motherhood and they choose us to mother them, and all benefit from the experience of that relationship, whether seen as good or sorrowful. The point is to see the necessity of that sacred relationship and forgive any mistakes or mishaps made along the way. ✧

Annette Goggio, MPH, EEMCP, holds graduate and undergraduate degrees in the health sciences and is the author of *Healing:*

*A Conversation.* Her practice in energy medicine is based on the teaching of Dixie Yeterian, renowned clairvoyant and healer, and Donna Eden of Eden Energy Medicine. To learn more please visit: [aquantummoment.com](http://aquantummoment.com).



not drawing on social norms but from our instinct as to what they need at that moment of crisis and delivering it to them in the best way we know how. In other words, let life be the teacher, you, the interpreter and tour guide.

The bond is truly a sacred trust, one that comes from a deep love that they hold when they make the decision to come to us. Not every child is like us in personality or soul age—most likely they will be different from us, to give us the experience of raising a child that we have to stretch to understand. Learning goes both ways.

Not every child is “perfect.” Some will come with a genetic defect that demand from us extra service in the role of Mother. Some will not stay with us very long. They give us the karmic experience of being on the other end of an early death or disability—a circumstance we, perhaps did not have compassion for in an earlier life.

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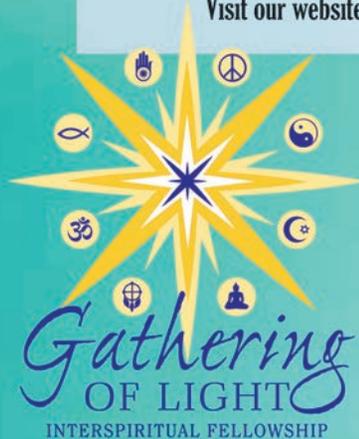
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# “My Sweet Little Girl”

by Donna Martini  
Oyster Bay, NY

**M**y mother used to say to me, “What happened to my sweet little girl?” I was in my thirties; a very driven, single, working mom with no time to think of the past. I would shrug it off, telling her I didn’t know what she was talking about. Then, one day, while looking at old, family photos, I saw her...the little girl from my mother’s memory.

She had this incredible softness in her face and eyes; sweet was the right word, and I suddenly realized how much I had changed. I really wanted to feel that part of me again; I wanted to be “sweet.”

So I went on a quest to find the real me and somewhere along this twenty-year journey,

I discovered that life’s trauma, drama, hurt, and woes can permanently alter us. Underneath the person we have become, there is another part of our persona that is untouched by our history. It is who we are without the tough exterior, pain, fear, guilt, and old belief systems.

The truth is we all come into the world as awesome beings full of love and potential, but so many of us are terrified to go back to that genuine state of being once we’ve been hurt. We are afraid because it was that vulnerable part of ourselves that unwittingly “allowed” for all the pain and trouble in the first place. Instead, we use our memories to build armor; layering every hardship like a sheet of steel that covers our hearts and protects us from any painful impact the future might hold. Then one day we realize how well our strategy worked. We are tougher now, and the pain is gone but, unfortunately, many of our other emotions went with it.

My quandary: To continue to feel numb but stronger for having created my tough exterior, or to let go and feel “weak” without it...? I realized that being sweet was my goal, not stupid, so I set out

to gain some clarity. My reasoning: if I was going to remove the armor I spent so many years fortifying, I needed to understand the word “vulnerability.”

Years later, I’m still coming into awareness about the energetic prowess of this state of being. Apparently, when it comes to self-protection, we humans have it all wrong. Allowing ourselves to be vulnerable is not a weakness; it’s our greatest strength! And we aren’t children anymore; that past we have been using as a shield has also fortified us with wisdom and awareness. We are smarter and more in tune with what is good, bad, right, and wrong. If we could allow ourselves to be as loving and vulnerable as a child while using our adult ability to soulfully discern...well, that is when we tap into ethereal power and acquire the greatest spiritual order of protection we can possibly achieve.

About being sweet...perhaps the most profound realization that came from my mother’s question to me was that **we don’t journey to authenticity; we journey back.** What we all seem to be looking



for is not in our future; it can be obtained right now. It is not out there; it is in here—in our hearts—the organ we have been protecting for so long. This knowingness comforts me because *our transition only relies on one decision: to believe more in the power of our love than we do in the power of our fear.*

Nowadays I carry a sword of truth and a shield of love, walking into my days feeling fully protected from everything, including myself. I wonder, though, why any of us would ever come to doubt the power of love. Even crazier, I wonder why we spend so much time changing into someone else when all we really have to do to live our lives beautifully, is to be ourselves. ✧

*Excerpted with permission from My Mini Book of Mighty Mantras © 2018.*

*Donna Martini is a wellness activist, coach, songwriter, and two-time author. Her latest release, My Mini Book of Mighty Mantras, is a daily read used to help people release negative emotions and mindsets that are hindering their happiness, growth, and potential. Donna@donnamartini.com*

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# ACTION ALERT!

by Sanford "Sandy" Hinden  
Huntington, NY

## Why We Need to Ban & Recycle Foam

Many states, cities and towns around the United States are banning disposable cups and food ware. But that is just the tip of the foam iceberg. We need your help in creating *Styrofoam / Expanded Polystyrene (EPS) Bans & Recycling programs*, locally, nationally and globally.

### The Challenge

Though EPS foam food ware is cheap to manufacture and buy for restaurants, they wreak havoc on marine environments, littering beaches worldwide. EPS foam does not biodegrade in our lifetime. It may break into small pieces, and be harder to clean up. Foam takes 500 years to forever to decompose. It has filled-up one-third of landfill space that is fast becoming full.

EPS shows up in landfills as construction material scraps, cushioning material, plates, cups, coolers, supermarket food wrapping and restaurant take home containers. Styrofoam is a brand name. Expanded polystyrene is the generic name for the material that we typically think of as Styrofoam. The brand is a trademark of the Dow Chemical Company that is made in sheaths for construction projects.

Polystyrene plastic foam is one of the biggest sources of marine litter and costs state and local governments millions of dollars each year to collect from beaches, road sides and storm drains.



Products made of polystyrene foam don't decay naturally, often breaking down into small pieces, polluting land and waterways. Fish and land animals mistakenly eat these small pieces and fall ill. If a product is unsafe for the environment, it should not be produced. **Products should be safe, recyclable, compostable, or circular – returnable to the manufacture at the end of its life-cycle.**

In 2019, on Long Island where I live, town trash collectors no longer recycle foam. I was shocked, so in one month, I saved a big shopping bag of foam from my personal use made up of egg cartons, food appliance cushioning and supermarket product packaging. Multiply that by millions of households—I clearly see we need a ban for small items and recycling for foam blocks and construction scraps.

Expanded polystyrene bans in many states, cities and towns have been requirements that takeout food packaging be returnable, recyclable, biodegradable or degradable.

Many present bans are limited to restaurant take-home packaging. These bans do not include the giant blocks of expanded polystyrene used to cushion many items.

### Bans

Many places around the country are seeking to ban Styrofoam/EPS. Near me, New York City and the Village of Patchogue on Long Island have bans for restaurants. In 2016, San Francisco passed the strongest Styrofoam ban in the country, banning almost all sales and uses of Styrofoam, including cups, egg cartons, coolers, and packing peanuts.

The solution to the Styrofoam / expanded polystyrene (EPS) problem is finding and using alternative materials. Recycled paper products are the best alternative. Paper products are biodegradable and non-toxic to the environment. Easily recycled or composted, molded paper is good for shipping, product packaging and food containers.

We need a local Styrofoam Ban, state, federal and global bans, and recycling programs.

### Recycling

Towns in Nassau and Suffolk Counties near me on Long Island, no longer accept foam, claiming there is no recycling market for it.

*Home for Foam* ([www.homeforfoam.com](http://www.homeforfoam.com)) promotes foam curbside and drop-off recycling programs in four steps:

- 1) collection, 2) foam compacting into dense bricks, 3) compacted foam converted to pellets, 4) pellets used to create new plastic products like rulers, pens, and picture frames.

