

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH

# CREATIONS

MAGAZINE

VOL 33, Issue 3

June/July 2019

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What's the  
~~worst~~ best that  
could happen?

A Truly Abundant Life • How You Are Helping the World  
The Surprising Truth About Bone Broth  
Real Food, Real Men • A Traveler, Not a Tourist Be

# Mouth Guards, and Trauma, and Brain Injuries ... Oh my!

"Hey, can I get my team's logo?" "I want the Greek flag." The excitement and enthusiasm filled the room as the twins were thinking about their new equipment. My 9-year-old boys, Markos and Dimitrios are on a travel baseball team and everything is coordinated. Caps, jerseys, helmets, practice tee shirts; even their equipment backpacks. Mouth guards are mandatory in the league and their first ones were store bought—boil and bite. They were not well adapted on the teeth and gums, they made them gag and the only way to keep them in was to constantly bite on them. After their game or practice, their bite was off for several minutes as their teeth did not come together properly. Their jaw muscles were sore as well because they were constantly clenching.

The obvious benefit to using an athletic mouth guard is to prevent mouth injuries, jaw injuries and trauma to teeth and gums. Kids who play sports without mouth guards can suffer fractures of their teeth, jaws or have teeth knocked out completely. A custom-made mouth guard has a uniform thickness, fits well

and stays in the mouth very well without straining the jaw joints or muscles. It also is fabricated with multiple layers of material providing superior protection. Athletes can talk better with them compared to store bought guards. When trying to customize a boil and bite guard, we don't bite down evenly and one area is always thinner than the other. The thinner part will not provide adequate protection and the cusps of those teeth are more prone to fracturing.

One thing that really fascinates me is that there is a connection between concussions and mouth injuries. When a player takes a blow to the lower jaw, the impact goes from the lower teeth to the upper teeth that are embedded in the skull. That impact gets transferred to the brain that gets rattled and can get bruised. That, essentially, is what a concussion is. A severe impact could lead to serious traumatic brain injuries with internal bleeding and can be fatal. A research study from the Academy of General Dentistry in 2014 revealed that players wearing store bought mouth guards are more than twice

likely to suffer traumatic brain injuries compared to players wearing custom made mouth guards. The researchers explained that one of the factors was the uniformity and thickness of these products. They identified that the average thickness of a custom-made guard was 3.6 millimeters while a stock guard was 1.5.

It is especially important that young players have maximum protection against these horrible injuries. Some disadvantages of custom appliances are that they take two visits to be fabricated and they are more expensive. Typically, impressions are taken on the first visit, then a week later the appliance is delivered and adjusted if necessary. As the child grows and develops, these appliances will have to be remade. Children who are under orthodontic care are more at risk because metal braces and wires can contribute to lacerations of the lips, cheeks, gums and tongue. The benefits of preventing injuries far outweigh the devastation, cost and extensive treatments associated with dental or medical injuries that are more probable to occur with store bought guards.

With literally hundreds of different styles, colors and designs, the possibilities of decorating and customizing these important pieces of protective equipment are endless. That motivates the players to wear them and when they do, they decrease the risks and increase the fun. So, play hard, play safe, and PLAY BALL!!



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# TALKING OUR WALK

The June / July Summer Issue is where the men get to shine—the focus being Balanced Masculinity, Fathers, Creative Passion, Prosperity and Abundance. In a bit of irony, we don't have an "abundance" of page space for this column; however, we do have plenty of articles, poetry, resources and reviews.

Inspired by Alan Cohen, our cover title asks *What's the Best That Can Happen?* Being the bastion of inspiration and positivity that CREATIONS MAGAZINE is (insert smile here), we naturally reverse the typically feared "worst-case scenario." Many are quick to conjure up gloom, doom and disaster. But what if more often, we expect and prepare for the *best* instead? Alan states "People who act as if success is inevitable succeed more than those who worry about failing."

Owen K Waters explains *How We Are Helping the World*. He contends "the power of consciousness at higher levels is vast compared to its power at lower levels." That said, our greatest service to humanity is to raise our own consciousness. Read this eye-opening article and you'll understand why we remain hopeful and positive. The



numbers of people that just one highly conscious person can counterbalance is absolutely staggering.

Be active and expect the best.

Learn the truth regarding 5G technology and Vaccines:

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Peace Always,

*Neil & Andrea*

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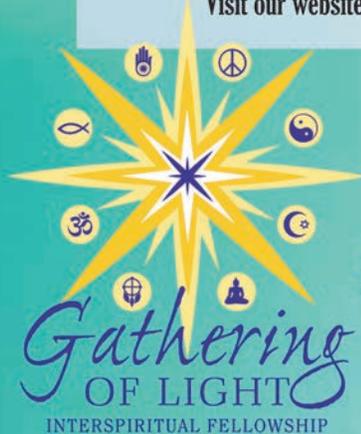
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ASSOCIATE PUBLISHER: Lainie Covington

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FOR ALL ADVERTISING, call: (631) 424-3594 • EMAIL: [neil@creationsmagazine.com](mailto:neil@creationsmagazine.com)

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# How You Are Helping The World

by Owen K Waters  
Texas

**T**he book *Power vs. Force* by the late David Hawkins is one of the most fascinating books in the world today, and it has what might be the least appropriate title in the world. You see, the words power, versus and force all imply contention, yet that's not what the book is about.

The book is really about its subtitle, "The Hidden Determinants in Human Behavior." David Hawkins began practicing psychiatry in 1952 and then discovered the power of *kinesiology*, a science which obtains answers direct from the subconscious mind of a subject through muscle-testing.

Finding this a fascinating avenue into the unknown, David probed deeper,

finding that he was accessing what he calls *attractor fields* in the subconscious. Attractor fields are what Carl Jung called *archetypes* and they are created by the group efforts of millions of minds in the collective unconscious. When an individual tunes into an attractor field, such as anger, love or fear, their brain is entrained to something much larger than them. Attractor fields hold a fascination because of their size and power.

Just when his practice became huge, with 50 therapists and other employees working for him, David abandoned it all for a life of research. Instead of treating one patient at a time, David wanted to discover how everyone could be helped by the promise and potential of kinesiology.

His research over the years proved conclusively the same thing that the new theoretical physics is beginning to say, that everything in the universe is connected. With kinesiology, he confirmed that whatever question is asked, if there is an answer to that question somewhere in the universe, then that answer will become yours.

He also set up a system of calibrating levels of human consciousness. Arbitrarily assigning the numbers 1 to a 1,000 as the possible range of consciousness, he soon found that he had to use the logarithm of numbers, rather than just plain numbers. This is because **the power of consciousness at higher levels is vast compared its power at lower levels.**

When you use a base-ten logarithmic system, the number 4 is not twice the number 2. Log 4 is 10,000 (one plus four zeros) versus log 2's value of just 100 (one plus two zeros). This means that a consciousness level of 300 is not twice 150, it is 10 to the 300th power; a one with 300 zeros after it.

Furthermore, David found that the consciousness level of 200 was critical. It is necessary to sustain life on this planet without it sinking into eventual self-destruction. Since the mid-1980s, he reports, the global average reading for humanity climbed above the critical 200 level. This, of course, is yet another discovery confirming the existence of today's ongoing shift in consciousness.

Then he began to wonder how much people of higher consciousness were compensating for people who live below the 200 level. Consider, for example, that 800 million people in the world are hungry, with many of them living near starvation. The consciousness of despair tests at a level of just 50. Even anger and hatred rate higher in frequency than the deep depression experienced by those who live with no appearance of hope.

So here we are, on Planet Earth, a collective humanity swimming hard through life to keep our collective chins above the 200 level, working towards the day when hunger and hopelessness will be eradicated from our world once and for all.

**What can you do to help?** The answer, surprisingly, is the same that enlightened teachers have been saying for centuries. **Your greatest service to humanity is the development of your own consciousness. As you raise your consciousness, you contribute more to the spiritual quality of the global mind.**

How exactly can that help the world? Getting back to modern science and its numbering systems, along with our liking for summaries that spell out "the bottom line," here are the test results:

One individual at a higher level

counterbalances many, many individuals who are below the critical level of 200. Below the 200 level are the attractor fields of shame, guilt, apathy, grief, fear, desire, anger and pride. Right at the critical 200 level comes courage and its ability to empower the self out of the victim-orientation of the lower frequencies.

At 300, a person has risen above many emotions of conflict to achieve some non-judgment and to feel optimism. *At 300, one person counterbalances an incredible total of 90,000 people below the 200 level.* Such is the power of higher states of consciousness.

At 400, the individual achieves a harmonious attitude that brings acceptance and forgiveness. Furthermore, they gain an enhanced sense of reason, which brings understanding and meaning to life. This is not a difficult level to achieve. Those who, for example, pursue higher education and the professions function *at the 400 level, where one person counterbalances 400,000 people below the 200 level.*

To reach 500, you need to be spiritually conscious. At this level, unconditional love and unconditional forgiveness become alive and well in your reality. You also counterbalance 750,000 people below the 200 level.

When you have practiced meditation long and diligently enough to attain bliss consciousness at the 600 level, you are, at that moment, counterbalancing 10 million people below the 200 level.

Do you need any more reason to develop your inner faculties? Just look at the wonderful level of service that each advance in consciousness brings into our world. ✨



Owen Waters is the author of *The Shift: The Revolution in Human Consciousness*.

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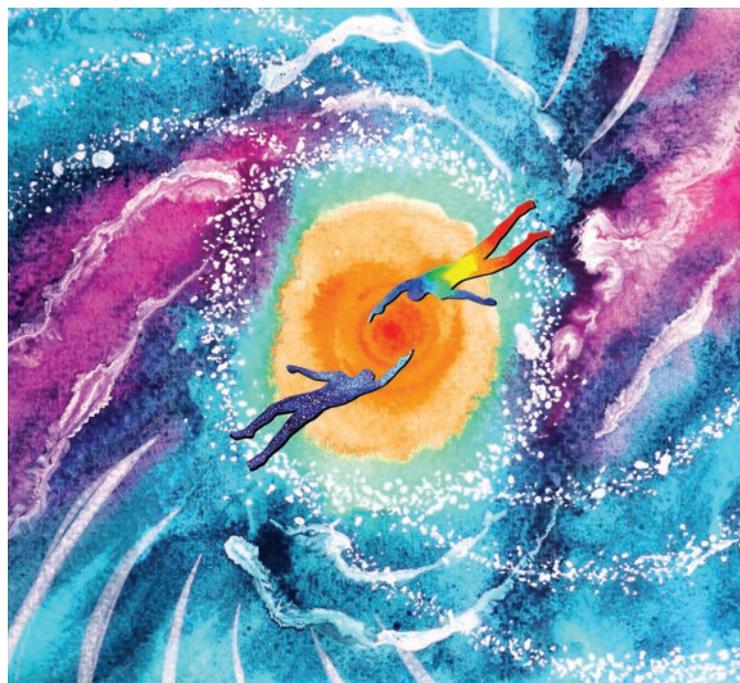
# The Best that Can Happen

**M**y coaching client Andrea has struggled with issues of lack and poor self-worth for a lot of her life. Although she is smart, spiritual, and attractive, she has regularly feared that she would become impoverished and bereft. She told me, “Whenever I drive under a bridge, I check it out to see where I would set up cardboard boxes for myself and my kids to live in, in case we lose it all.”

I asked Andrea if she was in danger of losing it all, and she firmly answered, “No.” This dear woman has always been provided for, and even as a single mom she has manifested various means of support. But the fear of not enough has siphoned off her happiness. In coaching we underscored the fact that Andrea has always had enough for herself and her children, and there is no reason that would change. But fear is not based on reason. It is based on illusions.

I see the same tailspin fantasy in many clients, as well as myself. When faced with a challenge, our mind goes to the worst thing that could happen, and we start preparing for it. When I ask clients who face a difficult situation, “What’s the worst thing that could happen?” they usually have a well-prepared list of possible dark outcomes. When I ask, “What’s the best thing that could happen?” they usually take a while to think of an answer. They are so practiced in pessimism that optimism hasn’t crossed their mind. When we start to explore positive outcomes, the client’s demeanor changes radically, he gets excited about opportunities, and he begins to activate them by stepping in healthy, productive directions.

It’s not just challenges that stimulate fear. So does success. The ego will take every opportunity to wedge itself into our experience and turn blessings into problems. When something wonderful happens, we may start to think about what could go wrong. United Airlines once sent me an unexpected gift of a free round-trip flight anywhere. I went to my travel agent and asked him if the award was for real. After reading the terms of the award, he affirmed, “Sure, you can use this anytime anywhere.” I kept double-checking with him until I walked out of his office, the ticket he printed in hand. When I finally



took that flight, it represented to me the reality of grace, and reminded me that I must let it in.

When you think, “This is too good to be true,” immediately shift your affirmation to “This is good enough to be true.” In the big picture, *only* the good is true. Everything else is a warped perspective. *A Course in Miracles* tells us that only love is real and all else is a nightmare we have fabricated. Fears of lack and loss are part of the nightmare. **Confidence in wellbeing and the presence of benevolence is the awakening.**

When things get really good, some people wait for “the other shoe to drop,” expecting that some threat or challenge is lurking around the corner. This is another trick of the fearful mind, a limiting belief calling us to transcend it. What if, instead, we decided that something good happening is a sign that more good, perhaps even better, will come? Inspirational author Mike Dooley says, *When something good happens, the chances of something equally good or better following it increase astronomically.* Abraham-Hicks calls us to affirm, “the better it gets, the better it gets.”

