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# CREATIONS

## MAGAZINE

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December - January 2022  
CreationsMagazine.com

*Join the Thrive Tribe!*

**The Holidays Issue:**

***Radiate the Spirit of the Season***

- Hearing the Whispers of Your Soul
  - Are You a Creator or Reactor?
- 9 Tips to Keep Calm & Sleep Tight
- Subtle Energy Techniques for a Radiant New You this New Year

*When you do what you are here to do, you help others do what they are here to do.*

ALAN COHEN

# Cows and Rats

Everyone has heard of teeth grinding and clenching. To oversimplify it, there are “cows” and “rats.” Cows chew side to side and have flat teeth. These are our *grinders*. Rats bite straight up and down and have pointy teeth that maintain their anatomical shape. These are our *clenchers*.

There are generally two types of materials for oral appliances used in these patients: soft, resilient, rubbery materials and hard plastic materials. For our “cows” or grinders, we can use soft or hard. The soft mouth guards act to protect the teeth from further wear.

For our “rats” or clenched, if we use a soft material, the brain thinks that there is food between the upper and lower teeth as it has a chewy consistency. Accordingly, it orders the muscles to exert more force. As it realizes that it is still not breaking down the material between the teeth, the brain sends more signals to the muscles and the problem worsens. It’s as if we are working out and our muscles are cramping up. It feels

like a Charlie horse due to the buildup of lactic acid in the muscles.

A hard appliance is more appropriate in this situation. There is a neuro feedback loop called the *incisive reflex*. The incisor teeth in the front are innervated in a way so that if there is something really hard in between the upper and lower incisor teeth, they send a message to the brain. In an attempt not to break the teeth, the brain sends a signal to inactivate the elevator muscles and activate the depressor muscles. For example, if you have a fork in between the upper and lower teeth and you inadvertently bite down, the signal goes to the brain and it, in turn, tells the muscles “don’t bite down on the fork, you will break the front teeth!” By using a hard appliance, we take advantage of this incisive reflex and, as these signals get conducted, we can deprogram the muscles so that they are not hyperactive. With consistent use, the clenching, along with the teeth soreness and headaches resolve.

Can I tell you a story? Rachel is a college student with a gorgeous smile. When she opens her mouth wide you can hear a loud popping from across the room. She had braces for 4 years. The poor girl is miserable because her joint is so deranged, it is a struggle to eat anything that requires her to open her mouth more than a half an inch.

When she opens, she does so in a serpentine fashion. Instead of opening straight down, she must negotiate some obstacles in her joint and her jaw goes into a zig-zag pattern. She has disharmony of the joint, ligaments and muscles that, in time, lead to degeneration of the joint and more advanced issues.

She is a clencher, so the appliance of choice is an upper hard appliance that is worn every night and as much during the day as possible. It has a flat surface so the lower, naturally pointy teeth cannot find that sweet spot where they fit together like a puzzle in that unhealthy position.

Therefore, with the teeth effectively totally out of the equation, the jaw can move freely wherever it wants to go. Now it can organically suspend where the muscles, ligaments and joint really belong. The joint can go in its happy place; down and forward. This will allow more blood flow and promote natural healing.



**Jimmy Kilimitzoglou, DDS, FACP, FPFA, DABOI, MAGD, FAAID, FICOI**  
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# Would You Like Less Pain and More Ease of Movement?

I am often asked “what is *myofascial release*?” Which is then followed up by “will it help ME?” Before answering these questions perhaps, it would be helpful to first explore the question of “what is *fascia*?”

Fascia is a strong, stretchy, web-like material made up of different proteins in the body, primarily collagen. It weaves its way around and through muscles, bones, tendons, blood vessels, organs, nerves and cells. It runs throughout the body, head to toe, front to back and everywhere in-between. It not only separates structures but also holds them together which allows it to be both supportive and allow movement.

When we suffer trauma, whether emotional or physical, undergo surgery or suffer an injury, the restrictions or compensatory movement patterns cause a tightening or “stickiness” to occur in the fascia that restricts movement more and causes pain. Myofascial restrictions do not show up on standard x-rays or MRI’s. But when you consider that restrictions in the fascia are believed to produce tensile pressures of up to approximately 2000 pounds per square inch on pain sensitive structures such as nerves, internal organs and muscle, can you begin to understand why people suffer from pain long after their injury is “fixed”?

So, how do we alleviate these pressures and reduce pain and restore movement? We utilize the hands-on application of myofascial release. The sustained *holds* utilized in MFR facilitate a stretch into the restricted connective tissues restoring movement, reducing pain and helping to bring the body back to a more natural alignment or posture.

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**workout recovery and improved physical performance.** Several sessions may be required to achieve lasting improvements.

Recent studies are even starting to show that myofascial release may even be effective in treating the body-wide muscular and joint pain, people with “long-haul” Covid or “post-Covid syndrome” are suffering from. MFR is an option for non-invasive therapy to reduce pain, and reestablish function as patients recover from the long-term effects of post-Covid syndrome. (Integrative Journal of Medical Sciences 2021, Vol 8, 339 DOI: 10.15342/ijms.2021.339).

So, whether you are recovering from injury or someone that engages in extreme sports, myofascial release may be the answer you have been looking for improved well-being and superior performance. **Call Cheri at 631 747-8893 / email Cheri@EliteStrengthli.com**



*Cheri is the founder of PARAGON Physical Therapy and ELITE Strength & Performance. She has been practicing physical therapy for over 25 years graduating from SUNY Downstate in 1993. PARAGON was born out of a desire to provide quality, individualized care to people in need. She has extensive experience as a physical therapist, specializing in myofascial release, an athletic trainer and a certified strength & conditioning specialist.*

*Cheri integrates her passion for manual therapy techniques and treatments with dynamic functional training programs to provide the best outcomes for all her patients.*

We are located at 20 Executive Drive - Suite X, Edgewood, NY 11717, in the beautiful Heartland Business Center. For more info about how myofascial release can make your life better and more productive, visit our webpage at [mfri.com](http://mfri.com).

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Welcome to the December / January 2022 Holiday's Issue. We hope you'll enjoy unwrapping all the gifts we've left under the cover for you!

Taking our cover title from our lead article, by Alan Cohen, "You are cordially invited to join *The Thrive Tribe* ... Jesus said, *In the world you shall have tribulation. But be of good cheer, for I have overcome the world.* He was providing a model for all of us to do the same. The same Godness that empowered Jesus, and all great spiritual masters, to heal and relieve suffering, lives in you. You are now being called to step into the same shoes."

*A Christmas Story*, by Patricia Bono is truly a holiday treat. Patricia says she "will cherish the memory and warmth of this extraordinary experience for the rest of my life." Regardless of the holiday you're celebrating, the feeling of this true story will stay with you for quite some time as well.

Need some holiday gift finding help? You may find something unique, fun, useful and / or interesting in our *Gift Guide*.

This past issue we heard from two readers, one on the east coast and the other on the west coast, voicing opposition to an article by Tamzin Rosenwasser, MD concerning C-19 and censorship. As there may be others who share this sentiment, we will address:

It is neither our intention to attempt to convince anyone of anything when it comes to one's personal medical choices, nor to dispute another's experiences or preferences. However, the one thing I feel we can all agree on is that none of us can be 100% certain of the never-ending stream of medical "expert" information. Ultimately, our passionate concerns emanate from the same place—our hearts. Most of us care deeply for all life on the planet.

Andrea and I have valid reasons to think that there is more to this ongoing global condition than we've been told, and journalistically, it best serves all to consider the views of the thousand's of highly accomplished and heretofore respected medical doctors, scientists, and medical researchers throughout the world who are sharing views and solutions that differ from



the mainstream news sources. Furthermore, to compassionately consider the tragedy of the vaccine-injured, that according to VAERS, <https://vaers.hhs.gov>, our government's Vaccine Adverse Reporting System, co-sponsored by the CDC, FDA and HHS, number many thousands.

This is just a short list of professionals whom we have trusted, some even for decades, and a few that we know personally: Dr. Christiane Northrup, Lawrence Palevsky, MD; Dr. Sherrie Tenpenny, Dr. Vladimir Zelenko, Joseph Mercola, MD, Del Bigtree, Gabriel Cousins, MD, Dr. Carrie Madej, Dr. Peter McCullough, Dr. Peter Breggin, Gary Null, Dr. David Martin, *The Frontline Doctors*, and more.

A bedrock principle this country was founded on is Freedom of Speech. No matter one's position politically or otherwise, we must protect with our collective vigor, open and free dialogue. Censorship is antithetical to a FREE society. Neither government, business, nor social media can be allowed to impede open discourse.

As our collective intellect and spirit evolves, so too will many of our current medical practices. "Bleeding" was standard medical procedure and hand washing for doctors was met with firm opposition and ridicule. As our understanding of energy, and its healing applications deepen, we can be certain that many current universally accepted invasive practices, and toxic drug therapies will eventually be relegated to the "dark ages."

Be well &  
Enjoy a Peaceful Holiday Season,

Neil & Andrea

New Articles Posted on  
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# Join the Thrive Tribe!

by Alan Cohen  
Hawaii

I saw a video of journalist Bill Moyer interviewing Chief Oren Lyons of the Native American Onondaga Council. Lyons was appointed to the position of Faithkeeper in the tribe. His job is to hold the vision of well-being no matter what adverse conditions present themselves. If there is war, famine, or threatening weather, he is the one person in the tribe who does not drop into fear or upset, even while others may.

He is the rock upon which the tribe continues to thrive, and inspires the others to persevere and triumph.

The world, it seems, is in terrible condition. The pandemic lingers longer than we expected, people who once loved each other argue over vaccination, politics are polarized, and the economy is unstable. How does a sane and reasonable person respond to so many challenges?

You are now being called to assume the role of Faithkeeper. You cannot afford to spiral down the vortex of fear or dissension. **You are appointed to provide light in the midst of darkness, trust in the face of anxiety, and remain established in peace while others get upset.** Connected to Source energy, you are in the best position to uplift others and serve as a role model to guide your peers toward resolution. Gandhi said, "the pure love of one person can offset the hatred of thousands." That would be you.

When eagles fly at a low altitude, crows may come and peck at them. At such a moment, the eagle, with a larger and stronger wingspan, ascends to an altitude the crows cannot reach. Fear, disease, and polarization function at a low, dense vibration. Joy, wellbeing, and healing function at a higher frequency. When you maintain your high vibration, you cannot be touched by negation, and you invite others to meet you at a higher frequency and find well-being for themselves.



Likewise, when a farmer has a corral of skittish horses, he places a mule in their midst. A mule is a much more stable, grounded animal. Its presence amid the high-strung horses calms and quiets them.

Jesus said, "In the world you shall have tribulation. But be of good cheer, for I have overcome the world." He was providing a model for all of us to do the same. The same Godness that empowered Jesus, and all great spiritual masters, to heal and relieve suffering, lives in you. You are now being called to step into the same shoes. You are cordially invited to join the Thrive Tribe.



Many of you have already assumed the role of Faithkeeper. You serve as a much-needed torch bearer. If so, this message is an affirmation that you are on your right path, so carry on. You are in good company. **If you are wondering what your job is in trying times, it is to uplift by example.**

**You are to heal by your presence more than your words. This is the perfect opportunity to put your spiritual training into practice.**

Let us count ourselves among the Faithkeepers. Even a little light goes a long, long way. ✨

**Alan Cohen, M.A.**, holds degrees in psychology and human organizational development. He is the author of 30 popular inspirational books, including the best-selling **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, videos and audio recordings, visit: [AlanCohen.com](http://AlanCohen.com).

## UP NEXT: The February / March Winter "Relationships" Issue

*Relationships, Sex, Introspection and Meditation*

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# Hearing the Whispers of Your Soul

by Kori Hahn  
Sri Lanka

I am a dreamer, and just as John Lennon said, I know I'm not the only one. Since I was a little girl, I have always found myself passionately pulled to try new things. In high school, I dreamed of playing the guitar like Sheryl Crow. In college, I imagined traveling the world with only a simple backpack. And now, in my late thirties, my heart yearns to feel as calm and cool as the Dalai Lama always appears to be.

Many people have told me that my dreams are a way of running away from my reality, and for years I considered this a truth, but now I realize that dreams are merely a

fun way our soul gives us to learn our life lessons. Your dreams are illuminating the life path your soul wants you to take.

The reason you are here in your specific human body is to feel your dreams and act on them. From the moment of your conception, your soul picked you (and the skin you wear) because you are absolutely perfect for the purpose and mission your soul wants you to experience.

There are 7.6 billion other people here on Earth. Since most of us humans are designed fairly similarly, what makes us each truly authentic are our particular fiery passions and whatever it is that makes our hearts skip a beat. We all have unique things that make us tick, that bring us excitement and inspiration. For some people this may be music or writing; for others, it might be a particular sport or perhaps creating a successful career. There is no limit to the things we are passionate about. What do you do just because you love it?

This wild part of you that craves accomplishing certain things is your soul

begging you to grow. If you feel that you were not born to spend 75 percent of your life working at a job you hate or staying in a marriage that keeps you bored or angry, this is your soul asking you for change. *If you are looking for a sign to finally start making the changes you want to see in your life, perhaps that looking itself is the sign you need.*

Every year, the bar-tailed godwit migrates from Alaska to New Zealand on a journey that takes approximately nine days, the longest known nonstop flight of any bird on the entire planet. Just like the godwit, every animal here on Earth is meant to take grand adventures that might at first feel daunting and scary but are such an important part of our life journey. The purpose of our human life is to commit to our soul's magnetic migrations — to listen for the guidance of our soul, our intuition, and then act on it.

