



# CREATIONS

MAGAZINE

## *Belonging to Something Bigger Than Ourselves*

### **The "Back to School" Issue: *Lessons & New Beginnings***

- The Secret of Personal Magnetism
  - Father "No's" Best
  - The Pain Solution
- Every Human is Prone to Being ...
  - Let It Be Easy

*Do not limit life to your beliefs.  
Instead, expand your beliefs to embrace all that life has to offer.* UNKNOWN

# Oral Ecosystem

Our mouth is talking to us, but are we listening? When looking in the oral cavity there are signs that can shed light on systemic issues. It can also function as an indicator for autoimmune diseases and even lifespan.

We have more microorganisms on us and in us than we have our own human cells. The symbiotic relationship is vital for our health and wellbeing and, at the same time, we are host to a myriad of bacteria, fungi, and viruses. It is a well-balanced ecosystem like a large aquarium or a lake. When things are balanced, every organism thrives in harmony. However, if there is a disruption of that balance, it throws off our healthy microbiome and that leads to disease.

**Most diseases are due to a disruption of our microbiome and the common causes of it are deficiency and toxicity.** Essentially it is either not enough of vitamins, nutrients, and substances, or too much of something. Through modern farming practices (toxic fertilizers, herbicides, pesticides, etc.) most of our

soil has been severely compromised and depleted. Let's face it, if we wanted to ensure that we intake the right amounts of vitamins and nutrients we would have to ingest a room full of fruits and vegetables. Since that is not practical, the alternative is to take supplements. Some key supplements that we recommend are vitamin K2, vitamin D and vitamin C. Low levels of vitamin D are associated with a 75% increase of risk of colon cancer.

Oftentimes patients have old amalgam fillings. Some studies suggest that certain patients can be sensitive to the mercury contained in those metal fillings. Patients with mercury toxicity have experienced irritability, brain fog, headaches, fatigue, and early onset Alzheimer's disease.

Patients with gum disease, missing teeth, and poor oral hygiene are four times more likely to die early. The oral condition can be a strong predictor of longevity and quality of life.

There is a profound correlation between oral health and overall health. The mouth

is a portal not only to the digestive system but also to the immune system, circulatory system, respiratory system, and the nervous system. The mouth is so vascular that substances get absorbed into the blood stream quickly. This can be a good thing but also a bad thing. It's great to have nutrients absorbed in the mouth. It is not great when we have toxins and bacterial plaque absorbed into the blood stream, ultimately gaining access to other organs in the body.

## So let's review some biological, minimally invasive treatments:

**A Calcium Phosphate mineral paste** can re-mineralize teeth, buffer acidity and fight tooth sensitivity. **Xylitol gum or mints** can stimulate saliva and restore balance to our microbiome. **Hydrogen Peroxide and Baking Soda** can gently remove stains, whiten teeth but also break down into oxygen that controls bacteria causing disease and bad breath.

Oral probiotics are freeze-dried, harmless bacteria in a form of a tablet. There are

billions of them in one tab and they compete for the same nutrients that harmful bacteria utilize, thereby balancing out the oral microbiome.

These biological approaches restore the oral ecosystem and ensure harmony among the normal microorganisms in the mouth which results in strong, white teeth, cavity prevention, fresh breath, and healthy gums which, in turn help us maintain a healthy, vibrant and long life.



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# TALKING OUR WALK

So glad to have you join us for the August / September "Back to School" Issue!

Now that we've been in our new home for over a year, covering two summers, we've learned a "lesson" or two about South Carolina living.

First, gotta talk about the weather. No surprise, summer weather arrives early, and stays longer—one reason to head south. Andrea and I do prefer the warmer temps, but still and all, we feel the summer heat is a bit over-stated. Sure, more days than not top 90°. But this is not front-page news (has to get closer to 100°). City kids from Manhattan & Queens, we know from sweltering, humid summers in the "concrete jungle." Alternately, we now live in a forested, higher altitude region known as The Upstate. Daytime temps are generally more comfortable than towns just 30 minutes south, and most nights cool down considerably.

"Winter" in SC may be my new favorite season. January and February as usual are the coldest. However, the sun shines virtually every day and daytime temps are usually in the 45-60° range; 70's in March. We did receive one snow. We were forewarned: a couple of inches shuts down EVERYTHING. Municipalities lack snow removal equipment, and drivers are not exactly "comfortable" with the white stuff under their tires. But, the sun comes out and all is clear by the next day.

Winter nights in the hills are another story. Mid to low 30's brings an occasional frost; a surprise for us for sure — especially concerning our garden plantings. Early spring temps bring March blooms. Wonderful, we thought. However, a late frost took out our would-be fruits and berries: No apples, no pears, no peaches, no plums, no cherries. One blueberry bush delivered. Not so wonderful.



A "hard" lesson we've been gradually learning, is how hard it is to successfully garden. Faring much better with our veggie garden this season than our first go-round, it seems like we've been feeding the garden more than its been feeding us! Labor intensive, yes. Feed, weed, water, repeat. My Landscape Architect buddy asked me if I had an irrigation system. Sure do! My hoses, rain barrels, watering cans, and ME. Luckily, we get rain a few days a week. On those other days, Andrea and I haul.

We did ok on Long Island with a couple of raised garden beds and pots. Naively, we figured we could simply scale it up. Not quite. As with many new undertakings, there's a learning curve. Well, lesson learned: in retrospect, the prudent course would have been to start out a bit more simply. "Chalk" it up to another learning opportunity. Live and learn. Really, it is all good. The garden gets us out of the office, under the sun with our hands in the soil. Modest as our harvest has been, it is genuinely gratifying, and a real kick, to be intimately connected to our meals.

Peace All-ways,

Neil & Andrea

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# Togetherhness not Otherhness is a Remedy for Global Healing

by Rebecca Ward

**H**uman beings have an infinite capacity to be kind, generous and supportive of one another. When that happens, I call it the *huddle effect*. It often occurs when people need support during a crisis. Suddenly, we realize how much we need each other.

Recently, my neighborhood experienced a massive blackout—our public utility shut off all electricity for a week to lessen the potential for fire outbreaks during California’s drought season. When that happened, my next-door neighbors turned on the only generator in the neighborhood and hosted a big dinner party. Everyone came together to break bread and enjoy each other’s company. We laughed and caught up on our lives, forgetting about the blackout, joking about the minor inconveniences of no electricity, and feeling the support of our little village. We set aside political and other differences; we found comfort and support in each other’s company.

Human beings need each other. We’re pack animals who thrive in close contact with others. **If you exist only for yourself, you risk losing out on one of the most meaningful aspects of the human experience—belonging.** Being part of something larger than yourself is meaningful, fulfilling, and rewarding. It’s a primary reason that people have children, impactful careers and/or an abiding faith in a higher power.

The extended village provides the familial and societal context for your core belief systems. A loving, healthy village fosters life-affirming values. Kindness, consideration, and a healthy respect for others (both inside and outside the group) are common hallmarks of a healthy ecosystem within a group. Conversely, a village where the members have suffered prolonged deprivation, separation or mistreatment can become a breeding ground for fear and mistrust.

When we find ourselves struggling with the effects of collective trauma—whether it’s hardship that we’ve experienced firsthand, or something that’s been passed through

the generations—a healthy support system is one of our frontline defenses. Creating and sustaining a healthy system allows us to build the psychological bridge from fear to love.

Not only do human beings need each other for mental and emotional sustenance, but also our nervous systems depend on each other for safety and connection. When you’re separated from your village, when you’re lonely or isolated, there’s a dramatic impact on your physical and emotional health. This isolation severely compromises your wellbeing. That’s why people seek companionship and support from others.

The benefits of social engagement are astounding. It simply makes people healthier. Being an integral part of a social, support system reduces the effect of chronic stress on your body dramatically, because being in community reduces the production of the hormone *cortisol*—the stress hormone. Belonging reduces your risk of heart disease and cancer, while increasing your immune system’s resilience. Your brain works better because you’re not stuck in survival mode. When you’re part of a healthy community, you can feel safe again. Functioning from the higher-order, adult brain increases the capacity to engage in meaningful conversations with others, to listen without judgment, to seek understanding and solidarity in service to the greater good.

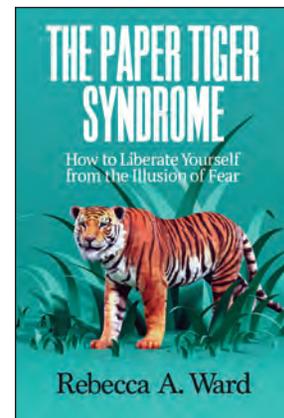
It becomes much easier to learn from others when you can abandon defensiveness and negative social conditioning. Proceeding in any interaction with curiosity and an open heart will create the space to learn from other people’s experiences without feeling overwhelmed or threatened. Social support contributes to your growth and evolution and better enables you to thrive in your relationships.

In her book, *The Village Effect*, Susan Pinker refers to a 2010 study that examined close to 150 longitudinal studies about relationships and mortality. The researchers re-examined the journals of more than 300,000 study participants over the course of more than seven years. They reviewed this material and concluded that people who were fully integrated and connected to their communities had *half* the risk of dying compared to those who lived solitary lives, during that seven-year study. Proximity—meaning regular, face-to-face contact with others—is what helps people thrive and keeps them from feeling lonely.