The motto of the Boy Scouts is “be prepared.” Good advice. The question is, “What are you prepared for?” If you are preparing only for disaster, you miss out on preparing for blessings. You cannot be preparing simultaneously for failure and success. Jesus said, “You cannot serve two masters.” Either you are placing your canoe in the stream of love and trust, or you are placing your canoe in the stream of fear and protectiveness. *A Course in Miracles* asks us to remember, “In my defenselessness my safety lies.” The more we defend ourselves, the more we need to defend. The more we recognize we are protected by Higher Power, the more energy we liberate for

creativity and healing.

Do what you need to do to feel safe. Have insurance, lock your door, and choose a secure password if you find those acts helpful. Meanwhile, consider where your real safety comes from. Are you sustained by money, position, medicine, prestige, and possessions? Or are you sustained by the grace of

God? Use the things of the world, but fall back on the Source of all good.

A business mentor told me, “*Act as if success is inevitable.*” People who act as if success is forthcoming succeed more than those who worry about failing. A salesman friend of mine based his career

on “the assumed close.” Treat all of your customers as if they are going to buy. They may not all buy, but more will buy than if you treat them as if they may not buy.

The universe is created in utter enoughness. God is not stingy, but extravagant.

Everything created contains the seeds of much more like itself. It is said, “A person can count the number of seeds in an apple, but only God can count the number of apples in a seed.” When we recognize the riches within us and around us, we don’t have to size up freeway bridges as potential shelters. We can see bridges as symbolic of crossing the chasm from abysmal lack to lavish supply. ✧

**Alan Cohen** is the bestselling author of the newly-released **Spirit Means Business**, illuminating how you can successfully merge your career and financial path with your spiritual life. He will present a program related to this book on the US Mainland (west coast) in August.



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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**W**e have the power to shift our reality and create different lives for ourselves — if we choose to believe and envision it.

*Abundance.* This word carries so many connotations within our society. There are many misleading beliefs and ideas—so many un-abundant experiences—associated with this word.

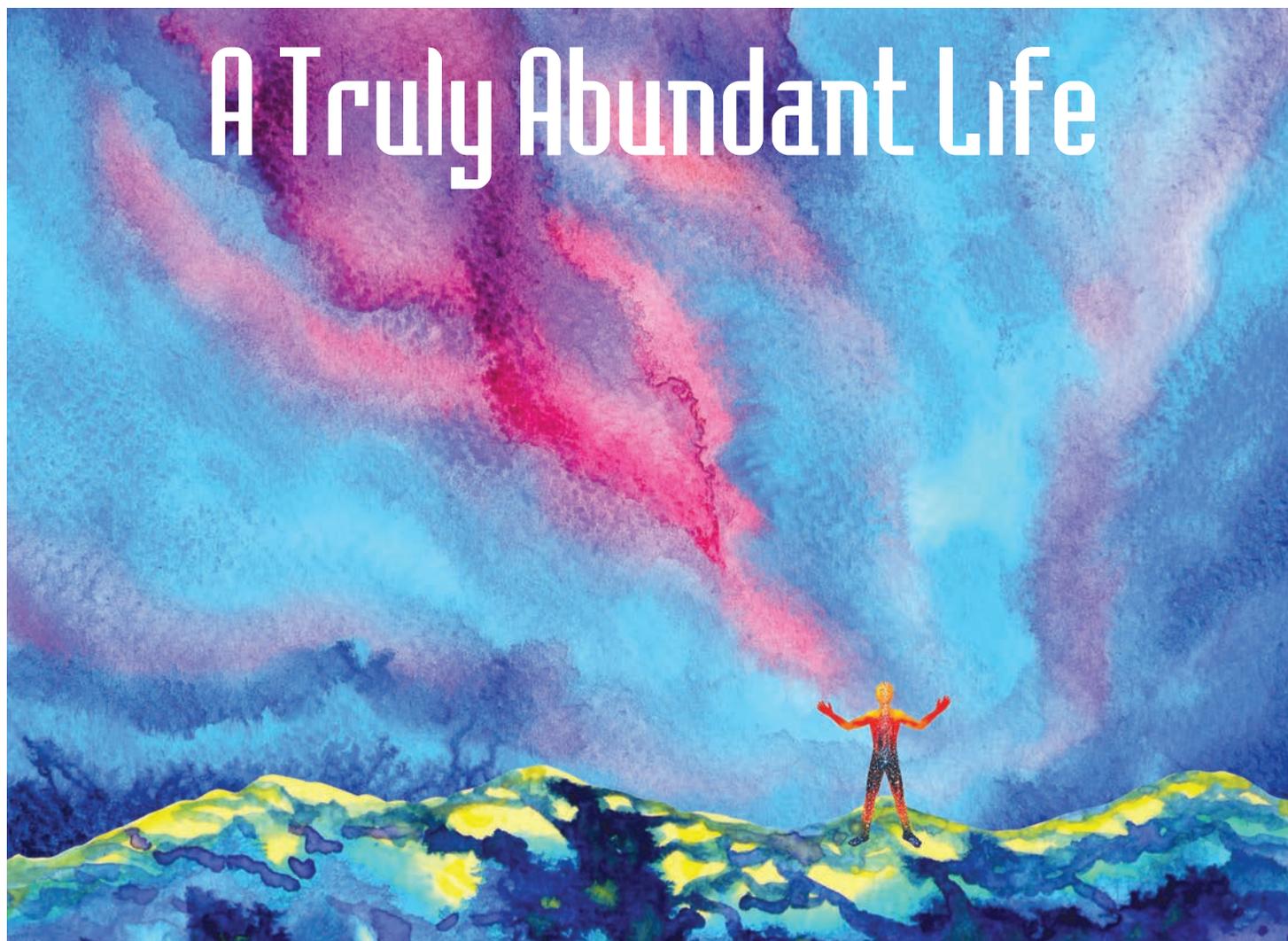
What does this word mean to you? When you think of the word abundance, what is the first thought you have around it? What is the first image? The first feeling that you connect to it?

For some, it will be spiritual wealth, meaning living in an enlightened way with connection to spirit, with connection to source and others, as a daily experience. For others, it will be wealth on the material plane—money, personal belongings, status within their work or career, and the acquisition of material objects. There is a great difference between the two.

A truly abundant life is one where there is *surrender*. That is the key—true surrender to everything. Surrender to allowing a great wealth of experience, of financial resources, of love. And also a true surrender to experiencing the opposite of this state—for example, lack. If lack is the truth you are experiencing in any given moment, then lack is what you have created for yourself for the growth of your own soul.

The way to achieve true abundance is to surrender to the place you are in now, while always investigating how true it is that you are holding yourself in that place. This is just as important for those who have material wealth as it is for those who do not. For, more often than you might imagine, those who have material wealth are maintaining such wealth at great cost to themselves and their happiness. It is a wealth they are maintaining based on the fear of no longer having money, losing their career, or losing their position within society. And this lack of surrender to life, this need to control, creates an un-abundant inner reality.

The truth is, the universe will deliver to you your abundance. Another truth is that many will not receive that abundance from the universe because of their belief system, because they have limits in their minds as to how much they can receive, how much they are allowed, or how much they deserve.



### Freedom from the Win-Lose Paradigm

Abundant living is when you are fully on your path and truly receiving all that your life wishes to offer to you. This could manifest as a great partnership, great material wealth, great spiritual connection, great work that fulfills and nurtures you as much as it gives to those around you, great love of nature, or simply a great life experience upon this earth.

All these states of abundance are achievable at the same time, but in the current society the energies of competition and comparison are dominant. Therefore, many believe that one of these states must be forsaken in order to experience the other. For example, one commonly held belief is that you are entitled to either a great partnership *or* great wealth, but not both at the same time.

But the greater truth is that all is possible. Every single soul living on Earth could be experiencing far more abundance were they not trapped in agreement with this man-made world, this world where money has all the power. And, of course, for those who have money, for those who are in the business of making money, the *need* for money gets stronger. For the more they achieve it and the more it does not fulfill them, the more they want it—and the deeper their need for it. In this way, many are unknowingly attempting to replace spirituality and spiritual fulfillment with money. *Money becomes a drug that they can*

*never get enough of, because money alone cannot replace connection with spirit—the real need.* Those who see money as a by-product of their lives, who have a healthy disinterest in it—they are the abundant ones.

This human world is currently not simply one of free-flowing abundance. It is one of possibilities *and* limits. There is a hierarchy in operation, one that has been created by mankind and decrees that some people win and some people lose. And while you are in service to and in agreement with this hierarchy, your experience will be exactly in alignment with it: some will win and some will lose. Once you have collectively healed and expanded beyond this—have understood at the level of soul that this way is not the truth—then a new way for the whole world to move forward together will emerge. A more abundant state *can* be achieved for all.

For you individually to increase your abundance, you first have to *believe* you are worthy of it. You have to *believe* that you are worthy of a rich life, that everything can be yours. You have to *believe* that this is the truth. And this requires that you face and release any lies you have agreed to believe along the way, lies that are currently in your way and have backed up the belief that this is a “some people win, some people lose” world.

### You Are Entitled to Be a Winner

Money only has the energy that people give to it. Do not make money a god, for then

you worship something that is nothing. You only worship the thought patterns and beliefs of a society that mostly got it wrong about money. Money is merely an exchange system that people use. It is given in exchange for a product, an object, or someone’s time. Money is actually nothing as a force on its own. It is merely a symbol. When you worship money, you are worshipping material wealth—and that is not a truth. Money is but a means to an end. People should not desire a basket full of money to sit in their bedroom, for what good is that?

If you choose to consciously create your life experiences, do not simply focus on sums of money, for then you are manifesting emptiness. Bring to light and clarify the reasons why you would wish to have the money (bearing in mind that a personal aircraft to travel around the world is not very likely to be that important to your development, so it is not likely to be manifested). Manifest true things—those things that will support your work, your life, your love. They *can* be manifested.

Like many, you may have a deep tie to this world of win-lose comparison and may deeply identify as being one of the people who lose. A change of mind can shift your role in this dynamic so as you are reading this, truly ask yourself, *Do I believe I am a winner or loser in the abundance stakes?*

*All of you are entitled to be winners, to believe that winning is your entitlement—*

entitlement in the most positive sense of the word. For those who believe that losing is your entitlement, that will be your experience, that will be what you create. So become acutely aware of this. Look at your own un-abundant beliefs. Look at where you will not give to yourself in your life because of your outlook. Look at where you choose to make it harder than it needs to be.

### The Earth Is a Healer

Remember, too, that you will not always know what abundance is. You will have *ideas*—again, based on man's beliefs, such as the current belief that abundance on this planet means money and status and love (the appreciation of love is a good thing, of course). But planet Earth itself, and humanity's relationship with it, is all too often discounted—that is an important part of your abundant inheritance as well. For when your relationship with nature is ignored, you become out of balance.

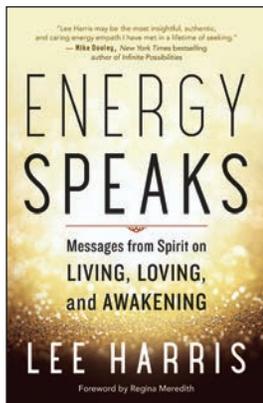
*Nature rebalances man.* That is what it is there for. This is the earth that you were born into. It is important to look upon the "face" of the earth, so to speak, and regularly, to experience its power. Those who deny themselves this aspect of abundance, who do not acknowledge this part of their being human, cut a piece of their own abundance away. And this denial affects all other areas.

The earth is alive, and it will help you open up. It will help you silently heal in the way you vitally need to be healed. Use the abundance of the earth. If we were a marketing team living in your time, our pitch to you would be "It costs nothing." You do not have to pay to visit the earth. It is all around you, and it will give to you if you allow it to. It will open your heart, and it will remind you that its beauty, wonder, and magic are all aspects of *your* abundant inheritance.

### Appreciation Is the Beginning of Limitlessness

Trust that practice brings you abundance. Spiritual abundance is a wonderful example. The more that souls practice raising their consciousness through whatever methods they choose, the greater the results. The results are visible. It works with any area of your life that you wish to make more abundant. Simply practice. If it is love you are wishing to invoke in your life, as a true experience of heightened intimacy, then *practice* loving. Practice loving more. Practice being open-hearted with those around you.

Animals and children are a wonderful help



with this purity of practice, for they are less wounded and resistant, and they hold that openness, that simplicity. They are reminders of the heart and how its motivation is enough. And any moment when you truly acknowledge your heart, that is all that is needed to experience joy (*which you always have access to*).

On many levels, there is much more available to you than you are currently experiencing, and it is all too easy to throw in the towel, to be upset by the lack in your life. The truth is that when you begin to appreciate what you do have, then the universe will send you more. When you truly appreciate the wealth you have in your

life right now—be it the people, your work, the roof over your head—then you have surrendered. You have surrendered to the already existent abundance around you. And then there are no limits. Ask and you shall receive.

### Step into the Flow of Giving and Receiving

The one big truth in this is that all people deserve more, just as this planet deserves more from its people. And the only limits are the ones that are subscribed to and agreed to by the people. So watch your mind and watch the workings of the minds of others, and begin to decide for yourself on the abundant reality you choose to subscribe to.