In humans, this instinctive calling from within often comes to us in our dreams. Dreams offer us guidance along our personal migration route, just as the caribou, the whales, the butterflies, and many species of birds, including the godwit, have their own internal migration guidance system. Our individual journeys are as unique to us as the ridges on our thumbs.

You are born to be wild; this couldn't be more obvious. You are here to live out the wild adventures your soul is constantly calling you toward, because these heart passions guide you to grow and evolve in specific ways along your spiritual path. What are your dreams?

## Intuition

Dreams are just one of many ways intuition speaks to us. Our dreams often appear on the quietest of nights, like a northern star in a dark desert sky. At least, this is how my intuitive messages have come to me. When I stop all the doing and becoming in order to simply listen, in these moments my dreams always demand my attention.

The renowned Swiss psychiatrist Carl Jung defined intuition as "our perception via the unconscious" and went on to explain that perception using our senses — sight, hearing, taste, smell, and touch — is only a starting point. In fact, we bring forth ideas, images, possibilities,

and/or ways out of a blocked situation by a process that is mostly unconscious. Scientifically, intuition is viewed as knowledge in the absence of analytical reasoning or logic.

Intuition is our way of perceiving the world through the lens of our soul, not from our mind or our expectations. Intuitive messages come from a place deeper in our consciousness than the thinking mind. You cannot think your way to an intuitive decision; intuition can be felt only through excitement, curiosity, and passion — your unexplainable urges. When a spark of a wild idea or a crazy dream comes to you and fills your mind with delight for what could be, you are receiving messages from your soul.

Our intuition is a soft-spoken, subtle voice whispering from the deepest, most subconscious place within. When we first start to tune in to it, intuition sounds

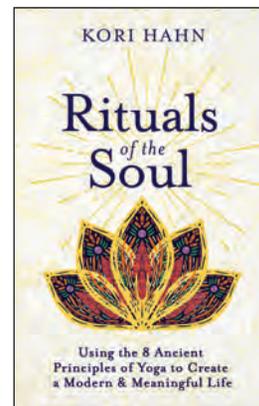
remarkably faint, which is probably why so many people often ignore it. The more fluent we train ourselves to be in this language of soul whisperings, the louder and clearer it becomes. Hearing these whispers is the key to using your human life for the purpose your soul is asking of you.

## The Logical Path

Imagine being the bar-tailed godwit standing at the edge of the sea in Alaska, ready to take flight for New Zealand. How many logical thoughts would be going through your head, stopping you from taking that first leap of faith? I know my mind would be saying things

like: "Oh, you little godwit, your wings are much too tiny for such a long and strenuous journey; it is much better for you to stay here, where it's sunny all day and the food is plentiful." But if the first godwits had listened to the logic of a human mind, those sweet little winged birds would be long extinct by now. The godwit likely would have stayed in Alaska, only to perish in a fruitless and frozen landscape.

One of the most significant differences between the birds and you is your ability to think intellectually. This is what makes living intuitively harder for us as humans. *Intuition is not always logical. In fact, intuition is often anything but logical.*





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over, because we are not aligning ourselves with the inner world we came here to bring forth.

Remember, you were born to be wild. And those inner whispers telling you to be even more wild are how your soul is guiding you. When you find clarity on what your soul wants from you, and learn how to make these dreams a reality, your life will become more soulful and exciting. Your life will become the creation of your dreams. ✨

Excerpted from **Rituals of the Soul** ©2021 by Kori Hahn. Printed with permission from New World Library — [www.newworldlibrary.com](http://www.newworldlibrary.com).

**Kori Hahn** is the author of **Rituals of the Soul** and founder of a community gathering place called the Santosha Society, which is dedicated to travel, surfing, and the soulful. She hosts numerous trips around the world for hundreds of women who study Ayurveda, yoga, meditation, and all things related to soul growth, knowledge, and fulfillment. Visit her online at <http://www.SantoshaSociety.com>.

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Humans tend to overthink our way out of intuitive decisions. Logic pulls us away from the wild, instinctive, innate form of perception and pulls us into the safe, easy, predictable. Logic keeps us fooled into staying in complacent situations, often telling us our dreams are silly, far-fetched, and unachievable. Logic prefers assurance and safety. Logic despises risk. And there are many times in my life when logic has kept me sitting on a shore that soon felt frozen and dead, rather than taking the gut-guided flight toward my dreams, just like the godwit.

Human life is meant to be a wild and carefree experience, where uncertainty and unpredictability are simply the reality of our existence. You were put in your body to live through amazing experiences, even if they at first appear to be overwhelming and intimidating.

Every modern-day spiritually seeking human wants to know their life's purpose. We want our lives (and even more so our suffering) to have some sort of greater meaning.

**Ask yourself these questions:** Is my life a wild exploration, or does my life feel mundane and lack excitement? Is the life I am living based on logical reason and society's expectations, or am I doing exactly what makes my heart beat a little faster with passion and enthusiasm? If I listened more intently to what my heart wants, what would I be doing? What are my dreams, and why am I not living them at the moment?

We are raised in a world full of societal expectations. You go to school, meet a partner, buy a car and a house, get married, and possibly have children. If you do this and work hard, then you are a "good person." But where in this entire pre-drawn-up plan of my life is there room for me, my passions, my happiness, and my excitement?

We are trained our entire lives to do things logically, but the ancient gurus of yoga have always encouraged us to soften the mind's voice of logic in order to hear the whispers of our heart and soul, our intuition. *The yogis have always understood that our soul's migration is found through our intuitive guidance, not through the logical. When we act on these intuitive urges, we connect to our ultimate purpose as a soul in a human body.*

There is a big, beautiful purpose to your life, and in my experience, logic and science are not the keys to finding it. When we ignore intuition for whatever reasons, we are neglecting our soulful purpose. We sabotage any chances we have to feel the calming contentment that comes from walking our own unique path. We dismiss all the abundant possibilities we have to create a life that will lead us to feeling absolutely alive in each moment.

*When we don't live the lives we were put on this Earth to live, feelings of emptiness and unease start to overwhelm our daily existence. In this situation, it is so easy for depression and anxiety to slip in. Deep unhappiness and unsettled feelings take*

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# Subtle Energy Techniques for a Radiant New You this New Year

by Cyndi Dale

**N**o matter your biological age, energy medicine offers great anti-aging benefits.

From the get-go, I must admit that I have my own secret ingredient. I have spent almost two decades following my youngest son's baseball career, with most of the games occurring between February and June in the upper Midwest. Guess what that means?

Yup. I am typically sitting on the bleachers in glacial weather. The downside is that I am usually miserable. The upside? My wrinkles freeze in place.

Short of recommending my own unique practice, there are numerous activities that promote longevity, good health, and a youthful appearance. The ones I share herein are backed by science but subsidized with a subtle energy spin.

**Bless Your Water.** Health advisors agree. Good health depends on downing at least 8-10 glasses of water a day. In fact, when we are young, our body is comprised of as much as 78 percent water. By retirement age? Our water content might be reduced to only 50 percent. The primary constituency of cells, water keeps your organs running, weight steady, and skin plump. In other words, *water slows down aging.*

Want even more gains? Bless your water energetically.

Studies by researchers including the late Japanese scientist Dr. Masaru Emoto show that loving intentions, words, thoughts, and sounds result in aesthetically pleasing molecular structures in the water. The inference is that if you send loving thoughts into your water before drinking, you stimulate positive benefits in your body.

Skeptics have tried to debunk Emoto's work because his research is hard to duplicate. However, other researchers are offering quantum explanations for Emoto's photographed outcomes, to

include M. Pitkanen. Over-simplistically, Pitkanen explains that dark matter, a strange substance that makes up about 80 percent of the energy in the universe, can cause a person's intense emotions to imprint in water—if they believe in the process.

In other words, if you fully *desire* that water keeps you youthful, it will. Try using statements like, "I am vivacious and youthful", or "My DNA is keeping me young and vibrant".

**Drink Water—Then Get into the Sun.** New research by Dr. Gerald Pollack from the University of Washington is suggesting that light and water not only mix extremely well, but the combination *keeps* you well.

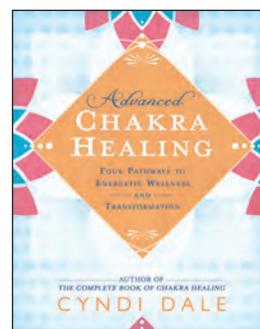
When water is exposed to light it becomes semi-crystalline, turning into a "fourth phase of water", the other three phases being liquid, gas, and ice. In this form, Pollack labels it "exclusion zone water" or EZ. EZ water carries negative charges, and those charges make your cells work properly.

Want to drink from the fountain of youth? Pollack recommends getting out in the sun, drinking green smoothies, and *earthing*, or walking on the ground with bare feet. How about blessing your water and setting it into the sun before drinking it?

**Program Your Phonons.** Phonons are quantum waves produced from vibration that are the smallest units of sound. They are made every time your heart beats, after which they scatter, carrying data with them.

Hundreds of studies conducted by organizations including the HeartMath Institute have proven that holding positive emotions and spiritual beliefs in your heart enhances good health. Well, those phonons play a role, sending messages throughout the body. Consider turning your "water" affirmations into mantras, sounds, and chants and let the resulting phonons spread the cheer.

**Make Scalar Waves.** Scalar waves are a unique form of light that serves up miraculous effects. Research has shown that they enhance the immune and endocrine systems, destroy harmful



microbes, speed up tissue regeneration, and accelerate wound healing. They also aid in detoxification and decrease inflammation. There are three types of scalar waves, and most importantly, your own body can manufacture them.

Our subtle and physical anatomies create scalar waves from *Möbius loops*. A Möbius loop is made of a single strip of energy formed into a figure eight. Our system manufactures these loops (and hence, scalar waves) when we are healthy or in a positive environment. Short of that, we must encourage our system to concoct them.

One method is to spin while dancing. That vortex-like movement promotes the meeting of energies that fashion Möbius loops. Walk amongst trees or enjoy running water, as these substances give off negative ions, which can do the same. Personally, I draw subtle elements into my system a few times a day to craft these life-sustaining Möbius loops.

Subtle elements are the quantum elements that construct all of reality. I work with twelve such elements, which are fire, water, air, earth, metal, stone, wood, ether, star, light, sound, and Presence. The latter is the energy of your Higher Power. To bring them into yourself, take a few deep breaths and affirm your own spiritual essence. Connect to your Higher Power and ask that it bring in all the elements needed to create good health.

These life-enhancing ideas are easy to put into place, which makes them super great New Year's resolutions. Tired of creating a list you only check off once, if at all? Simply add a couple of the subtle energy "good vibration" protocols to your daily life, and a lot of the concerns that pop up as important once a year will drop away anyway.

Short of the subtle, there is that "baseball element." I guarantee it will freeze your wrinkles in place. ✨

**Cyndi Dale** is an internationally renowned author, speaker, and energy healer. She is the author of 28 books on energy medicine, intuition, and spirituality. Her newest book is **Advanced Chakra Healing: Four Pathways to Energetic Wellness and Transformation.**

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# Another Leap Forward in Dental Healing: Isn't All Dentistry the Same?

Is all dentistry the same? In a perfect world, perhaps, but the harsh reality is no. Believe it or not, many patients do not realize that there is a vast difference in the quality of care you can receive from dentist to dentist. The great majority of dentists sincerely want to do the right thing for their patients' well-being. Unfortunately, not every dentist is equipped with the same education, training, knowledge, skill set, equipment, experience, natural ability, dental materials, top notch dental labs, countless hours of continuing education, and so on. The quality of the dentistry relates to so many factors. Fundamentally, quality is about how good something is. More specifically, it is about how good something is relative to how good it should be. To that end, when considering your dental needs, why settle for anything less than the best?

The landscape of dentistry today, like most things, is shifting from independent, practitioner-owned offices to corporate or group-owned practices. Shockingly, the dentist you have been seeing for years may have sold their practice to such an entity, and while you think you are getting the same care, that just may not be the case. Corporate or group-owned dental practices often do not allow the provider to choose what materials they prefer, but instead

purchase cheaper goods with poorer quality in an attempt to defray costs (while increasing *their* profit), all the while negatively affecting patient care. Sadly, it is less about the patient and ALL about the numbers.

How can you protect yourself from poor quality dentistry? Ask the hard questions. Ask what materials are going into your mouth. Ask who makes these decisions. You might be very surprised by the answers.