*Longevity is largely determined by your interactions with people who are in closest proximity to you.* Your next-door neighbor, the people in your office, the barista you order coffee from in the mornings—the people you’re in communication with on a regular basis—may be more necessary than even your relatives. You have a higher chance of longevity if you’re in daily contact with people in your extended circle. Pinker argues convincingly that, “face-to-face contact is crucial for learning, happiness, resilience and longevity.” Moreover, she states that, “**Social isolation is the public health risk of our time.**”

According to the US National Library of Medicine, loneliness is a very common condition affecting up to 80% of people under eighteen years old and 40% of people over sixty-five. People can feel lonely or isolated following bereavement or after relocating to a new city. Researchers call that *reactive loneliness*. However, as high as 15-30% of the population experience chronic loneliness, which can have serious consequences for our mental, emotional, and physical health.

Don’t wait for a crisis—find time to get support from your neighbors, support your village and increase your longevity!



Excerpted from **The Paper Tiger Syndrome: How to Liberate Yourself from the Illusion of Fear** by Rebecca Ward. © 2022 by Rebecca Ward.

**Rebecca A. Ward** is the author of **The Paper Tiger Syndrome: How to Liberate Yourself from the Illusion of Fear**. A Licensed Marriage & Family Therapist, she specializes in shock and developmental trauma, stress reduction, and the psychological symptoms associated with chronic illness. Her work is informed by somatic-based practices, including as a Somatic Experiencing® Practitioner (SEP). For more information, please

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# The Secret of Personal Magnetism

by Owen Waters  
Texas

When people open their hearts to unselfish, unconditional love, a whole new world of possibilities opens. Rather than spending effort avoiding the selfishness of others, they spend time making sure that the way they choose to serve society is done in the best way possible. When people can trust others to treat each other with love and respect rather than as competitors, then everyone gains.

As heart-centered awareness grows and blooms within society, people's primary

focus will shift away from service to self and towards service to others. When it does, the world will transform out of all recognition.

But you don't have to wait for all of society to catch up. In both your personal and professional dealings with people, you have a reputation, and it is fed by word-of-mouth recommendation. Build your reputation as someone who tends to give more than is expected of them, and you will find yourself becoming increasingly popular in both your business and personal lives. People respond to heartfelt action and, as they say, what goes around comes around.

Action and reaction are opposite and equal in all types of thought and action. Your heartfelt action, by automatic reaction, will create a heartfelt reality among you and the people who are attracted to your energy. When you operate mainly out of a heart-centered frequency, you will notice that people are attracted to you in all aspects of your life. Friends, lovers, professional associates — everyone will be attracted to your magnetic personality.

Personal magnetism has been one of the great mysteries of life simply because, in the past, so few people have operated from that heart-centered frequency of awareness on a routine basis. However, it's really no secret. It's just one of those common-sense facts of life.

The secret of personal magnetism is that the more you unconditionally love people, the more they love you.

You don't have to make a big deal out of it. You don't have to stand there like some transmitter beacon, radiating huge amounts of heart energy. Top stage performers do, but you don't. You can be very quiet about it and everyone will be quietly drawn to you. *Everyone of a similar nature, that is. Everyone who appreciates kindness and a truly warm, genuine smile.*

In other words, you'll attract the very best of friends.



There's nothing more attractive than a warm smile from a person who quietly radiates a sense of unconditional love for themselves and all others. ✨

Excerpted from the book, **Love, Light, Laughter: The New Spirituality** by Owen Waters, now available on Amazon in paperback as well as e-book form. Discover more by Owen

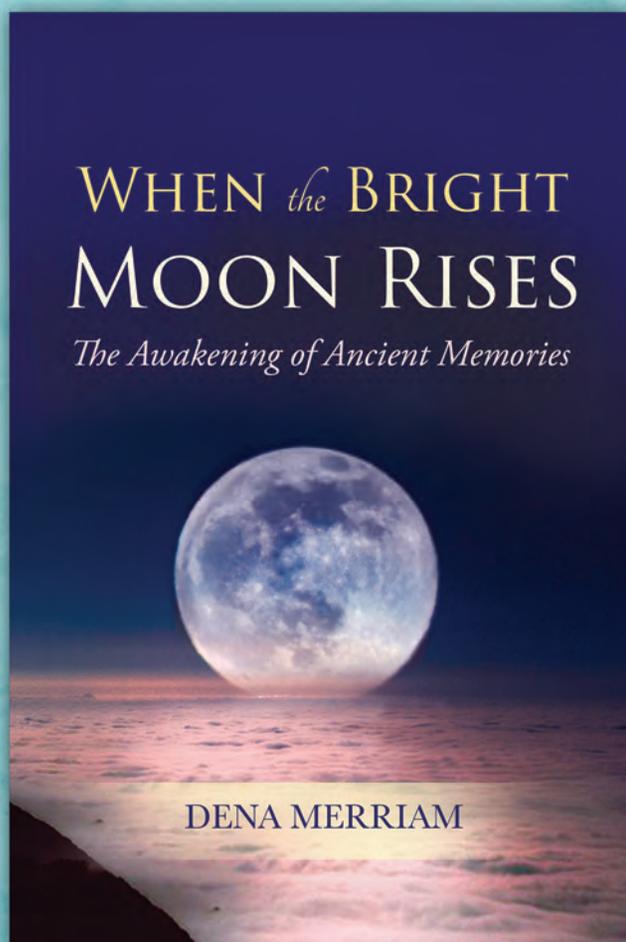
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Owen Waters is also the author of **Higher Consciousness: Finding Peace and Joy Above the Noise.** [www.infinitebeing.com](http://www.infinitebeing.com)

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Founder of the Global Peace Initiative of Women, Dena Merriam is a renowned international interfaith leader and has been a student of Paramahansa Yogananda for 45 years.

  
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# Every Human is Prone to Being....

by Donna Martini  
Oyster Bay, NY

In December 2017, London resident Oobah Butler told a tale of tomfoolery he inflicted upon the renowned TripAdvisor.com website. He created a restaurant identity called “The Shed at Dulwich,” then posted images of his own backyard shanty alongside pics of concocted cuisine. He explained that the menu was mood-based, meaning that guests could tell their server what they were feeling, and the chef would create a meal that would appropriately coincide.

Although his web page depicted unappealing food with titles such as urinal cakes, his faked rave reviews and posts prompted top rankings, eventually making his bogus restaurant number one in London.

When people called to make reservations at what they thought was a new trendy eatery, Butler told them there was no availability. After some time, though, the overwhelming number of calls at every hour of the day and night made it impossible to keep up, and he finally stopped answering the calls. Then one day he dared to take his prank to the next level. He gathered friends to help him create the illusion of a restaurant in his yard and allowed guests in for one night only, serving store-bought frozen and canned food on makeshift tables. As suspected, his restaurant was a great success. Visitors not only gave him glowing reviews, they begged for another reservation!

The Shed at Dulwich and the public reaction to it is astonishing, incredulous, and terrifying, all at the same time. Although this mockery is the brainchild of one person, we know all too well how an entire body of people — whether originating in the corporate world, Hollywood, the media, government, or under the blanket of religion — can replicate the same amount of public buy-in.

In this case, perhaps the motive was just an innocent prank or experiment in social science. Most of the time, though, we have seen humans in society falling prey to someone’s need for power, to generate racial or religious persecution,



or monetary greed. This is why it is so disappointing that we continue to believe the questionable tales of the people we are exposed to every day. Worse than that, we condemn those who would dare point out what is just not making sense to them.

If we have learned anything from social psychology it is that questioning what we are being told to do, think, and feel should not be blamed on political leaning, conspiracy theory, or the cynical slant of one’s personality. It should not be considered unnecessary or in some cases, unpardonable behavior. The truth is, our susceptibility to falling prey to manipulative tactics can be explained in psychology 101 — more importantly, **every human is prone to being human!**

We are all capable of being diabolical, we are all capable of being naïve and inappropriately malleable. We are all self-esteem-sustaining seekers, no matter our position in society, political leaning, level of IQ, or ability to think independently. As social psychologists have discovered, the need for humans to protect and preserve a positive image is one of the most “powerful determinants of human behavior” found in society” (Aronson & Birkett, 2018, p. 150).

They have defined self-serving bias as an urgent and unflappable need to maintain our self-esteem. We know of the existence of cognitive dissonance and our dogged resolve to uphold our beliefs at all costs. And we know that herd mentality bends and sways us, holding in abeyance additional information so we can stay fearlessly (or fearfully) connected to whatever group we deem superlative. We have gleaned much from history, theorists, research, and data. Do we think, then, that this decade, century, or millennium is different from any other? Have we suddenly forgotten how people can act, how power can corrupt, how greed will

persuade, and how an innate need to self-preserve can drive the mind, emotion, and actions of every human on earth?

Butler’s tale of inane human behavior can serve as a great lesson, not only because it shows how gullible we are, but more so because it can pave the way for the perpetual search of the truth. It should, at the very least, prompt our allowance of diverse opinion and fact to surface and be explored. And isn’t this the underpinning of freedom? Let’s realize that America’s forefathers might not have been able to label or identify any of the aforementioned psychology, but they created a constitution that would undermine its consequences.

