

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH

Vol 36, Issue 3  
June - July 2022  
CreationsMagazine.com

# CREATIONS

## MAGAZINE

*Be the Creator  
of Your Best Life*

### **The Summer Issue:**

*Balanced Masculinity, Fathers, Prosperity & Abundance*

Family Now, Work Later

How Family Courts Keep Fathers Out of the Picture

Eating Habits That Reduce Alzheimer's Risk

Taming the Inner Critic

*To succeed, jump as quickly at opportunities  
as you do at conclusions.*

BENJAMIN FRANKLIN

# Radical Longevity

Millions of Americans are missing at least one tooth, with most of them missing many teeth. Missing teeth can be a mental struggle as well as a physical one, affecting your oral health in ways that many do not expect.

The truth is that your entire body can be affected by tooth loss. As the number of missing teeth increases, so do diseases and risk of death.

**According to recent leading scientific findings, tooth loss can increase the risk of strokes and heart attacks.** Missing a front tooth can be an ordeal both physically and emotionally, but missing a back tooth also has its negatives. At the end of the day, tooth loss can be a predictor of health problems and mortality. *Oral frailty is an indicator of immune dysfunction.* It correlates to how well your body can fight challenges like toxins, deficiencies, malnutrition, bacteria, fungi and viruses. Our bodies handle things differently as we age. The efficacy of medications is affected. The way we absorb nutrients is not as efficient as when we

were young. The way we respond to micro organisms is also not as effective.

Oral frailty can result in a number of undesired sequelae. Some of these are decrease in overall function, impaired mental and physical performance, malnutrition, sarcopenia (decreased muscle tone), and increased mortality risk.

When our mouth is compromised we don't have the ability to eat nutrient dense foods. Patients resort to soft, highly processed foods that lack consistency. It is difficult to eat raw vegetables or nuts, meat, fish or any other healthy foods. As you can imagine, this initiates a cascade of physical deterioration, decreased immune function, inflammation, auto immune diseases, infections and cardiovascular compromise.

Conversely, a healthy mouth with a full complement of teeth leads to healthy aging. This translates to fewer primary visits, shorter hospital stays, lower prescription rates and improved quality of life. Essentially, an optimized, healthy mouth will ultimately boost our longevity.

If you think about it, digestion begins in the mouth. It is no surprise then, that improperly chewed food has a devastating and far-reaching impact on our health. Chewing allows for further nutrition to be digested by your body, but if you are missing teeth, your ability to chew is impacted. Half-chewed or improperly chewed food is a massive problem for those who have lost multiple teeth. This is mainly because chewing allows for further nutrition to be digested by your body. Overall, unchewed foods are less beneficial to the body.

We know the mouth is a portal to our digestive system. It is also a portal to our immune system, cardiovascular system and respiratory system. Elderly, in assisted living or nursing homes, with poor oral health have a higher risk of respiratory infections, trans ischemic attacks, myocardial infarctions, Alzheimer's disease and opportunistic infections. The burden of oral inflammation, decay and bacterial load slows down and distracts our immune system which in turn inhibits our ability to focus on more important tasks like maintaining our respiratory, heart and brain health.

As technology advances within the dental field, it may become trivial to organically fix damaged or lost teeth, but for now, it is of the utmost importance to keep your teeth balanced, strong, and healthy. This is made harder the longer you live, but, keeping a focus on preserving your natural teeth for as long as possible will ultimately prove beneficial.



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# Maitreya's Promise

When men\* see me for the first time and know me for what I am, they will find themselves changing inwardly.

Many will for a time return to the joy of childhood and find the world a better home thereby.

Many will feel strengthened in their desire to serve and to place themselves in the forefront of change.

These are the ones on whom I shall call for the task of replenishment of man's spirit and joy.

Believe if you can that I am with you, ready to use my strength on your behalf.

Believe if you can, my friends, that I am eagerly awaiting the day of my open return.

Maitreya, the World Teacher  
7 October 2014



This message, published in *Share International* magazine, was conveyed telepathically in 2014 to author and lecturer Benjamin Creme by Maitreya, the World Teacher for the emerging age. Maitreya and his group, the Masters of Wisdom, have worked constantly for eons from behind the scenes to help and inspire humanity. Soon, when society proves ready, these highly advanced teachers and advisors will begin working openly among us.

[shareinternational.info/cm](http://shareinternational.info/cm)

\*The terms "men" and "man" are used here in the gender-neutral sense to mean "humanity."

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Welcome to our June / July Summer "Men's" Issue.

This time around we focus on Balanced Masculinity, Fathers, Abundance & Prosperity. In this column we're sharing a reader's response to an article from the April / May Issue:

**Letter to the Editor:**

Forget about ...

Dear Editors,  
I was going to give you the benefit of the doubt that this poorly written anti-vax tirade "Forget About Covid, They Say" by Jeffrey Tucker does not reflect your opinions, even though there was no disclaimer. Either way I was totally turned off by this article. Will never pick up your publication again, even though it is free. Forget about Creations Magazine.

Kathleen

Thank you so much for taking the time to write. Regardless of individual viewpoints, we always greatly appreciate hearing from our readers. Re a "Disclaimer" we've always included that at the bottom of this page in our credits box. Although the text is a bit small, it states: *The opinions and information presented are not necessarily the viewpoints of Creations Magazine. They are offered to promote awareness, consideration and discussion.* I'd say this article has achieved at least one of these stated objectives: "discussion."

Because you so strongly oppose this piece, we're especially grateful to hear from you.



While you say this is a "poorly written anti-vax tirade," we say this is a skillfully crafted, well-balanced reflection by Jeffrey Tucker on the government's response to the events of these two-past years. In our editorial judgment, this jumped out as Mr. Tucker's intention: *It's not about left and right. We need a new understanding of public health, bodily autonomy, and essential liberties.* We view Mr. Tucker's piece not as "anti" anything. Alternately, he is pro people, ALL people — and that includes you and everyone you care about.

As media partner, we're pleased to announce that **The New Life Expo** is coming to Long Island June 4-5, at the Hyatt Regency Hotel, Hauppauge. Tickets: <https://newlifeexpo.com/product-category/ny-expo-tickets>.

Enjoy this event, and all the abundance of summer!

Peace All-ways,

*Neil & Andrea*

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- 4 **Talking Our Walk** by Neil & Andrea Garvey
- 5 **Be the Creator of Your Best Life** by Mary Ann Robbat
- 6 **Family Now, Work Later** by Steve Cook
- 7 **You Shouldn't Worry About Making Money Until Your 30's** by Eyal Danon
- 9 **Dads Shut Out** by The Dad's Resource Center
- 10 **Letting Life Back In** by Brenda Shoshanna
- 12 **Orthorexia is Not Good for Your Health**  
by James M. Greenblatt, MD
- 15 **Taming the Inner Critic** by Jim Blake
- 16 **Resources for Natural Living**
- 19 **Eating Habits That Reduce Your Alzheimer's Risk**  
by Dr. Chad Larson
- 20 **Poetry**
- 21 **Help is Needed ... and Offered** by Betsy Whitfill
- 22 **Book & Product Reviews**
- 23 **A Revolutionary Prescription for Healing**  
by Patricia A. Muehsam, MD
- 24 **Marketplace**
- 25 **Calendar of Events**

## CREATIONS MAGAZINE

PUBLISHERS: Neil and Andrea Garvey  
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EDITORIAL DESIGN: Ginger Graziano Design  
COVER / POETRY PAGE DESIGN: Jan Guarino, Guarino Graphics  
ADVERTISING DESIGN: Robin Helfritsch Maratos, Red Robin Design  
DISTRIBUTION: Green Distribution, Creative Distribution  
WEB DESIGN: Denise DiGiovanna, Waterside Graphics  
COVER ART: *Man on the Edge* | Dreamstime.com  
© 2022, Creations Magazine, Inc., PO Box 1035, Marietta, SC 29661 [creationsmagazine.com](http://creationsmagazine.com)

**ADS DUE JULY 10th for AUGUST / SEPTEMBER 2022 Issue**  
**FOR ALL ADVERTISING, call: (631) 424-3594 • EMAIL: [neil@creationsmagazine.com](mailto:neil@creationsmagazine.com)**

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# How to Be the Creator of Your Best Life

by Mary Ann Robbat

**D**o you feel a pull, a call – to discover, create and experience more in your life? Perhaps it is more love, joy, purpose, or something you can't even define?

While you KNOW you want to live your life differently, somehow you can't quite make it happen. You may be successful manifesting some of what you want, but not all of what you want in your life.

Is it a lack of clarity of your vision and purpose? Is there something blocking you? Are you conscious of what is getting in the way or is it a mystery to you?

We all want to be the creators of our best life, yet there are no university degrees to teach us how to do this. I'm sharing a possible scenario that you might be able to relate to.

Janet came to me asking "How can I create the life I want in all areas of my life?" Janet is a successful business executive who felt very satisfied in her career, but longed for more, specifically to find a partner she felt deeply connected with to marry and raise a family.

Janet said she has tried everything, worked with a therapist for years and had regular reiki sessions. She went on a vision quest, did a full body cleansing detox, actively engaged in online dating platforms as well as hired a matchmaker ... you get the picture. None of these resulted in getting a partner.

As Janet told me about her journey, I realized her story was like following a hockey puck on the ice — it was all over the place. All of these different strategies were depleting her energy, creating confusion in her intentions, and leaving her hopeless about her ability to get a partner.

If you are engaging in a lot of "activity" that is not resulting in the change you desire, this might be a good time for you to try a system with step by step processes to uncover the source of what is keeping you stuck, and practical energy practices to move you forward.

**There are four levels of your life you need to consider when you want to create lasting change:**

**Spiritual** - Aligning to your Soul's desires

**Energetic** - Creating clear intentions between you and the universe

**Physical** - Releasing energy trapped in your body

**Emotional** - Uncovering beliefs that are limiting you

On the *Spiritual Level*, each soul creates a unique purpose when it comes into physical human form. Here you align and integrate your desired vision with your soul's purpose, opening up more possibilities.

