

ISSUES

for EMPOWERMENT

MAGAZINE ESTABLISHED 1990

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Natural stakeholder speaks out against Health Canada

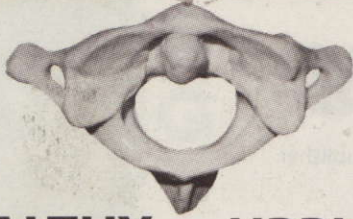
As a Canadian, I can choose to smoke and drink as much alcohol as I want as long as I do not drive. I can get as fat as I want on junk food to the point of becoming diabetic. I can eat GMO food that has no science for safety and use over-the-counter (OTC) drugs that kill Canadians every day. I can take physician-prescribed prescription drugs even though the side effects are often worse than the symptom. And I can buy chemical mixtures of artificial dyes, colours, flavours and pesticides, all claiming to be food.

So why is Health Canada threatening to limit my choice to take plant medicine or other natural supplements when they have a long safety record and 71 percent of Canadians who use them realize they provide a vehicle to better health. That is the question I have yet to hear Health Canada answer. Sure, they spout safety of Canadians as their #1 concern, but that must not be true as I, as a Canadian, can use substances proven to cause illness and death, yet safe, effective plant medicine will be illegal.

It is time we take a stand for our health and the Health of future generations and stop this insanity. The core issue for me, as a Canadian, is my basic human right to choose my food and medicine.

— Deane Parkes, president Preferred Nutrition, www.pno.ca

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Natural stakeholder speaks out against Health Canada

Our natural supplements are not dangerous. In fact, they save lives. If you believe in natural medicines, please stand up and protect them for our children. I believe in this industry and I believe 100 percent in the dedicated people working with NHFCanada. I feel our industry has to go through a revolution, and our goal must be to wake up every Canadian. What is the cost of doing nothing versus taking a stand? Due to a media blackout, most consumers are completely unaware of the travesty going on; we must inform them and let them know we have solutions.

My dear friend and colleague Dr. Dahl ND has served the people by always providing safe, natural supplements to NDs across Canada, yet he may be facing two years in jail. This has been going on in the U.S. for many years – innocent people like you and me serving 15-year jail sentences for selling and producing proven natural remedies that work.

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Established 1990

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Address: RR 1, Site 4, C 31

Kaslo, BC, V0G 1M0

♥ **Issues is published
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July & August • September & October
November, December & January

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Musing

with *Angèle*, the publisher



The cover photo was taken at Topley, BC, halfway to Terrace, where I went to visit my Mom this past September. During my distribution trips over the last few years, I have taken many photographs of old buildings, knowing that one day they won't be there anymore. I wonder who built them, and what their joy and struggles must have been in building without electricity and power tools. While I was in Terrace, Mom gave me her collection of homesteading slides that graced the front cover of *Issues* for the first ten years. My yearning to take photos of old buildings probably came from the fact that my parents were homesteaders, moving from Michigan to Rosswood, BC, in 1958. Mom took lots of photos, showing the many stages needed to settle raw land. Back then land cost two dollars an acre plus proof that we were working the land and making improvements.

Many people have commented about enjoying the old photos and some prefer them to the new ones. Since moving to Johnson's Landing, we have had many people ask questions, like, "How did things get started?" We show them a photo of the lodge taken in 1978 just before it went through its third enlargement. The new owners had a growing family, so they just built around the original cabin as time permitted, leaving the chimney in the middle, the porch circling the birch tree, and even digging out the basement.

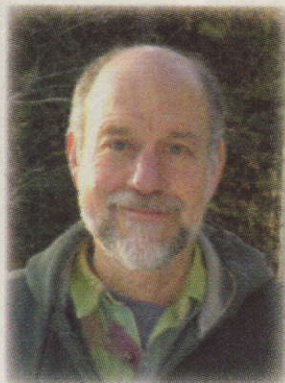
This summer Tad Melbin dropped by, the man who built the original cabin in 1969. He now lives in California, and one of his friends informed him that his one-room cabin had grown into a Retreat Center, so he checked it out on the web and drove here for a holiday. He was one of the first teachers at the Argenta Friends' School, which was run by the Quakers. He spent several summers cutting trees and working part-time to earn money to buy supplies. Tad gave us his pictures of those early days and shared his story of building what he thought was going to be a temporary location, as he had plans to build a bigger home at a better location. He made many comments about the trees and how impressed he was that they are still standing. In 1972 he sold the twenty acres to a Canadian family, who sold it to Alphonse Bouchard in 1992, who developed it into the Golden Eagle Retreat Center. But that didn't work out, and it was then sold to Richard in June of 1998.