### Get Involved

You need to set-up meetings with your Town and County officials to discuss bans and recycling programs. Please care deeply about the environment. Champion a foam ban or recycling program in your Town and County. ✨

*Sandy Hinden has worked for peace, the environment, culture, health and human services, and in community and global development, as an administrator, program director, fundraiser, group facilitator and organizer. He is the author of 7 Keys to Love, a speaker, workshop leader, group facilitator and coach. [sanfordhinden@verizon.net](mailto:sanfordhinden@verizon.net)*

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# The Link Between

Dr. Will Tuttle  
Hidden Valley, CA

**W**hat is the primary link between the outer world we share that seems to be heading toward more intense conflict and the inner world of our attitudes and internalized narratives that gives rise to this outer world?

Although it's overlooked in our culture, it's food: that primary and existential bridge between the outer and inner. In eating, we take in what is outside of us and incorporate it into the living cells of our being, and it literally becomes this vehicle with which we self-identify and through which we express our awareness, our feelings, and our lives.

Food is the lost and hidden key to transforming our relationships with each other and with all life, and if we look deeply into our outer problems and dilemmas,

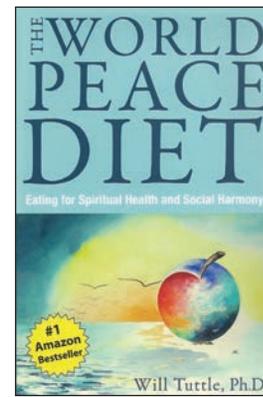
we'll find that it is our practice of animal agriculture—and our inner practice of the attitudes required by this abuse of animals—that imprison us in our bewildering maze of intensifying problems, rendering them overwhelming and insoluble.

We can pause and reflect and savor the situation, and look in a new direction for answers. We can contemplate food and recognize that we were all born into a culture that compelled us, virtually from birth, to eat the flesh and secretions of certain animals who are bred, confined, attacked, and killed for this purpose. We can grasp the significance of this, that early on, we are injected with the habit of disconnecting the reality that is on our plate from the reality required to get it onto our plate. We can learn to appreciate the weight of this, and that the prime taboo in this culture is honestly discussing the pervasive negative consequences of using animals for food and other products. The reason it is such a potent taboo is that, in our hearts, we yearn to live in a world of kindness and respect for all life, and we know better.

We naturally feel a kinship with animals, so we repeat to each other many inaccurate

narratives to justify our relentless mistreatment of them, but the main weapon in our ongoing oppression of animals is our learned disconnectedness and our inner compartmentalization: we turn away, numb our feelings, and create inner walls that block awareness. All the primary institutions in our culture (religion, science, media, family, government, business, and education) cooperate to keep our catastrophic abuse of animals well hidden, ignored, trivialized, and accepted.

By consciously practicing respect and kindness in our meals we create the foundations for authentic positive change in our society. The *world peace diet* approach to living is a two-step process. First, bringing our outer lives into alignment with inclusiveness and compassion through adopting a vegan lifestyle, and second, bringing our inner lives into alignment with this through inner purification practices such as meditation, inner listening, and inner questioning so that we can heal the attitudes injected into us from infancy by



the pervasive herding culture of materialism and exploitation.

As we change ourselves by resensitizing ourselves to our true nature, we become authentically capable of exemplifying and sharing these positive changes with others, and we can see signs of this happening all around us. Healing our inner corruption, we can co-create a society and leadership that

mirrors this. We will be worthy of a world of harmony and freedom when we give cows, pigs, chickens, fishes, and other animals harmony and freedom, and then understand our true nature and let it guide us in our relationships with others. ✨

*Dr. Will Tuttle, visionary educator and musician, is author of the international best-seller, The World Peace Diet. A former Zen monk and recipient of the Courage of Conscience Award and Empty Cages Prize, he has created eight CD albums of uplifting original piano music and is a vegan since 1980.*

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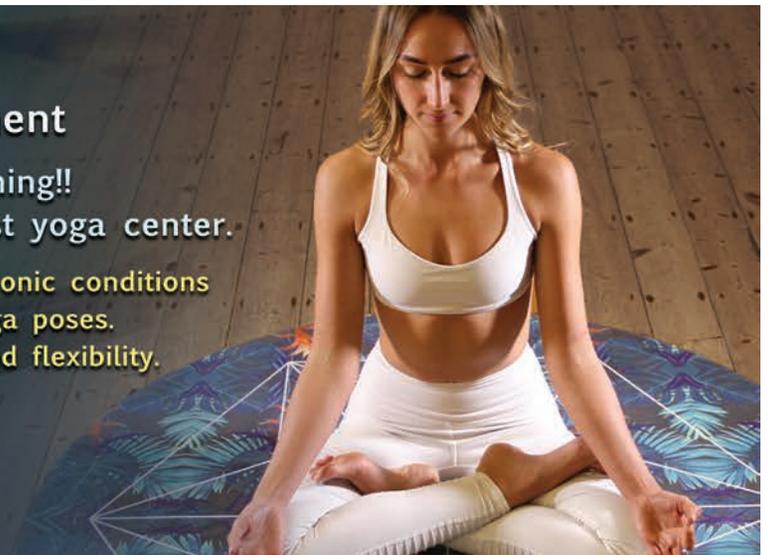
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by Kimberly A. Herman, Sunnyside, NY

A time of rebirth, of new life, of growth, of change, that which is Spring. The earth sheds a new layer, opening and revealing everywhere color and warmth, vibrant greens are resurrected. New buds emerge, tiny flowers creep up and stand proud, birds rejoice and sing. New energy floods my senses. I am overwhelmed with the beauty all around me. I want nothing more than to partake in the abundance of the season. I am open, and my heart feels free to embrace its wonder and magic. How wonderful that we shall meet in Spring!

## Pathway To Intimacy

by Dr. Seena R. Axel, Delray Beach, FL

The recognition that I will lose you in life has made each moment together more meaningful, most precious.

The knowing that I will be left behind, a widow, without my loving life partner, has intensified my awareness & deepened my sadness

So...rather than focus on "the sad", I choose to heighten "the glad", and spend wisely the time we have now.

I never separate without an "I love you," goodbye. I hardly sleep without a lingering, goodnight kiss and intentional expressions of grace & gratitude.

Cuddling in bed together, wrapped in each others' hearts & limbs has become a favorite pasttime.

Having the courage to discuss what matters and sharing our deepest wishes for self & other, have become favored topics of conversation.

Peering into soulful eyes, peeking into difficult truths, holding hands and touching whenever possible, communion of time and tears... these have become mandatory.

Irreplaceable loss has become our newest pathway to soul and intimacy. Illuminated only by the sacred Light of Love.

## A Woman's Reflection

by Jane Briganti, Middle Island, NY

Reflection in the mirror  
Show me what is true  
Am I the woman I see  
The one I thought I knew

Reflection in the mirror  
Am I all that I appear  
Is there more to see  
Not just each passing year

Reflection in the mirror  
All alone I look at you  
I've got that empty feeling  
Once again it's dejavu

Reflection in the mirror  
Let me see my naked soul  
I know just being alive  
Is not the same as being whole



## MY Guy

by Diane Sciacchitano, North Massapequa, NY

Strutting down the hall  
This hunky guy named Paul;  
My plan to collide promptly ensues  
I'm available  
Relay the news.  
Mission accomplished  
Dates galore  
A long white gown  
I shortly wore.  
Best friends always  
Sharing hugs and kisses  
Happy I said "I do"  
Just love being his "Mrs."

## Affirmation

by Barbara Novack, Laurelton, NY

It comes overnight, the bursting forth;  
it comes in a moment when the eyes close  
in a blink;  
from gnarled gray barren branches  
casting stark street shadows  
to leaf-fluffed avenues, all green rustling,  
all dancing light.  
It comes soft, the breeze borne sigh;  
yes.

## Into The Storm

by Diane Salomé-Diaz, Freeport, NY

Into the Storm, I walk  
Head up and fierce  
Eyes focused, Mind attentive  
As rain drops on my skin, do pierce.

I've met many storms  
Each one powerful in their own might  
Deafening thunderclaps  
Dangerous lightning aiming to strike.

The storm pounds harder in anger  
Yet I keep walking straight on  
The wind and the rain rises  
But I only hear my heart, it's song.

A song of strength, of love  
Only known through pain  
So I walk through the howls  
To the Storm's thunderous disdain.