Patients also want to feel assured that they are getting a good value. But what does this actually mean? Value is not assigned by the mere cost of something, but rather by the quality of what you receive. To the big business, corporate-controlled practices, this may mean spending less on "lesser" materials, while still keeping prices for services the same as a practice who uses superior quality goods. It is important to know what products will be used in your care. At **Integrative Dental Specialists, Dr. Etes** and his team insist on delivering you true value: the finest level of dental craftsmanship, performed meticulously with precision and passion without sacrifice. What sets Dr. Etes apart is his unmatched skill, curated over twenty-four years of world class dental practice, Ivy league education, coupled with the

environment that he creates in order to deliver the best possible dental experience for you. All too often patients come with the misinformation that "this tooth could not be saved" or "I was told I am not a candidate for dental implants because I have no bone" or, "I was born with bad teeth and gums and that is that." Dr Etes' extensive dental training and unsurpassed, unique dental expertise makes all of the "impossible" dentistry a reality. With offices on **Park Avenue in Manhattan and another on Long Island**, we provide our patients one-of-a-kind, individualized care that allows for the highest level of dental treatment, personalization, and accessibility.

It is painful for us at Integrative Dental Specialists to see patients mutilate their mouths by succumbing to the fear of poor oral health and inadequate dental advice. Most teeth CAN BE SAVED! Addressing dental root canal infections, bone cavitations, cavities, gum recession and disease, implants, failing crowns and dental fillings is the TOP PRIORITY at Integrative Dental Specialists. Here is an example of just being a better dentist. When an average dentist sees a tooth that has lost gum tissue, they want to just bond it to make it look better. That's not fixing the problem, that's just quick patch work. Utilizing state of the art surgical protocols like

**The Chao Pinhole Surgical Technique®(PST)**, Dr. Etes is one of only a fraction of specialized dentists WORLDWIDE certified to lift that gum back to its proper position with an immediate esthetic and functional result with no cutting, no sutures, and practically NO discomfort. Dr. Etes has evolved PST to incorporate Platelet Rich Fibrin(PRF) in a unique proprietary manner making the results superior to his PST colleagues.

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. Don't assume all dentistry is the same. Dr. Etes prides himself on bringing you first-class, 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, supported by the most advanced dental technology or to learn more about the best ideas in modern specialized dentistry available to you, **please contact Integrative Dental Specialists to make an appointment with Dr. Etes today. See ad below.**

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# Defense and Justification Come from Insecurity

by Ann Albers and the Angels  
Phoenix, AZ

**T**ake a deep breath. Relax into your deeper truth. You want to love. You want to enjoy the variety life offers and choose from it what you enjoy and what you wish to create. You want to listen to your God-given inner compass and do what feels right to you. You never intended to be at odds with one another. You don't truly want to fight over vaccines, viruses, variants, or a variety of other topics. You want to love.

There is no need to argue or defend your right to be. There's never a need to defend or justify your choices. Simply say to yourself right here, right now, *I give myself permission to be me. I give myself permission to listen to my own inner compass. I give myself permission to choose the vibrations I wish to call into my life. I give myself permission to be the beautiful soul God made me to be. I love the light within me. I give the light within permission to guide me, guard me, and live joyously within me. I grant myself the right to be me.*



We know many of you feel your freedoms are being taken away and to a certain degree, temporarily there are many 3D restrictions. However, in the fifth-dimensional understandings of reality, you are always and eternally free.

For example, suppose you don't want the vaccine and you are required to get one in order to keep your job. As always you have a choice. You want employment. You want to be well. You want to avoid anything you don't resonate with. So what do you do with these seemingly conflicting desires? In 3D it might seem that you have two less-than-desirable choices. In 5D there is one important choice... Will you attune your vibration to what you want?

You can manifest a new job by focusing on what it would feel like to find one that matches your ideals and perspectives, and then eagerly anticipate the change. You can imagine how it will feel to be among a wonderful group of people, with

an increased salary, in a job you love. This requires a willingness to attune to the vibration of what you want.

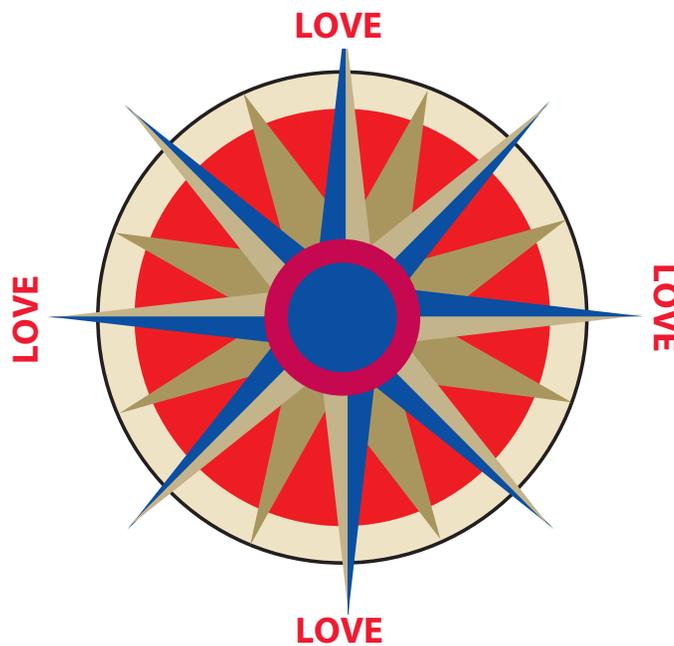
Alternately, you can choose to have the vaccine – to see it as light going into light, intending strongly that you will take in only those frequencies that support your well-being and simply release the rest. This requires a willingness to attune to the vibration of what you want. As you see, you have put yourself in a position where you must, in either case, learn to attune yourself to the vibration of what you want.

You have put yourself in this position to grow beyond 3D limitations and into 5D freedom. Your soul wants this growth. Your soul wants you to step into this greater vibrational freedom, and when you find it, you will have everything you want... well-being, a job you love, and best of all the knowledge that you can create freely no matter what.

Dear ones you are always encouraged to express your truth with love when you desire to be heard, but there is never a need to justify or defend your point of view. You are who you are, and that is perfect, pure, profound LIGHT having an experience as a human being!

Say to yourself often, "I am who I am. I accept myself. I accept my beliefs, opinions, and perspectives at this moment. They are the filters through which I experience life. If they serve my joy I will keep them. If they don't I will try on new ones. I am who I am and who I am is infinite light, infinite love, infinite possibility having an experience as a human being. I am free to be me!"

You would be surprised if you really paid attention to how many times a day you justify or defend your perspectives and choices... often to yourselves! Try it one day. Catch yourself explaining why it is OK to be you. Listen to your self-talk. "Uh oh, I accidentally cut that person off in traffic. If so and so hadn't called I wouldn't be rushing and running late." It may be true, but you don't have to justify yourself. Or, "I shouldn't have spent so much on that, but I work hard! I deserve it!" Of course, you do... but you don't have to defend your choices. You might recall a discussion with someone you found disagreeable and have entire conversations defending yourself in your own mind! We know you



want to be understood, but this is actually not the best way to go about it.

If you like, you can try a very simple exercise. When you catch yourself defending a choice or action, or being defensive in conversation, stop. Tell yourself, "This is my choice and this is OK. This is my perspective and this is OK." In conversation, you can say, "This is my belief or my choice, and I'm OK with it. I'm OK if you don't agree. I know what's right for me and trust you know what's right for you." We know it may appear that we're oversimplifying things, but honesty is simple. Authenticity is simple. Choosing to be OK with you is much simpler than defending, justifying, and arguing with anyone, including yourself!

Dear ones, *defense and justification come from insecurity, whereas true power comes from choosing to accept yourself. Accept your choices and, if you don't like the outcome, make new ones. Accept your beliefs. If they don't make you happy, create new ones.* Accept everything within you because in this moment, you are enough. You are OK. You are right for you right here and right now because who you are right now is supporting your growth and expansion. Who you are right now is a launching pad for who you want to be in the next moment.

There is never a need to defend your choices, perspectives, beliefs, or opinions. There is never a need for anyone else to agree. If someone attacks you, have compassion for them, for only the insecure attack. If someone tries to push their opinion upon you, have compassion for they're not comfortable with themselves enough yet to give up the need for agreement.

**Your world was never intended to be a world of agreement. The body and every ecosystem on your planet work**

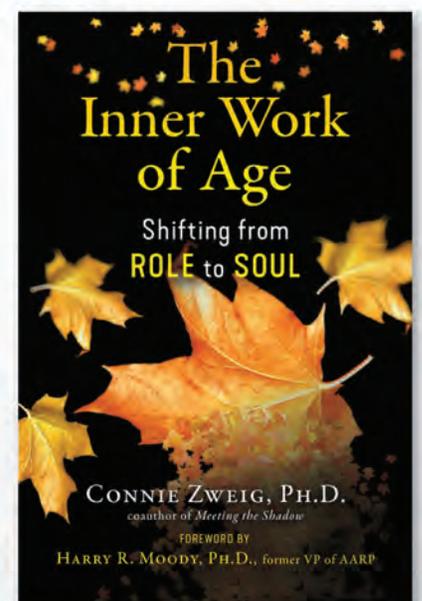
**miraculously well when each cell, individual, or species simply allows themselves to be themselves.** The heart cell doesn't justify itself to the bone. The lions don't justify themselves to the cheetah's and the cheetahs don't defend their right to be. The lion comes and they run. The heart cells form soft tissue, and the bones form a firm structure.

Each individual in all of creation has its own design, its own inner compass, and its own right to be. So do you. So does everyone else. Accept yourself as you and grant yourself permission to be you – pure, precious, powerful light having an experience that you yourself carve out with your unique and beautiful choices, beliefs, opinions, and perspectives. You are perfect as you are here and now, even as you expand into greater understanding.

God Bless You! We love you so very much,  
The Angels ✨

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# Bye-Bye "Lupus Thing"

*Oh No, not now! Here we go again,* I thought, as I felt this crippling bout of fatigue sneaking up on me. This weakness always came out of nowhere and what was equally frustrating, was the way my rheumatologist casually brushed it off as "just a lupus thing" something I should "learn to live with".

But why did it have to be now? Why was it always when I was looking forward to something?

I was in upstate NY for the Dowsers Convention and just entering an amazing vendors room, filled with exotic books, gadgets, and gemstones. I wanted so much to dive in and explore. Exhaustion squelched my desire, and my new ambition became finding a place to lay down before I fell down.

Off in the corner of the room I spied a very comfy looking massage table, draped with inviting midnight blue blankets studded with glimmering stars. I raced over to the table (with the lighting speed of an arthritic snail) and collapsed into a chair, right in front of a sign, that read **Voice Bio Analysis here.** (The Universe knows not to be subtle with me)

The man next to the sign smiled, and introduced himself as Greg, and said "let's do a *Voice Bio* analysis on you", as he handed me a microphone. It was simple enough; he asked me 3 questions and as I spoke my answers the computer software graphed out the frequencies of my voice.

Afterwards, I was handed a headset. I laid down, (on what I later learned was a vibroacoustic sound table) and soft, mysterious, mystical music began to pour in through the headset and vibrate up through the table. Every cell in my body began to dance, and then, I slipped into the deepest, most tranquil sleep ever.

When I awoke, I no longer felt weak. I had this amazing sense of peace, I was relaxed yet energized with extreme curiosity for what happened to me. I felt so different, and I didn't quite understand why.

Greg, explained to me that my body was low in certain notes (which the *Voice Bio* identified) and he simply played those notes back to me on the vibroacoustic table. *You see,* he said, *all the organs and cells in your body make up a kind of orchestra, and if one of them is out of tune, it messes up the concert. I simply gave you a tune up!*



Greg handed me my *Voice Print*, which listed gemstones, colors, essential oils, & more, that vibrate in my note. He explained that the right vibrations are nutrients for the body.

This new information in conjunction with my *Voice Print* became my ticket to freedom!

It's what launched me back to health & gave me a career as a sound therapist.

Oh, and that "Lupus thing"? I thanked it for bringing me there, let it go, waived Bye-Bye and never looked back!

*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. She also offers online classes on Dementia and Better Brain health. Join her mailing list at [www.acoustictherapeutix.com](http://www.acoustictherapeutix.com). Susan's office is in Babylon at the Zemba Chiropractic Center on West Main Street.*



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# My Morning Prayers

by Andrea Randa Garvey

The Morning Prayers came about through a simple daily prayer and meditation practice. Over time the blessings grew to include many different aspects and beings for whom I felt deep gratitude. I also was seeking a way, through prayer, to be more proactive in sending out higher vibrations and joining with those who were in the same heart space, on an energetic level. As everything that exists begins as energy (a thought) before it manifests on the physical plane, by using intent and focus, through God's grace, we can create the world we wish to live in.

## Morning Prayers

### The Lord's Prayer to Father God:

*Our Father, Who art in Heaven,  
Hallowed be thy name  
Thy Kingdom come, Thy Will be done  
on Earth as it is in Heaven.  
Give us this day, our daily bread  
(Revelation)  
And forgive us our trespasses  
As we forgive those  
who trespass against us.  
And lead us not into temptation,  
But deliver us from evil,  
For Thine is the Kingdom and the Power  
And the Glory, forever and ever. Amen*

### Prayer to Divine Mother:

Holy Mother of Grace and Light, turn your loving gaze upon me. Teach me empathy and compassion towards myself as well as others. Help me to recognize and receive the abundance that is all around us, and to feel immense gratitude for all that has been given. And help me to surrender with grace and ease to thy abiding love within my heart.

