

DIY GUIDE TO HEALTH, WELLNESS, WHOLENESS

NEW DAWN

Special Issue

VOL.13 NO.4

Secrets of the Food Industry
What Are You Really Eating?

Age Without Alzheimer's
Train Your Memory

Your Health & 5G Technology

Chiropractic BioPhysics

Taoist 5-Element Nutrition

The Breath of Life

Exploring the Subtle Energy Body

Lost Secret of Chinese
Yoga & Inner Alchemy

Myofascial Release

Why Does
Homeopathy
Work?



You Can Heal Your Life

Identifying the Beliefs & Emotions Causing You Pain

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editorial

DIY Guide to Health, Wellness, Wholeness

This Special Issue of *New Dawn* focuses on health and wellness, with plenty of Do-It-Yourself practical advice on protecting our bodies and empowering our minds in these uncertain times.

An increasing number of people worry about the contradictory messaging on what we should do to protect our health. The corporate push for profit always has the potential, as shown in many cases, to cover-up or ignore previously unknown or known threats to human health in the products sold to us. Our fear of not being fully informed, kept in the dark, sometimes before it's too late, is very real.

Therefore, it is crucial we read widely from a range of different sources to arrive at a better understanding of our individual needs – on the physical, mental and spiritual aspects of existence. Unfortunately, in our modern world, money often shapes the way information is presented – and this can lead to bad outcomes as in the numerous cases of biased medical research due to industry sponsorship.

Governments and Big Pharma are already planning the “future of personalised medicine” – tailoring treatment to the individual characteristics, needs, and preferences of each person. But why wait when you can start *right now* to take control of your health. The empowering information inside this *New Dawn* Special Issue will help you chart your own magnificent future of Wisdom, Wellness, and Wholeness.

We start with Sandy Brightman's article on the secrets of the food industry followed by a special section – *STOP the Modern World Killing You* – on the ever-present dangers to your well-being, along with useful tips and information from recent studies to help you thrive and stay alive!

There are articles on the latest research and prevention strategies for Alzheimer's, the dangers posed by 5G technology, new breakthrough modalities for reducing pain and rehabilitating the body, along with a range of pieces that examine Eastern approaches to wellness including a look at the subtle energy body, Taoist 5-Element nutrition, and Chinese Yoga.

To support our efforts in continuing to bring you clear and practical information that you won't find in the mainstream media, please subscribe (see our subscription form on the inside back cover). And don't forget to obtain a copy of the regular edition of *New Dawn* magazine (see inside front cover for details).

Until next time, enjoy the journey of discovery.

– Helen Cannington,
Guest Editor

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What are New Dawn Special Issues?

Since 2004 *New Dawn* magazine has published Special Issues devoted to ancient mysteries, hidden history, future science and the unexplained. These Special Issues are a thought-provoking, compelling and highly readable examination of the greatest mysteries of the past, the present, and the future.

Now published every two months, *New Dawn* Special Issues are in addition to the regular *New Dawn* magazine. First published in 1991, *New Dawn* is a bi-monthly magazine distributed through newsagents across Australia and New Zealand.

Poisons, Processing, Packaging & Propaganda

Secrets of the Food Industry

– BY SANDY BRIGHTMAN –

Much of what we consider food these days lack nutrients and can be detrimental to our health and wellbeing. It starts with the agricultural industry using poisons on crops and growth hormones in livestock. Then various processing techniques destroy nutrients or add more harmful ingredients; followed by packaging in plastics which can leech into the product.

The propaganda starts with words like 'fresh', 'natural', 'baked not fried' and 'low fat'. The end product of 'food' rarely resembles anything natural, fresh or nutritious. But let's face it, the Food Industry's focus is not on health or wellbeing, it is about selling products.

POISONS

Glyphosate is a herbicide (commonly known as the weed killer Roundup) used extensively on crops around the world. It has been in the news over the past few years surrounding fears of its high toxicity effect on human health. Even though the company Bayer/Monsanto and various government bodies claim the product is safe, the World Health Organisation listed glyphosate as a "probable carcinogen" back in 2015 sparking a multitude of legal cases. In August last year, the Californian Superior Court awarded \$289 million to a groundskeeper claiming that glyphosate contributed to his cancer (currently under appeal and dropped to \$78 million in compensation). In March this year, the San Francisco federal court awarded \$80



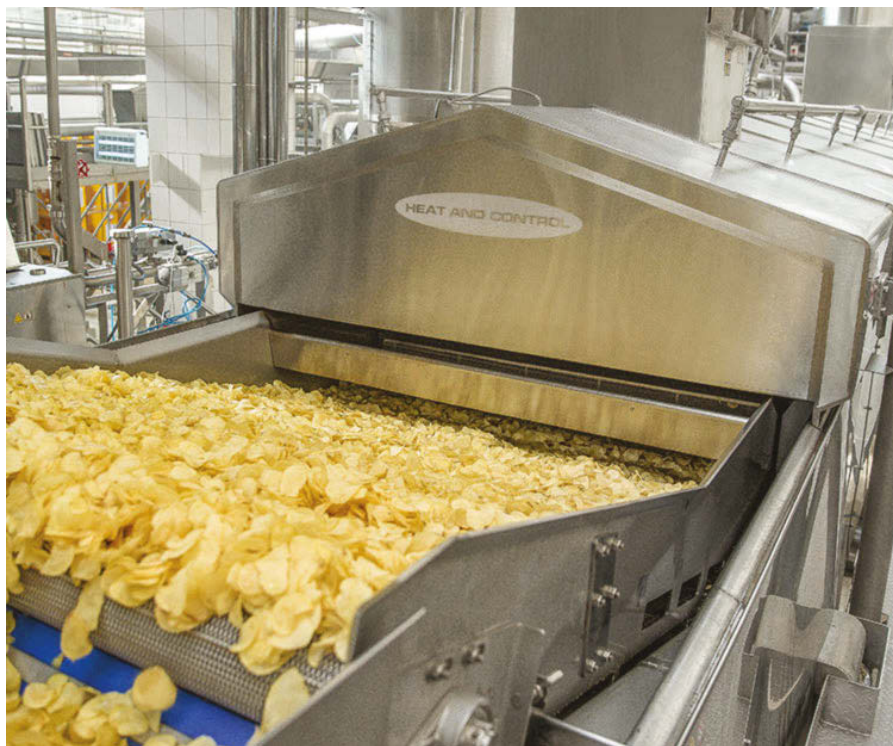
Glyphosate is a systemic herbicide, which means it enters the food product and therefore cannot be simply washed off. Most other herbicides and pesticides can be washed off our fruit and veg...

million to 70-year-old Edwin Harde-
man, stating that Roundup was a
"significant factor" in causing non-
Hodgkin lymphoma.¹

Glyphosate is everywhere; in our food, water supply, parks and now in excessive levels in our bodies. It has been linked to many chronic inflammatory and gastrointestinal conditions, as well as autism, obesity, depression and cancer.² Glyphosate is used in around 500 products in Australia. According to the government website, "All glyphosate products registered for use in Australia have been through

a robust chemical risk assessment process and are safe to use, provided they are used as per the label instructions."³ One product may be deemed 'safe' to use, but what about ingestion? Have they taken into consideration the layering effect of being exposed to many of the 500 products on a daily basis through our food and in the air (your local council may use Roundup in your parks and other public areas)?

Glyphosate uses the shikimate pathways in plants to kill weeds, which are not present in animals;



these chemicals altogether by buying organically grown produce and products, e.g. pasta made from organically grown wheat.

FLUORIDE

Adding fluoride to our drinking water is justified by regulatory bodies saying that it stops tooth decay. There are studies both for and against this claim, however, drinking water passes the mouth and it is known that ingested fluoride can cause a multitude of health issues, such as brain fog and skin eruptions. There are warnings on toothpaste that it should not be swallowed. A major health factor not considered by the authorities is the fact that fluoride inhibits the body's ability to absorb iodine (by blocking iodine receptors). Fluoride is not needed by the body, but iodine is essential for proper thyroid and brain function.⁵ Fluoride is not necessarily added to our food or appears on the ingredient lists, but as water is used in processing and as an ingredient, it is one of the hidden toxins.

SUGAR

You usually don't think of poison when you add a teaspoon of sugar to your cuppa. The 'bliss' point for any product can be calculated by the manufacturers, that is, the amount of sugar, salt and fat to make you feel good and wanting more. Chocolate is thought to produce a similar warm feeling in the body as being in love. Sugar highs are short lived with the crash making you reach for another candy bar or soft drink. It's not just chocolates that contain sugar - the so-called 'healthy' foods may contain high quantities as well.

therefore, Bayer/Monsanto claims safety for humans. However, the shikimate pathways are present in bacteria. Analysis by Dr Joseph Mercola states: "The bacteria in your body outnumber your cells by 10 to one. For every cell in your body, you have ten microbes of various kinds, and all of them have the shikimate pathway, so they will all respond to the presence of glyphosate! Glyphosate causes extreme disruption of the microbe's function and lifecycle. What's worse, glyphosate preferentially affects beneficial bacteria, allowing pathogens to overgrow and take over, including the highly toxic *Clostridium botulinum*."

Earlier this year, the government of Vietnam made the decision to ban all herbicides containing glyphosate from being imported into the country, due to health concerns. Vietnam is Australia's fourth largest grain trading partner. The impact on our trade is yet to be determined, however an ABC news article states, "Australia's grain growing peak body, GrainGrowers, said the safety of glyphosate was well-established and it was confident the ban would not affect the export of grain to the country."¹⁴

However, this is not the case, as in recent years the data is stacking up that this herbicide is not safe for human consumption. Hopefully, more bans will be put in place and lawsuits filed to make governments fully understand the threat to their nation's health.

Glyphosate is a systemic herbicide, which means it enters the food product and therefore cannot be simply washed off. Most other herbicides and pesticides can be washed off our fruit and veg; soaking apples in a bowl of water with a tablespoon of bi-carb for fifteen minutes then scrubbing can remove most of the nasties. Try avoiding



▲ Damon Gameau's 'That Sugar Film' uncovered how much sugar goes into many products on the supermarket shelves - products often marketed as low fat and even healthy.



▲ Most breakfast cereals are manufactured by industrial extrusion where grains are turned to mush by adding water and forced through tiny holes at high temperatures and pressure to make flakes or shreds.

► The difference between steel-cut oats (top) and regular rolled oats (bottom)

In 'That Sugar Film', Damon Gameau carried out an experiment of eating 40 teaspoons of sugar a day (the Australian average) from only so-called healthy foods (no obvious sugars such as chocolate or junk food).⁶ His first breakfast consisted of a cereal with low-fat fruit yoghurt and an apple juice, which equalled 20 teaspoons of sugar! Needless to say, at the end of 60 days his health was not good. He was overweight, had no energy, mood swings, developed a fatty liver, and had brain fatigue. The herb Stevia is a safe alternative for sweetening foods; however, the man-made alternatives are pure poison. Be wary of labels promoting Stevia as they often have sugar and artificial sweeteners as well.

PROCESSING

Unless you grow your own vegies, everything we eat is processed in some way. There are current trends saying 'don't eat food with a barcode' or 'raw' is best. Processing food originally was to make food more usable, edible and even to encourage more nutrients. Unfortunately, many of the modern processing methods are aimed at lessening costs to manufacturers, heightening appeal to consumers through colours, taste and convenience, and to lengthen shelf life; the bottom line is profit, not health.

Traditional sourdough bread



takes over 24 hours to make, allowing time for the bread to rise without yeast. This process also allows for any elements in the bread that humans have difficulty digesting to lessen. Modern bread takes 20 minutes to make and be packaged in plastic. It can contain pesticides from crops, with wheat processed through bleaching, and have added preservatives for longer shelf life. The modern day bread from the supermarket is hard to digest and vastly different from the 'daily bread' of old.

Most grains need to be soaked for a long time to make them more digestible; steel-cut and rolled oats are better when soaked overnight; simply mix one-part oats to three parts liquid, add a tablespoon of something acidic like lemon juice and leave covered overnight. The acidic medium helps neutralise the nasties such as tannins, enzyme inhibitors and mineral-blockers found

in grains. Cook for a few minutes for breakfast and serve with cream or butter; the fat-soluble vitamins A, D and K2 found in dairy foods are required for our body to absorb the minerals and slow the release of glucose giving sustaining energy. The most processed oats are the 'quick' variety, being partially cooked, dried, thinly rolled, but can have skim milk powder, emulsifiers and other preservatives added to help them develop a creamy texture when cooked. As these additives are part of the processing method, they are not listed on the ingredients list; comparing the ingredients list on the same brand of oats, I found the rolled and quick oats both contained only *whole grain oats*, but the quick oats cooked one minute faster and carried the allergen warning of *may contain milk*. Quick oats are often combined with dried fruits and syrups (hidden sugars), or straight out sugar and artificial sweeteners, to make them more appealing and addictive to consumers.

When choosing grains, select 'whole grain' which means the three layers of the grain are present (endosperm, germ and bran). Refined grains only have the endosperm and can still be labelled "100% wheat." A common process used on grains is the method of extrusion where grains are turned to mush by adding water and forced through tiny holes at high temperatures and pressure to make flakes or shreds. Some cereals, such as corn flakes that have a 'crunch', can be coated in oil to stop the grains going soggy in the milk. The extrusion method crushes the proteins in the grain making them into neurotoxins (affecting the nervous system) and destroys many of the nutrients; but they look pretty!⁷



▲ Most so-called products in the 'butter' section of the supermarket – these days called 'spreadables' – are filled with various processed vegetable oils. To find pure butter products, check the label.

This soft spread used to be called spreadable butter, but it now contains so many other ingredients to make it soft that it can no longer be classified as a butter.

Many oils are now labelled 'cold pressed' referring to their processing procedures. Heating oils in processing and cooking at high temperatures can make them toxic. Sally Fallon Morell in her book *Nourishing Fats* goes in depth into the various oils and fats, showing that basic butter is beneficial to health and most other processed vegetable oils are toxic.⁸ These toxic oils are a major cause of inflammation in the body, which is the underlining factor in many health problems of today. There is a relatively new section in the supermarkets between the butter and margarine called 'spreadables'. This soft spread used to be called spreadable butter, but it now contains so many other ingredients to make it soft that it can no longer be

classified as a butter (the packaging removed the word 'butter' but otherwise stayed the same).

PACKAGING

Plastic bottles and food packaging have been found to leach chemicals that can mimic oestrogen into the water or food. This can disrupt the natural hormones in the body. There are many products now labelled 'No BPA' (Bisphenol A, usually used in hard plastic containers), however, other plasticisers (in soft containers and plastic wrap) have been shown to be just as toxic in large doses and may contribute to heart disease, diabetes, certain cancers, reproductive disorders and developmental problems.⁹ BPA is still used in some packaging,

such as the lining of cans for acidic products like tomatoes. Last year, studies showing high levels of plastic particles found in most bottled water sparked the World Health Organisation to begin a review into the problem.¹⁰ It is thought the plastic particles come mainly from the cap during the bottling procedure.

Paper bags for bread and glass bottles for drinks can now be seen more and more at the supermarket. I think this is due to the Food Industry's desire to be seen as environmentally friendly, rather than any concern for our health.

PROPAGANDA

The Food Industry in its quest to make as much money as possible employs advertising and flashy packaging to entice consumers to its products. This is a normal part of marketing, but we need to question some of the wording used. For example, the word 'fresh' implies straight from the farm to you, but apples only have a short growing season and yet are available all year round in the supermarkets. Apples are placed into cold storage and have been found to be up to a year old before hitting the stores. Antioxidants and nutrients in apples start to lessen after three months in cold storage. This is not my idea of 'fresh'.



▲ In 2018, journalism organisation Orb Media examined 250 bottles bought in nine different countries. They discovered an average of 10 plastic particles per litre, each larger than the width of a human hair. (Source: www.bbc.com/news/science-environment-43388870)



By the 1970s, the 'low fat' craze began; the Food Industry started to demonise fats even though fat is essential for sustained energy production in the body. Fats were replaced by large amounts of sugar...

'Diet', 'zero', 'free' and 'no sugar' are terms the soft drink manufacturers use to get us to think that their product is in some way healthy. They want us to think, "Wow, this is amazing. Same great taste with little or no sugar. It must be good for me." Do we ever ask, "So where does the sweetness come from?" Artificial sweeteners such as Aspartame and Splenda that do more harm in the body than sugar, that's where! A friend of mine suffered from severe asthma and skin rashes over 80% of his body for over 15 years. Both debilitating conditions cleared up once he stopped his 2+ litres addiction to diet cola a day.

Artificial sweeteners have been linked to inflammatory bowel and gastro diseases.¹¹

FAT

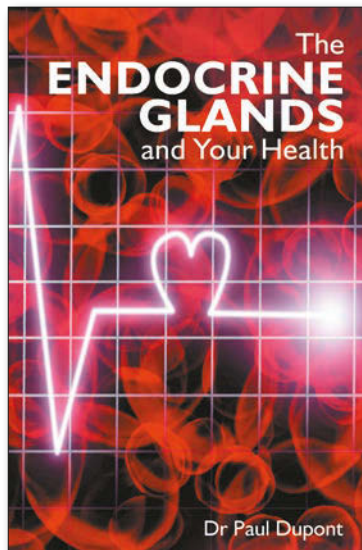
The fat versus sugar debate started in 1955 when scientists were trying to determine what was causing US President Eisenhower's heart troubles. By the 1970s, the 'low fat' craze began; the Food Industry started to demonise fats even though fat is essential for sustained energy production in the body. Fats were replaced by large amounts of sugar, which gives temporary energy highs, causing crashing lows,

and creates addiction - yeah! More money for the Food Industry (and the Medical Industry with all the new patients falling ill from a bad diet the government told them was good). Foods containing beneficial fats such as butter, avocado and nuts will sustain you longer than sugars, thus making your hunger less throughout the day (but we can't spend less on food - where's the profit in that?).

At what stage are any of these poisons, packaging or products deemed 'safe' by the regulatory authorities? Is a herbicide considered safe when being sprayed on crops but not when ingested or inhaled?

- ADVERTISEMENT -

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THE ENDOCRINE GLANDS AND YOUR HEALTH

By Dr Paul Dupont

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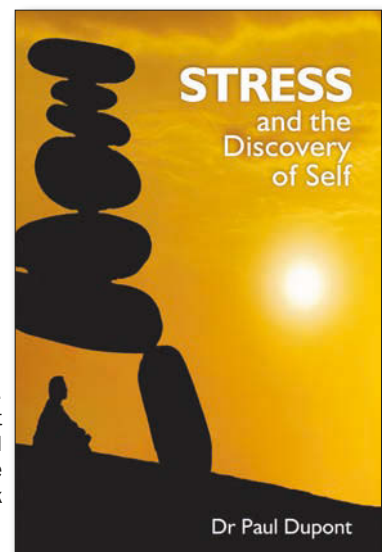
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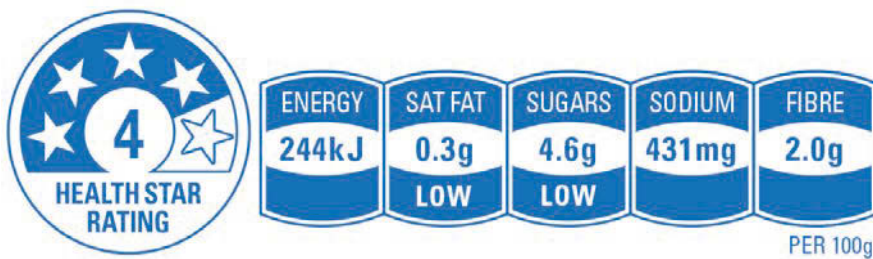
STRESS AND THE DISCOVERY OF SELF By Dr Paul Dupont

As a general rule, we see stress as a negative condition that we are condemned to endure. However, it is possible to master it and use to positive ends for our wellbeing. Researchers at the International Rose-Croix University have established a clearer link between our health and stress. They have also demonstrated that regular practice of certain mystical principles like relaxation, visualisation and mental alchemy allows us to master stress. The aim of this book is precisely to show how to acquire this mastery and benefit from it on all levels of our being.

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If I wanted to abuse my body this much, I'd choose a chocolate bar; at least then I would enjoy it without being tricked into thinking it was healthy.

One plastic bottle leeching estrogens may be deemed safe, but what are the effects on puberty for a child drinking two bottles a day? Fluoride may be safe when used in the mouth twice a day for cleaning, but not ingested continuously through our drinking water. Are layering effects ever considered?

▼ If possible, source local, in-season, organic produce from farmer's markets. Or grow as much of your own, and freeze any excess.

Is the final destination (you) tested? Does 'safe for human consumption' purely mean the product won't kill you immediately? The words 'safe' and 'healthy' are very subjective and need to be questioned.

HEALTH STAR

Many products in Australia now carry a Health Star Rating on the front, ranging from an unhealthy 1 to a healthy 5.¹² I appreciate that the government is trying to help people make better food choices, but their definition of 'healthy' differs

from mine, e.g. I prefer to choose full cream milk and butter for the fat that sustains me and provides the fat-soluble vitamins of A, D & K, rather than low-fat products full of sugar.

Let's have a look at an actual 4 Health Star Rating breakfast cereal: Rice (37%), whole grains (21%) (whole wheat, whole grain oat flour), sugar, wheat gluten, forest berries (4%) (blackberries, strawberries, sugar), minerals (calcium carbonate, iron, zinc oxide), oat fibre, salt, barley malt extract, vitamins (niacin, vitamin D, riboflavin, vitamin B6, thiamin, folate), flavour. The rice and grains in this cereal are flakes, therefore their protein structure has been altered through the extrusion processing method and may also have an oil coating to stop them going soggy in the milk. Sugar is listed twice; the second time it apparently is a berry. Advertising for this product states "with sweetened berries," which I think we are supposed to assume "sweetened with," meaning natural berries and no added sugar. The list of vitamins and minerals looks impressive; pity the Vitamin



D won't be utilised as low-fat milk is recommended. At a quick glance I can also see 'fibre' so it must be good for me. At a closer look, those percentages seem a bit worrying; if ingredients are listed from highest to lowest, then *sugar* and *wheat gluten* together make up 40% of this product. Granted, there are no numbered additives listed (e.g. colours and preservative) but what the hell is *flavour*? If I wanted to abuse my body this much, I'd choose a chocolate bar; at least then I would enjoy it without being tricked into thinking it was healthy.

PERSONAL CHOICE

Educate yourself; be aware of what you are taking into your body. Ask yourself: "Do I want this product because I have been tricked through marketing or am I addicted to it?" Always make it your choice. If you have a night of eating chocolate and ice cream knowing it may make you feel temporarily better after a fight with your partner, go for it. If you choose to eat chocolate and ice cream every night knowing it is not good for your body, that is your right too. Don't let the Food Industry manipulate you either through open advertising or hidden bliss points. Your understanding of what is healthy for you and what the food companies market as healthy, may be two very different things.

Some general guidelines to avoid the Food Industry's traps and the Medical Industry's queues:

- ★ Choose the least modern processed, whole grain, organically grown products.
- ★ Source local, in-season, organic produce.



- ★ Avoid plastic packaging or repack into glass for cooking and storage.
- ★ Filter your tap drinking water. Use your own water bottles.
- ★ Understand how addiction works and the tricks used to influence your choices.
- ★ Acknowledge the link between what you eat and how you feel; positive and negative.
- ★ Enjoy what you eat.
- ★ Perhaps even lobby your local council to stop using glyphosate weed killers in our parks and remove fluoride from our water.

FOOTNOTES

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THE MODERN WORLD KILLING YOU

For a list of what we can do to improve and protect our health & well-being, see pages 14-18. But first, we can't avoid reading about the ever-present dangers that could be impacting our health, leading us down the road to a shorter than expected life. The following important information has been put together from a range of recent studies and articles.

– Helen Cannington

REDUCE YOUR EXPOSURE TO STORE RECEIPTS:

According to a recent study by the US-based Ecology Center, "over 90 percent of receipts contain chemicals linked to infertility, autism and type-2 diabetes." Dubbed the "gender-bending" chemical, Bisphenol A (BPA) and its "healthier alternative" – Bisphenol S (BPS) – are used on the majority of receipts that customers receive in Australian stores.

BPA and BPS are used in countless products such as plastic and metal food containers, to detergents, flame retardants, toys, and cosmetics. BPA can be found in hard reusable bottles and food containers. Meanwhile, BPS is used in personal care products and baby bottles.

According to published research, employees who handle receipts or other thermal paper repeatedly in their jobs are at especially high risk.

Another worry is the amount of BPA in Australian currency banknotes. A study in the ACS' journal *Environmental Science & Technology* found the highest BPA levels were in paper money from Brazil, the Czech Republic and Australia.

To minimise your exposure to these deadly chemicals, follow these suggestions: Ask for electronic receipts; Keep receipts folded so the printed side is facing inwards. The back is usually not



coated with chemicals; Keep receipts in an envelope in your wallet to prevent them from rubbing against money; Don't let children touch receipts; Always wash your hands after touching receipts; Throw away receipts instead of recycling them so they don't contaminate recycled paper.

Instruct cashiers to only print receipts when asked. They should also "wear gloves, wash their hands thoroughly, and avoid touching their mouth." Only use glass, ceramic, or food-grade metal containers for food and beverages. Don't place plastics in the microwave and the dishwasher. Don't leave plastic water bottles in hot cars. Source: www.ecocenter.org/healthy-stuff/reports/receipt-paper-study-2018



THE DANGERS OF SCENTED CANDLES:

Researchers have found that most scented candles emit as many toxins as diesel fumes and cigarettes. A study by scientists at Copenhagen University found exposure to fumes from burning candles caused worse damage than the same dose of diesel exhaust fumes.

Nearly 40 percent of all candles on the market contain lead wires inside their wicks. These lead wires release five times the amount of lead considered dangerous for children and exceed pollution standards for outdoor air.



WHAT TO WATCH OUT FOR

Most candles contain paraffin which is a petroleum byproduct. This releases carcinogenic soot into the air when heated. This soot can be very damaging to the lungs causing respiratory issues. Additionally, most candles contain these toxic ingredients: Acetone: Toxic to the lungs; Benzene: Causes damage to the reproductive system; 2-Butanone: Known human respiratory toxicant; Cresol: Causes allergies; Chlorobenzene: Carbon monoxide; Phenol: One of the most dangerous ingredients; Styrene: Can cause cancer; Toluene: Produces diesel like fumes.

Look for non-toxic natural candles or make your own. Natural wax candles that use soy are the cleanest, producing an estimated tenth of the soot normally created by a paraffin candle. A candle with a short wick is best, ideally made of cotton and missing a core to avoid producing large amounts of soot and pollution. Experts also advise to limit your burning time to reduce the amount of chemicals sent into the air by the candles. Source: www.anyavien.com/scented-candles-emit-as-many-toxins-as-diesel-fumes-and-cigarettes-causing-headaches-to-lung-cancer

ALUMINIUM CAN FOIL YOUR GOOD HEALTH:

Aluminium has been classified a neurotoxin. Unfortunately, it's the third most common element on Earth and enters your system quite easily. It's in everything from medications and vaccines to beauty products, but its use in the kitchen is where you need to be especially vigilant. Over time, it accumulates in your brain, thyroid, kidneys and liver, where it can lead to inflammation, oxidation and tissue damage. It can affect your mood, sleep and cognition, and it's even being linked to dementia. Prolonged exposures to low levels of aluminium have been associated with brain ageing and neurodegeneration, and it creates neurofibrillary tangles not unlike those seen in the brains of Alzheimer's patients.

A study published in the *International Journal of Electrochemical Science* found that using foil for cooking significantly contributes to your daily aluminium intake, leaching out into your food in levels that exceed those allowed by the World Health Organisation. For example, cooking in foil raised the aluminium concentration of meat by anywhere from 89 to 378



percent, while the range for chicken was 76 to 215 percent. Cooking at higher temperatures leads to higher concentrations. They also discovered that cooking acidic foods like tomatoes and lemons in aluminium caused greater aluminium concentrations than foods that are more alkaline.

This is useful information not just when you're grilling but also if you have a habit of lining your oven tray with foil. The researchers said it's



simply "not suitable for cooking," adding that there is a "serious health risk" from eating lots of foods baked in foil. There are a few alternatives to using aluminium foil such as silicon mats, parchment and wax paper, and stainless steel grill baskets (for the BBQ). For the oven, you can also use glassware or porcelain when preparing baked dishes. Source: www.electrochemsci.org/papers/vol7/7054498.pdf

READY MEALS LINK TO GREATER RISK OF DYING:

French scientists studied a large population of more than 44,500 men and women aged 45 and older and uncovered a strong link between eating badly and dying. Every 10 per cent increase in ultra-processed food consumption was associated with a 14 per cent greater risk of death from any cause. Ultra-processed food was defined as food manufactured through multiple industrial processes and mostly consumed in the form of snacks, desserts or ready-to-eat or heat meals. Examples include chicken nuggets, preserved meat products, packaged snacks and instant noodle soup meals.

Study participants provided information about their eating habits, lifestyle, and socio-economic background before having their progress monitored for seven years. During the follow-up period, researchers recorded 602 deaths, including 219 deaths caused by cancer and 34 by heart and artery disease.

The scientists, led by Dr Laure Schnabel from Paris-Sorbonne University, wrote in the journal *Jama Internal Medicine*: "An increase in ultra-processed foods consumption appears to be associated with an overall higher mortality risk among this adult population." Source: www.news-medical.net/news/20190211/Ultra-processed-foods-are-harming-your-health.aspx

STATINS' SIDE EFFECTS OUTWEIGH THEIR POTENTIAL

BENEFITS: Professor Sherif Sultan, president of the International Society



THE MODERN WORLD KILLING YOU



fects of glyphosate, have hit Bayer AG hard with the company announcing several thousand layoffs as its stock price plunges.

A new independent study shows that those with highest exposure to glyphosate have a 41% increased risk of developing non-Hodgkin lymphoma (NHL) cancer. A meta-analysis of six studies containing nearly 65,000 participants looked at links between glyphosate-based herbicides and immune-suppression, endocrine disruption and genetic alterations. The authors found "the same key finding: exposure to GBHs (glyphosate-based herbicides) are associated with an increased risk of NHL (Non-Hodgkin's Lymphoma)." Further, they stated that glyphosate "alters the gut microbiome," and that could "impact the immune system, promote chronic inflammation, and contribute to the susceptibility of invading pathogens." Glyphosate also "may act as an endocrine disrupting chemical because it has been found recently to alter sex hormone production" in both male and female rats.

In a study of the health of soils in the EU, the online journal Politico.eu found that the effects of spraying of glyphosate on the major crops in European agriculture is having disastrous consequences on soil health in addition to killing weeds.

Scientists at Austria's University of

for Vascular Surgery, says: "People are taking this drug to prevent a problem and [are] creating a disaster."

Side effects vary between individuals, with one in 1,000 suffering visual disturbances and increased bleeding; one in 100 experiencing inflammation of the liver and pancreas; and as many as one in 10 developing headache and muscle pain.