Back to Mom ... She is now 87 years old and not looking forward to the wet, cold winter up north. She plans to move to Hazelton, hence the need to let go of the boxes of slides and other things. She keeps herself well by getting acupuncture and rolfing treatments on a regular basis, but says she does not feel like herself.

My Mom's determination to stay well when I was a child sparked my inspiration to stay well. Her Mom was one of the original 'health nuts.' Grandma knew lots about herbs. She even travelled to Russia in the 1940's, where she learned the language so she could study Russian cures for diseases. I educated myself reading *Prevention Magazine*, and studying what Dr. Vogel and Dr. Rudolph Ballentine taught about natural healing. I liked using natural remedies on myself and the kids when needed. I also liked supporting alternative practitioners like naturopaths, Traditional Chinese Medicine doctors and energy healers, and I still do. Once we take drugs, they weaken our body's defense system. The promise of easy healing without knowing the natural way to do it is a lure, a magic pill that does not work in the long run. It takes time and determination to stay well.

continues page 6

STEPS ALONG THE PATH



SEEDS, SOIL, WATER, SUNLIGHT ... AND 'LOVE'

This summer we harvested a continual supply of lettuce, herbs, kale, cauliflower, broccoli, zucchini, swiss chard, strawberries, raspberries and blackberries to feed ourselves and our guests nourishing foods. Then just before the onset of winter, we were blessed with an abundance of potatoes, apples, pears, tomatoes, onions, carrots, squash, and the first honey from our bee hives. This ongoing process always brings me to deep appreciation of nature and the magic of seeds, soil, water and sunlight.

I can still remember the first time we were tilling a patch of ground to start our lower garden and I was walking behind the tractor, barefooted, so that I could find the stones with my feet and put them into a bucket. On that gloriously sunny day the feel of the fresh soil between my toes and all around my feet was euphoric. I was so overwhelmed that I was crying with the ecstasy of my connection to the earth. Year after year I give thanks for the abundance of food that continues to come from this soil. Gratitude is an important part of our life here at the Retreat Center; at mealtimes we almost always give thanks to the earth, to the gardeners, and to the cooks that have provided us with the nourishment that sustains our life.

During the growing season we have many volunteers that pass through the gardens preparing and planting beds, weeding, watering, thinning, harvesting and helping in the preservation of the food so that we can serve it throughout the year. For the 2012 season we are looking for a 'Garden Focalizer'. This is someone who lives at the Center and organizes the gardens. They would not be doing all the work; they are the one that keeps track of what needs to be done when, and organizes the volunteers for the garden. If you know of anyone who has a passion for gardening and might be interested in spending a busy summer focalizing the gardens at the Retreat Centre please let us know. To contact the Center please call us toll free at 1 (877) 366-4402.

In the meantime, if you live in a town or city I would encourage you to grow something that can nourish your body and at the same time connect you with the miracle of nature. Nurturing some herbs in a pot on a sunny windowsill will bring you one step closer to connecting with the Earth. Remember 'seeds, soil, water and sunlight— and of course some 'Love.'

Namaste Richard



Our gardens are annually inspected by an independent outside organization so that we can be 'Kootenay Mountain Grown' certified, which is locally recognized as growing with Organic methods.

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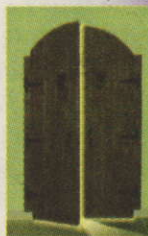
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Musing continued

Many people who train to be doctors start with good intentions, but soon become pawns of the pharmaceutical companies, as it takes less time to prescribe than to educate. It would be good if we got support from our doctors to use natural products instead of confusing messages that natural remedies are dangerous or useless.