Long ago, a group of leaders realized the vulnerability of having a small number of people in power over the whole body of people they are meant to serve and protect. This is our heritage. It is what this country stands for and why so many want to migrate here — because we are (were) allowed to speak up against what we deem inappropriate, wrongful, or unbelievable, most especially if



it dips into duplicity, seems hypocritical, or worse, tyrannical.

Let us be real about reality; there is none. Unless we choose to be open-minded about everything we are being told and shown, realism is only subjective. It is a story retold through the mind, eyes, and ears of every beholder. And if all of our senses are prone to whatever or whoever we choose to believe in, then let tolerance be mine! Let every debatable issue foster the need for broadmindedness, compassion, and humility, so every debatable issue can finally realize a creative, fruitful, and symbiotic outcome.

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The sea of energy coursing into, through, and around us, organizes matter into form. This doesn't happen randomly. Humans have energy structures in and around the body that filter incoming energy and radiate outgoing energy in an organized manner.

They consist of the *aura*, a field of energy that surrounds the body in seven distinct layers; the *chakras*, seven energy centers originating in the layers of the aura and permeating the physical body; and the *meridians*, channels within the body that feed each cell with vital life-force.

### The Frequency of Life

Subtle energy, chi, or life-force is not a supernatural concept. According to Einstein's famous equation, the speed of light is the reference point for the exchange of matter and energy.  $E=MC^2$  (energy equals matter moving at the speed of light squared), means that matter and energy are the same substance just moving at different speeds. Matter doesn't necessarily move faster and faster in a straight line until it reaches the speed of light squared and transforms into energy. Movement is also vibration. Matter vibrating at a high enough frequency becomes energy.

The physical world—everything we see, feel, hear, and experience—is an expression of vibration. Quantum physicists describe light as the building

block of matter. The basic unit of light is a photon, and all photons travel at the speed of light. Photons are considered to be subatomic particles and carriers of the electromagnetic field. The grandfather of quantum physics, David Bohm, went so far as to describe matter as frozen light. While light is commonly thought of as energy, as the interface between matter and energy, it's both a particle and a wave.

Subtle energy exists outside of the current measurable electromagnetic range. That doesn't mean it's supernatural. It means science hasn't discovered the technology to measure its frequency. As with radio waves and microwaves, it's only a matter of time before subtle energy is scientifically verifiable.

Metaphysically, subtle energy provides the matrix from which matter is formed. Vibration within this matrix organizes form. Light carries information from the

vibration of energy into that of matter. *The fact that all spiritual traditions associate inspiration, healing, and spiritual connection with light is testament to the awareness that light is an organizing principle of matter and matter is infused with light.*

The idea that higher frequency is better than lower frequency is prevalent in our thinking. Consider, however, that the resonant frequency of Earth is 7.8 Hz., while light is measured in the Hz, which is 1012 hertz. Duality thinking causes us to separate matter and light, Earth and Heaven, into good and bad when in fact, all matter is infused with light. Truthfully, spirit exists throughout, and within, all levels of reality. *Only judgment creates separation.*

### Interacting with Subtle Energy

Subtle energy, being both particle and wave, can be experienced in several distinct modes. *Direct contact*, feeling the radiation of it in our hands and body, is associated with its substance. We think of electromagnetic particles radiating through space, or a wave propagating from one place to another. However, subtle energy is also experienced through resonance and *quantum entanglement*.

Subtle energy can be felt as vibration and flow. This is the mode most hands-on energy balancing techniques use, as well as acupuncture in the body and standing stones in the landscape. This mode of interaction is dependent on direct contact with the energy being felt and/or influenced.

We can also interact with energy through *sympathetic resonance*. This occurs when any item—an object, string from a musical instrument, human body—is influenced by another item it has sympathy

or correspondence with. *Sympathetic resonance* is happening when a C string on a harp is plucked and all the C strings of different octaves vibrate and produce sound as well. Important to note is that notes other than C don't vibrate as they don't share correspondence.

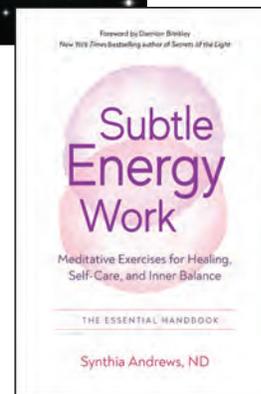
Two other examples of sympathetic resonance exist with grandfather clocks and fluorescent light bulbs. In a room filled with grandfather clocks, the pendulums may start out in different phases of their swing, yet within a short time they all synchronize, swinging together in the same phase. With fluorescent light bulbs, a fluorescent light that is turned on can stimulate a nearby fluorescent bulb that is not plugged in to illuminate. Fluorescent particles from one don't flow into the other; the vibration of atoms in the lighted bulb excites the atoms in the unlit bulb.

Subtle energy interaction using direct contact or sympathetic resonance requires proximity to work. Interacting with energy from a distance relies on quantum *entanglement*. In what Einstein labeled "spooky action from a distance," entanglement happens when one subatomic particle changes simultaneously in relation to another subatomic particle, no matter where the other particle is. The condition is that they have to know each other. Particles that don't have a relationship don't affect each other.

**The reality is that we engage and influence subtle energy in everything we do.** Our thoughts and emotions have frequency and electromagnetic radiation that is measurable. They interact with other subtle energy systems we have a correspondence, or relationship, with. **Energy awareness is the journey of becoming conscious of how we engage and interact with subtle energy, taking responsibility for how we impact the world through what we think, feel, say, and do.** ✨

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**Synthia Andrews, ND** is a licensed naturopathic doctor. Through her personal healing journey, Andrews came to recognize the importance of the mind and emotions in healing. Consequently, her work focuses on the underlying spiritual and emotional aspects of health. She taught for 15 years at the Connecticut Center for Massage Therapy and 7 years at the Kripalu Yoga Institute. She currently sees patients in a private practice.



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# Another Leap Forward in Dental Healing: My Dentist Says I Need a Root Canal, What Should I Do?

The most feared dental news from your dentist: "You need a root canal!" Don't fear, **Dr. Etes** is here. The first thing you need to do is just take a deep breath and relax. Fortunately, it has been my experience that very often root canal is over recommended and unnecessary.

If the tooth recently had a crown placed, mercury filling removed or white filling placed, resulting in prolonged sensitivity and multiple bite adjustments with little or no improvement, and a normal looking X-ray, for many dentists, the next go-to is the "dreaded" root canal. Very often these are bonding adhesive failures and can be corrected with proper placement of new dental material, thus avoiding root canal altogether. There is nothing better than a healthy vital tooth, and your dentist should be advocating for that.

But what if you do actually need a root canal? You need to understand that not all dentistry is the same. It is just not. Dr. Etes is an Ivy League educated, dental root canal specialist committed to providing the very best **Endodontic** dental care which requires going well BEYOND normal everyday root canal dentistry.

Root canals get a bad rap because 74% of general dentists perform the procedure without a sterile

barrier, commonly referred as the rubber dam. With no rubber dam, the root canal becomes contaminated with mouth germs right from the very beginning, thereby never having the chance for success. The omission of the rubber dam leads to a staggering number of failures that definitely makes root canal sound like an unappealing option. I agree wholeheartedly that a poorly executed root canal can lead to systemic illness. I have treated many failed root canals properly, resulting in improvement or disappearance of the patients lingering autoimmune dysfunction. More than 50% of the root canals that I undertake are failed root canals, therefore I have knowledge of precisely what is being done incorrectly. Do it right or do not do it at all. This is the mantra by which I practice. I incorporate cutting edge root canal cleaning and disinfection protocols, including but not limited to photo acoustic / photo mechanical laser, ozone, and intra root canal ultrasonic shockwave cavitation root canal therapy. It is the best root canal therapy available and I refuse to be anything less than the best. All of the materials used are biocompatible and biomimetic in nature.

Some patients are convinced that biological root canals, even those that Dr. Etes provides, are still "dead vesicles" harboring bad bacteria that

will cause them harm. Well, what if you can make the tooth alive again? Now you can, with **ToothRegenesis**. ToothRegenesis is a proprietary procedure which combines all the disinfection protocols of Dr. Etes' biological root canal with the regenerative properties of the patient's own stem cells from their platelet rich fibrin (PRF) derived from the patient's own blood. This has certainly been a GAME CHANGER for a patient keeping their own tooth. Who says you can't have your cake (non GMO, of course) and eat it too?

There is nothing better than your own natural teeth, so it is very important to do what you can to save your teeth. For the patients who are uncomfortable with any type of root canal or patients requiring tooth replacement, Dr. Etes offers world class treatment options, including utilizing the patient's own harvested bone along with **Platelet Rich Fibrin (PRF)**. PRF contains growth factors, healing cytokines, and the all-important regenerative stem cells to allow you to heal optimally and rapidly. State of the art zirconia, titanium, and titanium /zirconium hybrid dental implants are offered to our patients for the best replacement options.