Professor Sultan analysed various studies investigating the cholesterol-lowering drugs. He concluded that the medications' so-called benefits were based on "statistical deception." He warned past studies may be influenced by bias as they were conducted by scientists employed by statin manufacturers.

He even revealed certain past studies demonstrate statins accelerate artery hardening, which is a known risk factor for heart attacks. The studies also demonstrated a link between statin use and an increased risk of diabetes, cataracts, impotence, breast cancer, nerve damage, depression, muscle pain, and renal and liver failure.

Professor Sultan is urging drug regulators to reassess guidelines on heart drugs. At the very least, he is advising the medication should never be prescribed to children or those older than 62 as there is no evidence of their effectiveness among these patients.

Other experts agree with Professor Sultan's findings. Sir Richard Thompson, former president, the Royal College of Physicians, said: "Data needs to be urgently scrutinised. We are

very worried about it and particularly side-effect data which seems to have been swept under the carpet." Source: www.dailymail.co.uk/health/article-4439808/The-effects-statins-outweigh-benefits.html

GLYPHOSATE WORSE THAN WE COULD IMAGINE – "IT'S EVERYWHERE": New studies continue to point to a direct link between the widely-used glyphosate herbicide and various forms of cancer. A second US court jury case just ruled that Monsanto, now a part of the German Bayer AG, must pay \$80 million in damages to plaintiff Edwin Hardeman who contracted non-Hodgkin's lymphoma cancer. The ruling and a line-up of another 11,000 pending cases in US courts going after the ef-



Natural Resources and Life Sciences in Vienna showed that casting activity of earthworms had nearly disappeared from the surface of farmland within three weeks of glyphosate application. A study at Holland's Wageningen University of topsoil samples from more than 300 soil sites across the EU found that 83% of the soils contained one or more pesticide residues. Not surprisingly, "Glyphosate and its metabolite AMPA, DDTs (DDT and its metabolites) and broad-spectrum fungicides... were the compounds most frequently found in soil samples and at the highest concentrations."

Evidence of soil experts is beginning to reveal clear links between use of pesticides such as glyphosate and dramatic drops in soil fertility and the collapse of microbe systems essential to healthy soil.

Glyphosate is the base chemical component for some 750 different brands of pesticides worldwide, in addition to Monsanto-Bayer's Roundup. Glyphosate residues have been found in tap water, orange juice, children's urine, breast milk, chips, snacks, beer, wine, cereals, eggs, oatmeal, wheat products, and most conventional foods tested. It's everywhere, in brief. For example, the Environmental Working Group released findings of research showing "troubling levels of glyphosate" in food products including children's breakfast cereals. The Washington, DC-based advocacy group said in a statement released 12 June 2019 that the chemical was detected "in all 21 oat-based cereal and snack products sampled in a new round of testing." The US products "Cheerios" and "Honey Nut Cheerios Medley Crunch" were found with the highest glyphosate levels with



729 ppb and 833 ppb respectively.

Source: www.globalresearch.ca/glyphosate-worse/5674472

THE DANGERS OF MICRO-PLASTICS:

A study published in *Nature Geoscience* looked at atmospheric microplastic deposition and transport, specifically "observations of atmospheric microplastic deposition in a remote, pristine mountain catchment (French Pyrenees)." Over a five-month period, samples were analysed in both wet and dry deposition identifying fibres up to ~750µm long and fragments ≤300µm as microplastics.

"It was incredible how much microplastic was being deposited," said Deonie Allen, a researcher at EcoLab in the School of Agricultural and Life Sciences in Toulouse, France and lead author of the study.

While scientists previously believed that "atmospheric microplastic pollutants would rise up and settle again near the cities and industrial hubs where they originated," EcoWatch reported, this study suggests that microplastics can travel on the wind. Researchers concluded that atmospheric transport is blowing microplastics to remote, inhabited areas.

"We... don't know what they do to humans," Allen said. "They're a brand new [type of] pollution, but there's so much of it and it's increasing so fast that it's something we really need to start learning about."

This contamination from tiny particles called microplastics originates from a variety of sources including clothing, industrial processes, cosmetics, packaging and the degradation of larger plastic items.

"With the rise in plastics manufacture, there has been an associated rise in plastic pollution of the external environment, most famously within the

world's oceans," the authors wrote in the study. "But more recently plastic pollution has been found within freshwater lakes, inland seas, rivers, wetlands and organisms from plankton to whales (and nearly every species in between)."

Another recent major study conducted by researchers at the State University of New York at Fredonia, found that 93 percent of 259 bottles from 11 leading international brands were contaminated with plastics, such as polypropylene, nylon and polyethylene terephthalate (PET).

The researchers found a huge variation in the quantity of plastic in each bottle, ranging from zero particles to more than 10,000 in a single container. Based on their results, they concluded that the global average was 325 particles per litre. Ninety-five percent of these particles are between 6.5 and 100 micrometers in size, although some are larger. To give some context, 100 micrometers is about the width of a human hair.

According to the researchers, this is "the largest and most comprehensive study of water... We are becoming increasingly aware of microplastics in the environment and their potentially harmful effects, but their prevalence in other areas has been much less studied. They have been reported in tap water, beer and many other foods... people will be surprised that almost all bottled water appears to be contaminated too."

Given that millions of people around the world drink bottled water every day, the implications for human health could be huge. But research into the impact of microplastics on the body is seriously lacking. Source: www.nationalgeographic.com/environment/2019/04/microplastics-pollution-falls-from-air-even-mountains/; <https://orbmedia.org/sites/default/files/FinalBottledWaterReport.pdf>





THE MODERN WORLD KILLING YOU

For decades and longer, alternative health practitioners warned about the proliferation of toxic chemicals in our environment and food chain, and unhealthy lifestyle choices – many of which were ignored or even promoted by authorities as safe. Today we face the results of that ongoing corporate experiment on our population – so what can we do? Here are some useful tips and information from recent studies to help you thrive and stay alive!

– Helen Cannington

MASSIVE STUDY FINDS EATING ORGANIC SLASHES CANCER RISKS:

Eating organic foods free from pesticides is strongly correlated with a dramatic reduction in the risk of cancer, according to a groundbreaking study.

The observational study led by a team of French government scientists tracked the diets of nearly 69,000 people. Four years later, those who consumed the most organic foods were 25 percent less likely to develop cancer.

For people consuming the highest amount of organic food, the study found a significantly lower risk of non-Hodgkin lymphoma, all lymphomas and postmenopausal breast cancer. The authors conclude, "Although our findings need to be confirmed, promoting organic food consumption in the general population could be a promising preventive strategy against cancer."

"This study provides more evidence suggesting pesticides in food may be harmful," said EWG Toxicologist Alexis Temkin, Ph.D. "Low levels of synthetic pesticides, including those linked to cancer and other serious health problems, are found in some conventionally grown fruits and vegetables. Especially for those items, choosing organics is better



for health as well as for the environment." Source: www.ewg.org/release/massive-study-finds-eating-organic-slashes-cancer-risks

EAT MORE TURMERIC AND LOWER INFLAMMATION:

Turmeric is a wonderful spice and a favourite in Indian cuisine, but it deserves to be used more often in our meals for good health. Scientific research has repeatedly shown the beneficial properties of turmeric (which contains the main active compound ingredient curcumin). Importantly, the

spice helps reduce inflammation in the body, which is believed to be the root cause of many illnesses. Additionally, inflammation and pain go hand in hand. That's why modern doctors are now prescribing turmeric as a treatment for inflammation to help with ailments such as arthritis.

Here are some tips and ideas on how to eat more turmeric and reap its many health benefits.

The easiest way to sneak turmeric is to throw a chopped-up chunk of turmeric root into a smoothie. You don't even need to peel the rhizome. When baking vegetables in the oven, add turmeric powder when you're mixing in olive oil, salt and pepper. Vegetables that work well include eggplant or cauliflower, as well as all root vegetables like beets, carrots and sweet potatoes.

Scrambled eggs, omelettes and breakfast bakes are great meals to add a little turmeric powder. This is particularly good for someone who dislikes the flavour of turmeric because often it will go unnoticed, especially if you are conservative with how much you add.

It's definitely worth buying fresh turmeric rhizomes (the roots), in addition to dried powder. The rhizomes will keep for several weeks, even months, especially if you store them in a brown paper bag in a cool, dry



HANDY TIPS & INFORMATION

place. When buying powdered turmeric, opt for organic.

Turmeric is super easy to grow. First, leave a piece on the counter until it starts sprouting, and then place it in a pot about a ½ inch below the surface. It takes about 4-6 months for the plant to mature, with frequent watering and plenty of sun. Especially if you live in a warm climate, you should try growing your own turmeric. Source: www.wakingtimes.com/2019/04/11/7-ridiculously-easy-ways-to-eat-more-turmeric-and-lower-inflammation/

GERM-KILLING PROPERTIES OF HONEY:

We desperately need to find new antibacterial substances if we're going to survive the era of resistant superbugs. A recent study by researchers at the University of Technology Sydney's ithree institute, published in *PLOS ONE*, shows that Australian manuka-like honey can kill bacteria – even antibiotic-resistant ones – as effectively as the more famous New Zealand variety.

Manuka honey is special because it's produced from the nectar of *Leptospermum scoparium* tree blossoms, and contains high levels of the antibacterial compound methylglyoxal (MGO). The lucrative New Zealand export product is known worldwide, but it turns out that Australia boasts several *Leptospermum* species capable of producing similarly remarkable honey.

"In Australia, we know we've got over 80 different types of that same plant that grows all across the country," explains Nural Cokcetin, lead author of the study.

Researchers obtained samples of various local *Leptospermum* honeys and compared them to a manuka sample sent over from New Zealand. They measured the MGO levels and also pitted the honey samples against staph bacteria in a petri dish. "What we found is that the [antibacterial] activity is very comparable," said Cokcetin.

Furthermore, the antibacterial activity in the honey samples remained virtually unchanged for seven years, from when the honey was first collected and tested. The samples were stored in dark containers at a stable temperature of 4°C, and upon re-



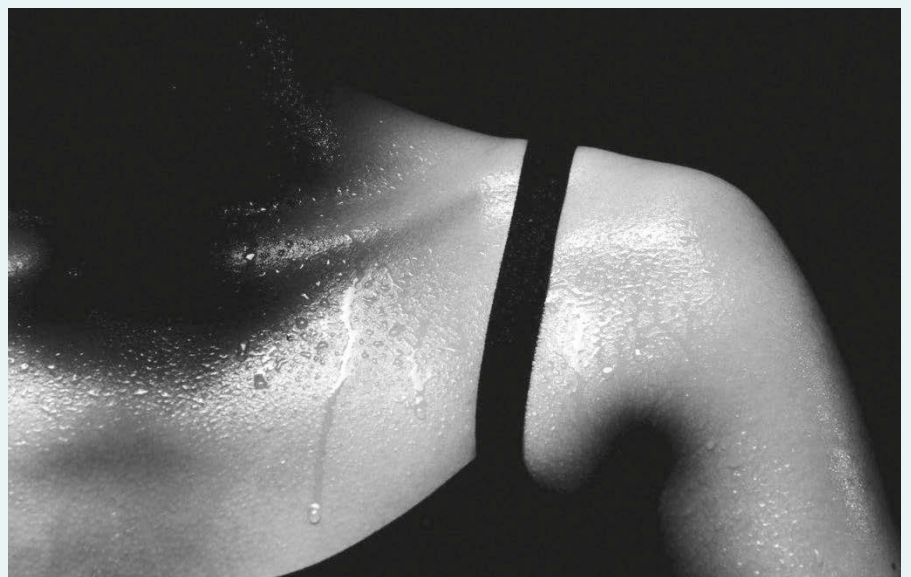
testing Cokcetin was excited to discover time hadn't made a dent in their antibacterial powers. "I was actually pretty surprised that the activity had remained so stable over that period of time," she says. "We knew that it would be stable, but not to that degree because we expected it to lose some potency."

For Cokcetin, it's a sign that medicinal honey could one day have a huge advantage over other antibiotics, which cannot be stored for such long periods without loss of efficacy. Their previous work also showed that bacteria don't develop a resistance to honey. Note: Australian pharmacies stock Medihoney Antibacterial Wound Gel. Source: www.uts.edu.au/research-and-teaching/industry-partnerships/edge/news/australian-manuka-honey-medicinal-powerhouse

SWEATING REMOVES DEADLY CHEMICALS FROM THE BODY:

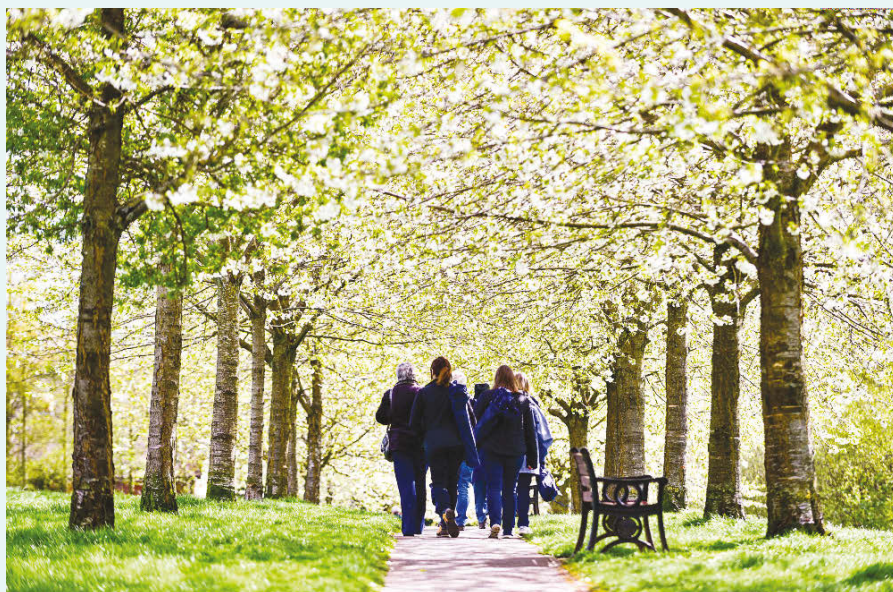
A promising study confirms what many already know: the simple act of sweating can remove dangerous industrial chemicals from our bodies. In a day and age where chemical and radiation exposures from industrial pollution are ubiquitous and virtually unavoidable, it prompts us to find ways to minimise exposure to them as well as to reduce their complex toxicities. One of the body's most ancient regulatory systems, namely, perspiration, is increasingly being clinically confirmed to provide more than just a thermoregulatory role, but as a powerful detoxification mechanism well.

The Canadian study on the topic





THE MODERN WORLD KILLING YOU



30-MINUTE WALK EVERY DAY CAN REDUCE YOUR BLOOD PRESSURE AS MUCH AS A PILL:

Just half an hour of exercise each morning can be just as effective at lowering your blood pressure for the remainder of the day as medication, according to a study carried out by researchers from the University of Western Australia in Perth and published in the journal *Hypertension*.

In the study, a group of men and women aged 55 to 80 were assigned to follow three different plans, with at least six days of rest in between each one. The first one involved sitting uninterrupted for eight hours. The second entailed an hour of sitting before half an hour of moderate-intensity walking on a treadmill, followed by 6.5 hours of sitting. The third plan involved an hour of sitting before half an hour of treadmill walking much like the second plan, only the following 6.5 hours of sitting were interrupted every half hour with three minutes of light-intensity walking. The participants' meals were all the same.

Both men and women who took part in the exercise plans enjoyed lower blood pressure compared to when they did not exercise, and the effect was particularly pronounced in terms of their systolic blood pressure (the top number in a blood pressure reading). This is a measure of the pressure within blood vessels as the heart beats and is considered a better predictor of heart problems than the measure of the pressure in blood vessels while the heart is at rest, which is known as diastolic blood pressure (the bottom number).

The researchers concluded that the reduction in average systolic blood pressure after exercise was comparable to that seen when taking anti-hypertensive medication. Although everyone enjoyed the benefits of exercise on their blood pressure readings, women also noted additional benefits when they were on the plan that added three-minute walks throughout the day; this effect was less pronounced in men. The researchers aren't exactly sure what is causing the difference, but they

entitled, "Human Excretion of Polybrominated Diphenyl Ether Flame Retardants: Blood, Urine, and Sweat Study," published in *Biomedical Research International*, reveals that induced sweating helps the body remove the man-made group of flame-retardant chemicals known as polybrominated diphenyl ethers (PBDEs).

"Used since the early 1960s as flame retardants, polybrominated diphenyl ethers (PBDEs) were first identified as global contaminants in 1987; they were found in human adipose tissue in 1990; and in 1995 the United States Environmental Protection Agency classified deca-BDEs, a commercial mixture of PBDE congeners, as possible human carcinogens. Since that time, PBDEs have been increasingly recognized as having serious health implications for humans, particularly for children. Comprised of a family of 209 congeners, these persistent organic pollutants have been used in a wide range of everyday consumer products including polyurethane foam, textiles, plastics, electrical equipment, computers, and construction materials. Because they are not fixed in polymer matrices, PBDEs can leak over time into the surrounding environment and be dispersed. Consequently, these lipophilic and bioaccumulating pollutants have been routinely detected in air,

soil, sewage sludge, fish, wildlife, and humans." (Source: www.ncbi.nlm.nih.gov/pmc/articles/PMC5360950)

The study focused on investigating the elimination of five common PBDE congeners (28, 47, 99, 100, and 153) in three body fluids: blood, urine, and perspiration. The results were reported as follows: "PBDE congeners were not found in urine samples; findings focus on blood and perspiration. 80% of participants tested positive in one or more body fluids for PBDE 28, 100% for PBDE 47, 95% for PBDE 99, and 90% for PBDE 100 and PBDE 153. Induced perspiration facilitated excretion of the five congeners, with different rates of excretion for different congeners." It is noteworthy that urine samples came up clean. This indicates that blood and sweat are far more accurate biomarkers for PBDE exposure.

The researchers concluded: "[G]iven the relative absence of studies exploring PBDE elimination or clinical detoxification in humans, as well as the scientific consensus about the negative impact of PBDEs on human health, this study provides important baseline evidence suggesting that regular sessions of induced perspiration may facilitate the therapeutic elimination of PBDEs." Source: www.greenmedinfo.com/blog/confirmed-sweating-removes-deadly-chemicals-body

believe it could be related to the adrenaline responses to exercise in men versus women. Source: www.science-daily.com/releases/2019/02/190220074636.htm

HOW WORDS LITERALLY RESTRUCTURE THE BRAIN:

The words you choose to use can literally change your brain. Dr Andrew Newberg, a neuroscientist at Thomas Jefferson University, and Mark Robert Waldman, a communications expert, collaborated on the book, *Words Can Change Your Brain*.

In it, they write, "a single word has the power to influence the expression of genes that regulate physical and emotional stress." When we use words filled with positivity, like "love" and "peace," we can alter how our brain functions by increasing cognitive reasoning and strengthening areas in our frontal lobes.

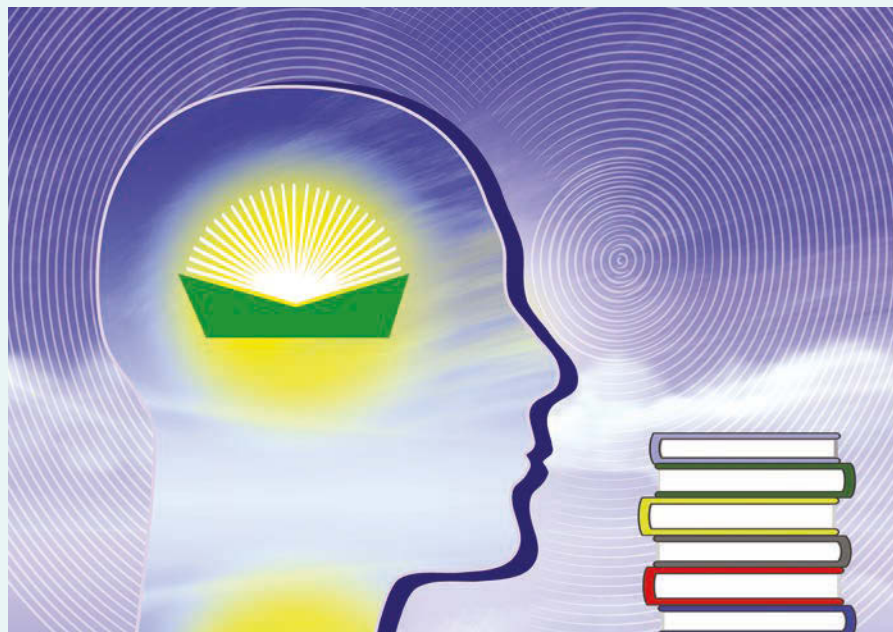
Using positive words more often than negative ones can kick-start the motivational centres of the brain, propelling them into action. On the opposite end of the spectrum, when we use negative words, we are preventing certain neuro-chemicals from being produced which contribute to stress management.

Each and every one of us are initially hardwired to worry; it's how our primal brain protects us from dangerous situations for survival. So, when we allow negative words and concepts into our thoughts, we are increasing the activity in our brain's fear centre (the amygdala), and causing stress-producing hormones to flood our system. These hormones and neurotransmitters interrupt the logic and reasoning processes in the brain and inhibit normal functionality.

A study done by Positive Psychology further elaborates on the effects of using positive words. A group of adults aged 35-54 were given a nightly task of writing down three things that went well for them that day, including an explanation of why.

The following three months showed their degrees of happiness continued to rise, and their feelings of depression continued to decline. By focusing and reflecting on positive ideas and emotions, we can improve our overall wellbeing and increase functionality of our brain.

What words do you choose to focus your energy on? If you notice your life isn't exactly "peachy," try carrying a journal with you to keep track of how often you use negative words.



You may be surprised to find how simple the solution to a better life really is – change your words, change your life. Source: www.positivewordsresearch.com/positive-words-can-change-brain

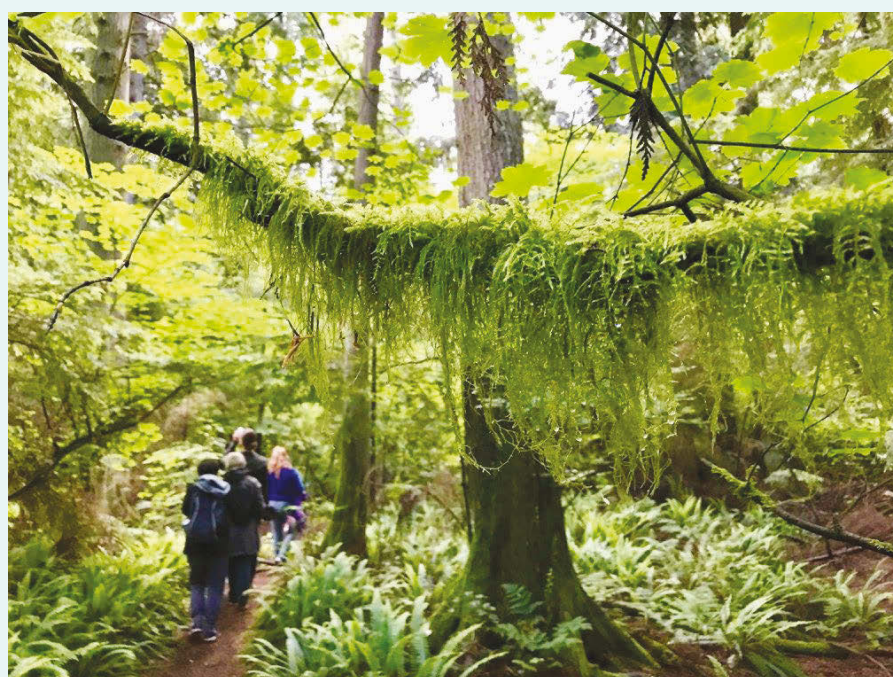
FOREST BATHING – IT REALLY CAN MAKE YOU FEEL BETTER:

Two hours a week in a forest, wood or park will improve your sense of wellbeing, a new study has discovered. Those two hours don't have to be from one visit, it can be spread over the week, and you'll still get similar health benefits, say researchers from the University of Exeter who looked at the health and lifestyles of around 20,000 people.

Time spent in woodlands, town parks, country parks or beaches will all reap rewards, provided you do so for 120 minutes or more each week. That seems to be the threshold, and people who reported spending less time than that in nature each week also reported lower levels of psychological wellbeing.

Most of the participants found their natural setting less than two miles from their home, and even local urban greenspaces seem to work, says researcher Dr Matt White. "Two hours a week is hopefully a realistic target for many people, especially as it can be spread over an entire week," he added.

Continued on page 18...



The idea of nature having therapeutic value has been adopted by the Japanese, who call it *shinrin-yoku*, or Forest Bathing. It's been proven to reduce stress and anxiety, the researchers say. Source: www.wddty.com/news/2019/07/forest-bathing-it-really-can-make-you-feel-better.html

STUDY DISCOVERS ONE OF THE KEYS TO LIVING LONGER:

A study conducted over 80 years has concluded that a person's happiness has a huge impact on his or her well-being during later years.

The research began with 268 sophomore students from Harvard University in 1938 – all were male as women were not allowed to attend college yet. Currently, only 19 of them are still alive. In the 1970s, 456 Boston inner-city residents were added in the study, and as of today, 45 of them are still alive.

Furthermore, sometime between the first batch of men and the second one, researchers included the children of the original Harvard group in the study.

Researchers observed factors such as health trajectories and border lives of the participants before they came to the surprising truth that those who had happier and more satisfying relationships at the age of 50 had better health at 80. They say people's relationships are better indicators of someone's health than their cholesterol levels.

Data showed a strong link between the happy lives of the participants and the status of their relationship with not just their family and friends, but with the whole community. Even more importantly, those who experienced satisfaction from their marriages have better mental health.

According to Professor Robert Waldinger, director of the Harvard Study of Adult Development, loneliness is as powerful and deadly as becoming addicted to smoking or alcohol. In addition, those who spent more time alone often died earlier. Having strong social support is encouraged as it's proven to help lessen the possibility of mental deterioration.

"Take care of your body as though you were going to need it for 100 years, because you might," advises Waldinger. Source: <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

Your Health & 5G Technology

– BY JASON JEFFREY –

By the end of this year, a new mobile network will be operating in all major capital cities and regional areas in Australia. These 5G networks are also being rolled out across the European Union, the United States, Asia, and trialled in other parts of the world.

The new mobile phone technology promises to bring huge economic benefits in the form of superfast digital services, 'smart cities' and intelligent devices connected and controlled through the so-called Internet-of-Things (IoT).

There is a growing concern in communities over the health impacts of the new technology, specifically the densification of the network. For the next stage of

5G – when the technology supports IoT services – new mobile antennas will be needed at distances of a few hundred metres of each other. This will mean thousands of such antennas across the urban landscape.

Behind the scenes there is an ongoing debate about whether the telecoms industry and governments are rushing to implement the 'society of tomorrow' without fully scrutinising the long-term health effects of the electromagnetic radiation produced by 5G.

The radiation produced by mobile phones and phone masts is non-ionizing radiation, which means that it does not directly cause cell and DNA damage, through the same mechanisms as X-rays or radioactive particles.

But electromagnetic radiation in high power densities can cause damage through other mechanisms, such as thermal damage by heating the skin in much the same way that a microwave oven cooks food.

The Swiss Foundation for Research on Information Technologies

in Society (IT'IS) is an independent, non-profit organisation that researches the safety and quality of emerging electromagnetic technologies.

The foundation's director and co-founder, Niels Kuster, says the implementation of 5G will use much higher frequency bands than 2G, 3G or 4G to satisfy the growing demand in data rates, but this induces much higher power density in human skin.

His colleague, Esra Neufeld, a scientist and consultant, says: "The

current standards do not prevent thermal damage of the skin and should be corrected in the next revision of the guidelines."

5G will operate in a range of frequencies known as the millimetre wave band. Neufeld says there are "almost no studies at the millimetre wave range which can

be used [to assess] risks" that technology poses for people, and such research is urgently needed.

One of the most renowned experts on environment policy in Germany, Professor Ernst von Weizsäcker, goes further, calling for the deployment of 5G to be delayed until its risks are understood.

"We do not know for sure whether the mobile data transmission technology poses health risks, but we cannot yet exclude it either," he says.

"Thus, we must insist that the health risks associated with the omnipresent radio-frequency radiation for mobile devices are studied before we expose the whole population with ever-rising levels of the electromagnetic fields from this technology."

David Carpenter is a professor and director of the Institute for Health and the Environment, University at Albany, in the US, and a critic of 5G and its potential impact on health.

"In my judgement, we already have clear evidence for elevations in brain and other cancers resulting from excessive exposure to mobile

There is a growing concern in communities over the health impacts of the new technology...

phone, Wi-Fi and other sources of electromagnetic fields," he says.

He claims that there is "clear evidence" of reduced fertility in both sexes and says some people are electro-hypersensitive, showing fatigue, headaches and cognitive disturbances when in the presence of electromagnetic fields.

Carpenter points out that "there has not been adequate study of the adverse effects of electromagnetic fields in general and there has been almost no study of the specific higher frequencies to be used in 5G."

He says: "5G will place mobile base stations in every urban street in front of about every sixth house. You will not be able to walk down the sidewalk without being continuously exposed, and most people will have elevated exposure in their homes."

Biomedical researcher Agostino Di Ciaula, a consultant at the Hospital of Bisceglie in Italy, has studied how the millimetre wave frequencies necessary for 5G can alter genes and cells.

"Results already available should be sufficient to invoke the respect of the precautionary principle... considering the large number of subjects involved in this form of environmental exposure and classifiable as vulnerable," he says.

The World Health Organisation (WHO) International Agency for Research on Cancer (IARC) classified EMF radiation as "possibly carcinogenic to humans" in 2011. In other words, there is evidence that EMF radiation may have the potential to cause cancer in humans.

In April 2019, IARC identified non-ionizing radiation, which includes EMF radiation, as a high priority for further study following a major review of cancer-causing agents published in the *Lancet*. It reported that there was new "bioassay and mechanistic" evidence to warrant re-evaluation of non-ionizing radiation's carcinogenic classification.

Analysis of the world's largest database of peer-reviewed studies into the impact of man-made electric fields by the Bioinitiative Working Group suggests that over 68% of more than 2,000 scientific studies evaluated found "significant biological or health effects associated with exposure" to man-made electromagnetic fields.

But most studies available focus on earlier generations of mobile phones. There is hardly any research



on how 5G technology affects health, although more recent research supports the earlier findings.

Hundreds of scientists have made appeals for a moratorium on the roll-out of 5G until the health effects are known and tougher safeguards are in place.

The EMF Scientist Appeal was signed by 244 scientists in August 2018. It calls on the United Nations, WHO, UN Environmental Programme and UN member states to "address the global public health concerns related to exposure to cell phones, power lines, electrical appliances, wireless devices, wireless utility meters and wireless infrastructure in residential homes, schools, communities and businesses."