The rock felt drops of water  
May slow me at times  
But I gather my breath  
And I trudge through and grind.

The Storm was a fool  
Thinking I was easy prey  
That I would give up so easily  
But No, I WILL live today.

Into the Storm, I walk on through  
Yet it's tears rage on knowing in its defeat  
So I keep on until the clouds dance in blue  
Where the air is warm and  
the Sun comes to greet.

Another Storm may come on by  
But I am ready, head up and fierce,  
And into the Storm, I will go,  
A warrior, conquering all fears.

## A Question of Beauty

by Rhonda Weiss, Leeds, NY

Is there any beauty in a pair of lines?  
A bench obscured  
A shadow thrown  
Scattered leaves  
And pollen flown  
Is there any beauty in a pair of lines?  
Rusted trellises holding ivy twines  
A flash illumine of a firefly  
Spider legs that  
Demarcate the sky  
Is there any beauty in a pair of lines?  
From where I sit  
With a dimming gaze  
They provide a grid  
To secure my world



# 5G: A Toxic Assault on the

by Rabbi Gabriel Cousens, MD,  
MD(H), ND, DD (Doctor of Divinity)

**D**ear People of the World, this scientific article outlining the potentially disastrous consequences of 5G and 20,000 satellites beaming 5G onto our planet, is to both inform you and also to ask each reader to take action by sharing this article with all your friends around the world with the intent of creating a tidal wave of millions of people acting responsibly and lawfully to defeat this overt threat to the planetary web of life.

Send this to everyone you know, as we need millions of people to act on this. This paper goes into significantly documented scientific evidence to help us fully understand the how and why of the negative health effects of 5G and, in addition, the potential dangers of disrupting the Schumann Resonance and the Global Electric Circuit on the ecology and the planetary web of life. Once understanding the basic science behind the global effects of 5G and the 20,000 satellites, the author hopes the population will take proactive, protective lawful actions to stop the use of 5G. For this reason, the author strongly recommends that you read the entire article so that you can be fully informed. Blessings to your health, wellbeing, and spiritual joy and to your empowerment to protect our living planet.

Rabbi Gabriel Cousens

The 5G rollout is absolutely insane.

Dr. Martin Pall addressing the NIH

Allowing this technology to be used without proving its safety is reckless in the extreme, as the millimeter waves are known to have a profound effect on all parts of the human body.

– Prof. Trevor Marshall,  
Director Autoimmunity Research  
Foundation, California

The plans to beam highly penetrative 5G milliwave radiation at us from space must surely be one of the greatest follies ever conceived of by mankind. There will be nowhere safe to live.

– Olga Sheean former WHO employee  
and author of *No Safe Place*

It is already clear from over 10,000 studies on 2G, 3G, and 4G that these wireless network radio frequency (RF) radiation network systems are causing significant acute and chronic health problems, including life-threatening diseases such as cancer, heart disease, type-2 diabetes, and mental disturbances, such as depression, anxiety, and increased suicidal tendencies.

Beyond the statements of informed individuals decrying the 5G “rollover”, there are also major organizations warning of its dangers. **The International Appeal to Stop 5G on Earth and in Space currently boasts approximately 31,300 signatories as of January 11, 2019. They write:**

*We the undersigned scientists, doctors, environmental organizations and citizens from ( ) countries, urgently call for a halt to the deployment of the 5G (fifth generation) wireless network, including 5G from space satellites. 5G will massively increase exposure to radio frequency (RF) radiation on top of the 2G, 3G and 4G networks for telecommunications already in place. RF radiation has been proven harmful for humans and the environment. The deployment of 5G constitutes an experiment on humanity and the environment that is defined as a crime under international law.*

Even before 5G was proposed, dozens of petitions and appeals by international scientists, including the Freiburger Appeal signed by over 3,000 physicians, called for a halt to the expansion of wireless technology and a moratorium on new base stations. In 2015, 215 scientists from 41 countries communicated their

**5G is one hundred times more potent ... and will likely result in an increase in cancer, heart disease, depression, and other diseases. We already see epidemics in all these areas, as well as in type-2 diabetes.**

alarm to the United Nations (UN) and World Health Organization (WHO). They stated “numerous recent scientific publications have shown that EMF [electromagnetic fields] affects living organisms at levels well below most international and national guidelines”. These concerns have a strong scientific foundation. More than 10,000 peer-reviewed scientific studies demonstrate harm to human health from RF radiation.

These wise statements, while accurate on one level, are missing the larger point. There is a plan, within the next two years,

to launch 20,000 satellites to beam 5G onto the planet. **This new attack on life on Earth would cause a disruption of the earth’s primary harmonic frequency called the Schumann Resonance. When this harmonic resonance is disrupted, it is likely to cause and activate more physical and biological mechanisms for creating even more human health problems.**

Since there’s not a lot of understanding about the Schumann Resonance, a little bit of background will help the discussion. The Schumann Resonance is a frequency generated from the wave resonance of the lower part of the ionosphere and the earth.

The ionosphere has several different layers and is a shell of electrons and electrically charged atoms and molecules that surrounds the earth. It stretches from a height of about 50 km (31 miles) to 1,000 km (620 miles). The most relevant layer is the D-layer, which is the innermost layer at about 37-56 miles above Earth’s surface. It’s between the earth and the D-layer where a resonance is set up that creates the Schumann Resonance. There is a significant amount of research on the topic. In a paper by Neil Cherry published in July of 2002, he writes, “A large number of studies have identified significant physical, biological, and health effects associated with changes in solar and geomagnetic activity (S-GMA).”

The Schumann Resonance is a geomagnetic electric resonance between the surface of the earth and the lower levels of the ionosphere, which has a natural ultra-low frequency and extreme low-frequency signal. They are discovering that the Schumann Resonance signal is correlative with sunspot numbers and has a real physical mechanism located in the D-layer of the ionosphere with an ion and electron density that varies with the S-GMA. The Schumann Resonance would be potentially disrupted by 20,000 5G satellites put into orbit in the D-region of the ionosphere, as this D-region forms the upper boundary of the resonant cavity in which the Schumann Resonance is formed in relationship to the earth. *Research suggests that the Schumann Resonance signals are the mechanism through which melatonin production is activated. When the Schumann Resonance goes above 7.87 Hz, there is a decrease in melatonin secretion.*

Many feel that the Schumann Resonance is already being altered by all the radiofrequency/microwave (RF/MW)

radiation humans are presently creating, and 5G will alter it significantly more. In the process, the 5G may also be creating enough *electro-pollution* noise, whether or not it is raising the Schumann Resonance frequency, and therefore disconnecting humanity from accessing the Schumann Resonance itself, and, thus, **creating and/or amplifying a variety of acute and chronic disease problems documented in over 10,000 scientific papers that come from these 2G, 3G, and 4G frequencies.**



The Schumann Resonance is essentially the pulse of the heart of the earth, to which our hearts and brains are specifically attuned with. It is highly likely it will be disrupted by 5G satellites, and thus would disrupt the basic harmonic of all life on the planet. The Schumann Resonance particularly resonates

with our brains and hearts. This fact takes us to the heart of the matter. Basically the electromagnetic field generated by the heart is *evolutionarily* tuned to 7.83 Hz. As this frequency potentially changes due to the increase in RF/MW radiation, it would most likely create problems in human health. This research needs to be done before 5G is installed. This is basic health safety research. The Schumann Resonance is a planetary tuning fork to which all life forms on the surface of our planet are tuned. **In essence, the physical, emotional, mental, and spiritual bodies and minds would be highly likely to be affected as the Schumann Resonance is disrupted.** If it continues to rise in frequency due to the 5G (100 times more intense than current microwave), these human-made electromagnetic fields will create electromagnetic chaos. The increase of the Schumann Resonance above 7.83 Hz would increase the chaos within all biological organisms on the planet.

Researchers have shown that there is a key connection between the Schumann Resonance and the brain’s alpha states (frequencies between 8 Hz – 12 Hz). Many researchers, such as Dr. Konig, from Munich University, have shown a correlation between Schumann Resonance and brain rhythms. Alpha states are the brainwave frequency at which thinking and creativity are associated. Alpha brainwaves are associated with overall mental and body/mind coordination, alertness, and learning. These are core human functions, which may eventually

# Planetary Web of Life

express problematically as discordant psychological states.