And do not be ashamed of bringing riches your way—be they riches of love, of joyful experiences, or of the material plane and all that it has to offer. For if you are prepared to share your riches, you will create a flow of giving in your life that will always come back to you in whatever form necessary. It is a beautiful truth that what you give out, you receive. So keep on giving. Keep on opening your heart to those around you. Set your intentions for the life you wish to create—for abundance is your true inheritance. ✨

*Excerpted from the book Energy Speaks. ©2019 by Lee Harris. Printed with permission from New World Library newworldlibrary.com*

**Lee Harris** the author of **Energy Speaks: Messages from Spirit on Living, Loving, and Awakening.** He is also an intuitive medium, transformational leader, musician, and visual artist. In 2004, he began holding channeling sessions and readings in his home, and today he leads workshops throughout the world. A native of England, he is now based in California. Visit him online at [leeharrisenergy.com](http://leeharrisenergy.com)



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# Thrive for the Sake of Your Soul

by Ellen Grace O'Brian  
San Jose, CA

**W**e are born to thrive. If we look, we can see this — everything in nature, including us, is geared toward the growth and fulfillment of its purpose.

The sapling Red Delicious apple tree in the garden stretches toward the sun, and given the right conditions, it blossoms and bears sweet fruit. How we delight to witness that same impetus of blossoming growth in a baby! We applaud as she first lifts her head, then rocks on all fours and crawls forth to pursue adventure and taste the world. What next? She stands up, speaks, falls down, gets up, and runs off to school with the innate imperative to thrive that is her birthright.

The inclination to thrive, prosper, and fulfill our potential is the natural impulse of our divine capacity as spiritual beings. The same energy that gives birth to stars in the cosmos inspires music, literature,

architecture, medicine, dance, technology — any and all forms of creative expression and manifestation. That energy is unlimited; it pervades all of nature, relentlessly encouraging all of life to realize its full potential: Thrive! it implores. It whispers in our dreams and stirs our imagination with its evolutionary call: Prosper! Live your full life; do what you came here to do. Follow the impulse to prosper and become all that you truly are in your fullness.

As a child, do you remember being asked, “What do you want to be when you grow up?” Even as a young girl in the 1950s and 1960s, when career options were more restricted for women, I thought about what I might do when I got older. I dreamed of who I might become. But like many young people even today, I didn’t have a context for my dreams. I was not aware of a structure other than cultural expectations that could illumine the path ahead. Over the years, I’ve heard many spiritual seekers share a similar story. They often say something like, “Wouldn’t it be great if life came with an instruction manual?”

That seemingly missing instruction manual can be found in ancient Vedic how-to-live

teachings for seekers of all ages. One of the most important instructions we find there is what is called *purushartha* — **the four universal goals of human life**. This sublime and practical guidance is one of the precious jewels of Sanatana Dharma. Also known as the Eternal Way, Sanatana Dharma is the traditional name for the Vedic philosophical principles and spiritual practices that became known as Hinduism. Based on our individual connection to cosmic order, this comprehensive approach to spiritually conscious living is for all people and for all time.

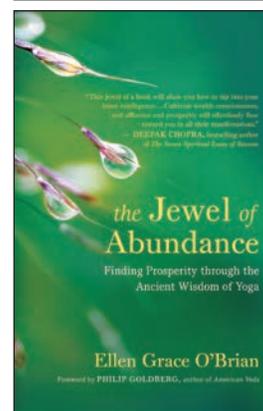
The literal meaning of the Sanskrit term *purushartha* is “for the purpose of the soul.” That’s it! What we do in life — our dreams, our aims, our goals, and our accomplishments — are to serve the soul, to support our spiritual destiny.

Pursuit of the four aims of life contributes to living with balance, integrity, and joy. When rightly understood and used as a guidepost, the four goals help us develop on all levels. We become both spiritually aware and worldly wise.

**The first goal is dharma, which encompasses realizing our higher purpose and fulfilling our destiny in this lifetime.**

The word dharma is rich with meaning: the way of righteousness, purpose, duty, support, law, or a goal of life. Dharma is the fundamental law of life, the underlying cosmic order. Literally, it means “what holds together.” Consider this “holding together” as the connection between divine order and our individual lives and destiny. Our lives are intertwined with the cosmic order. An intelligent, enlivening power is nurturing our universe and we can learn to cooperate with it. Each of us has a purpose, a place, a duty, and a divine destiny.

The overarching *dharma* or universal purpose of life is to awaken to our essential spiritual nature. Waking up spiritually is Self-realization and God-realization — realizing the truth of our being and having knowledge and direct insight into Ultimate Reality. When we wake up, we can live in harmony with divine order, actualize our innate potential, and make a positive contribution to life. Beyond all else we are inspired to do, it is this highest priority that promises lasting fulfillment. Dharma is our north star. But dharma does not shine alone — its brilliance is set off by the three other life goals that surround it.



**The second goal, artha, or prosperity.** The aim of artha is to prosper in every way — to develop the consciousness and the skills to attract whatever is needed to fulfill our dharma or higher purpose. In this context, prosperity is understood as a spiritual goal — not for its own sake, but for the sake of the soul. It provides the means to live fully and freely. When prosperity is equated with material wealth attained for its own sake, the word prosperity loses its deep meaning. True prosperity is experienced in a spiritual context. Because this truth is frequently missed, the words prosperity and wealth are often narrowly defined

or understood at the level of material accomplishment alone. But as you work through these teachings, you’ll see that these words can rightly be applied and understood in the highest way as spiritual goals. And that makes all the difference.

**The third goal is kama, which is pleasure or enjoyment.** This, too, is for the sake of the soul. Our inclination to seek pleasure springs from the simple joy of being alive and is linked to our higher quest for *ananda*, the soul’s bliss. It doesn’t take that long to realize that playing with pleasure is playing with fire; pleasure and pain are linked. To effectively embrace pleasure as one of life’s essential goals without getting burned by it, we need to understand it. And we can. This requires discerning what enhances our joy and what depletes it. Ultimately, this life aim points us in the direction of the soul’s bliss, where our search for unending joy can be realized. Life is meant to be lived fully and enjoyed.

**The fourth goal is moksha. Moksha is the absolute freedom that blossoms from enlightenment.** It is the liberation of consciousness from the errors of perception that cause identification with our small, personal self. It is the realization of our true, divine Self that makes it possible to live spontaneously, freely, and joyfully in the world. The first three aims are oriented toward this one. Live with purpose. Prosper. Enjoy life. Set your sights on freedom. Living with higher purpose, doing what is ours to do, thriving, enjoying life — all are meant to point us in the direction of ultimate fulfillment and freedom. Jesus highlighted this so well with the

*Continued on page 14*

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# CALENDAR OF EVENTS

## ONGOING EVENTS

### MONDAYS

**EFT (EMOTIONAL FREEDOM TECHNIQUE) BORROWING BENEFITS GROUP.** Learn and practice your "tapping" skills in a group setting. **First Monday** of each month. 6-7:00PM. Inner Spirit Yoga, 24 Vernon Valley Rd., E. Northport, NY 11731. 631-262-9642. [www.innerspiritryoga.com](http://www.innerspiritryoga.com)

**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 516-791-1485 for more info and location in Valley Stream.

**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.DlreneSiegel.com](http://www.DlreneSiegel.com).

### TUESDAYS

**CHAKRA SERIES** – 6/4 Throat Chakra, 6/18 3rd Eye Chakra, 7/2 Crown Chakra. New members are welcome to attend. Discover the important role each Chakra plays in your body and how to maximize their functioning. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733, [lightawakenings7.com](http://lightawakenings7.com).

**JOIN US** at Stony Brook Southampton Hospital. Clinical Social Worker & Certified Hypnotist Albert R. O'Connell III will be conducting the next installments of "The Hamptons Method" applied to **Your Permanent Weight Loss Solution on June 18 and on July 23.** And **Quit Smoking For Life on June 25 and July 30.** All programs start promptly at 6 PM and reservations are strongly suggested. Please call 631-288-4794 or visit [TheHamptonsMethod.com](http://TheHamptonsMethod.com). (see ad p.7)

**MEDITATION GROUP** – Transpersonal Meditation – Seeking Peace. 6/11, 6/25, 7/30. 7:30 – 9:30 PM Smithtown. Information, Registration: 631-724-9733, [lightawakenings7.com](http://lightawakenings7.com).

**ASTROLOGICAL INSIGHTS** – Discover your inner talents. Printed Chart & Interpretation. Private Session Available. 631-724-9733 Smithtown. [lightawakenings7.com](http://lightawakenings7.com).

**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.

**CHAKRA CLEARING SEMI-PRIVATE SESSIONS FOR THREE!** Combining Singing Bowls & Tuning forks in a perfect way to balance your energy for your busy day & night ahead. **TUESDAYS & THURSDAYS** 10:30 am & 12:30 pm. \$20.00 per person. Call Now to reserve your spot! 631-988-0613. Located at Acoustic Therapeutix on 430 West Main Street, Suite #1 Babylon, NY, 11702. Visit [www.AcousticTherapeutix.com](http://www.AcousticTherapeutix.com) for upcoming Special Events!

**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).

### WEDNESDAYS

**THE REAL TRUTH ABOUT HEALTH PLANT-BASED SUPPORT AND PLANNING GROUP** for the January 2020 Free 10 Day Conference. **June 5 and July 10.** 7-9PM. Free vegan food. Long Island Hilton, Melville, Steve 516-921-1417, [steve@realtruthtalks.com](mailto:steve@realtruthtalks.com).

**CITIZENS FOR 5G AWARENESS** Learn about the health dangers re fifth-generation wireless technology. **June 19 and July 17,** 7-9PM, . Long Island Hilton, Melville. Info: [dtpevensara@optonline.net](mailto:dtpevensara@optonline.net).

**EVIDENTIAL MEDIUMSHIP & INTRODUCTION TO TRANCE MEDIUMSHIP CLASSES** with Winter Brook, psychic medium. 7 classes, 7pm - 9pm @ her office 171 Main Street, Northport, NY 11768. June 5 - July 31 (see website for dates). To register call (631) 261-9300 or email [winter@winterbrookmedium.com](mailto:winter@winterbrookmedium.com).

### 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).

### FRIDAYS

**SOUND HEALING MEDITATION** – Utilizing Quartz Crystal Singing bowls, the voice, chanting, and guided meditation to release stress. **First Friday** of each month. 6-7:15PM. Inner Spirit Yoga, 24 Vernon Valley Rd., E. Northport, NY 11731, 631-262-9642. [www.innerspiritryoga.com](http://www.innerspiritryoga.com).

**COMMUNITY PRAYER MEETING** (nondenominational) 6:30pm (FREE), 27 Midwood Rd. W. Babylon. Leave voice message at 631-539-7370 for more info. Helen.

### 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.4)

**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.10)

**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).

### 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.3)

**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 [unitylongisland.com](mailto:unitylongisland.com). [UnityLongIsland@gmail.com](mailto:UnityLongIsland@gmail.com). (See ad p.29)

## SPECIAL EVENTS

### JUNE 22

**THE CHOICE WE FACE:** A FREE Event, 12-6pm: The Emergence of Maitreya, the World Teacher and the Masters of Wisdom. Will we destroy ourselves or create a new civilization? Discover for yourself! UUFH, 109 Browns Rd, Huntington. [Share-international.us/ne](http://Share-international.us/ne), 718 200-7965. (see ad p.24)

### JUNE 28-30

**THE PATH OF THE SHAMAN** weekend retreat at the beautiful Garrison Institute with Irene Siegel. Walk the transformational healing path of the Incan shaman as we awaken personal and planetary consciousness in this new planetary cycle. Drumming, journeying, and sacred fire ceremony. Friday evening through Sunday afternoon. Information and registration: <http://drirenesiegel.com/shamanretreat.htm>.

### JUNE 30

**"FREE YOUR VOICE, FREE YOUR SOUL PLAYSHOP"** with Johanna Beekman Sunday, 1:00 to 3:00 P.M., Workshop Fee: \$25, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. [www.csl-longisland.org](http://www.csl-longisland.org). Free Your Voice, Free Your Soul Playshop is an upbeat, playful exploration of the human voice for everyone. Johanna gently guides participants to unlearn their ideas about singing in order to uncover their own unique voices. Together we'll create and explore light-hearted chants and harmonies, just for the joy and freedom of it. No previous singing or chanting experience is necessary. Johanna will also be guest musician at our 10:30 AM service.

### AUGUST 3

**DOWSING EARTH ENERGIES & NATURE SPIRIT** with Maureen K. Calamia. Awaken dormant knowledge for connecting to the earth and nature spirit. You'll learn simple techniques to help you understand what is needed for your wellbeing and the land. No dowsing experience required. Planting Fields Arboretum, Oyster Bay. [luminous-spaces.com](http://luminous-spaces.com).