The 5G Appeal to the EU was signed by 213 scientists in December 2018. It calls for a moratorium on the roll-out of 5G, which it claims will "substantially increase the exposure to radio-frequency electromagnetic fields RF-EMF, which has been proven to be harmful to humans and the environment."

The 5G Space Appeal has been signed by over 26,000 people, mostly citizens but also scientists and organisations, and claims: "If the

telecommunications industry's plans for 5G come to fruition, no person, no animal, no bird, no insect and no plant on Earth will be able to avoid exposure, 24 hours a day, 365 days a year, to levels of RF radiation that are tens to hundreds of times greater than what exists today, without any possibility of escape anywhere on the planet. These 5G plans threaten to provoke serious, irreversible effects on humans and permanent damage to all of the Earth's ecosystems."

All scientists agree further research is needed for clarity on the long-term health impact of 5G technology. In the meantime, the technology to enable 5G is being rolled out across Australia and the world.

► **Recommended Reading** – '5G: The Final Assault' by Jeremy Naydler, *New Dawn* 173 (Mar-Apr 2019)

► **Sources:** Investigate Europe article "Mobile phones and health: is 5G being rolled out too fast?" published in *Computer Weekly*, April 2019; Oceania Radiofrequency Scientific Advisory Association Inc., formed by a group of academics and researchers throughout Australia: www.orsaa.org.



JASON JEFFREY holds an interest in a wide range of subjects including geopolitics, psychic/spiritual development, ancient civilisations, Gnosis, metaphysics and esotericism. He can be contacted at jasonjeffrey88@gmail.com.



What's Behind the Censorship of Alternative Health Information on Social Media & Google?



– BY JASON JEFFREY –

Diagnosis by 'Dr Google' isn't going away because he wants to profit out of your health. In the future, instead of being able to access information from a variety of sources on a health issue, you will be restricted to officially sanctioned websites with the search engine giant collecting personal data on your query.

Over the past few months, the companies that virtually run the Internet – Facebook and Google – have been culling alternative health communities. Dozens of "fringe" health pages have been removed in an apparent crackdown on "pseudo-science." This comes on top of censorship of alternative political figures like Alex Jones of InfoWars.com, who was banned on Facebook, Twitter and YouTube.

In June, Facebook removed one of the most prominent alternative health sites, Natural News, from its platform and banned its founder, Mike Adams, from posting content. Adams called Facebook's decision a "response to a coordinated, heavily-funded smear campaign," while also describing Facebook and other technology companies as "techno-fascists that now represent the greatest threat to human freedom the world has ever seen."

An angry Adams wrote: "The techno-fascists, including Wikipedia, have decided that no speech that questions any official narrative will be allowed on any platform. Anyone who questions the safety of toxic vaccines, 5G cell towers, geoengineering, or glyphosate weed killer chemicals is now maliciously attacked, smeared and de-platformed. You're not even allowed now to talk about nutrition, anti-cancer foods or nutritional supplements without being labelled a 'vitamin' website accused of pushing fake cures."

Digital marketer MailChimp – one of the largest mailing list managers in the world – removed "anti-vaccina-

tion" groups from its platform and will no longer provide services to newsletters that push "anti-vaccination content." Natural health resource group GreenMedInfo.com was unceremoniously removed from MailChimp for "anti-vaccine content," although such information only forms one small part of their output.

Earlier in 2019, Amazon pulled anti-vaccination documentaries from its Prime Video service and several books from its marketplace. YouTube also disabled advertising on anti-vaccination videos and lowered in ranking "health misinformation content" in its search results. Pinterest blocked all vaccine-related search results.

An organised effort – many would call it a concerted conspiracy – is underway involving governments in partnership with Internet companies to censor and remove alternative health content from digital platforms.

One of the sparks for the crackdown has been measles outbreaks in the USA, propelled by the "spread of misinformation about the vaccine that can prevent the disease," according to US federal health officials.

Earlier this year, US Rep. Adam Schiff (D-Calif.) sent letters to Google, Facebook and Amazon requesting they do something about "anti-vaccine information" spread on their sites. It seems they not only took action against anti-vaccine content but have changed their algorithms to detect and eliminate alternative health information.

Few people will deny there's a problem on the Internet with misinformation and poorly researched emotion-laced rants on vaccine issues, but that also applies to many other areas of inquiry. We see the "Problem-Reaction-Solution" formula successfully applied in this case but hidden from view is the real agenda.

In June 2018, the world's first trillion-dollar company Amazon acquired online pharmacy business PillPack. Its business model involves sending pre-packaged prescription

medicine to patients with a convenient dispenser.

In the past five years, Google has launched two life sciences companies: Calico and Verily. Both companies focus on drug discovery and development, dubbed "smart integrated medicine."

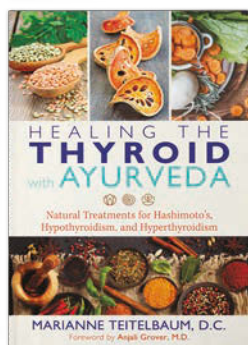
In addition to developing pharmaceutical products, some tech companies have entered the healthcare market by transforming delivery. A whole ecosystem is being created on these platforms, meaning these technology giants control a very large integrated service with potentially huge profits.

In September 2017, Apple CEO Tim Cook hinted that healthcare would be a big part of Apple's future; now a whole segment of the US company's business is dedicated to the space. Apple has created apps called Health and HealthKit for a variety of platforms that help hospitals to work more efficiently and remotely connect patients with their clinicians from home. The company also sells One Drop, a blood glucose monitor with an associated iPhone app that integrates with Apple's Health app and Apple Watch app.

Under construction right now is a future of smart cities connected by 5G networks and officially sanctioned information on demand – all brought to you by the big tech giants who also plan to be profitably integrated into the pharmaceutical business. There is no room in such a world for "alternative" health modalities, especially if they conflict or damage profits.

According to Mike Adams, "Google, Facebook, Twitter and YouTube are going all-in with the pharmaceutical giants and agreeing to engage in coordinated censorship of natural health information that might convince someone to avoid pharmaceuticals, vaccines or pesticide-saturated foods. Every person who eats organics or prevents disease using nutrition and herbs, after all, is a 'lost revenue opportunity' from the point of view of the pharmaceutical giants."

New Books for the Mind, Body & Spirit



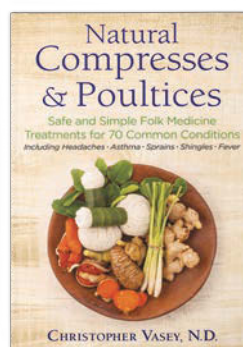
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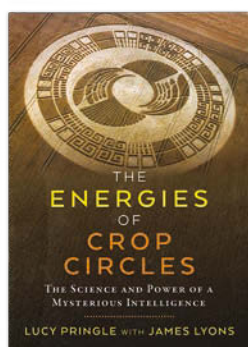
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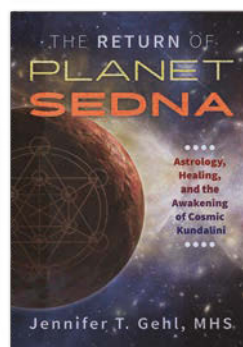
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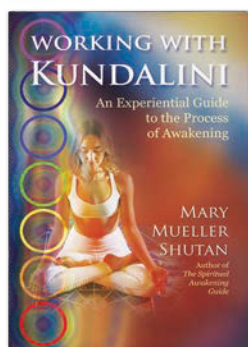
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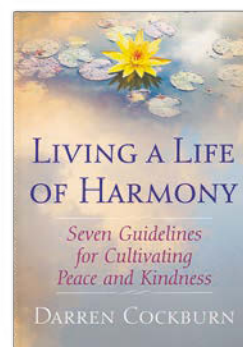
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YOUR TOXIC LAUNDRY & SHAMPOO

— BY ROSS BISHOP —

When we do our laundry we forget that we are dumping tons of toxic chemicals into the wastewater stream.

Researchers have found a troubling cocktail of over 81 drugs in treated wastewater such as cocaine, nicotine, contraception drugs, valium, cholesterol medicine and insecticides. This ends up in our lakes, rivers and the ocean. You can help by using non-toxic laundry detergents (and save a lot of money!).

LIQUID LAUNDRY DETERGENT (NON-TOXIC)

1/2 cup borax powder
1/2 cup washing soda (not baking soda!)
1/2 cup Dr. Bronner's Liquid Castile soap

Combine 1/2 cup Borax, 1/2 cup washing soda (not baking soda) and 1/2 cup of Dr. Bronner's into an empty plastic jug (you'll need a funnel). Then pour in 4 cups of hot water. Shake to mix. Then add enough water to fill the container. Shake before each use. For a standard-sized load of laundry, use 1/4 cup. Use a little more for a heavily-soiled load.

POWDERED DETERGENT (NON-TOXIC)

1 bar Sunlight laundry soap (use Fels Naptha in the USA)
1 cup borax powder
1 cup washing soda

This detergent is a little more complicated to make, but it costs cents per load and is so much better for the environment! Shave the soap bar with a serrated blade knife (or cheese grater) over a paper towel and place the shavings in a food proces-



sor. Pulse a few times to reduce to the consistency of sand. Then add 1 cup each of borax and washing soda (not baking soda). Pulse a few more times to mix (you might want to cover the processor with a damp kitchen towel to reduce the fumes).

You can use this straight, but I like to mix this 1:1 with Seventh Generation laundry powder (for heavy loads add a squirt of Dr. Bronner's to the washing machine). For top-loading

washing machines, use 1/2 to 1 cup (or 2 cups for very heavily soiled loads). For front-loading and high-efficiency machines, use 2-3 tablespoons.

HINT: To keep your washing machine smelling clean, put some white vinegar into the bleach tray with each load. Helps the clothes too!



▲ This home-made laundry soap recipe includes some essential oil for fragrance.

and hair care industry are well aware of that and take full advantage of it. I'm going to use shampoo as an example of what happens throughout the industry.

We spend billions on shampoo and conditioner each year. Soap manufacturers aren't willing to rely on a product that merely works. Their job is to convince you that their shampoo

is adding value (sex appeal) to your life. To be honest, I am not concerned about the money you waste, but when you are done with them, this chemical soup gets flushed into the wastewater stream and it doesn't just disappear. It raises toxic hell with the downstream ecology!

Jane Houlihan, director of research for the Environmental Working Group, reported on the dangers of cosmetics and personal care products to a US Congressional House subcommittee. She believes that these products, including shampoo, are the biggest source of human exposure to dangerous chemicals. According to Houlihan, "...companies are free to use almost any ingredient they choose in personal care products, with no proof of safety required." Consumers are not properly warned of possible dangers because of a "lack of standards and labelling loopholes." And it all goes downstream! Can you detect the influence of industry lobbyists?

All but three of the typical shampoo ingredients have proven to create health and environmental problems. These known toxins are allowed because the small quantities limit your exposure. But in the aggregate, when dumped into the wastewater stream, it's another story.

Our wastewater plants were built for another age and were designed to only deal with major pollutants. They were simply not designed to handle the diversity and volume of chemicals we dump into the wastewater stream today. That means that much of the toxicity from our chemically intense society flows untreated into our rivers, lakes and eventually the oceans.

In order to shampoo your hair you need one thing — detergent. As I write this, I am holding a bottle of America's most popular shampoo and it has 22 ingredients, three of which actually clean hair. The other 19 (2/3 of the bottle), do little for hair and are intended to appeal to your vanity.

Five of the 19 ingredients thicken the shampoo. Consumers believe that thick shampoo is better. Thickness



THE BEST SHAMPOO

You are not going to believe this, but the hands down winner for a non-toxic shampoo was simple organic rye flour. Rye flour is loaded with vitamins, proteins and minerals. Remember all those Pantene ads that talked about the Pro-V in the shampoo? Well, the synthetic pantothenic

acid they use is found in rye flour in its natural form. And talk about economical! My local health food store sells 1kg of organic rye flour for \$1.13.

INSTRUCTIONS: Mix about 3 tablespoons of organic rye flour with water to make a runny paste. Rub the paste evenly onto your scalp and hair and let it sit a few minutes while you finish your shower. Then rinse off thoroughly. That's it! I don't even need to use conditioner.

TIPS: Do not use if you have Celiac Disease. Make sure the flour is finely ground and doesn't contain bits of husk or you'll be brushing that out of your hair forever.

ALOE VERA SHAMPOO

Mix equal parts coconut milk (full fat) (Note: I prefer cartoned coconut milk. I find the canned milk to be too heavy) and pure aloe vera gel (pure gel can be a little hard to find. I use a 99%). Then add 10 to 20 drops of essential oil. Use a small amount in your hair, leave a few minutes and rinse. I don't need conditioner after using this (I have fine hair).

MOISTURISING SHAMPOO

This is a heavy shampoo and a little more complicated to make, but it works great! Go easy with it – use too much and you'll end up with greasy hair!

- 1 & 3/4 cup (13.5 oz) full fat coconut milk – ph 6.1-7.0
- 2 tablespoons raw honey – ph 3.9
- 1 teaspoon jojoba oil – ph 4.21
- 1 teaspoon castor oil – ph 4.65
- 2 tablespoons apple cider vinegar – ph 3.1
- 1 teaspoon essential oil of your choice

DIRECTIONS: Combine all ingredients in a mixing bowl and whisk until smooth. This stuff is thick! If you store at room temperature, this will separate some, so shake well before each use. To use (this may take some getting used to): massage a small amount of shampoo into your palm and then into your hair and scalp. Use your fingers or a comb to spread through your hair. Leave on for a few minutes before rinsing.

USING BABY SHAMPOO

- 1/4 cup coconut milk (full fat)
- 1/3 cup organic baby shampoo/wash
- 1 tsp vitamin E, olive or almond oil
- 10 to 20 drops of essential oil

CONDITIONER

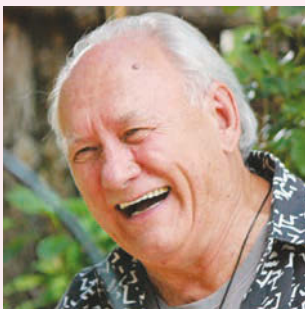
Mix some Apple Cider Vinegar and water. Use anywhere from 2 tablespoons to equal parts. Shake the bottle before each use and gently massage into the hair and scalp for a minute or two and rinse. After drying, your hair will not smell like vinegar! (The vinegar rinse will smooth the hair and eliminate the greasy, sticky feeling that the heavier shampoos can leave.)

also guarantees that you will use more product. And where would we be without suds? The lather helps convince you that the shampoo is working, but don't affect your hair much.

Lathering agents also boost the suds, and then there are dyes, fragrances and conditioners – dimethicone for example, is a silicone-based chemical that coats the hair and skin. Plus there are vitamins, minerals, preservatives and other exotic extras that as far as hair care is concerned, are mostly useless.

I spent a month testing various DIY recipes for non-toxic shampoos. Since I don't have a lot of hair I've been pestering my roommate and friends to test various formulations. It's become something of a standing joke amongst the group. Anyway, what follows are some recipes that work really well and reduce your contribution to the toxic wastewater situation.

One caution – hair is sensitive to high ph so, although almost any detergent will work, a high ph detergent like Castile soap (ph 9-11.5) or baking soda will strip the hair and scalp. I think they are too strong for hair (which has a ph 5.5). Also, since most DIY recipes don't contain the preservatives used in commercial products, you can add some Leucidal which is a natural preservative, or you can just freeze the extra in ice cube trays and thaw as you need it.



ROSS BISHOP is one of the modern masters of shamanism. Having himself transitioned our fear based reality and with many years experience of guiding others, few people understand the process of life on earth the way he does. His insights into the human condition are extraordinary and he presents them in a simple and understandable style, leaving the reader with the impression of engaging in warm conversation. Ross's latest book is *About Life*, available from all good bookstores. Website: www.rossbishop.com.



Alzheimer's

Latest Research & Commonsense Prevention Strategies

*Alzheimer's disease is one of the conditions linked to our 21st-century modern world, which is impacting our lives and killing many of us. **HELEN CANNINGTON** takes a look at this insidious disease - and the latest research - to offer you commonsense practical pointers to protect and enhance your brain, mind, memory and body.*

Alzheimer's disease is a progressive brain disorder that causes problems with memory, thinking and behaviour in older adults. It accounts for around 50 to 75 per cent of all dementia cases in Australia. An estimated 425,416 Australians live with dementia, and this number is expected to rise.

Alzheimer's disease is often used as a synonym for dementia, but in fact dementia is an umbrella term for impaired memory thinking skills, with Alzheimer's a specific form of dementia.

The first case of Alzheimer's was described in 1906 by Dr Alois Alzheimer, a German neurologist. Alzheimer identified two of the disease's key physical traits when he examined a woman's brain tissue

under a microscope after her death: He found abnormal protein clumps (now known as amyloid plaques) and tangled bundles of nerve fibres (now called neurofibrillary, or tau, tangles).

An explosion of research over the last five years has shed more light on what goes wrong in the brain during Alzheimer's. Four things are seen in the brain tissue of a person who died of the disease: The two traits that Dr Alzheimer noted, plus nerve cell loss and inflammation.

The increased appearance of plaques - protein deposits that buildup in the spaces between nerve cells - is widely believed to be what initiates the disease in the brain. Twisted tangles of proteins called tau proteins can build up

inside nerve cells, and along with increased numbers of plaques, can block communication between nerve cells.

The continued loss of connections between nerve cells damages them to the point that they no longer function properly in the parts of the brain affecting memory, and the nerve cells eventually die. As more nerve cells die, parts of the brain that control reasoning, language and thinking skills are also affected, and brain tissue begins to shrink.

Researchers also suspect that inflammation (excessive action of immune cells in the brain) plays an important role in the progression of Alzheimer's and is more than a side-effect of the disease.

The cause of Alzheimer's disease is unclear, but researchers suspect

the disease is triggered by a combination of genetic, lifestyle and environmental factors that affect the brain over time.

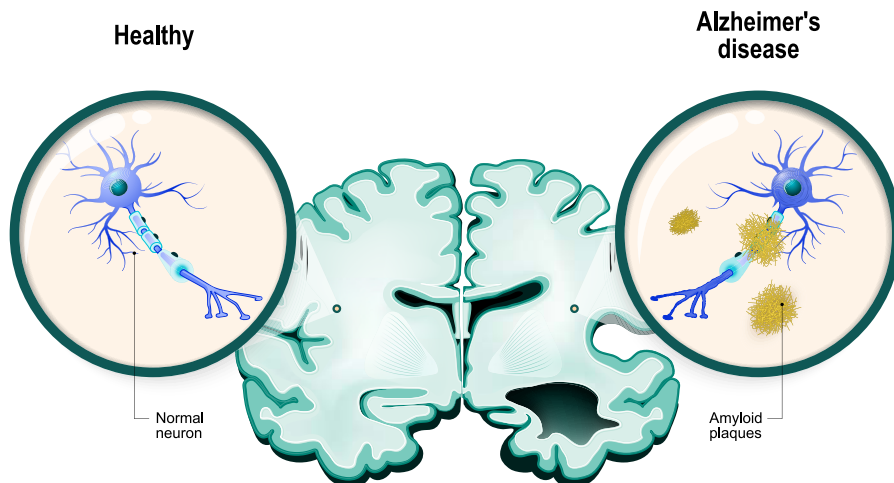
Researchers still don't understand what causes dementia/Alzheimer's and how to stop it. Drug development has been slow and littered with failures. A study in 2014 found 99.6 per cent of all compounds tested in clinical trials between 2002 and 2012 on Alzheimer's failed. The success rate was "among the lowest found in any therapeutic area", the researchers concluded.

According to *Sydney Morning Herald* science reporter Liam Mannix, "the vast majority of drugs don't make it to clinical testing. Bapineuzumab, owned by Pfizer, failed to outperform a placebo in a phase three trial in 2012. Solanezumab, an antibody designed to clear away amyloid beta proteins, failed in 2012. In 2016 it was tested again at an earlier stage of disease progression and again failed. Verubecestat, which was designed to interfere in the process that creates amyloid beta and was among Merck's most promising compounds, failed at stage three trials in February [2017]."¹

Mannix's article cites the research of Professor Bryce Vissel, director of neuroscience and regenerative medicine at the University of Technology Sydney, and Dr Bill Ketelbey, Pfizer's former Australian senior medical director. They both "believe lifestyle factors contribute to Alzheimer's disease, and amyloid plaques are likely to be just one part of a complex condition."

Obesity and diabetes are both known strong risk factors for Alzheimer's and are well-known for activating our inflammation system. Inflammation is the tender and painful tissue that rises up when we sprain a joint; it can also occur, unseen, inside the body.

According to Mannix: "Inflammation in the brain impairs cognitive function and memory formation. If it goes on too long, it can lead to cell death. What if our Western diets and lifestyles – which are linked to obesity and diabetes – are also leading to overactive inflammation systems, spreading to the brain and damaging it? There is good



"What if our Western diets and lifestyles – which are linked to obesity and diabetes – are also leading to overactive inflammation systems, spreading to the brain and damaging it?"



▲ A participant in the Nun Study, Sister Nicolette enjoying her 101st birthday at the Mankato, Minnesota Provincial House. She passed away in 2010. Sister Nicolette was physically and mentally active and alert nearly to the end of her life.

evidence of brain inflammation in Alzheimer's patients, although critics argue this is a symptom of the damage being caused by amyloid."

"Professor Vissel argues the scientific community became obsessed with amyloid because it was so simple and so compelling – a literal plaque on the brain, gumming up its functions," notes Mannix. "Yet amyloid plaques are not uncommon

in healthy individuals; by some estimates 40 per cent of non-demented elderly have them. And, Professor Vissel points out, not all people with dementia have plaques."

"It's been 100 years of the amyloid hypothesis. The treatments that have been in development are consistently failing. There is a growing sense that maybe we need to rethink the direction of the field," Professor Vissel says.

RESEARCH & WHAT YOU CAN DO

The research shows that Alzheimer's and dementia, like heart disease or cancer, is a modern world condition we all are at risk of as we grow older – however, there are some steps we can take now to mitigate the risk with the added benefit of being a lot healthier and staving off other conditions negative to our health.

Before we go to some of the latest studies, we will look at the fascinating "Nun Study," one of the first long-term studies in a well-controlled population.

The groundbreaking study of nearly 100 nuns found that the complexity of the sisters' writings as young women had a great deal to do with how they fared cognitively later in life. Of the nuns who died, 90 percent of those with Alzheimer's disease confirmed at autopsy



The lesson from this study is we should be lifetime learners and readers, keeping our brains and mind active from an early age.

had low linguistic ability in early life, compared with only 13 percent in those without evidence of the disease.²

David A. Snowdon, Ph.D., of the University of Kentucky's Sanders-Brown Center on Aging and lead author of the report, said the findings show that written linguistic performance, the study's measure of cognitive ability in early life, "is a potent marker for cognitive problems, Alzheimer's disease, and brain lesions in late life."

Snowdon and his colleagues suggest that the full development of the brain and cognitive abilities early in life, through education or other stimulation, may provide a "neurocognitive reserve" that protects people from Alzheimer's disease and other cognitive problems.

The lesson from this study is we should be lifetime learners and readers, keeping our brains and mind active from an early age.

BRAIN REGENERATION

People used to believe that we lose brain cells and capacity as we grow older, but we now know that neuroplasticity can reverse this. This is the brain's ability to reorganise itself by forming new neural connections in response to novel activities and situations or to compensate for injury or disease.

A recent study found that the hippocampus region of the brain, used for memory and mood, generates fresh cells even in its 10th decade. The study found that the rate at which the new brain cells are generated, known as adult hippocampal neurogenesis, falls sharply in Alzheimer's patients, even in the early stages of the disease.

The findings, published in *Nature Medicine*, could lead to new methods of diagnosing Alzheimer's before symptoms emerge. It might also be possible to identify patients at risk of the condition and encourage them to boost brain cell production.

Rosa Sancho, head of research at Alzheimer's Research UK, said: "This research shows that we can continue to produce new [nerve cells] even into our 90s... Alzheimer's radically accelerates the rate at which we lose nerve cells and this research provides convincing evidence that it also limits the creation of new [ones]... Larger studies will need to confirm these findings and explore whether they could pave the way for an early test to flag those most at risk of the disease."³

BRAIN TRAINING – BEWARE OF SHORTCUTS

A major study casts doubt on the booming billion-dollar industry of brain training that has resulted

in online training, apps and television shows, that tap into fears about ageing, Alzheimer's, and the promise of maintaining brain function.

In the study, published in the *Proceedings of the National Academy of Sciences*, a group of researchers argue that the "desire to become smarter may blind us to the role of placebo effects."

They found that individuals exposed to a flyer advertising "brain training and cognitive enhancement" showed improvements equivalent to a 1- to 10-point increase on a standard IQ test. The other group, who were told they were participating in a study with no mention of brain training, showed no improvement.

"The spectre of a placebo may arise in any intervention when the desired outcome is known to the participant – an intervention like cognitive training," the authors said.

The authors say the placebo effect isn't worthless. "By using such methods, we can begin to understand whether true training effects exist and are generalisable to samples (and perhaps populations) beyond those who expect to improve," the authors argue.

Brain training courses and games are often advertised to stave off memory loss, dementia, and even Alzheimer's disease, but the science doesn't back it up.⁴

A better approach for full brain

and mind activation involves not only taking up new tasks, learning new abilities, doing educational courses, but also to physically engage as much as possible in the actual activity related to that endeavour (benefits are increased by utilising traditional methods such as writing, notetaking, reading physical texts, and limiting electronic device usage). All of this should be done in accordance with healthy diet and exercise (particularly walking, and preferably in nature away from polluted environments).

SIESTA TIME

A study on brain aging found that people who took an hour-long nap after lunch performed better in mental tests than the people who did not nap. Those who slept for about an hour also did better than people who took shorter or longer rests.

People who took no naps, short naps, or longer naps experienced decreases in their mental ability that were between four and six times greater than people who took hour-long naps.

Junxin Li, lead author of the study, said: "These people also experienced about the same decline in their mental abilities that a five-year increase in age would be expected to cause. Cognitive function was significantly associated with napping. Between-group comparisons showed that moderate nappers had better overall cognition than non-nappers or extended nappers."

David Reynolds, chief scientific officer at Alzheimer's Research UK, said: "This study adds to growing evidence that sleep has a beneficial impact on learning and memory, and it's positive to see that this holds true in a study of older adults."⁵

THE BENEFITS OF CURCUMIN

Few naturally-occurring compounds are as good as curcumin found in the common kitchen spice turmeric. The natural wonder ingredient curcumin is widely known to have many health benefits, and now researchers from the UK's Warwick University are well underway to



The Single Habit That Raises Smart, Kind Kids?

This is what happens when you read aloud to a child every day... Your child will hear a wider variety of words. Here's why this is important: "The one pre-kindergarten skill that matters above all others, because it is the prime predictor of school success or failure, is the child's vocabulary upon entering school. Yes, the child goes to school to learn new words, but the words he already knows determine how much of what the teacher says will be understood. And since most instruction for the first four years of school is oral, the child who has the largest vocabulary will understand the most, while the child with the smallest vocabulary will grasp the least." (*The Read-Aloud Handbook*)

You grow your child's brain, literally. The more you read to your child, the more the neurons in her brain will grow and connect together.

You put them on the path to be a lifelong reader. Reading is essential for the learning process, and kids who struggle with reading tend to struggle in school. But you have the power to give your child this one key to success in school and life because: "The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children." (*Becoming a Nation of Readers*)

Your child's behaviour will improve. When you read aloud, you increase your child's ability to pay attention and concentrate – skills that definitely help your child in school. Also, reading aloud to a child can even decrease aggressive tendencies in the child.

You build a stronger bond with your child. Kids love when you read aloud to them because of the physical closeness and emotional bonding it offers: "We're blown away that kids time and again said the most special time they recall spending with a parent is reading together." This makes sense when you think about it. In our busy modern lives, how often do we stop everything we're doing, put down our phones, and just enjoy time with our kids? A strong connection with your child leads to better cooperation from them, and that's something pretty much every parent could use more of.

You increase your child's capacity for empathy. When you read fiction to your child, her brain is "literally living vicariously through the characters at a neurobiological level." In other words, you're exposing your child to different types of people and giving her the ability to put herself in their shoes while you read. Growing your child's empathy muscle will teach her to be a friend who empathises, a partner who can see her partner's side in a disagreement, and a compassionate person who helps others in need.

► Excerpted from www.happyfamily.com/raising-smart-kids (sources for the above can be found in this online article).



TRADITIONAL DIETS BUT WITH LESS MEAT

Consuming traditional diets with lower meat content than the Western diet may significantly reduce the risk of Alzheimer's, according to a study.

The link between the unbalanced modern Western diet - which includes too much meat, sugar, and processed foods - and a variety of health disorders is well known. Alzheimer's rates in Japan and developing countries have risen rapidly in recent years. When Japan made the nutrition transition from the traditional Japanese diet to the Western diet, Alzheimer's disease rates rose from 1 per cent in 1985 to 7 per cent in 2008.

The study checked Alzheimer's prevalence in 10 countries (Brazil, Chile, Cuba, Egypt, India, Mongolia, Nigeria, Republic of Korea, Sri Lanka and the US) along with dietary supply data 5, 10 and 15 years before the prevalence data.

The study identified the specific risk each country and region faces for developing Alzheimer's disease based on dietary habits. Residents of the US were at particular risk, with each person having about a 4 per cent chance of developing Alzheimer's. The traditional meat-reduced or meat-free diets of countries such as India, Japan, and Nigeria were cited by the study authors as beneficial.

"Reducing meat consumption could significantly reduce the risk of Alzheimer's disease (AD) as well as

proving just how curcumin could play a role in preventing Alzheimer's disease.

They aim to investigate how well curcumin and pomegranates can hack autophagy - the body's system of cleaning house - to help prevent Alzheimer's disease. They will also check on the effectiveness of the compounds when combined with intermittent fasting. As many nutraceutical companies incorporate curcumin into their products, if the benefits are proven to be significant, there will be wider implications across the industry.

Their new study - currently underway - seeks to further previous research in this area.

Previous related research at the Chinese University of Hong Kong in 2008 found that Biocurcumin, a patented extract available as a food supplement, helped prevent further buildup of amyloid plaques and subsequently was approved by the FDA for investigational therapy.

The importance of curcumin seems to hinge on its ability to kick-start the cleansing process that otherwise can take up to eighteen hours of fasting for the body to begin by itself. The studies to date have shown that when curcumin is present in the bloodstream in potent amounts for a long enough

period, it can help autophagy start much sooner.

Biocurcumin is a food supplement designed to allow active curcumin to be retained in the body for more than eight hours.

Later research later conducted with the University of Rome in 2015 showed Biocurcumin was able to reverse the dysfunction that sometimes occurs in autophagy, the self-cleansing process.⁶

Further information on the usefulness of curcumin can be found here: www.buyturmerix.com/au/



▲ The curcumin within turmeric is a natural anti-inflammatory that can help reduce inflammation in the body.

of several cancers, diabetes mellitus type 2, stroke and chronic kidney disease," said William B Grant, author of the research published in the *Journal of the American College of Nutrition*.