Remaining on the cutting edge of the newest dental advancements is a full-time task and a

top priority for Dr. Etes. In order to provide our patients with the most sanitary environment possible, we employ ENHANCED, proactive ultraviolet air and surface office disinfection protocols. Do not assume all dentistry is the same. Dr. Etes prides himself on bringing you top notch, unmatched care. We work toward one standard, the HIGHEST standard. The time for excuses has passed. If you are looking for the finest, safest, healthiest and most predictable results to correct your dental issues that are supported by the most advanced dental technology, **contact Integrative Dental Specialists to make an appointment with Dr. Etes today.**

**Jeffrey Etes, DMD, NMD, IBDM, graduated in the top 10% from the prestigious University of Pennsylvania School of Dental Medicine. Dr. Etes is an IVY LEAGUE trained Certified Endodontic Specialist/Implant Specialty Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic & Integrative medicine & certified in biomimetic cosmetic dentistry & Chao Pinhole Surgical Technique to provide a broad array of biological dentistry covering all facets of restorative, cosmetic, prosthetic, surgical, endodontic, pediatric, periodontal, and implant dentistry for his patients for over 25 years.**

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# The Pain Solution

A Talk with Saloni Sharma, MD,  
author of

## The Pain Solution: 5 Steps to Relieve and Prevent Back Pain, Muscle Pain, and Joint Pain Without Medication

### What are some of the top myths about orthopaedic pain?

The top myths are that nutrition, sleep, and stress do not affect orthopaedic pain. These factors matter! They feed or quell painful inflammation. Yet, most people are unaware of the huge impact these factors have on reducing pain and feeling better. Poor nutrition, poor sleep, and excessive stress create more inflammation which fuels more pain. Likewise, improving the food we eat, our sleep, and stress levels reduces pain and helps us heal. In fact, the *American Academy of Orthopaedic Surgeons* recommends better nutrition, sleep quality, and stress reduction to improve orthopaedic recovery.

### What are the 5 modifiable life factors that contribute to pain and inflammation?

Nutrition, movement, sleep, stress, and relationships. While most orthopaedists do not write prescriptions for a pain-fighting food plan, better sleep, or stress reduction techniques (like mindfulness), these factors combined with typical treatments provide more lasting relief. Without improving these factors, our bodies and brains remain inflamed. This means standard treatments like medications only provide partial, temporary relief and we remain trapped in pain. We must address these global pain factors to feel better and stay better.

### What are the pain-relieving benefits of polyphenols – the micronutrients that naturally occur in plants?

Phytonutrients are plant's superpowers. They are the chemicals that give plants their color, protection against diseases, and strength. For humans, phytonutrients act as antioxidants and anti-inflammatories. They boost health, charge the immune system,

protect joints, and fight inflammation with no side effects and little cost! For example, the polyphenols found in berries, turmeric, and green tea help preserve our joints and limit arthritis damage. Studies have shown that an increased intake of polyphenol phytonutrients slows down joint and back degeneration, increases collagen production (important to skin and joint health), and decreases cell death. Since our bodies cannot produce these vital nutrients, we need to eat a variety of colorful plant foods to tame painful inflammation.

### How does a healthy gut microbiome help back pain?

Our digestive tract is populated by more than a trillion tiny organisms, including bacteria, viruses, fungi, and yeast that are together called the gut *microbiome*. An optimal microbiome helps us digest food, absorb vitamins, fight infections, and lower painful inflammation. An unbalanced gut microbiome causes chaos, dysfunction, and pain. Studies have found that an unbalanced microbiome correlates with chronic musculoskeletal pain such as back, muscle, and joint pain. The Standard American Diet (SAD) directly affects the gut and leads to more swelling, more inflammation, more pain, and more dysfunction. If we want to reduce orthopaedic pain and limit severe flare-ups, then we need a healthy gut microbiome.

### How does food affect back, muscle, and joint pain?

Food and orthopaedic pain may not seem linked but they are intimately connected. The standard American diet (SAD) is more than sad; it breeds pain, inflammation, and disease. It is composed of processed foods high in added sugar, added salt, and saturated fats, and low in nutrients. It lacks vegetables, fruits, and legumes. This processed, nutrient-poor diet increases pain and inflammation. If we do not address this major pain factor, we are missing a huge opportunity to reduce pain without pills.

### What foods help reduce inflammation and pain?

We know the SAD results in more inflammation, pain, and *dis-ease*. A diet of unprocessed foods loaded with vegetables

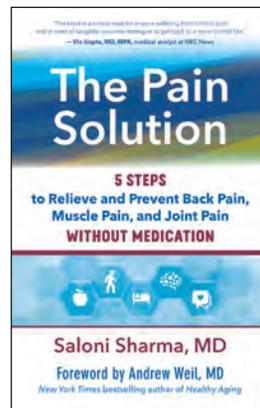
and fruits, helps reduce pain, restore gut balance, and decrease inflammation. A randomized controlled study reported in *Pain Medicine* found that adopting a low-carbohydrate diet (with leafy green vegetables and non-starchy vegetables) resulted in less pain, less inflammation, less oxidative stress, and more function in only twelve weeks. The authors suggested that dietary improvements might be a way to reduce opioid and other medication use. Additionally, a Mediterranean-style diet has been found in multiple studies to decrease pain and disability for people with joint pain. This type of diet, incorporating lots of fresh vegetables, fish and seafood, and small servings of lean meat, shifts the body to ease and relief. In the book, I share my guide to anti-inflammatory eating including five superfoods and powerhouse spices to reduce pain.

### How does stress affect back, muscle, and joint pain and what are the top 3 things one can do to decrease stress?

Conventional pain treatments focus on physical stress. Yet we know that mental and emotional stress worsen orthopaedic pain. Stress increases inflammation and can manifest as pain, spasms, and suffering. As an example, simply think about a corrupt politician, cutthroat coworker, or challenging family member. Picture the lines of their face, the sound of their voice, their negative words ringing in your ears, and the devastation caused by their actions. These thoughts may trigger tightness in your jaw, shoulders, or back. Your heart rate may quicken as your stress response flicks on. Thankfully, there are many simple tools we can use to decrease stress including practicing a mindfulness activity, taking an adult time-out, and even looking at a favorite nature scene.

### How does sleep affect back pain?

Pain and sleep difficulties are undeniably intertwined. Pain can disrupt sleep as a result of difficulties in finding



a comfortable sleeping position or experiencing pain when rolling over. Sleep can also be affected by elevated stress hormones, anxiety, and depression. In a study of people sent to pain physicians, 70% described their sleep as poor and reported fewer sleep hours, greater disability, higher pain levels, less daytime activity, and higher depression and anxiety scores. Poor sleep is documented among people with arthritis, fibromyalgia, headaches, and other painful conditions. Even in people with and without diagnosed painful conditions, there is a clear connection between poor sleep and pain.

A study of more than seventeen thousand adults found that sleeping for five hours or less per night is associated with more musculoskeletal pain. Additionally, shorter sleep durations (less than six hours) are correlated with higher levels of inflammation and a lower pain tolerance. Sleep affects back pain in a multitude of ways.

### How do relationships, both good and challenging ones, affect pain?

Poor relationships and loneliness are stressors just like poor food, lack of exercise, and disrupted sleep. Feeling isolated activates the stress response, raises cortisol, increases inflammation, increases defensiveness, and decreases sleep quality. A lack of support results in a greater risk of developing musculoskeletal problems. A systematic review found that poor social support could be used as a predictor of chronic low back pain. In addition, social isolation results in weight gain and may contribute to the development of inflammatory conditions such as diabetes as well as mental health issues. Good relationships and a sense of community help us reduce inflammation and better handle painful challenges. ✨

**Saloni Sharma, MD, LAC** is double board-certified in pain management and rehabilitation medicine. She is the medical director and founder of the Orthopaedic Integrative Health Center at Rothman Orthopaedics and has treated thousands of patients. She is also co-chair of Pain Management and Spine Rehabilitation for the American Academy of Physical Medicine and Rehabilitation. A popular speaker at Google and an award-winning clinical assistant professor at Thomas Jefferson University Hospital, she lives near Philadelphia. More info: [salonisharmamd.com](http://salonisharmamd.com).

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# Father No's Best

by Elvir Causevic



## Editor's Note:

The following did not arrive in time for our June/July "Men's" Issue. While being "father-centric," this essay nonetheless offers wonderful "lessons" for children and parents alike.

I've reflected quite a bit on what I wanted this year for my Father's Day present. I wanted my four kids to acknowledge that they really understand why the most critical part of my job is to sometimes say a hard "no!" I have three girls, 24, 22, 15, and an 11-year-old boy. The message to each is the same (in an age-appropriate way). Why?

If there is one thing all ancient wisdom teaches us, it's that a truly good life is possible only with *balance*. Creating balance demands that each of us say "yes" to some and "no" to other things in life. To achieve life balance, we must make choices. Even not choosing is making a choice (voting for status quo). The gift of making choices is considered by all great cultures, traditions, and religions to be at the very root of what it means to be human. The ability to make reasoned choices is bestowed on humans alone. This distinguishes us from all our other relations on this planet – animals, plants, and everything else.

In any given situation, how can you make the best choice for the greatest good of all? Wisdom to choose well requires more than

the simple mental understanding of words, concepts, and definitions like choice, balance, respect, reciprocity, empathy, altruism, and other great virtues. Wisdom also requires **skills**. Unfortunately, skills aren't taught by words alone. Skills are best taught through experience, practice, trial, improvement, failure, and tests. Having a skill means being proficient in doing a specific activity well and reliably.