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# Another Leap Forward in Dental Healing: Reversing being Long in the Tooth

by Jeffrey Etes, DMD, NMD, IBDM

The phrase "long in the tooth" originates from horse's teeth. As the older a horse gets, the longer their teeth become. So it is possible to give an approximation of how old a horse is simply by looking at their teeth. This expression has carried over to people; older people tend to be wiser from their years, but tend to have long teeth as well from recession. Gum recession usually stems from gum diseases, over zealous gum brushing, abrasive tooth brushes, and poorly fitting crowns and fillings. People don't realize that not only are the gums receding, but they are also losing the precious bone that's holding in their teeth. Traditionally, dental patients who agonized from the look of unsightly gums and food temperature sensitivity from "gum loss" had only one treatment option of painful "gum grafting" by taking tissue from the roof of the mouth and transplanting it to cover the gum recession. This technique requires two surgical sites, and a lengthy and uncomfortable healing period. Fortunately, now a breakthrough technique allows select and certified highly trained dentists to restore gum health with no cutting, no sutures, less bleeding, immediate results, with practically

NO discomfort. **The Chao Pinhole Surgical Technique®** allows the dentist to move healthy gum tissue into the treatment area using just a tiny sewing needle size hole, rather than making a large scalpel incision and grafting tissue into place. Compared to traditional periodontal surgery, this advanced, minimally invasive method greatly reduces the patient's risk of complication and is able to consistently achieve outstanding functional and esthetic results.

There are only about 1,500 dentists WORLD WIDE who are certified, and even less that can properly and predictably perform **The Chao Pinhole Surgical Technique®** – and only a very small fraction of those utilize Platelet Rich Fibrin (PRF) to achieve even greater SUPERIOR treatment results. PRF is a revolutionary leap forward in dental healing. Simply put, blood is taken chair-side from a vein in your arm. In about ten minutes, your blood is prepared and processed with absolutely NO CHEMICALS, and it is ready for immediate use to help HEAL YOU. The PRF plug that is created contains your own growth factors, growth proteins, healing platelet cytokines, and the all-important regenerative stem

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# Lose Weight and Power Your Health = with Plants!

by Joel Kahn, MD  
Detroit, MI

**M**easuring the weight of the nation or considering your weight is not necessarily a comment on whether skinny or portly looks better. Rather, it is a fact that your body weight serves as a relatively easy measure of a potential host of problems.

Without question, diabetes, high blood pressure, certain cancers, dementia, arthritis, and heart disease afflict more people who are obese. To decrease your risk of chronic illness, to lower your health-care costs, and to enjoy the best odds of avoiding illness and hospitalizations, we have to talk about your weight.

The Centers for Disease Control has been publishing state-by-state graphs of the number of obese citizens as a percentage of the total population since 1985. When I began practice in 1990, only one state classified over 20 percent of its adult population as obese (Mississippi). Now there are only five states with 20–25 percent obesity, with all others being higher than that! Obesity exceeds 30 percent of the adult population in half of the states in the United States.

The equation for why obesity is skyrocketing is complex. The widespread availability of cheap processed foods in stores, fast-food restaurants, school vending machines, and even hospitals and gyms is surely a major part of the problem. Sedentary lifestyles, where people are glued to smartphones, tablets, and game stations, is another big piece of the problem. Environmental toxins from plastics, pollution, linings of cans and fast-food containers, and other sources is part of it by introducing endocrine-disrupting chemicals into the bodies of young children. Poor sleep contributes to some of the problem. Stress is a factor too.

While the cause of the rise of obesity is complex, a solution that is supported by a large and robust amount of literature is the **Plant-Based Solution**. This is truly a secret that needs to be shared. The solution is in the produce department at your local grocer. The Plant-Based Solution can return your waistline to a healthier and smaller state. But will it work for you? It worked very well for Allan:

**The Round Podiatrist Who Learned to Run.** I have known Allan for over forty years. We grew up in the same neighborhood a few years apart. I went on to medical school, and Allan pursued training in podiatry. Over the years, we lost touch but reconnected on social media. Since we had been in contact many years earlier, Allan's weight had increased to 284 pounds on a five-foot, seven-inch frame. His joints ached from the statin drugs he was using to lower his cholesterol, he was winded walking up a flight of stairs, and he was taking blood pressure medicine daily. He wore a mask on his face at night for

sleep apnea. He knew he was on a path to disaster and was looking for a way out that would work long term. Allan decided to make a New Year's resolution and go for a health change after reading my social media posts every day praising the Plant-Based Solution. He bought a vegan cookbook and a few new items like kale, quinoa, steel-cut oats, and farro, and Allan started cooking.

When I last talked with Allan, he said, "It's coming up on three years now, and I have lost 110 pounds. My waist is thirty-two inches, and my shirts are now M instead of XXL. I am off statins, and my cholesterol is 137. No more blood pressure pills. No more need to wear a CPAP mask for sleep apnea either. I had an overnight sleep study done, and my sleep apnea has disappeared. After losing about 100 pounds, I started running. I got my distance up to 5K and have moved that to 10K distances. I kind of look forward to it now." Allan's low cholesterol level is impressive and meaningful because several doctors, including world-famous pathologist William Roberts and Cleveland Clinic legend Caldwell Esselstyn, indicate that a total cholesterol under 150 mg/dl, like Allan's, can make you essentially heart attack proof.

**Study In-Depth: The National Cholesterol Education Program Diet Versus a Vegan Diet.** Can you really trust the science that the Plant-Based Solution is the answer to your weight issues? You may recall the name Neal Barnard, of the Physicians Committee for Responsible Medicine. Dr. Barnard contributed to another landmark paper regarding plant-based nutrition, this time on long-term weight loss. Sixty-

two overweight, postmenopausal women followed a plant-based diet for fourteen weeks. Individuals in the vegan group lost more weight than those who followed a diet endorsed by the National Cholesterol Education Program (NCEP). The authors concluded that a vegan diet was associated with significantly greater weight loss than the NCEP diet at one and two years. Both group support and meeting attendance were associated with significant weight loss at follow-up.

This is science at its best. A tough problem, a well-designed study, and meaningful results. If you will ditch the meat, add the veggies, and get some friends doing the same, you will see your waistline decrease. And wouldn't that feel nice? ✨

*Excerpted from THE PLANT-BASED SOLUTION: America's Healthy Heart Doc's Plan to Power Your Health, by Joel K. Kahn, MD. Sounds True, January 2018. Reprinted with permission.*

*Joel Kahn, MD is one of the world's leading cardiologists, a bestselling author, and a popular lecturer who inspires others to think scientifically and critically about the body's ability to heal through proper nutrition. Dr. Kahn serves as Clinical Professor of Medicine at the Wayne State University School of Medicine in Detroit and is founder of the Kahn Center for Cardiac Longevity. His first book, The Whole Heart Solution, was the basis of a national public TV special. Dr. Kahn lives with his wife and three children in the Detroit area, where he has recently opened the popular health food restaurant, the GreenSpace Café. Visit drjoelkahn.com.*

## Thrive for the Sake of Your Soul

*Continued from page 10*

question, "What does it profit us to gain the entire world if we lose our soul?" Or, as Paramahansa Yogananda encouraged, "Why not live in the highest way?"

Artha and kama, the goals to thrive and enjoy life, are supported, clarified, and constrained by dharma — purpose and duty — and moksha — the liberation of consciousness. Seen in this way, we live both a full and a balanced life. Too much spiritual striving, as if fulfillment is found at the end, neglects the aim of kama — to live joyfully now. Without the illumination of higher purpose, unbounded pursuit of either pleasure or wealth ultimately leads to a life of distraction and pain.

These four universal life goals offer a context for our life, the guiding light we yearn for. Our desire for a meaningful life is even greater than our desire for happiness. It's universal. No matter what our culture, ethnicity, gender, religion, spiritual path, or the particular time we live in — we are here to awaken and fulfill our potential. It's the soul's journey from the darkness of ignorance to the light of Self-realization, from confusion about who we are and what our purpose is to clarity and self-actualization.

Once we recognize the primary dharmic goal to awaken, we can see that our life is perfectly arranged to support us in doing just that. Not only that, we discover lasting fulfillment along the way as conscious partners in a world awakening to its potential. From the dark ages to the technological advances of today, we are ready for the greatest evolutionary jump the world has ever known — the awakening

of our hearts and our minds to the unity of all life. Awakening, prospering, and fulfilling our potential is inextricably tied to the well-being of all. *What we do matters. We are powerful agents, not only of personal prosperity, but of essential social change and planetary healing, so that all may prosper.*

How do we do it? We wake up. We realize who we are as spiritual beings in a spiritual universe, joyously and inescapably connected in the one divine Ultimate Reality expressing itself as all that is. We grow up. We free ourselves from the shackles of blame and welcome responsibility for our life. We mature beyond the adolescent egocentric level of consciousness that fosters greed, the disease at the root of both personal and planetary malaise. And we show up. We discover how to prosper — how to realize our potential and bring forth our profound offering to life. ✨

*Excerpted from the book The Jewel of Abundance: Finding Prosperity through the Ancient Wisdom of Yoga. ©2018 by Ellen Grace O'Brian. Printed with permission from New World Library — newworldlibrary.com.*

*Ellen Grace O'Brian is the author of The Jewel of Abundance and director of the Center for Spiritual Enlightenment in San Jose, CA. Ellen is a yogacharya (an esteemed yoga teacher), a radio host, and an award-winning poet who weaves poetry into her teachings on spiritual matters, pointing to the mystical experience beyond words and thought. Ordained by a direct disciple of Paramahansa Yogananda, she has been teaching Kriya Yoga philosophy and practice nationally and internationally for over three decades. Visit her online at ellengraceobrian.com.*

# A Nutritarian Diet = For Weight Loss AND Health Gain

by Joel Fuhrman, MD

**A**lmost any diet will be effective for weight loss in the short-term. As long as there is a calorie deficit, there will be some weight loss, but that doesn't make the diet a healthful one.

Research suggests macronutrient-juggling diets (low-fat, low-carb) have similar (and modest) effects on weight loss, that there is no magic proportion of fat, carbohydrate, and protein that makes the weight melt off. Keeping the weight off and achieving good health requires making a positive dietary change and sticking with it for the rest of your life – otherwise, the weight you lose will always come back. Short term weight loss followed by weight regain, is not just worthless, it is harmful. That means dieting will never work, and any worthwhile diet-change must be something you stay with forever. *The preponderance of evidence indicates that diets high in vegetables and beans are the healthiest and linked to longest lifespans. Those foods are the secret to successful long-term weight loss too.*

We need to focus on foods that promote weight loss – but they must also be good for long-term health and longevity. This is where the high-protein diets fall apart; just too dangerous long-term. The extremely low-fat, high-rice and potato diets are also problematic. Research suggests that reducing insulin and IGF-1 signaling by reducing both animal protein and high-glycemic carbohydrate is an effective strategy for avoiding diabetes, cancer, and heart disease, and living a long, high-quality life.

There are plenty of studies that have demonstrated weight loss over a 6 month to one-year period on a low-carbohydrate, high-protein diet. This isn't surprising: high-protein foods usually have a high satiety value and produce a small increase in the short-term calorie burn after a meal.



Plus these diets do cut out weight gain-promoting high-glycemic carbohydrates. In these short-term studies, there are often improvements in cholesterol levels and blood pressure. However, long-term observational studies point to serious harm of diets rich in animal products, demonstrating increased medical problems with aging that cut short lifespan. **Every large epidemiological study evaluating this issue demonstrate diets high in animal protein increase death from both cardiovascular causes and cancer.**

Vegetarian or vegan diets that pay no attention to the glycemic load of high carbohydrate foods may also be unfavorable from a longevity standpoint. High-protein diets amp up IGF-1 signaling, which accelerates aging and increases cancer risk, and a diet with too much high-glycemic carbohydrate does the same via increased insulin signaling. Weight loss has been reported in many trials on vegetarian and vegan diets. The BROAD Study, published in 2017 reported weight loss in overweight or obese participants assigned to a low-fat, plant-based diet or a control group. But again, there are problems

when such diets are evaluated long-term. The authors ignored the copious amount of research on cardiovascular and weight loss benefits of nuts, and advised participants to avoid high-fat plant foods, like nuts, tahini, and avocados; foods definitively linked to enhanced lifespan.

The Adventist Health Study 2 documented serious harm from those following (low-fat) plant-based diets—those not eating sufficient nuts and seeds. These fat-containing foods facilitate the absorption of anti-cancer phytochemicals, essential for maximizing protection against cancer. Instead, participants were encouraged to eat potatoes, sweet potatoes, whole grains, bread, cereals and pasta as major calorie sources. Bread, cereals, potatoes, and pasta are high-glycemic load, without a significant load of antioxidants and phytochemicals that offer lifespan benefits. And the omission of the fat from nuts and seeds further diminishes the absorption of the lipophilic phytonutrients that enhance lifespan. A high-glycemic load diet is

linked to an increased risk of heart disease and cancer, also because of elevated insulin levels. Additionally, dry-cooked starchy foods (like bread and cereal) contain advanced glycation end products (AGEs), harmful substances that cause oxidative stress and inflammation, damage body proteins and fats, and contribute to heart disease and type 2 diabetes.

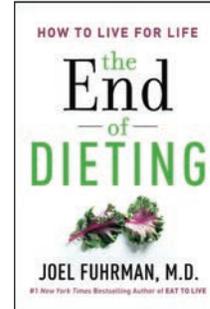
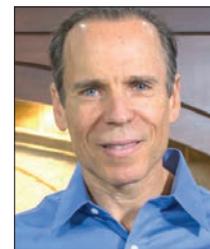
Food (serving size)	Glycemic Load
Potato (1 medium baked, w/o skin)	29
White rice (1 cup cooked)	29
White pasta (1 cup cooked)	21
Cereal (corn flakes, 1 cup dry)	20
Rolled oats (1 cup cooked)	13
Lentils (1 cup cooked)	9
Black beans (1 cup cooked)	6
Orange (1 medium)	4
Cashews (1 ounce)	2
Strawberries (1 cup)	1

In contrast, beans and nuts and seeds are low-glycemic, high-fiber foods that promote weight loss and have links to lower risk of chronic diseases and a longer life. When directly compared, beans have been shown to be superior to whole grains for weight loss, HbA1c, and cardiovascular risk factors in patients with type 2 diabetes.