They found that: "The most important dietary link to AD appears to be meat consumption, with eggs and high-fat dairy also contributing. Diets high in grains, fruits, vegetables, and fish are associated with reduced risk of AD, but these factors cannot counter the effects of meat, eggs, and high-fat dairy. Higher vitamin D status is associated with reduced risk of AD."⁷

EXERCISE & WHOLE FOODS

The Global Council on Brain Health came out in June 2019 to say that pensioners should invest in walking shoes and fish suppers and not waste their money on supplements that promise to boost brain health. The global council is an independent collaborative of scientists, health professionals, academics and policy experts.

The body found that nutritional products which claim to help memory, thinking skills or reduce symptoms of dementia are a waste of money. It said there is "no convincing evidence" to support their use and urged those in middle and older age to instead focus on having a healthy diet, with plenty of exercise.

Sarah Lenz Lock, the council's executive director, said: "Rather than buying a dietary supplement, spend money on new walking shoes or a salmon dinner."

The report recommends consumption of fatty fish, and other types of seafood which it said could help. But it said there was "insufficient evidence" to support the use of the supplements to such ends. However, the report stresses that those with specific deficiencies of vitamins could benefit from them.

"Vitamin B12 deficiency and folate deficiency (also known as vitamin B9 deficiency) may negatively affect your brain health; therefore, supplementation may be beneficial for people with lower-than-recommended levels of these B vitamins," said the body. They also said vitamins could benefit pensioners for other health reasons.⁸



Kids Who Spend Time in Nature Become Happier Adults

Researchers from Aarhus University in Denmark recently published a study proving something most of us already know is true: Getting outside, walking around, hearing the rustle of trees, feeling the wind on our face, the rain on our backs, the sun on our skin – the more we do that as kids, the happier we are as adults.

From 1985 until 2013, researchers combed data from one million Danish residents. They looked at everything from income to educational level, history of familial mental illness, as well as how much green space surrounded where the residents had grown up. As they had so much data to work with, the researchers were able to accurately check socioeconomic factors.

Researchers found that being raised surrounded by nature as a child meant a 55 percent lower incidence of developing mental health issues as adults. Even better, it seemed that the more time children spent in nature, the better as far as mental health outcomes were concerned.

"If we were talking about a new medicine that had this kind of effect the buzz would be huge," said Kelly Lambert, a neuroscientist at the University of Richmond in Virginia, USA. "But these results suggest that being able to go for a walk in the park as a kid is just as impactful."

The researchers even used satellite data to examine how much green space surrounded the residences of the subjects in the study. It was as simple as noting that kids who grew up in areas surrounded by more visible vegetation meant better mental health outcomes as adults. Wilderness, public parks, even urban green spaces, it didn't seem to matter. The ramifications could be massive for future city and regional planning.

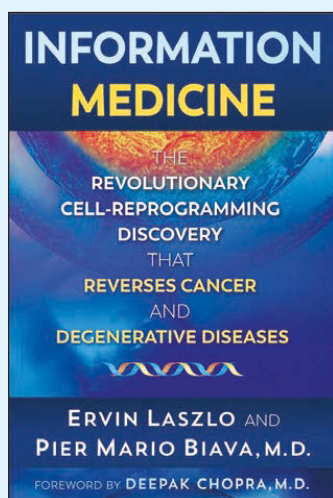
"There is increasing evidence that the natural environment plays a larger role for mental health than previously thought," said Kristine Engemann, who led the study. "Green space seemed to have an association that was similar in strength to other known influences on mental health, like history of mental health disorders in the family, or socioeconomic status," said Engemann. What's more, the effect of green space was "dosage dependent" – the more of one's childhood spent close to greenery, the lower the risk of mental health problems in adulthood.

The reasons why reconnecting with nature works wonders is obvious when we consider the relatively short period of development of the modern world with all its technology and convenience – which has increasingly distanced us from nature as we live in protected bubble worlds.

The proof is in the pudding. Doctors are now prescribing nature walks for patients to help with chronic physical ailments. Forest bathing has become a new trend (see page 18). Mountain biking groups are healing mental illness sufferers. Surfing is a very real salve for veterans with severe PTSD and physical ailments. It's not surprising that the natural environment has powerful health benefits.

► Sources: www.pnas.org/content/116/11/5188; www.npr.org/sections/health-shots/2019/02/25/697788559/greener-childhood-associated-with-happier-adulthood

NEW PARADIGM IN SCIENCE AND MEDICINE



INFORMATION MEDICINE THE REVOLUTIONARY CELL-REPROGRAMMING DISCOVERY THAT REVERSES CANCER AND DEGENERATIVE DISEASES

By Ervin Laszlo &
Pier Mario Biava, M.D.

A look at the future of medicine based on cutting-edge stem cell research. Shares Dr. Biava's groundbreaking research on stem cell differentiation stage factors (SCDSFs) as a cellular "reprogramming" treatment for cancer and other degenerative diseases. Explains how SCDSFs restore communication between cells and the epigenetic code, the information that programs the normal function and growth of every living cell. Explores how the universe operates like a cosmic information-network and how this new scientific worldview will shape the future of healing and medicine. Unveiling the holistic future of medicine, the authors show how we will no longer need to approach the treatment of cancer and other degenerative diseases as a "fight," but as a restoration of our cells' original programming. With the advent of *Information Medicine*, we now have the power to program ourselves to heal.

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TIPS FOR THE NEW GENERATION

"The idea that Alzheimer's is entirely genetic and unpreventable is perhaps the greatest misconception about the disease," says Gary Small, M.D., director of the UCLA Center on Aging.

Scientists and big pharma are having great difficulty inventing effective drugs for Alzheimer's. There's no need to wait for a breakthrough as mountains of research, as discussed above, reveal simple things you can do every day to cut your odds of losing your mind. But you can also be an educator and help save children from Alzheimer's and memory loss later in life (as noted in the Nun Study cited above). Check out the following five suggestions from Jean Carper's book *100 Simple Things You Can Do to Prevent Alzheimer's*:

1. Prevent head blows. Insist children wear a helmet during biking, cricket, skating, skiing, football, hockey, and all contact sports. A major blow, as well as tiny repetitive unnoticed concussions, can cause damage, leading to memory loss and Alzheimer's years later.
2. Encourage language skills. A teenage girl or boy who is a superior writer is eight times more likely to escape Alzheimer's in late life than a teen with poor linguistic skills. Teaching young children to be fluent in two or more languages makes them less vulnerable to Alzheimer's.
3. Insist children get an education. Education is a powerful Alzheimer's deterrent, as revealed in the Nun Study. For each year of education, your risk of dementia drops 11%, says a recent University of Cambridge study.

4. Provide stimulation. Keep children's brain busy with physical, mental and social activities and novel experiences. High cognitive reserve protects against memory decline and Alzheimer's.

5. Spare the junk food: Lab animals raised on berries, spinach and high omega-3 fish have great memories in old age. Those overfed sugar, especially in soft drinks, saturated fat and trans fats become overweight and diabetic, with smaller brains and impaired memories as they age, a prelude to Alzheimer's.

FOOTNOTES

1. 'What if we have got it wrong on Alzheimer's?' by Liam Mannix, *Sydney Morning Herald*, 23 March 2018
2. 'What Nuns Are Teaching Us About Alzheimer's' by Alissa Sauer, www.alzheimers.net/1-09-17-what-nuns-are-teaching-us-about-alzheimers/
3. 'Human brain produces new cells well into old age' by Rhys Blakeley, *The Times*, 26 Mar 2019
4. 'Brain training and memory games: Benefits may be all in the mind' by Julie Power, *Sydney Morning Herald*, 21 June 2016
5. 'Secret to an active brain? A nap after lunch' by G. Narwan, *The Times*, 8 Jan 2017
6. 'Warwick University investigates curcumin benefits for Alzheimers', www.nutraceuticalbusinessreview.com, 28 Mar 2019
7. www.sciencedaily.com/releases/2016/08/160825102121.htm
8. 'Walking shoes and fish suppers are better than supplements that claim to boost brain health, experts say' by Laura Donnelly, *The Telegraph*, 29 June 2019



HELEN CANNINGTON is a writer and researcher. Her main interests concern environmental science and mental health. She can be contacted via *New Dawn* magazine.

Age Without Alzheimer's

Train Your Memory

– BY DR RUTH YOLANDA CILENTO (1925-2016) –

Kee up with the times but learn from your past. Another biomarker of ageing that can make a huge difference to your state of wellbeing is your memory. Your memory may have slipped or be slow if you have never tried to train it. Many have developed skills of recall already by the time they reach 'three score years'.

Most people who realise that memory is failing, for whatever reasons, learn to make lists. This is a habit we should all cultivate as early as possible. I started making lists years ago because I realised that sometimes when I was hurried, or absorbed in other thoughts as I left to go shopping, I had forgotten to jot down what I wanted. I then arrived home with other foods selected on impulse, but not the ones that were the reason for the trip to the grocery store originally.

Have you ever 'lost' your car in the car park because you were in a hurry and did not pay sufficient attention to note the area where you put it? Very embarrassing – I've done that, I confess, but not lately. Some people can't remember their own home phone number. Some don't bother to memorise it these days when it is available by pressing the retrieval mechanism on the

Get into this habit NOW if you haven't already. Don't think it is paltry, petty or 'fuddy duddy' and dismiss it as 'showing your age'.

your own method. You don't have to show it to anyone.

KEEP TRACK OF THINGS TO DO.

I started with shopping lists a few times a week. I was about 50 at the time I felt I needed this, and I eventually went on to develop a much



telephone. For the elderly or those with memory problems, here are some aids to recall.

TAKE NOTES. Write things down immediately you think of them. Have a note book to take with you in the kitchen, bathroom, bedroom and toilet. Whether you write lists or headings, things to be done or snips of this and that, is entirely

better structure in my life. To make a time for doing things regularly might seem a bore at first, but to know where you are each week or every few days makes you pay attention to your own needs and wants as well as your work.

Your notes and lists may become a really valuable companion to your everyday life. They can be

Age Without Alzheimer's

a handy record of names of people you meet, phone numbers, things you want to do, priorities for doing things, good ideas, recipes and shorthand notes to yourself that help to make a life of interest and excitement for now and the future. It is an enrichment, a 'keeping on track' and a marvellous way of improving your memory.

I have a file for old 'things to do' notes, so that at any time I can look up names and dates when I had the car serviced, when I planted what, or when I started exercises and so on. It is a way of keeping in touch with life. Get into this habit NOW if you haven't already. Don't think it is paltry, petty or 'fuddy duddy' and dismiss it as 'showing your age'. In many different guises, by keeping in touch with yourself, by writing things down, you make a record of your successful living. I find it so much more satisfying and personal than putting lists on a computer.

'Post-it' notes, memoranda, timer appliances, diaries, 'morning pages', musings are just some of the



*It is an enrichment,
a 'keeping on track' and
a marvellous way of
improving your memory.*

myriad ways humans have helped themselves to 'be in the present'. These ways have intrigued us since long before the invention of timepieces, clocks, church bells and sundials.

The quiz (on the opposite page) lists some of the methods people use when memory is slipping, for whatever reason. It is not a test to make you concerned, because it is normal as we age for our neural pathways and centres to take longer to access stored memory in the different cells involved.

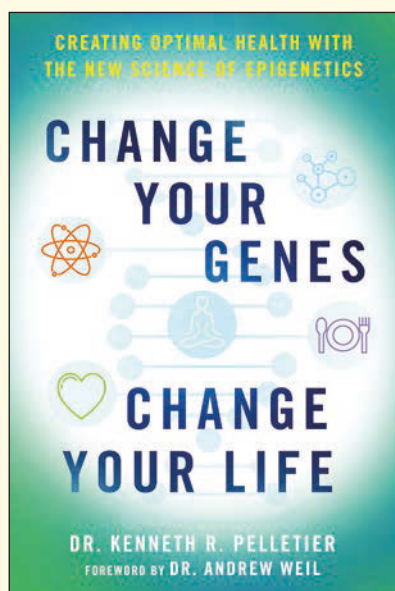
These questions may teach you some methods you have not yet needed to learn but may find useful later on.

OUR SURVIVAL IS BASED ON MEMORY

Memory cells are some of the fastest growing areas in the brain of a baby. There is a huge development of different cells for different areas, all developed to deliver messages and store them so they can be used, in conjunction with other cells storing memory, to 'put 2 and 2 together' to form messages, ideas and pictures.

Continued on page 34...

THE NEW SCIENCE OF EPIGENETICS



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By Dr Kenneth R. Pelletier

Our biology is no longer destiny. Our genes respond to everything we do, according to the revolutionary new science of epigenetics. In other words, our inherited DNA doesn't rigidly determine our health and disease prospects as the previous generation of geneticists believed. Especially in the last ten years, scientists have confirmed that the vast majority of our genes are actually fluid and dynamic. Now gaining broad credibility among scientists, the study of epigenetics is at the forefront of modern medicine. According to the author, the real upshot of the epigenetic revolution is that it opens the door to what futurists call personalised medicine. Dr. Pelletier explains in layperson's language the genetic biomarkers that will become the standard reference for measuring which specific lifestyle changes are required to optimise a given individual's health. In the very near future, each person's state-of-the-art genetic and epigenetic profile - matched with other precise indicators such as assays of the gut microbiome - will guide their daily health practices.

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QUIZ

What Helpful Techniques Have You Developed To Jog Your Memory?

– BY DR RUTH YOLANDA CILENTO –



Even when there are some very important things to remember, recall and retrieval may be a problem. Here are a few of the most common ways of training yourself to remember things. As we age, we may need help with times and dates such as birthdays, appointments, paying bills, doing chores, renewing licences, planting, washing, gardening etc. Tick which of these methods you have used and add others you have discovered:

- ☐ Do you write down birthdays and anniversaries in a special book or on a calendar you can see frequently?
- ☐ When you hear a new name or word, do you say it aloud in conversation a few times soon after and write it down to remember as soon as you get the chance?
- ☐ Do you mark a calendar on the wall or in your wallet to mark off the place, the time and the date of events to remember?
- ☐ If you lose something in the house or out shopping, do you retrace your steps and look carefully around each place where you have stopped, even for a moment, to recall your actions?
- ☐ Do you make a written list for groceries or say the items aloud to yourself?
- ☐ Do you repeat the proper name of the place you are going to visit and visualise the number and the street names in writing in your mind?
- ☐ Do you count the number of things to do by assigning each to one of your fingers as you memorise it?
- ☐ If you can't remember an item, word or name, do you go through the letters of the alphabet aloud to find if the sound of each letter could jog your memory for it?
- ☐ Do you ever make a rhyme, an acronym or a song to include items you want to remember?
- ☐ Do you count the items to remember, say the names aloud or pair them or group them together, such as bread and butter?
- ☐ Do you repeat the name of a person you have just met, and focus your mind to remember something about the speech, dress or features that go with that name to stick it in your memory, such as 'Slim Steve with Shorts and Sloppy Shirt is a Skin-head'? All the S's.
- ☐ Do you make a picture in your mind of what a thing looks like and what it does as well as saying the name of it aloud?
- ☐ Before you tell a joke, do you go through it first or see it in your mind so you do not forget the punchline?
- ☐ Do you repeat aloud and constantly the telephone number you have just looked up? Or write it in the air with your finger, or trace it out on the palm of your hand a few times until you can write it down?
- ☐ Do you put an unusual object in your way on the path where you will be walking to remind you not to put it away until the job is done?
- ☐ Do you have a routine of going through the things you need to take for the errands you are on / go through the list / on your fingers / or your notes / before you / lock the back door and / open the garage? ie., four parts of a routine.
- ☐ If you forget what you are going to say in conversation, do you tell your listener you have forgotten and ask what the subject was you were discussing?
- ☐ Do you set the alarm to remind you to do things or turn things off on time?
- ☐ Do you mentally think of and visualise beforehand in every detail, something you want to particularly focus on in conversation later?
- ☐ Do you remember something important by repeating it at longer and longer intervals until you recall it immediately in your mind when you want?
- ☐ Do you make a list, in large writing, of the telephone numbers you use often or need in an emergency, and hang it up on the wall near the phone so you won't have to look it up when you need it in a hurry?
- ☐ Do you ask someone else to remind you to do something and, by putting the responsibility onto them, sometimes promptly forget it yourself?

Age Without Alzheimer's

This putting together of stored messages allows us 'to learn'. Without this ability of the memory-holding cells, we could not survive. Memory is essential for making progress in every field of the child's development.

Loss of memory is a major concern to all of us through life because our competence, actions, work and play, even our basic physiology of when and what to eat and drink depends on it. Loss, even slight, excites a search for reasons why and how the loss could have occurred because the fear of losing this memory brings to mind the dreaded disease of Alzheimer's and other dementias.

It basically has to do with how the storage in the different types of cells can be activated by the right connections in the brain network, like in the telephone exchange. If you have the wrong sequence of numbers, the phone message just doesn't connect. Even if only one number is missing, the message doesn't get through.

We can recognise in ourselves all through our lives several types of memory loss, recent memory or short-term, relating to what happened hours or days ago, and remote or long-term loss for memory of years ago – even in childhood.

There is another type of disturbance of memory now recognised as an inability to store new information. This is very short memory. We will recognise it when we immediately forget the name of a person we have just met. This represents a complete non-processing of new information altogether.

So these symptoms are not diagnostic in a true sense, because we all have experienced these losses of

connection, and they occur during different circumstances. See if these causes of memory disturbance fit you:

- ★ Not paying attention to the information given;
- ★ Having too many calls on the 'memory phone' at the same time, just as 'call line busy' on the telephone can be forgotten when the recipient is 'preoccupied' with another matter;
- ★ Being told too many things at once and not having time to process them. Older people need longer to process and time to recall. "I'll think of it in a minute or two when I'm not trying to remember" – maybe you have heard someone say that;
- ★ Having a deficiency in the nutrients for the nerve cells involved in storing memory. There may be deficiency or absence of memory substance through loss of acetylcholine or lecithin;
- ★ Having present toxic chemicals, such as alcohol esters or drug remnants that block memory. Most of the sleep-inducing and stress-reducing drugs can act this way, even after the main effect is supposed to have worn off;
- ★ Brain trauma, illness, tumour, high temperature, shock treatment, stress, epilepsy and other organic brain disturbances can cause memory loss by disrupting the wiring system temporarily or permanently.

The symptoms of memory loss must be carefully investigated with surrounding influences so that the causes can be discovered and no false impressions or tangled mes-

sages are recorded. This is called careful differential diagnosis.

Stress releases a flood of adrenal (cortisol) and other brain chemicals that may inhibit memory, so high degrees of stress may be one of the main culprits.

Be careful if an older person is being tested by answers to a series of questions from a questionnaire delivered by an interrogator the elder does not know. There may be a high degree of stress and the answers given may NOT show the true extent of memory ability. This can happen because the elder is not in her own home, does not know or recognise the examiner, is hurried over the answer by the impatience of the people present – not necessarily the examiner.

Sometimes the elder has a hearing problem, or is not wearing her spectacles for written questions, and cannot read or see well enough to understand the question.

The elder may actually not comprehend fully what is being said, so that misunderstanding mars the understanding of the question being asked, and also the answer given. Agnosia is the term for this 'not comprehending', and is located in another part of the brain.

Patience is an important attribute in choosing someone to apply the MMSE – the Mini Mental State Examination, which is often used to test dementia. There are other user-friendly tests that are just as reliable for gauging memory and comprehension in the aged, and do not rely so basically on the positive or negative feelings of the participants.

► The above is extracted from Dr Cilento's *Age Without Alzheimer's* and originally appeared in *New Dawn* 82 with permission of the author.



DR RUTH YOLANDA CILENTO (1925–2016), daughter of noted physicians Sir Raphael West Cilento and Lady Phyllis Cilento, was born in Adelaide and graduated in medicine and surgery from Queensland University in 1949. Her successes in helping people who were terminally ill and who had chronic, painful disease, brought many with cancer and other deteriorating illnesses to her clinic. Dr Cilento wrote self-help works and cookbooks relating to cancer and dementia, including *Heal Cancer: Choose Your Own Path*, *Anti-Cancer Cookbook: Creative Feasts*, *Simply Delicious!*, and *Age Without Alzheimer's* (Books 1 & 2). She also edited Lady Phyllis's *Better Health with Medical Mother* (1991).

PAIN FREE

Chiropractic BioPhysics

Rehabilitating Spine & Posture

– BY DR ALEX HOPWOOD –

Once you start looking, you see them everywhere: people with rounded shoulders, curved spines and extended 'goose' necks from hours of hunching over mobile phones, tablets and computer screens.

It's a modern-day epidemic, the equivalent of, say, smallpox in the Middle Ages or the scourge of typhoid during the 18th century Industrial Revolution. Of course, it doesn't kill with anything like the efficacy of those old diseases, but it can lead to a lifetime of chronic pain, headaches, migraines, much more frequent illness, disabilities and even disease, organ dysfunction and a drastically shortened life-span.

These days, in my chiropractic practice, I see it more and more. There are often people even in their 20s well on the way to developing noticeable hunches which I nickname iHump, tablet stoop, text neck and computer crouch. They don't seem aware that bad posture can cause them terrible health problems later down the track, and often come to me for help with back or hip pain or headaches, thinking they simply need a quick adjustment to make them right again.

When I photograph them standing and then show them the picture, comparing it with someone standing properly tall and straight and proud, they're usually visibly shocked. They'd never realised, they say, how curved and bent and stooped-over they'd become, and are alarmed to think they're likely to



▲ X-ray images of neck misalignment and improvement after CBP treatment.

become even more so as they age unless they do something about it now. "And what can I do about it?" they ask. It's my favourite question.

INTRODUCING CHIROPRACTIC BIOPHYSICS

A few years into my work as a chiropractor, I started understanding there was a need for treatment of this growing problem. As a result, I began studying a discipline called Chiropractic BioPhysics (CBP), or the science of understanding human structure and the importance of a straight spine and good posture. Founded in 1980 in the US by three doctors, Dr Donald Harrison, Dr Deanne Harrison and Dr Daniel Murphy, it was named after 'physics applied to biology in chiropractic'.

The CBP technique emphasises optimal posture and spinal alignment as the primary goals of chiropractic care while simultaneously documenting improvements in pain and function-based outcomes. It aims to 'rehabilitate' the spine and posture structurally.

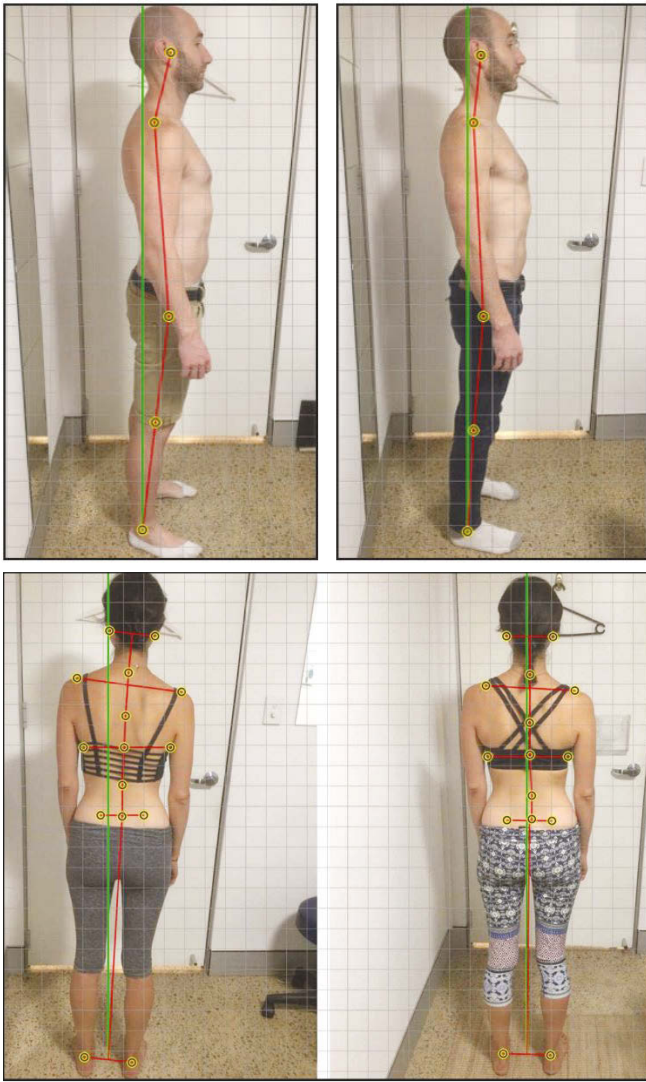
Since its start nearly 40 years ago now, it's been the subject of numerous books and has become one of the most investigated techniques in chiropractic, with more than 153 published scientific studies into the practice, including in the reputable *The Archives of Physical Medicine and Rehabilitation* and *The European Journal of Physical and Rehabilitation Medicine*.

To my surprise, however, it is not well-known at all in Australia, with only a handful of therapists using its methods. After studying here as much as I could, I went on to stay at a US facility in Boise, Idaho, to complete a course with the masters over there, and become certified in spinal remodelling CBP.

Today, it's one of the mainstays of my practice, and I've become inundated by patients wanting to reclaim straight spines – and pain-free health. I'll first of all examine them physically to observe their posture from both the front and side and ask them to perform a simple set of movements so I can judge their range. Often, their necks cannot move as freely as they should.

I'll explain at the same time about the body structure and how it works; something akin to inspecting a building and judging how strong it is to carry a certain weight load. Making sure a body and a building is straight – and look at how in Italy they're currently re-balancing the Leaning Tower of Pisa to make it last longer! – means that it can cope, and perform, much better.

It's vital that a body is put back into alignment and the spine remodelled – just like putting crooked



▲ Structural reports on two patients. The red line indicates the curve of their spine and neck, and the green line shows where ideally it should be.

teeth in braces so the jaw works more effectively in the future. As a consequence, the spine will be under less physical stress with every movement, the nervous system will work more fluidly, and those little spinal nerves won't be so aggravated. There'll be reduced inflammation, tension and compression, and signals throughout the body will flow much more easily.

ASSESSING THE NEED

Next, I'll X-ray their spines to check that there are no other underlying issues going on and that they do have a problem I can help with. If I judge that CBP is likely to be of use, I'll

show the patient the X-ray and a structural report with a red line indicating the curve of their spine and neck, and a green line showing where ideally it should be.

That gives me the actual positioning of their own neck and spine and shows me precisely by how many millimetres (or degrees on the normal average based on age) both may be out of alignment.

Then I'll advise a course of treatments at the clinic including traction and exercises with foam blocks - lumbar orthotic devices developed by chiropractors - placed in different positions under the back and/or neck (see page 37) as well as a series of exercises the patient should do by themselves at home, preferably daily.

From the very start of my CBP work, I've been amazed by the outcomes that have been achieved. I've seen some patients almost grow before my very eyes by as much as five

centimetres, as they're now standing up so much taller and straighter. A woman previously afflicted with chronic back pain, who confessed she'd almost come to terms with it being a lifetime condition, now says she hasn't felt a single twinge in her back for the past three years.

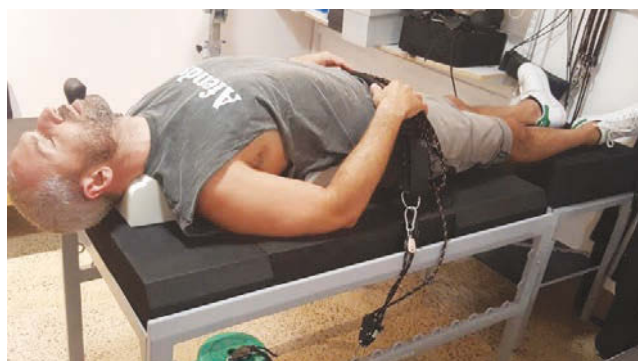
A former keen gym-goer who found he had to reduce his weightlifting due to an injury caused by his spine misalignment has, since treatment, been able to regain his form and continue his progress. A young aspiring model who was warned by her agent that she'd have to improve her posture if she wanted to make a successful career of her dreams, is now regularly modelling for magazines throughout Australia and has her eye on moving to Europe.

And a competitive cyclist who'd been horrifically injured after somersaulting over his handlebars at traffic lights and left with six broken ribs, a punctured lung, a badly broken clavicle and scapula, and giant bolts screwed into his thigh, who feared he'd never walk again, has made a spectacular recovery. "Going to see Alex was the single most life-changing experience of my life," he says. "After 10 weeks of therapy, my spine was realigned and the change in me was just phenomenal. Nothing else I've ever done has had such a positive benefit."

I DO: A WEDDING DAY TO REMEMBER

One, Martin, 32, was desperate that he'd look his best for his wedding day. "I'm an office worker and I spend all my time bent over my work station," he told me. "For years now I've had a massive stoop in my posture which makes it uncomfortable to sit and stand for long periods, and also affects my sleep. But I've been told there's nothing I can do to change this."

One look at him told me (almost) all I needed to know, and after an examination and X-rays, I was convinced that CBP treatment could help. His spine was quite badly curved, and I suggested he try a course of 20 treatments.



▲ Patient undergoing traction

CBP TREATMENT

Depending on the nature and severity of the spinal curvature and the extended neck, patients are given a range of treatments at the clinic.

These may involve differently-shaped and sized spinal orthotic devices, called Dennerolls – specially scientifically researched and designed foam bricks – placed in a number of different positions from under the lower back right up to the neck, to correct misalignments. Patients lie on a traction bench and are then strapped tightly down to effect the structural changes.

The treatment is designed to cause stress through the ligaments of the spine so the body can adapt and change. Some patients might find it uncomfortable,

and a few have (jokingly) likened it to a torture rack, but progression is based on individual tolerance and most quickly become used to it. There are those who distract themselves over the 10 to 15 minutes they spend in the first position by meditating or listening to music or podcasts. A few particularly hardy souls I have witnessed sleeping. When people become used to it, it can even feel quite an agreeable stretch.

That's often followed up by a different position with another Denneroll in an alternative position while those with extended necks may also be put into a kind of head brace with weights dangling down from it, to force their necks back. That's not particularly pleasant either, but the results speak for themselves.

Clients are then sent home with their specific Denneroll to spend maybe 20 minutes a day lying on it on a hard floor or bench, with an added five minutes of rehabilitation exercises, as a way of consolidating the kind of changes they're seeing.



▲ Dr Hopwood supervising patients undergoing traction



After that, we'd reassess him and see how it was going.

He drove from Canberra religiously twice a week, did his exercises at home, and very soon we started seeing noticeable improvements. He finally organised his wedding and seeing the photos of him standing at the altar beside his bride, tall, confident, proud and glowing, was all the thanks I'd ever need.

A writer, Sue, 59, spent hours every day bent down over notebooks and had developed back pain that left her frequently in agony. I prescribed a treatment that I knew would fix her up. While she was sceptical at first, especially as the pain grew worse while her body gradually adjusted to the new position in which she was holding it, six months on she found her neck had moved from being 21.9mm forward to just 5.3mm, a change of 75.8 per cent, while her thoracic spine curve improved by 25.2 per cent. At that

point, she declared it a miracle. "The miracle, I told her, is CBP."

