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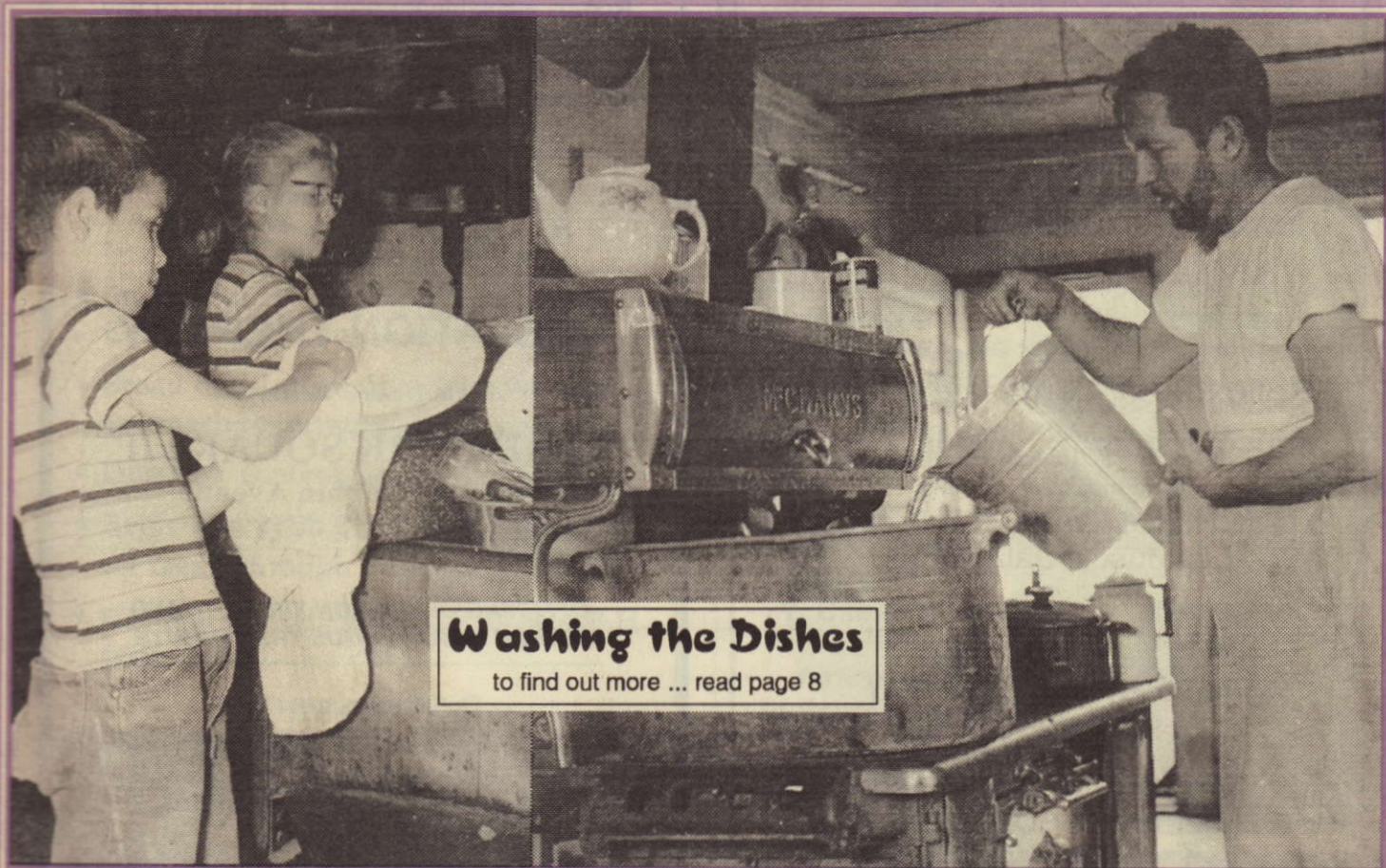
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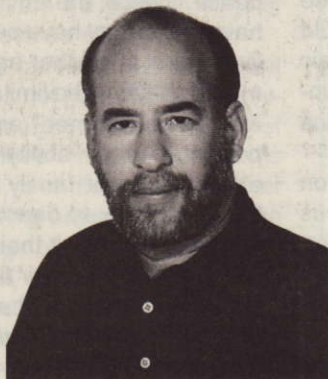
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Our Dreams; Earth's Dreams

by Laurel Burnham

"The true believer begins with herself." Berber proverb

Within the past decade, a couple of female archetypes have caught the collective attention of women in North America. These archetypes have taken human form, rooting in the imagination of women who have come to realize that their personal journeys are taking them into decidedly different realms. Like the contemporary myth of the Starship Enterprise...women are moved to "boldly go where no man has gone before" into the worlds of the female psyche, realms both wild and wise.

One was identified in a very popular book by Clarissa Pinkola Estes: *Women Who Run with the Wolves*. In those pages we were introduced to "Wild Woman" representing the innate, basic nature of women, healthy, creative, untamed and powerful. "Wild Woman" has woken up from her sleep.

We realize that Wild Woman is on every continent, and has been with us since the beginning. We recognize her, and we are learning to become her. She is dancing, she is drumming, she is chanting and howling. She is claiming back the power of her own body, her creativity, learning her boundaries and her sense of herself in the world.

The second being who has recently come back to life, to claim more space on the planet than ever before, is "Wise Woman"...the woman over fifty. The

post menopausal woman, or the "Crone." This woman has been mercilessly stereotyped, at best worthless, "little old lady," at worst, dangerous. She has been called hag, witch, harpy.

Call her what you will, the "Crone" has come to lead us home. There are now 23 million women in North America over 65. They represent an entirely new phenomenon in human history. A country of women who are noted for their active, engaged and spirited personalities, (not to mention their merciless wit and irreverent humour). They are acknowledged for their untiring efforts for peace, justice, the environment. Many have found they have outgrown and outlived roles of mother and grandmother, moving beyond the limitations of patriarchy. "Wise women" are especially important for their ability to cast off the expectations of family and society...to travel, to write, to dance, to create, and above all, to speak their truth.

Every cell in your body responds to your inner dreams. They are necessary for your health and for that of the planet. The dreams the Earth dreams through you are different from the ones She dreams through me. But I need to hear your dreams, and you need to hear mine—otherwise we don't have the whole story. Our time has come, let's listen to each other. Christine Northrup, M.D.



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A celebration not to be missed by any woman wishing to honor the *Wise Woman* or *Crone* in herself and other women. A choice of fifteen workshops to empower, educate and communicate the importance of being a woman. Ceremonies to honor the work and play that has already been done and more. This autumn equinox celebration gathering happens Sept. 18, 19 and 20th and is for women, thirty-five years and older who feel drawn to come. We would love to see Grandmothers, Mothers and Daughters join with us to honor the earth, and the changes. *As we heal, through feeling our grief and our joy, the Earth heals.* Christine Northrup, M.D.

**Ad on the back page ... Registration & workshop descriptions
will be in the July/August ISSUES.**

Letting Go of Someone You Love

by Jessica Diskant

It was March, 1992, and we lay in a hammock under a palm tree, leaves gently swaying. It was warm still, but winter in Hawaii, and the sun was gentle and the breeze mildly cool. The sand was white and soft under our feet. The ocean playing its melody.

I couldn't hear the words he was telling me. Telling me he'd always love me but the form of our relationship was just changing. My heart could not take in those words, that reality. I was not ready to let go. When are we ready to let go of someone we love so dearly?

Time does fade the memories, but time alone does not heal the pain; grieving is a necessary part of letting go of someone we love whether the loss is through death, divorce or some other tragedy. Allowing oneself to feel all the different feelings of sadness, anger, indifference, guilt, whatever you may feel, brings the most profound joy. Sometimes we think we'll never feel joy again. It's there. I promise it is there. Sometimes with some serious work, but you'll find that joy again. So many of us medicate with overdoing something, avoiding our true feelings. This will only put off the healing process. Sometimes though, it is the best we can do at that time.

For some of us, knowing how to nurture ourselves does not come naturally. What would make you feel good today? Giving yourself some fresh flowers, a hot bath, a walk with a friend, flying a kite, petting an animal, a massage, a walk by the lake or sunshine on your face? Find what will give you some pleasure and treat yourself. We all deserve to love ourselves and forgive ourselves for our wrongs. If you need help going through your grief, don't be afraid to ask for help, we've all been there.

We are precious and valuable, each of us beautiful in our own way. Our humanness and vulnerabilities connect us, our feelings the same no matter what creed or religion. As more of us come to realize this, true healing occurs and all that is left is Love and Compassion.

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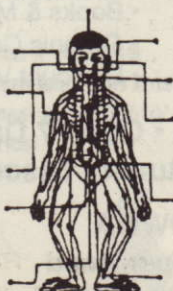
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These studies involved thousands of participants. Most of the studies used a dosage of 3% standardized extract of St. John's Wort in a 300mg capsule, three times per day. The episodes of depression usually lasted a few months, and the St. John's Wort was used continually during this time. St. John's Wort was easily and safely discontinued when it was no longer needed.

The overall interpretation of this giant review showed that St. John's Wort was superior to the placebo, and as effective as the pharmaceutical antidepressants, with no significant side effects. In fact, the researchers concluded that St. John's Wort was a more effective treatment for mild to moderately severe depressive disorders!

So now the mainstream media is busy promoting their "new" discovery - that St. John's Wort extracts help people relax and enjoy life: that three 300mg capsules work safely and effectively to alleviate depressive states.

Of course, herbalists have long known of the powerful curative properties of St. John's Wort, and usually recommend



it in its traditional forms: as a flower oil extract, or as a herb tea. St. John's Wort oil extract has been used as a medicine internally for mild to moderate depression, and externally for wound healing, for over 2,000 years. For those who recognize the emotional power of flower essences, the oil extract may be the best way to appreciate the full spectrum of active ingredients in St. John's Wort - the beauty and vitality of the flowers are captured in pure oil and this translates into an uplifting and natural calming treatment. St. John's Wort is indicated for a stressed nervous system, insomnia, anxiety, and even jet-lag and seasonally affected disorder (SAD).

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Part of Nature's Fare's contribution is to provide current, reliable, and factual information about health issues and health products. We hope you find our monthly column interesting and useful in taking control of your own health and making your own world a better place.

Please remember that the information in this article is for educational purposes only. If you have a health concern, consult a qualified healthcare professional.

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From the Editor...

Chit Chat

with Marcel

It seems I have a passion for reading and the material I read is usually holistic or metaphysical. I find it especially rewarding when my reading inspires me toward new insights and it is interesting to me that it isn't always the best quality material that can do this. Sometimes the less inspired writing can help me to realize that the views expressed are only the writers current understanding and that development can go beyond that point. This happened to me some time ago when I read an article on "Tolerance."

The writer told how she had come to realize that she was now able to allow others to do or say things that to her mind were incorrect, inappropriate or unwholesome. She felt it was their right to do these things as long as they were not harming or bothering anyone else. She had come to the point of being able to allow this consideration, even though she felt that what they were doing was bad or wrong and she was encouraging others to strive for this "Tolerance."

It occurred to me as I read, that something didn't seem quite right here and that I needed to think this one through. The view she expressed was judgmental. But I began to realize that she needed to be judgmental because the practice of tolerance isn't possible unless we first view a circumstance as bad or wrong. The writer was obviously judging the actions of others as bad or wrong, therefore she felt tolerance was necessary.