The good news is that as long as the properties of the earth's electromagnetic cavity, which holds the Schumann Resonance remain the same, we will remain in harmony with the Schumann Resonance and with the earth. The Schumann Resonance also helps the human biological system to become synchronized

**Allowing this technology to be used without proving its safety is reckless in the extreme, as the millimeter waves are known to have a profound effect on all parts of the human body.**

– Prof. Trevor Marshall,  
Director Autoimmunity Research  
Foundation, California

with the daily rhythmic cycles of the earth and melatonin production. According to Dr. Cherry's research, as we disrupt the Schumann Resonance, including raising the potential frequency above 7.83 Hz through a variety of ways, we **decrease melatonin secretion**, which decreases our ability to be in harmony with the earth's daily rhythmic cycles. Specifically, when there is an alteration, such as changes in S-GMA activity, **ill effects follow such as: altered blood pressure; reproductive, immune system, cardiac and neurological problems; mental disorders, depression and suicide; increase hospital admissions, accidents and sudden death; as well as other stress-related conditions.** These electromagnetic disruptions and their negative health effects are not new, but **5G is one hundred times more potent in moving in that direction and will likely result in an increase in cancer, heart disease, depression, and other diseases.** We already see epidemics in all these areas, as well as in **type-2 diabetes.** In my book, *There Is a Cure for Diabetes*, this form of electromagnetic RF/MW radiation-caused type-2 diabetes, is well documented.

**The awareness of the Schumann Resonance helps us to see the real cosmic interconnectedness of humans, animals, plants, the planet earth, and the sun and moon.** EMF and EMFR reduce melatonin secretion in animals and people. Once we understand that, it helps us examine at least one mechanism for why, indeed, we are seeing so many health problems. **Melatonin is a vital natural neuro-hormone that regulates the daily circadian rhythm in mammals. Melatonin is the most potent known antioxidant; it**



**This has obvious serious negative spiritual implications, because if you don't have a functioning brain it is very hard to access our soul connection and evolve spiritually.**

**has also been shown to protect against various forms of cancer.** The pineal gland's production of melatonin rises at night, and the melatonin is carried by the circulation system throughout the body, passing through the cell membrane and scavenging free radicals in the cell in order to protect the DNA. Melatonin also has many other vital functions involving assistance of the immune system to maintain its immunocompetence, and it regulates sleep activity including aspects of REM sleep and sleep efficiency. Reduced melatonin production causes many serious biological effects in humans and other mammals, including chronic fatigue, sleep disturbance, DNA damage leading to cancer, cardiac, reproductive and neurological diseases, and mortality. Melatonin reduction is also associated with arthritis, depression and suicide, Seasonal Affective Disorder (SAD), miscarriage, sudden infant death syndrome (SIDS), schizophrenia, Alzheimer's disease and Parkinson's disease. *Multiple independent studies have found that electromagnetic fields reduced melatonin in animals and human beings.* The scientific evidence

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# 5G: A Toxic Assault on the Planetary Web of Life



an emotional, slow, or hysteric state of thought—all depending on what they want the population to think. We need to understand that 5G will greatly amplify these mind control mechanisms that have already been proven to exist and be effective scientifically.

Research in the last 20 years shows that ELF electromagnetic fields affected the way calcium ions move in brain tissue and the way this affects the cells' inner workings. The more permeable blood/brain barrier, which will happen with the 5G, a greater amount of toxins can enter the brain. The opening of the blood/brain barrier and calcium leakage is also associated with oxidative damage to the neurons; and it also breaks up the DNA structure. All of this is already associated with electrosmog, dirty electricity, electrical pollution, and electrical hypersensitivity, which is seen in many patients.

Additionally, the 5G frequency is connected to the 60 GHz millimeter-wave band—5G applications will require unlocking of new spectrum bands in higher frequency ranges above 6 GHz to 100 GHz and beyond (5G is to start initially with sub-6GHz moving as quickly into 6GHz and above as the network advancement allows). This will allow the utilization of sub-millimeter and millimeter waves to allow ultra-high rates of data to be transmitted in the same amount of time as compared with previous deployments of RF/MW radiation. 5G represents a massive step up from 3G at 1.8-2.5 GHz, and 4G at 2-8 GHz, placing it well within the microwave category.

**In essence, the physical, emotional, mental, and spiritual bodies and minds would be highly likely to be affected as the Schumann Resonance is disrupted.**

This frequency is miles away from the natural resonance of 8Hz that our bodies are accustomed to, and far, far above current EMF levels (which are already damaging enough). **High frequency 60GHz 5G has already been shown to interfere with the oxygen molecules we breathe.** Joe Imbriano has studied the molecular level of impact 5G will have and made an alarming discovery — 5G's 60GHz bandwidth was selected for a specific reason. Imbriano thinks this reason may be to negatively affect the oxygen we breathe as part of a population control mechanism: **"60GHz is the frequency of oxygen molecule absorption.** Oxygen molecules have electrons that they share with each other, oxygen is a diatomic molecule. What we breathe are two oxygen

includes correlations with altered geomagnetic activity reducing human melatonin, through the Schumann

Resonance signal effect. The level of evidence exceeds requirements for a causal link, strongly suggesting that melatonin

production caused by electromagnetic fields and radiation exposure contributes significantly to the allocation of many adverse health effect rates.

All life has adapted over time to live in the electromagnetic frequencies of the Schumann Resonance, somewhere between 7.83 and 8 Hz. When we move away from this biologically attuned resonance field, it is highly likely to result in a disorganization of our electrophysiology. This means that if you are susceptible to some of these frequencies, you may begin feeling *unusual stress, mental confusion, forgetfulness, unusual or repetitive thoughts and mood swings, periods of diminished hearing and eye sight, sudden onset of unexplained neurological problems and sharp pains shooting into head, as well as symptoms that mimic mental illness; depression, split personality disorder, and paranoid schizophrenia.*

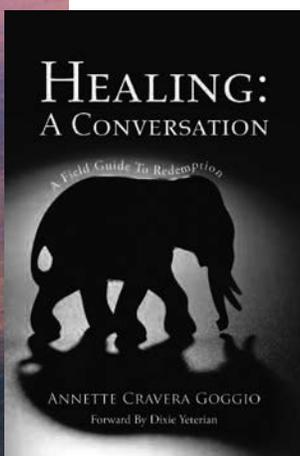
The 5G frequencies have already been shown potentially to literally have a mass effect on mental functions in the populace. **This has obvious serious negative spiritual implications, because if you don't have a functioning brain it is very hard to access our soul connection and evolve spiritually.** An additional worry held by many anti-globalists is that the globalist elites will use 5G, in a high percentage of cases, to keep everyone's brainwaves in a range that prevents critical thought processing, and thus keeping people in the brainwave range that favors their agenda—for example,

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**There is a growing number of EMF-injured people who are now classified as suffering from electrohypersensitivity. One decade ago, it was 3%. Now it's close to over 10% of the total global population.**

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molecules bonded together with the electrons that they share.” When the oxygen molecule is hit with 60GHz 5G waves, these waves affect the orbital resonance properties of those shared electrons. It is those shared electrons that bind to the hemoglobin in our blood. In addition to disrupting oxygen absorption, 5G will alter the iron and magnetite function respectively of the hemoglobin and pineal gland. Hemoglobin and the pineal gland have a magnetic compound within them. The magnetic field disruption is already happening, but, with 5G, this disruption will be more seriously amplified. Hemoglobin is a very complex ferromagnetic compound. If we interfere with the orbital spin properties of diatomic oxygen’s (O2) electrons via 5G, our ability to absorb oxygen will be significantly hampered, creating a slow suffocation. Because of this additional factor, with or without 5G, people should avoid 60GHz WiFi systems in any case. **At 60GHz the frequencies also impair the body’s ability to produce vitamin D and melanin.** In this context, **5G and the 60 GHz delivery system is an overt attack on the human body.**

Most living organisms are naturally equipped to deal with low-level environmental frequency exposure. For example, a ferromagnetic compound called magnetite is naturally present in the brain that absorbs frequencies up to 12GHz, which shields the brain from such radiation. However, beyond 12GHz this natural defense is rendered ineffective; our biology hasn’t made provisions for a frequency exposure so abnormal as 5G at 60 GHz will be, which is well above 12 GHz and beyond.