I started *Issues* twenty some years ago as a way to educate people about options for health and the *Codex Alimentarius* (an international food regulatory body of the UN and WHO), which I was told would eventually control our health supplements. With the implementation of Bill C-51, we now know that those rumours about the Codex are real. Big Pharma now controls the various organizations and government departments that were designed to help us.

While doing the last distribution, I got the feeling that the next edition needed to focus on getting people to wake up to the fact that our "health-care" is being compromised. When I got home, *Common Ground* magazine of Vancouver had a special supplement on our "health industry under siege," so all I had to do was choose which articles to reprint so you could read them here.

Did you know that death by pharmaceuticals has surpassed death by automobile accidents as the number one killer in the United States? Natural health products are very safe, so why are Health Canada and the Natural Health Products Directorate classifying our supplements as drugs and not foods? Most politicians are much too busy or lack the interest to know about this issue, so it is up to you to let them know your opinion. I encourage you to sign the *Charter of Health Freedom Act*. You will find the details on page 27.

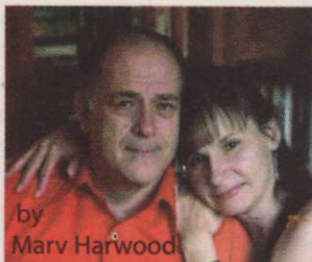
I have included an article and book review by Helke Ferrie of Ontario who writes for *Vitality* magazine and has dedicated her life to publishing research as to what is happening at the corporate level of health care. The BC Health Action Network has been around for thirty years and puts out a good magazine that you can find online. If you are not a member, I suggest you check out their website and sign up. Supporting dedicated people that are keeping us informed of the crackdown on natural remedies is important or soon there will be no choices left.



Angele

Stepping on the Path—The Story of Kimmapii

As practicing Shamans, we are often asked, How did you get started? How did you know what type of Shamanism to study? How did you know who were good teachers? As I reflect on these and other similar questions, I think back to my beginnings on this path of experience and learning.



My wife Shanon and I, independent of one another, have our own stories of how we became involved in Shamanism, how we came together and how we blended our individual experiences into busy one-on-one healing practices, and ultimately the Kimmapii School of Shamanism.

As a young man, I grew up in the majesty of the Rocky Mountains, while Shanon grew up on the vast Alberta Plains. Although I didn't realize it, I began learning Shamanism at a relatively early age. Where I grew up, we were a long way from town, medical help, or any ready source of purchased food. Many of our neighbors were of Native descent, and as a result were rich in the ancient knowledge of plant medicines and food gathering/preservation. This was my introduction to what we now call Animistic Shamanism in our School.

Shanon, on the other hand, grew up in a family with some rather strong Christian views. As she entered her teens, she became interested in tarot and astrology. One day her mother chanced upon one of Shanon's books and immediately confiscated it and gave her a strong lecture about not messing with the devil's handiwork. What better way to pique a teenager's interest than to tell them something is taboo! Shanon began to follow this path with a passion. It has developed into what we term Destinistic Shamanism in our School.

Many years later, after she and I met, and our relationship grew, we discovered that we shared a deep and intertwined interest in Shamanism. When Shanon and I decided to marry, we were both adamant that we did not want a traditional wedding with a Minister or Justice of the Peace, so we began our search for alternatives. Because of my association with Native people as a young man, I suggested we might ask one of the Native elders for a traditional Native wedding. The idea was a hit, so we pursued it avidly. Ultimately this led us to meet Dr. Joe Crowshoe and his wife, Josephine, of the Piikani Nation, a division of the Blackfoot Nation. The Crowshoes were revered and respected Elders and Spiritual leaders, who agreed to marry us in a traditional ceremony.

This was the beginning of a life-altering experience for both of us, as the Crowshoes not only married us, but began to share their traditional teachings with the understanding that we would work toward 'bridging the gap' by sharing the work with all people. We spent many years with the Crowshoes, learning and experiencing until they passed away. Upon their passing, Shanon and I began searching for further learning on the Shamanic path, and were fortunate enough to meet Dr. Alberto Villoldo, the founder of the Four Winds Society located now in Park City, Utah.