On the **Energetic Level**, each human lifetime has a unique energy field that resides between the soul and human form. You want this communication channel to be as uncluttered and clear as possible.

On the **Physical Level**, which is where all of our experience in this lifetime gets stored, negative experiences create heavy energy or "energy blocks" that lower our energetic vibration. You want to release the stored negative energy from years of feeling challenged to lighten your energy and prepare for a new way of living.

On the **Emotional Level** we talk about how our beliefs create our reality and that every belief we have has energy to it. Our beliefs are either *empowering* or *limiting* and there is associated energy with each type.

Breaking it down to the next level, each belief can either be conscious, where we know we hold the belief, or unconscious, where we are not aware we hold the belief.

You may uncover *limiting subconscious beliefs* based on family and cultural beliefs that you adopted as a child. These can subconsciously compete with your conscious beliefs about yourself and what you are trying to manifest.

Janet started at the emotional level and found her partner, got married and had a child after working on all four levels.

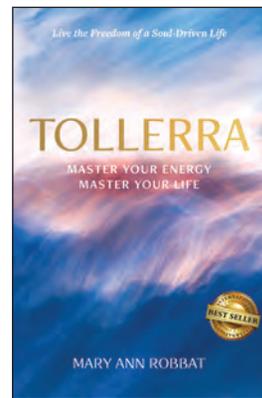
Do you have an area of your life where you feel stuck or just not as fulfilled as you know you can be?

**Here are four simple steps you can use to explore your situation and uncover limiting beliefs that might be keeping you stuck.**

- Identify common expressions you remember hearing or being told as a child. Write down the limiting belief you think you created from the expression. For example, the expression "Don't expect

*too much from life*" could become beliefs such as:  
I'm not worthy  
I don't deserve  
I can't ask for what I want

- Take each limiting belief and reverse it to become an empowering belief. For example:  
I am worthy  
I deserve  
I have the right to ask for what I want
- Visualize your life as if you are living these new beliefs. What would be different? How would it feel? Every time you visualize, you are aligning your energy and informing the universe that you are ready to receive what you want.
- Retrain your brain to hold your new empowering belief by creating a mantra or affirmation and say it daily until you feel yourself truly believing and living



the new beliefs. For example: I'm worthy to receive anything I ask for.

Using this simple, yet powerful four step process will help you begin to create a lasting change. You will start to experience new opportunities and possibilities and begin to manifest your best life of more joy, fulfillment, abundance and happiness. ✨

**Mary Ann Robbat** is a coach, energy healer and practitioner. A former 15-year corporate senior executive, she was unfilled and went on a spiritual and personal development journey. Today, with over 25+ years in the energy healing and coaching business, Robbat created and teaches the Tollerra Energy Mastery System. She is the author of two best-selling books including the recent **Tollerra: Master Your Energy Master Your Life**, an international bestseller.

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# Family Now. Work Later: An Unconventional Approach to Happiness and Success

by Steve Cook

**Y**ou're young (or heck, even youngish) only once. And the same is true for your kids who are growing up before your eyes. Yet many of us spend our best years putting work ahead of spending quality time with our kids and nurturing the relationships that matter most.

This tradeoff is part and parcel of The American Dream: the one that tells us to grind, hustle, stay busy, and pursue more and more. The problem is, working *now* so we can play *later* doesn't always pay off like we hope—and it costs us more than we think.

Many of us have bought into the narrative that we have to work really hard so that one day in the far-off future we can enjoy the good life. Problem is, it's a lie. **“One day” may never come. And if it does, you'll find what you gave up was far more valuable than what you gained.**

I believe that the far better approach is working less and living more. The way to accomplish this is by living beneath your means. It frees you to spend some of the best years of your life *living*, not working yourself to death. You can put your nose to the grindstone later on.

It sounds good. But is it really doable? Absolutely. But it requires that you stop listening to what the world tells you and pay attention to what your spirit is crying out for.

That mindset shift is the most important step in the journey. Once you do that, the rest tends to fall into place. Here's how to get started:

**Really hear this wake-up call: Your kids won't be young forever.** Before you know it, they will be adults and won't need your presence and guidance in the same way. And you can't be the influence they need from the office, or while traveling for work. It takes spending time with them as their parent, teacher, coach, and friend to make a lasting positive impact.

**Accept that “more is better” is a lie.** The world wants to entice you with a “bigger is better” and “more is better” mentality. But achieving the outward trappings of success generally requires a lot of your time, energy, and focus. When you're pursuing them, something has to give, and it's almost always your most important relationships.

You may tell yourself that you are pursuing making money for your family. But ask yourself: *Does my family really need and want the big house, the new car, the fancy vacations?* No, what they need



and want more of is you. If you ask a five-year-old what they want more of, they will always choose time with you over your working more to provide something bigger.

Start figuring how you might work less. This may or may not mean changing jobs. If your job right now consumes the lion's share of your time and energy, you will either need to start looking elsewhere or talk to your boss about recalibrating your work. Or it might mean starting your own venture—one where you have more control over when and how much you work.

This isn't about shutting off your ambition. Rather, it's about asking yourself, *What am I ambitious for? Would I rather have more memories or more stuff?* Make sure you are not allowing yourself to be steered by what society thinks is right.

**Make a ten-year plan that puts your kids and family at the center.** If you have young children, plan to spend the next ten years, give or take, prioritizing your family over work. This means **combining your vision with your values** to brainstorm a better life for yourself. This doesn't mean that you don't work for ten years; it simply means that during this time you won't take on big endeavors or projects that will compromise the most important things in your life, like your family.

Give your all to the parts of your job or your business that come most easily to you. By focusing on those aspects of your work that you do well, and saving more ambitious pursuits for later on when you have fewer commitments at home, you can help protect your time so you can be there for your family.

**Live simply and keep your needs low during this time.** This might mean downsizing to a less expensive home, driving an older (paid off) car, dining out less, or forgoing vacations. Find ways to live within your means and avoid going into debt, as this also enables you to work less right now. Brainstorm what you don't need in your life to be happy—keeping in mind that you need a lot less than you ever dreamed.

Living simply gives you many more options. The more complicated your lifestyle, the less likely you are to have the option of being there for your family.

**Be vigilant for “business-building creep.”** If part of your ten-year plan involves building up your own business, be sure to do it right. Consider how you can keep things small and manageable for now. You might have the best of intentions, but a growing business may demand that you make sacrifices...and if you're not careful, you'll find that these sacrifices may be costly for your kids.

I know that the more I do with business, the more I think about it. The more I think about it, the more I won't be present. And I don't even want to chance this. If I say that my family is most important to me, my actions need to reflect this.

Remember, you're not giving up your ambition. You're simply delaying it until later for something of greater value today. The “family now, work later” sequence is better for many people than traditional retirement. Most people really thrive on work, at least meaningful work. It provides structure and a sense of purpose. And when the kids are grown and out of the house, you're going to need something to do. Maybe *that* is the time to start building something big. ✨

**Steve Cook is an author, coach, real estate investor, speaker, father, and husband. He has a passion for teaching, giving, and his faith. After two failed restaurant ventures in 1998, Steve hit rock bottom and lost everything. With no money and nothing but a strong will to succeed, Steve turned to real estate investing, and his efforts were met with an uncommon success. As a professional real estate investor, he has done over 550 deals and made millions of dollars, and it was that very success that led him to realize that having true abundance isn't about a lot of money or possessions—it's about having a wealth of life. With this understanding, Steve founded Lifeonaire, and now his passion is sharing the message with others to help them live prosperous, abundant lives. **Lifeonaire; An Uncommon Approach to Wealth, Success, and Prosperity** (Lifeonaire Promotions, LLC, 2018, ISBN: 978-0-9863228-7-7, \$14.99) is available from major online booksellers. Visit <https://lifeonaire.com>.**

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# Why You Shouldn't Worry About Making Money Until Your 30's

by Eyal Danon

**D**on't worry about pulling a big salary until your 30s. Seriously. Your life on Earth is a journey of self-discovery, and you are at this very moment navigating it at your own speed. You will reinvent yourself at five critical intervals. At times it may feel like you're stuck, but you are not. You're living *The Principle of 18*. Let me explain.

Each formative stage of life lasts approximately 18 years, and offers unique opportunities for you to find your purpose and achieve your goals. **You will be: the Dreamer, Explorer, Builder, Mentor, and Giver.** Your job is to give each stage your all, and never lose sight of joy.

## The Dreamer (our first 18 years)

The Dreamer stage is when we identify our dreams and flesh them out. This is the time to focus on charting a detailed process for realizing your goals. This stage is for you to seek out mentors, learn from them, and go on to create a compelling vision for your future self. There are two action steps in this stage.

- **Identify three key dreams for your future.** You need a high-definition vision for your future, even if you end up doing something radically different than you originally thought you would. These dreams must be detailed and specific and include all the steps required to realize them.
- **Find and work with the right mentor.** Learn from someone who has been there before you and can show you what's around the corner. Find a mentor who can show you what to focus on, and what to avoid. Don't reach out to super-successful people, but rather to those you respect and who are willing to guide you on your journey.

## The Explorer (18 to 36)

In the Explorer stage we embark on a quest to find our calling. Now is the time to commit to serious exploration in search of a field you are passionate about and can excel at. Most of us miss out on this stage because we rush out of the gate too early, taking on jobs we think we should accept and burying our one chance to escape from a humdrum life. We squander the opportunities afforded to us in our youth in order to keep up with the Joneses. What is the checklist for this stage?

- **Exhaust each dream before you move on to the next.** It's not enough to give a halfhearted effort and then decide, "This is not for me." Fully exhaust the potential of each one of your dreams, even if it takes several years.
- **Don't obsess over money.** It's more important to find your passion and plan for your Builder years than it is to secure an enviable salary. Your freedom to explore the one area of your focus when you turn 36 should take precedence over your savings rate.

## The Builder stage (36 to 54)

Here you must focus on creating your own empire. By the time you finally do dive headlong into your career, you'll have a sturdy foundation upon which to build a satisfying and successful future. This is the 18-year stretch when you can fully leverage your unique talents. If you plan it right, you will not need to work as hard after this stage. Although it does take a focused effort to create a solid foundation for the rest of your life, it shouldn't take more than 18 years if you have a terrific plan and are smart about the way you implement it. What's on the docket in the Builder stage?