### Prayer to the Lord (Prayer of St. Francis):

*Lord, make me an instrument  
of thy peace.  
Where there is hatred, let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is sadness, joy.  
Where there is darkness, light.  
Oh Divine Master, let me not seek so much  
to be consoled as to console,  
To be understood as to understand,  
To be loved as to love.  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
And it is in dying that we are born  
to eternal life.*

**Gratitude to the Father, the Mother and the Son:** Thank you for this life. For this opportunity to be an expression of thy light and love. To learn to see you and praise you in all of creation. To practice, with thy guidance and love, opening my heart, even in what feels like hell, that I may learn what is truth and what is real. I love you.

**Gratitude and much love to all the Company of Heaven:** The Angels and Archangels, Guardian Angels and Guides, The Watchers, the Holy Ones, and the Old Ones, the Cherubim and Seraphim.

**Gratitude and much love to my Star Family and the Benevolent Multi-dimensional and Subspace beings:** Blessings to those who are aware of us, and who wish to assist us in raising our vibration.

**Gratitude and much love to the Elementals:** The Fairies, Nymphs, Gnomes, Elves, Leprechauns, Sylphs and Sprites. All of those spirits of the earth, water, sky, air and space that seek to maintain the balance of the elements of the earth. Thank you for your diligence, your kindness and your caring.

**Gratitude and much love to my family and friends on the other side of the veil:** Thank you for being in my life and for loving, caring for and teaching me. I miss you, sometimes quite terribly, but I send love and blessings to assist you on your journey, and pray for the raising of your vibration to a state of bliss and beyond.

**Gratitude and much love to my ancestors:** To all those of my physical lineage, who lived and loved and learned, and have passed all of that information to me through the DNA. I release old family

patterns and ways of thinking and being that no longer serve. I release vows, and sever cord connections to people, ideals and beliefs.

**Gratitude and much love and blessings to my family, friends and animal family:** I pray for clarity and healing in our relationships and for the release of patterns and ways of relating that no longer serve us. Let us raise each other up to the light so we may reflect that light within and without.

**Gratitude and much love to the elements:** the earth, the water, the fire, the air, the ether. Thank you for your participation in creation of the material world — our classroom and creative palette.

**Gratitude and much love to the earth itself:** I thank mother earth, the soil, rocks and minerals; the plants, flowers and trees; the animals and insects that live upon the earth. I am grateful for your love and for your teachings. Thank you for feeding and nurturing me.

**Gratitude and much love for the waters of the earth:** the rivers, streams, brooks, springs, ponds, lakes, seas and oceans. And all the creatures that live within the waters of the earth. Many blessings, love and light. And thank you for the clear, clean, invigorating water that revives us.

**Gratitude and much love to the fires of the earth:** that which burns within the heart and flows as molten lava through the earth's veins. Thank you for the fire that keeps us warm, the fire to cook our food, and the fire in the belly, that spurs us forwards on our journey. And great thanks and blessings to our Sun and the Central Sun for the love, guidance, and energy that is poured down upon us, and for raising our vibration.

**Gratitude and much love to the air — our first nutrient:** that we are revived and respirated (respirited) with each and every breath. Oxygen is a beautiful reminder that we are all connected; that we share the same breath — even beyond time.

**Gratitude and much love to the ether; the space between things; the medium through which sound travels:** That we are blessed again and again with the beautiful sounds of nature: birds singing, waves crashing, wind howling, streams gently bubbling over rocks. Such richness!

**Gratitude and much love to the human race:** To all the beings who have extended

themselves to help fellow humans, creatures and the planet. *Divine blessings to those who risk their careers and their lives to share truth.* Thank you for "feeling the fear and doing it anyway."

**Love and blessings to those who suffer, who are living in fear; in despair:** To those who are lost and confused. Who are in abusive situations, who see no way out. Love, healing and blessings to those who are being tortured; who are starving; who have no home; who have no hope. I see you as healed, as whole, as the beings of light and love that you are.

**Love and blessing to those whom we might call the oppressors:** Those who seek to control. Those who take pleasure in others' suffering; who wish to create and maintain fear and despair, pain and death. Those who have completely forgotten who they truly are, and feel no consequence or remorse in murdering their brothers and sisters. Let your hearts be opened, vibrations raised and return your hearts to the frequencies of empathy and compassion.

**Love and blessings to any entities that may be behind the oppressors:** Those that may have co-opted the oppressor's hearts and minds. Let those entities that thrive on fear, pain and suffering find a new food source -- the food of love. Let seeds of empathy and compassion be sown.

**Love and blessings to Lucifer and all of the fallen angels, for beautiful angelic beings they once were.** Let them rise above the darkness and return again to their heavenly home. Allow all soulless thought-forms, entities and demon-like energies to dissipate. They are no longer necessary as we move from duality into oneness.

And now, let all who are of a higher frequency and who seek a higher frequency unite our energies and visualize an ascended earth. A world of love and light where we can share our hearts and minds. Where we have released judgment. Where we communicate freely, and live in love and truth.

And so it is. ✨

*Andrea Randa Garvey is the co-publisher and editor of Creations Magazine.*

**M**y dear friends,  
It is time upon  
your earth to ask  
yourself, “Am I a reactor, or  
a creator?” Are my feelings  
based on reactions to what I  
see around me in my external  
world, or are my feelings  
based on the kinder, happier  
thoughts I choose to embrace  
in my inner world?

Do I live in the 3D paradigm and feel my fate is determined by external conditions and how I manage to control the external world? Or am I willing to embrace a 5D reality wherein I value my focus in my inner world, knowing that as I emanate a vibration I draw unto myself the very same?

If you are a reactor dear ones, you hear the news and you feel controlled by it. You see something you don't like and you feel helpless to feel anything but sad or angry. You see someone doing something you don't like and you react in fear, sadness, or anger. You can at times be elated when you see what you like, but you will be equally disappointed or upset when you don't.

As a reactor, you will feel victimized, or enslaved to conditions around you. You will believe that others or situations “make” you feel a certain way, whether good or bad. This is indeed the paradigm in which the majority of you were raised, and the paradigm that the majority of people on earth embrace at this given moment. It is, however, a paradigm that disempowers you. It makes you feel limited to endure what you experience in this time, this space, under these conditions, with the human beings around you, dealing with virus and those variants, this supply chain, that politician, this relative, that boss, and we could go on and on forever. As a reactor, you give your power away to the world around you.

As a creator, you know that the vibration you emanate is what attracts or allows like vibrational things, people, and situations to you. When you vibrate with love, you see love, allow love, and attract love. And if by chance you bump into the souls whose personas and behaviors you don't like, you know you can choose to feel good by turning your thoughts to loving the light within them, or that failing, by turning your thoughts to anything else, real or imagined that you do love. You do this dear ones because you want to be in charge of how you feel. You want to decide how you vibrate. You want to attract or allow



only the vibrations that you choose to attract or allow into your life.

We hear your very understandable objections. “I am loving but not everyone loves me back. I focus on winning the lottery but I can't pay my bills. I focus on kindness and tolerance but there are so many souls I can't stand in this world.” Dear ones, we hear you. Nonetheless, in these very statements, you are vibrating with the things you do not want to attract. You are upset. You are angry. You are frustrated and blaming the external world for your feelings. You have been taught, conditioned, and validated in this belief system, and yet we are working as diligently as we can to help you learn a new way of being – a way that is kinder, more empowered, and more beautiful. We are helping to usher you into a new paradigm wherein you take your place as nothing less than magnificent beings – creators, not reactors.

*As you focus on the kind people in the world, you will notice more and more kind people. You will feel better and better. As you imagine and feel, kind and loving interactions in all areas of life, more of those will be drawn into your reality. At first, you will only feel better due to your own thoughts, but those better feelings are an indicator that you are vibrating at a higher level. Soon, in this vibration, your outer world will start to mold itself around the inner.*

As you focus on appreciating all you have and appreciating the thought of all you dream of having, you start to feel good. You start to feel abundant. These feelings are your first indication that you are vibrating at a higher level. Soon, in this abundant vibration, your outer world will start to mold itself around the inner.

What you love and appreciate will always multiply, even if you love your complaints! Far better to love and appreciate all that you enjoy, or even all that you enjoy thinking about!

If you want a loving partner, treat yourself as if you had a loving partner. Treat yourself like the love of your life. Look forward to what you will share, how you will uplift them, how you will luxuriate in their love. Enjoy the thought of your future love until it becomes so real and so beautiful that you find yourself emanating love, vibrating love, and in love before you even meet. Then dear ones, in that high vibration you will feel delicious, and you will know beyond a doubt that you are attracting a beautiful relationship.

Don't look around to be a reactor. “He/she isn't here! I did that but they're not here!” Stay in the space of being a creator, “I feel love so strongly they can't help but find me! It will be icing on the cake when it comes because I'm in love now! Life is beautiful! You'll see couples in love and instead of feeling sorry for yourself, you will be a vibrational match to love and you'll think to yourself with great delight, “I am going to have that because I've decided to create it!” This is a huge contrast dear ones from being a reactor, who wants someone to react to so you feel better, and who reacts to the fact that no one has shown up. You can feel the difference as you read our words. Choose the ones that empower you.

Your world is in a state of extreme contrast. This birthing is a long one dear friends. Humanity with its tendency to react has prolonged many situations in your world that need not have been so prolonged. Yet you are still heading for greater love, greater tolerance, greater freedom. Sometimes change takes longer due to the fact that so many react!

There are many things you disagree with. There are many people with whom you will disagree. That is OK. But ask yourself often, “Am I a reactor or a creator?” If you catch yourself reacting in a way that makes you feel good, that's fine! But when you catch yourself reacting in a way that does not inspire or feel good, remind yourself, “I am a Divine Creator! I get to choose how I feel! I get to choose where I focus! I get to choose to imagine a better world and feel good about it, or at least a better world for myself. No matter what the world is doing, I get to be happy. No matter what problems I see, I get to focus on solutions! Whether or not I get my way in a given moment, I can find a way to be happy even if I am only imagining better! No matter what anyone else is doing or saying, even about me, I get to decide how I feel and what I think about me!”

Dear ones, it is nothing less than the spark of Divinity within you reminding you of these very truths. You don't have to insist the world agree with you. You don't have to defend or justify your views. It is nothing less than the spark of the Divine within you inspiring you to think the thoughts that feel better, to choose the feelings that feel better, and to always move ever closer to the love, joy, abundance, freedom, and empowerment that you seek.

While it is a fact, you were conditioned to react, we would lovingly debate, it is kinder to create!

God Bless You! We love you so very much.

-- The Angels ✨

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# 9 Tips to Help the Whole Family Keep Calm & Sleep Tight

by Drs. Drew and Briana Sinatra, N.D.,  
Northern CA

If you have ever lain in bed worrying about your health, finances or even what you just saw on the evening news, you know stress is the enemy of sleep. It can happen to children, too! Worries about friends, schoolwork, and more, can make it tough for them to settle down and go to sleep—which of course, can stress you out, too.

## Understanding The Stress-Sleep Connection

There is a real physiological reason why stress impacts sleep. When you are stressed your HPA axis is activated. Your hypothalamus (the tiny “control center” in your brain) signals your pituitary gland, which in turn signals your adrenal glands to release two hormones, the “stress hormone” cortisol and adrenaline.

These hormones put your body on high alert, increasing your blood pressure, heart rate, breathing and glucose levels. This reaction—called the “fight or flight” response—would be helpful if you are trying to flee an attacker. Yet, it is not going to allow you to calm down and go to sleep.

But stress is not just a problem at bedtime; it can also cause you to wake up in the middle of the night. During the night, your body cycles through the different phases of sleep every 90 minutes. When those cycles happen as they should, you wake up refreshed. Unfortunately, chronic stress can interfere with these cycles by overstimulating your sympathetic nervous system and raising your cortisol levels, sending tension signals to your brain even as you sleep.

**Fortunately, there are some easy ways to help you, and your entire family, take the edge off stress and get the rest you need...**

• **Exercise Away Your Stress and Tension:** Getting plenty of exercise during the day can help to release tension and let you sleep soundly at night. If you can do it outside, that is even better! Also, make sure your children get time to run around and play, which releases stress and stimulates the secretion of feel-good

endorphins. Just avoid exercising too close to bedtime.

- **Keep Your Family in a Routine:** Make sure homework gets done early in the evening, sit down to a relaxing meal together and add in time for your children to share their worries from the day—which can often come during story time or bath time.
- **Give Your Electronics a Curfew:** Beginning an hour or two before bedtime, turn off the news, put down your phone, and get off the computer—all of which can expose you to unnecessary blue light and stimulate your sympathetic nervous system. Some families will create a spot in the house where everyone can park their electronics for the evening, including mom and dad.



- **Wind Down with Yoga:** While any form of yoga can help you to relax, the *Viparita Karani* yoga pose, in which you lay on your back and raise your legs up against a wall to form an “L-shape,” is an excellent one to do before going to sleep. Moving your legs above your head helps to calm the central nervous system and relax your body. Our children like to do this pose with us (and can relax in it while looking at or reading a book). In fact, we will sometimes do it while reading bedtime stories.
- **Watch What You are Eating and Drinking:** Avoid caffeine in the afternoon and evening. Plus, limit your consumption of sugar, alcohol and chocolate in the evening—all of which can be stimulating. If you have ever given a toddler a piece of cake and then spent hours trying to

calm him or her down, you know exactly what we mean! It is also important to check processed foods for “hidden” sugars—any ingredient ending in “ose” (as in sucrose) is a sure tipoff!