A pro tennis player is a good example. Professional athletes have reliable proficiency at their sport and can perform it well repeatedly. All this to say that, *as a father, my most important job is to pass to my children the skill to make good choices*. In turn, they will have the best chance of achieving balance in their lives. It's then easy to conclude that the wisdom skill of *making good choices* must involve the ability to say (and hear) "no!"

## Do as I do

All fathers know from their own experience that simply saying something to your kids and expecting them to do it has about the same odds as it did when we ourselves were kids – small to none. Modeling the desired behavior holds real lessons. Every time I say "no" to my kids, not as a whim, automatic reaction, or to correct *not fair*, but when I've thought about it and feel it in my gut ... then I am teaching them a key wisdom skill. For the benefit of teaching this skill, I am willing to put up with whining, reactions, debates, hatred, and even some disrespect in the name of learning (but within boundaries of course).

## It takes two to tango

Every generation complains about the next generation it spawns: "Ugh, the kids

today;" there's no respect for their elders, hardheadedness, awful taste in music, dress, and hairstyles; and, of course, making bad choices that will catch up to them eventually. Fathers today are no different. My grandfather didn't have TVs growing up. My dad didn't have computers. I didn't have smartphones nor TikTok. So, what?! However, what we all share is that we will pass to the next generation a world that is more complex than the one we lived in. I can't give my kids advice on social media etiquette and ultra-woke language nuances, but I can pass on the advice that was passed on to me from time immemorial. This advice is cross-cultural across continents, ages, and languages. These are the core wisdom skills humans share.

One thing I will do (beyond just enjoying silly cards with old Hallmark Dad jokes nobody tells in real life) is to talk to my kids about reducing the emotional cost for me to say, "no." We'll talk about that first.

## We'll talk about my job as father, which is to:

- Be helpful and expect self-sufficiency,
- Be friendly but not a friend,
- Be in service, distinct from being a servant,
- Be empathetic without being a pushover, and most importantly,
- Be loving but willing to say, "no!"

What I want from my family in return is an agreement. Now that the youngest one is 11, he is a part of this story too. I am doing my job as a father, and part of their jobs is to participate. They will take personal responsibility for their own lives, happiness, and abundance. I recognize this will happen slowly and more skills will evolve over time as they practice wisdom and become proficient. They won't have the same sources of guidance and same experiences that I did, but they have much to rely on. Their life is not *tabula rasa* (clean slate). If every generation had to invent all its own wisdom from scratch, we'd still be scratching each other's backs for lice.

Even if I don't get it about TikTok, I do very much get the meaning of respect, choice, abundance, reciprocity, resilience, joy, and humor as well as my ancestors did 10,000 years ago. To have any hope of a good life, my kids better get it too. I hope they build on those skills. So cut me some slack this year kiddos, and occasionally just say, "OK, Dad. Will do."

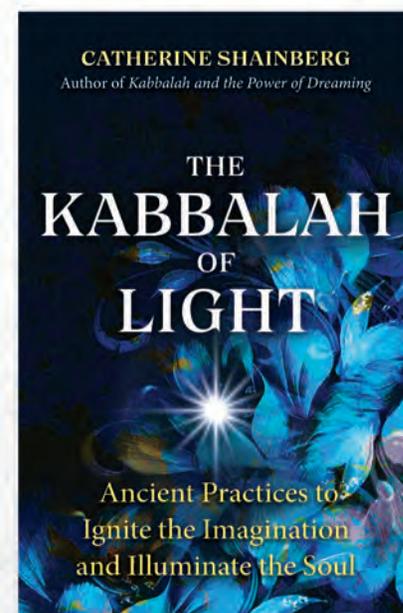
I will let you know how it goes. ✨

**Dr. Elvir Causevic, Esq.** is a rebel entrepreneur and wisdom activist. He's been a professor, engineer, exec, investment banker, people coach, and Earth lawyer, roaming the halls of the Ivy League, Wall Street, and Silicon Valley. After teaching at Yale and building three successful brain medical device companies, he now runs the boutique investment bank Tech+IP Capital in San Francisco, in parallel with UpEnd, a new school of living wisdoms. He is also a Board director of EarthLaw Center, as well as of WorkLife Law Center of University

of California Hastings School of Law, and supports a number of environmental and Indigenous peoples' causes. Find out about his next wisdom school course in September 2022 at [UpEnd.com](http://UpEnd.com)



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# Ready for Healing

by Alan Cohen  
Hawaii

If you were in physical, emotional, relationship, or financial pain, and I asked you, “Do you want to be healed?” you would most likely answer, “Yes.” Yet there is more choice behind wellness and illness than we know.

I was coaching a fellow who had been diagnosed as ADHD. “I don’t think I am totally ADHD,” he told me. “I can focus and get things done if I want to.”

“Then why don’t you focus all the time?” I asked him.

“I am afraid that if I get my projects done and show them to the world, I will be criticized. So it’s easier to stay ADHD, not finish my projects, and avoid the judgment I fear.”

Another client complained that she was a chronic procrastinator and never got around to cleaning her house. “Why is

procrastinating more rewarding to you than cleaning your house?” I asked.

“My father was a perfectionist and he demanded that I be the same,” she told me. “I’m afraid that if I do my task and it’s not perfect, I will feel like a failure.”

Both of these people found more reward in holding onto old patterns than in changing. While we may seem to be victims of people or conditions, we are more at choice than we know. We are always choosing what we believe will bring us the highest reward. In many cases, however, that reward is just an immediate reward, not the highest one.

A woman joined my Coaching Room program and reported that she had gone through a painful divorce several years ago, and since then she had put on considerable weight. She had tried various diet and exercise regimes, but couldn’t take the weight off.

“Is there any advantage you perceive in keeping the weight on?” I asked her.

She thought for a moment and answered, “I don’t really want to get involved with a man again. Perhaps on some level I believe that if I am heavy I will not be so



attractive to men and I will not have to deal with a relationship.”

After thanking the woman for her honesty, I asked her, “Would you be willing to say no to men directly without needing your weight to speak it for you?”

We went on to a very productive discussion about how she could be more direct in her communication, set healthy boundaries, and love herself just as she was. When she was able to claim her true choice, she was no longer at the effect of her weight.

It’s tempting to say, “This is just how it is,” without questioning how it could be better. We might blame childhood programming for our current limitations. One student told the spiritual teacher Abraham, “You can’t teach an old dog new tricks.” Abraham brilliantly replied, “You have no idea what an old dog you are,” meaning that our nature as spiritual beings runs far deeper than any childhood programming. Because we are souls more than personalities, when we drop into our soul identity, we gain the leverage to shift all kinds of conditions at the personality level.

Many people experience healings that science calls “spontaneous remissions.” But there is nothing random or spontaneous about such healings at all. They are the result of choices we make at the soul level. My friend Colleen was diagnosed with cancer of the tongue. As a result, she joined a Christian healing group. The leader asked Colleen to stand in the center of the group and receive a prayer. At that moment Colleen experienced a lightning bolt strike her tongue at the site of the cancer, followed by a deep peace.

When she went for pre-op x-rays, the doctor was astonished. “There is no sign of any cancer,” the doctor told her. That incident occurred thirty-three years ago. Since that time Colleen has remained perfectly healthy and has led an appreciative, blessed life.

When we make a choice and partner with Higher Power, we open the door to miracles. The sincere intention to be healed is the first step. When you do your part, the universe will help with the details. ✨

**Alan Cohen, M.A.**, holds degrees in psychology and human organizational development. He is the author of 30 popular inspirational books, including the bestselling *A Course in Miracles Made Easy* and the award-winning *A Deep Breath of Life*. He is a contributing writer for the #1 New York Times best-selling series *Chicken Soup for the Soul*, and he is featured in the book *101 Top Experts Who Help Us Improve Our Lives*. His books have been translated into 32 foreign languages. Alan has taught at Montclair State College, Omega Institute for Holistic Studies, and en\*theos Academy for Optimal Living. He is a featured presenter in the award-winning documentary *Finding Joe*, celebrating the teachings of Joseph Campbell. His work has been presented on CNN and Oprah.com and in USA Today, The Washington Post, and Huffington Post. His monthly column *From the Heart* is published in magazines internationally. Alan is the founder and Director of the Foundation for Holistic Life Coaching. He presents programs on themes of life mastery, spiritual development, and positive self-image psychology. For information on Alan Cohen’s books, seminars, life coach training (September 2022), videos and audio recordings, visit: AlanCohen.com.

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# Understanding Karma

by Dena Merriam

Since my early years I have been intent on understanding more deeply the workings of the law of cause and effect. By understanding this complex and subtle law of life, I thought, I will address circumstances, events, relationships and behavior patterns in my current life with greater awareness. Of course, one doesn't need to see into the distant past to know the issues one must work on.

Over the course of many years, I came to see the behavioral patterns I wanted to change and knew that I had carried them with me from the past. But seeing my previous births helped me to understand better the work I have been called to do in this life and helped me see a path forward for the future.

My first premonitions of a previous birth came to me when I was around thirty as my then husband and I were becoming more distant from one another. I cannot say that I understood what I was seeing or handled the insights in the best manner, but a door opened, and that door was not to be shut again. Some years later, I began having vivid, full-life recollections of a birth just previous to this, and then of one previous to that, and then a birth before that one, and so on, going back in time several hundred years.