- **Board three trains of success.** Learn to spot them as they approach by keeping an open mind and considering all options. Jump on the trains that call your name. Minimize your regrets by trusting your intuition.
- **Play to your strengths.** Don't focus on your weaknesses, but instead, hone your strengths through repetition until you become unbeatable. Nurture the one area where you can become the world champion.

## The Mentor (54 to 72)

Now you're the mentor. See how that works? This is the time where you continue to work while guiding the younger generations. When we get to our mid-50s and we are still in our prime working years, we often miss a priceless opportunity to mentor younger people and share what we have learned along the way. The Mentor stage provides an exceptional opportunity to raise your head and shift gears again—by guiding the Dreamers, Explorers, and Builders. Your to-do list is simple.

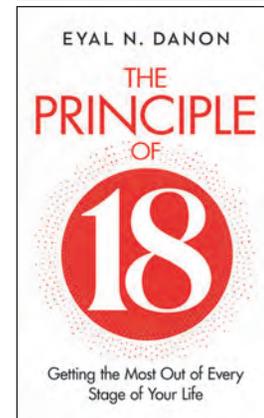
- **Share your gifts.** As a Mentor, think about the incredible perspectives and life lessons you can share with people at other life stages. In this hurried, digital world, the ability to contribute your time and just *listen* is a rare treat for others.
- **Push people beyond their comfort zones.** Your highest value as a Mentor to a Dreamer or Explorer is not in how to get things done. Instead, you are here to help them master the art of dealing with negative emotions, coping with setbacks, developing perseverance, and gaining perspective. You are here to teach them how to find their courage.

## The Giver stage (72 to 90)

As a Giver, you remain relevant by dedicating yourself to a community-based initiative. This is your chance to leave a legacy and help create a better future for the next generation. Use your knowledge, passion, and finances to advance the cause that is closest to your heart. This stage of life is all about generosity and compassion. What do you do?

- **Remember yourself as a Dreamer.** Think about your childhood dreams and aspirations. What could you do to revisit those dreams and involve current Dreamers?
- **Seek out connections.** Form connections with the Dreamers and Explorers. (The Builders are too busy right now!) How about an intergenerational writing program, or maybe a music class? Find the right way to interact with younger people in a meaningful way.

Remember, life is meant to be enjoyed right now. Wherever you are on the journey,



you know more than you did when you started out. In a frenetic world, where it's common to feel stressed and unfulfilled, *The Principle of 18* provides peace of mind through a structured approach to these major transitions. Once you realize all the stages are interconnected, you're setting yourself up to thrive. ✨

**Eyal Danon** is a Columbia University-trained life coach and the founder of the Ignite Advisory Group, a global leader in managing expert communities for Fortune 500 firms. He is the author of *The Principle*

of 18, the memoir *Before the Kids and Mortgage*, and the novel, *The Golden Key of Gangotri*. Connect with Eyal at [www.eyaldanon.com](http://www.eyaldanon.com).

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# There is a LIFE WITHIN the Life We Live ... and yet could it be we are blind to it???

We are sailing on this ship on the waters of life. Along the way we come upon an iceberg; we can see the surface of it as it is seemingly floating atop the waters and yet we have no idea of the depths that lurk beneath the sea.

We, it has been said, only live 10% consciously, thus we journey through life seeing only 10% of who we are. Like the iceberg, we are only aware of the tip of the life that is waiting to be reborn. We see the surface at the top of the iceberg not the other 90% of its depths beneath the sea of life.

We each have a shadow side that follows us around looking for recognition and a voice. It is our unconscious, the small mind of the ego that we developed in the first stages of our pre-talking development — before 5 years of age. During this time, what we saw, how we were made to feel, and the environment we lived in, became our perceptions, our view of the self and our view of life — THE WAY THE TRUTH AND THE LIFE!

But there are distortions in there of which we are totally unconscious. Where we are unaware of those parts of ourselves that got locked away, these distortions can be recreated in our contemporary lives.

What we saw growing up has a profound influence on our relationships or perhaps lack of, the way we treat one another, including our self and our views of those different from ourselves. These early experiences can all become a part of ourselves that we live out of — even if it is not our truest nature.

We have all experienced hurt in the early stages of our upbringing (no blame to anyone or anything); our resistance and defenses that affect our happiness and wellbeing are born out of such buried hurts. They are banging on the door of the basement looking to get out, for attention, for a voice, for healing!

If we do not discover what they want us to know — these buried feelings and hurts create our unconscious behaviors, and actions — reacting to the outside world instead of realizing that we have a choice of how we want to act and who we want to be.

Does anything come to mind for you? Where might you have reacted to a person, place, or thing in your life creating trouble, or even embarrassment?

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# Dad's Shut Out: The Hidden Dangers of How Family Courts Keep Fathers Out of the Picture

Dads' Resource Center

STATE COLLEGE, Pennsylvania  
(November 15, 2021)

Most people know that around half of all marriages in the country end in divorce. What they don't know are the statistics of what happens with custody issues when there are children involved. One organization is leading a movement to make people more aware of how the system is set up to leave dads out in the cold. When that happens, children and society as a whole suffer. When Dad doesn't get ample amount of time with his children, it is the children who pay the price with their development being negatively impacted.

"Unfortunately, many judges, lawyers, guardian ad litem, as well as county and state agencies, and the welfare system, are all culpable in creating, or at least exasperating, this very serious problem," said Dads' Resource Center Founder Dr. Joel N. Myers. "Whatever their well-meaning intentions might be, they play big roles in maintaining and bolstering a system that discourages, inhibits or flat-out denies children from having access to their fathers."

A Dads' Resource Center study of 700 contested custody cases found that on average these courts awarded mothers 69% and fathers 31% of custody time. Mothers were given either full or primary custody in 496 of these cases, fathers received either full or primary custody in 100 of these cases and the parents were awarded joint custody in 104 of these cases.

According to the U.S. Census Bureau, nearly 22 million children have a parent who lives outside of the household, which is around a quarter of all children. It further reports that 4 out of every 5 children's custodial parent is their mother. Only one out of every five custodial parents are fathers. While the percentage of fathers who are the custodial parent has increased over the years, they are still being

granted custodial rights far less often. In 1994, 16% of custodial parents were the father, and by 2018, only 20% of custodial parents are the father.

Many of the fathers who are not granted the custodial parent position get very little time with their child. According to the NLSY97 Analysis Executive Summary by Dads' Resource Center, some of the hidden dangers are that those children are:

- Less likely to graduate from high school or graduate from college.
- Less likely to vote, donate to charity, or volunteer their time.
- More likely to have been convicted of a crime, use hard drugs, and smoke.
- More likely to have intercourse before age 17 and to need mental health treatment.
- More likely to make less money per year as an adult and much more likely to use government welfare programs

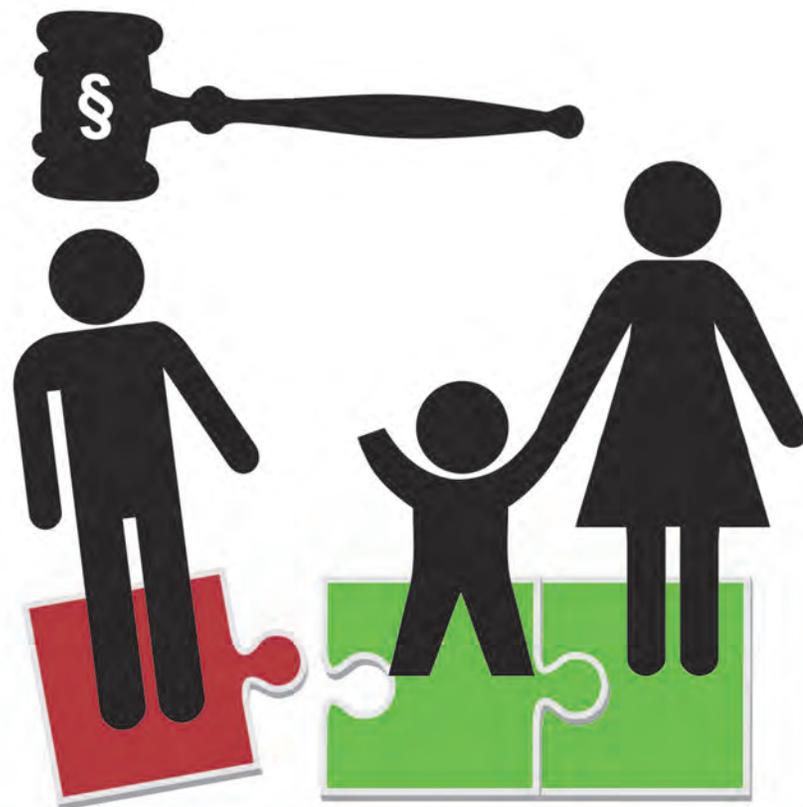
"Family courts and the human services systems were set up to protect children," said Dads' Resource Center Executive Director Jeffrey Steiner. "But there is a clear and pervasive pattern where they harm children by needlessly denying their fathers access to them. This has gone on far too long. Major reform is needed."

Dads' Resource Center was started by Dr. Myers, a father of eight. The mission is to help combat the issues associated with children growing up without their fathers in the home. At its heart, the center is a child advocacy organization that aims to ensure that each child has the appropriate involvement and contributions from both parents. ✨

*Dads' Resource Center has been established to benefit children of separated or divorced parents by advocating the importance of fathers having adequate opportunities to fulfill their role of fatherhood. The group helps get information regarding the issues out to the public and works with fathers to help make improvements. To get more information, visit the site at: <https://dadsrc.org>.*

## About Dads' Resource Center

*The Dads' Resource Center is committed to providing education, resources and advocacy for dads who are separated or divorced and are determined to uphold their sacred responsibility as fathers. The Dads' Resource Center was founded by Dr. Joel N. Myers, who is the founder and CEO of AccuWeather. His own experience as a single father led him to start the group. Visit: <https://dadsrc.org>.*



## Sources:

U.S. Census Bureau. *Custodial mothers and fathers and their child support 2017.* <https://www.census.gov/content/dam/Census/>

[library/publications/2020/demo/p60-269.pdf](https://dadsrc.org/custody-study/)  
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## Letting Life Back In — Becoming Whole

by Brenda Shoshanna, NYC

Wherever you are and whoever you're in a relationship with at this moment, is your spiritual practice. This is your doorway to connecting with life, letting go of loneliness and separation, becoming whole once again.