But what about non-judgment? How does it fit in here? If we practice non-judgment then nothing is right or wrong, good or bad; it just is. We would have absolutely no charge attached to anything that happened, so the practice of tolerance would then become absolutely unnecessary. I suppose we could completely eliminate the word from our vocabulary except that learning tolerance is still a step in our development - a sort of stepping stone along the way, you might say; the bridge between intolerance and non-judgment.

It was good to have my realizations confirmed when, a couple of weeks later, the leader of a spiritual group that I attend spoke on this very subject and expressed much the same views. I find it often happens this way; when I reach a deeper understanding on a concept I usually receive a confirmation shortly after.

I am grateful to this writer for her article as it was the eye-opener I needed to give me a better perspective on this subject. Before this I had considered tolerance a quality to aspire towards and now I realize that tolerance is only a step along the way and we can progress beyond this point to the state of non-judgment.

Marcel



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Washing the Dishes



Two photographs this month, one of Dad pouring cold water into a copper pot so that once the water was heated, it could be used for washing faces and dishes. Soap was whatever we had on hand. Sometimes it was left-over slivers of hand soap, sometimes it was the liquid from a squeeze bottle. One year, Mom tried to make soap from a big old bear that had lots of fat. She rendered it, boiled it and added lye to it, but it didn't take out the bear smell. I can't remember if we used all that soap or gave some of it away.

The other photograph is of Paul and me doing the dishes, as we were the in-between kids. The older boys had other important things to do and the little ones didn't have the motor skills or concentration necessary to stay on task for the hour. I learned to wash the glasses first, and then the silverware and plates. By then the water was cooling off and the soap suds were gone, but I usually continued on, letting the rinse water take off some of the grit. Scrubbing the pots in dirty water made sense to me, and helped me to finish off using the last of the water before it got taken outside and thrown on the rhubarb plants. The pots got a quick splash of hot water from the dipper to sterilize them for by now the water was scummy.

Once, when special guests were coming, Paul and I had to scrub the bottom of Mom's pots with a special copper cleaner. We rubbed them till they shined, and I complained, for it made no sense to me why we had to do it. I knew that as soon as she put them back on the wood stove, the pots would be black again. I guess Mom figured that everything had to glow for company was coming.

Washing so many dishes for so many years taught me lots about working hard. Helping my family to grow and to live

instilled in me a sense that hard work done with love is what the world needs. I am glad I had the opportunity to learn that lesson well. Once in a while, I would rather have been busy playing with my friends, but we didn't have many of those where I lived, and I felt good helping my Mom.

I was a pre-teen when Mom and Dad split, and the boys moved back to Michigan to live with Dad. I shed no tears because I was grateful not to be washing so many dishes. After two years a few of my brothers returned, but by then Mom and I had moved into town, which allowed us the luxury of instant hot water. Since we were all older, the jobs got shared, for there was less wood hauling and no animals to take care of.

When I got married, my husband bought me a dishwasher so that he wouldn't have to help. He didn't like cooking or cleaning as that was woman's work, besides he was busy outside fixing trucks. At first, I balked at the thought of spending five hundred dollars on a dishwasher, for there was just the two of us and a baby. Life was pretty easy and I couldn't see why we should spend money on a machine. Buying the dishwasher proved to be a good investment for as the family grew, it allowed me time to do things outside of the home. The boys took turns clearing the table and loading the dishwasher and afterwards putting things away. I felt thankful that I only had pots and pans to scrub.

When Rae and I divorced, I got to do dishes again. Washing for one was fun and if I got busy, I let the dishes stack up. Some days, doing dishes felt like a meditative experience, for the time alone helped me to sort out my feelings as I let go of any resentments around housework and dishes. I started to enjoy watching the soap bubbles once again.

Moving in with Gerry and sharing this job is yet another adventure, for he has his own style of dishwashing. It is fascinating to watch, for he washes the dishes much more thoroughly and slowly than I do. One day I had gotten the dishes started and then went to wipe the table. When I came back, he had his hands in the water and said "I feel like finishing the dishes." I was speechless, as I felt my body lighten with joy for never in my life had someone volunteered to wash my dishes.

Lately, I feel like I am on a magic carpet ride: hanging on and enjoying the ride is all I have to do, as things and people just keep showing up. I know this manifestation is happening because I allow the time it takes to heal myself. Listening to my body, discovering what it is that makes me light and happy

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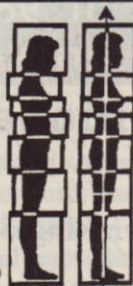


versus what makes me tired and complaining is helping me find balance. The rolling, yoga and emotional release work that I have been doing for five years is certainly paying off, for I have never felt so balanced when I walk or sit. My shoulders no longer tighten up as the day progresses. I feel like I am in the flow, and I love it.

Just noticing and watching myself breathe has become an awesome task that I have taken to heart. As I listen, subtle impulses let me know what they want me to do. Intellectually, I would prefer not to go through the pain of being Rolfed but at the same time, I know I would prefer to do it now while I am still young enough to change physically and emotionally than later, when it would be so much harder. Each time I see a person that reminds me of how I looked ten years ago, I feel so grateful to be doing this work. The lightness and joy that my body feels after going through a session are indescribable as is sometimes the experience, but I usually do try to put that into words to share with you.

The last several sessions have been about releasing energies deep within my bones. As I got on the table I was light and bubbly for the Spring Festival was magical, the financing of the Holistic Health Centre building had gone through without a hitch, and I had just finished having a great week on the road doing distribution. Ken, my emotional bodyworker's, first question was, "How good can you really have it?" I was about to answer when my body started reacting... I could feel a lump rising in my throat. What was this... I know I was feeling happy, so why the tears? As I tuned in, there was feeling of separateness, no one to blame, just me. I could feel myself as soul, choosing my parents so I could learn the lessons that they would teach me. As I breathed, this very subtle and deep ache pulsed through my right hip. I mentioned the sensation to Ken, and he asked me to ground the energy. He had me put my feet on the table and lift my pelvis. Pushing hard with my feet and grunting, I could feel the energy in my jaw bone start to move down the centre of my body, through my hip and right leg, and into the table. I stayed with the feeling, growling and grunting as I pushed harder and harder. My teeth started to chatter and my body started to vibrate. I started thinking about something that needed doing next week. "Ah, ha," I said to myself, "I see the pattern ... my mind manager is trying to protect me from feeling any more pain." I blessed that part of myself and said, "But I want to feel deeply. I want to be strong, I want to do well." I could see myself as Daddy's little girl with many brothers and me wanting his attention. I chose not to be physically strong so that I wouldn't be like my brothers. I asked my body to support the new me and help me to grow strong so that I may have the

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energy needed to do what it is I need to do. I want body awareness, and I want a strong heart.

After about six or eight minutes my teeth stopped chattering and I felt complete, I had done good work, pushed through another block, and was ready to rest. Afterwards, I realized how deep and unconscious core belief programming is. I am now allowing myself the time to go slowly and enjoy the process, instead of rushing through it just to get something accomplished. That includes cooking and doing the dishes. It also includes taking the time to watch my breath as I ask myself what is it that I feel like eating or not eating. This is an experience I am not used to but it is a skill that Gerry has, and so with his help, I will learn quickly because I can see the importance of using the breath as an indicator of what my body wants. I know my mind has been programmed. Each session I have with Jeff or Ken takes me deeper into my core and I learn to be more present with each situation. I love learning new skills, for I so want to change.

Namaste.

Anzile



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LETTERS TO

Dear Angèle,

I just recently came across the April and May editions of your magazine and I was so impressed that I really felt that I had to write and tell you what a wonderful magazine I think it is. I am interested in everything that you cover in your magazine. I was excited to realize that someone actually published something of this kind.

I also am a publisher of a little daily "coffeepot" type paper that goes over well in Chetwynd since the only other paper comes out weekly. I would be interested in talking to you about distribution and how you get your magazine published since these are weak spots for me right now.

I also wanted to know if there was a way I could receive your publication on a regular basis as the little store where I found it had just opened and she said a salesman left them there and I don't know if they will be delivered on a regular basis. Is there a way to get them mailed or subscribe?

I know other people who would be interested in reading this too and some may be willing to advertise or write an article. It would be nice to see the north included too and maybe get a seminar held up in this area. That would be wonderful!

I really like how you put "published with love" in your magazine. I thought that was unique and pleasing.

I really look forward to hearing from you when you have time.

Thank you for your valuable time,

Sue Houde

Angèle;

Your April issue article *Finding Balance* is beyond a doubt the best of your series thus far. It was insightful, informative and very expressive of the changes you are, no doubt, encountering through various healing mediums. You appear to be moving toward dwelling on "health" and not simply what caused your "illness" - a very positive example for your readers. May you be blessed in your efforts!

Shanny

ISSUES

Dear Staff;

I want to express my thanks to all of you who worked so hard at putting on the recent Spring Festival of Awareness. This was my first attendance and won't be my last. I thoroughly enjoyed all of the workshops that I attended and only felt badly that I couldn't squeeze more into my days. The layout of the schedule was perfect in my estimation, giving people the chance to eat and visit without having to rush.

I was very impressed with the Naramata Center and have written to them about the cleanliness and meals. What a wonderful place to hold the Festivals. Best wishes in all your future endeavors.

Yours truly, Lynne Nimmo

Hello Marcel and Angèle

Your Chit Chat in the February ISSUES was very intelligent and well written. I have been fairly militant in my attitude towards the medical establishment which has caused some grief as we have a doctor within our family circle. You have given me cause to reflect on a more loving way to be. Thank You!

Angèle, I have been watching the personal courage and example you have been setting, by seriously going about healing your body and soul. Not only doing it but actually sharing this intimate part of yourself in a way that is not self effacing, needy or glamour seeking. I am impressed. Also, I have found your business partners to be in integrity both personally and business wise. A wonderful example. Good Luck and God Bless!

Ashleigh Ryane, Vernon

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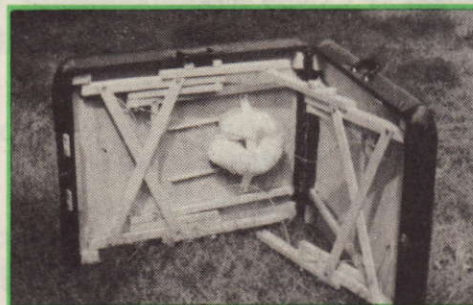
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Breaking the Cycle

by Dave Street

Prior to moving to Kelowna in the fall of 1997, Arlene and I had experienced many health challenges. We had gone the medical route using prescription drugs with frustrating results. Arlene and I were both raised on the belief that doctors know best. By the age of three, Arlene had developed a severe case of eczema which covered most of her body. Her doctor prescribed cortisone cream which she used into her late teens. She found the relapsing and remission frustrating, however resigned her experience as normal.

As a teenager, she suffered from a severe case of depression and at a later date was diagnosed as hypoglycemic. After a sugar reduced diet was followed, her sense of helplessness was replaced gradually with a renewed sense of hope and direction. Shortly thereafter she was asked to see a breast specialist with concerns about a possible malignant tumor. The test came back negative but this experience lead her to pursue a nursing degree which she completed at Winnipeg's Grace Hospital in 1993. Work was scarce and with time on her hands she jumped at the chance to accompany her Mother and Dad on a trip to visit a lady who did blood tests in Winnipeg.