- **Dim the Lights Two Hours Before Bedtime:** Your body’s production of melatonin, the naturally occurring hormone that regulates your sleep-wake cycle, is controlled by light exposure—and it needs darkness to secrete melatonin. Blocking out all artificial and ambient light in your bedroom to keep it as dark as possible throughout the night is also helpful. You can also take low-dose melatonin (1-3 mg) 30-60



recommend taking GABA 30 minutes before bed. Although we have never given our children GABA, there are research studies looking at GABA use in children for supporting focus, anxiety and regulation of the stress response.

- **Relax with Essential Oils:** We sometimes run a diffuser with essential oils in our bedroom and our children’s bedrooms, 30 minutes before bed. Our favorite relaxing oils include chamomile and lavender. You can also add a few drops of lavender to your children’s bath to help them wind down from the day.

- **Keep Your Bedroom Cool:** The ideal temperature for facilitating sleep is 60-67 degrees Fahrenheit. The reason is that your body temperature naturally goes down as you sleep, so sleeping in a cooler space helps you to fall asleep and stay asleep. Pajamas and bedding made from natural fibers (cotton, linen, silk) can also help to keep your temperature regulated and on the cooler side.

It is not always easy to keep stress levels down, especially among our own family members, but as parents you have the important role to model the healthy habits you want your children to have for a lifetime! ✨

**Dr. Briana Sinatra** is a board-certified and California-licensed practicing naturopathic doctor who holds a Doctorate in Naturopathic Medicine from Bastyr University. She focuses on women’s and family health, taking a holistic approach to healthcare. **Dr. Drew Sinatra** is a board-certified and California-licensed practicing naturopathic doctor who holds a Doctorate in Naturopathic Medicine from Bastyr University and is a self-described “health detective.” He works with patients on “health care” rather than “disease care.” The Sinatras are a husband and wife team and advisers for research and development of clean and plant-based nutritional supplements for *Healthy Directions*. Connect with the Sinatras at: Twitter: @DrDrewSinatra <https://twitter.com/DrDrewSinatra> Facebook: <https://www.facebook.com/DrSinatraND> [www.drewandbriana.com](http://www.drewandbriana.com)

# Dr. Mariaehel Sammis, a Naturopathic Physician, Specializes in an All-Natural Approach to Restoring Your Health and Vibrance

Formerly of the Northport Wellness Center, Dr. Sammis moved to Florida in 2013 to be closer to her elderly father while continuing to commute to her New York office at Maximum Vitality in Northport. Dr. Sammis utilizes a “functional” approach to healing by looking to support the whole body to wellness, not just treating each individual symptom. If you are experiencing post-traumatic stress disorder (PTSD), anxiety, depression, the effects of a traumatic brain injury (TBI), or a chronic long-term illness, Dr. Sammis’ creative customized health care may be just what the doctor ordered! Dr. Sammis combines her extensive skill set and training to create a unique and effective approach to regaining optimal health.

## Here are a few testimonials to Dr. Sammis’ experience and expertise:

*I will always be thankful to my friend who recommended Dr. Mariaehel Sammis. Dr Sammis is a local practitioner with Magnolia Health & Wellness, Inc. Initially I came to her to help*

*me with my Epstein-Barr virus, which I had been suffering from for 30 years. I had gone to countless doctors, however, they could not help me overcome the excruciating and debilitating fatigue that plagued me. After 9 months of proprietary Infoceticals and therapies, I am so happy to say that I no longer suffer from the horrible symptoms of Epstein-Barr. I feel renewed and refreshed and enjoy new-found energy!. As we well know, there are the good, the great and the not so good in every profession. On my scale, Dr. Sammis is off the charts!*

Sabrina G.

*As a western medicine participant and follower, Dr. Sammis would never have entered my radar. I began seeing her through the recommendation of my boyfriend as a couple’s counselor. After the success of that counseling, I began seeing her individually to deal with some serious anxiety. It wasn’t long before I found myself relieved from anxiety and feeling strength that I hadn’t felt for more than a decade!*

K.F.

*I have been seeing Dr. Mari since November 2019. At the time I was quite ill, and experiencing many symptoms and anomalies that were both debilitating and traumatic. I had seen multiple doctors, specialists, been in and out of hospitals, and I was still a medical mystery. I had been diagnosed with a thyroid condition, a compromised autoimmune system, and pancreatitis. There were also digestive and neurological challenges and life had become just surviving day to day. Even with this history, Dr. Mari felt she could assist in my journey to wholeness and wellness. When I began seeing Dr. Mari I was very weak, and was challenged with walking from my parked car to her office. I had challenges with breathing, sleeping and normal every day functions. Now I am working again, living a life I love and I’m grateful for this every day. Everyone’s journey is unique and Dr. Mari has the knowledge, willingness, empathy and experience to assist people wherever they are at... to go from “surviving to thriving.”*

Shata B.



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# The Truth About Probiotics!

by Dr. Howard Robins, New York City

Did you know that the probiotics you are taking may be worthless? Did you know that they may be giving you no benefit at all? What you will read below may be upsetting but there is good news at the end!

*60 Minutes* recently did an eye-opening story telling the startling truth about the probiotics we are using.

We all know that we need good bacteria, also called *microbiome* or *biome*, in the wall of our gut to stay healthy and aid digestion and absorption of nutrients.

But did you know they do so much more? They make Vitamins and essential amino acids, they're able to communicate with our immune system and other organs in our body as well.

## What the experts say:

Dr. Jeff Gordon working at Washington University in St. Louis is recognized as "the father of the microbiome." He has spent much of his life exploring the mysteries of the bacteria in our gut. He claims that research has shown that the microbiome in your gut can affect whether you stay fat or thin, get diabetes, control your mood and even increase your risk to get cancer.

A potentially life-threatening infection of the colon called *C. difficile*, caused by using antibiotics to fight other infections in your body, kills the good biome in your gut at the same time, infects 500,000 people in the USA, and kills 28,000 people from uncontrolled diarrhea every year!

Dr. Patricia Hibberd an infectious disease specialist and a professor of medicine at Boston University said on *60 Minutes* "The whole idea that maybe throwing in good bacteria that we would take by mouth would hopefully land in the right places in the GI tract and work with the immune system—we just don't know how to do any of that".

She was asked that since the probiotics industry is a multibillion-dollar industry, is there convincing evidence that commercially available probiotics have been found to be beneficial for reducing diarrhea from antibiotics, treating irritable bowel syndrome and decreasing allergies?

Her surprising answer, contrary to what you may believe to be true was "NO!"

But you take them, and even spend quite a bit of money for them and you absolutely have felt a difference, right?

It was suggested that one cause of this confusion may be the placebo effect, that some people using probiotics may feel better because they expect to feel better.

Figuring out what probiotics do inside you is very complicated. Each person's microbiome is unique, so the same



probiotic may have different effects on different people, claim professors Eran Elinav and Eran Segal, at Israel's Weizmann Institute of Science.

They collected thousands of samples from a group of adult volunteers half who were given very large doses of commonly available probiotics and half a placebo. They used multiple endoscopies and colonoscopies to look across the entire gastrointestinal tract at places where nobody has looked before.

What they found was that the probiotics that went in, went right out the other end and didn't populate the gut! They expected that at least some would temporarily settle in the gut, but they didn't!

Apparently capsule, powder and tablet probiotics are destroyed at the rate of over 90% in the stomach and even spore forms, that may survive, have too little time in transit to come back to life out of "suspended animation" to become strong adult bacteria before they exit.

Unfortunately, these findings contradict much of the conventional wisdom and beliefs about probiotics.

**Is there an effective probiotic we can take? Yes, and it's called a SYNBIOTIC (spelled correctly with an "N")**

A *Synbiotic* is, according to the International Scientific Association for Probiotics and Prebiotics, "a mixture comprising live microorganisms and substrate(s) selectively utilized by host microorganisms that confers a health benefit on the host".

We found only one, a new Synbiotic, **Doctors Biotic Colon Health™** capable of doing what we need. For example, they published in the *Journal of Gastroenterology Research* a study in August of 2020, showing complete, 100% suppression of *C. difficile* using this product.

It is the newest scientifically created product on the market. It uses 15 strains of patented "Next Generation 'Smart' Bacteria" living and growing in a 100% organic vegetable-fruit juice containing prebiotics, capable of surviving the stomach over 85% and populating the colon wall.

*To learn more about this special, first of its kind, game-changing product, go to [doctorsbiome.com](http://doctorsbiome.com). A special discount is available from the company using "CREATIONS34" in the coupon code at checkout.*

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# The Gut Brain Connection

by Dr. Peter Kozlowski  
Bozeman, MT

**W**hy is it so difficult to heal your gut? When a patient schedules a visit with me, I am never the first doctor that they choose—I am usually the last resort. Most of my patients have been to their Primary Care Doctor (PCP), specialists, and alternative medicine doctors like Ayurveda practitioners or naturopaths. They've travelled to the top medical centers around the country.

They've even tried to treat themselves. My patients have tried so many different diets: Whole 30, Keto, Vegan, etc. They've taken the medications their doctors prescribed, tried so many supplements, and yet they

still end up in my office, usually worse than when they started. We have even started care, ordered diagnostic Functional Medicine testing, implemented treatment plans and yet, my most difficult patients are still suffering. As a perfectionist, I could not let these people go. I had to figure out what we were missing. And what was that?

## The gut-brain connection.

Gut-brain what? No way! Yes, **your mind, heart, and spirit can influence your gut and your gut can influence your mind.** Through your feelings and emotions, you can make yourself constipated, give yourself loose stools, inhibit your stomach acid production, block nutrient absorption, and shut down growth of your healthy gut bacteria. But it is a two-way street, so at the same time, if your microbiome is imbalanced, filled with what is called "dysbiotic bacteria," then they can also affect your mind by blocking your dopamine production and making you more stressed or anxious.

What creates this connection? Your *vagus nerve*, which carries signals back and forth

from your brain to your gut and your gut to your brain. Many of us forget that our gut is lined with an entire nervous system called the *enteric nervous system* (ENS). The ENS develops from cells that originate in the vagal region of your brain.

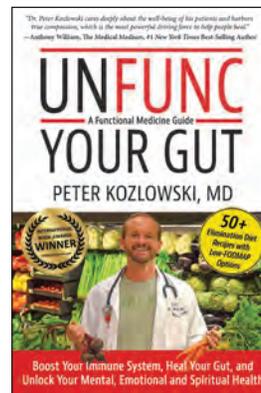
Our ENS is estimated to have 100 to 500 million neurons, the largest accumulation of nerve cells in the body, and they surround the area from your esophagus to your anus. **Roles of your ENS include:**

- helping to maintain intestinal barrier
- regulating immune response
- detecting nutrients
- motility
- circulation
- secretion of fluids, ions, and peptides

How does the *Central Nervous System* (CNS, your brain and spinal cord) influence the ENS? Through the signals it sends down your vagus nerve. The vagus nerve is run by your *autonomic nervous system* (ANS), which has two branches, *sympathetic* and *parasympathetic*. Autonomic basically means automatic, which means this system is always on and works without you having to think about it. Both responses are equally important, but they must be living in balance.

Now that I live in Montana, there is a really simple analogy I like to use to explain the difference between the sympathetic and parasympathetic responses. Sympathetic is "fight or flight" and parasympathetic is "rest and digest." If I am hiking in the mountains and I encounter a grizzly bear, my sympathetic nervous system is activated, and my blood and energy go to my brain and muscles to escape. If I do survive and make it back to my campsite and am sitting by the campfire having my favorite food, my parasympathetic response is activated. I am relaxed and the blood and energy go to my gut to help me digest and absorb nutrients.

When we are mentally, emotionally, and spiritually relaxed, we are sending



calming signals to our gut to digest our food and let our probiotics grow. However, most of us do not live this way; we live in a constant state of fight or flight. And it starts right when we wake up, when we go straight to our phones, texts, emails, social media, breaking news, etc. Our mind is telling our gut "We don't need you today. Today we have to survive." Then we eat breakfast while we're watching the news and the gut gets confused, thinking "There's food here to break down," but the mind, body, and spirit are telling the gut that now is not the time.

For most of us, it is not our fault, and we have no idea it's happening. Most of us have trauma that we are not even aware is trauma. We tend to associate the word trauma with physical events, yet it can also be a psychological phenomenon tied to ways we were treated based on our self-identity. For example, mine was being a first-generation American. I grew up convincing myself that I did not fit in and was not good enough, even though these things were not true. The way I figured this out was working with a qualified mental health practitioner to uncover the roots of my trauma. I recommend the same for you as it is quite often the missing link in the gut-brain connection.

The good news is that if you have already changed your diet and done the right testing and treatment, then you will start to see the results you were looking for when you shift focus to your mental, emotional, and spiritual health. ✨

As a Functional Medicine M.D., **Dr. Peter Kozlowski** uses a broad array of tools to find the source of the body's dysfunction: he takes the time to listen to his patients and plots their history on a timeline, considering what makes them unique and co-creating with them a truly individualized care plan. Currently he works with patients online and in person via his Chicago, Illinois and Bozeman, Montana based offices. Dr. Kozlowski did his residency in Family Practice, but started training in Functional Medicine as an intern. He trained in the clinics with leaders in his field including Dr. Mark Hyman, Dr. Deepak Chopra, and Dr. Susan Blum. To learn more, check out his book, **Unfunc Your Gut**.