Initially, both Shanon and I were apprehensive to begin training with the Four Winds for fear that it might somehow conflict with what we had learned from the Crowshoes, as the Four Winds' approach appeared to be quite different. We persevered, however, and began training with Dr. Villoldo's group. To our great joy, we soon learned that it was really just another means of travelling the same road, so we avidly pursued training with them and added another skill set to our toolboxes. This style of Shamanism is what we call Energetic Shamanism.

As we study, practice, teach and help people to heal, we are still amazed at how the three skill sets are so similar and interrelated. The greater question we often ask is, "Which stream best suits the needs of the individual seeking healing?" Often, we use a mixture to help the person in need. The simple watchword is integrity. Regardless of which method we use, we insist that we and our students do the work with integrity. Integrity is the key in the Crowshoes' teaching, a key in the Four Winds teaching, and so it is with our school.

So what stream or streams are right for a certain person? The one or ones that feel right, integral and natural, for we have all been Shaman before—we are just helping you to remember your skills from so long ago.

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The Irrational Factor in Medical Regulation

by Helke Ferrie, reprinted from *Vitality Magazine*, October 2011

"If it be misconduct to use methods and techniques that are unknown to, or disapproved of, by the vast majority in the [medical] profession, the profession might never progress." Justice O'Leary, Ontario Court of Justice, 1993

"Oh, what a tangled web we weave, when first we practise to deceive!" Sir Walter Scott, (1771–1832)

The road to Hell is paved with good intentions. Hell is the place where people are sacrificed on the altar of corporate greed, a situation cleverly disguised by assurances of the best of intentions. Government and industry usher us onto that altar insisting that they are "serving the public interest," often perhaps believing it themselves, as they too are often misled. To stop the mindless cooperation of our governments with those determined to turn everything (plants, animals, people, the earth itself) into profit is the task of our time. Consider the following examples that have now become urgent:

1) ANTIBIOTIC RESISTANCE has made many infectious diseases uncontrollable, warned the World Health Organization this year on World Health Day. "Antibiotic resistance is driven by the inappropriate and irrational use of antimicrobial medicines, including in animal husbandry," the WHO announced, observing that the world may return to "the pre-antibiotic era" because none will work anymore.

2) ONTARIO'S COLLEGE OF PHYSICIANS AND SURGEONS (CPSO), started to produce their Non-Allopathic Draft Policy last year. If adopted, it will regulate complementary medicine physicians right out of existence, and completely control what treatments patients may get – all with the stated noble aim of "protecting the public." Apparently, informed consent legislation did not give them a moment's pause, nor did all that case law which protects the new and non-traditional, the most famous of which is the Brett decision cited at the top. The assumptions underlying this policy are appalling, and the rules proposed are absurd, formally defined as "being at variance with reason." Doctors who actually are trained

in something other than drug therapy (i.e. members of the Ontario Medical Association's Section on Complementary Medicine) were not included in the CPSO's policy committee. So health professionals who effectively know nothing about complementary medicine came up with this policy.

3) Earlier this year, a Bill proposed in the U.S. Congress died on the order papers after a two-year battle. The U.S. FOOD SAFETY ENHANCEMENT ACT proposed 10-year jail sentences for "misbranding," which was defined as "citing peer-reviewed science about a dietary supplement." Could the CPSO have taken its cues from the same guys who drafted that U.S. Bill in 2009? Their draft policy is not just science-challenged, but devoid of science. It seems Health Canada also must have taken its guidance from that extinct Bill, since their latest acts of random unkindness include restrictions on certain types of the sale of Oil of Oregano (the one plant-derived antibiotic that works against antibiotic resistant bugs), along with probiotics and various enzymes of central importance to alternative cancer therapy.