We’ve been given a story of how good it is that we can have “smart” homes, “smart” businesses, “smart” highways, “smart” cities and self-driving cars. Virtually everything we own and buy, from refrigerators and washing machines to milk cartons, hairbrushes, and infants’ diapers, will contain antennas and microchips and will be connected wirelessly to the Internet. We’re being told that this is a good thing, but it’s not if we value our physical, mental, moral, and spiritual health. In other words, no matter how “ultra-convenient” these ultra “smart” devices, agreeing to be seduced by the promises of convenience is actually not too smart. What isn’t acknowledged in all this media hype is that this technology

may present an unprecedented negative environmental effect. **The planet, plants, animals, humans, and all life on Earth is in jeopardy.** With millions of new 5G base stations, also known as cell towers or *small cells*, from Earth, and 20,000 new satellites from space simultaneously beaming hundreds of times more powerfully focused RF/MW radiation of pulse modulated *millimeter* waves, with a much higher absorption rate than 4G/3G/2G *centimeter* waves, through walls, trees, and human bodies day and night, we’re talking about an estimate of 200 billion transmitting objects, which will be part of the **Internet of Things (IoT)** by 2020. This could be a large-scale and complete disaster for the human race. Part of what the globalists are trying to do is deny that there’s a problem with non-ionizing frequencies, even though, as already stated, more than 10,000 papers are saying there are indeed multiple levels of health problems. **According to the actual scientific research, there’s clear evidence of damage to DNA, cells, and organs in a wide variety of ways and increased disease processes, including cancer, heart disease, diabetes, and a host of electromagnetic diseases. If 5G comes to fruition, no person, no animal, and no plant will be able to avoid the 24/7 exposure to levels of RF/MW radiation that are at least 100 times greater than current levels. 5G will threaten to provoke severe and irreversible effects in humans and also damage to all of Earth’s ecosystems.**

In order to transmit the enormous amounts of data required for the Internet of Things (IoT), 5G technology, when fully deployed, will use millimeter waves, which are poorly transmitted through solid material. This will require every carrier to install base stations every 100 meters in every urban area in the world. Unlike previous generations of wireless technology, in which a single antenna broadcasts over a wide area, 5G base stations and 5G devices will have multiple antennas arranged in “phased arrays” that work together to emit focused, steerable, laser-like beams that track each other. Each 5G phone will contain up to dozens of tiny antennas, all working together, to track and aim a narrowly focused beam at the nearest cell tower, which may be less than 25 feet from your home; and those beams will be sent back and forth between the 5G device and the cell tower in order to be able to handle important things like Ultra HD video downloaded in seconds versus minutes for 1,000 people per meter.

Unfortunately, the US Federal Communications Commission (FCC) has adopted rules permitting the effective power of those beams from a 5G cell phone is to be as much as *20 watts*, ten

times more powerful than the levels permitted for current phones. Each 5G base station will contain hundreds or thousands of antennas aiming multiple laser-like beams simultaneously at all cell phones and user devices in its service area. This technology is called “multiple input multiple output” or MIMO. FCC rules permit the effective radiated power of a 5G base station’s beams to be as much as 30,000 watts per 100 MHz of spectrum, or equivalently *300,000 watts* per GHz of spectrum, an estimated hundreds of times more powerful than the levels permitted for current base stations.

Making potential health problems significantly worse, at least five companies are proposing to provide 5G

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**This new attack on life on Earth would cause a disruption of the earth’s primary harmonic frequency called the Schumann Resonance. When this harmonic resonance is disrupted, it is likely to cause and activate more physical and biological mechanisms for creating even more human health problems.**

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from space from satellites in low-and medium-Earth orbit that will blanket the Earth with powerful, focused, steerable beams. Each satellite will emit millimeter waves with an effective radiated power of up to *5 million watts* from thousands of antennas. Although the energy reaching the ground from satellites will be less than that from ground-based antennas, it will irradiate areas of the Earth not reached by other transmitters and will be in addition to ground-based 5G transmissions from billions of IoT objects. Even more importantly, the satellites will be located in the Earth’s magnetosphere, which exerts a significant influence over the electrical properties of the atmosphere including the Schumann Resonance. As previously explained, the alteration of Earth’s electromagnetic environment, especially where Schumann Resonance resides, may be an even greater threat to life than the radiation from ground-based antennas.

In 2015, 215 scientists from 41 countries communicated their alarm (about potential of 5G) to the United Nations (UN) and World Health Organization (WHO). They stated “numerous recent scientific publications have shown that EMF [electromagnetic fields] affects living organisms at levels well below most international and national guidelines.” As

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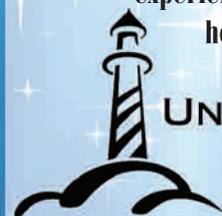
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# 5G: A Toxic Assault on the Planetary Web of Life

already stated, more than 10,000 peer-reviewed scientific studies demonstrate harm to human health from RF/MW radiation. Effects include:

- ✦ Alteration of heart rhythm
- ✦ Altered gene expression
- ✦ Altered metabolism
- ✦ Altered stem cell development
- ✦ Cancers
- ✦ Cardiovascular disease
- ✦ Cognitive impairment
- ✦ DNA damage
- ✦ Impacts on general well-being
- ✦ Increased free radicals
- ✦ Learning and memory deficits
- ✦ Impaired sperm function and quality
- ✦ Miscarriage
- ✦ Neurological damage
- ✦ Obesity and diabetes
- ✦ Oxidative stress
- ✦ Autism
- ✦ ADHD
- ✦ Asthma
- ✦ Negative altered mental states, including increased depression, anxiety, and suicidal tendencies

Damage goes well beyond the human race, as there is abundant evidence of harm to diverse plant and wildlife and laboratory animals, including ants, birds, forests,

**At least eleven international agreements have been violated by 5G implementation. The international agreements (are) for the protection of humanity.**

frogs, fruit flies, honey bees, insects, mammals, mice, plants, rats, trees, and microbes.

The Earth and the ionosphere and the lower atmosphere form the Global Electric Circuit in which we live. It is well established that biological rhythms are controlled by Earth's natural electromagnetic environment, which is this global electric circuit. In essence, 5G satellites will further pollute and potentially disrupt the global electric circuit.

**It is concerning that at least eleven international agreements have been violated by 5G implementation. The international agreements for the protection of humanity are being explicitly violated, including:**

✦ The United Nations Convention on the Rights of the Child: States shall "undertake to ensure the child such protection and care as is necessary for his or her well-being" (art. 3), "ensure... the survival and development of the child" (art. 6) and "take appropriate measures to combat disease... taking into consideration the dangers and risks of environmental pollution" (art. 24(c)).

✦ The Nuremberg Code (1949) applies to all experiments on humans, thus including the deployment of 5G with new, higher RF/MW radiation exposure that has not been pre-market tested for safety. "The voluntary consent of the human subject is absolutely essential" (art. 1). It is obvious that the majority of the humanity exposed to 5G will be involuntary. "No experiment should be conducted, where there is an a priori reason to believe that death or disabling injury will occur" (art. 5). The findings of over 10,000 scientific studies and the voices of hundreds of international organizations representing hundreds of thousands of members who have suffered disabling injury and been displaced from their homes by already-existing wireless telecommunications facilities, are "a priori reasons to believe that death or disabling injury will occur."

✦ The Declaration of the United Nations Conference on the Human Environment (1972) has also been violated: "The discharge of toxic substances... in such quantities or concentrations as to exceed the capacity of the environment to render them harmless, must be halted in order to ensure that serious or irreversible damage is not inflicted upon ecosystems" (principle 6).

✦ The World Charter for Nature (1982): "Activities which are likely to cause irreversible damage to nature shall be avoided... [W]here potential adverse effects are not fully understood, the activities should not proceed" (art. 11).

✦ The Rio Declaration on Environment and Development (1992): "States have... the responsibility to ensure that activities within their jurisdiction or control do not cause damage to the environment of other States or of areas beyond the limits of national jurisdiction" (principle 2).

✦ The United Nations World Summit on Sustainable Development (2002): "There is an urgent need to... create more effective national and regional policy responses to environmental threats to human health" (para. 54(k)).