And banker Steve, 36, came in after a co-worker continually reminded him of how poor his posture was. It took him six months, but now his colleagues say he's never looked straighter.

RESEARCH INTO BACK PROBLEMS

The research also underlines how important this work may be. One major international study¹ found that adult spinal deformity, compared with other chronic conditions like arthritis, chronic lung disease, diabetes and congestive heart failure, often had a much greater impact on people's quality of life. On the basis of the 36-Item Short Form Health Survey (SF-36), a set of generic, coherent, and easily administered quality-of-life measures, scores from patients with other chronic conditions ranged from -2.5 to -14.1. People with misaligned spines, however, reported scores

from -10.9 to -45, showing they had the most affected level of physical function and the most pain.

For the elderly, curved spines can be even more dangerous, leading to higher rates of mortality, too. Another study² followed 1,353 older people for over four years, measuring their kyphotic posture as the number of 1.7cm blocks that needed to be placed under a person's head to achieve a neutral head position when lying flat. Those with a hyperkyphotic posture were found to have a 1.44 greater rate of mortality. Further research had similarly sombre results for older people. It discovered³ that spinal inclination is associated with future dependence on others, for normal daily living activities.

At the same time, it's sometimes tough to be young and have spinal issues, too. Another study of 79 adolescents with back problems⁴ found these could have a significant impact on both the youngsters'



▲ Patients undergoing traction

physical health and their emotional self-esteem. The report said, "They wake up because of back pain and feel quite nervous with the external appearance of their body. These patients often face problems with their relations with friends, while they reported difficulties in getting up from bed and sleep at night more often than their counterparts without deformities."

As well as back pain, physical deftness, strength and longevity, CBP can also make a valuable contribution to other chronic condi-

tions, like dizziness. A group of people reporting this condition were treated with a range of modalities,⁵ while 72 of these, randomly selected, were also given CBP. At the one-year follow-up, it was found that this group identified statistically significant improvements in all of the measured variables including the position of the head, cervical lordosis, dizziness - both its severity and frequency - and neck pain.

AND THE MOTHER LODGE

One of the first people who alerted me to the efficacy of CBP was my own mother. In my youth, I remember her suffering dreadful migraines, and often for long periods of time. She often had to take time off work, and

I remember her once enduring an excruciating migraine that left her bed-bound for two weeks. She'd been to see a whole range of doctors and practitioners of numerous different disciplines, both conventional and alternative, but nothing seemed to help.

Finally, she went to a CBP practitioner and, after six months, she had no more episodes at all and has had none in the 25 years that have passed since.

As a practitioner, you always want to improve people's lives and

free them from pain. Now, as a CBP practitioner, I'm seeing those kinds of results almost every day. And for an endorsement of the value of CBP, just ask my mum.

► Alex practises at the Health Space clinic, Ground Level, 33 Bayswater Rd, Potts Point NSW 2011. Tel: (02) 8354 1534. healthspaceclinics.com.au. All photos provided by Dr Hopwood and used with permission of patients.

FOOTNOTES

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DR ALEX HOPWOOD started working in chiropractic at the age of just 17 as a chiropractic assistant. Later, he enrolled into the Bachelors of Chiropractic Science at Macquarie University, followed by two years to complete his Masters and then undertook further study in Idaho, US, to become certified in spinal re-modelling Chiropractic BioPhysics. Today, he practises at a Health Space clinic in Kings Cross, Sydney, and is the director of a number of other Health Space clinics around Sydney while attending conferences and further training to refine his skills. Alex is passionate about the implementation of specific rehabilitation programs (in combination with chiropractic care) that focus on proper alignment of the body in order to initially relieve numerous common neck and back pain and then strengthen the body to prevent re-injury.

PAIN FREE

Myofascial Release

Understanding Chronic Pain & Effective Self-Help Techniques

– BY AMANDA OSWALD –

Many ordinary people suffer from one or more chronic pain conditions. They are not superfit athletes, and they have not developed their pain after deliberately pushing their body to its limit. Their pain developed as part of everyday life. Unexplained pain can be distressing, and those who make it to one of our clinics seek an explanation and a return to their pain-free life. We can offer both by introducing them to fascia and myofascial release.

Fascia is the main connective tissue in the body, connecting everything to everything else, creating a bodywide web. The ligaments that hold our joints together and the tendons that connect muscles to bones are all made of fascia. Fascia wraps around and runs through every one of our body's structures, protecting them and giving them shape.

Fascia encases and runs through organs such as our heart, blood vessels, nerves, and the muscles that make our limbs work. Going deeper, fascia holds together every fibre and cell that makes up those organs, connecting each to its neighbours and filling the fluid interstitial spaces between cells. Your knee bone is indeed connected to your thighbone, but not in the way you think.

Not only does fascia give the body structure, in its healthy state, it moves fluidly and seamlessly to distribute tension and maintain balance in the body. However, like



Myofascial release is an advanced hands-on therapy involving the application of sustained, gentle pressure to release fascial restrictions.

every other part of us, fascia can become injured. When damage occurs the fascial web snags and pulls, like internal knitting gone wrong. It becomes misshapen and loses its flexibility and ability to move. Fascial restrictions then develop, leading to limited movement, pressure, and pain.

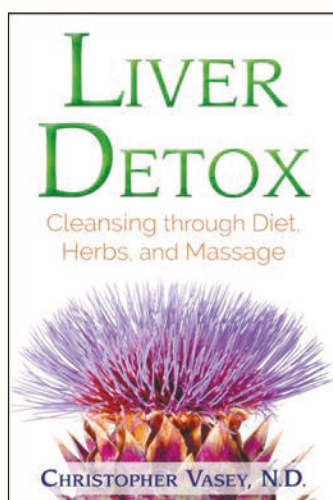
Myofascial release is an advanced hands-on therapy involving the application of sustained, gentle pressure to release fascial restrictions. The principles on which myofascial release is based make it particularly suitable for treating those people with chronic pain for whom 'no pain no gain' techniques

are too much to tolerate. Myofascial release is also an excellent basis for teaching practicable self-help techniques to clients.

Some of the common causes of fascial damage and restrictions are the following...

ACCIDENT

All of us will experience a variety of accidents and injuries during our lives, from childhood through to old age. A major trauma will usually be remembered long after the event and can have long-lasting effects. Even everyday minor incidents, such as bumping into a kitchen cupboard, missing your



LIVER DETOX CLEANSING THROUGH DIET, HERBS, AND MASSAGE

By Christopher Vasey, N.D.

In this practical guide to cleansing and detoxifying the liver, Christopher Vasey shows how many features of modern living – such as overeating, medications, cigarettes, alcohol, food additives, and environmental pollution – overtax this powerhouse of an organ. This leads to weakening of the liver and congestion with toxins, which in turn can lead to illness. Detailing how the liver functions, the author explains how to use diet, herbs, massage, and other practices to detoxify, strengthen, and regenerate your liver. He includes simple charts and questionnaires to help you determine to what degree your liver function is compromised. He shows how a simple change of diet along with the use of hepatic herbs will often have immediate benefits. He explains specific foods to avoid and the right supplements. He details 9 plants that are most effective in detoxifying the liver, such as dandelion and rosemary, and provides instructions for their safe use. He also describes liver exercises and massage techniques as well as the use of external aids, such as a hot-water bottle, to stimulate liver activity.

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footing as you step off a kerb, or stubbing your toe, can create fascial injuries that are communicated deeper into the body.

The effects may be apparent immediately after an accident, but they can also emerge years later, having been carried in the fascia long after superficial healing takes place.

SURGERY & SCAR TISSUE

Scars may form as a result of accidents and injuries or, for many of us, they are the result of surgical procedures.

Surface scarring, particularly minor scarring, may heal and disappear as the surrounding area returns to normal. In other cases, the scars remain, looking and feeling different from the surrounding tissues.

Bigger scars are multi-layered – what you see and feel on the surface of your skin is the tip of the fascial iceberg. Unseen, under the surface of the skin, it is very common for these scars to expand, growing along lines of fascial tension and creating adhesions which can cause obstructions and problems of their own. We have successfully treated conditions such as chronic pelvic pain, endometriosis, and pain from c-section scars using hands-on myofascial release.

OVERUSE & UNDERUSE

As fluid beings, we are designed to move and to use our bodies. However, as our world has become more 'advanced', systems, machines, and gadgets have been invented that changed our lifestyles and how we move. Overuse and underuse are related and growing problems arising from our modern lifestyles, including work and leisure. Both can cause fascial injuries.

The underuse of being stuck in one position working at a computer or on a production line, hour after hour, day after day, for months and years, creates more and more layers of fascia which stick together forming fascial restrictions that limit other movement and cause pain.

In our time off, the exercise we do to counteract our jobs often

creates injury from overuse. Unfamiliar movement and exercise can create micro-tears in our already unhealthy fascia; like tiny scars, that can build up and harden and develop into adhesions. This is not an argument for less exercise – more an encouragement for fascial awareness and better fascial health.

POSTURE

When functioning properly, the body is held upright by ligaments and fascia rather than by muscles. It can maintain an upright position without conscious postural control or muscle fatigue. However, poor posture can develop as a result of holding unnatural postures for prolonged periods, for example, when sitting at a desk or driving long distances. As fascia tightens to maintain the position, exerting new forces within our body, it becomes less fluid and signals a need for more collagen fibres to help maintain the position. This effectively forms a type of scar tissue. If these postural scars are not broken up by healthy movement, they harden further and over time we make unconscious compensatory adjustments to our posture that further compound the problem.

Encouraging clients to good hydration and gentle postural stretching can go a long way to preventing fascial restrictions. Applied gently, myofascial release literally softens tissues along the 'direction of ease'. This returns the fascia to its fluid state and helps the body reabsorb the surplus collagen fibres.

STRESS

Stress is a natural phenomenon and a physiological response to both real and perceived danger. Some stress can be good. Running across the road to avoid a speeding car can save your life. The stress of a virus entering your system will trigger your immune system to kick in and resolve the temporary illness, which is also a good thing.

But after just seven days of sustained increased stress, such as that from prolonged pain, the mind-body goes into a state of exhaustion in which normal pro-

tective immune responses are no longer triggered, and the body is vulnerable to disease and injury. Over time this changes the mind-body from a balanced self-regulating system into an unstable environment where eventually even the slightest additional stress can magnify and spread pain.

As well as acute injury, the stress of pain can cause fascial restrictions. At this point the damaged fascia becomes both the cause of the pain and a network for communicating pain.

MYOFASCIAL RELEASE FOR SELF-HELP

With a better understanding of fascia it is possible for clients to help themselves out of chronic pain using simple yet effective myofascial self-help techniques. For some people, fascial exercise can be enough; but most prefer a mix of hands-on myofascial treatment and things they can do for themselves between sessions.

In the world of sports training, you don't have to look far to find self-myofascial release being promoted as the new 'quick fix'. Athletes in search of ever-greater performance are urged to 'attack', 'smash' and 'blast' their fascia into submission using anything from foam rollers to cricket balls to hard plastic sticks. Apart from the risk of injury, this sort of talk is likely to discourage the majority of sensible everyday folk for whom self-myofascial release promises enormous benefits in terms of fitness, flexibility, and freedom from chronic pain.

Fundamentally, everyone's fascia behaves in exactly the same way, and treating it roughly then expecting it to perform at its best is misguided. My experience as a fascia specialist, treating people with a wide range of pain conditions, has shown that a slower, gentler approach is far more effective.

As the cells in our bodies are built to replace and renew themselves, with around six months of regular bodywork you can completely change your fascia. In this time, you can remove restrictions, restore flexibility, and return fluidity to your tissues. Just as your body has gradually become stuck, so it can become unstuck.

Here are a few of my favourite exercises to help release and rebalance your mind-body. These are all from our Living Pain Free programme which is now available as a book, Kindle download and an online programme of over 40 videos demonstrating simple myofascial stretches and self-care exercises (see www.paincareclinic.co.uk).

SPINE ROLL DOWN – STANDING OR SEATED

Starting at the top of your spine, tip your head forwards and imagine your vertebrae slowly rolling forwards and down, one at a time, letting your arms hang loosely by your sides.

Continue to roll down for as far as is comfortable for you – your hands may end up somewhere near your knees or touching the floor. Wait there for a few slow deep breaths and then start to roll back up. Imagine each vertebra stacking up on top of the one below it, starting from the bottom and working up your back with your head being the last thing to come up and rest on top of the stack.



MYOFASCIAL BALL EXERCISE FOR BACK OF NECK

Using two inflatable myofascial release balls in a bag, lie on the floor or on your bed and place the balls under your neck, just below the base of your skull. Position the balls either side of your spine, to cradle and support your neck and head.

Breathe deeply and let the weight of your head sink into the balls. Be here for 2-5 minutes to allow time for the fascia to release and relax. Working in this area can also stimulate the vagus nerve, encouraging further relaxation of your whole mind-body.

THE TOWEL STRETCH

This is a simple way to counteract poor posture from computer use. Use a large towel, like a bath sheet, and roll it lengthways into a big sausage. Place the towel on the floor and lie on it, face up, so that your spine is resting along the length of the towel. Make sure that both your head and your bottom are on the towel. Lie here for about 10-15 minutes and just let your mind and body relax. As you do so, you will feel your body start to let go and gently stretch as gravity pulls your shoulders and pelvis down towards the floor.





When working with fascia, whether stretching or doing other body exercises, find the point at which you can just feel the start of resistance and wait there at that barrier until the fascia starts to soften, give, and release.

I call this the 'slow fix'. The satisfaction of myofascial self-care comes from the inevitability of the slow fix.

Here are my top tips for adopting the myofascial self-care slow fix approach:

LIGHTEN TO UNTIGHTEN

Fascia has a tensile strength of 2 tonnes per square inch (which is about the equivalent of a panda sitting on you). You can't force your fascia to release restrictions. Lighter, sustained stretches or pressure are best.

BE PATIENT

When working with fascia, whether stretching or doing other body exercises, find the point at which you can just feel the start of resistance and wait there at that

barrier until the fascia starts to soften, give, and release. This means holding a stretch or maintaining pressure in a ball exercise for 2 to 5 minutes. Research by Paul Standley of the University of Arizona indicates that fascia responds particularly well to 5 minutes of sustained pressure. This may be too long for many people to manage at first, so start with at least 2 minutes and build up your time.

BE ATTENTIVE

Pay attention to how your body (and mind) are feeling as you do your exercises. You may feel pain or other sensations elsewhere in your body, which gives you an indication of where to work next. You may experience thoughts and emotions as you work - notice them and gently allow them to let go too.

BE GENTLE

Many foam rollers and other implements are too hard or dense and unyielding. It's better to use something softer which more closely replicates the gentle pressure a therapist would use in hands-on myofascial release therapy. Inflatable balls of around 10cm in diameter are ideal as they provide the correct pressure and can be used safely even when you have pain. Smaller myofascial trigger point balls can help get into knottier areas, but these must also have a degree of give. Rubber balls are ideal - don't be tempted by golf balls.

BE MINDFUL OF MIND & BODY

In the context of myofascial self-care, being mindful means appreciating the interconnectedness of mind and body. Using relaxation downloads, meditations, and breathing exercises can help relax the mind and encourage the physical body to let go. Taking a mind and body approach to myofascial self-care maximises fascial relaxation, release, and rebalancing.

There are many different myofascial self-care exercises and stretches you can choose from. Whatever you choose, committing to just 20 minutes of daily self-care can make a big difference over time. (See page 41 for a few of my favourite exercises to help release and rebalance your mind-body.)

► Amanda Oswald is the author of the book *Living Pain Free: Healing Chronic Pain with Myofascial Release*, available from all good bookstores.

► Amanda runs online myofascial release courses & workshops via www.paincareclinic.co.uk/workshops



AMANDA OSWALD is a leading UK myofascial release specialist and author of *Living Pain Free: Healing Chronic Pain with Myofascial Release*, available as a book, Kindle edition and online self-help video programme, and with supporting products. She is the founder and lead therapist at the Pain Care Clinic, with locations in London's prestigious Harley Street and elsewhere in the UK. Amanda runs self-help workshops for the public, and myofascial release training for therapists. Go to: www.paincareclinic.co.uk.

The Revolutionary Cell-Reprogramming Discovery

– BY HELEN CANNINGTON –

A new book looks at the future of medicine based on cutting-edge stem cell research. Restoring communication between aberrant cells and the body's information network, or epigenetic code, restores healthy function, offering a new cellular 're-programming' treatment for cancer and other degenerative diseases.

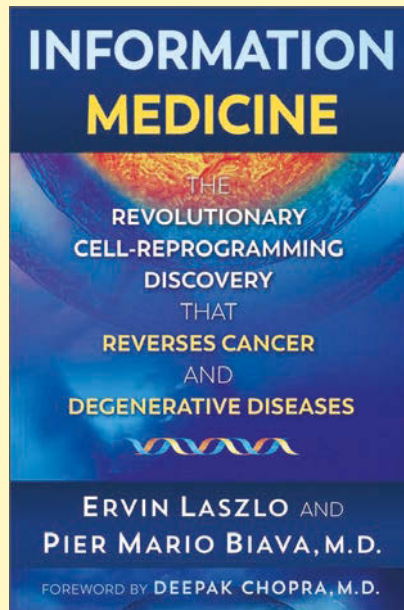
Importantly, the quantum holistic basis of the new approach is at odds with today's outmoded reductionist/mechanistic model of medicine that insists on treating parts instead of looking at the whole.

The idea that everything in the universe and life is 'in-formation', as presented in *Information Medicine: The Revolutionary Cell-Reprogramming Discovery that Reverses Cancer and Degenerative Diseases* by Ervin Laszlo PhD and Pier Mario Biava M.D., heralds the dawn of a completely new and exciting era in medicine – one that has the potential to transform the way doctors treat and even think about disease.

The universe is not a mechanical system of matter – it operates like a cosmic network that runs on and is connected by information. Information 'in-forms' and underlies all of the physical world, including the human body.

The authors refer to the late British physicist David Bohm, who spent his career maintaining that the visible order observable in the created universe, from the level of quantum activity to the most evolved forms, including human DNA, was controlled by an invisible organising principle or force. This invisible agency exists outside time and space, but it informs every structure in creation, and to that end Bohm devised the term "in-formation."

A series of laboratory experiments and clinical trials carried out over twenty years demonstrates that "in-formation" can be applied



to healing and medicine and, specifically, to the treatment of cancer and many other diseases.

Dr Pier Mario Biava has pioneered a new course in medical science by proving that the factors that differentiate stem cells can re-program cancer stem-like cells and therewith regulate gene-expression. His research shows that "Stem Cell Differentiation Stage Factors" (SCDSFs), derived from Zebrafish embryos – which have a very high percentage of proteins identical with those of human beings – can regulate the expression of particular genes or proteins which represent important elements in controlling the multiplication and differentiation of normal and pathological stem cells.

Stem cell differentiation factors are connected to what scientists call the epigenetic code, a system that deals with gene expression during embryonic development. Accord-

ing to the new research, SCDSFs work directly as epigenetic regulators to reconnect aberrant cells to the body's information network and reset them to their original function – in the case of cancer cells transforming them from malignant to benign, from dysfunction back to normalcy and health.

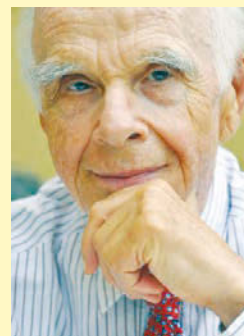
Dr Biava's research also covers the role of genes in the prevention of aging. He found that epigenetic regulators from Zebrafish embryos, at the beginning of the cell differentiation process, controls the expression of multipotency in stem-cells, enhancing genes that counteract stem-cell senescence – thus prolonging their life span.

According to the authors, the key point is "the reception and elaboration of 'in-formation' in a living system is the key to its

health and viability, but this in-formation is not always fully and correctly received. This flaw can be rectified."

These new breakthroughs herald the holistic future of medicine. They come at the dawn of a new era in health that will see a scientific paradigm shift from materialism/reductionism to holism.

Deepak Chopra concludes his Foreword to their new book: "Laszlo and Biava have made a major contribution to the paradigm shift that will inevitably come, and when it arrives, they will deserve a large measure of acknowledgement from all sides."



▲ Ervin Laszlo (top) & Pier Mario Biava, M.D. (above)

► To obtain your copy of *Information Medicine: The Revolutionary Cell-Reprogramming Discovery that Reverses Cancer and Degenerative Diseases* by Ervin Laszlo PhD & Pier Mario Biava M.D., please go to page 71.



Why Does Homeopathy Work?

– BY DAVID ORR –

Homeopathy is a unique form of medicine in the sense it uses Universal Laws of Nature rather than Mother Nature's substance to cure disease. Mother Nature provides us with minerals, herbs, plants and animal products, all of which in various ways help maintain our health.

Homeopathic remedies, on the other hand, while being prepared from all these different material substances, are diluted and potentised to a point and far beyond there being any trace of the original material left in them – which is why homeopathy confounds modern medical science.

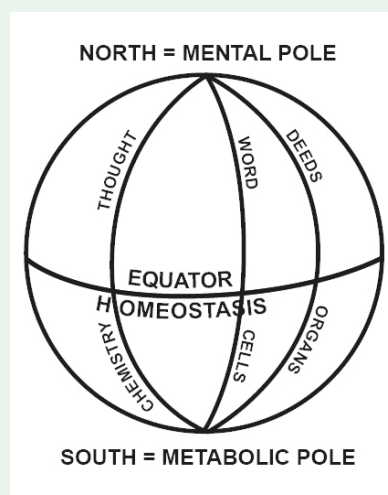
For over 200 years, homeopaths and their patients have experienced their curative effect and know full well it isn't the placebo effect. What is it that gives homeopathic remedies the power to cure?

It is ENERGY, electromagnetic energy. Homeopathic medicines are electromagnetic energy fields that when introduced into a patient with a like disturbance in the electromagnetic energy field of their own body, repel that disturbance leaving the patient's own vital forces free to restore health.

A statement like the foregoing is destined to either open Pandora's Box for sceptics or for the open-minded to make common sense through a few universal laws of physics:

1. Material substance right down to atoms possesses an

For over 200 years, homeopaths and their patients have experienced their curative effect and know full well it isn't the placebo effect. What is it that gives homeopathic remedies the power to cure?



electromagnetic field – our material body has an electromagnetic field just as the Earth has an electromagnetic field.

2. Electromagnetic fields have polarity – the Earth has a North and South Pole while an atom has a +ve nucleus and -ve electrons;

3. The electromagnetic field of our body likewise has polarity based in our nervous system – in this sphere our cerebrum relating to our mental world acts as the north pole and our solar plexus, a nerve plexus behind our stomach relating to our metabolic world within, acts as the south pole.

4. Electromagnetic impulses like those present in our nervous system create an electromagnetic field around them, so our whole nervous system relates to the electromagnetic field of our body.

5. As midway between the Poles of the Earth is the warmth of the Equator, likewise midway between the poles of our nervous system is homeostasis, a state of balanced warmth in our blood.

6. The north pole of our nervous system relates to thoughts, words and deeds in our conscious life on Earth, while the south pole relates to our chemistry cells and organs giving our brain the ability to carry consciousness, even though we are all but unconscious of the latter.

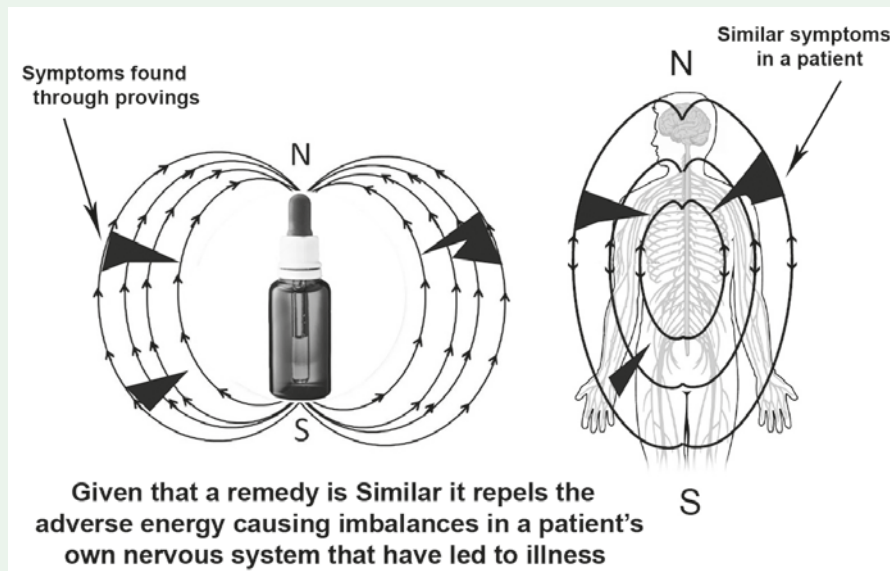
7. As the Poles of the Earth are connected by lines of electromagnetic energy each Pole influencing and balancing the other, likewise are the poles of our nervous system connected, thus our thoughts influence our chemistry and vice-versa, and likewise our words and cells are polar opposites and our deeds and organs, each pair working in their own dimension yet working together as a whole.

8. When *like poles* of two electromagnetic fields are brought within close proximity, they *repel* each other whereas *opposite poles attract* - if we bring like poles of two magnets together the magnets repel each other while opposite poles of the same two magnets attract if not attach to each other.

When a homeopathic remedy is made, a material substance is dissolved in a medium of water and ethanol, then diluted and succussed many times over, each time raising its potency.

Water is a unique substance for many reasons, one of them being its ability to dissolve substances into liquid solution and its capacity to take on the electromagnetic field of the substance dissolved - a bit like if we rub a magnet on a neutral iron rod, the rod 'inherits' the electromagnetic field of the magnet due to the atoms in the rod becoming polarised.

At the potency 12C there is virtually no trace left of the original



material, however, in this process the electromagnetic field of the medium has taken on the characteristics of the electromagnetic field of the original substance, resulting in a sort of holographic electromagnetic facsimile.

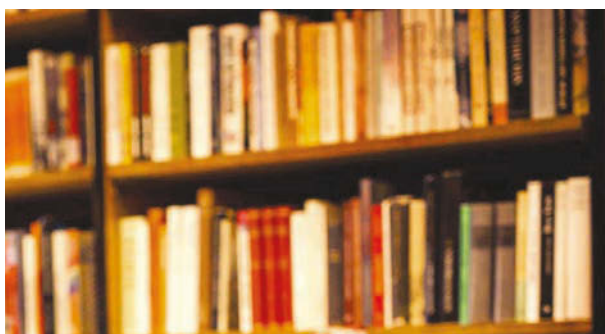
Our material body is full of light - warmth (infrared light) in our

blood and impulses in our nerves (electromagnetic light), neither of which belong to the spectrum to which our eyes are sensitive.

What we loosely call climate change today, threatening so many different life forms on Earth including human life, is the effect of Man-kind upsetting the electromagnetic

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Why Homeopathy Works



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field of the Earth. By destroying Earth's natural mineral, plant and animal resources and polluting our planet to extremes, we are disabling Earth's ability to support life on this planet as a whole.

It is similar with the changes in our body that we call disease, which are extremes outside the norm – when a person falls ill it means the electromagnetic field of their body has lost its equilibrium, and this state of imbalance can be qualified through signs and symptoms expressed in a patient's appearance and history.

By denying our body nature's foods, pure air and water, we are upsetting equilibrium in our body's own electromagnetic field, disabling our metabolism's ability to support life in our body – our personal symptoms are our own vital wake-up call as to the form of our metabolic imbalance.

Over 200 years ago a doctor, Samuel Hahnemann, in searching for a more natural way to cure illness than the methods of his time, revisited the ancient texts in our culture to find Hippocrates had stated, "*Like cures like* – an emetic such as Ipecac can cure a case of vomiting."

This became the fundamental law on which homeopathy is based. Hahnemann did 'provings' of remedies where a substance was given to a healthy person (including himself) who then developed certain signs and symptoms which were recorded in detail to become the proving or 'picture of illness' that a particular *HOMEOPATHIC* remedy could be relied on to cure.

Hahnemann then experimented with diluting and succussing remedies, developing the second main principle of homeopathy, the min-



▲ Samuel Hahnemann (1755-1843), the founder of Homeopathy.

ute dose or 'potentisation', which meant any substance, even toxic material, could be used to prepare a homeopathic remedy because (a) its curative action did not depend on material substance, and (b) there wasn't any of the original material present in a remedy.

While the 'provers' developed certain signs and symptoms when doing the provings, these were superficial. As soon as the proving was stopped, they returned to health sometimes better than before. Through the use of these medicines over a couple of centuries, a veritable medical chest of far more profound illnesses were found to be curable through homeopathy.

Too much coffee can result in restlessness, over-activity in mind and body, insomnia etc., yet homeopathic coffee can act to cure these symptoms whether a patient drinks coffee or not – it is the 'total

symptom picture' that is important in homeopathy, far more than the name of a disease, and there can be more than one remedy and potency to choose from for any particular illness.

Obviously, what is really lacking in our culture today is our understanding of 'what makes us tick' – how we human beings are put together as a trinity of body, mind and soul, essentially beings of light contained within a material body.

This lack of understanding spreads across the whole spectrum of our present society, whether it concerns science, law or religion – we are not being educated to understand the true purpose of our given life on Earth, the purpose for which the light of our soul has given us consciousness on Earth.

From the point of view of our soul, nothing is inherently bad – there are only lessons to be learned no matter how hard, and more importantly, whether or not we are prepared to learn them. If we're not, then our mind gets in a knot, and that is where education today is miserably failing our children.

We are beings of light contained within a body made of matter, the former giving life to the latter and such is the nature of 'enlightenment' – in a sense, homeopathic remedies enlighten our inherent metabolic intelligence when it goes awry, whether or not we understand why it works.

► David Orr has an online course called *Why Homeopathy Works*. To learn more, visit this website: orr111.official.academy



DAVID R ORR studied medicine at a university in Melbourne for four years before failing and going bush where he wound up shearing sheep for 24 years. During this period, he practised a simple form of classical yoga, studied homeopathy and the metaphysical sciences (and found the Aboriginal dreamtime was based on similar universal laws to our ancient sciences.)