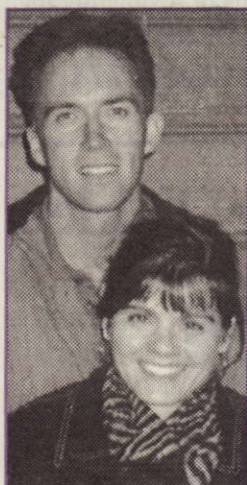
"My mother was having problems with her breathing; she couldn't walk up a flight of stairs without sounding like she was going to pass out. I made an appointment to see our family doctor. After all the routine tests and a stress test, they chalked it up to menopause. About half a year later, I went with her to see a Live Blood Cell Analyst. She had no free floating red blood cells. She wasn't getting any oxygen. Her liver was so stressed and this ultimately affected her breathing...My father was in the medical system for seven years with bladder and prostate problems. Surgery was suggested several times. I'm so thankful that my parents believe in the alternative route, because for the first time in years, he has seen some results."

Both her parents and Arlene were told that by using two drops of live blood many causes of dis-ease could be identified. Arlene was fascinated by what the blood tests revealed. They also received suggestions for cleansing and diet changes. They needed to cut down on their saturated fats, vinegar, processed foods, salted roasted nuts and peanut butter which all affect the liver. They needed to eat more raw food and start colon cleansing.

Arlene decided to take a chance in the alternative health field and take the training with Del's Way in Lumsden, Saskatchewan. After the training, she stayed in Manitoba to practice on one hundred people before moving to British Columbia. It has been three years now and Arlene has been able to use this powerful tool to give people a new direction and method to improve their health.

In March of 1997 I read an article on Arlene and Live Blood Analysis in Shared Vision Magazine in Vancouver. The ten day wait for an appointment to see her was both frustrating and hopeful. I had been diagnosed with Irritable Bowel Syndrome about a year earlier and had Mononucleosis for the last quarter of 1996. Seeing my

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blood magnified fifteen thousand times and viewed on a large television screen was a humbling experience for me. Having been an athlete and eating what I thought was good food all my life, I was shocked to see my blood cells clump together like a slinky toy. This meant that my liver was stressed from animal proteins, chemicals in food and past medications. Ineffective bowel movements also cause the liver to work harder.

Arlene's analysis and suggestions were to cleanse the small and large intestines and the liver and to boost the immune system. This information helped me get out of my own way and on the road to health. I continue to educate myself, learning and healing each day.

Arlene suggested that if I was so interested in health and helping others that I consider looking into becoming an Iridologist. I did. I completed formal training in the fall of 1997 at Del's Way in Lumsden and joined Arlene full-time in September of 1997.

We both have learned many lessons along the way, which we enjoy sharing with our clients. The analysis we do is very accurate. People enjoy seeing their own blood cells and eyes on a television screen. We record these sessions for their personal use with suggestions that focus primarily on detoxifying and restoring the three systems we feel are the key to health. We offer monthly workshops on health and nutrition and encourage our clients to come to one of our potluck dinners and learn to cook and eat vegetarian. We named our practice D & A Natural Health Services and are based in Kelowna but will be travelling to Penticton once or twice a month and working out of the Holistic Health Centre. We encourage you to give us a call.

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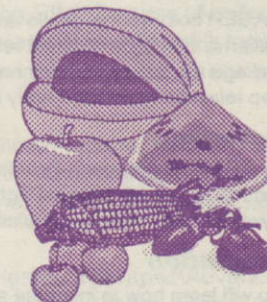
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Health Professionals Guide to Trager® Psychophysical Integration

Trager is an approach to psychophysical integration using light, gentle, nonintrusive movements to facilitate the release of deep-seated physical and mental patterns; patterns such as those that develop through poor posture, injuries, emotional traumas, stresses of daily movement habits. Trager is performed in two different modes. One mode, called table work, involves the client laying on the table and being guided through movements such as rocking, traction, compressions, and taking joints through range of motion. The second mode is Mentastics® exercises. This involves teaching the client to creatively explore self-healing through movements initially taught to them and which later can be expanded upon on their own. Both modes facilitate lasting

neuromuscular re-education, integration and effortlessness.

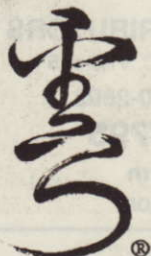
The following conditions have been successfully treated with the Trager approach: Musculoskeletal injuries, such as from athletics, motor vehicle accidents, surgery, poor posture and musculoskeletal back pain; the secondary effects of spasm, rigidity, spasticity, and stiffness from neuromuscular disorders such as polio, cerebral palsy, Parkinson's disease, muscular dystrophy, rehabilitations after stroke and multiple sclerosis; conditions that have a stress component such as tension headaches and irritable bowel syndrome. It has also been useful in helping improve athletic performance in world class athletes in numerous sports and in the treatment of sexual and physical abuse to decrease pain and help the client become more comfortable with their body.

Contraindications to Trager include fresh injury such as torn muscles, ligaments, tendons and fractures. Relative contraindications include metastatic cancer and nerve impingements such as ruptured discs, with the exception of the patient being cleared by their physician and working with an experienced practitioner. Care must be taken when the client is on anticoagulation medication but in the absence of severe carotid artery disease, even neck movements are not necessarily contraindicated. Certain of the movements are contraindications in pregnancy and pregnant women are recommended to work with a practitioner experienced in this area. Also, Trager is less likely to be effective when the client is not comfortable with this modality or if one is not interested in taking responsibility for their own health. This is problematic as the Mentastics exercises are very important to helping the person to maintain and improve their health on their own and between visits.

Practitioners are trained through a certification program of the Trager Institute of Mill Valley, California. Continuing education and yearly reevaluation are required for recertification.

*Written by Mark Hoch, M.D. who is a
Diplomate, American Board of Family Practice
and a Certified Trager® Practitioner*

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Dominion Herbal College Raises Standards for Training Clinical Herbalists in North America

Natural medicine trends are contributing to a new health care reality. Nursing, pharmacy and medical schools all over North America are upgrading their curricula to include courses on these therapies.

Herbal medicine is one area in which interest is very strong. This interest is fueled largely by dissatisfaction among baby-boomers with conventional drug-centred therapies, and by a preference for natural alternatives. That is why 32% of North Americans currently use herbal remedies. What was once regarded as folklore and fringe is now entering the mainstream, and has scientific research to back it up. The natural health industry is also participating in this evolution and upgrading its skills and knowledge. Government is responding with increased interest in consumer safety and regulation. With natural medicine steadily growing in popularity, more consumers are asking detailed questions about the products that they are taking and their effects.

In response to the demand for higher herbal education standards, Dominion Herbal College, the established leader in herbal education since 1926, has upgraded its Clinical Herbal Therapist program. More hours of study have been added to the following areas: anatomy, physiology, pharmacokinetics, pharmacognosy, pharmacology and other health sciences. There have also been increases to the field work and practicum hours portions of the program. This accelerated three-year course, offered since 1989, is available at both the Toronto and Vancouver campuses. It features over 2,000 classroom hours, including 500 clinic hours. The clinic involves students working with patients under supervision by fully qualified clinical herbalists.

The Clinical Herbal Therapist course also provides students with knowledge and guidance to run their own clinical herbal practices or to work in the herbal industry. The course is taught by clinical herbalists, naturopathic doctors and medical doctors. The course will provide students with:

- knowledge of the basic health sciences as they relate to herbal therapy
- competence in the treatment of common disease states through herbal and complementary means

- understanding of the role of correct nutrition and lifestyle in the maintenance of good health

- understanding the limitations of natural therapies and the ability to recognize when a patient needs to be referred to medical or other health professionals.

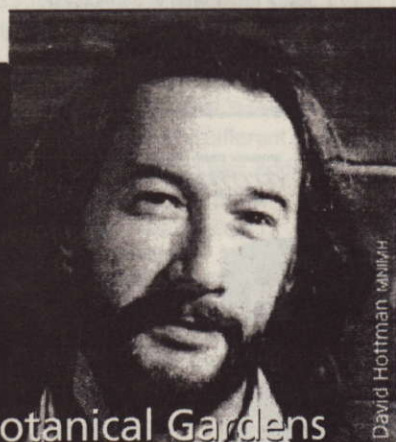
The Clinical Herbal Therapist program is now the most complete, in-depth and advanced herbal course in North America. College President Dr. Judy Nelson notes, "the College has an affiliation with the School of Phytotherapy in the United Kingdom by sharing some course materials. This is an established school and is known world-wide." This

affiliated clinical program offers the same course material with clinic as the accelerated three-year CHT program but is designed for the distance learner. While some DHC programs offer training for the professional herbal therapist, others are structured for herb enthusiasts or professionals in other related herbal fields. Well over 6,000 students from around the world have studied with Dominion Herbal College. "Our mission is to encourage the promotion of health, the prevention of disease, and the easing of suffering by offering knowledge and experience in the use of safe and effective herbal remedies." See ad below



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Speakers: David Hoffman, MNIMH, internationally known lecturer, teacher and author of 12 books including "The New Holistic Herbal." Other speakers include Dr. Ryan Drum, wildcrafter, lecturer, herbal practitioner and seaweed specialist and many other well-known herbalists.

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The Wilderness Immersion for Self Esteem (WISE) program has delighted young participants since its inception in 1993 when it was introduced through Murray Shunter and the Kootenay Regional Correspondence School. This year we are offering a new, enhanced version.

This wilderness based program still focuses on emotional, physical and social development in the context of the natural environment of the Tipi Camp, but this year we are providing some new activities and including a new location. Sphinx Mountain, the dramatic 8,500' peak that towers above Gray Creek on Kootenay Lake, is the setting for the advanced mountain trek open to the WISE Leadership program for young teens from 13 - 16 years of age. Exploring the plants and animals of the alpine meadows, hiking on the ridgetops overlooking Kootenay Lake, and overnight camping beside a hidden lake are some of the new challenges. These young participants in the WISE leaders program will get to practice their leadership skills, too, as they assist the camp facilitators with the 9 - 12 year old members of the WISE program which follows immediately after at the Tipi Camp.

Daily activities at the Tipi Camp follow a progression to encourage connecting with Nature, ourselves, and each

other. Learning to be capable and to contribute is a natural outgrowth of the program as well as a new respect for ourselves, each other and the worlds in which we live. Small family groups encourage active communication skills and support growth in a friendly environment. Physical challenges are balanced with opportunities to accept emotional, mental and social challenges, developing the self and opening new connections with Nature.

We welcome Mark Shubin, a local resident and graduate of the Outdoor Pursuits Program at the University of Calgary, as the director of the program. Mark's skills and training in rock climbing, canoeing, and other outdoor activities complement the program, and his warm, youthful personality will make him a favorite among the younger set.

This transformative program highlights the learning opportunities that lead to cooperative, sustainable living, providing life skills for the future.

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Choices

by Lynn Balfour

It's funny how life is made up of choices. Through our lives some of our choices have provided us with a more difficult route than another, but one that we must travel and learn something from anyway.

One of my more difficult choices was the ending of my twenty years of marriage. I struck out on my own with three children, only life's lessons to my credit, no established career and not knowing exactly what I wanted. All I knew was that there had to be more to life.

Then, another difficult time occurred; the death of a very good friend. She was the nicest person I had ever known. Kind to everyone, full of life and love, peace and contentment. Someone to always aspire to but never be jealous of. She was a true angel here on earth. That loss made me question the choices I had made throughout my life. That's when I started to realize what was important and what wasn't. I started to get to know me.