### There Is Always Companionship Waiting

We don't only practice when we're sitting quietly by ourselves or with our selected community. Even if you're with one person, your pet, your plant, the sky, that's also your spiritual community. There is always companionship waiting, you are always in relationship.

We all long to be in relationships where it's harmonious and there's no opposition going on. No separation, division, or feeling torn apart by power struggles and demands. In our usual relationships we often are in opposition to everything and everyone. It's easy to be disappointed, feel rejected or end up fighting for our life.

We can even be in opposition to life itself. Life can feel like a dangerous opponent, always coming after us! No one knows what's coming next and everything can begin to feel like an assault. It becomes easy then to live in fear.

A rainy day can feel like an assault because today I needed the sun. I want this, I want that. And when I don't get it, I feel like I'm being opposed, confronted and assaulted. Life is standing in opposition to me. I'm not excited to greet the next moment, to taste and enjoy it. Instead, I live my life creating more and more defenses and protections to get by.

### Life Is On Your Side

However, this way of being is based upon confusion and delusion. It actually is the source of our suffering. All of our protections and defenses steal our

happiness and well being away. It's very hard to be compassionate and kind when we're all tied up in knots.

But our belief that the world is cruel and dangerous is just a reflection of what's happening within ourselves. We see things not as they are, but as we are. There is no difference between ourselves and the world. We are part of everyone we meet, including a beautiful person, who may not seem so beautiful when we're living in a state of fear.

It's not a question of blaming yourself for being afraid, but a matter of looking and exploring the basis of your life. Is there another way to greet our experience? How can we exit the cage of pain we're locked in?

This exploration is precious and sacred. As we begin to experience what's truly going on, this opens the doors of our cages. Many people are afraid to do this, they're afraid to step out of their cage and let life back in. As the great poet, T.S. Eliot wrote, "Humankind Cannot Bear Very Much Reality."

Deep down, however, this is untrue.

### Humankind Longs For Reality

In truth, we can bear reality, we are reality. We long for and crave our authentic lives. Reality nourishes us. Even a moment of Wholeness and Oneness can do wonders. As our fear of life and our defenses begin to melt, an ease of being, joy and true aliveness appears. Even if we taste this for a moment, the deliciousness of it keeps drawing us back.

### A Radical Practice

In a sense then, this is a radical practice because it says that your experience of life is up to you. Two people perceiving the same event can see it very differently. How you perceive the world is in your own hands.

### I Am My Brother's Keeper

Rather than retreating from our brothers and sisters, when we dare to put down our defenses, compassion comes rolling

*Continued on page 25*

# Another Leap Forward in Dental Healing: The White Filling

Very often, patients are in search of a healthier replacement for their "silver fillings" or need a new cavity filled, only wanting a white filling. This is also known as a dental composite resin. The concept to really focus on is that the techniques and procedures used by dentists are not all the same, leading to very different treatment outcomes. There are many different options of dental bonding and composites a dentist can choose. Most are acceptable and biocompatible, while some are simply substandard.

So, how do you know if your dentist is using "the good stuff"? Unfortunately, you don't. Even worse, the dentist may not even know. That is not even the biggest problem; most dental sensitivities are caused by improper placement of the dental composite into the tooth. When a patient has a silver filling replaced, or gets a cavity filled with a white dental composite, they sometimes end up with tooth sensitivity. The patient returns to their dentist for multiple bite adjustment visits with usually little or no improvement. Then an x-ray is taken only to be told everything looks good and to be later told you might need a root canal.

Just because you are experiencing dental pain or sensitivity does not mean you need a root canal. It could simply mean you have an improperly placed

dental composite filling. You would think that the process of placing a composite white filling would be the same from dentist to dentist. However, this is not the case. **Dr. Etess** is an Ivy educated dental specialist committed to providing the very best dental care which includes utilizing and going BEYOND normal biomimetic dentistry.

So, is biomimetic dentistry a big deal? Well, it seems that every biological dentist wants you to know they do it. Again, such biologic dentistry is not all the same. **Biomimetics** is the biological mimicking of nature of a tooth, using dental materials that match the strength and flexibility of the different layers of the tooth. This is why dental silver fillings, also referred to as dental amalgams or mercury fillings are ANTI-biomimetic fillings, known to break and crack teeth. This is because they are much harder than the remaining tooth around them. Technique is the key to success. Dr. Etess has a proprietary **Beyond Biomimetic** composite bonding protocol to ensure the finest and sensitivity-free composite white fillings which will maintain the overall health and well-being of your tooth.

Skill and expertise are not necessarily synonymous with every dentist. There is a difference in knowing the path and walking the path. Dr.

Etess has Twenty-Five years of walking the path of dental experience and thousands of hours of continuing education to provide you with unmatched professional dental care. Our office has the specialized dental skill set and the most modern equipment to ALWAYS treat you with the best and safest care. We always use the most ultra-premium dental materials available today, which are biocompatible. We do it correctly, or we do not do it at all. Integrity is doing what is correct, even when no one is watching. Dental integrity is what Dr. Etess represents.

Your mouth is a wear and tear machine that requires maintenance. People forget that all machines require maintenance, that all moving parts including teeth, may eventually require repair or replacement. It doesn't matter how well you take care of them! Dr. Etess utilizes the most effective tooth disinfection protocols and the most current dental materials available in the restoration of your teeth. Even more important are the master skills and precision that Dr. Etess incorporates into his care. This is necessary for the perfect repair. Anything less will just not be successful in the long term. Dental success is never final with Dr. Etess, who is constantly seeking innovative care for his patients.

There is nothing better than your own natural teeth, but for patients requiring tooth replacement, Dr. Etess offers world-class treatment options. With the use the revolutionary **Khoury™** grafts, which utilize your own harvested bone along with Platelet Rich Fibrin (PRF) from your blood, PRF contains growth factors, healing cytokines, and the all-important regenerative stem cells, to allow you to heal optimally and rapidly. State of the art zirconia, titanium, and Roxsolid® (titanium / zirconium hybrid) dental implants are offered to our patients for the best replacement options.

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

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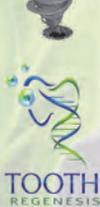
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# Orthorexia is Not Good for Your Health

by James M. Greenblatt, MD

**O** *orthorexia nervosa*, or orthorexia as its commonly called, is an unhealthy preoccupation with eating 'healthy' food. Of course, it's great to eat wholesome and nutritious food as often as possible. But when you're suffering from orthorexia, you'll find yourself obsessing over what you put into your mouth so much it becomes detrimental to your overall well-being.

Picture someone who just went carb-free, gluten-free or any other popular 'cut-this-out-of-your-diet' fad of the moment. Most people who try this end up being frustrated with the difficulty of maintaining such diets in the long term, simply because it's

hard to exclude entire food groups from our day-to-day lives.

But some people, if they suffer from orthorexia, take it a step further. They'll obsess over every single morsel of food they see. They'll refuse to eat anything they haven't cooked themselves. They'll refuse to go to restaurants or social visits with friends out of fear of delicious temptations ruining their diet.

In short, those living within the confines of orthorexia will find their lives being controlled by something they wish to avoid—and their lives, well-being, and health will be worse off for it.

## What are the negative health effects of orthorexia?

Everybody can fall into the trap of an eating disorder. Each one has its own list of different negative health effects, too. But for orthorexia nervosa, the common consequences fall into three categories.

**Physical:** A built-up shortage in essential nutrients caused by cutting out certain food groups can lead to anemia, malnutrition, heart, and digestion problems. These should not be underestimated.



**Psychological:** As the disorder is thought to be progressive, those suffering from orthorexia can find themselves becoming extremely obsessive, self-loathing, anxious, and finding a need to occasionally cleanse in the form of fasting. There is also evidence that orthorexia negatively affects the ability to perform complex problem solving and related tasks.

**Social:** Individuals with orthorexia might find themselves avoiding any and all events that involve food, as well as chastising friends and family when it comes to their own food choices, furthering their social isolation over time.

## How is orthorexia diagnosed?

The term has been around since 1997 after Steven Bratman, MD, first wrote about the subject. However, as the research is relatively new and ongoing, the term orthorexia nervosa has not yet entered into the DSM-5 nor is it officially recognized by the American Psychiatric Society.

That being said, Steven Bratman and Thom Dunn **proposed formal criteria for the disorder in the peer-reviewed journal, Eating Behaviors in 2016.**

## Criterion A: An obsessive preoccupation with healthy eating.

Compulsive behavior and obsessive thinking about eating food believed to be healthy.

Violation of self-imposed rules around eating that cause shame, anxiety, a fear of disease or infection, or negative physical sensations.

Escalating dietary restrictions that become more and more complicated and may lead to eliminating entire food groups or periodic fasts and cleanses without the direct desire to lose weight.

## Criterion B: The behavior interferes with daily life.

Malnutrition, severe weight loss, and/or other medical complications directly attributed to eating behavior.

Social, vocational, and academic activities suffer, while the obsession over eating takes precedence in every decision.

Self-worth, identity, and body image is directly associated with adherence to the diet.

Two tests were developed based on the above criteria, the ORTO-15 and the Orthorexia Self-Test created by Dr. Bratman. However, the tests likely need further development before being considered complete.

A more recent test called the ORTO-R, developed in 2021, is waiting for more widespread adoption.

## Who is affected by orthorexia?

According to one study based on the ORTO-15 diagnostic test, 6.9% of the general population might be affected by orthorexia nervosa.

Certain careers and professions also seem to be at higher risk for orthorexia than the general population. Dieticians and healthcare professionals are one group.