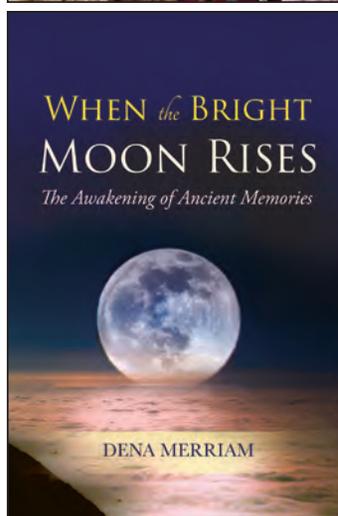
This experience gave me insight into how one life weaves into the next and into the next, sometimes deepening patterns of behavior until a conscious effort is made to change. For example, I remembered several lives where I felt my voice as a woman was muted. I felt I didn't have control over my life as decisions were made for me, not by me. It was no wonder, then, that in my current life I found myself forming an NGO called the Global Peace Initiative of Women to help raise the voices of women globally. But it took a lot of effort on my part to get to the point where I could raise my own voice and be heard. It was as if my current life was a culmination of aspirations from the past, where I could

bring to fruition something I could not even imagine during an earlier time.

I also came to understand that the law of karma is not a system of punishment and reward but a way the universe seeks to rebalance itself. Actions, words, and even thoughts are energies put forth that reverberate and eventually must be neutralized in some way. Every action causes a reaction, so says the law of physics, and just as there are physical laws that govern the universe, there are also spiritual laws. This law of return could take one lifetime, a hundred years or a thousand, depending on so many factors.

A key teaching for me was the collapse of time, because on any given day we may be working through *samskaras* (imprints from the past) from many different time periods. We are in fact a culmination of all we have been. I also discovered a new relationship with death, which I came to view as a passage into another dimension for rest and renewal and a time to set the blueprint for what comes next. *There is no external authority determining our course. It is we who set the course of our journey, most often unconsciously. But we can do it more consciously and begin to set our future course in the direction we desire.* If the past has determined our current life, our current life is setting the blueprint for the next. And it is far more important to focus on the future than the past: Who do you want to become? What relationships do you want to resolve? What patterns of thinking and behavior do you want to change? Each life offers us an opportunity to address these issues, to overcome what we are most unhappy about, in terms of our own character and circumstances. It is important to remember that we all sail our own ships. We just have to become more conscious of that truth, awaken our will and make the changes we want. It is, after all, our own striving that brings about the results.

Perhaps the most inspiring and heart-warming lesson from my experiences is the endurance of love, the love of dear ones we meet again and again but most especially the love of our guides and teachers who



patiently and unceasingly appear to guide us to the higher course. Whether we see them or not, whether we recognize them or not, they are there, for everyone.

After writing my first book, which traces my journey through a number of lifetimes, I thought I had seen everything I was to see. But some years later, I was again back in time, only much further back, to a totally different era, which I wrote about in a second book. It was not the outer descriptions of life events that touched me so deeply but rather the teachings that I received from a woman master, teachings that perhaps I hadn't understood at that time.

My story is everyone's story, because we all have had such a great variety of experiences. We have all been rich and poor, experienced different ethnicities and religions, lived in various parts of the world, been male and female, but the real question is what does it all lead to? What do we do with our life now? How do we integrate all the experiences from the past and begin to more consciously direct our future? And **most importantly, can we spread the love we have received and experienced so that we may be vehicles of upliftment for others?** ✨

Dena Merriam is the author of *When the Bright Moon Rises*, *My Journey Through Time*, *The Untold Story of Sita*, and *Rukmini and the Turning of Time*. A renowned international interfaith leader, she is the founder of the Global Peace Initiative of Women and has been a student of Paramahansa Yogananda for 45 years. (See ad p6)

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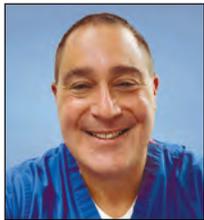
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# Be Easy About Sex

by Susie Moore  
Miami, FL

**A** friend of mine was complaining recently that in her five-year marriage, her sex life has really slowed down.

“That’s okay! It happens! These things can come in waves,” I said. Followed by, “What are you going to do to get it goin’?”

“Well,” she answered, frown forming, “I was googling sex therapists. And then I went down a rabbit hole about what could be wrong with us. I mean, it could be my recent exhaustion from work or that I don’t make the effort to dress up enough, and well, I did gain a bit of weight in the last year, which makes me feel...”

“Stop!” I said, perhaps a little too abruptly — hand signal and all.

It was a true *let it be easy* moment.

Anyone who has been in a long-term relationship has or probably will come up against intimacy gaps at some point. Freaking out is not the answer. Nor is diving deeply into “the problem.”

**I shared my gentle suggestions, which have worked for me, and countless friends over the years:**

**Think loving, sexy thoughts toward your partner.** Look at them through the eyes of someone who might spot them across the room at a party. Remind yourself why you were attracted to them in the first place. Just because someone is

familiar doesn’t mean you can’t foster a fresh attraction. It’s up to you and your thinking! Passion (and orgasms) begin in the mind.

**Physically touch your partner.** Do so in a romantic way that doesn’t have to lead to sex. When was the last time you had a long, lasting kiss? Or a hug that lingered for more than two seconds?

**Stop making your partner “wrong.”** My friend Alexandra, an intimacy expert, taught me this important lesson: *someone who is wrong all the time is not sexy at all!* When we criticize our partner nonstop, we become less attracted to them. How can a person who is wrong all the time seem sexy to you?

You’re allowed to disagree without anyone being wrong — for example, if your partner refuses to get into the plant-based meat substitutes you’re loving, validate your partner’s side of things. “I like veggie burgers, but I respect your midwestern carnivore side!”

A wrong person doesn’t feel sexy or attractive, to you or to themselves. So stop trying to win fights. It’s killing both of your sex drives.

You can also ...

**Ask questions!** Instead of jumping into conflict as a reflex, use it as a chance to get to know each other better. For example, instead of saying, “You’re too stingy with money when it comes to eating out!” Ask, “What are you saving for? Tell me what you want in the future.”

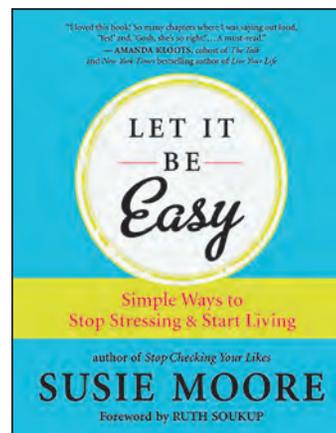
Being open-minded fosters closeness and intimacy, allowing you to understand your partner in a whole new way.

**Choose curiosity over judgment.** Instead of using critical language such as saying something is bad/boring/dumb/annoying, be curious instead. “This isn’t a TV show I’d normally watch, but I see you love it — what’s so good about it?”

**Bonus relationship hack.** Whatever you’re telling your partner helps shape what they become. Your life

partner is your biggest decision and most important teammate — so be on their side! You reap the benefits, too.

There’s an old joke I love: “A husband and wife are driving around in their hometown, where he is the mayor. They stop to get some gas, whereupon the wife recognizes the station attendant as a high-school boyfriend. After they drive off, her husband tells her, smugly, “See,



if you’d married him, you’d be working at a gas station.” The wife replies, “If I’d married him, he’d be the mayor.”

Touch, respect, admiration, and building each other up — these are all sexy behaviors that will bring you much more closeness than focusing on problems. You don’t need new lingerie or Botox to increase intimacy. Your emotional connection enhances your physical connection — they’re entwined. ✨

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**Susie Moore is the author of *Let It Be Easy* and *Stop Checking Your Likes*.** She is a former Silicon Valley executive turned celebrity life coach and advice columnist, and her work has been featured on the *Today* show, *Good Morning America*, *Dr. Oz*, *Oprah*, *Business Insider*, *The Wall Street Journal*, *Forbes* and *Cosmopolitan*. Find out more about her work at <https://susie-moore.com>.

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Change is good! *Transitions, Cycles, Death & Healing*

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# POETRY

## A Little Face in the Crowd

by Linda G. Okin, Levittown, NY

A little face  
Standing in a crowd  
With Gestapo soldiers around  
He should have been  
Having fun  
And playing in the sun  
With tears in his eyes  
And holding up his hands  
And nobody cared  
Because that  
Little face is gone

## dreamers

by Rhonda Weiss, Leeds, NY

It was a swelter rich night  
And the air bore the stench  
Of gossipy tattles  
And Julia sat smug  
Carting her breasts  
And Seymour droned  
'bout his catches of fish  
Off the waters of Brooklyn  
And his token win  
Of first place on the day  
That he alone fished  
While one mother's child  
Roped herself over and over  
The step stair rail  
Obscured by the men's Camel smoke  
And children were sent to  
Apartments to sleep  
Or went to read comics  
By the beam of street lights  
On their fire escapes  
While some teens  
Drew their teams  
And divvied up cards  
And hoped for a win  
From a poker hand dealt on the roof  
While under the building's awning  
A young couple kissed  
And dreamt of a place  
Not the norm

## A child's geometry

by Ben Calderone, Levittown, NY

The line from  
Here to there  
Where does it lead?  
I would know,  
If I knew,  
Where is here  
And where is there!