The Nutritarian diet is more than just restricting one or two classes of problematic foods. It's not just a step up from the Standard American Diet. It is a complete dietary overhaul toward the foods that

promote weight loss and are linked most consistently to a lower risk of diabetes, cardiovascular disease, and cancer. Greens, beans, onions, mushrooms, berries (and pomegranate), seeds (and nuts) are encouraged due to their documented benefits to prevent cancer. The published data on the Nutritarian diet suggests that weight loss is substantial and – importantly – maintained over a long period of time. A recently published study showed that 75 obese patients lost an average of over 50 pounds after starting a Nutritarian diet and kept it off for 3 years. After one year, in those who started out with hypertension, there was a 26 mm Hg average reduction in systolic blood pressure. In respondents who were not taking cholesterol-lowering medication, there was an average 42 mg/dl decrease in LDL cholesterol an average decrease in triglycerides of 79.5 mg/dl. ✨

**Joel Fuhrman, MD** specializes in preventing and reversing diseases through nutritional and natural methods. Dr. Fuhrman is the author of several books, including the New York Times bestsellers **Eat to Live, Eat to Live Cookbook, Super Immunity, The End of Diabetes, and The End of Heart**



**Disease.** His book, **The End of Dieting** outlines the eating style designed to produce sustainable and health-promoting weight loss, and explains in detail the dangers of many popular weight loss diet plans. It also helps facilitate change effectively addressing food addiction and emotional overeating. At Dr. Fuhrman's **Eat To Live Retreat** in north San Diego County, overweight and ill individuals are directly under his care for 4-12 weeks to facilitate a complete health recovery. Learn more at [drfuhrman.com/ETLretreat](http://drfuhrman.com/ETLretreat). You can reserve by either calling our office at (949) 432-6295 or by email at [info@ETLretreat.com](mailto:info@ETLretreat.com).

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# Brittle Claims for Bone Broth

by Ocean Robbins  
Santa Cruz, CA

**W**hy is everyone talking about bone broth? Let's explore this popular food trend and why so many people are jumping on the bandwagon. Find out what the research says about some of the most prominent bone broth benefits and claims.

Bone broth has become popular. You may have seen the countless blogs and media outlets touting its many presumed health benefits. Marketing for bone broth claims it's a high-protein comfort food for on-the-go lifestyles. It's also considered a magical elixir that can cure leaky gut—and help with all manners of ailments from arthritis to a weak immune system.

Restaurants now serve bone broth, food delivery services offer it, and lifestyle celebrities and athletes endorse it. You can even find a bone broth to-go chain in New York City and a line of bone broth made especially for dogs and cats. But **what's the truth about bone broth?** Is it the magical elixir it's claiming to be?

## What Is Bone Broth?

Bone broth is a **broth made by boiling the roasted bones and the connective tissue of animals, for a long time.**

The long cooking time — ranging from eight to over 24 hours — draws gelatin and minerals, including calcium and phosphorus, out of the bones and into the broth. Some recipes may use apple cider vinegar or red wine, which help extract nutrients. And sometimes it will include vegetables, such as carrots, onions, and celery. Once cooked, the liquid is strained, the solid parts discarded, and the remaining broth seasoned.

## Why Is Bone Broth So Popular?

Bone broth advocates say it can relieve joint pain and osteoarthritis, detoxify the liver, aid in wound healing, prevent aging skin, support digestive health, balance hormones, increase energy, strengthen bones, improve quality of sleep, alleviate symptoms from certain autoimmune conditions, and boost immune function.

Praised for providing all these health benefits, **bone broth also provides enormous profits.**

The retail sales of shelf-stable bone broth products increased from \$5.83 million in 2016 to \$17.54 million in 2017. According to a report by Global Market Insights, Inc., analysts predict **the global bone broth market will surpass \$2.8 billion by 2024.** Also, one of the foremost bone broth advocates, Dr. Josh Axe, recently raised \$103 million from investors to expand his own bone broth business.

## What Does the Research Say About Potential Bone Broth Benefits?

There's a growing interest in bone broth due to the long list of purported benefits. But **what does the science say? Does bone broth measure up to these claims?**

### Claim #1: Bone Broth Is a Nutritional Goldmine

Bone broth gets a lot of attention for its "unique" nutritional profile. People praise it for being a low calorie, high-protein food, and providing minerals, such as calcium, phosphorus, potassium, and magnesium. The earliest study to mention bone broth is from 1937, which looked at the nutritional value of bone and vegetable broths. Both were common ways of nourishing infants at the time. The researchers concluded that while neither was a very good source of nutrition, **the broths that provided the highest mineral content contained the most vegetables.**

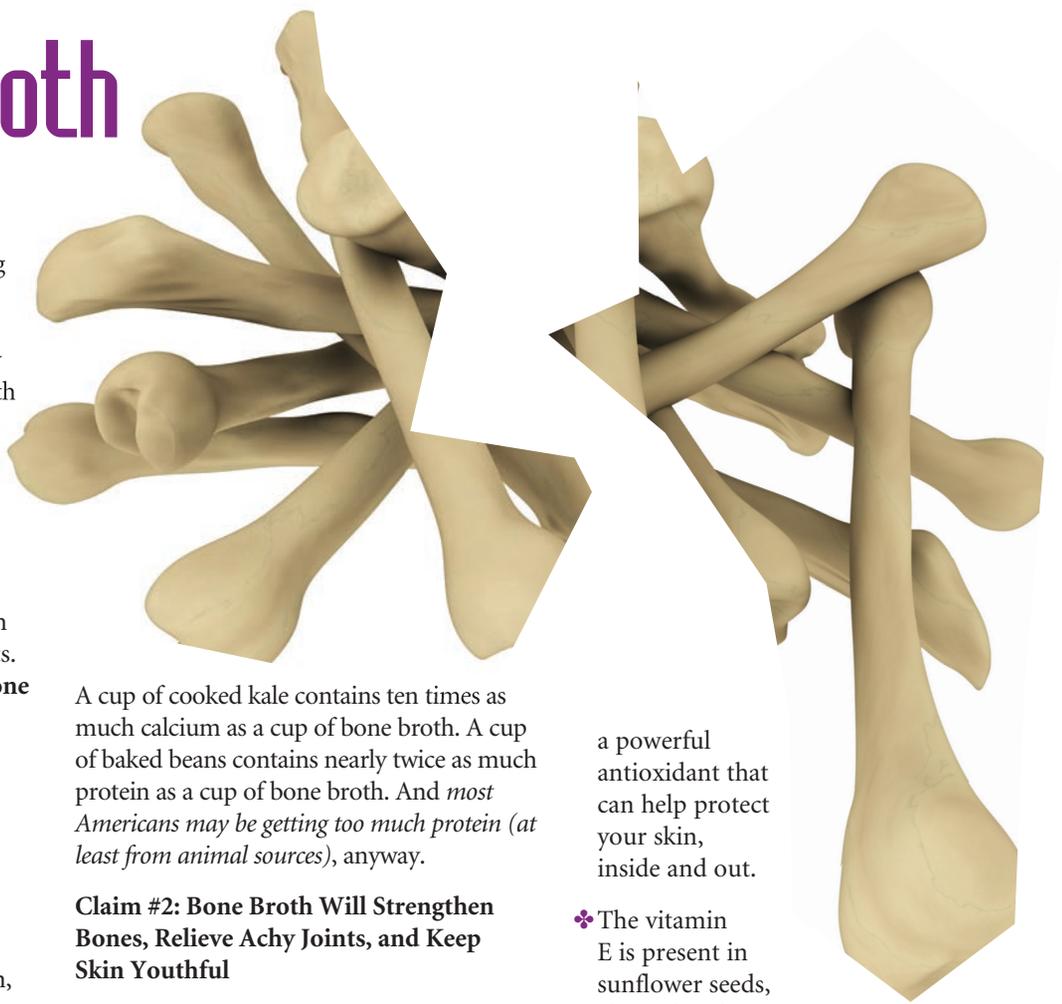
Far more recently, in 2017, a study in the journal *Food and Nutrition Research* analyzed bone broth and found that it was **not an especially good source of calcium or magnesium.**

While marketers tout bone broth for its mineral content, *it seems the vegetables used in the cooking process — not the bones — may provide many of the helpful nutrients.*

An average cup of bone broth contains zero to 19 mg of calcium and six to nine grams of protein. But **when you compare it to some other sources of these nutrients, the protein content isn't terribly impressive:**

- ❖ Collard greens: 1 cup = 150 mg calcium
- ❖ Navy beans (boiled): 1 cup = 126 mg calcium
- ❖ Baked beans: 1 cup = 14 grams protein
- ❖ Unsweetened soymilk (Edensoy): 1 cup = 12 grams protein
- ❖ Peanut butter: 2 tablespoons = 7 grams protein

So yes, **bone broth does provide some calcium and protein. But so do many, many other foods.**



A cup of cooked kale contains ten times as much calcium as a cup of bone broth. A cup of baked beans contains nearly twice as much protein as a cup of bone broth. And *most Americans may be getting too much protein (at least from animal sources), anyway.*

### Claim #2: Bone Broth Will Strengthen Bones, Relieve Achy Joints, and Keep Skin Youthful

**Collagen** is the main protein in your body. It protects your organs, joints, and tendons; holds together bones and muscles, and maintains the lining of your gut. Plastic surgeons like it because it promotes skin elasticity.

Your body makes its own collagen, but as you age, you won't make quite as much of it. So, much of the marketing says that, because bone broth contains collagen, it will help your body make *more* collagen.

Unfortunately, there is **no evidence that eating collagen is directly helpful to your body.** Many experts agree that because your body doesn't absorb collagen in its whole form, *the idea that eating collagen helps bone growth isn't borne out in reality.* Your body breaks collagen down into amino acids. So in the end, it's just another form of protein.

You've probably seen collagen supplements sold for skin health. Some research suggests that *collagen supplements may help to reduce visible signs of aging*—like wrinkles and cellulite—but the collagen in supplements is hydrolyzed, or broken down to make it more usable for the body. **The collagen in bone broth is not hydrolyzed and does not have the same effects in the body.**

**If you want to help your body build collagen, the best way is to eat a diet rich in leafy green vegetables** because plants offer rich sources of the phytonutrients your body needs to make collagen.

### These phyto-nutrients in plants include:

- ❖ The vitamin C found in citrus fruits, dark leafy greens, bell peppers, kiwi, berries, and broccoli. Vitamin C is

a powerful antioxidant that can help protect your skin, inside and out.

- ❖ The vitamin E is present in sunflower seeds, almonds, wheat germ, spinach, and broccoli. Vitamin E works with vitamin C to promote collagen synthesis.
- ❖ The vitamin A that's found in carrots, sweet potatoes, winter squash, dark leafy greens, cantaloupe, and apricots.
- ❖ The amino acids glycine, proline, and lysine found in dark leafy green vegetables, soy, nuts, seeds, and legumes.
- ❖ The sulfur-containing foods, such as garlic, onion, and members of the cabbage family, may also promote collagen production.

The bottom line is that **many vegetables and other plant foods can be powerful allies in keeping your skin young, your bones strong, and your joints healthy.**

### Claim #3: Bone Broth Can Cure Your Cold

At some point in your life, you probably had a bowl of chicken noodle soup while sick. It might have even helped you feel better. Some older research studied the ability of chicken stock to ease common cold symptoms. And many people say bone broth has (or should have) a similar effect. However, there are **no published studies about bone broth and illness in peer-reviewed medical journals.** Bone broth may warm your belly, but there's **no evidence that it will cure your cold.** If there are immune-boosting effects, they could come from the vegetables used in its preparation.

### Claim #4: Bone Broth Is Good for Your Gut

Advocates claim bone broth is good for

digestion and therapeutic for leaky gut syndrome—a condition in which substances can leak from your intestines into your blood. They say the gelatin will bind water in the digestive tract, protecting the lining of your intestines. Some studies show that potential in rats, but this doesn't mean bone broth can do the same for humans. We have very different intestinal lining than do rats. It's possible it could help. But **at this point, all we have is a theory.**

What's not a theory, because it's been well documented, is that **you can support your gut health with a variety of fiber-rich plants foods, including fermented foods,** which help to maintain a healthy gut microbiome.

#### Claim #5: Bone Broth Can Detoxify Your Liver

Bone broth contains the amino acid glycine. There are a few animal studies that suggest glycine supplements can benefit the liver of alcoholic rats, but *none have looked at the impact of bone broth on human livers.*

**It's doubtful that any single nutrient has the power to detoxify the liver by itself.** The best way to protect your liver, and to protect your body from toxins, is by eating a diet that's high in the entire array of phytonutrients found in whole plant foods. It's also helpful

to steer clear of absorbing toxic heavy metals in the first place. And that brings us to what may be the most significant problematic fact about bone broth:

#### Lead – A Serious Concern with Bone Broth

It's well known that lead exposure can be seriously harmful to humans. *It's been shown to have adverse effects on nearly every organ system in the body.* Symptoms of chronic exposure range from memory loss and constipation to impotence and depression. The data suggests that **there is no such thing as a "safe" level of exposure to lead.**

Lead can build up in body fat and attach itself irreversibly to neurons. This is especially dangerous for children as it increases the risk of behavioral problems, hyperactivity, impaired growth and hearing, anemia, and lower IQ, even at low levels.