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Performing artists such as musicians and ballet dancers, as well as athletes are also more likely to get the disorder. Some studies suggest people who follow a vegetarian or vegan diet and lifestyle are also at higher risk for developing orthorexia nervosa.

General risk factors include histories of altered eating patterns, obsessive-compulsive proclivities, and a higher socioeconomic status. Studies have shown a slight prevalence of orthorexia affecting men more than women.

#### What is the treatment for orthorexia?

As the diagnosis and studies of orthorexia nervosa are still ongoing, there isn't yet a defined official guideline for treatment. If you recognize you have an unhealthy relationship with eating, the first course of action is to consult with a physician, a psychologist, and/or dietician. They might advise the patient of one or more treatments along the lines of:

**Cognitive reframing:** Therapy to help a patient identify thoughts and habits that lead to destructive behavior, replacing them with healthier thinking patterns.

**Behavior modification:** Therapy designed to help a patient realize the negative effects of current behaviors to avoid them in the future.

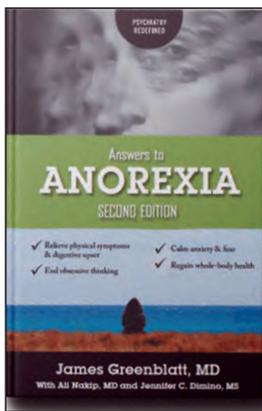
**Exposure and response prevention:** Exposing a patient to the undesired behavior (patient's perspective) can help lessen the gravity of the disorder and lead to better behavior in the future.

**Nutritional modification:** By assessing what vitamins and minerals a patient is lacking from malnutrition, many of the underlying problematic desires and actions can be reduced or eliminated.

**Relaxation training:** Therapeutic practices like mindfulness, meditation, yoga, and breathing exercises can help calm the mind and lessen obsessive urges.

#### Takeaway

Orthorexia nervosa as a diagnosis has only been around for a bit more than two decades. But the prevalence of diet books, fitness trainers, gyms, and the bombardment of six-pack advertisements likely means eating disorders will be on the rise for the foreseeable future.



From my own extensive experience treating thousands of patients for more than two decades, I view orthorexia as an offshoot form of obsessive-compulsive disorder. OCD is usually defined as a collection of obsessive thoughts and compulsive behaviors.

But in orthorexia's case, the preoccupation and fixated thoughts will consume hours per day focusing on what to eat, when to eat it, and admonishing the self for not 'sticking to the plan' in the past. People with an unhealthy relationship to food can eventually find themselves becoming anorexic, bulimic, or

in this case, orthorexic. These food disorders almost always have one common underlying factor as well; malnutrition.

As these disorders become more and more profound over time, the greater the negative effect the lack of vital vitamins and minerals takes on the body. This only furthers the complexity of regaining control of a patient's life.

If you or a loved one find yourself being affected by orthorexia or another diagnosis, please consult a physician to discover the next steps in the road to recovery. You just have to take the first step. ✨

**Dr. James Greenblatt** is a globally recognized integrative medicine expert, educator, and author. He has lectured internationally on the scientific evidence for nutritional interventions in psychiatry and mental illness. Dr. Greenblatt received his medical degree and completed his psychiatry residency at George Washington University. He completed a fellowship in child and adolescent psychiatry at Johns Hopkins Medical School. Dr. Greenblatt currently serves as the Chief Medical Officer at Walden Behavioral Care in Waltham, MA and serves as an Assistant Clinical Professor of Psychiatry at Tufts University School of Medicine and Dartmouth College Geisel School of Medicine. He is the founder of Psychiatry Redefined, an educational platform dedicated to the transformation of psychiatry. To learn more, please visit [www.JamesGreenblattMD.com](http://www.JamesGreenblattMD.com).

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# Taming the Inner Critic

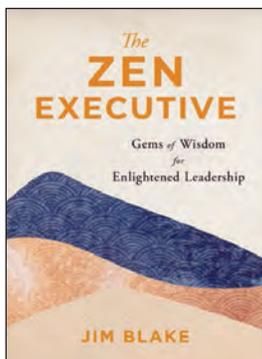
by Jim Blake  
Kansas City, MO

It's often our own self-talk that trips us up, not external factors and circumstances, and that negative inner voice can lead to detrimental effects.

Sadly, many of us remain unaware that we are indeed our own harshest critics. We move through our days with the endless chattering mind—and much of the time it is blathering on about us! It is judging how we look, what we should or should not have said, whether we are in the right job, the right house, the right relationship, and on and on...

This negative self-talk and negative thinking has an impact, a ripple effect. It can cause us to put needless pressure on ourselves, and it can also increase feelings of anxiety, fear, anger, and even depression. For example, how many times have you left a meeting or a social situation where you felt as if you had really blundered and were terribly embarrassed, only to have your friends, coworkers, or others barely remember the situation? This is the power of our inner critic. It has an extraordinary memory and a unique ability to poke at our most vulnerable thoughts and feelings. Something we created in our minds as a mountain turns out to be barely an anthill. Think about the minutes, hours, or sometimes days of energy, emotion, and stress that we put into these scenarios—we can find ourselves spinning from the anxiety and fear created by the negative self-talk—even when everything turns out just fine.

I can remember my own inner dialogue prior to accepting the CEO role at Unity. The organization had been relatively stagnant for several years and many of its offerings were in a downward decline. Many times, in considering my application for the role, my own inner critic had me questioning my ability to make a difference where other leaders had struggled. Had I listened solely to this fear-based mental



chatter, I might have missed one of the best opportunities in my career. Instead, I changed my focus to all the wonderful opportunities for innovation and change. This shifted my mental posture from one of trepidation to one of optimism and enthusiasm.

So what can we do better to manage the mental chatter of the inner critic?

A meditation practice can be a great way to help you notice your inner critic and work to manage its chatter so you can get some peace. Once you become aware of it, you have a few different options for responding to it. Start asking yourself whether you would talk to a friend this way in the same situation. If not, what would you say to that friend instead? Whatever you would say to a friend is what you should be saying to yourself.

You can also stop the spiral of supercritical thinking by naming your negative or critical thoughts and asking whether this is the ultimate truth—or whether it's possible to see it differently. In almost every case, if we are responding from our highest self and not from emotion, we will be directed to a higher level of thinking that results in liberation from the problem that sent us down the spiral in the first place.

Sometimes our inner critic shows up because it's trying to protect us from something. Ask your critic what it's trying to keep you safe from—whether that's looking foolish in front of the boss (so it chimes in to remind you of that silly thing you said in the last meeting in hopes you'll be less likely to speak up this time) or getting your heart broken (so it belittles or shames you when you're getting ready for a date that you'd been really excited about the day before). Remind your inner critic that **risk is a part of life and there's no need to panic.**

Remember not every problem the inner critic imagines is actually looming large and dangerous. Simply taking a step back and examining the reality of the



Becoming aware of the inner critic and maintaining at least some semblance of control over it will most certainly put us on a path to a more peaceful existence. This will help us achieve a happier and healthier life as we navigate an already complex world. No need to beat ourselves up along the way. May we find the compassion and patience for ourselves that we would feel for a child who is learning and growing, because we are learning and growing. ✨

**Jim Blake** is a CEO, lifelong spiritual seeker, and author of **The Zen Executive: Gems of Wisdom for Enlightened Leadership**. He joined Unity World Headquarters as CEO in 2016, having previously served as chief information officer and vice president of operations from 2006 to 2011. Blake has more than 20 years of executive leadership experience with some of the fastest growing and most innovative companies in North America. Visit [iamjimblake.com](http://iamjimblake.com).

situation can help identify the actual size of the problem and be completely confident in how we move forward in dealing with it.

**Do not forget that perfection is not the goal.** We can stop holding ourselves to ridiculously high standards that no human can possibly meet ... we must learn to embrace our own imperfections with compassion and understanding and at the same time balance that with the will to do better as we become more aware.

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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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# Proven Eating Habits That Reduce Your Alzheimer's Risk 'at Every Age

by Dr. Chad Larson,  
NMD, DC, CCN, CSCS

If you have had the unfortunate experience of having a loved one diagnosed with Alzheimer's disease, you know the sadness of slowly watching that person lose their memories and cognitive abilities. According to the CDC, Alzheimer's is the most common type of dementia, and about 5.8 million people in the U.S. have been diagnosed.

You might think that this is a disease of the elderly, but it isn't, as younger-onset Alzheimer's can also take place. It's anticipated that the number of people affected by Alzheimer's disease will increase to 14 million people by the year 2060. So, what can we do right now, no matter our age, to help reduce our risk? Some of the ways to lower our risk of developing this cognitive impairment may surprise you—and they have to do with your eating habits.

## The Gut and the Brain

Everything in the body is connected, even the gut and the brain. A new study has found that microorganisms in the gut are directly associated with cognitive health. Initial findings seem to link microbial composition to cognition, possibly through the production of short-chain fatty acids. When studied in animals,

“short-chain fatty acids appear to be protective against vascular dementia and cognitive impairment,” and now the same seems to be found in humans as well. While additional studies need to be conducted, there is strong evidence that “gut microbiota may eventually be used to identify biomarkers involved in the risk of chronic diseases that lead to cognitive decline.” *What happens in the gut affects the brain.*

## Gluten is a Major Player

One eating habit that could help reduce the risk of Alzheimer's is eliminating gluten from the diet. Gluten can be linked to negative effects on the brain through not only gluten sensitivity, but through the development of leaky gut and a breakdown of the blood-brain barriers.

To start, a study has linked a specific type of gluten sensitivity to the risk of developing a neurological disease. Knowing this risk in advance could allow patients to take steps to reduce or manage their risk. Additionally, gluten can be the cause of leaky gut, which is when bacteria and other toxins are able to seep through the intestinal wall into the rest of the body. One doesn't have to have gluten sensitivity to experience this type of increased intestinal permeability. A study tested participants with celiac and without celiac disease and showed that both groups had increased intestinal permeability after gluten exposure. Meaning, gluten led to leaky gut and the release of bacterial toxins into the body, whether or not a gluten sensitivity was present.