Introducing Taoist 5-Element Nutrition

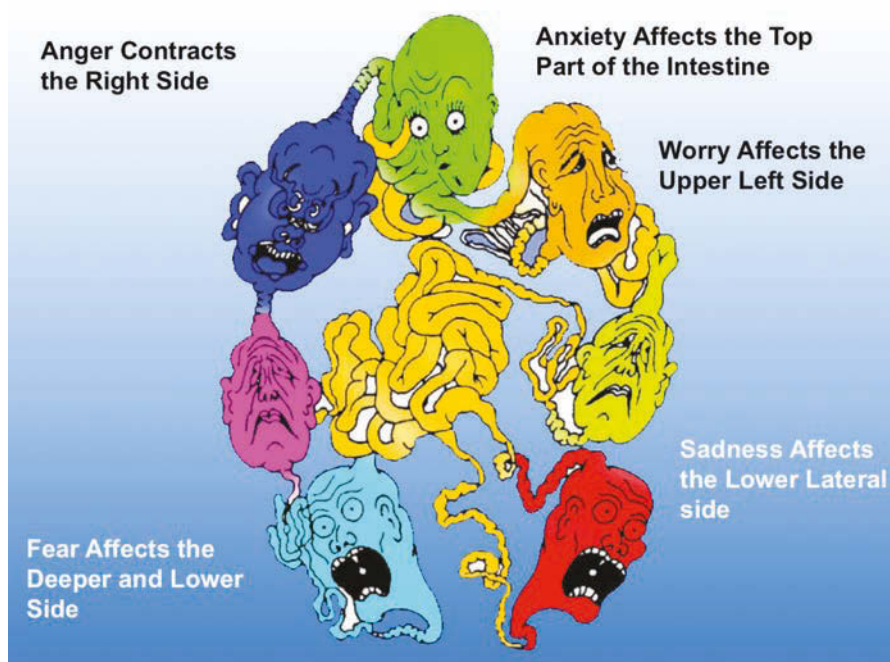
– BY CHRISTINE
HARKNESS-GILES –

The relationship between health and food intake is a much-studied one. There are miles of shelves of diet books and volumes exploring the relationship.

The new book *Taoist Secrets of Eating for Balance* brings to the foreground the Taoist concept of this relationship and introduces its healing effects. Taoism is about simplicity, nature, the Cosmos and the relationship between emotions and our organs; it recommends *balance*, a part of ancient Taoist dictate for living a healthy life. No extreme or one-food diets here, Taoist food advice is mainly based on *5-element nutrition*.

Taoism is about the 5 elements and the yin and yang, and the need to bring alimentary balance into your life, and how to balance your life with food. As energy is portrayed by light, the 5 elements have 5 colour ranges (see chart on page 48). Useful in food choice is that the elements are also defined by the 5 major flavours, discernable at different points on the tongue, that in turn release appropriate digestive enzymes.

To work with the book, you first have to see your own 5-element make-up: www.universal- tao.com/InnerAlchemyAstrology. This is a valuable free tool available to determine your own birth *chi* – your bazi or Four Pillars – expressed in an element-coloured pictogram which makes the balance easy to understand.



▲ Organ and digestion meltdown

Mantak Chia revealed his unique form of Taoist Astrology (or Chinese Astrology, as it is the same thing) in *Inner Alchemy Astrology – Practical Techniques for Controlling your Destiny*, and he now reveals how you can further strengthen your birth *chi* with your eating habits.

The *Inner Alchemy Astrology* birth chart reveals our own personal make-up of the 5-Elements: Wood, Fire, Earth, Metal, and Water – in a Yin or Yang facet. These Taoist building blocks of the Universe are vibrant energies or types of *chi*; and looking at their proportions and how they interact will explain your emotional profile, strengths and weaknesses.

A further chart calculation reveals

your incoming energy cycles, which add on to and tweak your basic energy pattern. From this, an astrologist can 'read' your life, in terms of opportunities, successes, challenges and events. Traditional Taoist inner alchemy chi kung and meditation practices help us make the most of our element quantities and to harmonise emotional issues and regulate self-healing. As Master Chia says, "Emotions are here to stay."

IMPORTANCE OF FOOD & CHI

Our daily well being very much depends on our food input – it can change our basic potential for better or for worse. Aliments have a connection with the elemental energies of the cosmos and can thus

ELEMENT	YIN ORGAN	YANG ORGAN	POSITIVE EMOTIONS	NEGATIVE EMOTIONS
Earth	Spleen Pancreas	Stomach	Fairness, Openness & Trust	Worry, Anxiety
Metal	Lungs	Large Intestine	Motivation, Courage & Righteousness	Depression, Sadness & Grief
Water	Kidneys	Bladder	Will Power, Gentleness, Fluidity	Fear & Phobias
Wood	Liver	Gall-bladder	Kindness & Generosity	Anger, Jealousy, Stress
Fire	Heart	Small Intestine	Love, Joy, Compassion	Hatred, Cruelty, Impatience & Arrogance

▲ A brief recap of Taoist principles is that our major organs are the holding energy points for the Five Elements: Fire, Earth, Metal, Water and Wood. Emotions, both positive and negative, are stored in these organs.

weaken or strengthen the element *chi* within us; food is alchemy for our 5-Element-Selves.

Ancient Taoist texts indicate some fundamental principles of nutrition. These basics include choosing food with the best *chi*: e.g. eating local, seasonal, freshly harvested, and these days we would add 'clean' from harmful pesticides. The advice is quite simple really but brings us to think about the *chi* in our food.

Modern nutritionists mention these principles, but today's world has so many technological advances they are rarely put into practice. Now we can easily buy a variety of food from all over the world, flown globally at the cost of a high carbon footprint. Non-native vegetables are often grown in countries where the inhabitants are struggling to feed themselves already, and then served up thousands of miles away. There are economic and gastro-

nomic reasons why this happens, but Taoist philosophy does not advocate them.

The reason why local, seasonal and freshly harvested foods are prized highly in Taoist philosophy is that treated in this way, food maintains the *highest possible level of chi*. Our Taoist forebears had no knowledge of whether foods contained vitamin C, D or E, but they knew what energy the food had available to its consumer.

The origin of food is plants: the plants pre-digest cosmic energy and concentrate it within themselves. This is then taken into our body when we eat them. Fish or animals consumed ate the plants first. They will have taken in the plant energy and transformed it into another energy. The chain becomes longer if the fish or animal consumed others first, again giving it a different energy. For vegetarians, vegans or carnivores, ancient Taoists and 5-element nutritionists worked out energy patterns and advice, leaving us with long lists of foods which are good or bad for certain organs and which increase the element *chi*.

Ancient Taoist texts categorise foods, e.g., being 'hot for the liver' or 'cooling for the kidneys' or 'too

yin for the heart'. In this way, aliment energy has been defined for 5,000 years. We can translate this by saying that food *hot or warming* for an organ is increasing its *chi*, and *cooling* is decreasing it.

There is also the yin and yang. Today we talk about pH or acid/alkaline balance, which again was not a concept that ancient Taoists could measure, but they understood and strived for a yin/yang balance be it in the food you are eating or in your own personal energy. And should your yin/yang balance be way out, then eating the Taoist way will help your own healing energies. The example of a popular alkaline diet means that although it counter-balances much junk-food, pastries and red meat (acid forming or 'yang') there is not much acid (or *yang*) for the digestive juices to work properly, leaving some nutrient energy unobtainable.

Taoist nutrition involves more than just what we eat - it involves eating conditions and looking after the body to achieve optimum digestion, and therefore our well being. Chewing more, not being stressed while eating, choosing fresh foods etc. impact positively on health and healing. Any advice on diet would

be flawed not to include some advice on how to eat. There is no point in throwing more money at your food budget if you do not use rewarding ways of eating. Eating too fast and in the wrong place, and at the wrong time can induce stress on the organs of digestion which prevents good absorption of nutrients and can bring on disease. This is relevant for 21st-century city dwellers and 'back to nature' 'grow your own' tribes. Short lunch breaks, eating 'on the hoof', eating late just before going to bed, tv-dinners, or emotional-arguments-dinner, is the low road leading to body distress. The book illustrates food's digestive journey, showing the high road of *relaxed* eating and the low road of stress effects and indigestion.

Emotions affect digestion directly, e.g. the ancient Chinese said that having anger and jealousy was like 'drinking vinegar'. Indeed, these negative *wood* emotions upset the balance of the wood organs: the liver and gall bladder, affecting the production and release of bile and digestive enzymes. These secretions will become more acid, and we are quite likely to have a sour, acid taste in the mouth and stomach. This will impede proper digestion.

MANTAK CHIA, TAOIST ASTROLOGY & PERSONALISED NUTRITION

Moving from his Asian home to the United States some 40 years ago, Mantak Chia was exposed to the melting pot atmosphere of the many ethnic and fad diets at large in 'American' eating habits. Comparing them with Taoist and/or Asian diets and their effect on the individual, he realised that it is important to look at the 5 element energies the person was born with, as well as their present life and body to understand and affect a food cure for their health issues. He also used Western ways of looking at what a body could lack nutritionally to compare with the person's 5-element make-up and particular needs to achieve element balance.

Taoist Astrology is interpreted according to the 5-element concept and shows the weakness and strengths of the organs determined at birth. This base is with you for the rest of your life, and if it is not



▲ Mantak Chia

consulted or corrected, your present life cannot always be improved successfully. Dynamic cycles of in-coming energies and the way the person has lived, then add on other factors of how they have used or abused their body and its organs.

Mantak Chia is known as the Grandmaster of Inner Alchemy, and he has devoted his life to studying and teaching Inner Alchemy practices. He has organised the practices handed on to him by his own Taoist masters into the Universal Healing Tao System (UHTS), and trains instructors to share them further.

The practices are balancing, and having determined your own 5-element chart, you can use some of the basic techniques to harmonise those energies and initiate healing.

The *6 Healing Sounds* is one example: there are 5 major organ sounds (according to their elements), and the triple warmer is sound number 6. Seeing excess or deficiency in an element in your chart, you can work on the corresponding organ sound. Let's

take excessive or deficient *water* element: the negative emotion for this is fear, which would affect the person on several levels. Doing the kidney sound helps eliminate fear and lets in the *good water* emotions: willpower, calm, gentleness; the change is alchemy. The '*Inner Smile*' is another basic technique: you are literally smiling into your organs to generate *chi*. These practices enhance the chi that you are born with, and improve health and lucidity.

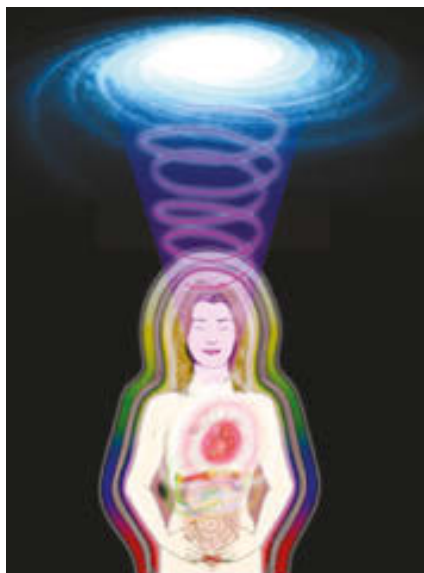
Taoist Healing Arts such as traditional acupuncture, reflexology and TCM are 5-element based, and the UHTS has a specific healing branch with *Chi Nei Tsang*, an inner organ abdominal massage, and *Cosmic Healing* – directing healing energies to the receiver, without touch. As we all like to eat, and do it daily, it was time that *5-element nutrition* was added to the system and also to the expanding shelves of diet and healing related books.

The core Universal Healing Tao inner alchemy practices of chi kung

and meditations have been distilled in the 40+ books that Master Chia wrote over the last 40+ years. But learning them directly with Mantak Chia is another experience. His personal energy is so strong that understanding the techniques comes easily during classes.

My own personal 'eureka' moment 15+ years ago, when I first studied with him, changed my life and I have been studying and teaching the practices ever since. It was undoubtedly through energetically un-blocking the micro-cosmic orbit (one of the basic practices Mantak Chia will be teaching on the Gold Coast in 2020). I had already been studying Chinese metaphysics for 10+ years before and worked as a feng shui consultant. But looking for *chi* in a home or building now seemed insignificant contrasted to looking for *chi* in one's body: Master Chia's practices were the missing link. I also disliked reading Chinese astrology charts as telling people of their *fate*, unless full of good news, is hardly fun. However, guiding them through the challenges of their chart with chi kung & meditations, and now 5-element nutrition, is a totally different experience.

Master Chia's own Taoist Master told him to go to the West and "open the orbits of the world." This was rare at the time as the trend was for this wisdom to stay firmly in the East. Before that time, learning Taoist practices was secretive and often meant the commitment of living in a mountain monastery for most of a lifetime. Mysterious Taoist Alchemists in China were referring to energy changing into health, wealth and longevity, rather than the often-reported search for turning metal into gold. The Chinese



▲ The Tao says that you should treat your organs like children and make sure that they are all happy. This involves satisfying them with the 5 colours, 5 smells and 5 tastes.

revolution and destruction of books and temples sent what remained of this knowledge underground or to nearby Asian countries.

More recently, the Internet big bang opened accessible portals of knowledge; so there has been much change, although now web distributed facts are more dubious and propagating 'fake news' is rife. Before the Internet explosion, Master Chia was one of the first Taoist Masters to cross the Atlantic, renting a small room in Chinatown New York, teaching and "opening orbits," to eventually create a worldwide network of practitioners and instructors. Today we can reap the benefits of his work clarifying and organising traditional wisdom for our West-meets-East minds.

To summarise: The astrology chart calculates four pillars of *5-element chi* coming from the time, day,

month and year of your birth. Most people are familiar with their year animal in Chinese astrology, but few are aware of their 'day master' or the defining element which is YOU. Your day master explains many parts of your life, your family, your relationships and your progress through life from birth. Every ten years, another 'luck cycle' starts, which explains why some people's lives can change radically. Life paths might seem 'pre-ordained' but can, in fact, be tweaked through Taoist inner alchemy practices and feng shui. Further balance using the ancient knowledge of 5-element nutrition can be used from observing the quantities of the 5 elements in your birth chart. Particular consideration is given to supporting your own 'day master' element for which we can use *eating for balance*. The clue is 'balance' whilst harmonising your own 5 elements – remember they all represent energies, phases, skills, emotions and organs in your life.

► 5-Element nutrition is explained in the new book *Taoist Secrets of Eating for Balance: Your Personal Program for Five-Element Nutrition* by Christine Harkness-Giles and Mantak Chia (available in Aug/Sept).

► To check the Inner Alchemy Astrology calculator and read more about IAA, go to www.universal-tao.com/InnerAlchemyAstrology. For more information on the Universal Healing Tao System and Mantak Chia, go to www.universal-tao.com.

► Mantak Chia is coming to Australia in 2020, and will teach 2–7 April 2020 on the Gold Coast. For more on this, visit www.healingtaoaustralia.com. Email: info@healingtaoaustralia.com.



CHRISTINE HARKNESS-GILES is a long-term student of Taoism, Feng Shui consultant and Senior Astrology teacher (since the branch started in 2016). She teaches in Tao Garden, Berlin IAA centre, France and beyond. Born in the Chinese year of the Dragon, she hails from the Wirral, UK. Her present dens are London and Normandy. Christine co-authored with Mantak Chia the books *Inner Alchemy Astrology & Pi Gu Chi Kung*. "I had the great chance to assist Mantak Chia for many of his astrological consultations, as a French translator. These were eye-opening master classes for his chart interpretation and inner alchemy reasoning. It is truly exciting to be part of Master Chia's mission to teach these Taoist practices 'to the world'."

Neidan

The Lost Secret of Chinese Yoga & Inner Alchemy

– BY DR JOHNATHON DAO –

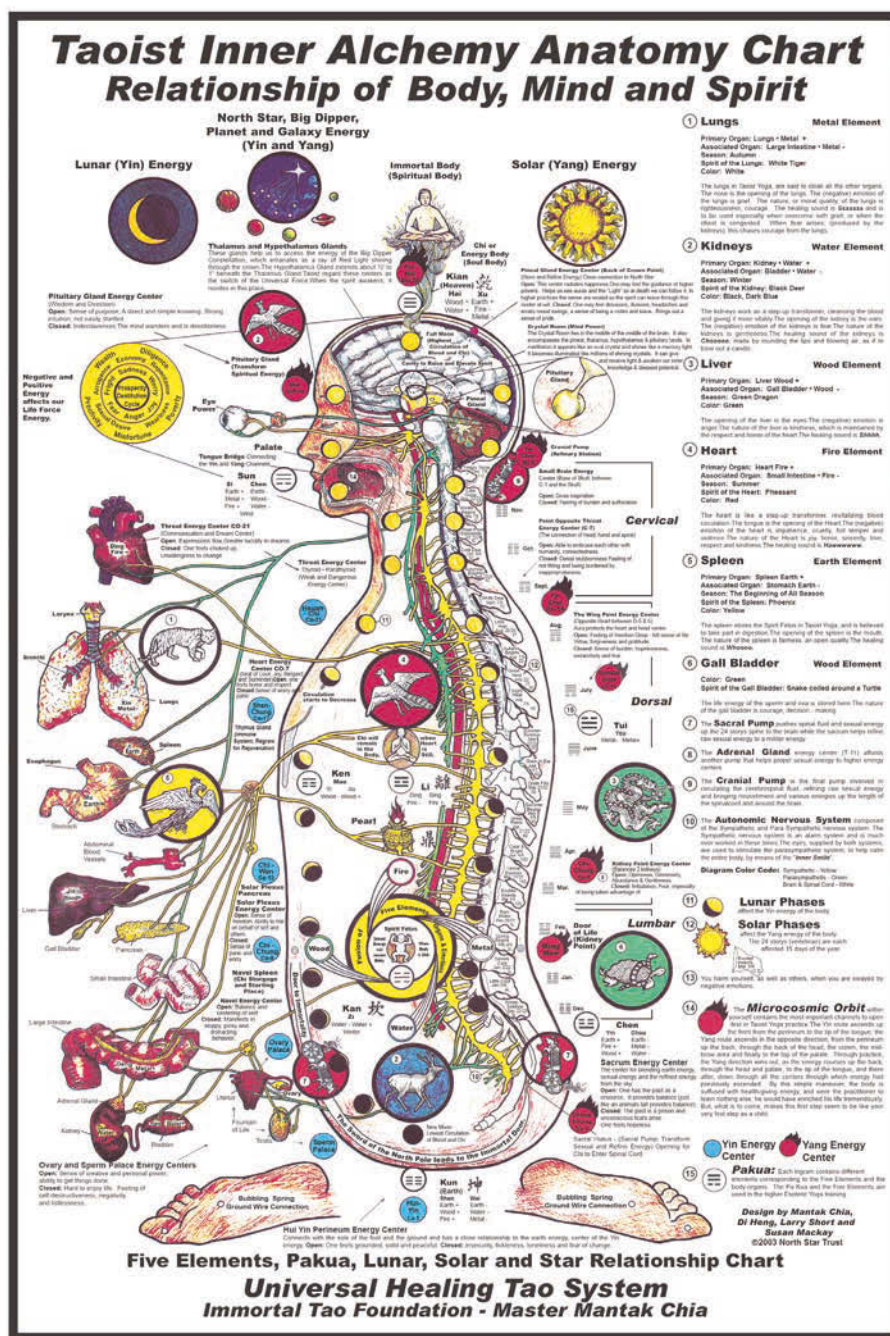
When we think of Yoga we often think of India, or perhaps your local Yoga studio, but there is another system of Yoga from a country that coincidentally borders India that is just as ancient, dating back over 2,000 years.

Unlike Indian Yoga, this system is virtually unknown to the public, yet holds secrets of many treasures for our emotional intelligence and spiritual awakening. *Neidan* is the lost art of Chinese Yoga, and in this article we will explore and introduce you to the amazing benefits of this system of Yoga that can assist you to better physical and mental health, longevity and sexual strength.

Often referred to as Taoist Yoga, Chinese Yoga, Kung Fu Yoga and even Sexual Kung Fu, *Neidan* is over 2,000 years old and was practised and taught in China up until the CPC (Communist Party of China) took power in 1949, which restricted and then completely banned the art during the Cultural Revolution (1966-76).

In India the term used for the mind-body balancing practice is 'Yoga' meaning 'Inner Union', whereas in China the practice is called 'Neidan' which means 'Inner Alchemy'. *Neidan* is said to balance and nurture the 'Three Treasures' of *Jing* (Physical essence), *Qi* (Energy body) and *Shen* (Subtle Celestial body).

Just as Yoga has its origins in the Vedas, Upanishads and other classical texts such as the *Bhaga-*



▲ Inner Alchemy chart by Master Mantak Chia

vad-Gita, Neidan has its ancient texts such as the Taoist canon *DaoZang* and the Neidan classic *Cantong Qi* which recently was re-translated from the first edition in 1932 into a newer translation in 2011 by Dr Fabrizio Pregadio.

During the Cultural Revolution, there was a massive attempt to cover up and stop spiritual traditions in China due to the philosophy of the Atheist-Marxist communist government led by Chairman Mao and the CPC. Many of us forget that up until the 1920s, China was a Taoist and Buddhist country, rich and free in spiritual practices of both traditions with Neidan openly taught without restriction.

In 1950 the new Communist government of China was faced with a health crisis. After decades of war, famine and sickness, the ruling CPC did not have the funds to install Western medical facilities in the country, so were forced to retrieve something they had just shut down - Traditional Taoist Medicine. Up until its banning, Traditional Taoist Medicine and its Yoga tradition of Neidan was taught from master to student in secret, with years of training in the physical and spiritual teachings as there were no universities to study this ancient art. In this way the CPC could not monitor or control it, yet China needed traditional master healers ASAP, and thousands of them to heal the sick and battered nation, but the CPC had previously put a stop to Traditional Taoist practices.

This is what the CPC did: they institutionalised it! They stripped down this ancient art of Taoist medicine and Taoist Yoga, re-organised it to a Western style of medical approach; treating Western diseases using a selection of acupuncture points, certain herbal formula and a handful of easy to learn exercises. This allowed Chinese people to learn it in one year at a CPC institution and then call themselves a 'Doctor of Chinese Medicine', later referred to as the 'Barefoot Doctors'.

No longer were the ancient Taoist arts of medicine and Neidan fully learned with years of study and transference from master to disciple, but rather a quick degree from textbooks and a CPC lec-

turer. But this was not the end of it. While only basic *Qigong* exercises remained to be taught in TCM to those in need during the 1950s, they still remained under tight control. Then in 1965, the CPC's *Qigong* senior official Liu Guizhen was expelled from the party, and all public *qigong* activities ceased during the Cultural Revolution (1966-76).

This newly scaled down, heavily diluted form of Traditional Taoist Medicine was then renamed TCM, 'Traditional Chinese Medicine', or as many Taoists call it, 'Traditional Communist Medicine'. This TCM is what was then exported and taught to the West by medical institutions in the late 1970s as TCM training first began in the USA, Europe and Australia.

By then, Neidan had ceased even to exist, and the ancient art of Chinese Yoga was almost gone for good. While eager Western students were enrolling to learn TCM, they mistakenly thought they were learning an ancient art, and even today they are continuing to learn a massively altered and heavily tainted medicine, missing key elements of Neidan.

After the Cultural Revolution was over in the late 1970s, a basic set of exercises re-named 'New *Qigong* Therapy' was then released and taught by the CPC to the public health care system, and since then has been increasingly popular in China. This is why most Westerners have heard the name 'Qigong' and perhaps seen it practised in parks by mostly Chinese people.

Traditional Taoist Medicine is made up of primarily five elements:

- ★ Acupuncture & Moxabustion
- ★ Bodywork (Massage and Structural Alignment known as 'Bone Setting')
- ★ Herbal Medicine
- ★ Dietetics (Nutrition)
- ★ Neidan

After the CPC had hacked into Traditional Taoist Medicine, much of the Classical Acupuncture & Moxabustion skills were grossly simplified to teach to the masses, and Neidan was removed. Luckily a few teachers fled during the Cultural Revolution, going to Brit-

ish controlled Hong Kong, Malaysia and also Thailand to preserve the teachings in secret. One such master was Yi Eng (White Cloud), who was the teacher of my teacher Master Mantak Chia.

If you're wondering why we see Indian Yoga everywhere and Chinese Yoga nowhere, Indian Yoga never went through a banning of its traditional Yoga and Vedic medical system. Even when the British Empire controlled India, they permitted Indians to practice their spiritual traditions and also documented and studied its philosophies with great scholarly interest and eventually brought back English translations of the Yogic and Vedic teachings to the West with great interest.

Taoist Yoga (Neidan) shares distinct similarities with Indian Yoga in that its main focus is to clear blockages in the channels so that the Chi flows perfectly. In Chinese medicine the primary cause of disease is blocked meridians, so Neidan gets to the root cause of disease. In Indian Yoga this is similar as the focus is on certain energy centres such as Chakras and channels called Nadis, as well as points known as Nadichakras. Both systems seek to heal the sickness of mind and body through breathing, postures and meditation exercises.

Neidan (Taoist Yoga) is made of five main parts:

- ★ *Tao Yin* (Stretching meditation on the floor and standing)
- ★ *Qigong* (Gently moving and flowing meditation in standing position)
- ★ *Zifagong* (Spontaneous moving and shaking meditation, on the floor and standing)
- ★ *Neigong* (Internal arts of visualisation, breathing and more)
- ★ *Neiguan* (Internal Witness of the Inner Tao Meditation)

TAO YIN (STRETCHING AND RETURNING TO THE YIN)

The Tao Yin exercises serve a similar purpose to Hatha Yoga, yet they are very different in that Hatha is primarily focused on opening the central meridian channels of the spine, whereas Tao Yin also focuses heavily on the 'Belt Meridian' (*Dai*

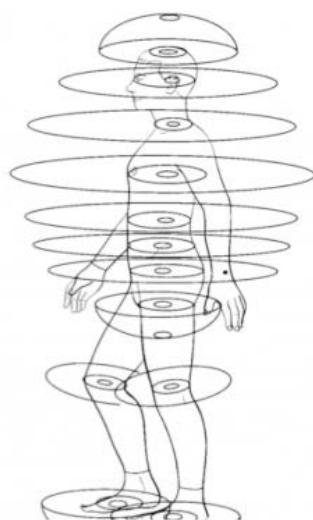


▲ The Daoyintu, a painting on silk depicting the practice of Tao Yin. Unearthed in 1973 in Hunan Province, China, from the 168 BCE Western Hanburial site of Mawangdui, Tomb Number 3. (Source: <https://en.wikipedia.org/wiki/Qigong>)

Mai) as well. Also, where this really looks different is that Tao Yin contains added three-dimensional rotations while stretching. Hatha Yoga involves mostly two-dimensional movements such as up-down dogs, forward and backward bends or side stretches.

In Tao Yin, the arms are often bent, and the extension is felt through the elbows rather than the fingertips to open the deep fascia giving it a more circular three-dimensional look. There is also a series of finger, wrist and arm postures that stretch and articulate the meridians of the arms that prepare the body for Qigong as well as a division of exercises that basically translate in English as 'Acuyoga' which consist of meridian stretches while pressing acupoints.

Tao Yin works mostly on the first of the three treasures: *Jing*, stored in the kidney and bone marrow. It is a prerequisite of meridian stretching and callisthenics practices that prepares the body for the next phase of Neidan which is to the work of the second treasure 'Qi' using Qigong, thus making it more ef-



Dai Mai

fective. So if you are not practising Tao Yin, and you are only performing Qigong, your Qigong effectiveness is mostly limited.

QIGONG (ENERGY SKILL)

Many people have only heard of this part of Neidan and may even know or have done a few basic Qigong exercises online or learnt from someone who knows some basic Qigong. While flowing Yoga (*Vinyasa*) was created in India over the last 100 years thanks to Mysore Master Tirumalai Krishnamacharya, flowing yoga such as Qigong has been practised in China for sev-

eral thousands of years. Qigong looks different to Vinyasa Yoga in that each Qigong movement does not always flow from one asana to the other like Vinyasa, rather it's a system of flow within itself as each exercise is repeated over and over until the result is achieved. Also, the flowing repetitions of Qigong are a form of moving meditation in themselves.

Qigong is primarily divided into:

- ★ Medical Qigong (Very soft styles more for the sick and weak)
- ★ Longevity Qigong (General Taoist Wudan mountain Qigong for health and longevity that almost anyone can learn and adjusted according to one's level of fitness)
- ★ Martial Qigong (Strong and hard Qigong designed primarily for Martial Artists to strengthen bone and tendon to become a stronger fighter, like most Shaolin Temple forms)

While many forms of Qigong have been created over the last several thousand years in China, the one that is probably most popular, thanks to it being the only one tolerated during most of Communist China's recent history, is *Taijiquan*. Commonly known in English as 'Tai

Continued on page 56...

Exploring the Subtle Energy Body

– BY MAUREEN LOCKHART –

The idea that the human being is a complex – including a material body and a nonmaterial, or *subtle*, body – has persisted throughout the ages and is common to many cultures, though the term *subtle body* itself is of relatively recent origin.

In many traditions, the entities considered to be parts of the subtle body constitute what we might today interpret as a map of levels of consciousness, or as a hierarchy of nonmaterial entities, each existing on its own plane of reality, while surrounding and enveloping the same visible and tangible physical form, the *gross body*. Schematic descriptions of the subtle body vary in the different traditions, but in most cases belong to a cosmology, a system of thought that attempts to discover the origin, purpose, and destiny of the whole universe, not merely of humankind within it.

An underlying tenet of all philosophical, religious, and mystical doctrines of the ancient world is that the subtle body is an energetic, psychospiritual entity of several layers or sheaths of increasing subtlety and metaphysical significance, through



▲ The seven chakras by Pieter Weltevrede. From the Sanatan Society, www.sanatansociety.com (an initiative by students of the Indian scholar Harish Johari).

which the aspirant seeks knowledge of the self and the nature of God. The practices and disciplines that evolved to attain this goal form a coherent system of psychospiritual transformation, what religious studies professor David Gordon White calls a “mesocosm,” a mediating structure, a bridge, between the human microcosm and the divine macrocosm.

In some traditions, that mediating structure was seen as including relationships between the human and the higher worlds through a hierarchy of demigods, angels, avatars, and discarnate teachers and guides who were believed to facilitate the mystical or altered states of consciousness experienced in meditation and prayer,

and to lead the seeker to union with the source of all Being.

Author and homeopath David Tansley has written: “The ancient Egyptians, Chinese and Greeks, the Indians of North America, the Polynesian Kahunas, the Incas, the early Christians, the Vedic seers of India, and the medieval alchemists and mystics of Europe have all in one way or another seen man and the study of his anatomy, both physical and subtle, as a key to the nature of God and the universe.”

Extant writings on the subtle body and its functions include the esoteric cosmologies of Gnosticism, Neo-Platonism, Kabbalah, and Sufism, and nearer our own era, of Rosicrucianism,

Theosophy, Anthroposophy, and the "Fourth Way" philosophy of Gurdjieff and Ouspensky.

The teachings that have come to us from both Eastern and Western ancient sources are often expressed in a "secret" or "twilight" language, the meaning heavily veiled by visual or verbal symbolisms, or merely hinted at in ritual. This secretiveness arose from several synergetic motives. The message could be properly understood only by those whose insight was already sufficiently mature to perceive it for themselves when presented with it, while less mature people would, by misunderstanding, fail to benefit by it themselves and go on to pervey it to others in debased and therefore unhelpful forms.

Further, it was felt that only those who had been initiated into a graduated series of practices and had proved themselves ethically as well as intellectually mature would use the knowledge wisely. Yet another reason for secrecy was that in some periods of history initiates were so grossly misunderstood, or even feared, that they were in serious danger of religious or political persecution.