Another good friend encouraged and persuaded me that I had what it takes to go out in this world and establish a business of my own. So about a year and a half ago I leased a commercial building to start this new adventure. During the course of the year, a business evolved as well as partnership in the business. It was during this time that I began to really appreciate and like who I was and develop ideas on which direction I would like to go. Then, another difficult time occurred; the dissolution of the partnership with a person who is very smart and with many talents. I ventured out on my own, to create a place that people love to go to because they feel a sense of renewal and/or have learned something when they leave; a place where other people can display their talents or gifts as well as connecting with others at the same time. The healing power of pleasure, whether it be providing a good cup of tea and ear to listen with; a transforming workshop; a relaxing massage, reflexology or reiki session; an energizing crystal or a special blend of essential oils or whatever - everyone has something to offer.

But the first choice we must make is to love and trust in ourselves. Get to know who we are. Make friends with ourselves. Be accepting. Celebrate our successes. Learn from things that don't go as we had planned. There are no such things as mistakes, just many different pathways through life. Some paths have many more curves than others but we are still all on our own paths. Enjoy the journey with the person (YOU) on it. Love yourself and let the star within shine through. It is our greatest gift to ourselves; to like who we are and appreciate others for who they are. Some of my choices were better than others but they were my lessons to learn in my own way. I would like to thank my many teachers along the path of life who got me to this point in time; who helped me to keep growing and learning, and help me to make new and better choices for the future. So love yourself and give your heart a hug and let the star within shine through.

See ads to the right.

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Aromatherapy and Cancer

by Beth Jardine

There are as yet no exact guidelines existing for the use of Aromatherapy for cancer, however, more and more research projects are being undertaken in an attempt to gauge the effects of essential oils on cancer and the side effects of conventional treatments.

Aromatherapy is not a cure for cancer, though it can offer immense comfort, support and reinforcement to cancer patients within the framework of other chosen treatments. Certain oils have been described as anticancer agents, improving the immune system and eliminating abnormal cells, but their action has not been proven, nor disproved. These oils include bergamot, clove, eucalyptus, geranium, niaouli, patchouli, frankincense and thyme.

There are still differences of opinion as to whether full body massage should be given to people in the early and middle stages of cancer. Patricia McNamara in "Massage for people with cancer," a study published in 1994 states, "Having searched through the literature, I could find no evidence to show that massage had in fact spread or encouraged the spread of cancer. If there is nothing to show that massage has spread cancer, there is nothing to show that it has not." Robert Tisserand (well respected in the field of Aromatherapy) is quoted as saying, "The uplifting, calming, soothing and antidepressant oils, combined with the caring support from a sensitive therapist can add to the quality of life in a special way." From what I have found, it would suggest that if full body massage were carried out during cancer treatments it should be of a gentle nature, slow and relaxing.

Again there are different schools of thought when it comes to the use of Aromatherapy; the most common belief is that no essential oil should be administered during Chemotherapy. This is due to the fact that no studies have been done to show what effects

the combination of the cancer drugs and the essential oils have on the body. Again, every body is different and the decision to use essential oils should be between patient and doctor.

Two of the Malaleuca family which have been used successfully to reduce surface burning during radiation treatments are Tea Tree and Niaouli. A thin film of oil is applied to the skin over the area which is to be treated for up to two weeks before treatment, but no oil is applied the day of treatment. This has shown to give some protection against skin burns. Lavender essential oil has been used in Norway with good results to help heal radiation burns and reduce scarring. Lavender has also been used with Rosemary oil to stimulate hair growth when the hair has fallen.

Essential oils, with the exception of Lavender and tea tree (in small doses) should not be applied to the skin without first being diluted. Some essential oils are estrogen-like and should not be used with anyone with breast cancer or other estrogen dependent cancer, for example, cancer of the uterus. Included in these essential oils are cypress, fennel and clary sage. Health is a balance between tension and relaxation; Aromatherapy is a wonderful way to help bring our body to a place of balance, to a state of relaxation and peace.

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Peeling an Onion

by Victor Nowoselski

Peeling an onion is what first comes to mind. Opening your heart center and allowing energy flow is like peeling an onion. Since I started my spiritual journey my life has been like peeling an onion. I clearly understand why sometimes the challenges can be frightening, demanding and at times overwhelming, yet in the same breath, so rewarding. Our challenges come from the heart, the core, the very fiber of us, the God within, our soul.

I remember that I was absolutely terrified and completely overwhelmed at the start of my spiritual journey. Like an onion I realized that I had many thin layers to peel. The job seemed endless and there were many tears. Gradually as I peeled one layer at a time, stepping through each fear and doubt, facing each challenge, I began to see progress. I started to see the layers of protection falling off, thus becoming more vulnerable to the experiences of life, to living in the moment.

At times I would try to look ahead. How many more layers would I need to peel before I would find peace of heart and mind, my true connection? This frightened me at times causing me great pain, because again it seemed like the task was endless. Often questions of "What is my purpose? When will I arrive? When will I see results?" plagued me. Little did I realize that life was a continual process of experience and not necessarily a beginning or an end, good or bad. When I stayed in the moment and worked diligently, it was those times I was most comfortable, at peace and most connected to this power and the celebration of life. A power that has been given many names: God/Goddess, Universe, Creator, Spirit, Source, Energy and the list goes on.

At times I would look back with great satisfaction. I saw progress and significant change, for indeed I had done much. Yet, in the same breath, fear and panic would set in for now I clearly knew there was no going back. Having a spiritual awakening is like opening a room full of sand; you can not close the door until all the sand is out. Once one has a conscious awakening, change is inevitable. We must take full ownership and responsibility for the thoughts we have, the words that we speak, the actions that we take and the consequences that we face as a result of our decisions. I realized that even if I wanted to, I could not put those layers of protection back on.

Now, why do most people stop here? Why do most people not continue peeling the onion? It has been my experience that once we remove a certain amount of layers and look back, we realize that there has been dramatic change inside and outside of us; ie: environment, health, employment, finances, family structure, relationships, belief system, etc. The entire wholeness of us has changed in all aspects. We begin to realize that as we go to the center each layer gets thicker and thicker, which translates to even greater change and bigger risks, challenging every fiber of the fabric that we are woven from. At this point the real work begins.

As we continue our spiritual journey to the deepest level, we find ourselves walking between two worlds. We realize that we are spiritual beings who have come upon this earth to have a human experience and not human beings who have come upon this earth to have a spiritual experience. We realize that there is a vast difference between the two. We start to recognize the awesome responsibility we have been given, for

we have just tapped into pure conscious awareness. We realize that we have a power, a God/Goddess, a source, an energy that loves us so unconditionally that we were given absolute free will and choice. We realize that we are creators of our own destiny. We realize that we have been given free range to experience the darkest of the dark to the lightest of the light, the positive and negative, the yin and the yang, the female and the male. Absolute free will and choice. We recognize that there is no such thing as right or wrong, bad or good, but simply an experience of both the polarities, of the wholeness that we are. What are our choices going to be?

Now we start to sense a completion, we are at the core and a whole new excitement arises. We have turned the corner and are heading towards our homecoming. We stand ready in service, for the good of ourselves, humanity and that of Mother Earth. When there are many of like mind and experience, when there is fellowship and support, the journey becomes easy. But what if you are one of the few? What if you are the only one? It is easy to be grateful and committed when we are at a banquet, but can we be the same when we are not? Now we begin to fully comprehend the title "The Reluctant Messiah". If one imagines the process of reconnection as to peeling an onion, one starts to clearly understand the challenge, the investment, as well as the rewards. The heart does not lie for in truth it is the key to life.

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CALENDAR of Events

June 6

Penticton Farmer's Market Opens,
in Gyro Park, p. 37

Brain Gym in Penticton with Pat Brady, p. 37

June 8 - 15

Healing Tao Retreats Introduction
at Silent Ground, Heriot Bay, B.C., p. 16

June 12 & 13

Grand Re-opening of Dare to Dream, p. 2

June 15 - 26

Sheldon Bilsker, Counselling Hypnotherapy
Certificate Program in Kelowna, p. 3

June 16 - 25

Health Week with Ray Kent, Fasting and
Pure Eating at Naramata Centre, p. 27

June 20

25th Anniversary Celebration of the Ca-
nadian Herbalist's Assoc. of B.C. 5pm - 12am,
Waterfront Hotel, Vancouver. Tickets \$65, Open
to all. For info. Margie @ 604-521-5822

June 28

Magic of Body Mind Communication in
Kelowna with Hermann Müller, Free talk, p. 22

June 29 & 30

Language of the Feet
with Hermann Müller in Kelowna, p. 22

July 2-7

Trager, Beginner Training with Roger Tolle
from New York, in Vernon, p. 14

July 4, 5 & 6

Ortho-Bionomy Workshop with Zoe
Crowley in the Slocan Valley, p. 36

July 6 - 10

Wild Woman, in Penticton with Joan Casorso
& Laurel Burnham, p. 4

July 6 - 26

'98 Professional Practitioner Training
in Kamloops with Dawn King, p. 10

July 17, 18 & 19

Tirehouse Workshop in Slocan Valley, p. 22

July 18 - 26

Three Mountain Foundation Retreat
in Kamloops with Lynne Mundel, p. 22

July 18 - 28

The Holy Relationship Course in Sedro
Wooley, Washington with Sandy Lunden, p. 26

July 20 - 24

Dominion Herbal College's 27th Annual
International Herbal Seminar in Vancouver, p. 15

July 23 - 31

Tipi Camp Wise Leader's Program, p. 16

July 24, 25 & 26

Weekend Retreat & Seminar
with Yesmin's Alternative Therapy, p. 30

July 31 - August 5

Women's Earth Medicine Retreat near
Yellowknife, NWT with Blanche Tanner, p. 4

August 15

Aromatherapy Seminar in Penticton with
Brenda Blindenbach, p. 11

August 16

Aromatherapy Seminar in Vernon with
Brenda Blindenbach, p. 11

August 21 - 25

Reflexology Levels 2 & 3 in Prince George
with Yvette Eastman, p. 2

August 21 - 29

Sacred Loving for individuals and couples in
Nelson with Paul Carter, p. 29

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Health Institute, 250-547-2281, Fax: 250-547-
8911, p. 23

Pranic Healing Treatment & Training in
Kelowna with Marilee Goheen, p. 03

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Kamloops: Sunday 11-12:30 372-8071
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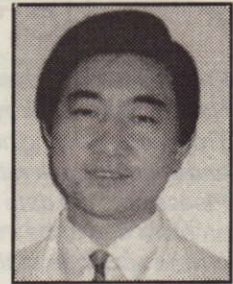
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NEW TREATMENT FOR BRONCHIAL ASTHMA

by
Dr. Kevin Ma



Bronchial Asthma is a bronchial allergic disease with repeated attacks. It is usually caused by different antigens, such as pollen, dust, fish and shrimp, fur, paint, etc. Its pathogenic characteristics are bronchospasm, mucous edema, and bronchial obstruction due to hypersecretion. The main clinical manifestation is repeated paroxysmal attacks of dyspnea with wheezing and expiratory dyspnea. The disease belongs to the category of "asthma with wheezing" in traditional Chinese medicine (TCM).