Finally, lipopolysaccharides (LPS) from leaky gut can lead to the breakdown of the blood-brain barriers that protect against aging and Alzheimer's disease. The blood-

brain barrier is there to shield the brain from toxic compounds. If gluten is one of the causes of leaky gut, and leaky gut can cause a deterioration of the blood-brain barriers, then it would make sense that decreasing gluten in the diet would also reduce the risk of damaging the blood-brain barriers, therefore preventing toxins from reaching the brain and reducing the risk of negative neurological impacts.

## Embrace time-restricted eating

Diet and eating habits contribute to brain health. It's not only what you eat, but when you eat. A study out of Italy found that participants who did time-restricted eating (intermittent fasting), were less likely to have cognitive impairment. The study grouped participants into those with an eating window under 10 hours and those with no eating time restrictions (over 10 hours). Results showed that those who practiced time-restricted eating (a window under 10 hours) were less likely to have cognitive decline, suggesting that intermittent fasting could have positive effects on brain health.

## The Importance of Blood Sugar Management

Blood sugar management may also be vital to reducing risk of Alzheimer's disease. A study found that those with type-2 diabetes were 50-100 percent more likely to develop dementia. It's unclear if there is a causal relationship, but it's still important to note that those with type-2 diabetes have unusually high instances of dementia. The best way to prevent and manage type-2 diabetes is through a lean protein and vegetable rich diet that lends itself to good blood sugar management.

## Reducing Risk of Alzheimer's with Good Eating Habits

Good eating habits not only benefit your physical health, but they can also be the key to your brain health, too! Reducing the risk of Alzheimer's is possible at any age with proven eating habits such as eliminating gluten, implementing time-restricted eating and blood sugar management. ✨



**Dr. Chad Larson, NMD, DC, CCN, CSCS, Advisor and Consultant on Clinical Consulting Team for Cyrex Laboratories.** Dr. Larson holds a Doctor of Naturopathic

Medicine degree from Southwest College of Naturopathic Medicine and a Doctor of Chiropractic degree from Southern California University of Health Sciences. He is a Certified Clinical Nutritionist and a Certified Strength and Conditioning Specialist. He particularly pursues advanced developments in the fields of endocrinology, orthopedics, sports medicine, and environmentally-induced chronic disease. Cyrex Laboratories, a clinical laboratory specializing in functional immunology and autoimmunity, has developed a test panel called the Alzheimer's LINX™ Alzheimer's-Associated Immune Reactivity. This test can help clinicians identify patients at greater risk and reactivity triggers for developing Alzheimer's disease or other neurological disorder. It can also be used to identify early stages of the neurodegenerative processes and monitor the effectiveness of lifestyle modifications.

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# POETRY

## Unexpected Charmer

by Michelle Johnson-Gent

Don't you just love a person with great energy?  
 Just like a shiny penny.  
 Rubbing off on you unexpectedly.  
 Setting you free.  
 Putting your thoughts in a whole perspective  
 Having a laugh that's so infectious.  
 An aura so bright,  
 You feel you're being blinded by their sunlight  
 Taking you in to their gravitational pull.  
 Swirling and twirling you,  
 Around and around.  
 Making you giddy and dizzy.  
 Making you feel like a child.  
 Putting you into a tizzy.  
 It only takes one soul.  
 To turn your day around.  
 One golden ray to dissipate your dismay.  
 A two-sided coin, face side up.  
 And the chance that you met,  
 Is sheerly good luck

## Turning to the Light

by Becky Jo Starnes, Clarksville, TN

Summer through fall, you often see her in the old church garden.  
 It is difficult to miss her dazzling smile, saffron hair, and signet figure.  
 She traces her heritage back to the time of the Virgin Mary when her ancestors decorated the altars of churches and the homes of the priests.  
 Known throughout the world for her devotion, she sows the seeds of faith in anticipation of generations to be.  
 She savors the hours she spends in her kitchen creating elixirs to soothe ailing spirits, detergents to cleanse hearts and souls, pungent and spicy scents that draw out and repeal evil.  
 Though she wilts from harshness, her greatest attribute is her ability to revive herself by turning to the light.  
 Her name is Marigold.

# 83

by Jerry Reynolds, Coram, NY

Eighty-three laps  
 Around a sun-blossom  
 Father time  
 Checks his watch



## Mighty Flora

by Diane S. Morelli, Hampton Bays, NY

Dandelions roar.  
 Tufts, blades so tough, cower to  
 King of the garden.

## Super Bowl Sunday Haiku

by Carol Purdy, Central Islip, NY

Thick-necked studs lock horns  
 bash brains like brute bison clash  
 score goals and cute blondes

## Summer Sights

by Lynne Soulagnet, Medford, NY

In the garden  
 oriental maples shade  
 the green eye of the pond.  
 Frogs leap through islands  
 of water lilies, koi fish dart  
 below in an orange-red flash.  
 Dragonflies skim the surface.

At the beach  
 waves crest and tumble.  
 Between the tumult  
 minnows skinny-dip.  
 Piping plovers run  
 on pencil-thin legs,  
 race near surf's edge.  
 Garlands of starfish  
 laced with seaweed  
 stretch along the sand.

## Nature

by Helene Nagel, Glen Cove, NY

The squirrels  
 Having a sense of humor  
 Poke fun at each other  
 And play, tag, you're it  
 While the black birds  
 Are indifferent,  
 Too sophisticated to bother  
 With these bourgeois rodents.

## Twin Flames

by Dave Frieman, Huntington Station, NY

frequencies align  
 connections of destiny  
 karmic vibrations

*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

# Help is Needed ... and Offered

by Betsy Whitfill

America stands not at a crossroads, but in a wilderness, seemingly unable to see a path to her future. Years of political turmoil have stirred the people into wakefulness, but we are bewildered by the passions, the potential loss of all that we've relied on...our institutions, our religions, our leaders and even our neighbors.

Locked down and fearful, we can't assuage our emotional tensions, carefully stoked as they are by the constant streaming of sensational and partisan headlines. Calls for calm seem meaningless. Calls for unity, well...

But lately there have been public references to the words of Abraham Lincoln in his various speeches at critical times in our history. In one of those speeches, commonly referred to as his "House Divided" speech given in 1858 as he accepted his party's nomination to the Senate, he said "If we could first know where we are and whither we are tending, we could then better know what to do and how to do it." That approach is relevant for today.

## Where are we?

Consider the cosmology of the Ageless Wisdom Teachings, most recently elucidated by the late Scottish artist and esotericist Benjamin Creme in his book *The Great Approach*. Every 2150 years or so, our solar system slowly comes into alignment with one of the great constellations in the heavens, thereby receiving the energies transmitted through that constellation. We call this coming into the Age of whatever constellation is involved. For the past 2000 years, our system has been aligned with the constellation Pisces, so we have been living in the Age of Pisces.

At the beginning of each Age, a Teacher comes to show how to use the new energies most beneficially for humanity's evolution of consciousness. In Palestine, the Teacher was Jesus, and the tradition that his followers started, Christianity, was signified by the emblem of two

fishes, the sign of the constellation Pisces. The energies of Pisces inspired the great civilization of the past 2000 years, during which time humanity apprehended the ideals which are *intended* to characterize institutions today: Freedom, Individuality, Justice, for example. But the Age of Pisces is dying, its energies retreating, and we are now receiving the energies of the new Age of Aquarius, whose energies are stimulating humanity to rebuild our institutions based on the ideals of Pisces, but further including Brotherhood and correct (just) human relationships so as to grow to the next level of consciousness — unity. Not to be confused with uniformity, that conscious sense of subjective unity will enable humanity to experience the oneness that will eliminate the need for war, for exclusivity, for competition.

In line with historic precedent, the Teacher for Aquarius, whose personal name is *Maitreya* (The Happy One), has come to show the way. Maitreya's mission is to teach us how to ground those ideals apprehended in Pisces and actually live them as brothers and sisters of one humanity.

We are in the transition between these two Ages and as yet can only see with competitive eyes the distorted differences between them. If you cannot as yet understand how "energies" influence our lives, look at the economic/political condition of our world today. The imbalances are extreme between rich and poor, powerful and subjugated, well fed and starving. The Piscean solutions posited by governments are still based on centralized power imposing them on the citizenry. The very fact that we recognize these imbalances is due to Aquarian energies saturating the minds of those who are open, especially the young.

The battle is raging full out between those who are demanding justice, equality, freedom and those who fear the loss of power, of face and of all they have accumulated under the old rule "the end justifies the means." Many are suffering under major stresses of inner conflict and not knowing what will happen tomorrow.

## Whither are we tending?

Despite stress, anxiety and pandemic, many everyday people are turning to a simpler lifestyle revolving around family and are realizing that not only do they need less commerce in their lives, but also that their relationships have become much more important to their happiness.

They are learning about empathy and sharing. They are concerned about the planet. Slowly they are learning to trust in humanity and to create ways and means to nurture the best in humanity. As families, as neighborhoods, people are "tending" upward, toward the Aquarian consciousness of brotherhood. But it is very early days, and the political/economic battles rage even if below the surface of daily headlines.

## What shall we do?

We cannot stop the surging energies of Aquarius. All we can do is to learn how to use them for the benefit of all, realizing that as individuals we depend on others — for our safety, our comfort, our basic necessities and our joy. "Essential workers," "first responders," "delivery persons" are among those many whom we cannot live without. We must trust others as others must trust us. Therefore, we *must* create trust in relationships.

## How shall we do it?

Realizing the existential requirement of trust is the basis on which humanity will survive. The only way to create that level of trust is to share resources with others. In families and many neighborhoods, sharing is already commonplace. If it is not now, it will soon become commonplace. On the wider horizon of international relationships, the job requires some guidance and help, since immense diversity comes into play and because correct relationships on that scale are even more critical to humanity's survival.