## What Could Have Come First

by Diane S. Morelli, Hampton Bays, NY

We met as young women.  
And have the Virgin Mary to thank for that.  
Our kids, first grade classmates,  
Got dismissed from the doorway near the Blessed Mother's  
statue.  
Waiting there for my little one was fun,  
Having you to talk to.

I imagine if our friendship began  
When we ourselves were in school,  
Our relationship would have started like this:

I'm playing hopscotch in the park with girls my own age.  
You ride over on your skateboard,  
Step off and squeeze in next to me,  
In the skinny sliver of shade I keep to myself.  
It's my turn next.

I roll a craggy stone in between my thumb and index finger  
while I wait.

You tap me on the shoulder,  
then curl your hands into fists.

Now, I'm terrified of you.  
You're willowy, confident, quiet.

I'm loud, emotional when frightened, sometimes dramatic.

I drop the rock,  
Place a backhand over my forehead.

I scream. "What?"  
You don't respond.

Instead, you pound one fist on top of the other.

I ask again. "What?"

You continue hammering.

I look you in the eyes,

See something that makes me relax a bit.

I clench my fists and mimic you.

Your knuckles knock faster and faster.

I speed it up.

When we're thumping in sync, you say, "Rock, paper, scissors."

We both know what comes next.

## Pilgrims

by Len Slatest, East Moriches, NY

A pilgrim is a person who journeys in a foreign land.

We are all pilgrims.

We gawk in amazement and disgust  
at

guppies that eat their young  
spiders that devour their lovers  
gorillas that commit infanticide.

We protect

as we can

against cancer

that ravages our body

dementia

that rots our spirit

tornadoes

that wreck home and field with equanimity.

Terrible things happen to good people.

And

we can

barely

express our outrage

that we are

born

only

to die.

We are

on strange turf

ominously indifferent to us

incomprehensible.

We are not home.

So we

huddle against the storm

gasping

when the lightning strikes

sighing

as the thunder softens

hugging

when it's over.

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Poetry is nearer to vital truth than history. Plato

# BOOK REVIEWS

## & PRODUCTS

### BOOKS

#### **SOMEDAY IS TODAY: 22 Simple, Actionable Ways to Propel Your Creative Life**

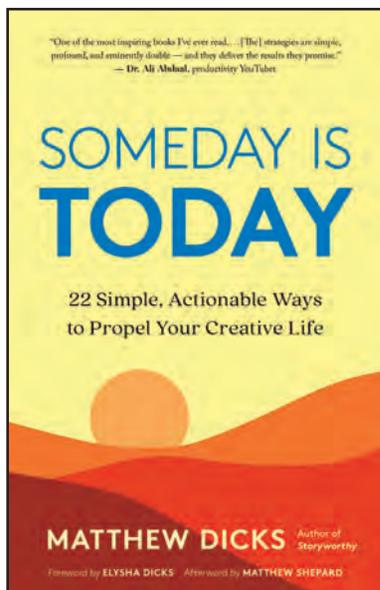
by Matthew Dicks  
newworldlibrary.com

There's a Japanese proverb: "The day you decide to do it is your lucky day." But how do we make the decision to actually start and complete creative things? This is the question that author and storyteller Matthew Dicks explores in *Someday Is Today*. He empowers readers to make manageable changes so they can achieve the things they would love to make happen without upending their lives. The practical advice Dicks shares has worked for him and countless other creative people he has consulted with, whether their goal is to sing, knit, draw, write, or teach.

The actionable steps Dicks offers include:

- silencing negative messages from family, friends, and teachers
- eliminating time-sucking people and activities
- being willing to be lousy when you first begin
- finding supporters here, there, and everywhere
- cultivating optimism in the face of negativity and obstacles

*Someday Is Today* is divided into four parts: Time, Taking the Leap, Support, and Living the Life. Each strategy is accompanied by amusing and inspiring anecdotes from the author's own creative life. The appendix also includes a series of action plans for each chapter of the book so readers can immediately begin implementing the strategies into their everyday lives.



#### **BECOMING THE INSTRUMENT Lessons on Self-Mastery from Music to Life**

by Kenny "Krishna" Werner  
Sweet Lo Press

When we hear music, we often experience how the physical flirts with the spiritual in profound and moving

ways. But what we don't realize is that this confluence is possible not just in music, but in life, and it's easier than you think, says the founder and artistic director of the Effortless Mastery Institute at the Berklee College of Music, Kenny Werner in his new book, *Becoming the Instrument*.

Packed with profound insights and uplifting anecdotes from his 40 years of studying, performing and teaching music, *Becoming the Instrument* follows his book, *Effortless Mastery: Liberating the Master Musician Within*, with a guide for accessing the spiritual in our everyday existence and applying it to the pursuits we love. Werner shows us how musicians, artists or even business people can allow their "master creator" within to lift their performance to its highest level, showing us how to be spontaneous, fearless,

joyful and disciplined in our work and in our life. Whatever you are trying to master, Werner says the key is learning how to slip into "The Space," the place beyond the conscious mind that allows us to effortlessly embody whatever we are doing. Werner offers easy exercises that can allow you to access this and achieve mastery. As Werner points out: "Mastery is not perfection, or even virtuosity. It is giving one's self love, forgiving one's mistakes, and not allowing earthly evidence to diminish one's view of one's self as a drop in the Ocean of Perfection,"

#### **A HEART'S LANDSCAPE: An Invitation to the Garden of Moments**

by Susan Lax  
Your Moment Press

When you are challenged – how do you tap into your moment of joy? We all have the ability to manifest a day based on joy and understanding by beginning with a transcendent moment. Author and counselor Susan Lax offers such moments to get your day started in her gorgeous collection of stories, poems and insights, *A Heart's Landscape: An Invitation to the Garden of Moments*. Lax shares entries and photographs from her "Morning Inspiration" emails to provide readers with the insight, comfort and healing needed to open their minds and live each day with an attentive heart.

Morning Inspiration has evolved over time. What began as a message for women diagnosed with health issues became a crafted moment of inspiration for all types of people. The email list grew to include men as well as women traveling through their individual challenging journeys. Along the way, Lax began incorporating photography with her transformative messages. Through these shared moments, she continues to showcase the importance of finding time for joy. We may never be able to overcome grief, but we can learn to set it aside for periods of time and allow ourselves to experience life's wonders through a positive frame of mind.

### PRODUCTS

#### **ADRENAL SUPER TONIC Stress Relief** Cymbiotika.com

Cymbiotika's Adrenal Super Tonic helps support a balanced mood and overall health and vitality. This formula was created to manage stress levels, anxiety, depression, high blood pressure, sleep disorders, muscle aches and improve gut health. This liquid supplement, may reduce serum cortisol levels over time, which is essential for improving immune function and regulating the menstrual cycle. Formulated with organic and wild crafted ingredients. Vegan, sugar-free, gluten-free, Keto, zero chemicals, and pleasant-tasting, too!

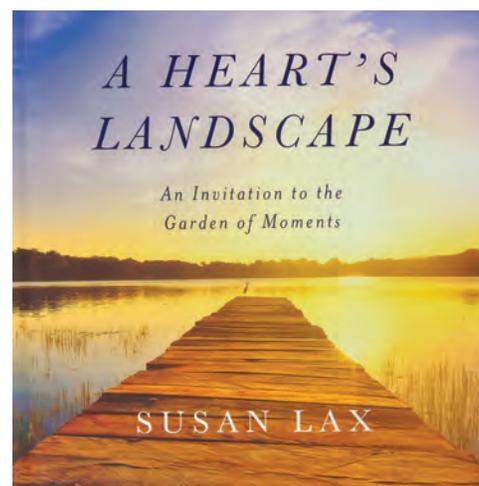
#### **NEATSHEETS** MyNeatGoods.com

This useful, new product is putting a unique, updated spin on traditional plastic and cloth bibs that have been used for decades. NEATsheets are a creatively-created wearable napkin that easily adheres to clothing to protect from spills and drips while eating,

driving, doing crafts and more. This isn't your traditional bib. NEATsheets are uniquely designed, wearable napkins that offer benefits that traditional clothes-protecting products never have. More dignified than a bib, more

effective than a typical napkin, NEATsheets come with two easy-to-use, peel-and-stick adhesive tabs making them a much better solution to cloth bibs, clothing protectors and napkins. No ties or clasps are required. It's as easy as, open, adhere, dispose. The front absorbs spills while the back repels liquids, providing protection for clothes and easy cleanup. Spills happen. Stains shouldn't.

The product measures 13" wide x 22", providing full protection for the torso or lap whenever spills or messes may occur: at family dinners and barbecues, working from home, watching TV, dining out, arts & crafts projects, parties, picnics. Commuters and road trippers can be protected from that coffee splash or food drips. They are also great for messy activities, as a placemat on-the-go, when applying make-up and more. They come in four patterns, packaged in 20, 80, 100 and 400-count options, and range in price from \$18 - \$145.