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**Loretta Ames**

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Dr. Rizvi earned her DDS from New York University and completed a fellowship in Oral and Maxillofacial surgery at the Montefiore Medical Center of the Albert

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# New Timeline Options

by Owen Waters  
Texas

People travel through different versions of history, each person choosing one of the many available timelines. Every once in a while those timelines converge into a meeting point where, like a big highway interchange, everyone is faced with the same major challenge.

In this article, we review the timeline convergences of recent decades and their effects, along with the current convergence and the opportunities it provides for spiritual growth.

The biggest convergence in recent history was the multi-year conflict of World War II, where millions of people mobilized to stop the march toward fascist control of entire nations.

A more recent example, vivid in the minds of most of us, was “9-11” on September 11, 2001. Seeing the World Trade Center attacked and then demolished on live television left an indelible mark in the minds of millions of witnesses. For many days afterward, people were shocked out of their habitual lives and found themselves re-evaluating what might fill their lives with more meaning.

Then, there were the spiritual turning points.

The planet Earth’s initiation with intense cosmic energies on July 8, 1964 which Gaia held mostly within herself in order to protect humanity. Since then, she has been steadily releasing these quickening energies at a rate that humanity can handle over a decades-long ascension process.

The astrological configuration for Harmonic Convergence occurred on August 16, 1987. Within two years, the

Berlin Wall fell, the Soviet misadventure into communism failed, and the perpetual threat of imminent nuclear war suddenly dissolved into the background.

The 2012 Gateway, launched celebrants along new and better timeline trajectories. Everyone who treated the Gateway on December 21, 2012 as an open invitation to a bright and hopeful new era helped make the world a better place. Prior to the 2012 Gateway, global nuclear devastation had still remained a possibility in our future. Inspired, positive people handled that critical juncture in their own unique ways at a time when the fate of the world lay in the balance. As a result of their efforts, the collective mind of humanity shifted to a new reality where the last remnants of the nuclear option completely ceased to exist!

At the December 21st solstice of 2020, the Age of Aquarius shifted into full-on mode. Other major astrological aspects at that time also marked the start of new cycles of Aquarian-style influence, not just in its 2,160-year cosmic age, but also in 200-year, 500-year, and 800-year cycles.

The ideals of Aquarius are associated with democracy, freedom, creativity, nonconformity, humanitarianism, idealism, philanthropy, empathy, respect for people, respect for human rights, and, yes, even rebellion. The old ways of darkness cannot remain standing for long when such a new light emerges upon the planet.

As a direct result of the new Aquarian energies, we have a gathering of the timelines into yet another common convergence. Your view of the pandemic and your experience of it depend on the route you have chosen. It’s not just a flat road with everyone else on the same road. You can clearly see that other people have different experiences of the current situation.

In terms of today’s crisis facing the world, we have political authorities pushing

people to adopt a certain mindset and accept the solution they are promoting, while, at the same time, people are awakening to inconvenient truths that counter the official narrative.

Remember, the energies of Aquarius demand democracy, freedom, creativity, nonconformity, humanitarianism, idealism, philanthropy, empathy, respect for people, respect for human rights, and, rebellion.

As cracks continue to multiply in the narrative of medical authority figures, people are questioning just how much of our personal power we should have handed over to these officials in whom we placed such trust.

From a Lightworker perspective the answer is obvious. We place our trust in the Divine and in our God-connected sense of intuition.

**In the case of medical issues, the first line of defense is the human immune system.** Stress-tested for millions of years before the first human prototype even appeared on Earth, the human immune system has an incredible track record... provided we don’t sabotage it with a toxic overload in our food, water, air, and energetic environment.

The current “one size fits all” solution is to insist that everyone should accept a mix into their bodies in the form of one or more injections. One must ask, “How is its safety track record doing so far?”

With the Aquarian Age influence now in full bloom, truths shall be revealed and many people may be shocked by revelations as they appear.

Just one such truth is the fact that, if the current injections had been treated the same way as all previous treatments, they

would have been cancelled in January 2021 as soon as the adverse reactions hit a death count of 25. That was the damage cutoff that triggered the cancellation of the 1976 Swine Flu vaccine.

The questions continue to be asked. As we get more answers, the timelines morph into ones with new hope and new potential for freedom and safety. As a mystic, I know that the biggest truths still wait in the wings. Some of them are incredibly empowering and hopeful for the future of humanity. Other truths will raise the question of how well (or not) many people will be able to handle them.

What is for sure is that the divisions that have been promoted in recent months need to be healed. We have been exposed to divisiveness in sex, gender, race, creed, age, and now vaccination status.

**Insisting on freedom of choice is an affirmation of your God-given free will and also of God’s intention that you are intended to be a unique individual.**

**Infinite Being is infinite variety, not forcefully-dulled sameness.**

As lightworkers, we choose to respect individual rights and do what we can to help others move toward tolerance and away from political intolerance. ✨



Owen Water’s book, **The Shift: The Revolution in Human Consciousness**, is available for immediate download at: [spiritualdynamics.net/ebooks/theshift.htm](http://spiritualdynamics.net/ebooks/theshift.htm). Read more in Owen Waters’ e-book, **Love, Light, Laughter: The New Spirituality**.

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# Scent-sational Holiday Vibes!

by Milissa Castanza Seymour  
Bethpage, NY

*Nothing awakens a reminiscence like an odor.*

~ Victor Hugo

**T**is the season of olfactory delights! Cinnamon, pine, citrus, and spices often bring back holiday memories. How often does emotion-laden time travel occur with a passing scent or lingering fragrance?

Thanks to our olfactory system, tiny scent molecules enter the nose and are delivered by nerves to the olfactory cortex in the brain. *Only the sense of smell goes directly to the brain, attaching to memories and thoughts, without conscious processing.* Nearby, the limbic part of the brain, the seat of emotion/memory/learning, is directly involved in scent connections as well due to its close proximity. The limbic system impacts the thalamus which regulates the nervous system, and in turn, the immune system.

Long story short, scent stimulates emotion AND the immune system. Research shows that positive emotion engages the parasympathetic nervous system, boosting immunity. Stress inducing emotions narrow and inhibit the immune response due to sympathetic nervous system activation, circulating stress hormones like cortisol and adrenaline. So, scents can bring about calm or distress. The nose holds great power in bringing peace and well-being to our holiday season and year 'round.

Smell is a subjective experience but behind every scent is a chemical composition that has researched effects on the body-mind. *Aromatherapy*, the therapeutic use of essential oils, has been used for years and studied for its beneficial effects. Essential oils are plant extracts that are steamed or pressed from various parts of the plant (flowers, leaves, rind, or bark) to isolate the fragrance components. These scents also have a function in the plant like deterring predators or healing disease. When used in preparations topically on the skin or inhaled into the lungs/circulatory system, these components have healing effects on people as well.

Scents encountered during the holiday season are pines, citrus, and spices. Everyone has different experiences with these scents due to their own personal connections to them. Some find them soothing while others, irritating.

**The research tells us that each of these scents have beneficial essential oil chemical components that affect the body-mind. Here's a glimpse of their abilities:**

**1) Orange (Citrus sinensis):** Did you ever notice that the smell of orange is uplifting? That's because orange rind contains a very high percentage of d-limonene which boosts the immune system and elevates mood. It is anti-anxiety, antibacterial, anti-inflammatory, vasorelaxant, and a skin penetration enhancer. It's known for its calming yet uplifting effect.

**2) Pines:** Pines, or conifers, are scents that bring forests and trees to mind. Did you know that walking through a pine forest reduces congestion and opens respiratory passages? That's because of the a- and b-pinene, among other components depending on the type of pine. Both these chemicals are anti-bacterial and anti-inflammatory with a-pinene being antiviral and analgesic as well. Often, pine is found in cleaning products due to its antibacterial nature and in skin topicals for muscle/joint pain relief. My favorite conifer essential oils are Black Spruce (*Picea Mariana*) and Douglas fir (*Pseudotsuga menziesii*) for their true holiday pine scent. Both have the properties listed above with Black Spruce having the additional calming/sedative effects of the component bornyl acetate.

**3) Cinnamon Bark (Cinnamomum zeylanicum):** The smell of cinnamon accompanies many holiday baked goods and reminds us that the seasons have changed. Cinnamon bark has air purifying and stress reducing properties. It has a warm and radiant scent and is best used in diffusers or room sprays. This is a beautiful scent that, when used in very tiny amounts, soothes the mood.

**So, how can you make a peacefully scented, immune-boosting, air purifying atmosphere for your holiday gatherings? Here are a few suggestions:**

- Burn a candle that has these holiday essential oil scents
- Boil a pot of water with a few orange rinds and cinnamon sticks in it to scent the room

- Bake some cookies using orange and/or cinnamon in the recipe.

You can also make your own essential oil stock blend and diffuse a few drops in the room before guests arrive for an air purifying, soothing atmosphere. When using essential oils make sure pets and kids can leave the room (caution with kids under 10). Diffuse in 15 minute intervals with good ventilation.

**Here's a basic holiday recipe:**

In a small, tinted orifice reducer glass bottle (5 ml), put the following essential oils:

- 10 drops orange
- 10 drops Black Spruce
- \*4 drops Cinnamon Bark (\*substitute 1 drop clove or ginger and omit cinnamon if pregnant).

Cap and gently shake the bottle to blend. Feel free to experiment by adding vanilla or other preferred scents. Add a few drops



to your diffuser and enjoy the scent-sational holiday vibe! ✨

**Milissa Castanza Seymour M.S.**, is an InnerSoul Coach and multiple certified

healing arts practitioner specializing in Stress Management/Well-being for over thirty years. She is a professional, practicing Numerologist helping clients find their soul purpose. Her certifications include: Aromatherapist, Prana/Integrative Yoga Therapy Holistic Health Educator, Applied Positive Psychology Practitioner/LifeCoach/Resilience Trainer, AddHeart Facilitator, Past Life Consulting Hypnotist, Reiki Master Teacher, NYS Licensed teacher, Ayurvedic Health Practitioner, Meditation Teacher, and Chopra Well-being Coach 2022. [www.innersoulcoaching.com](http://www.innersoulcoaching.com)

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# POETRY

## Dancing With The Divine

by Seena Axel, Ph.D., Delray Beach, FL

The fiery side of knowing  
and...  
many deep breaths later,  
the feelings around knowing  
what you know,  
require a large, sturdy vessel  
to contain.

The challenging part of knowing  
and...  
many deep exhales later,  
living the truths you come to know,  
now that truly,  
is dancing with the Divine.

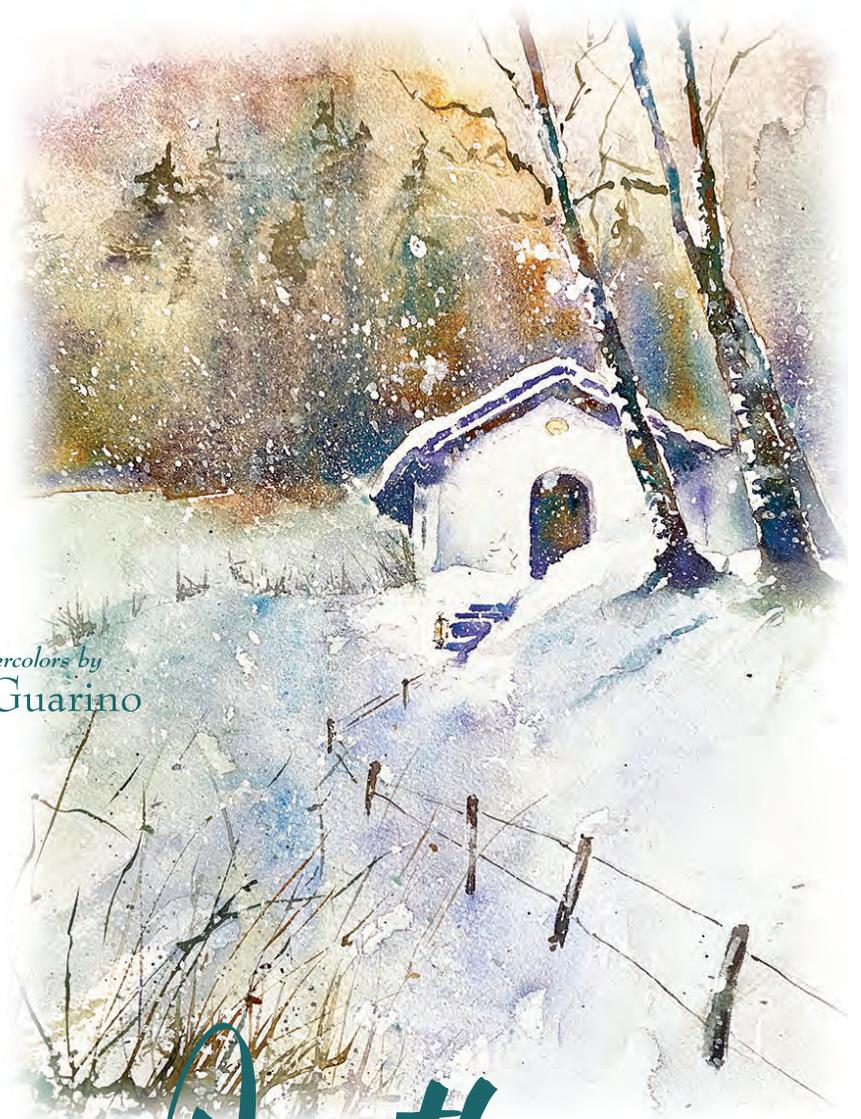
## Haiku

by Patricia Rossi  
North Merrick, NY

winter palette hues  
nature's snow covered canvas  
tranquil masterpiece



Watercolors by  
Jan Guarino



## Inspiration

by Ben Calderone, Levittown, NY

What screen obscures the knowledge  
that we need?  
Where shines the light, the vision we must heed?  
How many days go by before we see  
Why we must learn and grow, and thus, be free?