Maitreya has created a blueprint that, if we choose, will ensure that survival. *It is based on the Principle of Sharing on a world scale*. It will require goodwill, the spirit of cooperation, and a sense of the oneness of humanity on a grand scale. Each nation would assess the resources it needs and those that it has in excess. That excess would be placed in a common pool of resources which any nation in need could access and use. Elegantly simple, his plan would enable every country to develop its capital within its own traditions and style. Starvation would end. War would end and we would be given technologies that have been perfected on other planets, such as the *Technology of Light*, a super solar technology that will fill all of our energy needs without pollution. We would rebuild our cities based on highly sophisticated knowledge of special energies, travel would become instantaneous, vibrant health would become the norm, people would be free to develop their talents, and all fields of human endeavor would flourish beyond today's comprehension.

Our future survival requires us to choose to learn to live together in peace. Help is needed, and offered. ✨

For more information, visit us at [Share International USA \(www.share-international.us\)](http://www.share-international.us)

**Betsy Whitfill** is a writer and speaker who has long worked with Share International. See Share International's ad on page 3.

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# BOOK REVIEWS

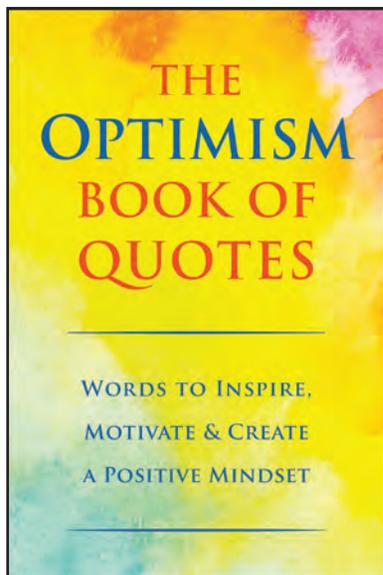
## & PRODUCTS

### BOOKS

#### THE OPTIMISM BOOK OF QUOTES

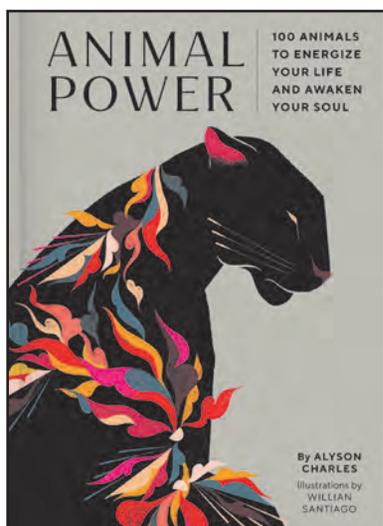
by Jackie Corley  
hatherleighpress.com

In a world full of anxieties and stress, every little bit counts and *The Optimism Book of Quotes* aims to help bring the light from within with over 200 inspirational quotes highlighting the power of optimism and positive thinking. Optimistic people feel better. It's a simple truth with a lot of power. Maya Angelou once said, "Nothing can dim the light which shines from within." *The Optimism Book of Quotes* is filled with similar sayings and wise words from a variety of sources reminding people that positive thinking is a necessary part of life. "Write it on your heart that every day is the best day in the year." — Ralph Waldo Emerson



#### ANIMAL POWER 100 Animals to Energize Your Life and Awaken Your Soul

by Alyson Charles  
Illustrations by William Santiago  
chroniclebooks.com



Alyson Charles, also known as Rock-Star Shaman, is a world-leading author and teacher who is passionate about teaching us how to access the animal spirit world to bring spirituality to our modern life through ancient teachings. In *Animal Power*, she provides a rich history of each animal (alphabetically), sharing stories, rituals, meditations and visualizations on how to connect with the animal and bring its power into your life. For example, connect with the animal power of the bear for comfort and protection, the leopard for confidence, the seal for healthy relationships, and the peacock for creative inspiration, etc.

Brimming with 100 different vibrant animal illustrations, transformative practices, and captivating stories from around the world, *Animal Power* is an enlightening guide to the power of the animal realm and how they bring peace, healing and empowerment to your life. The practices are paired with illuminating stories from spiritual teachers around the world, plus sidebars with fascinating details on ancient traditions, global mythology, and scientific trivia. This luxe compendium is a celebration of the natural world and an inspiring companion for modern mystics, nature and animal lovers, and the spiritually curious.

### PRODUCTS

#### LIVBAR livbar.com

Liv Bar is an ancient grain energy bar made from only real foods, founded by a nutritionist. Innovative flavors include Coffee Maple Cacao, Raspberry Maca, Blueberry Vanilla, Ginger Lemon Turmeric and Lemongrass Cherry Matcha. LivBar is a USDA certified organic and Non-GMO Project Verified nutrition bar that's made with superfood

and other immunity-supporting ingredients, including organic pumpkin and sunflower and hemp seeds, millet, quinoa, and coconut nectar. The brand is known for its commitment to organic, plant-based, healthy living and sustainability — they are the only brand that packs their products in compostable wrappers. LivBar products are available in all 50 states, including national retailers like Sprouts, Whole Foods, Fresh Thyme, Bristol Farms, Hy-Vee, and Natural Grocers. These wonderful bars are truly mini meals; delicious, satisfying and nutritionally clean. I'll order more after my samples run out!

#### REVOLUTION GELATO revolutiongelato.com

Revolution Gelato, the award-winning plant-based line of gelato pints and mini gelato pies, is taking their defiantly dairy-free movement to the next level with the launch of a richer taste at a lower price. Through the use of clean and simple organic ingredients, Revolution Gelato is revolutionizing the frozen desserts category. By delivering on the decadent taste and creamy texture of traditional dairy ice cream at an affordable price, the brand is making it easy for consumers to choose healthier products that are ethically sourced and better for the planet.

"As one of the only plant-based and organic frozen desserts, it's always been our goal to build a bridge between the dairy and non-dairy categories," says Revolution Gelato Founder and CEO Jared Olkin. "Having transitioned to a vegan diet many years ago, I used to scour the market for something that truly tasted like the ice cream my mother served at her scoop shop when I was young." Appealing to ice cream lovers and plant-based enthusiasts alike, Revolution's refreshed gelato recipes offer exceptional flavor and rich texture. Mega Mint Chip will join the original lineup including Full Throttle Vanilla, French Press Coffee, Majestic Mango and Dark Chocolate. Pints are available for \$5.99 in stores and \$8.49 online (pricing may vary depending on location). As a longtime vegan, this product line is a happy and delicious revelation!

#### HOT SHOT for Muscle Soreness teamshotshot.com

HOTSHOT is formulated to prevent post-workout muscle soreness before it starts—allowing athletes and weekend warriors alike to reduce time between workouts and stay on track with their fitness goals. Its science-backed secret is in the unique way it approaches muscle soreness, treating the body's nerves rather than the muscles directly. HOTSHOT works to calm the hyperactive nerves that repeatedly pound fatiguing muscles during exercise and contribute to post-workout soreness.

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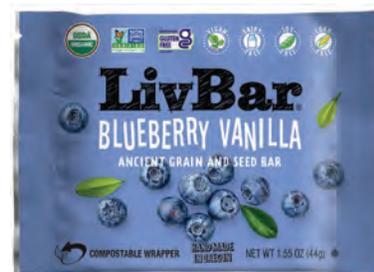
Project Verified. Available on Amazon.com as individual servings (\$3.99) or in a 6-pack (\$23) or 12-pack (\$43).

#### HIS SEXUAL HEALTH STACK Nourish3d get-nourished.com

*His Sexual Health Stack* has been meticulously formulated, using a natural blend of scientifically backed nutrients to help improve testosterone levels and boost natural libido. Packed with extraordinary nourishments and health benefits, this supplement includes

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creationsmagazine.com

# A Revolutionary Prescription for Healing

by Patricia A. Muehsam, MD

**W**hat if there were a simple, effortless way to feel well and to thrive? What if there were a simple, effortless way to heal from illness and to shift challenging circumstances in your life?

Well, there is. You don't need to struggle. You don't need to try to change things or make things happen. It all can come easily, without effort.

Whatever you're needing for whatever's going on in your life — whether it's a health issue or a challenging situation — can be had in a moment. In *this* very moment. It's simply a stop, pause, and breath away. All that you need to do, to heal that health issue or to shift that challenging situation, is to first stop, pause, and be here now.

It's by surrendering to the present moment, and by allowing disease, that suffering and disease can leave us. We don't have to struggle to be well. In fact, it's through surrendering that we can become well. The same principle holds for challenging circumstances and situations in our lives. We don't have to struggle to shift them. Rather, it's by surrendering to *being*, rather than doing, that those challenges can leave us.

Perhaps this sounds implausible. Perhaps even magical thinking. If you're not feeling well — if you're ailing in any way or seeking change in your life — it may seem that you should be taking action, doing something to shift circumstances and situations. But it's not magical thinking. Everything that you'll ever need for anything and everything that's going on in your life can arise from being, not doing.

To be clear, it's not that we never take action. We don't simply wait around for things to change or happen. *But things changing, things happening — whether you're healing a health issue or transforming a challenging situation — arises from a place of peace. Peace mentally. Peace emotionally. And peace physically.*

This place of peace is *Absolute Health*. It's from this place of Absolute Health, of inner peace, that healing happens.

And it's from this place of peace, that clarity, solutions, and effortless, inspired action arises.

I didn't always get this. In fact, it took me many, many years to get it. Years of living in an unwell body, with emotional strife, with challenging life circumstances, and more. I was always trying to fix things, to make them better, to make them change or go away. When I finally stopped with all of the trying, when I started to just be present with what I was experiencing in the moment, I came to know Absolute Health and inner peace. And then things started to change. My health improved. Circumstances and situations got better.

## The Science of Being

Science has a lot to say about being. Here's what that science tells us: *Our thoughts and feelings affect our health and well-being instantaneously. Every thought and feeling is either creating a state of ease or dis-ease. A calm, peaceful mind creates a calm and peaceful body. A disturbed mind creates stress in the body.*

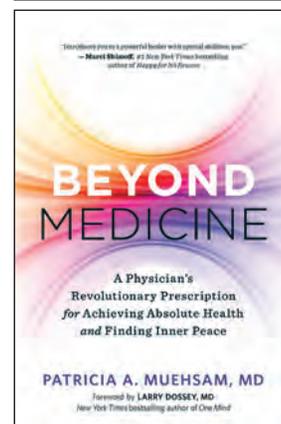
When the mind is calm, it activates the *parasympathetic nervous system*. That's the system we need for rest, rejuvenation, and healing, as well as sleep and digestion. When the mind's not calm, the *sympathetic nervous system* is turned on. That's the system we need to be active, alert, vigilant. It serves us in times of stress. The sympathetic system inhibits sleep and digestion, and so, too, healing — we can't be sleeping or eating when we need to be alert and vigilant. And we can't heal when our body is needing to use its resources to protect us.