✦ The African Convention on the Conservation of Nature and Natural Resources (2017): "The Parties shall...

take all appropriate measures to prevent, mitigate and eliminate to the maximum extent possible, detrimental effects on the environment, in particular from radioactive, toxic, and other hazardous substances and wastes" (art. 13).

✦ The Universal Declaration of Human Rights: "Everyone has the right to life, liberty and security of person" (art. 3).

✦ The United Nations Global Strategy for Women's, Children's and Adolescents' Health (2016-2030) has as objectives and targets to "transform" by expanding enabling environments; to "survive", by reducing maternal and newborn mortality; and to "thrive" by ensuring health and well-being and reducing pollution-related deaths and illnesses.

✦ The Outer Space Treaty (1967) requires that the use of outer space be conducted "so as to avoid [its] harmful contamination and also adverse changes in the environment of the Earth" (art. IX).

**From an evolutionary spiritual point of view, we are put here on the planet, not to have more electronic convenience play toys, but to evolve spiritually—as is the overall purpose in all the great spiritual teachings.**

✦ The United Nations Guidelines for The Long-Term Sustainability of Outer Space Activities (2018): "States and international intergovernmental organizations should address... risks to people, property, public health and the environment associated with the launch, in-orbit operation and re-entry of space objects" (guideline 2.2(c)).

**The violation of all those international agreements, given the knowledge of the seriously detrimental physical, emotional, mental, and spiritual effects of 5G, is a serious planetary violation.** With the slightest imagination, one can see how the implementation of 5G, going a step further, may actually limit and block spiritual evolution on the planet as it is explicitly detrimental to higher brain and spiritual function. **From an evolutionary spiritual point of view, we are put here on the planet, not to have more electronic convenience play toys, but to evolve spiritually—as is the overall purpose in all the great spiritual teachings.** 5G represents a knowledgeable effort by the forces of darkness to limit and to harm the physical, mental, emotional, and spiritual health and evolution of humanity.

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This knowing rejection of 5G, with 10,000 papers behind it, and several scientific groups and thousands of scientists protesting against 5G needs to be seen in a broader context, beyond harm to physical health. In the bigger picture, many feel 5G is an effort to dominate and limit consciousness and to ultimately decimate human civilization. It would be very difficult in discussing 5G at this spiritual evolutionary level not to see this as a demonic effort, by people who have knowingly chosen to participate in these blatantly destructive efforts, given the knowledge of 5G that we have today.

**What to do? If we care about our families, our children, our grandchildren, and the living planet, then there are several things we can do.**

✚ **Time is of the essence.** Since local, state, federal and international action can take time, especially through a *judicial* process, we must make haste given the urgency and imminent threat of 5G. Therefore, the most powerful thing we can do is from a grassroots, individual level. With key knowledge, the pen is mightier than the sword and paves the way for peaceful solutions.

There is an empowering, extremely effective, lawful, *extrajudicial* process that does not involve the courts that each man and woman can implement now. This process holds accountable the men and women, attempting to hide behind the veils of corporations, US and international governing agencies, responsible for their actions that cause harm, whether 5G, smart meters, mandatory vaccinations, etc.—with quick results. **It is called [Uniform Commercial Code [UCC]], or contract law.** According to the Federal Tax Lien Act of 1966, all law has been under [UCC] since 1966. All fifty states and all countries in the world operate under [UCC]. When the liability of a [UCC] self-executing *extrajudicial* judgment outweighs the profits that the CEO's or government officials gain, they are vulnerable to multi-million or multi-billion-dollar liability claims, which can be used to place a lien on them or even shut the company down, no matter how big the company is. **A lawful humanitarian activist group called InPowerMovement.com has a proven successful track record in removing toxic Smart Meters worldwide and will have boilerplate documents available in the near future to facilitate a similar halt of 5G.** Inhabitants of the United States of America will be the first to use these boilerplate documents. Other countries will follow shortly thereafter. Questions can also be sent via the In

Power Movement help desk. If anyone wants to be a group leader, and wants to activate and support these actions locally, they can specify such when they subscribe. Please create your own local 5G awareness groups to spread this information as this lawful educational process is the Achilles Heel of 5G.

- ✚ Some 5G base stations have already been installed residentially without consent or knowledge based on “perceived demand.” **If people refuse to purchase 5G devices, it will disrupt the 5G rollout from the grass roots level.**
- ✚ We must urge all regulatory agencies, at local, national, and international levels, to halt the 5G RF/MW radiation expansion until independent scientists can ensure that 5G and the total radiation levels caused by current RF/MW radiation, EMF, and 5G, together with 2G, 3G, 4G, WiFi and Smart Meters are not harmful to all world citizens.
- ✚ Recommend that all countries, especially their so-called radiation safety agencies, inform citizens, including teachers and physicians, about the health risks of RF/MW radiation and how and why to avoid, or at least minimize, wireless communications.
- ✚ Recommend that all countries prohibit the wireless/telecommunications industry through its lobbying organizations from persuading officials to make decisions permitting further expansion of RF/MW radiation, including ground- and space-based 5G.
- ✚ Recommend the immediate appointment of international groups of independent impartial EMF and health scientists without conflicts of interest, to establish new international safety standards for RF/MW radiation. This should be done without industry influence. These international standards should not be based solely on thermal effects or power levels, but should also consider non-thermal effects, modulation effects (information riding on a pulsed wave as a form of data communication) that disrupts intra and inter-cellular data communication with its concomitant negative health effects. **There is a growing number of EMF-injured people who are now classified as suffering from electro-hypersensitivity. One decade ago, it was 3%. Now it's close to over 10% of the total global population.** 5G, which is exponentially higher than 4G, will undoubtedly, disastrously increase the percentage of the world population of electro-hypersensitivity disability.
- ✚ Recommend the appointment, immediately—without industry

**A lawful humanitarian activist group called InPowerMovement.com has a proven successful track record in removing toxic Smart Meters worldwide and will have boilerplate documents available in the near future to facilitate a similar halt of 5G.**

influence—of international groups of scientists with expertise in EMFs, health, biology and atmospheric physics, for the purpose of developing a comprehensive regulatory framework that will ensure that the uses of outer space are safe for humans and the environment, taking into account RF/MW radiation, rocket exhaust gases, black soot, and space debris and their impacts on ozone, the atmosphere and the preservation of life on Earth. Not Ground-based, and also space-based technology must be sustainable for adults and children, animals and plants based on scientific, moral, and ethical considerations for the evolution of humanity.

May everyone be blessed with renewed empowered hope to prevent 5G from

happening, even though the global powers have made a tremendous effort to make this happen with its horrible undermining influences. Peace, strength, love, and hope to all. ✨

**Gabriel Cousens** is the author of twelve internationally acclaimed books including **Conscious Parenting and Spiritual Nutrition**. Known worldwide as a spiritual teacher and the leading expert in live, plant-sourced nutrition, Dr. Cousens functions as a holistic physician, psychiatrist, family therapist, and cutting edge researcher on healing diabetes naturally. He holds an M.D. from Columbia Medical School, a doctorate in homeopathy, and diplomas in Ayurveda, clinical acupuncture, and holistic medicine. His multi-cultural background as an ordained rabbi, an acknowledged yogi, and a four-year Native American Sundancer, adds insight to his “whole-person enlightenment” teachings. Dr. Cousens is the founder and director of the Tree of Life Foundation, a non-profit humanitarian organization with 26 programs in 12 different countries. In his book, **There Is A Cure For Diabetes**, Dr. Cousens presents unparalleled results from his center's program for reversing diabetes naturally. Dr. Cousens currently sees patients at his Holistic Health Practice.