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# MARKETPLACE

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## ADDICTION

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You are not alone. The numbers of people managing their stress with the use/misuse of legal and illegal mood altering substances is skyrocketing. Call today to talk to someone. The Kenneth Peters Center for Recovery, Long Island's premier boutique program for the treatment of substance use disorder serving the Long Island community for thirty years. Syosset: 516-364-2220, Hauppauge: 631-273-2221, www.kenpeterscenter.com.

## BOOKS

**THE KABBALAH OF LIGHT** – Ancient Practices Ignite the Imagination and Illuminate the Soul., by Catherine Shainberg. Kabbalistic practices to connect with the natural genius of your subconscious and liberate the light within. Inner Traditions – Bear & Company. 800-246-8648. InnerTraditions.com (See ad p.11)

**YOU WERE HERE BEFORE, WHY ARE YOU HERE NOW?** *Experiences Of a Past Life Regression Therapist*, by Barbara Pisick, PMHCNS. Available on Amazon, www.pastliferegressiontherapy.com, blpisik@yahoo.com (see ad p.4)

## COUNSELING/THERAPY

**PAST LIFE REGRESSION THERAPY** by well-known agency director and author. Certified by Brian Weiss. Watch television feature on website: www.SunriseCounselingCenter.com. Also see popular new book at SeekingSoul.com and see Richard Scheinberg on Facebook. Bay Shore. (631) 666-1615.

**REGRESSION AND PAST LIFE THERAPY** with Frank Nichols, LSCW. Professional and empathetic service. Call: 631-896-6352. (see ad p.13)

**SUBSCRIPTION BASED PSYCHIATRIC PRACTICE** focusing on Substance Use Disorders. Adults, minimum 21 years of age. Call PsychOnline at: +1 617-909-4766.

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**SHAMANIC ENERGY HEALING SESSIONS** with Thelma Condra, Certified Shamanic Practitioner and Reiki Master. Monthly Full Moon Fire Ceremonies and Shamanic Reiki Circles. www.energyhealingsessions.com.

## HEALTHY PRODUCTS

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**DOCTOR'S BIOME** – A doctor formulated organic probiotic drink in a vegetable-fruit juice with 15 scientifically-backed strains of patented probiotics. \$34 off with promo code CREATIONS34 at check out. www.doctorsbiome.com

## HOLISTIC DENTISTRY

**GOLDEN DENTAL WELLNESS CENTER** 444 Community Dr. Ste #204, Manhasset, NY 11030, 516-627-8400 (see ad p.22)

**ESSENTIAL DENTAL OF ROSLYN** – Natalie Krasnyansky, D.D.S., 70 Glen Cove Road, Roslyn Heights, NY 11577, 516-621-2430. (see ad p.3)

**NORMAN BRESSACK, DDS, PC / DR. BATOOL RIZVI** –1692 Newbridge Road, N. Bellmore, NY 11710. 516-221-7447. (see ad p.23)

**e.s.i. HEALTHY DENTISTRY** 43 Terry Road, Smithtown, NY 11787. 631-979-7991. (see ad p.2)

**INTEGRATIVE DENTAL SPECIALISTS** Dr. Jeffrey Etes, DMD, NMD, IBDM. 245 Hillside Ave, Williston Park, NY, 516-253-1800, and 120 E 56th St., NYC, 212-845-9740. integrativedentalNY.com. (see ad p.9)

## PSYCHIC/SPIRITUAL

**PSYCHIC PALM / TAROT / MEDIUM READINGS BY RONI TODD** – Over 45 years experience. Roni can help with life's challenges using clairvoyance, spiritual communication, & psychic insights. Relationship expert. New York's #1 Palm & Tarot Reader, now at 2 Long Island locations. Available for private & phone readings. 516 889-3732, www.ronitoddpsychic.com.

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## YOGA

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# CALENDAR OF EVENTS

## ONGOING EVENTS

### MONDAYS

**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, DrIreneSiegel.com. Now offered Online.

### TUESDAYS

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

### WEDNESDAYS

**FREE! SOUND THERAPY FOR HEALTH & HAPPINESS** Feeling Broody and Gloomy? :( Join our private Facebook group. New Video released every Wednesday :) Join us at: [www.Acoustictherapeutix.com](http://www.Acoustictherapeutix.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.

## SPECIAL EVENTS

### SEPTEMBER 18

**13TH Annual OVER 50 FAIR** Part health/wellness fair, part activities/lifestyle expo for adults 50+. Over 20 classes and dozens of exhibitors. Come spend the day learning about great services and products

relevant to you! Classes include reiki, hypnosis, immune system, comedy show, dating and sex over 50. Meet someone special in our singles lounge. Melville Marriott, 1350 Walt Whitman Road, Melville. 516-621-1446. 10AM – 4:30PM. Tickets: \$5 online, \$7 at the door, free for Veterans with ID. Purchase online to get special raffle ticket. [www.Over50Fair.com](http://www.Over50Fair.com).

## UPCOMING EVENTS

**VIBE FEST:** Community, Art, Music, Holistic Healing, Expression. Big events planned this summer. Instagram @vibefestli & @paulvibes. Email: [info@paulvibes.com](mailto:info@paulvibes.com).

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## UP NEXT: The October – November "Transitions" Issue

*Change is good! Transitions, Cycles, Death & Healing*

**ADS DUE September 10th**

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## Brand New Harmonic Heart Blueprint is Here!

Tap into the secret of the "Harmonic Heart Blueprint" to discover the key to a vibrant, energetic life... no matter how you feel right now.

If you feel tired, stressed and old, and your doctor just wants to put you on a diet of prescription drugs, please know there is a much better path to a healthy life.

*My name is Susan and I've been an around the clock caregiver for over 20 years...*

- First for my Dad, with heart disease, colon and esophageal cancer
- My Mom with Dementia
- Myself with Lupus & Sjogrens

**I made 2 major discoveries:**

1. Our medical system is failing us.
2. Diet and nutrition are not enough.

I myself, struggled with two life sucking autoimmune diseases — Lupus and Sjogrens, and through a very strict diet and supplement regimen was able to restore my health but still suffered from extreme fatigue.

I only had about 3 hrs a day of energy which Doctors just brushed off as an "autoimmune thing". I was told there was nothing I could do about it.

**I wanted to prove them wrong.**

Picture how much better your life would be if every time you felt exhausted or started to go down the road of pain, stress or depression, you had a map to get you out of it.

You see, we are all made up of different vibratory frequencies and have our own electric blueprint that makes us unique, and keeping these frequencies in harmony is necessary for our health.

Unfortunately, we don't know how to do that.

When our frequencies are in harmony, all is well with us. When frequencies become incoherent, we start to fall apart, get angry, stressed, fatigued, and sick.

The modern world encourages us to pop pills for every ill and we find it normal to lay on the couch and binge-watch Netflix, well, because we don't have the energy to do anything else. I know, I have been there.

But it doesn't have to be this way.

**What if I told you, your body has everything it needs to stay healthy, and you were born**

**with it. You just need guidance on how to activate it .**

The Harmonic Heart Blueprint is that guide.

Imagine what your life would be like if you had the tools to access your body's immune and nervous system, and used this power to vanquish stress and increase energy without medication or artificial stimulants.

Using my Harmonic Heart Blueprint did just that for me, and now at the age of 58 I feel better than I did at 20. Best part is, it's something everyone can do, it's fun and takes very little time!!!

Since my family and I had so much success in using my Harmonic Heart Blueprint, I decided to make them for my clients as well, and the results have been astounding!

**Here are just some of the results that have been reported by users of the Blueprint:**

- More Energy
- Enhanced Sleep
- Increased Happiness
- More Creativity
- Better Focus

Your body has innate wisdom to combat just about anything, and this blueprint will provide the necessary information to fuel it.

I see clients online and in person, However, because I work with only a small number of dedicated people, and because there's a lot of hands-on work for me — I am limiting the Harmonic Heart blueprints to 5 people a month.

**Go to [www.acoustictherapeutix.com](http://www.acoustictherapeutix.com) right now to sign up for your Harmonic Heart Blueprint. It's your time to take charge of your health and live an electric life!!!**

*Susan Finley holds degrees in Art Education, Sound Therapy and is a PEMF Specialist (Pulsed Electromagnetic Field Therapy). She is an avid researcher and tester and specializes in VibroAcoustic, PEMF and Scalar Energy Therapies for pain, anxiety, depression and sleep issues. Susan also offers online classes on Dementia and Better Brain health. Join her mailing list at [www.acosutictherapeutix.com](http://www.acosutictherapeutix.com). Susan's office is in Babylon at the Zemba Chiropractic Center on West Main Street.*

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- **Metal Free Braces – Clear Aligner Therapy**
- **Metal Free Zirconia Implant Placement**
- **SMART Certified Safe Mercury Removal**



## **Norman Bressack, D.D.S., P.C.**

has been dedicated to practicing healthy holistic dentistry for over 35 years. He is not only a mercury free dentist but also a “mercury safe” dentist, meaning that he uses safe removal protocols to ensure the protection of the patient, staff, environment and himself from exposure to mercury during the amalgam removal process.

Dr. Bressack's mission is to treat his patients in the most healthy, caring, compassionate, and holistic way possible. Most importantly, he wants his patients to feel warm, welcome and happier when they leave than when they came in.

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- **Trained At The Huggins Diagnostic Center**

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