Now, here's the thing: **Lead and other heavy metals build up in the bones. And that's not just true of human bones.** Boiling animal bones for a long period of time turns out to be a great way to leach lead out of them—even if the animal bones come from organically fed animals. In a study published in the peer-reviewed journal *Medical Hypotheses*, researchers looked at **broth made from organic chicken bones and found that the broth had lead**

**concentrations that were up to a 10-fold increase** compared to the water before the bones were added to it. The samples came from organic, free-range chickens.

Today, many health enthusiasts are drinking bone broth by the case, hoping to detoxify their liver of heavy metals. Sadly, in the process, they could be inadvertently exposing themselves to dangerous levels of lead and possibly other heavy metals.

#### Ethical Concerns with Bone Broth

Many of the most popular bone broth brands come from the bones of animals raised in factory farms. These animals may have never seen the sun or a blade of grass in their lives. They were fed an utterly unnatural diet and pumped full of hormones and antibiotics. *Those aren't practices that I want to support.* And they don't create products that I want to take into my body, either.

#### What Are Some Healthy Alternatives to Bone Broth?

If you're interested in trying the broth trend for yourself, and you want some warm nourishment for your tummy, but your favorite flavor isn't "bone," **there are many other options.** Some people are creating vegetarian and vegan broths, using mixtures of seaweed, mushrooms, miso,

and various vegetables instead of bones.

**Plant-based broths offer a lot of flavor and nutrients.** Mushrooms contain selenium, B vitamins, iron, and zinc. Seaweed contains iodine, which is an essential nutrient for healthy thyroid function. Fermented foods, like miso paste, or anti-inflammatory agents, like ginger or turmeric, are often added as well.

The next time you hear bone broth touted as a magical cure-all, remember this: **The science behind the claims about bone broth is murky at best.** But the science behind the health benefits of vegetables is massive, coherent, and compelling. In short, veggies rock! ✨

*This article was originally published on FoodRevolution.org, and is reprinted with permission.*

**Ocean Robbins is the author of 31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World** (*Grand Central Life & Style*). He is the CEO and co-founder of the 500,000+ member Food Revolution Network. Ocean has served as the adjunct professor for Chapman University. And he's received numerous awards, including the national Jefferson Award for Outstanding Public Service and the Freedom's Flame Award.

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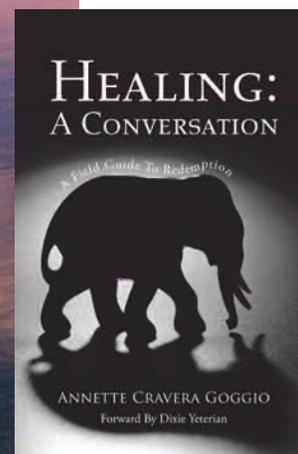


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## UP NEXT: The August / September "Back to School" Issue

Lessons and New Beginnings

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# Has Tolerance Been Abandoned?

by Dennis Linthicum,  
Oregon State Senator

The following is a newsletter from Oregon State Senator, Dennis Linthicum. While he is addressing proposed legislation in his home state, these issues and concerns—which affect every person, everywhere—are currently knocking on our own front door. Sen. Linthicum was gracious to share his message with Creations Magazine.

The term *totalitarian* does not refer to the existence of concentration camps, the lack of food, or the severity of current economic conditions.

Rather, “totalitarian” reflects the scope of control that a state exhibits over the broadest aspects of human life. Therefore, a totalitarian state seeks to absorb as much private life as possible into the sphere of state control.

In Oregon, one can see this surfacing with recent attempts at absolute gun control, outlandish carbon taxes, comprehensive 0 to 20 education programs and the denial of access to educational resources without first submitting to mandatory vaccinations.

What appears to be missing is a conceptual understanding of the individual, or individual freedom, outside of the boundaries established by law. Once laws are passed, state officials breach other spheres of influence and advocate for more regulations; in turn, liberty loses.

This ideology leaves the bureaucracy stranded with no place to rest because they do not recognize any natural limits to legislative, executive, judicial, administrative or bureaucratic power. Eventually, everything succumbs to the grasping hands of the state.

Never-the-less, thousands of concerned citizens, families, physicians, nurses, dentists and educators traveled to the capitol to demand medical freedom. They came from all walks of life to denounce a bill (HB 3063) in the House Healthcare committee. Under the bill, the state would deny all educational resources to students who have not undergone the mandatory vaccine regimen.

The proponents testified about fears stemming from a recent Portland, OR outbreak. Yet, the last confirmed measles death in US occurred in 2015, with the next most recent measles death occurring in 2003. The fear of death from measles

doesn't hold a candle to the real threat faced by vaccine-injured children and the life-long trauma and health concerns that plague these young lives.

Any parent who wants his or her child to be vaccinated and protected against common communicable vaccine preventable diseases (VPDs), such as measles, polio, whooping cough, mumps, chickenpox, etc., can find such protection readily available throughout Oregon and the US.

So why does Oregon feel the need to withdraw education from children in Public Schools, Public Charter Schools, Virtual Public Schools and Private Schools if they choose to forego the vaccination regime? Has coercion replaced persuasion as the state's tool of choice? Has tolerance for religious, ethnic or cultural perspectives been abandoned?

Moms know their babies better and more intimately than anyone else and when they testified in droves against mandatory vaccines—they shared compelling insights that we ignore to our own societal peril.

So, why are those parents who choose their own course of action labeled as the non-scientific? **Can the pro-mandatory vaccine crowd claim a valid statistical or “scientific” fear when currently there are only 19 cases of measles per million persons in the entire world?**

Opposition witnesses unmasked the state's desire to push the absurdity of this type of “voluntary yet mandatory” exchange. They also posed questions that the one-size-fits-all gang could not answer – Do all people respond uniformly to the beneficial aspects of vaccines and are there absolutely no down-side risks or adverse reactions?

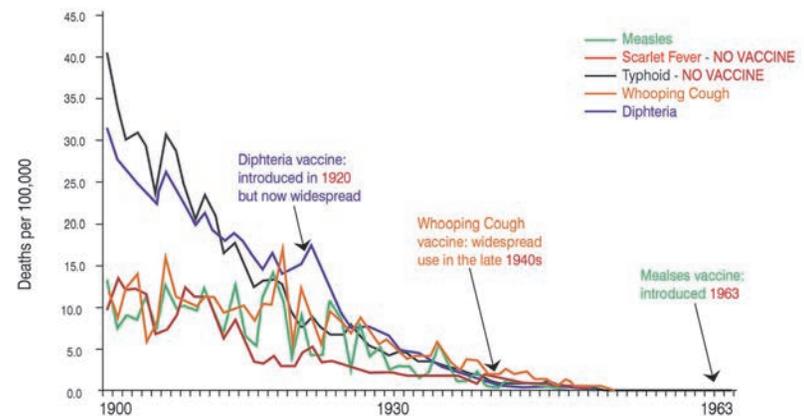
According to the U.S. Food and Drug Administration (USFDA), *Historically, the non-clinical safety assessment for preventive vaccines has often not included toxicity studies in animal models. This is because vaccines have not been viewed as inherently toxic.*

This startling admission highlights that vaccines have not been evaluated for toxicity because of a predetermined belief in their non-toxicity, rather than because of scientific evidence.

This fact is probably why Congress passed the National Childhood Vaccine Injury Act (NCVIA) in 1986. The act provided a legal liability shield to drug companies for vaccine injury and death claims. Under the NCVIA, parents have to file claims in the

## United States: Disease Mortality Rates

References: Vital Statistics of the United States 1937, 1938, 1943, 1944, 1949, 1960, 1967, 1976, 1987, 1992;  
Historical Statistics of the United States: Colonial Times to 1970 part 1



Despite common belief, infectious disease deaths **DECREASED 85 - 90% BEFORE VACCINES** were introduced in the U.S. Diseases **WITHOUT VACCINES** - including Scarlet Fever, Tuberculosis, Cholera and Typhoid - followed the **SAME** trend. \*Trends in the Health of Americans during the 20th Century. Pediatrics

[LearnTheRisk.org/diseases](http://LearnTheRisk.org/diseases)

vaccine injury court which receives about \$0.75 from every vaccine sold. The court paid over \$4 billion to parents with vaccine injured children, from 1986 to 2018.

During our Senate Health Hearing on SB 649, a different bill that would require vaccine ingredients to be disclosed to all vaccine recipients, we heard testimony regarding a lack of any sure evidence of vaccine harm caused by vaccine bundles.

That's the point... until research is performed, reviewed, understood, disseminated and read, the risk-benefit calculus is still an unsolvable equation. Without doing this first, state policy will fast become an extended round of Russian roulette.

The claim that phenomenal progress has been made in Public Health arenas due to expanding vaccine coverage ignores other causal relationships. Vital statistics show that around the world, fatalities from scarlet fever had become quite rare by the mid-20th century, without any vaccine. Additionally, mortality from infectious diseases such as measles and whooping cough had declined before the introduction of the corresponding vaccines (see Figure 1).

A review of U.S. mortality data from 1900–1973 concluded: *Medical measures [such as vaccines] contributed little to the overall decline in mortality in the United States since about 1900—having in many instances been introduced several decades after a marked decline had already set in.*

Instead, the decline in infectious disease incidence and mortality during the last century represents a “miracle” which is more likely attributable to

classic, long-term public health measures, such as, better waste management, sanitation and better information about food and nutrition.

A recent study, in Italy, found a significant association between increased caloric intake and declining mortality while reflecting positive “progress in average nutritional status, lifestyle quality, socioeconomic level and hygienic conditions.”

These conditions arise from economic advantages produced by free markets and capitalism not through the forced manipulation of the weakest by the strongest.

Epidemiologists are typically inclined to give credit to vaccines, but in another study they recognized other unresearched factors were involved, including changes in “human resistance and bacterial quality,” and other factors.

The idea behind HB 3063 makes Oregon's smallest citizens lab rats and forces them into an unacceptable experiment.

The purpose of life is not to serve the state; rather, it is to develop into a full and flourishing human-being who is capable of independent choices, thoughtful analysis and has the ability to recognize Truth, Goodness and Beauty, while exhibiting virtue and positively contributing to one's family and community. ✨

**Dennis Linthicum**  
Oregon State Senate, District 28  
Capitol Phone: 503-986-1728  
Capitol Address: 900 Court St. NE,  
S-305, Salem, Oregon 97301  
Email: [sen.DennisLinthicum@oregonlegislature.gov](mailto:sen.DennisLinthicum@oregonlegislature.gov)  
[www.oregonlegislature.gov/linthicum](http://www.oregonlegislature.gov/linthicum)

# Infant Circumcision = a Medical Ritual that Needs to End Now

by Jeanice Barcelo

Infant circumcision is a heated topic in America, with a growing number of parents now choosing to keep their sons intact. Those who have become privy to the harm this elective procedure can cause know that no respectable medical association in the world recommends routine infant circumcision.

In fact, medical societies in Australia, New Zealand and the UK have acknowledged the harm. The overwhelming majority of males on Earth (about 80%) are NOT circumcised, and yet, as of 2010, approximately 3,000 American infants per day were subjected to this extremely traumatic, brain damaging surgery—

performed 96% of the time in the U.S. with no pain relief whatsoever. According to Dr. Robert Van Howe,

*“Circumcision results in not only severe pain but also an increased risk of choking and difficulty breathing. Medical studies show significant increases in heart rate and level of blood stress hormone. Some infants do not cry because they go into shock from the overwhelming pain of the surgery.”*

**Approximately one baby dies every other day in the U.S. as a result of routine infant circumcision—a procedure that has no therapeutic value whatsoever,** despite the lies being promoted by the American Medical Association, the American Academy of Pediatrics, and the mainstream media. In addition to the deaths that are directly attributed to circumcision, there are “hidden” deaths typically blamed on “SIDS” (sudden infant death syndrome) but caused by blood loss, brain damage, and heart failure, all triggered by the torturous trauma of circumcision performed at the hands of medical doctors.

In American hospitals today, infants less than 48 hours old are strapped to torture boards called *circumstraints* where their arms and legs are fully restrained while a medical doctor shoves sharp metal probes into their penises and uses razor sharp, pointy instruments to rip the foreskin away from the glans of the penis (similar to ripping a fingernail off a finger) so it can be systematically cut off for no medical reason whatsoever.

Foreskins are then sold to cosmetic companies so that women can rub them into their faces to become “more youthful,” or to pharmaceutical companies for use in the development of vaccines.

Circumcision interferes with basic trust and undermines mother-child bonding. It can lead to relationship difficulties later in life as circumcised men may harbor unresolved feelings of rage, betrayal, abandonment, rejection, and grief as a result of their parents willingly handing them over for this permanently life-altering, genital surgery.

Circumcision has been linked to a variety of neurological and psychological problems including alexithymia (difficulty recognizing, processing, and regulating emotions), permanent brain damage, post-traumatic stress disorder (PTSD), repressed or uncontrollable anger, aggressiveness and/or withdrawal suicidal impulses, depression, poor body image, low self-esteem, and more.