When shall the walls and fences all give way?  
Who clears the path into the brighter day?  
Now search, and find the answers, newly cast,  
In living now, leaving failure in the past.

The work awaiting you is everywhere.  
Outside your door, the challenge waits--it's there.  
Take up your pen and paper, write the rhymes  
That build the peace, give joy within our times.

## Christmas Caroling

by Jan Niebrzydowski

Passel of fresh-faced girls huddled in the snow  
The stinging wind from weather ten below  
Furry hats with pom-poms pounced on top  
Clumsy poinsettia red mittens from 10 cent shop  
Chorus taught us caroling in three part harmony  
We sang our songs amid mid-western pine trees  
The soft glow of the porch light turned on for us  
Faces pressed against rubbed window frost  
Small gift of chocolates were given with smiles  
Sometimes invited in for cookies for a while  
My favorite, "Bring a torch, Jeanette Isabella"  
After we drank hot chocolate and marshmallows  
Something bewitching about the sound of ten girls  
Singing heartfelt tunes as wind and snow swirled  
We were frozen little icicles braving Chicago nights  
We were a Charles Dickens' Christmas come to life  
The clear dark sky dotted with stars for perfect affect  
This was a Christmas memory that I will never forget

## Another Chance

by Joann Wagner, Upper Black Eddy, PA

Sparkling shimmering lights, far as eyes can see.  
Weary Wanderers traveling within night  
Sounds of tires hitting hard on the surface of road.  
Cool air sending shivers up your spine.  
Wondering as you gaze upon the evening skies,  
Wishing upon a passing star.  
Whispers within the winds,  
speaking your name softly.  
Your spirit begins to speak;  
No matter where yesterday has taken you  
Today with its newness, giving us another chance  
To find our strength, wonder,  
freedom within the winds.  
Finding the beauty, peacefulness in a day  
where yesterday is gone, Tomorrow is not known.  
You will find your strength, faith,  
power to change your world.

*He who draws noble delights from sentiments of poetry is a true poet, though he has never written a line in all his life.* George Sand

# Move The Mountain Without Using Your Hands

by Brenda Shoshanna  
New York City

There are certain questions that have no answers. Yet these questions are vital and alive. They grab and plague us daily. We meet a new person and the question pops up. We make a life-changing decision and the question shouts out. We take a step into the unknown and the question stops us cold. These questions may be called *koans*. The answers cannot be figured out. They are designed to push us beyond logic into a new way of living.

Usually, we think of koans as coming from the world of Zen. But koans can arise anywhere, especially from our very own lives. These koans come to remind us that life is fundamentally unknowable, truly impossible to figure out.

Life itself, of course, throws koans at us constantly. The sudden loss of someone we've loved stops the thinking mind. The experience leaves us stunned, hollow or shaken in the face of the great unknown. It cannot be grasped rationally. Why is this happening? we ask. What will happen next? Questions like these are deep koans.

And, of course, these questions demand to be answered. Until we respond they haunt us, affecting the quality of each moment. Whether we know it or not, much of our time is unconsciously spent seeking answers. Sometimes we even feel we've found it! We're thrilled, elated, victorious. Until the answer turns into another question.

*Koans alter our perspective, take us out of the prison of a fixed point of view. Attention, ideas and behaviors become frozen. Whatever is frozen is no longer alive. Koans allow frozen positions to melt and return to the flowing water of life.*

## Move the Mountain Without Using Your Hands

There are all kinds of mountains that appear in our lives, all kinds of situations that seem larger than we are. They feel

immovable, seem to hem us in. Mountains of debt, sorrow, confusion arise, or other problems we cannot solve.

Our immediate response is to try to adjust



circumstances, to move things around. We want to fix this or that, to diminish the mountain. We use our hands or cunning intellect and start to maneuver. However, a strange thing happens. The more we maneuver, the more stuck we become. The more we try to alter circumstances according to our usual understanding, the more entangled they inevitably grow. This is due to the fact that functioning in our usual way, we see only part of the mountain. We don't realize what's just behind it, waiting for us.

When we approach the mountain as our koan though, we soon see that the mountain is much different than we imagined. Rather than analyze it and tear it apart, we make its acquaintance, become friends with the mountain. Soon we know it in a different way. Not only do we become one with the mountain, but with all of our life circumstances. As we do so, the confusion and blindness melts away and ease of mind and wisdom arrive all by themselves.

## Don't Fight the Mountain

There are many steps to work with our problems as koans. To begin, we don't fight the mountain. Instead, we deeply experience the situation, stop interfering with it, give it room to breathe. We make space for it to reveal itself, to live. If our mountain is illness, the more we try to fight and change it, the more stressed we become. Our natural healing energies remain locked up, unable to flow. If our mountain is a terrible relationship, and we run from it prematurely, we'll simply repeat the same relationship again.

Now it is time to stop and listen to what your problem or your mountain has to tell you. As you do this, you are not telling the mountain what to do; instead,

you are letting it tell you. Then, to your amazement, the mountain will change all by itself. Or you may even see that no change is necessary at all.

only smile. He/she certainly isn't about to answer your question. A teacher is here to help you discover your own answers and show you how strange the demands you make on life are.

We seldom face our problems as koans. Instead, we dream up all kinds of answers, search for solutions in teachers and books. We grab at secondhand explanations and cling to them desperately. But these answers belong to someone else, they're not yet our own. We haven't personally taken the questions into our life, engaged with them deeply. We haven't yet allowed our problems to make us strong. From the Zen point of view, that's a missed opportunity. Reaching for secondhand answers is a way of avoiding our life and our truth.

Naturally, when a Zen teacher, or when life itself gives us a koan, at first we resort to our usual way of operating. We continue to try to figure out the answer, create strategies, twist ourselves into knots. But as we do this, the koan will not yield. And, when we bring a contrived answer to a Zen teacher, they'll reject us, again and again. Secondhand answers will not do.

"Keep going," the teacher will insist. "Don't delay. Your very life depends on it."

## Rejection Itself Is Another Kind of Koan

This rejection, of course, is itself another kind of koan. Rejection is something most of us will do anything to avoid. But what's wrong with rejection? When we make the rejection into our koan, we will greet it differently and finally, laugh at it. Before the truth is revealed, many fantasies and false ways of being must be rejected and let go.

## Your Life Depends on It

Of course the comment that our life depends on solving our koan doesn't make sense either. But perhaps our curiosity is piqued. Some might ask why their lives depend on it? Naturally, the teacher will

Rather than relying on a teacher, Zen suggests that you plunge into your koan and your life fully. Taste and express the truth for yourself. Otherwise, you will only be living an imitation life, following along. That kind of life can never be satisfying either, in the long run. So, Koan practice is active, vital, and shakes you from complacency, helping you appreciate your precious days.

When we receive our lives as a koan, nothing becomes a problem, it is simply an experience to receive, a journey or adventure to go on. Rather than get caught and battle with the endless dramas life spins, we enjoy whatever is given to us and issues resolve themselves. ✨

**Brenda Shoshanna, PhD** is a psychologist, long term Zen practitioner, writer and speaker. She has presented many talks and workshops on integrating Zen with our everyday lives. Her weekly podcast is *Zen Wisdom For Your Everyday Life*. Brenda offers a lively, interactive online workshop *Making Your Life Into A Zen Koan* on Zoom. For more info: <https://www.zenplay.com>. Contact her at [topspeakeryahoo.com](mailto:topspeakeryahoo.com). Other websites: [www.brendashoshanna.com](http://www.brendashoshanna.com), [www.zenwisdomtoday.com](http://www.zenwisdomtoday.com)

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# GIFT GUIDE

## STEALTH CORE TRAINER trystealth.com

We've all heard the plank is one of the best overall moves for getting into shape. The problem? It's so darn boring! If you can't imagine holding a plank for another minute, then it's time to check out the Stealth Core Trainer.

This pioneering fitness device has transformed the plank position into a game. It turns your body into the controller as you twist, turn, hold, and pivot to get the high score in a variety of fun and addictive mini-games. In as little as 3 minutes a day you can sneak in a workout that activates 29 different muscle groups while helping improve your energy, outlook, and physique.

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- Patented planking platform pairs with your smartphone through the Stealth gaming app
- Your body becomes the controller of the game while you compete for the highest score
- Full body workout, including core, glutes, legs, arms, shoulders, and more
- Stealth App is FREE to track your progress, measure your results on the worldwide leaderboard, and compete in public or private challenges
- Stealth App includes 4 FREE Games, plus access to
- Optional Premium Subscription which gives you access to a new Premium game every month, as well as the entire library of Premium games



- Free access to STEALTH NATION, a private Facebook group with 70+ Stealth users, fitness experts and coaches

- \$99

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- Includes information about the painting, painter, year, and museum
- Displays high-definition art for optimal display on HD and standard screens
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## SCRUMPTIOUS SIDE SLEEPER PILLOW honeydewsleep.com

The Scrumptious Side Sleeper Pillow is ergonomically designed to help you thrive by nurturing a more comfortable, with less tossing and turning, night of sleep.

A curved shoulder cut-out, firm yet adjustable loft, naturally cooling fill, and made in America quality help keep your spine in alignment for comfortable zzz's all night long.

### Highlights:

- Designed to support a side sleeper's spinal alignment
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- Reduces strain on your upper body
- Doughy yet soft fill is crafted in house and 100% CertiPUR-US certified
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- Make it your own by adding or removing fill to find your perfect height
- Sturdy edging ribbon maintains the pillow's shape and height
- Measures approximately 27.5" x 15"

What can a good night's sleep do for you? Discover for yourself with the Scrumptious Side Sleeper Pillow.



## REVELATIONS ultraprogames.com/ products/revelations

A new social-emotional conversation card game, released through Ultra PRO's JJACKD adult games subdivision. Designed as a party game, Revelations is a social-emotional talk sparker designed specifically for adults. The game allows couples or groups to get to know each other on a deeper level. Presented with a situation card, players must attempt to guess how their teammates will emotionally react to the situation. The more players correctly predict the situational responses of the people sitting next to them, the quicker they advance on the track—and ultimately win the game by reaching the top. Filled with adult humor for the 17+ crowd with a playing time of 30 minutes, Revelations is a cooperative game for

2-8 players. MSRP \$20 and available at Target or online.

## TABLETOPICS – FRIENDSHIP EDITION tabletopics.com/friendship

The newest launch from TableTopics, the *Friendship* edition, includes a set of conversation starter question cards that spark exciting convos between friends. The questions in this pack are meant to celebrate friendships, appreciate connections and remind friends of all the things that made them "besties" in the first place. Tips and quotes are also included, like how to make good friendships, how to keep them, and how to strengthen them. MSRP \$25. Includes 135 question cards and is suitable for ages 12 and up.

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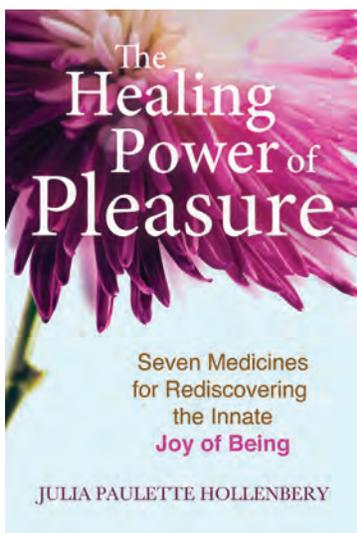
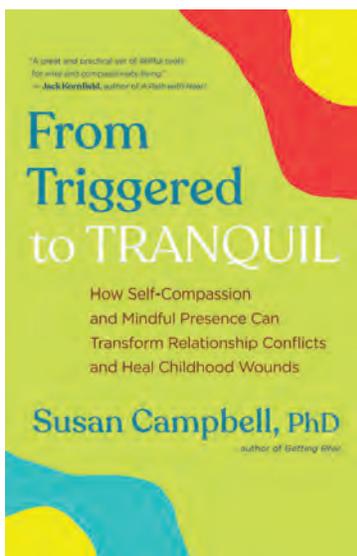
# BOOK REVIEWS

## & PRODUCTS

### BOOKS

**FROM TRIGGERED TO TRANQUIL: How Self-Compassion and Mindful Presence Can Transform Relationship Conflicts and Heal Childhood Wounds**  
by Susan Campbell, PhD

At home, at work, or even out shopping, we've all experienced a moment when we've gone from feeling just fine to feeling out of control. Something inside us shifts. We instantly feel hurt, angry, shut down, or frozen. As bestselling author and therapist Susan Campbell shows, in these moments we've been "triggered." In *From Triggered to Tranquil*, Dr. Campbell shows how a remark, tone of voice, facial expression, or other inter-personal cue can activate a deep-seated memory of a past wound. By recognizing this dynamic, we can soothe our upset feelings, heal our childhood fears, resolve disagreements, and restore connection. Dr. Campbell offers a no-blame approach to conflicts and misunderstandings, empowering us to prevent triggers from ruining our relationships. She emphasizes that when we compassionately understand the roots of our trigger reactions, we can also better



understand the actions of those around us. As a result, we become stronger and more resilient when facing any upsetting interaction or unwanted surprise.