These two nervous systems work in opposition to one another. When one is on, the other is off. The parasympathetic system needs to be turned on for healing to happen. A peaceful mind turns that system on, facilitating healing. Healing won't happen otherwise. We cultivate that peaceful mind by being here now, with all that we're experiencing in the present moment. Thoughts, feelings, physical sensations. Even difficult ones.

Research studies have shown that being present with feelings can keep us well and get us well. A 2016 study of women with breast cancer demonstrated that women who were more able to be with their feelings about their health, even difficult ones, had less symptoms of sickness. Those who weren't able to were sicker. In 2019, a study of individuals undergoing cancer treatment revealed the

same connection between feelings and health: Those who avoided their feelings of uncertainty and fear, fared worse.

Other studies have demonstrated the connection between feeling feelings and chronic depression and anxiety. Individuals experienced less depression and less anxiety when they could be with their feelings of sadness or worry. Another study showed that being present with feelings, including difficult ones, leads to longer, healthier lives. And when it comes to physical pain, recent brain research has demonstrated that feeling feelings can help those with chronic physical pain. Being present with feelings can ease that pain.



Here's my take home message: *Feeling feelings, rather than resisting or denying them, can move us from dis-ease to ease, to that place of peace where healing happens.* What we resist persists. Being with what is, is how we shift what is. ✨

Based on the book **Beyond Medicine**. © 2022 by Dr. Patricia Muehsam. Reprinted with permission from New World Library. [www.NewWorldLibrary.com](http://www.NewWorldLibrary.com).

**Patricia A. Muehsam, MD**, a pioneer in the synthesis of science, holistic health, and contemporary spirituality, has distinguished herself as a practitioner, educator, and research scientist and has been an influential force in shaping the landscape of health-care options available today. She is the founder of Transformational Medicine™, a whole person approach to health and wellbeing. [www.transformationalmedicine.org](http://www.transformationalmedicine.org).

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**READINGS BY ALICE – Tarot Card Reader & Intuitive Empath** / Member of TABI (Tarot Association of the British Isles) I have 13 years' experience as a reader...but I have always been an empath! My metaphysical journey began in 2008 when a well-known LI psychic invited me to join her weekly "psychic development" circle; there for two years I studied the art of intuitive reading, psychometry, automatic-writing, and energy work in all its forms. In 2008 I also became Reiki I & II certified. I am forever grateful to my mentor for pushing me out of the "readers closet." For those of you who do not know, Tarot is an ancient European divination tool used for guidance and meditation. We all have free will and nothing is written in stone! So "Go ask Alice" I think she'll know. Alice, that's me. Call me to book a reading and find out what your cards have to say! Voicemail: (631) 650-4752.

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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, DrlreneSiegel.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

##### **PSYCHIC PALM/TAROT/MEDIUM**

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

##### **SPIRITUAL WORKSHOPS BY GOL**

Experience an array of mindful and provocative group sessions focused on supporting each individual's spiritual growth. 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).

#### WEDNESDAYS

##### **CHILDREN'S SPIRITUALITY CLASSES**

on Zoom With Gathering of Light Interspiritual Fellowship. Phone 631-455-3471. Contact: 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.

### SPECIAL EVENTS

#### JUNE 4 & 5

##### **NEW LIFE EXPO FOR CONSCIOUS LIVING**

is back on Long Island! Enjoy your favorite speakers, exhibitors, and panels. Grand Hyatt Regency Hotel, 1717 Motor Parkway, Hauppauge, NY. Pre-registration discounts: [BIT.LY/LONGISLANDTICKETS](http://BIT.LY/LONGISLANDTICKETS). For Volunteering, Exhibiting, Speaking: [BIT.LY/NEWLIFEINFO](http://BIT.LY/NEWLIFEINFO). (see ad p.10)

#### JUNE 5

##### **PSYCHIC & HOLISTIC WELLNESS EXPO**

Holiday Inn in Holtsville, NY. Fourteen Psychics and 30 Vendors and Healers. Empowered Path Expos, 516-639-6903. FREE Admission.

#### JULY 27

##### **SOUND THERAPY SOLUTIONS WORKSHOP**

Wednesday, 7:00-9:30 pm ET. Learn how to rid your body of stress and its accomplices – pain, chronic fatigue and insomnia. Practice easy techniques to yield immediate results. All attendees receive a FREE follow-up ZOOM session + 2 music downloads in their customized frequency (\$200 value). [www.acoustictherapeutix.com](http://www.acoustictherapeutix.com). (See ad back cover)

### UPCOMING EVENTS

##### **AL-ANON'S INVITATION TO YOU**

We invite you to try our program. You can have a better life-free of anxiety, fear and desperation. At Al-Anon and Alateen meetings, you will meet other people facing the same problems you are. Al-Anon can help! Please reach out! Call 631-669-2827 or visit [al-anon-suffolk-ny.org](http://al-anon-suffolk-ny.org).

##### **BACH FLOWER CERTIFICATION PROGRAM**

Conquer fears and worries. Our emotions impact our wellness and quality of life. Three-tiered training program leads to Bach Flower Certified Practitioner (BFCP) status. Enroll now for programs. Courses online with master teachers. CE's available. Training practitioners worldwide since 1998. [www.learnbachflowers.com](http://www.learnbachflowers.com).

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# Letting Life Back In – Becoming Whole

Continued from page 10

back in. Then it's easy to see that I'm not only my brother or sister's keeper, I am my brother and sister. They are me. As I experience that, I also taste the connectedness and deep peace that comes with it. Instead of living in a cage of fear I enter the vastness of life. Then I feel whole and complete.

Despite what we believe, Oneness, Openness, are not dangerous. Just the opposite. They are the safest most beautiful, welcoming place you could be. When we see the Oneness, it's easy to realize that whoever appears is not coming in opposition. They're just coming to show us something, to offer a new possibility. Can we receive them fully? Can we allow ourselves to discover the possibility they're bringing to us?

Let's try something different. Rather than opposing and defending against life, just experience it as it is and welcome it

completely. All of a sudden you'll get a delicious taste of the Oneness between you and all and won't be able to go back to your old ways.

Try to just be here with whatever is coming. Don't fight it off, hate or judge it. Then it will immediately change and become different. It will become friendly to you as well. You can even say, thank you for appearing, no matter what comes. Just mean it for one moment. Keep thanking everything and everyone for coming to you all day long and see what happens to your sense of fear and separation.

##### **Oneness Is Always Waiting For You**

It's easy to enter Oneness, it's always waiting there. Just let go of the defenses, fight and anguish. Little by little your life will open and you'll discover true balance, joy and love. ✨

**Brenda Shoshanna, Ph.D.** is a psychologist, author, speaker and long time Zen practitioner. Her work focuses upon integrating the teachings of East and West and making them real in your everyday life. Brenda offers a weekly podcast, *Zen Wisdom For Your Everyday Life*, (Zen and

*Relationships*). [www.zenwisdomtoday.com](http://www.zenwisdomtoday.com). She also offers a program entitled *Relationships As Spiritual Practice*, (*The Simple Laws of Love*). [www.zenwisdomtoday.com](http://www.zenwisdomtoday.com). [topspeaker@yahoo.com](mailto:topspeaker@yahoo.com) ([www.simplelawsoflove.com](http://www.simplelawsoflove.com))

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# HOLISTIC DENTAL & WELLNESS CENTER

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DR. BATOOL F. RIZVI



## **Batool F. Rizvi, D.D.S., P.C.**

strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care. Her gentle touch, excellent listening skills and thorough explanations keep her patients educated, happy and healthy.

Dr. Rizvi offers her Dental services with an integrative and systemic philosophy in mind. She is one of the few doctors placing metal-free Zirconia Implants, and safely removing mercury fillings using the Huggins Protocol.

Dr. Rizvi offers a full range of Dental services, treating both adults and children. In association with Dr. Norman Bressack, Dr. Rizvi provides all of Dr. Bressack's services as well as:

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



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

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

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

- **Member of The International Academy of Oral Medicine & Toxicology**
- **Member of the International Association of Mercury-free Dentists**
- **Trained At The Huggins Diagnostic Center**

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HOLISTIC DENTAL & WELLNESS CENTER

# Tune Out Stress *and* Turn Up Your Immune System

If you are tired of being hijacked by stress and its sidekicks — chronic fatigue, anger and sleepless nights — I have a secret for you.

Stress and all emotions are simply a frequency, and frequencies can be switched in your body as simply as you change your radio station.

Picture how much better your life would be if every time you felt stressed you could simply tune yourself out of it. The truth is, you were born with everything you need. However, you were not given an owner's manual at birth, so you may not know how amazing your body's immune and nervous system truly are.

Now imagine if you had the tools to not only cope with stress, but completely banish it when it shows up! And believe me, it will show up again and again and again ... After 20 years of being a round-the-clock caregiver, I know full-well. And if I knew then what I know now, it's unlikely I would have become ill and missed out on so many opportunities for happiness.

... but everything happens for a reason: it led me to create the **Sound Therapy Solutions Workshop**. In this 2-hour workshop you'll discover how Sound Therapy helps facilitate your body's hidden coping mechanisms to turn off stress in minutes and boost your immune system for up to 6 hours!

Sound Therapy is the key to unlock your entrance to better Health, Happiness, and Longevity:  
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to learn their "Healing Note"  
plus, a free music download.  
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*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 Tuning Fork Therapies for pain, brain, anxiety, depression and sleep issues. Susan also offers online classes on Dementia and Stress Relief.*

**To book an appointment or  
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