Circumcised men may suffer from sexual problems in adulthood including orgasm difficulties, premature ejaculation, erectile dysfunction and a tendency to dissociate during intimacy or emotionally distance themselves from their partners. The partners of circumcised men may also suffer painful intercourse due to an unnatural drying of the vagina (thanks to the exposed rim of the circumcised penis). Women may also suffer pain when engaging in sexual relations with men whose penis is curved or bent due to a botched circumcision. Botched circumcisions are increasingly common in the U.S., with the rate of “revision” circumcisions escalating every year.

*The rate of revision procedures increased in a near-linear manner over the period reviewed, starting with a 17% rise from 2004 to 2005 and then to 47% for 2006, 71% for 2007, 91% for 2008, and 119% for 2009.*

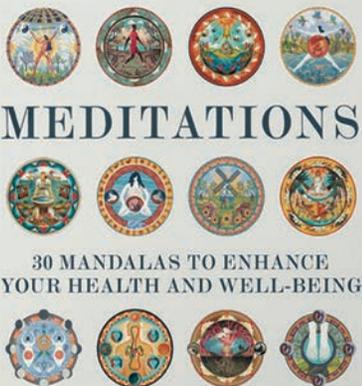
Circumcision involves the removal of a normal, healthy part of the body that is intimately connected to human love and human bonding. The fact that parents have allowed this to happen is a function of mind control. It is time to break free from the spell. Our sons have a right to bodily integrity and a right to be healthy, happy, and whole. Ritual sexual abuse in infancy has no place in a moral society. Let’s put an end to this madness now. ✨

*\* For Endnotes, please visit [creationsmagazine.com](http://creationsmagazine.com) (June-July 2019 Issue), and click on “Current Issue” at the top of our Home page. Then click on this article title. Thank you!*

Jeanice Barcelo is the author of *Birth Trauma and the Dark Side of Modern Medicine* and the recently released book, *The Dark Side of Prenatal Ultrasound*. To learn more about Jeanice’s work, please visit [BirthofaNewEarth.com](http://BirthofaNewEarth.com).

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# Real Food, Real Men

by Kathryn Bari-Petritis  
Cold Spring Hills, NY

We live in a time of revolutionary insights about health and nutrition. There are now thousands of scientifically documented articles about the benefits of *real food*. Real food has the power to change your life.

From my twenty-five years as a professional holistic chef and educator, I have seen that eating real, wholesome, fresh food prepared with love and care can transform illness, rejuvenate and restore low energy levels and create vibrancy at any age.

To quote a dear friend, and an authentic vegan man, Joseph Lapiana, "I raised my two sons, as a single parent, with the basics of a plant-based diet." Joseph explains, "this type of eating enhances every aspect of my life, always energized and fully present in the moment." His two boys followed in his footsteps and now adults, are living productive healthy and happy lives in the vegan way.

Today, guys are multi-tasking, just as women are. They are expanding their horizons with a more diverse, *real food* diet. They seek quality proteins without eating animal foods. When they cook, they want a recipe that's abundant in nutrients and is easy to make and has that comfort zone factor.

Guys, if you're just getting into cooking, be patient with yourself. There is a lot of

trial and error involved, this is part of the improvisation in the kitchen, and it's all about practice. Practice at any trade will make you better.

Have you tried *Tempeh* yet? It's so versatile and delicious. Tempeh, an Indonesian staple food, is a high form of soy protein with zero cholesterol. Mushrooms have been valued for centuries as medicine. They have a total of 17 amino acids (building blocks of protein). Rich in vitamins, especially Vitamin D, selenium and glutathione they have the ability to strengthen and support the immune system, they also reduce oxidative stress, the main culprit in causing diseases such as cancer, heart disease and dementia. One cup of mushrooms contains only 15 calories and 2.3 grams of carbohydrate, making it a low calorie, low carb food choice.

This coupling of the two superfoods in my Italian meatball recipe is a must try. If you're serving with pasta, try using a high fiber one, there are so many choices now. You'll be surprised how delicious that can be with less of the simple carbs. ✨

**Kathryn Bari-Petritis** is a holistic chef, culinary educator and cooking coach on Long Island, New York for twenty-five years. She is author of **Health Transforming Foods, Their Stories and Recipes**, sold on Amazon. [Kathryn@thehealthchef.com](mailto:Kathryn@thehealthchef.com)



## Vegan Italian Meatballs

Serving - 6

### Ingredients:

- 1 bar Tempeh, plain is best
- 2 Tablespoons olive oil
- 1 medium shallot, diced small
- 6 medium garlic cloves, minced
- 1 teaspoon ground oregano and basil
- ½ teaspoon ground sage
- 1 cup carrots, grated
- ½ cup zucchini, grated
- 1 cup cremini mushrooms, wiped clean, small chop
- 1 teaspoon sea salt
- 1 teaspoon ground pepper
- 1 Tablespoon ketchup
- 2 teaspoons nutritional yeast
- 1 Tablespoon vegan Parmesan cheese
- ½ cup Italian breadcrumbs
- 1 teaspoon Worcestershire sauce
- ¼ cup flat-leaf parsley
- 1 jar tomato sauce
- Garnish: 2 Tablespoons fresh basil

### Procedure:

- ❖ Blanch Tempeh in boiling water for 3 mins., cook, break up in small pieces, set aside
- ❖ Sauté shallot in oil, until crispy, add garlic, stir 2 mins., add spices, cook 1 min.
- ❖ Add the carrots, zucchini, mushrooms, salt and pepper, cook 3 mins. Put through a small strainer, press down to release any liquid
- ❖ In a food processor, place the Tempeh, sautéed veggies mixture, ketchup, nutritional yeast, vegan cheese, bread crumbs, Worcestershire sauce, pulse until blended (must be able to form into a ball). (If too wet add some more bread crumbs) Put in large bowl, mix in parsley
- ❖ Prepare a sheet pan with parchment paper. Scoop out a generous tablespoon of the mixture, with greased hands, roll into balls. Spread on pan with two tablespoons of tomato sauce on top to coat
- ❖ Cook uncovered in a 350° oven for 15 mins., turn, cook 10 min. more
- ❖ Garnish with more tomato sauce and basil

Recipe by **Chef Kathryn Bari-Petritis**, 2011, all rights reserved

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# POETRY

## SILENCE

by Dave Frieman, Huntington Station, NY

A sanctuary  
of sensual beauty where  
one's soul can hear God

## The Moment I Knew

by Neil Garvey, Northport, NY

I had often heard it spoken,  
even read it in print,  
A term so unfathomable,  
did not know what they meant.

It happened one June night  
at 8:59,  
An event beyond incredible,  
transformed this life of mine.

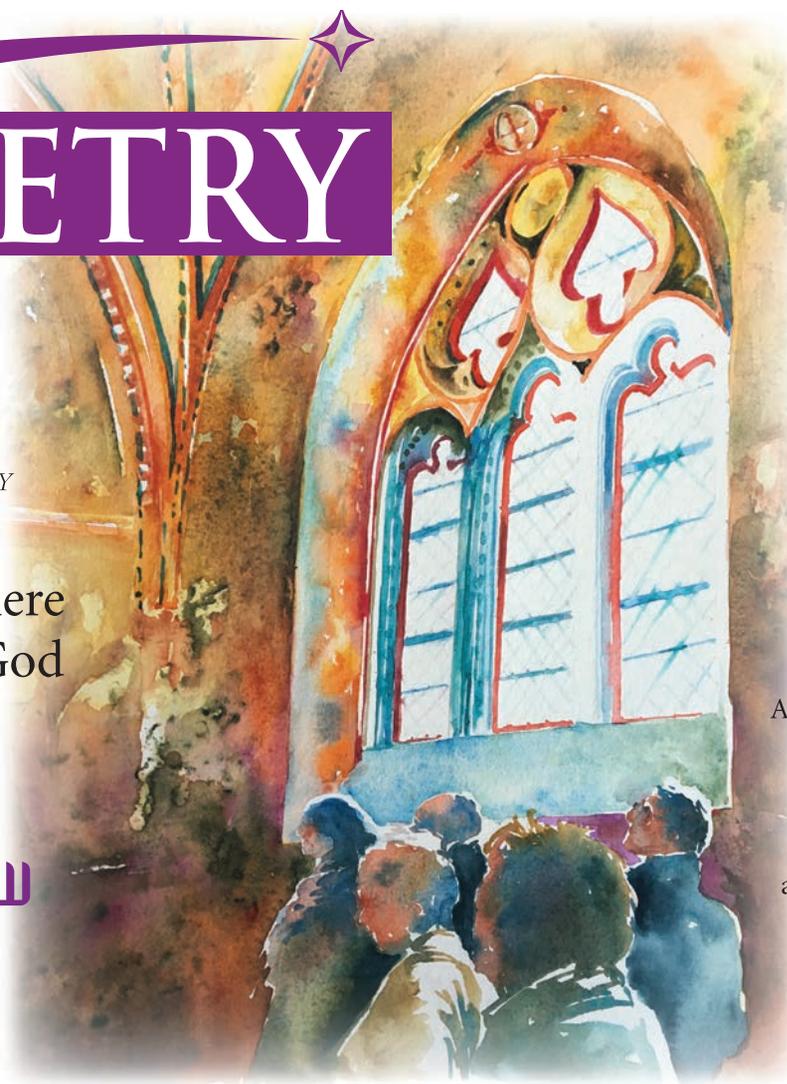
Presented with this bundle –  
seemed a bit of a mess  
What was I to do?  
Couldn't hazard a guess.

Oh, she wailed hard and loud.  
My arms reached out in vain  
without a moment's thought  
I simply called her name.

“Briana, it's Daddy”  
my hushed words intoned  
“My beautiful little girl,  
I'm taking you home.”

Never to forget what followed,  
yes, most astonishingly,  
In an instant, and in silence,  
She turned her head to me.

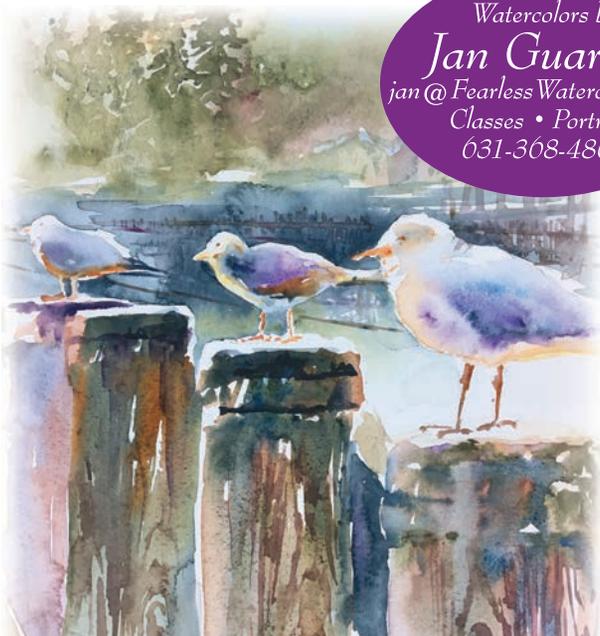
Enraptured by my daughter,  
immeasurable joy with ALL above,  
In this very moment,  
I knew Unconditional Love.



## Soul Beach

by Bob Hayes

Down, then up  
down and up again  
We trod along the dunes  
sandy, sparkling white  
Offshore, waves break  
crashing onto the glistening sand  
Gulls soar above  
screeching out calls  
Bright sun beats down  
warming body and soul



Watercolors by  
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jan@FearlessWatercolors.com  
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## Orlando

by Dianne Sciacchitano, North Massapequa, NY

There he sits – in a place to meet,  
Sharing a smile with anyone who greets him.  
I navigate amongst the long rows of tables  
and with purpose - I stop.

His eyes are shining as he looks at me.  
“So happy to see you once again” I exclaim.  
His face lights up.

He apologizes for forgetting my name.  
That's O.K. – I reply

I listen intently while he recounts  
his weekend visit with family  
Grateful for their concern but content to live on his own  
– he explains.

A small apartment in an urban town  
Insures he is still viable in spite of his years  
A bus to board

A community of familiarity reassures him of his independence.  
Minutes fly by – chores to finish before the end of my day  
He reaches for my hand and says “thank you”  
and I knew what he meant.

His eyes conveyed gratitude for my time  
and when he smiled I witnessed a glimmer of a younger man.

The sentiment “take care” is spoken,  
he softly says he's hopes we can visit soon.  
Once again, he smiles.

“I'll be looking for you”, I say and I return the smile.

Purpose, love, confident you still count.  
Such a small gesture, this giving of time,  
Never the less a “gift” to someone in the sunset of their years.

## A Poem for My Father

Barbara Novack, Laurelton, NY

The books were old, pages beige and crumbly  
but the words were poetry  
and you read them to me  
with smiles and joy.

And you recited from eager memory  
poems of Hiawatha and the ride of Paul Revere  
and verses from Stevenson's child's garden.

And you always said your sisters  
the aunts I knew who sent me birthday books  
were prize-winning poets in high school.

I didn't always know I would write poetry  
the way some say they do,  
but because of you  
poetry  
pumped through my heart,  
ran through my veins  
and sang in me  
long before  
my words  
reached the page

“It is difficult to get the news from poems, yet men die miserably every day for lack of what is found there.”