Dr. Campbell provides tools for navigating all types of interpersonal relationships, organized around five steps to "trigger mastery" that can be applied to any relationship or encounter. Her techniques address relationships with children, spouses, bosses, coworkers, friends, and partners. In addition, it includes chapters dedicated to the collective crises we are experiencing.

**THE HEALING POWER OF PLEASURE**  
**Seven Medicines for Rediscovering the Innate Joy of Being**  
by Julia Paulette Hollenberg  
findhornpress.com

Hidden just below the surface of ordinary everyday reality lies an abundance of pleasure and delight. By learning to look beyond your daily challenges, to ease your stressed mind

and body, you can rediscover the magic, mystery, sensuality, and joy that is possible in everyday life. Taking you through a step-by-step sensual journey of healing and transformation, Julia Hollenberg explains how pleasure is all around us and explores seven easily accessible spiritual "medicines" or pathways to discover more sensual pleasure and delight in your body, relationships, and way of being. She details each of the seven medicines

in depth: slowing down, embodying, deepening, relating, pleasure, power, and potency. For each medicine, she presents reflections, practical somatic and breathing exercises, prompting questions, meditations, and energetic transmissions to help you reconnect body, mind, and soul in an integrated way and reclaim your innate source of pleasure.

The Healing Power of Pleasure combines scientific fact with ancient spirituality, insight, humor, and poetry. A visionary call to action to inhabit our universe of pleasure, this book presents an invitation to reconnect with your body, realize the depth and web of relationships within which we live, and embrace the pleasure, power, and potency that arise when we look inward as well as confidently relate outward with the world around us.

### PRODUCTS

**THREE TREES ORGANICS**  
threetrees.com

Pure, delicious and dreamy almond and nut milks, with 4x more nuts, seeds, and protein. All organic ingredients. Naturally creamy and so good you'll want to share, Three Trees offers 5 delightful varieties, including NEW Oat & Seed Nutmilk, Original Almondmilk, Vanilla Bean Almondmilk, Black Sesame Almondmilk, and Pistachio Nutmilk. They're all really good, but the Black Sesame Almondmilk is especially terrific. Distinctly different and unique, the **Black Sesame Nut & Seed Milk** has a bold, dark and toasty flavor. Dates add a natural hint of sweetness to deliver a perfectly balanced experience. Black sesame is packed with calcium and offers 4g of pure plant protein per serving. Clean without compromise, all



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pullstartfire.com

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- \$17 for a 3 pack. Available on PullStartFire.com and retailers, including Dick's Sporting Goods, Camping World, and more.

Seek not to change the world, but choose to change your mind about the world. What you see reflects your thinking. And your thinking but reflects your choice of what you want to see.

— From *A Course In Miracles*

# MARKETPLACE

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## COUNSELING / THERAPY

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# CALENDAR OF EVENTS

## ONGOING EVENTS

### MONDAYS

**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](http://DrIreneSiegel.com). Now offered Online.

**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.

### TUESDAYS

**SPIRITUAL WORKSHOPS BY GOL** Experience an array of mindful and provocative group sessions focused on supporting each individual's spiritual growth. Zoom and live workshops every Tuesday evening at 7:15pm. 203 E Pulaski Rd, Huntington Station 631-455-3471 for more info. See our calendar on our website [GatheringOfLight.org](http://GatheringOfLight.org).

**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

**CHILDREN'S SPIRITUALITY CLASSES** on Zoom With Gathering of Light Interspiritual Fellowship. Phone 631-455-3471. Contact: [Prayasi:GOLyouthprogram@gmail.com](mailto:Prayasi:GOLyouthprogram@gmail.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.

### SATURDAYS

**SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT** – Celebrate and strengthen *your* spirituality. We welcome all faiths, beliefs, and traditions. Come join like-minded people in community. **In-person** 203 E Pulaski Rd Huntington Station, and Live streaming of services on Facebook (Gathering of Light Interspiritual Fellowship page) at 10am every Saturday. [www.gatheringoflight.org](http://www.gatheringoflight.org) 631-455-3471.

DECEMBER 4 & 5

**THE SHAMANIC STONE** Join us in Bohemia, NY for our annual Open House from 10am to 5pm. Beautiful healing crystals and shamanic tools. For info call: 631-241-3578.

DECEMBER 20

**WINTER SOLSTICE OPEN CIRCLE VIRTUAL EVENT** - Join us in ending the cycle of the year and planting the seeds for a new vision based on your greatest potential and spiritual awakening as the Winter Solstice is upon us. Meditation, drumming, and ceremony opens the door to this sacred path of empowerment. **Monday, 7:30pm - 9:00pm, Free Event.** No preparation required. Register for Zoom link for this FREE event with Irene Siegel, Ph.D. at <http://www.drIreneSiegel.com/registration.htm>, 631 547-5433.

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## A Christmas Story

by Patricia Bono  
Scottsdale, AZ

It was a few days before Christmas of 1994. For some reason, that year, all the houses in my neighborhood were decorated with small white twinkle lights. They made the houses look as if they were surrounded by stars. It was breathtaking.

It was a bitterly cold evening and snowing when my doorbell rang. I glanced at the clock and saw that it was 11:11 pm. "Who could it be at this late hour?" I wondered. Without thinking, I opened the door, which is not like me to first check to see who it was. There at my door, stood a woman who appeared to be in her early sixties. Obediently standing by her side was a dog which was a shepherd of some type. She was shivering from the cold and begged me to please help her find her way home as she was lost.

She spoke with what turned out to be a Polish accent as she told me she had taken her dog, a Polish shepherd named Rasheed, for a walk at 8 pm and could not find her way home. She told me she had just moved here three months ago with her daughter and that during her walk found that the small twinkle lights on the houses confused her and caused her to lose her way.

I asked her what her address was, she told me and I asked her to repeat it once again. It turned out to be right around the corner from where I lived so I told her I would walk her home. She was upset because she had gone to a number of houses before mine and nobody would open their door to her. I held her arm, told her not to worry, that everything would be alright. As I held her arm a strange tingly warmth went through me. I attributed it to static electricity as we continued our walk.

Due to the snow, we were walking in the middle of the street about halfway down the block where she lived when she turned to me and told me that she now knew where she was and it wasn't necessary for me to walk her any further. I told her it was no trouble at all for me to walk her to

her house to make sure she arrived safely. She insisted she was fine now and said the following to me that gave me pause; "You opened your door to me when no one else would, you offered me safekeeping when no one else would and for this God is going to bless you." When she said these words, I suddenly found myself thinking of Mary and Joseph when they were trying to find shelter the night Mary gave birth to Jesus.

I thanked her, wished her and Rasheed a Merry Christmas, turned to go home and instantly turned around as I had decided to walk them the rest of the way home. No more than seconds had passed and when I turned, they were no longer there. As I said before, we had been walking in the middle of the street and they could not have disappeared that quickly. I looked all over for her and Rasheed and try as I might, could not find them. It was as though they had vanished. A sudden shiver ran through me, and I decided to go home.

The next day, I drove down the block she lived on to stop by and check on her and found to my consternation there was no house with the number she had given me; yet all the numbers on both sides of the street were in sequen-

tial order. I eventually checked with Town Hall. They did not have that number in their records and commented it was strange that one number was missing. I also checked with quite a few of the neighbors on that block and others. None of them had heard of or knew of such a woman and her dog.

Had I been touched by a Christmas angel? Or a ghost of Christmas past? This is a true story and you can conclude what you will from it, but I will cherish the memory and warmth of this extraordinary experience for the rest of my life.

I want to wish everyone a Blessed Holiday Season filled with Warmth, Love, Peace and Good Will. ✨

*For over 40 years Patricia Bono has been using her unique gifts to be of service on the physical, mental, emotional and spiritual levels. In 2001, she had the honor of being a guest speaker at the United Nations Women's Guild. She has taught classes at The Learning Annex in NY, Adult Education and at Adelphi University. Patricia has been writing stories about her life and sharing those experiences about the journey and those turns on the trail, and also has three grown children. (See her Resource Listing on page 20)*

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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.

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# More Poison in Your Pet Food: Carrageenan

by **Dr. R. Geoffrey Broderick**

Carrageenan has been used in traditional food preparation for hundreds of years. It's an ingredient in many organic and vegan foods. Extracted from red seaweed it's commonly known as, "Irish Moss".

It can be found in ice-cream, cottage cheese, non-dairy milk, jelly, pudding, and infant formula.

It's commonly used as a food thickener or stabilizer to absorb free water.

However, scientists have presented evidence that **carrageenan is highly inflammatory and toxic to the digestive tract**, and claim it may be responsible for colitis, IBS (Irritable Bowel Syndrome), rheumatoid arthritis and even colon cancer.

Animal studies implicate carrageenan in the formation of ulcerous and cancerous lesions in the colon. Many people have reported bloating and IBS (manifesting as diarrhea, bloating, belly pain or cramps) when consuming products containing carrageenan.

Because carrageenan has *no nutritional value*, there is no nutritional loss in eliminating it from your diet.

China is a major supplier of Carrageenan. **It's banned from human consumption in Europe!**

After eight years of Cornucopia.org's research, advocacy, and petitioning, the National Organic Standards Board (NOSB) voted in November 2016 to remove carrageenan, a potent inflammatory agent and possible carcinogen from the National List for use in organic food. Over 3,000 people submitted written comments describing personal negative health effects from consuming the additive. Due to the powerful \$250 million industry lobbyists, it still remains legal for organic food companies to use carrageenan in the U.S.

**Carrageenan has been known to irritate the digestive systems in dogs, as well humans.**

It is difficult to find canned / moist pet foods that do not contain carrageenan.

It's unconscionable why so many pet food manufacturers continue to ignore the science linking serious illness to this ingredient. Far too many pet food companies use carrageenan — with the claim that it is safe — but science and medical experience proves just the opposite.

Carrageenan comes with health risks for the pets consuming this ingredient *with each meal*.

The real reason the pet-food industry loves to use this ingredient is because it ties up free water. This is in almost every pet-food. Water is free! The more water that's in pet-food, the less the cost of making it. A can of pet-food contains as much as 85-90% water content. This results in astronomical profits. When your pet gets a can of water, the nutritional value is severely decreased. You paid handsomely for *water!* It looks like soup — because it really is soup. The pet food industry knows you're not going to be happy paying for soup, so they add carrageenan which binds up free water and makes the can look like a beautiful perfect pate' — *while potentially poisoning your precious pet!*

You've got it! Follow the money!

Carrageenan is also commonly used in dry dog food as well as snacks to make a thick and "chewy" nugget.

**Cornucopia Pet Foods does not add carrageenan to any of its products.**

We are committed to using only the highest quality "human-grade" Certified Organic ingredients in our products.

We created Cornucopia to enable you to fulfill *your responsibility* of insuring the health and longevity of "All God's children" — as spoken to Dr. Broderick by Mother Teresa.



ADVERTORIAL

# CORNUCOPIA IS THE GREATEST FOOD FOR PETS IN THE HISTORY OF THE WORLD

Dr. Broderick is a **Veterinary Nutritionist** with a proven track record spanning over fifty years. He knows what is best for your companion animal and is a *teacher* of how to safely *prevent* disease.

Did you know that almost all pets die from either cancer or diabetes?

At **Southdown Animal Hospital and Clinic**, in Huntington, NY, Dr. Broderick has NOT seen one case of either cancer or diabetes — for over 20 years — in his patients who follow his professional time-tested guidance, and eat a paradigm of Certified Organic Cornucopia Real Food for Pets!

Full of Protein and Healthy Fat from Certified Organic Human-Grade Real Food: Cornucopia Real Food for Pets is loaded with a variety of optimal biological value (usable) nutrient-dense proteins and fats from chicken, turkey, chicken liver, wild salmon and sardines, whole eggs, and much more.

*He puts unconditional love and passion into his food, his patients, his practice, and this is his reason for being here at this time.*

This is true information, freely given to you, as opposed to the nonprofessional misinformation sold to you at the pet food and pet product stores.

**Dr. R. Geoffrey Broderick is the most famous veterinarian in the world.** Doc," as he is known all over the world, makes and eats (both with his own hands) the HIGHEST HUMAN-GRADE CERTIFIED ORGANIC, GMO-free, gluten-free, antibiotic-free, free-range food for pets on Earth. Cornucopia is the only food for pets that bears the Harm-Free Seal, anywhere!

If you and your human-children are AFRAID to eat your pet's food, then why would you ever give it to your beloved pet-child? Think about it! There is no trade-off to unconditional love.

**Why Cornucopia is the healthiest choice for your pets: It is above certified organic! Real Food! HUMAN GRADE.**

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- No Artificial Sweeteners, Colors or Flavors
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- No Gluten
- No Sugars
- No Meal
- No Wheat, Corn, or Soy
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