Meantime, Health Canada's insupportable pronouncements on the safety of antibiotics in animal feed, its periodic messing with effective natural health products, the recurring attacks on natural health products in the U.S. and the CPSO's non-allopathic policy review are all justified as diligently serving the public interest. And we are assured that these initiatives are all supported by exhaustive reviews of the peer-reviewed scientific literature. The problem is, these regulators are about as transparent as a brick wall: they won't reveal just which literature they did review!



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Antibiotic Resistance

In August 2011, following over four years of hearings, former Health Canada scientists Shiv Chopra and Margaret Hayden lost their appeal for wrongful dismissal in 2004 by then Prime Minister Paul Martin, who fired them for "insubordination." The case is now headed for the Supreme Court. Martin had overruled the legal immunity granted to the subpoenaed scientists when testifying before the Senate on how bovine growth hormone and various antibiotics cause cancer and trigger antibiotic resistance in bacteria, viruses and some parasites. The PM had also ignored the 1978 Supreme Court decision that had established the "obligation" for every public service employee charged with protecting citizens' health and safety to make public (blow the whistle on) inappropriate pressures to ignore law and science.

Though Chopra was recognized for his "35-year record of exemplary service" at Health Canada, he was fired because he refused to obey the Privy Council order to "allow mass-scale use of antibiotics in food-producing animals." (The use of antibiotics in food-producing animals gobbles up about 70% of all antibiotics produced – the animals are thereby fattened up. Antibiotics cause profitable weight gain, and Big Pharma's profits remain prosperously fat as well.) Chopra refused, as he describes in his breathtaking book *Corrupt to the Core*, because this would "lead to the widespread emergence of 'superbugs,' causing untreatable food-borne disease and death in people" – which the WHO told us this year is exactly what has happened.

After Chopra and Hayden were fired, the government immediately approved all those deadly antibiotics – the very ones that had been outlawed two decades ago in Europe. As a result, many Canadian hospitals, unlike European ones, are now unsafe because of those antibiotic resistant superbugs.

Antibiotic resistance was discovered in 1961. By 1997 the WHO recommended a ban on antibiotic use in food-producing animals, and the FDA wanted major restrictions; the next year Europe adopted these measures and Chopra and Hayden were commanded to testify before the Senate about the government's pressure to ignore the evidence on antibiotic resistance and carcinogenic hormones. (For the mechanism involved see *Nature*, October 28, 2008.) We know what antibiotic resistance is and how it works, yet the Canadian government does nothing to stop the irrational use of antibiotics.

David Hutton, of the Federal Accountability Initiatives for Reform, observed in his excellent article on Chopra and Hayden in the *Toronto Star*, August 13, 2011, that Canada's unconscionable support of corporate interests despite scientific warnings of harm to human health is now endangering the safety of the planet's food supply. (Visit <http://bit.ly/rsR9Eh> to read the full story.)

The CPSO's Draft Policy on Non-Allopathic Medicine

In 2010, the CPSO commenced a review of the existing CAM (complementary and alternative medicine) policy first formulated in 1997. There is, of course, no such thing as CAM – therapies that work are measurable events and open to scientific investigation. CAM was a term coined by Big Pharma. In 1997, the CPSO came up with this policy as a public relations effort to neutralize the constant public outrage over the (then ongoing) prosecution of Dr. Jozef Krop for diagnosing and treating multiple chemical sensitivity (MCS). One of that first policy's silliest provisions was that every doctor had to arrive at a "conventional diagnosis first" before venturing forth into the supposedly murky territory of nutritional and environmental therapies. The following year, a bombshell hit when the U.S. FDA released data showing that the fourth leading cause of death was properly prescribed pharmaceutical drugs. Today, further analysis by Johns Hopkins Medical School has shown that drug therapy is the leading cause of death.

The original 1997 CPSO policy was a bastion of bizarre logic, since it prevented any new illness from being officially recognized. Multiple Chemical Sensitivity

Irrational Factor continues page 10


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Irrational Factor *continued from page 9*

is an immune system crash caused by synthetic chemicals and especially pesticides – chemicals also used in many Big Pharma drugs. Successful treatment requires detoxification from pesticides and many common drugs. Thus, MCS can never become a cash cow for the pharmaceutical and environmental toxin industry, whose profits depend on obtaining patents for synthetics.