– From *Asphodel that Greeny Flower*

# BOOK REVIEWS

## & PRODUCTS

### BOOKS

#### RETURN OF THE GENTLEMAN: Creating Nurturing Connections by Embracing the Authentic You

by Dr. Dain Heer

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

What does it mean to be a gentleman? Today gender relations are at a crossroads. While there are many valuable conversations supporting women through this journey, our culture is also facing a masculinity crisis as we redefine views about manhood and what it means to be a gentleman. Can a man be honorable, kind, and caring as well as potent? In this conversational and interactive work, Dr. Dain Heer empowers men (and women who want to understand what the men in their lives may be facing) to answer the questions at the heart of this challenge.

First and foremost, says Dr. Heer, “being a true gentleman is about being the greatest you can be as a man – whatever that looks like for you,” and his book is full of tools and strategies to help you get there. With honesty, playful curiosity, and humour, he offers compelling insights and powerful, transformative questions that will help you open up to new possibilities. You’ll explore how you may be cutting off parts of yourself to fit into the boxes of others’ expectations – and an effective tool to let go of toxic beliefs, clearing the way for new, authentic experiences in your life. You’ll discover the myths and ingrained patterns that can ruin your chances for a fulfilling relationship and how to build nurturing connections with both the men and women in your life (as well as with the man in the mirror). And finally, you’ll learn keys for honoring others without

losing yourself and for inspiring the next generation with the three gifts a gentleman can give to the children in his life.

#### AWAKEN YOUR INNER GOLFER: Finding Your Flow

by Jerry Brown

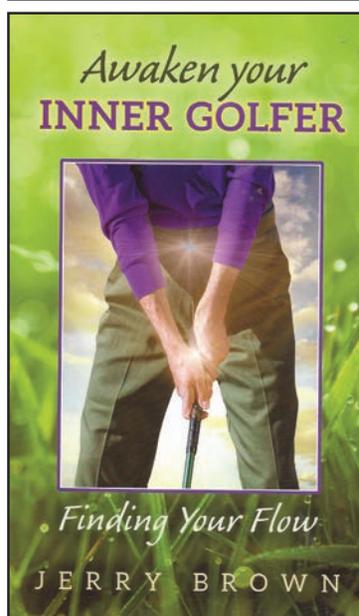
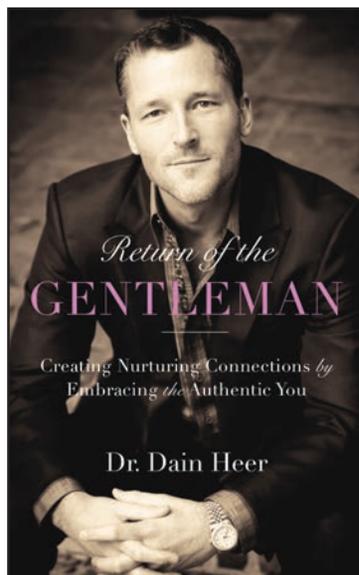
Keep It Simple Golf Media

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*Awaken Your Inner Golfer* guides you through exploration of forty unique instinct-awakening golf exercises with variations in grip, swing, stance, use of subtle senses and imagination to discover the feel of a golf swing that works for your unique physiology and instinct. The exercises facilitate an awakening of the unique instinctive kinesthetic intelligence within each golfer and will benefit both your short game and your long game. This learning process tends to have a greater permanence in the body/mind than trying to learn through instruction and mechanics; it is the same process a child instinctively uses to learn any physical motor skill.

This approach is not intended to replace conventional mechanical golf instruction but to present tools for learning beyond conventional golf instruction that are not often recognized or utilized. While the mechanics of a golf swing may help you understand the dynamics of a golf swing, reliance on mechanical analysis alone often leads to tyrannical paralysis. The playful process of exploring the golf exercises to awaken instinct facilitates trust in your innate ability to play golf more from your subconscious instincts than from your thinking mind. The practices of

visualization, imagination, mindfulness, and self-awareness to quiet the thinking mind and engage the physical body to improve your golf game also offers the potential for these processes to naturally flow into your daily personal life.



## Mensch Marks

Life Lessons of a Human Rabbi



WISDOM FOR UNTETHERED TIMES  
Joshua Hammerman

### MENSCH•MARKS Life Lessons of a Human Rabbi— Wisdom for Untethered Times

by Joshua Hammerman

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

According to Rabbi Joshua Hammerman, being a *mensch*, an exceptional human being, transcends any other accomplishment. He believes there’s nobility in normalcy; this memoir is full of the wit, wisdom and pathos of being fully human. *Mensch* is a Yiddish word that has gone beyond its basic definition—a human person—and has become a shining symbol of how simply being human in today’s world has become an act of heroism. As the Talmud states, “In a place where there is no humanity, be human.” To help us on our road to discovering our inner *mensch*, Hammerman presents 42 brief essays that mirror the 42 stops that the Israelites made as they wandered in the desert. These stories, full of the joy, sorrow, messiness and redemption of everyday life are designed to lead us out of our own wilderness toward realizing of our own promise as a better person.

Hammerman doesn’t spare himself as he shares the challenges that honed his soul: Failure and forgiveness, loving and letting go, finding deeper meaning in work, and holiness in the inconsequential moments of everyday life. Being a morally evolved human being actually means to be fallible and imperfect, even as we strive to do better. Being a *mensch* means seeking justice tempered with compassion, understanding our human connection, serving a higher cause and living with dignity and integrity.

### UNLEASHING YOUR DOG: A Field Guide to Giving Your Canine Companion the Best Life Possible

by Marc Bekoff and Jessica Pierce

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

Companion dogs; they’re nonjudgmental, good listeners after a tough day at the office, and good motivators to get us humans off the couch and outdoors. There are so many benefits to having these canine companions in our lives. *Unleashing Your Dog* builds on the latest research in canine science and provides many practical ways that allow dogs to exercise their senses, in addition to exercising their brains and their muscles. Bekoff and Pierce show

that it is possible to let dogs be dogs without wreaking havoc on our own lives. They begin by illuminating the true nature of dogs and helping us “walk in their paws.” They reveal what smell, taste, touch, sight, and hearing mean to dogs and then guide readers through everyday ways of enhancing a dog’s freedom in safe, mutually happy ways. The rewards, they show, are great—for dog and human alike.

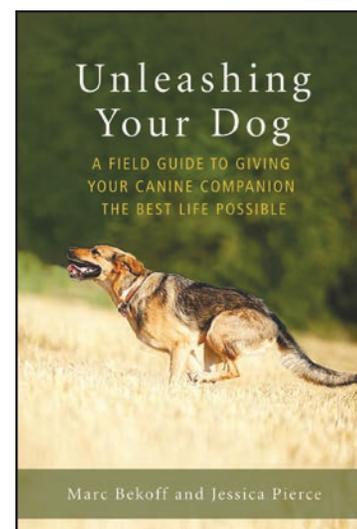
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## ASTROLOGY

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

## BEREAVEMENT COUNSELING

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## BOOKS

**HEALING: A CONVERSATION;** A Field Guide to Redemption by Annette Cravera Goggio. Available at: [amazon.com](http://amazon.com), [barnesandnoble.com](http://barnesandnoble.com), [aquantummoment.com](http://aquantummoment.com). (see ad p.17)

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# A Traveler, Not a Tourist Be



by Kent Nerburn  
Portland, OR

**W**anderlust, the urge for adventure, and the desire to know what is over the next hill are like echoes in the backs of our minds that speak of sounds not quite heard and places not quite seen.

You should listen to these echoes. Take the chances and follow the voices that call you to distant places. Live, if only for a short time, the life of a traveler. It is a life you will always cherish and never forget.

The magic of travel is that you leave your home secure in your own knowledge and identity, but as you travel, the world in all its richness intervenes. You meet people you could not invent; you see scenes you could not imagine. Your own world, which was so large as to consume your whole life, becomes smaller and smaller until it is only one tiny dot in space and time. You return a different person.

Travel doesn't have to be to some dreamlike and foreign destination. It can take you on an evening stroll through a distant forest or to a park bench in a town a hundred miles from your home. What matters is that you have left the comfort of the familiar and opened yourself to a world that is totally apart from your own.

Many people don't want to be travelers. They would rather be tourists, flitting over the surface of other people's lives while never really leaving their own. They try to bring their world with them wherever they go, or try to recreate the

world they left. They do not want to risk the security of their own understanding and see how small and limited their experiences really are.

To be a real traveler, you must be willing to give yourself over to the moment and take yourself out of the center of your universe. You must believe totally in the lives of the people and the places where you find yourself. Become part of the fabric of their everyday lives. Embrace them rather than judge them, and you will find that the beauty in their lives and their world will become part of yours. When you move on, you will have grown. You will realize that the possibilities of life in this world are endless, and that beneath our differences of language and culture we all share the same dream of loving and being loved, of having a life with more joy than sorrow.

Travel is not as romantic and exotic as you imagine it. The familiar will always call. Your sense of rootlessness will not give you rest. You may wake one day and find that you have become a runner who uses travel as an escape from the problems and complications of trying to build something with your life. You may find that you have stayed away one hour or one day or one month too long and that you no longer belong anywhere or to anyone. You may find that you have been caught by the lure of the road and that you are a slave to dissatisfaction with any life that forces you to stay in one place.

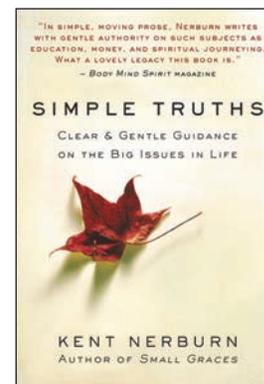
But how much worse is it to be someone whose dreams have been buried beneath the routines of life and who no longer has an interest in looking beyond the horizon? If we don't offer ourselves to the unknown, our senses dull. Our world becomes small, and we lose our sense of wonder. Our eyes don't lift to the horizon; we don't

hear the sounds around us. The edge is off our experience, and we pass our days in a routine that is both comfortable and limiting. We wake up one day and find that we have lost our dreams in order to protect our days.

Travel, no matter how humble, will etch new elements into your character. You will know the cutting moments of life where fear meets adventure and loneliness meets exhilaration. You will know what it means to push forward when you want to turn back.

And when you have tragedies or great changes in your life, you will understand that there are a thousand, a million ways to live, and that your life will go on to something new and different and every bit as worthy as the life you are leaving behind.

Because I have traveled, I can see other universes in the eyes of strangers. I know which parts of myself I cannot deny and which parts of myself are simply choices that I make. I know the blessings of my own table and the warmth of my own bed. I know how much of life is pure chance, and how great a gift I have been given simply to be who I am.



A two-time winner of the Minnesota Book Award, **Kent Nerburn** is the author of many books on spirituality and Native American themes, including *Simple Truths*, *Letters to My Son*, *Small Graces*, *Neither Wolf nor Dog*, *The Wolf at Twilight*, and *The Girl Who Sang to the Buffalo*. Find out more about his work at [kentnerburn.com](http://kentnerburn.com).

When I am old and my body has begun to fail me, my memories will be waiting for me. They will lift me and carry me over mountains and oceans. I will hold them and turn them and watch them catch the sunlight as they come alive once more in my imagination. I will be rich and I will be at peace.

I want you to have that peace, too. Take the chances a traveler has to take. In the end you will be so much richer, so much stronger, so much clearer, so much happier, and so much better a person that all the risk and hardship will seem like nothing compared to the knowledge and wisdom you will have gained. ✧

Excerpted from the book *Simple Truths* © 1996 by Kent Nerburn. Printed with permission from New World Library — [newworldlibrary.com](http://newworldlibrary.com)

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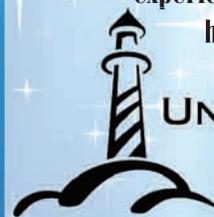
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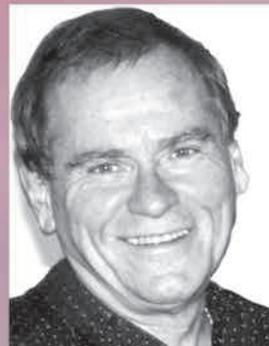


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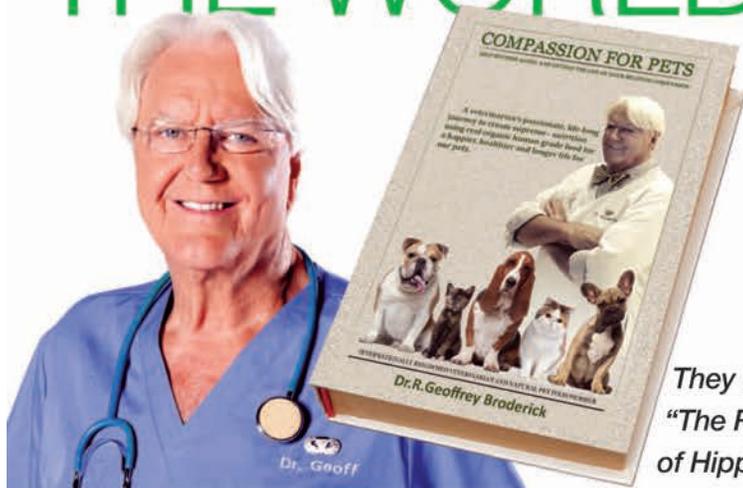


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