Bronchial Asthma sufferers have to take a lot of medicine to control the development of the disease, but most medicines relieve the symptoms and do not cure the disease from the root. Acupuncture and Chinese herbs have unique effects on Asthma. They can improve the immunity of individuals, prevent asthma attacks and promote recovery. The combination treatment of acupuncture and Chinese herbs can adjust the body's anti-allergy ability and treat the disease from the root. Bronchial Asthma is classified into four types in TCM:

- a. Cold-type Asthma
- b. Heat-type Asthma
- c. Yin Deficiency of both the Lung and the Kidney
- d. Yang Insufficiency of both the Spleen and the Kidney

Therapeutic Methods:

1. External treatment with Plaster: The Plaster ingredients are made up according to a secret traditional Chinese medicine recipe on the basis of the TCM theory: disease worse in winter should be treated in summer. Since Asthma usually gets aggravated in the cold of winter and gets relief in summer, this therapy is to accumulate the function of medicine during the summer when the sufferer gets relieved, thus the strong effects of medicine will be released in the winter. The plasters are applied only 3 times a year during the summer, once every 10 days. Each time the plaster is kept on points for 4 to 6 hours. Three consecutive applications of plaster are performed each year over a 3 year period. This treatment is proven to be effective, the

effective rate is better than 85%. Cold type asthma showed the best result, and the effective rate is 95%. Better results are obtained by more applica-

tions and longer time of application. The plastering has the curative action during the attack period and preventive action during relief period. This plaster can lower the sensitivity of patient's respiratory tract, increase the patient's immunity and combat cold. Moreover its therapeutic effect lasts long and the recurrent rate is low.

The treatment period of this year is between June 15 and August 15, you can start the treatment anytime in this period.

2. Chinese herbs: According to different body natures of the patient, different kinds of Chinese herbs treat different types of Asthma. The sufferer will take the herb orally twice a day, one treatment period is one month. Ordinarily one to three treatment periods are needed.

3. Acupuncture: Acupuncture can release the bronchial spasm, decrease the secretion and increase the fluency of the respiratory tract. Combined with Chinese herbs, the recovery process will be accelerated, and the effect will be better than single use of Chinese herbs or acupuncture.

4. Self-treatment by Practising Qigong: Sufferers can practise Regulating Lung Qigong, which also helps in asthma.

see ad to the left

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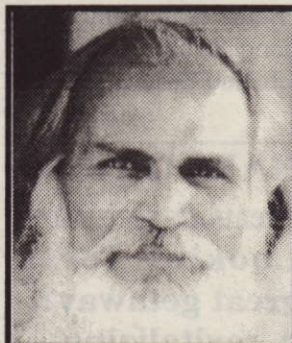
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Hermann Müller

From the Gold Coast of Australia to Penticton and Kelowna. Nattalia, wife of Troy Lenard is doing the promotional work. Troy will be arriving home from his three month tour of Australia and bringing back with him one of Australia's best lightworkers. Please note the date changes and make note that he is staying an extra day to be in Penticton for an evening workshop and private readings at the Holistic Health Centre.

Hermann is a dynamic and articulate lecturer, yet loving and compassionate as a therapist and spiritual healer. He is a realist, who works at the most basic and simple level of human understanding. He has a wealth of channelled esoteric information that can be applied at a practical level to bring balance and understanding into daily life. He reads the face and body condition, using it as a tool to give his clients clues to their physical, emotional and mental challenges. He will explain the chaos and chatter that constantly stirs the body and dulls awareness of that gentle and patient voice from within. How often do you hear your soul's voice clearly communicating to you? Learn how to speak to your soul and work with in. Cleanse and purify the mental and emotional bodies. Harmonize the physical and restore your Soul's experience of life as a healthy bearer of its light. Learn to intuitively read facial expressions, shape and character lines in the face to help in understanding our own potential. Sessions with Hermann range from body readings, deep tissue bodywork, face readings, guided counselling and hypnotherapy.

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UNIVERSAL ABUNDANCE MANIFESTATION AND OLD TIRES

by Sara Adair

Universal abundance comes in many guises. I'm looking at a pile of discarded old tires salvaged from the dump. In my own process of learning how to accept manifestation, I am working with one step at a time, first the vision, now the means — old tires. Universal abundance to me represents the ability for all to have affordable shelter and energizing food. Recycled tires and other commonly discarded materials have the ability to provide for both of these needs, in the form of homes commonly called tirehouses or earthships.

I first became aware of these homes through *Earthship How to Build Your Own* by Michael Reynolds. This book started the desire to adapt the ideas to our bioregion. These buildings are a series of connected U's buried or bermed on the north wall. Along the south wall, windows with a connecting hallway running the length living space on the north side, planter boxes along the glass creating home for plants as well as persons. The interior tire walls are covered with adobe or stucco which can be painted creating a bright open effect.

I feel blessed to be working with so many persons also working towards personal development as well as community involvement. In my process I met John Wood, owner/operator of Southern Exposure Architecture. His background is traditional carpentry though his concern for our forests has led him to alternatives. He personally is experienced in all stages of design and construction of earthships and is building his own here in the Slocan Valley.

Earthships are well suited to the climate of the British Columbia interior. Few tools are needed and the skills to successfully build such a dwelling can be learned in a weekend workshop and perfected on your own building.

I am ever hopeful that universal abundance will continue to manifest in such interesting ways.

See ad below.

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The Lymph System

Forgotten, Neglected but so Important

by Garry Kuse

The importance of water and its proper distribution in our bodies cannot be overstated. The environment within healthy tissue may be likened to that of a flowing mountain stream. In such an environment the cells are receiving nutrients and excreting waste products in a totally balanced manner. All functions are taking place as nature intended. As a therapist, when I touch a person who is in a prime state of health, especially athletes, I get an intense appreciation of the intrinsic beauty of the human body. In a body such as this I know that all bodily fluids such as blood and lymph are flowing unimpeded.

But what happens to this scene when trauma occurs that upsets this balance. The system that regulates water distribution, disposal of waste products within the tissues as well as the filtration of bacteria, viruses and particulate matter from the tissues is the lymph system. An improperly functioning lymph system will result in the formation of edema (swelling). When this occurs several things happen. Cells are deprived of proper nutrients, waste products and proteins accumulate in the tissues. If not removed the protein will cause fibrosis (hardening). In some cases untreated edema can be life threatening.

Just as I marvel at a healthy glowing body, my heart goes out to people who are suffering from the effects of a dysfunctional lymph system. This is where the Dr. Vodder method of manual lymph drainage (MLD) comes in. In nearly every case where I have employed MLD to reduce edema the results have exceeded my expectation. This is a very powerful technique. A case in point is of a gentleman whom the doctor had told to learn to live with a painfully swollen foot. I felt I could help him and I estimated that three weeks to a month of daily treatments should produce some positive results. In six days he left my office pain free, the swelling gone. It is results like this that excite me.

The applications of MLD are too numerous to mention here so I would like to say that for anyone wishing a treatment that will assist in clearing the entire body of poisonous waste products and increasing overall health it will be worth your while to find out more about this excellent technique. For those who have no serious health problems MLD is an excellent way to rid the body of stress. The movements made by the therapist are so soothing to the central nervous system that you will feel all your tensions melting away. See ad below.

Garry Kuse

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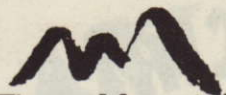
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HEALTH ACTION NETWORK SOCIETY
NEWLETTER TO THEIR MEMBERS.

A fax was forwarded April 7, to us from the BC College of Pharmacies to all Pharmacists in BC, it falls under the direction of a national pharmaceutical authority [National Association of Pharmacy Regulatory Authorities]. It outlines amendments to the Drug Scheduling Act of BC¹, and lists a number of natural products which will now be restricted in the drug stores. We have yet to determine if this means that you may have to say good-bye to these natural products from your local health food stores.

Schedule 1 (prescription only)

- Folic acid greater than 1mg dosage
- Pancreatin
- Pancreatic enzymes
- Vitamin K
- Vitamin A greater than 10,000 IU per dosage
- Vitamin B12 with Intrinsic Factor Concentrate
- Vitamin D greater than 1000 IU per dosage

Schedule 11 (May only be sold by a pharmacist from behind the counter)

- Bioflavonoids greater than 200 mg per dosage
- Iron greater than 30mg per dosage
- Niacin greater than 50mg per dosage
- Niacinamide greater than 125 mg
- Potassium salts per dosage
- Acetyl L Cystein
- Arginine
- Artemisia (wormwood)
- CoQ10
- Magnesium Citrate
- Charcoal
- Caprylic Acid
- Glutamic Acid
- Lobel
- Trypsin
- Barberry
- Iodine

Why is this allowed to happen when Health Minister Rock said there was to be an *exemption* made for natural products, and even appointed a Standing Committee on Health from which he is supposed to receive recommendations, and then act accordingly?

Like you, we are gravely concerned about consumers losing easy and affordable access to their products, and we said so when we went to Ottawa and gave our submission before the Standing Committee on February 5, 1998. [Highlights of our submission and recommendations will be in the next issue of *Health Action* but if you want a complete copy, you can order one for \$15 (includes postage) from the HANS office by calling (604) 435-0512]

We are also greatly concerned that there are a number of individuals and organizations who say they represent the consumers AND health food stores in this country, and yet they recommend a third category/continuum (sliding scale) under the Food and Drug Act for the regulation of herbs and natural products. On the surface it sounds so logical and many people believe that their products will be safe under a third category.

Do you know who else wants a third category/continuum? From the submissions made to the Standing Committee on Health, we know that Shoppers Drug Mart and the Canadian Association of Chain Drug Stores do, in addition to BIG industry.

¹ Directive to Pharmacists, College of Pharmacists of BC March 13, 1998

Readers of ISSUES Magazine:

I have been a member of Health Action Network Society for many years, encouraging Lorna and Pauline to keep up the public pressure so that our government will keep in mind that there are people who want to use natural substances for their health needs. People who do not want to use a prescription to buy vitamins or herbs. If you are like-minded please consider becoming a member and supporting them with a donation. They are a non-profit society and struggle to keep up with the expenses of running an office with phone lines and mail-out costs. They bring into Vancouver many knowledgeable, truthful and dynamic speakers. They have video tapes to buy or borrow and lots of information to share about alternatives to surgery and drugs. Call the HANS office (604) 435-0512, (Vancouver) and get their point of view to what is really happening and then call Dr. Grant Hill's office and get his point of view, then talk to your local MP and fax the Ministers with what you want. Many thanks for taking the time to get involved.

Cineste

Alberta Reform MP Dr. Grant Hill has an advisory panel report from the all-party parliamentary committee who are studying how best to regulate the alternative health industry. This report will be sent to anyone who wants to comment on the ability to have access to your health freedoms. The final recommendations will be sent to government in the fall. Please call and get your report and have your voice heard. Dr. Grant Hill's number: In Alberta call his office 1-800-667-0478 all other provinces 1-613-995-8471 or fax 1-613-996-9770.

The nineteen member panel recommends that consumers should have quicker access, with minimum government interference, to a wide variety of natural health products providing there are no health risks.

The business has estimated annual sales of \$2 billion and it is expanding at the rate of twenty per cent a year. Many groups, including prescription drug manufacturers and the Canadian Medical Association, have made submissions to the committee that call for tougher regulation of health food products. Surveys show at least ten million Canadians are taking alternative, or complementary, health products.

Those products range from cholesterol-lowering garlic pills to cold-fighting herbal remedies such as echinacea which is extracted from the coneflower family of plants.