Most of the writings on the subtle body include the teaching that the practitioner will escape the wheel of birth, death, and rebirth and avoid the misery of the human condition by climbing a three-fold, five-fold, or seven-fold "ladder of being." The byproduct of the attempt to become "perfected" (and so avoid the need to reincarnate) is enhancement of the quality of life and well-being even while living in the body. It is perhaps this aspect of immediate betterment that, in recent times, has attracted the greatest interest in these ancient practices.

Today, the subtle body and its energy systems, the *chakras* (energy centres or vortices) and the *nadis* (energy currents or streams), are virtually household concepts in the West. This familiarity arose partly through the arrival of Yoga in Europe in the late nineteenth century and its ever-increasing popularity since that time, and partly through the revival of interest in the healing systems and esoteric philosophies that underpin the Holistic and New Age movements.

There is a long Western tradition of esoteric (inner) teachings and practices, the alchemical not least among them, having strong doctrinal parallels and many cultures contacts with Eastern traditions carried on in close



Traditional Hindu diagram of the Brow Chakra.

secrecy by specialists, but the beginnings of a rapidly growing popular awareness on the subtle body in the West is seen in the work of C. G. Jung and Abraham Maslow. They, and more recently Ken Wilber, among others, adopt a transpersonal approach to psychology based on a hierarchy of "individuated" stages of growth that, while adapted to modern conditions and needs, shows marked similarity to the "ladder of being" through which the aspiring mystic, Western or Eastern, passes on the spiritual journey toward the Godhead.*

While the names of the scholars and translators – such as G. R. S. Mead, John Woodroffe (Arthur Avalon), W. Y. Evans-Wentz, and Mircea Eliade, without whose work the current revolution would not have occurred – are hardly known to the present generation of spiritual seekers, some Yoga students and teachers in the West are familiar with their translations of a few of the ancient texts that embody the early teachings: the Vedas, Upanishads, Tantras, and the *Yoga Sūtras* of Patanjali. However, a great many are preoccupied only with the physical aspects of practice, the *āsanas* (postures), and remain completely ignorant of the foundations of the tradition to which they claim to belong.

Worse, some healers claim to "balance" and "align" the chakras, the energy centres housed in the subtle body, despite having little or no experience of working on their own through disciplined and sustained practice of Yoga and meditation.

What was once secret knowledge, acquired by sincere practice under the guidance of wise teachers, has now

* In Genesis 28:10-19, for example, the Hebrew patriarch Jacob is granted a dream of a ladder from heaven to earth, with angels ascending and descending it, which causes Jacob to name the place where he experienced the dream Beth El, the House of God.

been spread so widely by the huge proliferation of books, workshops, courses, and Internet sites that the teachings are in danger of being no longer respected, recognised, or valued at true worth.

However, the positive side of the present wide and free dissemination of knowledge is that it has opened up possibilities of engaging with the doctrines, practices, beliefs, or traditions that surround models of the subtle body. This offers everyone the opportunity to explore their spirituality and our common spiritual heritage, whether or not as part of an organised religion, and to participate in a more openminded, holistic approach to health and well-being.

This complete guide to the subtle energy body traces first Eastern then Western developments of paths to transformation in several traditions, ancient and modern. It draws together scientific and spiritual perspectives and discusses the potential that understanding of the subtle body offers for an integral model of healing.

Readers should not be troubled to find themselves surrounded at times by what appear to be incompatible ideas, anomalies, and puzzles. In this regard, it is important that the book be read as a whole; this will facilitate a general understanding that includes concepts already somewhat familiar from Western culture.

When pondered alongside the Eastern concepts and descriptions, they will reveal many mutually illuminating similarities. This process will enhance understanding of both the past and the future development of our quest as human beings to know ourselves.

Stated far too briefly, the quest now is not to destroy humanity's past states of being but to embrace what we have been in the past, bringing those prior modes of consciousness into a new consciousness that integrates everything we are. The results of past analyses will become the recognised energies of a new mode of life in which everything is in place and everything functions as it should.

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► To order your copy of *The Subtle Energy Body* (416 pages, 32-page colour insert), go to page 71 of this issue.

Chi', this style is a Martial Qigong created by Military General Chen Wangting during the Ming Dynasty in approximately 1580 CE. Since then many softer medical styles of Taijiquan have been created, and a combined, diluted summary of all styles was created by the CPC and the Chinese Sports Commission in 1956 and taught as the 'Beijing 24 form Tai Chi' which is what people perform in parks in China for health.

Since the creation of Taijiquan, two other styles of Martial Qigong have become popular: *Baguazhang* and *Xing Yi Quan*, which along with Taijiquan, are referred as the three styles of 'Internal Martial Arts'. Over the last three thousand years, many styles of Qigong have been created to work on nourishing the Qi. Even though they differ from each other, they all have the same purpose of improving mental and physical health, while also preparing the body for what has become a lost secret, or at least a misunderstood part of Neidan... the practice of *Zifagong*.

ZIFAGONG (SPONTANEOUS SKILL)

Often called 'Spontaneous Yoga' or 'Spontaneous Qigong' and to-tally banned in China since the CPC took power. This is where the practitioner of Neidan really begins to learn the art of the Tao, which is all about 'letting go' and fully embracing the snake energy known in Indian traditions as 'Kundalini' and in Neidan as dragon energy stored in the 'Thrusting meridian' (*Chong Mai*).

While the dedicated practitioner of Qigong can develop much skill and Qi power, Zifagong helps to keep the practitioners' ego in check, and works on balancing and healing the third treasure of *Shen*, which is important before one attempts higher levels of Neidan.

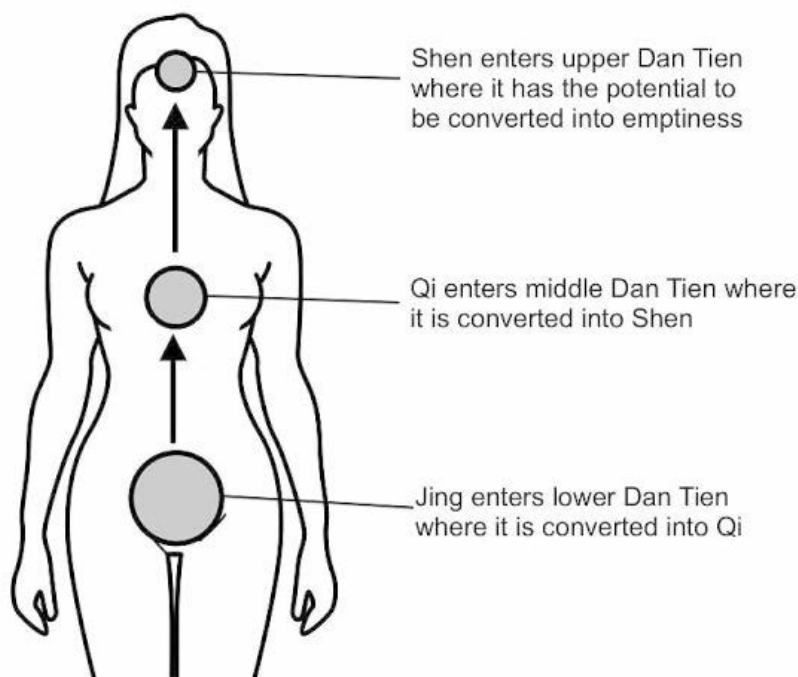
Taoist Neidan Master Lao Tzu states in *The Tao Te Ching* that beings (or phenomena) that are

in perfect harmony with the Tao behave in a completely natural and uncontrived way. The goal of spiritual practice for the human being is, according to him, the attainment

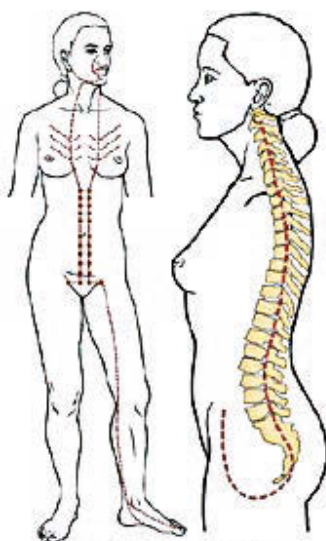
of this purely natural way of being known in Neidan as *Wu Wei*, literally meaning *non-action, non-doing or non-forcing*, thus engaging in effortless and spontaneous movement.

Many practitioners of Qigong, and modern teachers of Qigong, are mostly unaware that Qigong is a part of a system known as Neidan, and have never heard of *Zifagong*. As the practice of Neigong and Neiguan are very

powerful and open up the spiritual and supernatural world of the Tao and the cosmic forces, Zifagong helps to prepare for these levels. If one is practising Neigong or Neiguan with ego or a damaged *Shen*, serious problems such as madness or death are said to result, or at worst the practitioner can 'turn' into a 'powerful arsehole' and use 'the force' for evil instead of good!



▲ The Three Minds (Upper, Middle & Lower Dantian)



Chong Mai

Zifagong is said to counteract the Neidan practitioner from 'turning to the dark side', by teaching the practitioner that there is a higher power of Loving Tao guiding all things and we are merely a humble conduit for its force. One must learn to forgive all things stuck in egoic nature.

With the practice of spontaneous movement, the understanding lies that the body is more intelligent than the mind, so one must allow the body to sway, dance and also shake involuntarily which removes blockages from the physical body, heals trauma and trapped emotions. This entire process of Zifagong is for the first time available to the public and taught within the E-motion Yoga online training where a step by step process teaches you how to activate this powerful healing energy.

Voluntary and Involuntary shaking is the way the body self-adjusts misaligned tissues and pressure in the muscles, tendons, ligaments and even the bones. Shaking and spontaneous dance like movements also help to heal the body of PTSD, trauma and trapped emotions by removing shock from the body, which in Neidan is known as 'Damaged Shen'. This purging and healing of the egoic 'I' and the physical pain body is an important addition

and almost prerequisite for the practice of the next stage of Neidan, known as Neigong.

NEIGONG (INTERNAL SKILL)

Neigong translates as 'Internal Skill' and involves the Taoist sitting Neigong meditations such as Embryonic breathing, Three Minds into One practice, Inner Smile, Six Healing Sounds, Sexual Kung Fu as well as standing Neigong practices such as Bone Marrow Neigong and *Zhuang Zhuang* (Standing like a tree). The Neigong practices involve guiding, feeling and healing the internal networks of meridian, organ, gland and chakra energy. Here the practitioner of Neidan is now working all Three Treasures at once, Jing, Qi and Shen, and bringing them into Neidan: 'Internal Alchemy'.

Neigong practices are not to be practised by children. Only when one reaches a young adult is this safe, unlike Tao Yin, Qigong and

*Superior virtue has no doing:
it does not use examining and seeking.*

*Inferior virtue does:
and its operation does not rest.*
– *Cantong Qi (Neidan Classic)*

Zifagong which can be practised by children safely. If you were to walk past a person performing Neigong, you would think they are just sitting or standing there and not doing anything, but inside they are performing the internal exercises of Neigong. Unlike Qigong that involves outer physical movements, Neigong does not often contain any outer movement, rather just internal exercise.

These Taoist Neidan internal skills can be used for self-healing, but they can also be used by martial arts practitioners to gain extraordinary power for fighting. Taoist Traditions say that it can also be used for remote viewing and psychic powers

such as those seen all over the Internet with videos such as 'Master John Chang Electrical Qi powers'.

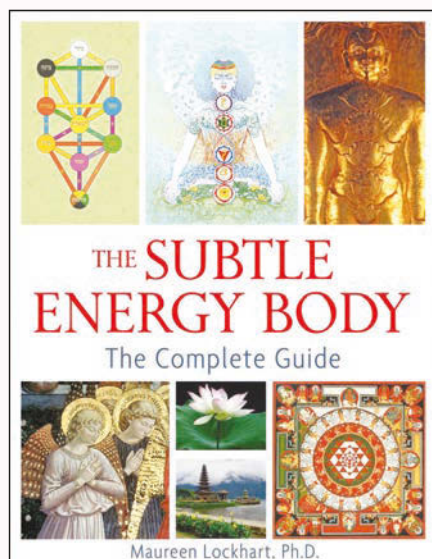
NEIGUAN (INTERNAL VISION)

The final stage of Neidan is known as *Neiguan*, and is a complete guide to 'No Thing'. No longer is the

practitioner trying to guide or heal anything, but rather witness what is happening or what is not. This is what is referred to in Buddhist Traditions as *Vipassana* (Witness meditation). After deep witnessing, one begins to question who is witnessing, and the 'in-thwarted' mind begins to search for its source which does not really exist.

Neiguan is an advanced form of meditation that applies the power of the smallest of sensations and stimuli as one's own body becomes the centre of focus and awareness. Through the process of witnessing the Tao in the smallest parts of the body, one is said to be fully immersed in the Tao, thus entering the

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THE SUBTLE ENERGY BODY

THE COMPLETE GUIDE

By Maureen Lockhart, Ph.D.

Ancient traditions of both the East and West have long maintained that the human being is a complex of material and nonmaterial systems, or energy bodies. The "subtle body" is an energetic, psychospiritual entity of several layers of increasing subtlety and metaphysical significance through which the aspirant seeks knowledge of the self and the nature of God. In many traditions, the component parts of the subtle body serve as a map of the different levels of consciousness.

The practices and disciplines that evolved from an awareness and understanding of the subtle body, and how the material and nonmaterial work together, form a coherent system of psychospiritual transformation that is central to numerous and extremely diverse spiritual practices - including those of the Gnostics, Sufis, Native Americans, Vedic seers, Chinese, and Greeks. The subtle body plays an essential part in more recent traditions such as Anthroposophy and Gurdjieff's Fourth Way and the cutting-edge science of Ervin Laszlo's research into the Akashic field. But the benefits of understanding the role of the subtle energy body are not confined solely to the spiritual plane. The energetic bodies provide a coherent system of life-affirming principles and practices for the diagnosis and treatment of the whole person that is not only part of many traditional healing systems, such as Acupuncture and Ayurveda, but also is forming the basis for a synthesis of traditional and contemporary healing practices that could lay the foundation for the medicine of the future.

state of *Zuowang* (No-identity) and reunited with the *Shangdi* (Heavenly Emperor), the creator of all things and origin of 'No Thing'. After Lao Tzu mastered the Tao in the 6th century BCE, he penned the Taoist Neidan classic, *The Tao Te Ching*, 81 short verses to describe the Tao to those who had not experienced it.

Dr Fabrizio Pregadio states in his commentary, after translating the Neidan scriptures in 2011, that the human mind is fundamentally empty, a void consciousness that can't taste. As the mind meets with its post celestial spirit Shen, it uses consciousness to manufacture illusion, it looks up shadows and raises up dust and it follows the winds as it lifts up waves; The egoic 'I' mind cannot taste the Tao, to taste it one must empty it of 'I' completely.

► For full training courses in Neidan, contact Dr Johnathon Dao on 0450134087, email: info@cureplanet.com, www.cureplanet.com.

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此時丹焚更須急尋嬰兒

氣穴法名無盡藏
藏也於寂寂包空
我問空中誰氏子
他云是你主人翁

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沈澱根株
內外無塵
長養聖胎

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Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power.

– Taoist Neidan Master Lao Tzu, *Tao Te Ching*



DR JOHNATHON DAO has been in clinical practice and involved in the healing arts for 25 years. He is the residential doctor of natural medicine at Eden Health retreat on the Gold Coast, Australia. After his initial study in Acupuncture & Chinese medicine, Shiatsu and other forms of bodywork, Dr Dao practised in Europe (Finland & Switzerland) for several years. After that he studied Qigong & Yoga, culminating in a 15 year stay in Asia and a 10 year permanent stint in India running an acupuncture clinic & school while also studying Ayurveda, Yoga, Naturopathy and other Sacred healing arts. Dr Dao has co-authored a book with his Taoist Teacher Master Mantak Chia, *The Eight Immortal Healers*. He is currently completing another book on Taoist dietary lore and emotional intelligence. Dr Dao is the founder of E-motion Yoga, a form of movement which draws from Taoist wisdom for healing trauma as well as mental and emotional imbalances. For more information on E-motion Yoga, Neidan and Dr Johnathon Dao, please go to www.cureplanet.com.

Spiritual Healing

– BY JOANNE BROCAS –

Thousands of people, who were often suffering from diseases said by doctors to be 'incurable', received spiritual healing from the late Harry Edwards, a world-renowned spiritual healer, and they recovered.

Doctors and specialists were frequent observers at the healing sessions, and they often brought their own patients and relatives for healing. Why? Because when it comes down to it, medical drugs can only do so much to help a person heal, and they will often only alleviate a person's symptoms.

The possible underlying energetic causes or contributing factors to disease are either ignored by the medical world or aren't ever addressed due to their lack of understanding of the human body as being just one individual part of a whole-body system.

It's not wise to only treat the human body as a separate entity apart from its spiritual source. In doing so, it's my opinion as a spiritual healer that health issues will continue to persist. However, many open-minded doctors are now including the Soul in their healing work as being an integral part of a person's complete and permanent recovery.

THE BASIC CONCEPT OF SPIRITUAL HEALING

Everything which exists is energy in its specific characterised form. Every material thing is composed of atoms, the chair you are sitting on, your coffee cup, as well as the hand you use to pick up your coffee cup.



Every atom has precise order, function and purpose and is ordered energy according to its perfect original divine design. This means there is a perfect original design and a blueprint pattern for every single species of animal, every kind of plant, flower, tree, and for every

specific human body part, organ and system within the spectacularly created human form.

Spiritual healing involves working with the cosmic healing forces of Creation – Divine Light, Source Energy, God – to help energetically support the integrity of the etheric

Most people don't tend to think that spiritual interference may be behind their specific health issues or ongoing problems.

pattern in question. If a person has a persisting problem with their left knee, then there will be an underlying imbalance within the etheric pattern and counterpart of their body's left knee.

A spiritual healing treatment done either by hands-on or via distance spiritual healing will utilise divine light frequencies to help make any necessary energetic corrections and repairs to the perfect original divine design of the person's left knee. The perfect energetic pattern for the left knee is already created to function in a perfect manner according to its original intent for a left knee.

SPIRITUAL HEALING PRAYER

Spiritual Healing prayer is the process of connecting with and directing the cosmic healing forces of Creation that embody Infinite Love and Source Intelligence. Benevolent Light Beings from the Angelic Realm and other spiritual healing guides graciously work together in harmony with the spiritual healer to help the person in mind. Spiritual healing prayer is a sincere form of co-creating with the Divine, on behalf of the person needing healing. Distance spiritual healing begins via focused heartfelt prayer, which then sets into motion high vibrational energies to be released to the person to help them in the highest and best way.

This can include a general rebalancing of the vital energies of their physical body's organs and systems. It could include the need for any necessary energetic adjustments to be made within the etheric design of one of their organs, body parts or systems, especially if they have any injuries, pain or inflammation. It could include the need to rebalance the blood flow to the brain and to rebalance their brain's hemispheres and chemistry in order to help ease mental tensions and to restore their mental clarity and emotional equilibrium. It could in-

clude the need for a healing of any trauma energies and memories that keep them stuck in specific emotional patterns, energy fatigue and illness. Or, it could include the more unusual aspects of spiritual healing, the need to clear and release any spiritual interference.

SPIRITUAL INTERFERENCE

Most people don't tend to think that spiritual interference may be behind their specific health issues or ongoing problems. In the USA, California, there are several expert psychiatrists who actually address this issue of spiritual interference. The likes of dealing with earthbound spirits, human souls who haven't yet entered into their rightful place in the realms of Light, and so they continue to remain earthbound. They attach their energy body - because they no longer have a physical body - to another human soul who becomes the host body. This energetic attachment can typically be found within their aura, and it affects the person's mindset, energy levels and vital health. If the earthbound spirit died of a head injury, then the human host may also experience and suffer from head pain, from headaches and such that they can't seem to find any underlying reason for. They may have chiropractic adjustments, take strong medication, and yet their head pain still continues. A spiritual healing treatment can easily clear and release the earthbound spirit to the Light and clear up the residue of their attachment within the host body for complete and permanent resolution of the problem.

There are of course many reasons for why an earthbound spirit is able to attach to a host body - we don't have space to go into that here - however they are easily released to the Light, and they are typically harmless with no evil intent to the host body. This does not even enter into the realm of demonic possession, of which my

husband Jock Brocas is an expert, and his bestselling book *Deadly Departed* reveals all about this kind of spiritual interference should you be interested.

Other kinds of spiritual interference include energetic anomalies found within a person's aura and physical body that interferes with their ability to attract and create more positive and beneficial life experiences and situations, as well as at time causing them physical pain or other kinds of health issues.

These energetic anomalies can also fall under the heading of 'psychic attack' or a 'saboteur' energy. The literal term, "I felt like she stabbed me in the back," often describes how etheric weapons, such as a knife, can be the actual root cause of a person's persisting back pain. Whilst this is only one reason for a person's persisting back pain of which nothing else has been able to resolve it, it's not always the case or reason for it and the likes of 'energy testing' can help to discern the underlying cause. On releasing the etheric weapon and clearing up the wound with divine Light, the person's pain can be instantly healed.

Only last week did I remove such an energetic weapon from a lady in her forties who suffered back pain between her shoulder blades for over a year. Doctors and chiropractors found no physical causes and no displacements in the spine. Energy testing quickly revealed an etheric weapon was the actual cause, and on removing the energy weapon and clearing up the energy wound via distance healing (her being in Scotland, UK, and me being in North Carolina, USA) she told me by email how her colour immediately returned to her face and the one-year pain in her back vanished.

Another kind of spiritual interference is a curse energy. The likes of Larry Dossey, MD, has discussed this in his books as being a factor for some of his patients. I personally never believed this could be true until one mother reached out to me for help for her son, whose organs and system were shutting down and the doctors held out no hope of his recovery. He had been in intensive care for a month, and nothing the medical team gave him was working. In quickly energy testing him, I

discerned that a curse energy was the contributing factor. At this point, I still didn't believe in curse energy, and so with my Divine Healing Team taking the lead, I went ahead and cleared the curse energy from his body and consciousness. Within hours of this distance spiritual healing and clearing treatment, the lady's son began improving. It was a miracle in the eyes of his parents and his doctors, who had no explanation for the turnaround. The young man made a complete and permanent recovery and is still doing very well.

I have come to witness many healing miracles that defy the standards of medical science and have many testimonials and doctor's reports that reveal the difference before I gave distance spiritual healing and afterwards.

MANY DIFFERENT FACTORS AND FORCES

The truth is that there are many different factors and forces that interfere, cause or contribute to a person's health issues and life complaints. Spiritual interference can be thought of as a spiritual virus or spiritual bacteria of the energetic kind. As a spiritual healer, I use my discernment and insight to uncover the probable root causes (there can be more than one) that need spiritual clearing and healing. After petitioning thousands of healings for people, I know that in order for a person to be more receptive to the healing forces they must "willingly want" and be ready to receive a healing, as healing always means transformation and change.

This change is not only of the physical health condition but also a change of the person's overall

I have come to witness many healing miracles that defy the standards of medical science...

consciousness. This will include transforming any limiting beliefs they may have. Also, an emotional transformation, such as letting go of any trauma memories and emotional pain, maybe even the need for forgiveness. The need to make a physical lifestyle change or choice of some kind. And always, a spiritual change of the person's attitude, habits, perceptions, judgments and understanding. Change is not always easy, and many people are not quite ready to change.

Spiritual healing does not interfere with a person's free will, soul challenges and karmic lessons, in order to make them well.

Other factors involved in a person's persisting health issues can even include other timelines of existence. This can be unresolved trauma memories that continue on through the cellular memory of the family bloodline or passed on through the soul's records (our spiritual DNA). This can be explained simply in the continuation of the human soul. Our ancestor's timeline, and our soul history timeline, therefore both influence our physical body's DNA in a variety of beneficial and non-beneficial ways.

BORN TO HEAL

At a very young age I was spiritually aware of the 'Light'. I experienced spiritual and intuitive experiences throughout my childhood and could sense and communicate with angels and spirits. My conscious connection to the 'Light'

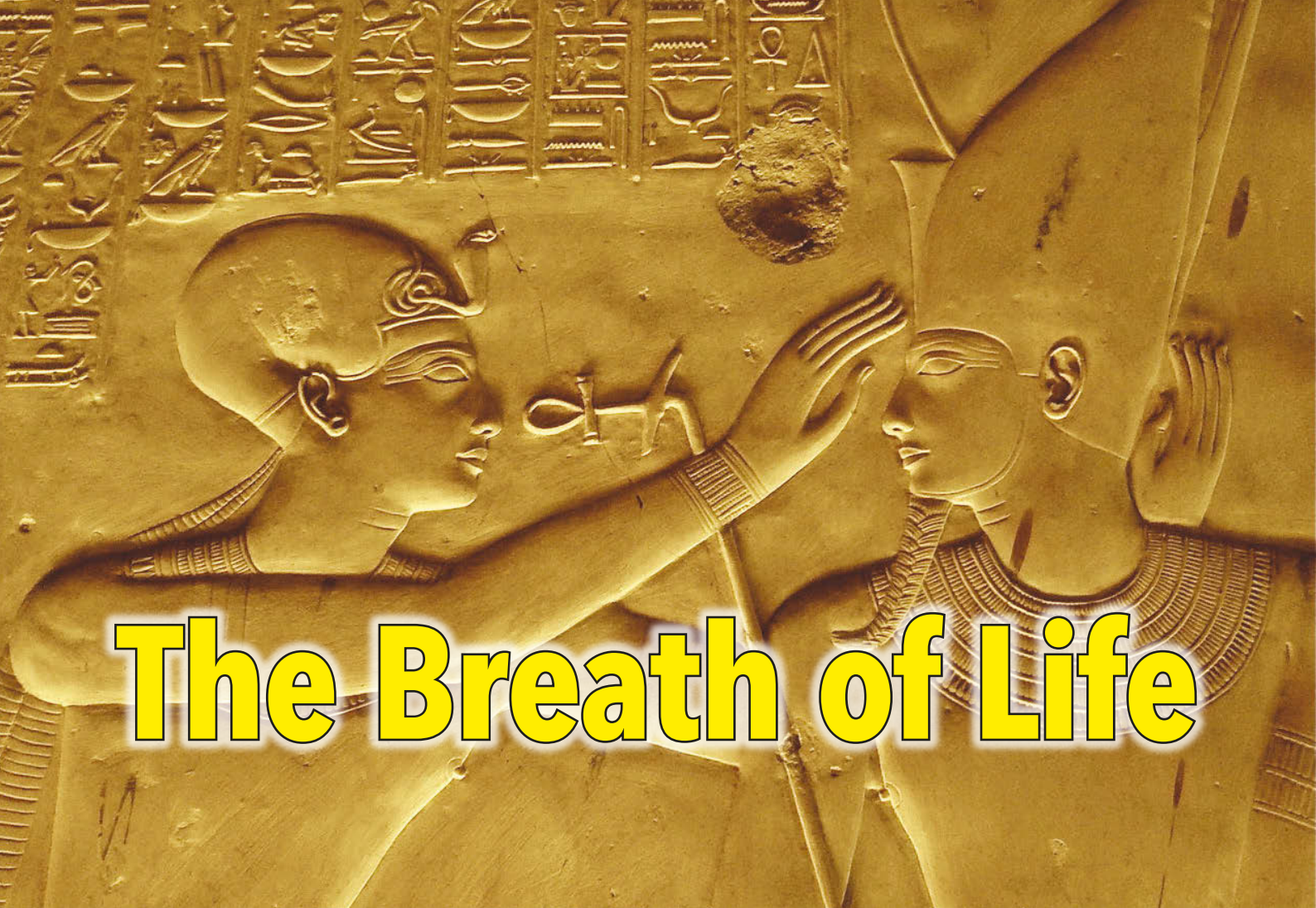
strengthened greatly from my daily application of prayer that I was first introduced to in infant school. It was because of a specific childhood prayer that I loved, and which mentioned the angels, that my alignment to the angels of God, began. I prayed daily and nightly the same prayer until I learned to pray in new and other important ways.

At seventeen, I began my active spiritual unfoldment by attending a Christian Spiritualist Church, in Swansea, Wales. On my first evening there, the congregation happened to sing the childhood prayer that I had come to know and love. I knew deep within my heart and soul that this was a true spiritual sign that I was in the right place at the right time. From then till now, my daily prayer life has been the most important aspect of my spiritual healing unfoldment. After nearly three decades of spiritual progression, research and study, I have finally come to understand a deep insight into why people don't heal and how they can.

Today, spiritual healing continues to advance and evolve in its understanding and intelligence. Collectively, we are being reawakened to its unlimited potential in accordance with our own spiritual evolution in consciousness. As we naturally unfold in our spiritual awareness, we are given further access to more powerful cosmic knowledge and spiritual understanding.



JOANNE BROCAS is a world-class healer, intuitive, and number one award-winning author. Her books have been endorsed by medical experts and healers. Doctor Christiane Northrup said that everyone needs to keep a copy of *Angel Prayers*, Joanne's bestselling healing prayer book, at the side of their bed. Joanne travels to teach healing workshops across the globe and assists many people with her spiritual healing/clearing treatments. To find out more about Joanne's online courses, workshops and webinars, visit joannebrocas.com.



The Breath of Life

– BY MARGARET HARGAS,
DC, SRC, IRC –

Each of us is aware that the function of breathing is vital to the body and to sustaining life. It is the source of precious energy – the life essence – we use to sustain ourselves and grow within our physical and psychic environments. Breathing provides the cells with oxygen and permits the cells' waste product – carbon dioxide – to be eliminated by the body. In fact, the lungs actually expel twenty-five percent of all bodily waste – a very high percentage when you consider that we do not usually think of the lungs as an excretory organ. Breathing also affects our immune function, mental clarity and alertness, vitality, and energy levels.

The breath, for obvious reasons, has long been associated in the human mind as the life essence which is drawn into our bodies with our first breath and departs with our dying breath. Indeed, the classics of Oriental medicine describe the vital life force, or universal energy, as being taken into the body with the breath, and then the lungs extract this vital sub-

stance from the air, making it available for use by the body.

The ancient Chinese were not the only civilisation to associate the breath with the vital life force. From the ancient Greek we have the word *pneuma*, meaning both spirit and breath. In English, we borrow this word intact and define it as the vital life force.

From Latin comes the word *spiritus*. This one word was used to express breathing, the breath of life, soul, mind, spirit, and the association here is quite interesting – courage. From *spiritus* we have the words inspire, aspire, and expire; words not only relating to physical processes but also to the human heart and soul.

The ancient Egyptians, predating both the Greek and Roman civilisations, referred to this connection of people with the divine and eternal, and the intertwining of these with or through the breath, as *sahu*. This word was variously used to denote the breath, the soul, or the higher self. So was the term for the "divine fluid," the substance which gives life to human beings.

The Vedic tradition of ancient India, flourishing at roughly the same

time as the Egyptian culture, refers to *atma*, meaning both the breath and the soul. This ancient word, related to the ancient Greek word *atmos* ("breath"), survives virtually intact in the modern German language as the verb *atmen*, meaning "to breathe."