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# BOOK REVIEWS

## & PRODUCTS

### BOOKS

#### FUTURE SACRED

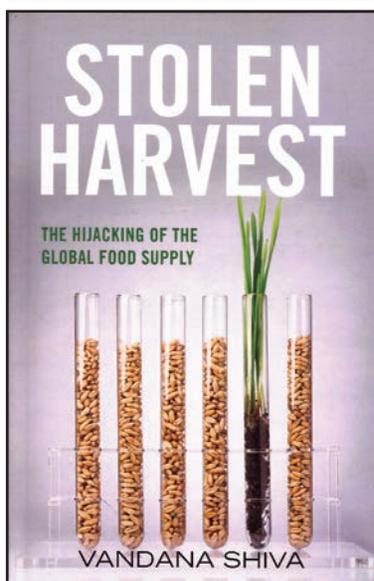
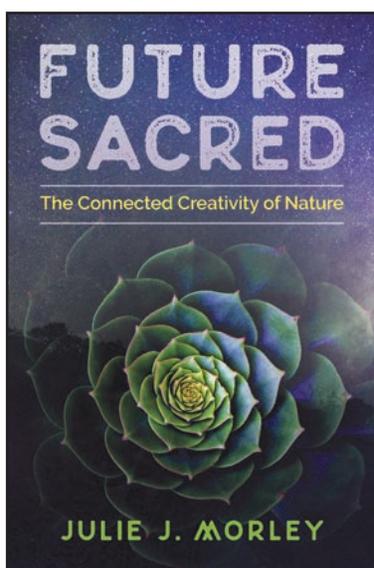
##### The Connected Creativity of Nature

by Julie J. Morley

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

Julie J. Morley offers a new perspective on the human connection to the cosmos by unveiling the connected creativity and sacred intelligence of nature. She rejects the “survival of the fittest” narrative—the idea that survival requires strife—and offers symbiosis and cooperation as nature’s path forward. Morley begins by documenting how indigenous cultures lived in relative harmony with nature because they perceived themselves as part of the “ordered whole” of all life—until modernity introduced dualistic thinking, thus separating mind from matter, and humans from nature. The author deconstructs the fallacy behind social and neo-Darwinism and the materialist theories of “dead matter” versus those that offer a connection with the sentient mind of nature. She presents evidence from complexity studies, cultural history, philosophy, indigenous spirituality, biomimicry, and ecology, highlighting the idea that nature’s intelligence and creativity abound everywhere—from cells to cetaceans, from hydrogen to humans, from sunflowers to solar panels—and that all sentient beings contribute to the evolution of life as a whole, working together in sacred symbiosis.

Morley concludes that our sacred future depends on compassionately understanding and integrating multiple intelligences, seeing relationships



and interdependence as fundamental and sacred, as well as honoring the experiences of all sentient beings. Instead of “mastery over nature,” we must shift toward synergy with nature—and with each other as diverse expressions of nature’s creativity.

#### STOLEN HARVEST

##### The Hijacking of the Global Food Supply

by Vandana Shiva

University Press of Kentucky

For the farmer, the seed is not merely the source of future plants and food; it is a vehicle through which culture

and history can be preserved and spread to future generations. For centuries, farmers have evolved crops and produced an incredible diversity of plants that provide life-sustaining nutrition. This productive tradition, however, is under attack as globalized, corporate regimes increasingly exploit intellectual property laws to annex these sustaining seeds and remove them from the public sphere.

In *Stolen Harvest*, Vandana Shiva explores the devastating effects of commercial agriculture and genetic engineering on the food we eat, the farmers who grow it, and the soil that sustains it. This prescient critique and call to action covers some of the most pressing topics of this ongoing dialogue, from the destruction of local food cultures and the privatization of plant life, to unsustainable industrial fish farming and safety concerns

about corporately engineered foods. The preeminent agricultural activist and scientist of a generation, Shiva implores the farmers and consumers of the world to make a united stand against the genetically modified crops and untenable farming practices that endanger the seeds and plants that give us life.

#### BEING HERE...TOO, Short Stories of Modern Day Enlightenment

by Ariel and Shya Kane

[TransformationMadeEasy.com/](http://TransformationMadeEasy.com/)  
[beingheretoo](http://beingheretoo)

Filled with inspirational stories from people of all ages, nationalities and professions, readers will find wisdom, empowerment and proven strategies for success in all aspects of their lives. *Being Here...Too* provides practical, easy and simple tools, illustrated through 36 true stories told by real, everyday people. Providing a roadmap for living an enlightened life in this busy, complex world, the book’s themes include forgiveness, achieving career goals, parents and parenting, having healthy relationships, and dealing with illness, loss and death.

#### LITTLE PENCIL FINDS HIS FOREVER FRIENDS

##### A Rhyming Pencil Grip Picture Book

by Christine

Calabrese. Illustrated

by Maria Victoria

Flores

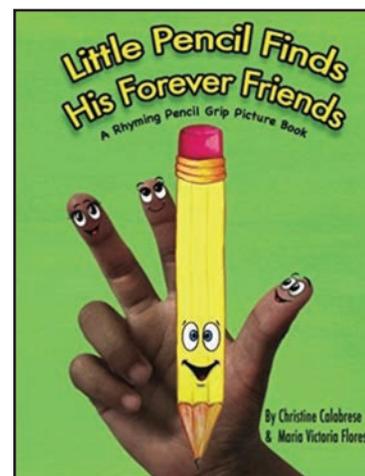
[Amazon.com](http://Amazon.com) or

[BarnesNoble.com](http://BarnesNoble.com).

*Little Pencil Finds His Forever Friends* is an adorable educational book perfect for preschoolers learning how to properly hold a pencil. Little Pencil enviously watches all the other toys and tools in the classroom having fun, wishing he had something to do, too. Fortunately he meets some fingers who become his Forever Friends, helping him learn to write all day. Little ones will cherish this large-format, richly-illustrated book, with smooth rhyming that’s easy to read and follow. They’ll be cheering for Little Pencil when he finally has something to do and will want to use their own pencils after reading his story! Working hard, not

giving up, being productive – and the joy these bring – are key underlying themes.

And yes, despite the prevalence of keypads these days, pencil/pen grip is still an essential skill. We will always have uses for handwritten notes – and the easier the grip, the longer a child can write, the better it looks, and the more self-esteem it creates. Included is a free Teaching/Activity Guide with five days of aligned lessons and links to resources (crafts, activities, songs, and more).



### PRODUCTS

#### OLBAS HERBAL REMEDIES

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

*Olbas* originated in Basel, Switzerland over 100 years ago and continues to be a European and worldwide favorite. The natural, essential oils and ingredients used in *Olbas* make them effective and

unique. There are eight remedies in all, three of which are reviewed below.

Incidentally, I sold these products for many years when I owned and operated my natural food stores:

**Oil** (two uses): Inhalation – vapors quickly clear the head bringing fast relief when suffering from a cold, flu, or allergies. Massage – provides fast relief, penetrating deeply to soothe aches and pains from backache, arthritis, muscle strains, bruises, sprains and tired sore feet.

**Inhaler:** helps clear sinuses fast when suffering from colds, allergies, hay fever or low humidity. Improves athletic performance by enhancing oxygen intake and free breathing. Non-habit forming. No decongestant drugs. Works wonders!

**Lozenges:** Tasty Black Current lozenges help ease coughs due to colds and minor bronchial irritation. Their natural anesthetic action provides instant, cool, soothing relief for sore throats. Sugar-free, gluten-free, vegetarian friendly with no added color.

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# MEDIA REVIEWS

by Mark Maxwell Abushady, NYC

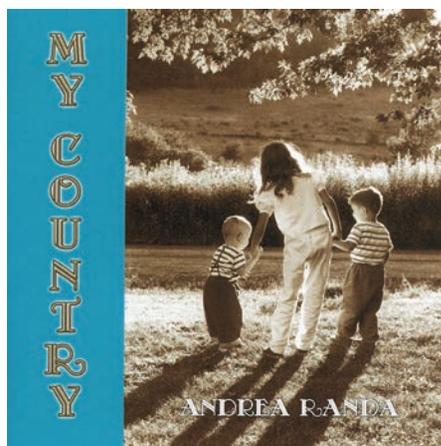
## MUSIC

### MY COUNTRY

Andrea Randa  
andrearandamusic.com

Songstress Andrea Randa, in her liner notes, classifies her music as written in “Old Timey music styles.” While some of the offerings are indeed reminiscent of hits of the past, these styles are classics, and no explanation is necessary for what is a nice collection of tuneful songs. Moreover, they are “updated” with lyrics that are often thought provoking, and pertinent to current times. Randa is indeed “rewriting the myths that no longer work for us,” but more on that later.