Ottawa has been grappling with the issue for about two years since proposing new regulations that sparked an uproar and a lawsuit from the natural products industry. The advisory panel also recommended that government scrap part of the Food and Drugs Act which, since 1934, has prohibited the sale of alternative treatments for many diseases, including asthma and cancer.

The proposed agency would regulate natural health products separately from food and drugs, and allow approved products to carry health claims on labels, the panel said. The agency would regulate the manufacture, labeling and quality of products made in Canada as well as imported.

Consumer groups, product manufacturers, retailers, exporters and importers, pharmacists and practitioners of conventional and complementary medicines all were represented on the advisory panel. Federal cabinet and Health Minister Allan Rock will make the final decision on a new regulatory framework this fall.

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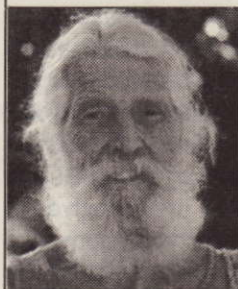
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Arthritis: Stagnancy in the Joints

by Joel
Whitehead



Recently I read an article by a popular American physician-radio host who declared that the answer to arthritis is to use megadoses of antibiotics to kill certain forms of bacteria that have attacked the cartilage in the joints. The treatment involved heavy doses for three to six months and was used to treat the radio host/doctor's wife.

Now I'm not about to begin to advocate the use of antibiotics as an approach to controlling arthritis pains, but I do find this particular solution strangely consistent with Chinese medicine's own understanding of the source of the problem.

Let me explain. Making the microorganism the enemy is at the very heart of western medicine. Most of us prefer to go to our doctor and find that the way we are feeling is no fault of our own. But the fact is that the germ has chosen us as its feeding ground. The problem is that there is always a precondition for being the one chosen by the germ.

Let's put this in a totally different light. Two people pull into a busy parking lot. One person gets out, locks the doors and switches on the alarm. Another person leaves the windows open and a money pouch on the dash board. No big guess who the thief takes from. Why then would it be a surprise to find that when we make a place for bacteria to grow, that they arrive and proliferate and cause damage.

Understanding the concept of immunodeficiency is new in North America. It is a condition that affects people who are overworked, stressed, tired, and eating poorly. Germs are omnipresent and all the antibacterial preventatives in the world are not going to protect you if your body has internal dampness, for that is the breeding ground for the growth of these opportunistic little varmints.

Stagnancy also creates dampness, suffice it to say that things grow in stagnant ponds and not in wildly flowing streams. Harmful bacteria can cause pain in stagnant

joints. It is normal in a damp person for this stagnant energy to settle in the lower reaches of the body and the hands by virtue of hanging down, forcing it to the ends of the arms.

Classically when I think of arthritic people, I think of a little old lady knitting. She likes to stay warm and dry in her house for she fears and hates cold weather, especially if it is dampish. She may get up to check on the cookies she is baking in the oven, and even enjoy the opportunity to snack on one or two. Effectively, everything she does is an invitation to further dampness from the inactivity of just sitting all day to the sweets she eats and the snacking she does. The fact that she lives in a cold dampish area only adds to the picture. Unfortunately, it is not just the stagnant joint that become affected. Fingers get arthritic and hurting in women who do lots of fine work with their hands. It is not the fact that active joints become malformed and painful, but the fact that they are active joints in a stagnant body that seems to makes the difference.

In Chinese medicine we relate both water problems and bones to the kidneys. It is not surprising to find people with dampness frequent visitors to the bathroom, either due to weakness of kidneys unable to hold back the water or incapable of evacuating all the water retained in the bladder.

It may be the bacteria that chew up the bones and a cartilage, but it is the environment that we have optimized for their habitation which is really to blame. The various arthritis foundations consider responsible treatment to be pain management with the eventuality of dependence on some pretty heavy-duty steroidal drugs. However, just some simple changes in diet can make all the difference in the world. Most countries had no concern with the problem until they adopted a western diet.



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All sorts of herbs, vitamins, minerals and enzymes come in capsules that are available at health food and vitamin stores and that lock in flavours and freshness until these substances are released in the stomach to begin their work. Many herbalists enjoy making and blending their own herbs and medicines (like myself) and I would like to share how you can go about capping herbs for yourself.

The capsules themselves, size "0" (small) and "00" (large), come in two varieties: gelatin, which is made from animal hooves, and a vegetable-based capsule relatively new to the market. The latter are a bit more expensive but being a vegetarian myself, and reading the literature of how gelatin capsules are made, I prefer to use the vegetable-based ones. You decide for yourself.

The herbs chosen to fill the capsules can be used singly or in a mixed formula. Whatever the recipe, the herbs must be prepared the same way. Dried herbs must first be ground finely either with a mortar and pestle or in a coffee grinder. The ground herb is then filtered through a very fine sieve which allows only a powder to escape out the bottom into a bowl placed below. Formulations are mixed thoroughly once the amounts have been sifted. Capsules are then pulled apart and with half in each hand are drawn together through the herb powder and capped together, tightly filling the capsule.

For the beginner who only wants a small number of capsules, this is the best method to use. However, if you want to get into making many more, the process can be quite time-consuming, a bit messy and not very consistent in terms of how much herb gets into each capsule. The next best way I've found to make herb capsules is with a relatively inexpensive device called a capsule filler sold at many health food stores for about \$20. This device looks like a miniature egg tray where you stand half of each cap and allows you to make 50 capsules at one time by simply drawing the herbs over the open-ended capsules, levelling with a piece of card, and then capping them when filled.

Capsules are best stored out of direct sunlight in dark bottles that have been labeled with the ingredients and date filled. A simple cold formula to start with may include equal parts of goldenseal, echinacea, ginger and a touch of cayenne.

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Meditation

What does that word mean to you?

by Christina A. Goddard



Would you like to explore: how to meditate, why you need to meditate, what meditation will do for you and how meditation will change your life forever? If you answered yes to any of the questions come to the Monday night drop in classes at the Holistic Health Centre in Penticton and join Spirit and me. All are welcome.

I cannot tell you what each week will be like or what will we do, all I can tell you is that you will learn to trust your own instincts and intuition. In all my classes I have taught my students that they have all the answers inside of themselves and they just need to learn how to listen to Spirit in order to find what they need at the moment. If you are looking for a quick fix or a magic wand, or a leader, I cannot help you. If what you are looking for is the truth about who you are, and the potential that lies within you, then join us. I know that you will find the tools that will help you to heal yourself, for you are the only one who can heal you. I believe that the only limits there are in this world are the ones we have made or allowed others to make for us. We have the potential to be and do anything we desire, all we have to do is believe in ourselves.

My reason for facilitating this class is because I want to help people realize who they are and that they are worthy of all they want/need in this lifetime. We have been taught that it is wrong to think about ourselves first. "PRIDE," this is a very big lie and I am here to tell you that you are number "ONE" in Spirit's eyes. We all need to heal ourselves; then we can help to heal the world. This is what I hope I will be able to pass on to each one of my students. When we learn to accept that we are special then we are on the road to healing. Each one of us must recognize the Goddess/God that is within.

Spirit asked me to leave my family, friends, clients and students in Vancouver and move up here where I know nobody, and nobody knows me. This I have done because the cry of my heart is to be used by Spirit anyplace, and anytime. At this time I feel I am to be at this place to help others reach out and heal themselves. Nobody can heal you but you. If you feel that it is time for you to change your own direction in life, come and join us Monday night. See you soon.

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Astrological Forecast

Forecast for the Month of June 1998

by Moreen Reed

June begins and ends with a "Grand Cross" forming in the sky. Both are touched off by Moon in Virgo, and are "Mutable" Grand Crosses which suggests the possibility of "changing and absorbing experience" and "instability" if under too much stress. The first Cross is more exact, in degree (June 1st 8:00am) and highlights Mars opposing Pluto which asks us to be discriminating in our handling of power in relationships, work for balance, not polarization.

Also this month Saturn, Lord of Reality, makes its first quarter square to Neptune, Lord of Spirit. The first quarter square asks us all to take action, without the benefit of foreknowledge. Making dreams manifest is the theme. Fear is the challenge. This aspect will repeat in October and again in April 99. Those embarking on projects in June will need to take this repeating aspect into account.

On June the 8th Saturn begins a short tour into Taurus, changing the focus of reality testing from "Aries intention" to a resource management check. We will all be asked to take stock of our handling of resources.

The Full Moon on June 9th occurs at 9:19 pm, asking us to shed the light of awareness on our world view, and in particular how we rationalize our beliefs. Question your conditioning against today's realities. The highlighted degree symbolism* is "People cutting through ice for summer use."

Mercury moves into the sign of Cancer on June 14th. We should see a noticeable change in the quality of discourse as a feeling of human compassion and caring comes back into vogue.

The Summer Solstice is on June 21st at 7:02 am, heralding the Sun's entrance into Cancer.

The Cancer New Moon on June 23rd is at 8:50 pm. Sow new seeds of support for your self and others. Life demands that we play the game and we all need to stack the deck in our favour. The highlighted degree symbolism* is "A man all bundled up in fur leading a shaggy deer."

Venus moves into the Sign of Gemini spicing up our social lives, lending a hand to networking and in general sparking many to be more open-minded and curious.

The month ends with the second Grand Cross forming in the sky (June 28, 9:00am). It is still in Mutable signs, but the prominent aspect is Venus opposing Pluto, putting a focus on face to face relationships and the ability to get one's needs meet. Again the balance of power is crucial.

*taken from "The Sabian Symbols" by Marc Edmund Jones

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A Mother's Day GIFT

by Jan

Mother's Day I was gifted with a precious grandson. It has been ten days and I have yet to hold this special gift, instead I have been caught in waves of emotional highs and lows, but let me explain.

When Jolin, my daughter-in-law first went to the hospital Saturday afternoon she was sent home again because she was only 2cm dilated. My son, Jon, their daughter, Shayna, my partner, Michael and his son, Steven and I spent the afternoon visiting, had a simple pasta dinner and went for a walk to find some ice cream. By the time we got back Jolin had contractions five minutes apart and wanted to go back to the hospital. Steven, Shayna and I went for a walk to the beach and then home to play.

I was surprised when Jon phoned later to say that Jolin had been given a sleeping pill and was told to go home. Amazed that she would be given a sleeping pill, I reasoned that the doctor must

not be expecting her to give birth any time soon. Instead we brought her back to our house so she would have a ride to the hospital as she needed it. I offered her food, drinks, reiki, a bed to rest, or anything else she desired, and felt very helpless that I didn't know what to do to help another woman in labour. I wished that there was someone to call for support. Two hours later I was woken to take care of Shayna while Jolin went back to the hospital. Her contractions were three minutes apart.

It was a long night, not because Shayna kept waking me up, but that I woke with each little sound she made. It's been a long time since I've had a baby in my house and had just put her on the floor to sleep. At one point in the night I lay there watching her toss and turn, totally enrapt by this blessing in my life, figuring it would be a great idea to get a playpen for babies to sleep in so I could sit more often. The joy I have felt watch-



ing her grow, noticing as she discovered her voice, her hands, learning to move and all those profound and mundane things babies experience, things I missed with my sons because I was too busy trying to be the perfect homemaker. Some time in the night I moved her up into the bed with me, and was woken at eight with the news that Benjamin Jonathan Gordon had arrived.