Also, from the Sanskrit comes the word *prana*, meaning both the breath and the life force which is common to all living things. *Pranayama* is a system of breathing techniques used in many of the yoga disciplines. The practice of pranayama is also used to awaken *kundalini*, which is the divine fire and the feminine aspect of the divine principle. *Kundalini* is usually represented as a coiled snake, residing at the base of the human spine.

Of course, breathing techniques are used in many disciplines for healing work and even for psychic projection.

It is therefore interesting to note that there is a mechanism in the skeletal system of the body which is called the *cranial-sacral pump*. Cranial, of course, refers to the bones that make up the skull, and sacral refers to the *sacrum*, the triangular bone at the base of the spinal column. The

word sacrum, incidentally, comes from the Latin *sacer*, "sacred," which is an intriguing cross reference to the seat of the kundalini energy. This pump mechanism creates the circulation of the cerebral spinal fluid which bathes the nervous system structures with nourishment, carries away waste, and provides a cushion for these precious organs.

It is none other than the steady rhythm of inhalation and exhalation that causes the pumping of the cerebral spinal fluid to occur. The subtle motion of the breath rocks the sacrum and the temples of the skull gently and minutely, causing the flow to occur. The temples are actually two sides of the same bone which passes through the entire width of the skull.

The *Huna* tradition, which is preserved in the Polynesian culture and familiar to us as the doctrine of the *Kahuna*, the legendary masters of the elements, uses the breath to accomplish miracles and to move creation. The in-drawing of the breath takes in the vital life force known as *mana*.

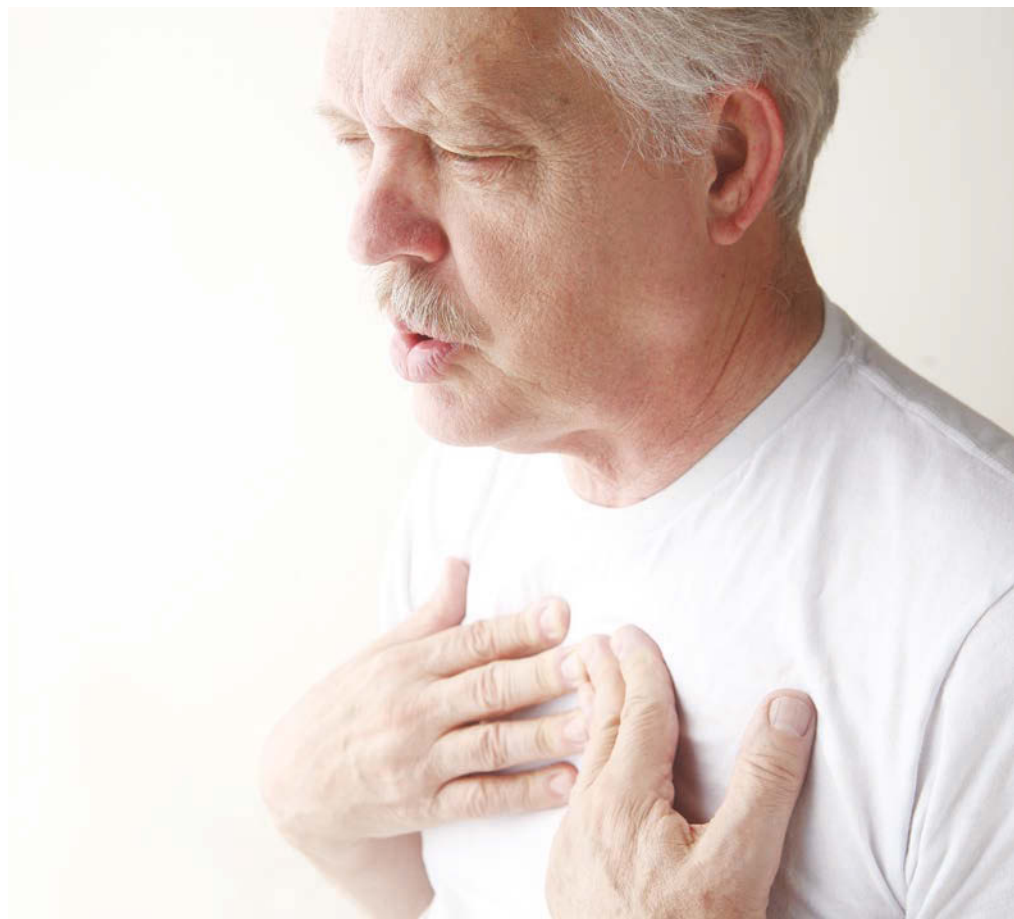
The word *mana* is also defined as to sacrifice, empower, revere, love, and desire greatly. *Mana* also refers to authority, skill, and capability. *Mana* is the root for the words truth, worship, ideas, meditation, confidence, and time. It is *mana* which opens communication between, and then integrates, the emotions, the intellect, and the higher self. It is, then, through the breath that the expression of life is begun, sustained, and refined.

BREATHING MORE EFFICIENTLY

Approaching breathing from a more practical and physical point of view, we find that our breathing habits are generally less than efficient. Usually, the physical act of breathing is taken completely for granted. It is assumed – if it is thought of at all – that by virtue of the intake and outgo of air occurring, the breathing is correct. Unfortunately, with time, tension, poor postural habits, and restrictive clothing, we lose the natural breathing patterns that are spontaneous during early childhood.

The breath should be taken in and let out efficiently. To do this we must use the entire lung. The lungs are fairly large and fill the chest all the way from the collarbones down to the bottom of the rib cage.

If you place your hands over your chest and breathe normally, you should feel the rise and fall of the chest. Usually, however, only the up-



per chest and shoulders move with the breathing. Instead you should feel the expansion and contraction over the entire chest, along the sides, and over a portion of the back. The fuller the expansion of the lungs, the correspondingly greater the amount of vital oxygen is taken in and the greater the amount of debris is removed from the lungs with the exhalation.

The deep, prolonged inhalation of a yawn is the automatic response of the body to the build-up of carbon dioxide waste in the bloodstream, caused by shallow breathing.

Breathing also affects our visual acuity, as anyone holding the breath until he or she sees spots can testify!

Breathing is also related to our emotional well-being. Our emotional state has an impact on our breathing rate and volume. Imagine for a moment the quick, ragged breathing of anger. Obviously, emotion affects breathing. Conversely, if you mimic this or any other emotion's breathing pattern, you can begin to create the physical and psychological changes that occur with that emotion.

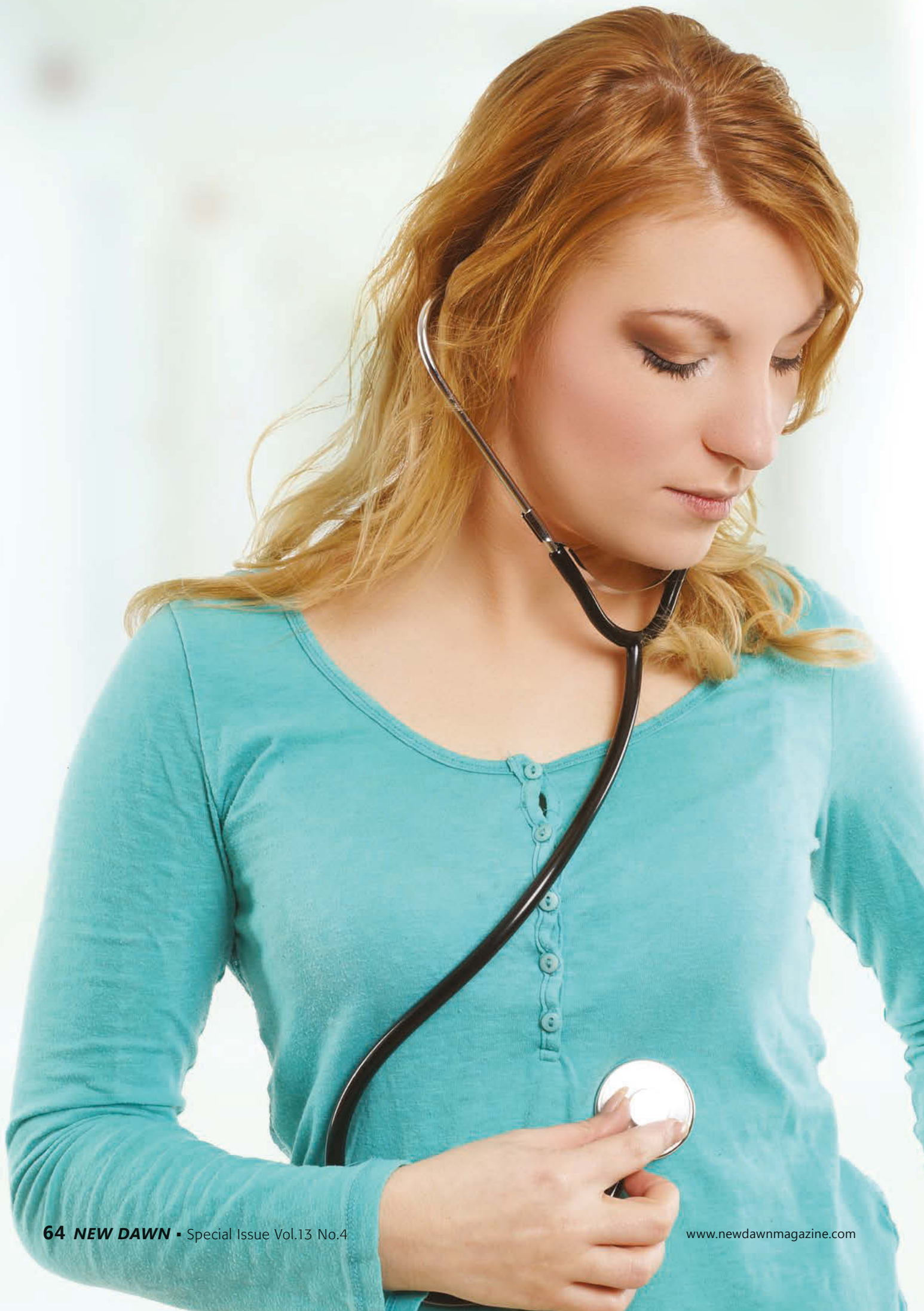
Breathing in a natural unrestricted manner is an important and easy means to improve many facets of our physical, psychological, and spiritual

makeup. It is our choice to use this understanding to our fullest capacity to improve our health, increase our mental clarity, and structure our physical and emotional well-being.

BREATHING EXERCISE

Here is an interesting exercise. Start now and daily spend some time in quiet concentration of your personal breathing pattern. Maintaining your concentration place your hands on the base of your ribs, take a few deep breaths exhaling slowly. Note if there is a change in your personal breathing pattern. Maintaining your concentration on your personal breathing pattern, breathe normally for a short time. Now once again with your hands on the base of your ribs, hum any tune you like for a few minutes. Feel the vibrations in your hands. Return to your personal breathing pattern and note any changes.

► Margaret Hargas is a chiropractor and a member of the Rosicrucian Order's Research Council. For information on the Rosicrucian Order AMORC, go to their website amorc.org.au and also see their books advertised on page 7 of this issue.



You Can Heal Your Life

Identifying the Beliefs & Emotions Causing You Pain and/or Illness

– BY SANDY BRIGHTMAN –

Our emotions and beliefs form our world. They are the basis for everything we manifest into our lives. Our beliefs are formed over time by our family, upbringing, culture, governments, media, schools, friends and general society. We are often unaware of what deep seated beliefs we hold.

Emotions are an in-the-now expression of our inner beliefs, e.g. the same event can cause one person to feel anger, another sadness, or for a different person no emotional reaction. We often think of emotions as an innate reaction, something we have no control over. However, we can consciously choose to change our emotions and how we react to certain situations through positive thought, which in turn changes our beliefs. Our subconscious (where our

beliefs reside) has no judgment or understanding of 'good' or 'bad'; it simply draws to us experiences that support our beliefs. Henry Ford once said, "If you believe you can, or believe you can't, you are right."

General negative emotions and beliefs cause general ill health. Anger can cause chemical reactions in the body to produce an acidic environment that welcomes viruses to take up residence. An acidic diet can

also bring on anger; some people are attracted to acidic producing foods in the first place by holding an underlying belief such as, "I'm not worthy of health or happiness." Germs aren't the bad guys; it is the environment in which the germs thrive that cause the problems,¹ which are directly connected to our emotions.

Specific medical issues can be connected to specific beliefs, e.g. rheumatism comes from feeling victimised, resentment, lack of love and chronic bitterness.² An illness or pain is your body's final warning that something is wrong and needs to be treated on the physical level. However, if the emotional cause behind the illness or pain is not addressed, the physical symptoms will return over time.

Positive emotions, such as joy and gratitude, bring healing energy to the body. Having a good laugh or thinking of something that makes your heart go 'ahh' is the best medicine for your body and spirit. Positive thoughts, gratitude and affirmations are very powerful when repeated over time for improving health and wellbeing.

The Hawaiian practice of healing and forgiveness, *Ho'oponopono*,³ suggests we repeat the phrase, "I'm sorry, forgive me, thank you, I love you," wherever negative emotions arise. "I'm sorry" is an acknowledgement that you created pain or caused errors. "Forgive me" for not knowing this was inside you. "Thank you" for allowing yourself to release and cleanse the memory. "I love you" is directed to your inner being. This is a very empowering exercise.

The body directs us to negative beliefs and emotions by how and where it exhibits pain and illness.

One of the best systems I have found to identify and rectify health problems is the work of Louise Hay (1926–2017). For over forty years she shared her knowledge of positive thinking. Louise's work is based on using positive affirmations to change your inner beliefs. She suggested that by repeating these affirmations over and over, seeds are planted in your subconscious for new beliefs to blossom. *Love Your Body* came out in the mid 1980s with affirmations for each specific body part. You repeat one affirmation each day, taking note of any negative emotions that arise. Then go back to these problem areas and work specifically with them for a few months. The subconscious needs at least a month of constant repetition to plant those seeds of change. When doubts and fears arise, Louise suggests we acknowledge they are old limiting beliefs that no longer have power over us, and say "Out! I no longer need you."

Some examples from *Love Your Body*:

I Love My Neck – I willingly turn to acknowledge other viewpoints and other ways of doing things. I am willing to change. I choose thoughts that keep me flexible in my ideas and in my creative expression. I express myself freely and joyously. I am safe. I love and appreciate my beautiful neck!

I Love My Toes – My toes are inspectors of the future, going

before me to clear the way. They are straight, flexible and strong. They reach out, feeling and finding the perfect pathway in life. I choose the thoughts that protect my pathway. As I move forward, all details take care of themselves. I love and appreciate my beautiful toes!

You can also use the book for information on acute conditions, e.g. if you have a sore neck, ask yourself if there is some viewpoint you are ignoring or if you are being inflexible. Sometimes just acknowledging the emotional cause can help clear the physical symptom.

Louise's book *Heal Your Body* was first published in 1976 listing ailments, possible causes and affirmations. This is my most used resource from my hundreds of books, with my 1988 edition falling to pieces! The insights into the emotional causes of illness are still as relevant today as when they were first written. Here are some examples:

Abdominal cramps = Fear.
Stopping the process. = I trust the process of life. I am safe.

Acne = Not accepting the self.
Dislike of the self. = I am a Divine expression of life. I love and accept myself where I am right now.

Gum Problems = Inability to back up decisions. Wishy-washy about life. = I am a decisive person. I follow through and support myself with love.

Heart Attack = Squeezing all the joy out of the heart in favour of money or position etc. = I bring joy back to the centre of my heart. I express love to all.

Indigestion = Gut-level fear, dread, anxiety. = I digest and assimilate all new experiences peacefully and joyously.

Migraines = Dislike of being driven. Resisting the flow of life. Sexual fears. = I relax into the flow of life and let life provide all that I need easily and comfortably. Life is for me.

Overweight = Fear, need of protection. Running away from



▲ Louise Hay (1926–2017) was an American motivational author and the founder of Hay House. She authored several New Thought self-help books, including the 1984 best seller, *You Can Heal Your Life*.

feelings. Insecurity, self rejection. Seeking fulfilment. = I am at peace with my own feelings. I am safe where I am. I create my own security. I love and approve of myself.

Skin problems = Anxiety, fear. Old, buried gunk. I am being threatened. = I lovingly protect myself with thoughts of joy and peace. The past is forgiven and forgotten. I am free in this moment.

Here is one of Louise's daily general affirmations: "Everything I need to know is revealed to me. Everything I need comes to me. All is well in my life." Imagine how wonderful life could be if this affirmation was the basis for you creating your day. My personal affirmation is, "I am happy, healthy, wealthy and wise," and on most days I achieve at least one of these goals!

In her book *The Secret Language of Your Body*, Inna Segal, a Melbourne based healer and teacher, also lists body parts, medical conditions and possible emotional causes similar to Louise Hay's work. However, instead of using affirmations, Inna advises to ask your 'Divine Healing Intelligence' for help, in combination with visualisations. This phrase is an acknowledgement that you have created the negative health condition and you have the power and means to heal it.

For example, gums represent being unsure of yourself or decisions you have made, procrastinating, not following through on projects, being too demanding or selfish or a refusal to change. Remedy: Close your eyes. Focus on your gums. Visualise a red ray of light moving through your gums, clearing and dissolving all infections, stagnation and blockages. You might even feel your gums begin to tingle. Say: "Divine Healing Intelligence, I ask you to release all procrastination, indecision, self sabotage, selfishness and stagnation from my gums, as well as all points of view, positive and negative charge, and all patterns that contribute to this condition." Repeat the word "CLEAR" until you feel a shift occur. Visualise a white ray of light moving through your gums, cleansing and regenerating them. Say: "Divine Healing Intelligence, please install my ability to make empowering decisions, follow through with projects, be persistent and open myself to positive change and transformation. Thank you." Say: "Divine Healing Intelligence, please heal and regenerate my gums and teeth to their maximum strength, vitality and health."⁴

Both Louise and Inna connect gums with decision-making. Become your own health detective (as well as healer) by matching body parts with the way the condition exhibits itself, i.e. itching, inflammation, infection, pain, tumours etc. You can change beliefs, emotions, stresses and reactions through awareness of the part you play in the process of manifesting.

For example: itching = unsatisfied, remorse, irritated and annoyed; Inflammation = anger, frustration, fear, seething and self sabotage; legs = carrying us forward in life, facing our future; left side of the body = feminine aspect.

So, if you have an itchy left leg ask yourself, "Am I annoyed with the direction my future is taking? Has a female irritated me? Am I feeling unsatisfied with the feminine side of myself with regards to this future project?" If the right leg is inflamed, ask yourself, "Do I have a fear of the future? Am I angry at a male for blocking my progress?"

If the itching or inflammation is

acute, then it may clear up quickly once you have acknowledged the emotional cause or situation that caused it. If it is a chronic condition, then this detective exercise can point you in the right direction for identifying your beliefs, to enable you to write your own positive thoughts to change the limiting belief.

Here is a brief list of conditions, body parts and emotions I have compiled mainly from Louise Hay:

Itching = unsatisfied, remorse, irritated, annoyed

Inflammation = anger, frustration, fear, seething, self sabotage

Pain = guilt, seeking punishment, longing for love

Infection = anger, frustration, annoyance, bitterness, lack of joy

Fat = over sensitivity, resistance to forgive, fear, needing protection, covering anger

Tumour = building remorse, holding onto old hurts and shocks

Ulcers = fear, not being good enough

Eyes = to see the past, present and future clearly

Mouth = new ideas, nourishment

Neck = flexibility of ideas

Throat = expression, creativity

Breast = nurturing, female principle

Lungs = ability to take in life and joy

Heart = love, security

Arms = ability to hold experiences of life



Spine and joints = flexibility, support

Stomach = digest new ideas

Liver = anger, primal emotions

Kidney = shame, disappointment, failure

Intestines = assimilation, absorption, elimination

Bladder = anxiety, fear of letting go,

Bowel = holding on to old ideas

Knees = support, ego, pride

Feet = our understanding of life

A lifetime of your subconscious supporting negative beliefs results in "becoming set in your ways."

Many symptoms of 'old age' reflect this, e.g. being inflexible can cause aching joints, stooped posture and arthritis, while fear of the future can result in poor eyesight, loss of hearing, leg pain and Alzheimer's.

Have lots of fun being a health detective, and keep your physical body healthy through your emotions. Remember, fairy dust can only make Peter Pan fly when combined with happy thoughts, and Harry Potter can only defeat the dementors that feed on fear with his happiest memory!

► *You Can Heal Your Life* by Louise Hay is available from *New Dawn* – to obtain your copy, go to page 72. The above article originally appeared in *New Dawn* 160.

FOOTNOTES

1. *The Truth About Cancer* by Ty Bollinger (see review in *New Dawn* 160)
2. *Heal Your Body* by Louise Hay
3. *The Book of Ho'oponopono* by Luc Bodin M.D., Nathalie Bodin Lamboy & Jean Graciet (see review in *New Dawn* 158)
4. *The Secret Language of Your Body* by Inna Segal



SANDY BRIGHTMAN is a geomancer and energy worker with over 20 years experience of harmonising earth and human energies. A regular contributor to *New Dawn*, she has a passion for self sufficiency, including healing. Sandy lives in Australia and can be contacted at geomancy9@gmail.com.

12 Life Lessons from a Man Who's Seen 12,000 Deaths

– BY DEEPAK RAMOLA –

Rooted in the hearts of many Hindus is the belief that if you breathe your last in Kashi (Varanasi) you attain what is popularly known as 'Kashi Labh' or 'the fruit of Kashi' – *moksh* or "release from the cycle of rebirth impelled by the law of karma."

Kashi Labh Mukti Bhawan in Varanasi is one of the three guesthouses in the city where people check in to die. The other two are Mumukshu Bhawan and Ganga Labh Bhawan. Established in 1908, Mukti Bhawan is well-known within the city and outside.

Bhairav Nath Shukla has been the manager of Mukti Bhawan for over 47 years. He has seen the rich and the poor take refuge in the guesthouse in their final days as they await death and hope to find peace. Shukla hopes with and for them. He sits on the wooden bench in the courtyard, against the red brick wall and shares with me 12 recurring life lessons from the 12,000 deaths he has witnessed in his experience as the manager of Mukti Bhawan:

1. RESOLVE ALL CONFLICTS BEFORE YOU GO.

Shukla recounts the story of Shri Ram Sagar Mishr, a Sanskrit scholar of his times. Mishr was the eldest of six brothers and was closest to the youngest one. Years ago, an ugly argument between the two brothers led to a wall to partition the house.

In his final days, Mishr walked to the guesthouse carrying his little paan case and asked to keep room no. 3 reserved for him. He was sure he will pass away on the 16th day from his arrival. On the 14th day he said, "Ask my estranged brother of 40 years to come see me. This bitterness makes my heart heavy. I am anxious to resolve every conflict."



▲ Bhairav Nath Shukla (left), manager of Mukti Bhawan.

A letter was sent out. On the 16th day when the youngest brother arrived, Mishr held his hand and asked to bring down the wall dividing the house. He asked his brother for forgiveness. Both brothers wept and mid-sentence, Mishr stopped speaking. His face became calm. He was gone in a moment.

Shukla has seen this story replay in many forms over the years. "People carry so much baggage, unnecessarily, all through their life only wanting to drop it at the very end of their journey. The trick lies not in not having conflicts but in resolving them as soon as one can," says Shukla.

2. SIMPLICITY IS THE TRUTH OF LIFE.

"People stop eating indulgent food when they know they are going to go. The understanding that dawns on many people in their final days is that they should've lived a simple life. They regret that the most," says Shukla.

A simple life, as he explains, can be attained by spending less. We spend more to accumulate more and thus create more need. To find contentment in less is the secret to having more.

3. FILTER OUT PEOPLE'S BAD TRAITS.

Shukla maintains that every person has shades of good and bad. But instead of dismissing "bad" people outrightly, we must seek out their good qualities. Harbouring bitterness for certain people comes from concentrating on their negatives. If you focus on the good qualities though, you spend that time getting to know them better or, maybe even, loving them.

4. BE WILLING TO SEEK HELP FROM OTHERS.

To know and do everything by yourself might feel empowering, but it limits one from absorbing what others have learnt. Shukla believes we must help others, but more importantly, have the courage to seek help when we're in need.

Every person in the world knows more than us in some respect. And their knowledge can help us, only if we're open to it.

He recounts the incident of an old woman being admitted on a rainy day back in the 80s. The people who got her there left her without filling the inquiry form. A few hours later, the police came to trace the relatives of the old lady who, they said, were

runaway Naxalites. Shukla pretended to know nothing. The police left. When the lady's relatives returned next morning, Shukla asked the leader uninhibitedly, "When you can kill 5-8 people yourself why didn't you simply shoot your Nani and cremate her yourself? Why did you make me lie and feel ashamed?" The grandson fell to his knees and pleaded for forgiveness saying no one amongst them is capable of helping his religious grandmother attain salvation. He respects that, and is the reason why he brought her to Mukti Bhawan.

5. FIND BEAUTY IN SIMPLE THINGS.

Mukti Bhavan plays soulful bhajans and devotional songs three times a day. "Some people," he says, "stop and admire a note or the sound of the instruments as if they have never heard it before, even if they have. They pause to appreciate it and find beauty in it."

But that's not true of everyone, he adds. People who are too critical or too proud, are the ones who find it hard to find joy in small things because their minds are preoccupied with "seemingly" more important things.

6. ACCEPTANCE IS LIBERATION.

Most people shirk away from accepting what they are going through. This constant denial breeds in them emotions that are highly dangerous. Once you accept your situation is when you become free to decide what to do about it. Without acceptance you are always in the grey space.

When you are not in denial of a problem you have the strength to find a solution. Indifference, avoidance, and denial of a certain truth, Shukla believes, cause anxiety; they develop a fear of that thing in the person. Instead, accept the situation so you are free to think what you want to do about it and how. Acceptance will liberate you and empower you.

7. ACCEPTING EVERYONE AS THE SAME MAKES SERVICE EASIER.



The secret to Shukla's unfazed dedication and determination towards his demanding job can be understood via this life lesson. He admits that life would've been difficult if he treated people who admit themselves to Mukti Bhavan differently, based on their caste, creed, colour, and social or economic status. Categorisation leads to complication and one ends up serving no one well. "The day you treat everyone the same is the day you breathe light and worry less about who might feel offended or not. Make your job easier," he says.

8. IF/WHEN YOU FIND YOUR PURPOSE, DO SOMETHING ABOUT IT.

To have awareness about one's calling is great, but only if you do something about it.

A lot of people, Shukla says, know their purpose but don't do anything about realising it, making it come to life. Simply sitting on it is worse than not having a calling in the first place. Having a perspective towards your purpose will help you measure the time and effort you need to dedicate to it, while you're caught up in what you think you can't let go or escape. Take action on what truly matters.

9. HABITS BECOME VALUES.

Shukla recommends cultivating good habits to be able to house good values. And building good habits happens over time, with practice. "It's like building a muscle; you have to keep at it everyday."

Till one doesn't consistently work towards being just or kind or truthful or honest or compassionate, every single time he is challenged, one cannot expect to have attained that quality.

10. CHOOSE WHAT YOU WANT TO LEARN.

In the vastness of the infinite amount of knowledge available to us it is easy to get lost and confused. "The key lesson here is to be mindful of choosing what you deeply feel will be of value to you," he says. People might impose subjects and philosophies on you because it interests them, and while you must acknowledge their suggestions, the wise thing to do is delve deeper into what rejoices your own heart and mind.

With a smile on his face Shukla says, "In the last days of their life a lot of people can't speak, walk or communicate with others with as much ease as they could, earlier. So, they turn inwards. And start to remember the things that made their heart sing once, things that they cared to learn more about over the course of their life, which enriches their days now."

11. YOU DON'T BREAK TIES WITH PEOPLE; YOU BREAK TIES WITH THE THOUGHT THEY PRODUCE.

You can seldom distance yourself from people you have truly loved or connected with in some way. However, in any relationship, along the way, certain mismatch of

ideologies causes people to stop communicating. This never means you are no longer associated with that person. It simply means that you don't associate with a dominant thought that person brings with him/her, and to avoid more conflict you move away. The divorce, Shukla affirms, is with the thought and never with the person. To understand that is to unburden yourself from being bitter and revengeful.

12. 10 PERCENT OF WHAT YOU EARN SHOULD BE KEPT ASIDE FOR DHARMA.



Dharma, Shukla doesn't define as something religious or spiritual. Instead, he says it is associated more with doing good for others and feeling responsible about that. A simple calculation according to him is to keep 10 percent of your income for goodwill.

Many people donate or do charitable acts towards the end of their life because death is hard on them. In their suffering, they begin to empathise with others' suffering. He says those who have the companionship of loved ones, the blessings of unknown strangers, and an all-encompassing goodwill of people exit peacefully and gracefully. That is possible when you don't cling on to everything you have, and leave some part of it for others.



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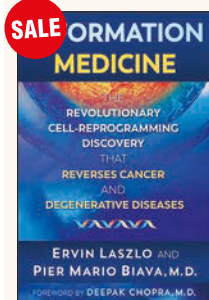
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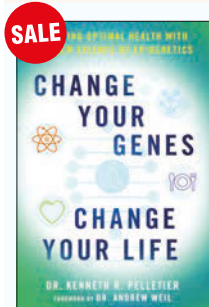
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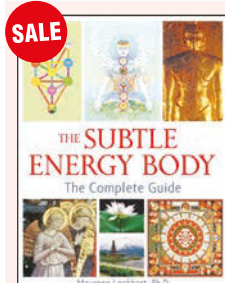
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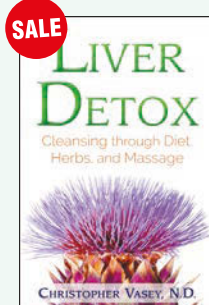
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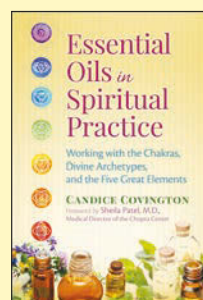
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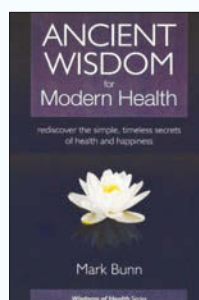
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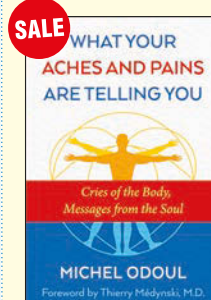
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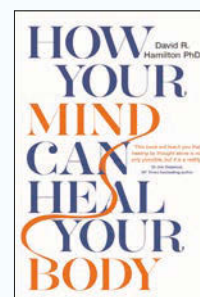
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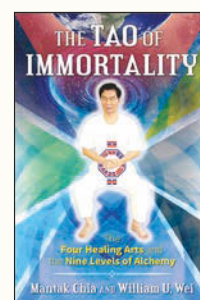
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