Beginning with the rousing *Hip Hip Hooray*, (a song concerning the breakup of a constrictive relationship) Randa smoothly transitions between a rich, warm alto, then soars to the high notes, peppered with style appropriate falsetto and belt. Her vocal prowess is well illustrated on the rangy *Old Timey Blues*, which finds her nicely backed up by the tight harmonies of singers Terri Hall and Christine Kellar, and complimented by an excellent pedal steel (John Widgren). *Stories* examines family “legends” – stories that actually mask painful details of family, society, and our relationship to country – which instead substitute more “acceptable” narratives. Examination of a faltering relationship is the business of *When Fear Gets Too Big*, while *He’s Gonna Leave Her* shares the heart of a woman hoping her lover will leave his wife. *That’s Just Not Me* is, again, about a disconnecting relation, yet touches on one of Randa’s ongoing themes of freedoms and liberties (“Homeland is watching, your words and deeds they’re catching at expense of our liberty. Pills for sleeping and weeping so your mind will not be reaping the changes you seek secretly.”).



The offering ends with the rousing *Union City Train*, a joyous romp toward the “New Age,” the lyrics of which, perhaps, sum up Randa’s philosophy best: “Gossip and dishonor are the mainstream’s melody, though the tune keeps getting louder it’s not serving you or me. They’ve created separation through religions, hate and war, now’s the time to tell ‘em, ‘We’ll not take it anymore!’” Backup musicians include Mark Newman (Guitar, Dobro, Mandolin), Shawn Murray (Drums), Mike Hall (Electric and Upright Bass), with Kirsten Maxwell, John Ambrosini, Abushady, Pete Colombo, and Neil Garvey supplying additional backup vocals. This well-produced album is bright and melodic with a strong presence.

### HE-BIRD, SHE-BIRD

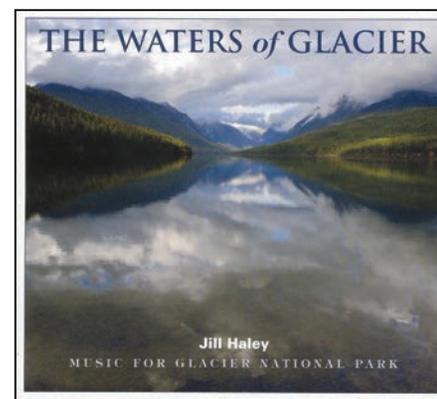
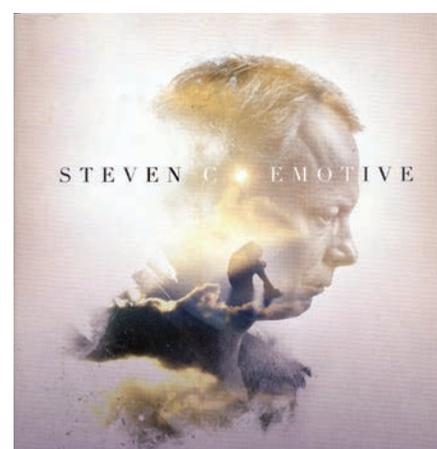
He-Bird, She-Bird  
HeBirdSheBird.com

Pleasant voices, nicely blended, singing thoughtful, “conscious” lyrics is the hallmark of this excellent offering. The trio, He-Bird, She-Bird is Todd Evans (vocals, acoustic steel-string and nylon-string guitars), Terri Hall (vocals), and Christine Kellar – the songwriter of the three (also contributing vocals and acoustic guitar). The songs vary between a country/folk/soft rock sound, with some exciting harmonies (*Splendid Thing, Spark*), and supplemental instrumentals by Bill Ayasse (violin/fiddle, mandolin), Bruce Barry (Acoustic upright bass), Dennis Corbett (Banjo), Henry Diaz, Jr. (Electric bass), Skip Krevens (Pedal steel guitar), Nick Lieto (Trumpet), John Lieto (Trombone), John Mangione (Tenor saxophone), Pat Schwarz (vocals), Gary Settoducato (Djembe, drums, congas, bongos, shakers, guiro, clave), Rob Shepard (organ). Gems include *Little Muse o’ Mine, Once I Called You Mine, Call it Love*, and *She Got Married*. A very enjoyable offering, and definitely recommended!

### EMOTIVE

Steven C  
stevencmusic.com

Recorded in the Cathedral of Saint Paul in Minnesota, Steven C presents a different kind of “New Age” piano album. Beautifully melodic and thoughtfully arranged, ethereal voices and strings set this offering apart. The space – the cathedral – is clearly a “player” in this recording. There is a presence and grandness to this music, yet at moments, intimacy reigns. Artist and composer Steven C performs on a 9-foot Bosendorfer piano, and his skills are laudable. He plays with sensitivity and a deeply emotive quality (the album is well named!). Steven C’s stated goal for these performances is “. . . to help listeners draw out emotions in a fulfilling and healing way.” The album is a standout, and if New Age Piano and a self-reflective mood call to you, this recording will not disappoint. Highly recommended. (tracks 1, 3, 4, 6, 10, 12)



### THE WATERS OF GLACIER

Music for Glacier National Park  
Jill Haley  
JillHaley.com

There’s something about the sound of an English Horn. Whatever that is, Jill Haley exploits it to great ends on *The Waters of Glacier*. Heading up a group of talented musicians, she is joined by Tom Eaton (Keyboards, electric guitar and bass), David Cullen (guitar), Dana Cullen



**Mark Maxwell Abushady**

is an actor, singer, designer and photographer based in New York City.  
[www.markmaxwellabushady.zenfolio.com](http://www.markmaxwellabushady.zenfolio.com)

(horn) and Michael Manring (bass) in various combinations on various tracks. The style of the album is vaguely reminiscent of the early Paul Winter Consort, sans the animal contributions, and is highly visually evocative. Having listened to other music in this genre, including National Park-inspired offerings by other composers, it can be said that this is a definite standout in its refinement and musicality. *Clouds on Aggar Range*, the opening selection, is mood altering, and perfectly sets the tone for subsequent tracks. It is followed by *Rain On Huckleberry Mountain*, which, like

the opening number, is accentuated by the sound of Ms. Haley’s lovely handbells. *Falling Gold* – is this not the (musical interpretation of the) sound that falling aspen leaves make? In the liner notes Ms. Haley speaks of the steady rain and snow, which marked her residency there. Indeed, the album is “saturated” with the water element. An offering exceptional in its category.

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**11:00 am - 3:00 pm**  
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## ASTROLOGY

**WEEKLY ASTROLOGY REPORT ONLINE** with Chris Flisher. Go to [creationsmagazine.com](http://creationsmagazine.com) and scroll down to Weekly Astrology Forecast.

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**HEALING: A CONVERSATION;** A Field Guide to Redemption by Annette Cravera Goggio. Available at: [amazon.com](http://amazon.com), [barnesandnoble.com](http://barnesandnoble.com), [aquantum-moment.com](http://aquantum-moment.com). (see ad p.28)

**1,500 USED/RARE BOOKS:** New age, alternative medicine, other non-traditional subjects. Amnon Tishler, Booklovers Paradise. 2972A Merrick Road, Bellmore, NY 11710. 516-221-0994. 11:30am-5:00pm.

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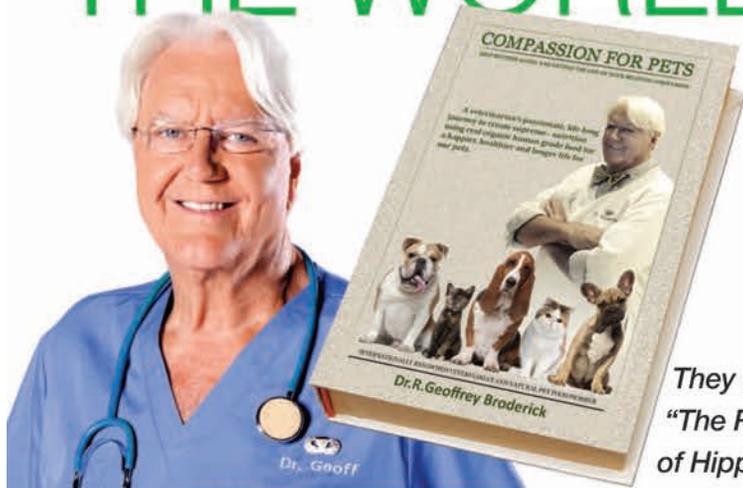
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