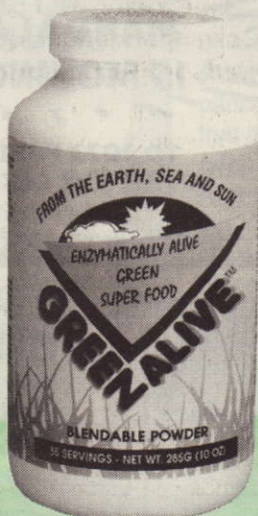
I had a meeting to attend so my son, Greg and his wife, Corinna took Shayna to the beach. Later when I lay down to catch up on some sleep I got a call from Jon that Benjamin was in an incubator. "What! How could this be? He was a full-term baby weighing in at seven pounds six ounces. It's not possible, everything seemed to be going well. Jolin had been very calm when she left, she was carefully timing her contractions at three minutes apart and had even remembered to breathe!" I was told that Jolin had her water broken at 2:30 a.m. and when she still hadn't delivered by 6:30 they decided to induce the birth. Because he birthed so quickly, he needed oxygen and had excess mucus. Marcel said it's similar to a diver surfacing too quickly, which helped me to understand what his body might be going through.

My first visit to the hospital that night was heart-wrenching; to see Benjamin in the sterile environment of the incubator, only being able to touch him through the little portals. The noise of all the monitors seemed so loud, he had an IV which looked so big against the smallness of his hand, and his feet were blue and covered in pricks from all the blood tests. Jolin was feeling overwhelmed and crying because she couldn't hold her baby, so I comforted her as best I could at the time by honoring her feelings, but words did not seem adequate. How different from my introduction to Shayna a year ago when I had lovingly held her in my arms and welcomed her.

This week has been an emotional

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roller coaster with each new medical test performed, the amount of time in incubators and under 'billy lights' and the few precious hours that his parents have been able to hold him. Listening to their emotional pleas for help and my own memories of childbirth, I have bounced from rage to joy, to fear and then surrender. I don't know the medical reasons for all that has happened, but I feel helpless as a woman and grandparent in this situation.

Over and over in my thoughts I have remembered moments from my sons' births. I had no idea what I was getting into when I got pregnant. My first pregnancy ended in a miscarriage before Jon was born and I finally grieved it two years ago when a phone call triggered what I never even knew I had buried. Jon's birth was a breech delivery with all the birth trauma I never even knew existed but am now reading about and comprehending. I never felt that we bonded when he was a baby and feel that as he has grown into adulthood that there is finally an opportunity for us both to heal. Greg came into the world twenty-two years ago today as I write this. I was so afraid of another difficult birth, but once the water broke he was on his way with little help from me or anyone else. He's still like that; headfirst into whatever he puts his mind or heart to.

I have fantasized all this week of a birthing centre where women are welcome to have their questions answered from the time they consider having a child. As the pregnancy progresses there would be support for all stages, a complete resource library with audio, video and books, nutritional counselling, a chance to meet other expectant moms and perhaps a support group. At the onset of labour a woman would be welcome to go to the birthing centre for support, and the option of delivery with trained midwives or a medical doctor.

Pregnancy and childbirth are supposed to be a time of joy, and for the women I have known who educate themselves about the whole process, it seems to be. With another grandchild on the way early next year I know I will do everything in my power to prepare for the arrival of GRANDbaby # 3 starting with my book review this month in my usual column.

P.S. Benjamin came home on May 21st and I was finally able to hold him.

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Book Reviews

by

Jar



Healing from the Heart

A Guide to Christian Healing for Individuals and Groups

by Rochelle Graham, Flora Litt and Wayne Irwin
Wood Lake Books, ISBN 1-55145-294-4

The physical body contains the wisdom of God; it has been created this way. This starts with an inherent belief: we are not separate from God. In restoring wholeness, balance and harmony within ourselves and in relationship to God, our bodies will communicate to us the imbalance, the disharmony and the brokenness with which we live. Both as healers and as those seeking healing, our task is to listen deeply to the wisdom within each of us, trusting that each part of the body longs to be restored to the whole and will guide us in the restoration. We simply need to learn to translate the body's symbolic language.

Beautifully written. The authors reminded me just how powerful prayer can be — to be able to reach out to others in their time of need when distance or circumstance prevent touch and closeness and for me, the feeling of connection.

For bodyworkers this book exemplifies the invaluable role of faith and prayer in healing. For the healing ministry it demystifies some of the healing modalities currently being practiced.

This book is a bridge of knowledge with scientific research, personal healing experiences, practical information, resources and lots of heart and soul.

One of the most important books for our time, **Healing from the Heart** speaks to the healer in all of us.

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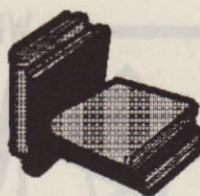
by Richard Haverkamp
Planetes Publishing, ISBN 0-9683028-0-7

Want to take a wacky ride with some of the motorists who visit Holistic Motors?

There's something wrong with the navigation equipment, so Al Planet is on his way to get his Barchetta, a space age car, serviced. On the way to Sliverland he meets Oceala, a waitress, Philip Sampan, the evil and greedy captain of a cruise ship and four mountain climbers stuck on Mt. Everest.

Tug's second-hand Beetle just had a fire in the engine, Nevera's newly purchased Lada won't run since she thoroughly washed and cleaned it and Louis is having trouble with yet another clutch. Thank heavens for Morris Fetch and his tow truck!

This decidedly weird little story has its moments, but I found the language (swearing) distracting.



Book Reviews

Pregnancy & Childbirth Tips

by Gail J. Dahl
Innovative Publishing
ISBN #1-896937-00-4

Maternal well-being, the healthy integration of the birth experience, is of paramount importance. It is the woman's responsibility to birth her baby and to make decisions leading to this time in her life. It is not the doctor's or the institution's or the midwife's decision.

Do women know they have choices about their birth experiences? I definitely didn't twenty years ago. I'm not even sure what resources were available. I took care of myself during my pregnancies, then I turned the births over to the doctors and the hospital. With the arrival of my grandson and his birth trauma, I feel the need to educate myself and then pass as much information as I can on to expectant mothers everywhere.

You do have choices! This book contains information on some of the medical procedures, options, the importance of a birth plan and excellent resources for support. From the first time you realize you're pregnant right through to the birth, Gail Dahl gives you an idea of what to expect. She provides helpful and timely tips on how to prepare for the arrival of your baby, breastfeeding and the first six months of growth and change.

Women, you and your babies are worthy of the safest, least intrusive and most empowering birth experiences you can have!!

Dear Ones

Letters from our Angel Friends

Channelled by Elizabeth Hazlette
Best Friends Publishing, ISBN #0-968147-0-2

Take the opportunity and make it the day, the moment, of celebration. Remind yourself of all that is a celebration and watch. We suggest two things will happen. One will be a lightening, an irrepressible giggle will rise up within you. Suddenly, sunlight pattern on the grass will amaze you, bird song will delight you. And secondly, Dear Ones, we suggest, your dear practical minds will hand you a list of serious chores to do!.... Yes, it's true, the habits of the mind run deep, and it is your task now to allow your heart to take the lead, and initiate the mind into the delights and pleasures that make up Joy.

Just like letters from a friend, **Dear Ones** offers us words of encouragement on our journeys through life.

Touching upon the subjects of judgment, shame, gratitude, responsibility, esteem, love and more, the simplicity of the messages gives them more depth.

I felt good reading this book; a reminder of things I already know but lose sight of in the busyness of life. Good for a pick-me-up.

Aftereffects of Surgery

by Cassie Benell, Ph.D.

Surgery is always hard, and a number of people have difficulties afterwards. Sometimes they may have adhesions which pull internally and towards the surgical incisions. Others have had different organs pushed aside during surgery, while some people have even had bones pushed or pulled. At times some incisions feel as though the wrong tissues have been sewn together, causing uncomfortable pulls.

By mobilising the tissues around adhesions, much discomfort is eliminated. Likewise the same may be done around surgical incisions that may be puckered or even indented into the body. Once I worked with a girl of ten who had had surgery for her stomach when a tiny baby. She was so tiny then that her incision went from her solar plexus to her belly button. At ten the tissues were pulled taut, and she had much discomfort there. Releasing that incision and showing her mother how to do the same helped the tissues to look and feel more normal. Another older lady who had had five abdominal surgeries suffered from a lot of pain related to her adhesions. She was even taking pain killers for this problem. After several sessions her pain abated such that she no longer needed her medication.

Incisions can cause pain as well. One woman with whom I worked had had breast reduction surgery and pain along many of her extensive scars. By working with and following the tissues either side of the scars, the pulling and discomfort which she had endured for years subsided. Another woman had had brain surgery which involved having a shunt put in a ventricle (cavity) of the brain; her incision went way down to her lower neck, where she had much pain. She said that it felt as though she had not been stitched together properly. And that is exactly what her tissues felt like. By following them, her pain went.

Organs get pushed aside in surgery. One man who had several groin hernia operations had some discomfort in his lower abdomen, in the area of his cecum (large intestine pouch) just above the hernia. It felt as though the cecum had been pulled strongly to one side, which it probably was in surgery. By releasing that tension, his pain disappeared.

Bones also get shoved about. A young client with whom I worked had had open heart surgery at age seven. In this surgery the doctors cut open the breast bone, and then pry up the left side of the ribcage to expose the heart. She had much pain in her somewhat distorted ribcage. By following where her tissues were pulling (i.e. mimicking the surgical procedure in miniature), her left ribs wanted to lift in front and jam towards the vertebrae in back. She found that that positioning felt wonderful, and she left with much less pain. I had knee surgery years ago, and recently have had more and more pain there and in my lower leg. As a massage therapist worked with mobilising my knee, she commented on how much shoving and twisting occurred around my kneecap, all a result of the surgery.

So it is possible to alleviate the aftereffects of surgery, be they adhesions, pulls around a surgical incision, or discomfort around an organ or bone.

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Cassie travels to Penticton's Holistic Health Centre once a month if you would like an appointment with her.



ALTON

is a clairvoyant/channel and editor of the magazine *Eagles Wings*, and is of the Alpha, Omega order of Melchizedek. His career as a spiritual teacher has spanned many years and he is constantly travelling the world presenting up-to-date information and techniques as he receives it direct from Spirit.

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The Answer is Food

by Donna Starenky Roth

As a therapeutic herbalist who works with acute and degenerative illness, I am always searching for new sources of energy, for I have learned a very simple true concept; "it is HIGH QUALITY, PURE ENERGY that heals a sick body."

There are many energy sources, mainly sunlight, fresh air, colors, exercise, rest, meditation, prayer, positive thoughts, love, service, herbs and so on, but the most obvious one is the one that we least pay attention to and that one is FOOD.

Recently, I came across a man named Steven Smith who used nothing else but a powerful ground-up blend of raw, organic foods, prescribed to him by Dr. Hans Neiper to overcome his cancer and arthritis. I began asking myself - why was this food so different than any other food? Are we not educated that the Canada Food Guide provides us with all the nutrients we need to maintain a healthy body? If that were so, cancer would not be a ravaging disease in epidemic proportions.

Well, I discovered that the food prescribed to Steven Smith was not only a high quality, organic energy but that this blend also contained all the color energies to feed every constitutional element and body system that makes up the body. From studying Chinese Constitutional Elements I learned that our bodies have six constitutional elements and each element is composed of different body systems and has its own color.

Here is the relationship of Steven Smith's food blend to the element colors. The earth element, the stomach-spleen requires yellows (lecithin, papaya, carrots, lemons); the metal element, lungs and large intestine require white (amaranth flour, brown rice flour, millet, flour); the water element, kidney bladder requires blue, pure, unadulterated water; the wood element, liver and gallbladder needs green (spirulina, broccoli, spinach); the fire element, heart, small intestine, triple warmer, circulation, sex needs red (acerola cherry) and the air element, the pineal gland requires black (licorice root).

Thus, it became clear to me why Dr. Hans Neipers' food prescription cured Steven Smith's cancer. With such powerful color energies, Steven was able to rebuild his entire immune system and consequently, he got well.

I also found it interesting to discover that Steven was unable to buy these foods in a grocery store. Consequently he worked with friend and biochemist, Dr. Charles Ung to find and develop this ground up blend of raw, organic food. This food blend powder is now available to us all. *See ad below.*

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Tamoxifen is Not the Answer

by Tom Anderson

There is only one way to prevent breast cancer, and that is to stop CAUSING it. We need to recognize the exposures in our daily lives capable of initiating tumours or contributing to their growth, then do everything possible — individually and collectively — to reduce those exposures. We must ensure that our air, food and water are free of abnormal substances. We haven't been trying hard enough.

Cancer has often been called "the price of progress." There's no question that nearly all forms of this disease result from fairly recent changes in diet, environment and lifestyle. Some of these changes are modern trends while others are matters of individual choice. But many can be reversed through education, cooperative planning, and legislation which puts public health first — above all priorities.

It should not take another decade of research to identify the changes which have dramatically increased our exposure to, and absorption of, cancer-causing substances. The greatest and most obvious changes have been in what we breathe and what we eat.

Vehicle exhaust can cause cancer. Most drivers are aware of this, yet many habitually leave their vehicles running in parking lots and along the streets where pedestrians cannot avoid their thick clouds of exhaust. Children are the most vulnerable to this type of pollution.

The exhaust from gas-powered lawnmowers is no different. It too can cause cancer. Indeed, the hazard may even be greater, since exposure to lawnmower exhaust tends to be direct, prolonged and repeated. Are we really willing to sacrifice our lives for our lawns?

Our cancer rates have risen as we have replaced many of our farm foods with factory-made "substitutes." Most consumers are aware of this, yet many choose the less enjoyable manufactured products anyway, apparently believing that they really are healthier than natural foods. The most significant feature of this change has to do with dietary fat.

The average Canadian now consumes SIXTEEN TIMES more vegetable oil than anyone consumed prior to World War II, plus three times as much hydrogenated shortening and five times as much margarine. Most of these products are loaded with toxic fatty acids which have been linked to both cancer and heart disease for more than forty years. They are known to promote tumour formation and growth, they damage arteries, they suppress the immune system, and they increase one's requirement for Vitamins E and B6, thereby creating a deficiency of these protective nutrients. We thus become more susceptible to the vehicle exhaust and other carcinogenic exposures most of us face daily.

The average Canadian also consumes five times more sugar than the maximum considered "safe" by Health Canada. Sugar triggers high releases of insulin which have been shown to enhance tumour growth.

These unprecedented changes in what we inhale and ingest get very little attention from cancer researchers. One would think changes of this magnitude would be where any real interest in prevention would begin. Instead, they seem to be almost completely ignored.

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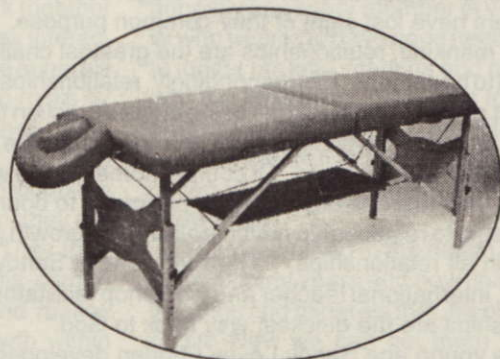
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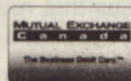
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The Holy Relationship and the Art of Gardening

by Louis Domingue

Picture two people who set out to create a garden. The first couple of days are joyful as they dig up the ground. But soon there are decisions to make about how each envisions this garden and what vegetables and herbs they want to grow. The first argument arises when it's time to make the rows. "My mother always said to align the rows from east to west for maximum sun exposure," says one, to which the other replies, "My family has been gardening for generations and they've always done it the other way around..." Our friends have encountered their ego-minds, loaded with experiences from the past, control issues, guilt... the garden eventually gets planted but there is bitterness between the two gardeners for the ego does not give up easily and soon the garden takes on allusions of negligence, there are slugs everywhere. Our gardeners have lost sight of their common purpose.

For mankind, relationships are the greatest challenge on the road to happiness. Correspondingly, relationships are also our most precious gift because of the law of attraction that says that we attract to us people who can best trigger the lessons that we need most to learn. Of course, some people will resist learning their lessons all their lives, preferring to bounce from relationship to relationship never realising the growth potential hidden in all relationships. "The truth," says Sandy Levey-Lunden, international teacher and workshop facilitator, "is that relationships are the quickest way back to God."

At a young age Sandy Levey-Lunden developed a keen interest in life's deepest questions. Determined to learn the secret of happiness, she devoted her adult life to try to find what made people so unhappy and how to correct this. Naturally she was drawn to counselling while still searching for a new model. "I had to find an altogether new way to be in relationships with others." The answer came in the form of a book called *A Course in Miracles*. Eight years ago, in the midst of a personal crisis, she received the book for a third time as a gift, and this time, she started studying it. Inside, Sandy found the answers to what she had wanted to learn and teach all her life. The outcome was a series of experiential workshops that really make a difference in people's lives because they are based on

"uncovering one's true nature and power." Now living in Sweden, Sandy travels to Canada, the United States and Europe to conduct her many seminars. Her teachings are powerful as they help reverse people's thought systems from fear, anxiety and anger to forgiveness and love.

What is *A Course in Miracles*? It is a book that is said to have been channelled, meaning that the author accredits the writing to a Divine Source. Its teachings spark changes in people that are profound and far reaching. Many leaders in the current spiritual renaissance have found wisdom and inspiration from its teachings. It was specifically created to teach a new way to be in relationships with everyone.

"The way to salvage the garden," says Levey-Lunden, "is to realise the potential for healing that exists in relationships. Most of us think that we have a hole inside (a belief that we are incomplete, somehow flawed) and that someone else can fill that hole and make us complete again. We look around until we find the right person with whom to enter into a bargain in which we fill each other's hole, I give you what I think you need, and you give me what I think I need." This is what *A Course in Miracles* calls "the special relationship." There is another way to be in relationship and the Course calls it the "Holy Relationship". (the title of one of Sandy's most powerful workshops)

One of the fundamental ideas in *A Course in Miracles* revolves around changing one's perceptions. The Holy Relationship aims to bring awareness to new truths about ourselves. "You are perfect as you are and I am too. You and I are on a sacred journey to become who we really are and we will go there together." We learn to view our partner for who he/she truly is under the guilt and shame that we project on each other. And we learn that we have a higher purpose together. Letting go of the past is a crucial part of the problem and in her workshops Sandy teaches participants a very powerful tool to learn this skill. Appropriately called the clearing process, this technique is used to acknowledge feelings (anger, hurt, sadness) while learning to identify where they come from in our past. Even if unconscious, situations that make us angry or sad always have a trigger from the past and this is what we react to in our everyday lives. Forgiveness is the key to letting go of the past and bringing happiness and peace in relationships.

Back to our gardeners; they are now ready to harvest the garden after a fruitful summer. They decided along the way that there were two basic choices available to them. They could let the slugs take over and eventually destroy both the garden and the relationship or face the problems head-on and learn from them. Fortunately, they chose the latter and the garden became the catalyst for something much bigger. For in the process of having a common purpose and being willing to work out their differences, they created a Holy Relationship. The truth is, aligning the rows one way or another doesn't guarantee good growth in a garden, love and forgiveness do.

Louis Domingue and his wife operate a company called Angels unlimited which is involved in alternate health in Jasper, Alta. They also publish an alternate health newsletter 'Yellowhead Wholistic Connection.'

See ad to the left.

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Organic Minerals and Supplements

by Ben Walburger, Nutritional Consultant

Man cannot take in nutrients directly from the earth, but needs the higher evolved biochemicals. Plants with the help of sunlight, air and water, take the basic elements from the earth and naturally triturate and potentize these elements through the process of photosynthesis.

Inorganic minerals...not composed of plant or animal material...do not have a carbon molecule, and are in rock or soil form. They vibrate at a different rate than a mineral from a plant. Why is this? Kirlian photography will show this difference.

Chelated Minerals...[chelate comes from a Greek word meaning claw]. This is a process where science takes a mineral from the rocks, grinds it to a fine powder, then couples it to a protein molecule (protinate). This coupling is called chelating. However, this procedure is not necessary as the body chelates plant minerals in order for them to enter the cell. Chelating a mineral is only a sales gimmick as well as an unhealthy practice. Let's see what would happen if we forced a piece of rock into a cell. Let's take calcium for instance. Calcium carbonate (CaCO_3), refined from limestone, and we don't know how pure it is as there are lots of other minerals in limestone as well which may not have been extracted. This is also what cement is made from.

Colloidal Minerals...[colloidal...a substance whether a gas, liquid or solid, dispersed in a continuous gas, liquid or solid medium.] The mineral particles contain very large molecules, or large aggregates of molecules and do not settle (or settle very slowly). It is neither a solution nor a suspension. They are inorganic or chemically created in a lab and held in suspension sometimes by an electrical charge and they neither mix or settle out.

Ionic Minerals...consist of an ion or group of ions which have an excess or a deficiency of electrons and are thus electrically charged and capable of carrying a current through a gas or a liquid. Some, coming from the sea water are no different than the ones in your drinking water.

They have been dissolved from stone and washed into the seas, etc. Just because some are from the Dead Sea, and promoted as such, does not mean they are older or better for you. They are still inorganic and have not yet been transformed by the plant kingdom and sunlight into a more refined vibrating force.

Organic minerals...[of, or related to an organ of the body.] Having the physical structure, characteristic of a living organism, related to the compounds of Carbon, having parts that work together in a way that recalls the complex interactions of bodily organs. They are minerals that have been dissolved from rocks by the rain, entering the soil, then processed by microbial bacteria and then used by the plant kingdom. Through the workings of nature and the sun, they are now refined for human use. They then carry a carbon atom; it is this carbon atom that sets them apart and makes them create energy and growth within the human body. When these minerals are extracted with the best of nature's

solvents, water, they then become ionic as well. Organic ionic minerals are then Biochemical. All other minerals coming not from the plant kingdom are not Biochemical, and are not usable by the body for rebuilding cellular structures.

When we read "Natural," or "Nature's Made" or "All Natural" we assume it to be good for us. However the atomic bomb is made from natural things and I don't think we would want one to visit us.

I could go on and on about what is on the market. From past experiences, I can honestly say every member of your family who wishes to have good health needs to ingest organic vitamins and minerals, and the best way I know of is to eat the best organic foods and Complete™. It is only our ignorance that causes disease or condition and the cure for ignorance is knowledge.

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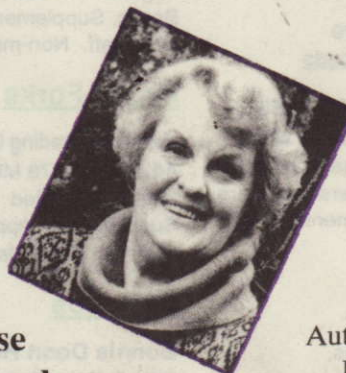


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