In the past decade, the anti-pesticide and anti-perfume campaigns worked so well that prosecuting a doctor for taking MCS seriously has become less likely because of growing public awareness. In 2008, the Canadian Human Rights Commission recognized this condition and ordered accommodation and availability of treatment. Today, in the CPSO building where only a decade ago Dr. Krop was judged to have "fallen below the standard of practice" for recommending total avoidance of synthetic scented products for his asthmatic MCS patients, posters in the building's bathrooms show a canary wearing a gas mask – the explanation states that scented products can cause a potentially life-threatening asthma attack, and to please be considerate.

Also, over the past decade, those medical groups that the CPSO tended to dismiss as unscientific (homeopathy, naturopathy, Chinese medicine) got themselves organized with their own colleges under the Regulated Health Professions Act. This evidently alarmed the CPSO, especially as more and more of their member physicians began to study scientific journals and take training in new medical approaches. The elephant in the room is the fact that so-called alternative medicine actually arises from mainstream medical research. There is nothing alternative about alternative medicine. This development is, however, a problem for the profit-generating engine run by Big Pharma and whose fuel is – us. So the CPSO, which staunchly defends whatever the status quo of the day may be, went in for the kill on three fronts:

1) In 2009 they persuaded the Ontario Liberals to pass a "snitch law" (Bill 171) which requires every doctor to rat on any other doctors if he/she thinks that a colleague is doing something potentially weird. We know what that leads to (from all the secret police activities that were supported by such snitch laws in those totalitarian regimes of recent history). It means that the ignorant rule, and that the CPSO can shoot first and never ask questions if it doesn't want to.

2) In July 2011, the CPSO had the Ontario Liberals remove a vitally important legal safeguard which states: "The fact that a member uses or recommends a non-traditional treatment is not, by itself, determinative of deficient clinical ability." (Section 26 (2) of Regulation 114/94). That gives the CPSO the freedom to go after any doctor who, in their unchallengeable opinion, is recommending non-traditional treatments.

3) The third action is this current draft policy. It is an attack on medical science itself, and will, if adopted, ensure that at least in Ontario nothing new can happen. This draft policy requires that any non-allopathic diagnosis and treatment (as arbitrarily defined by the CPSO) must be supported by randomized

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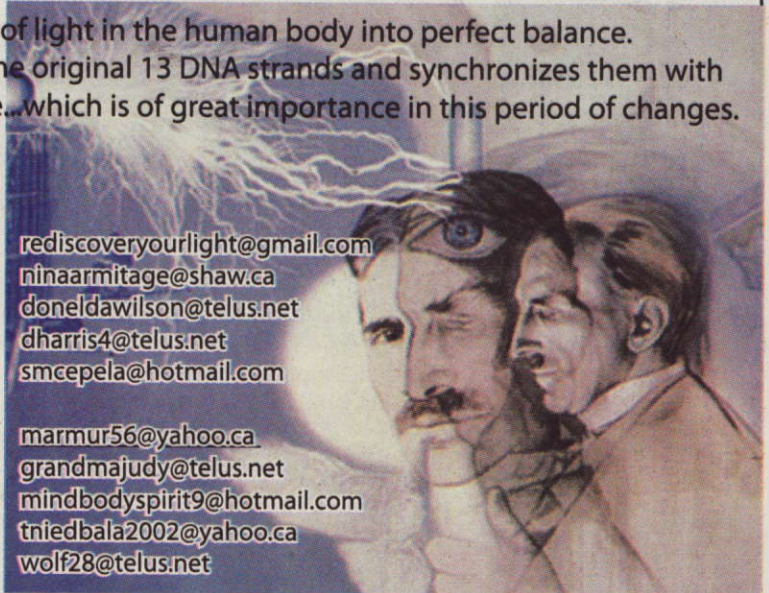
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controlled tests (RCTs). So determined is the CPSO to "protect the public and guide the profession," they didn't notice that this key requirement is not the universal medical gold standard they pretend it is. RCTs compare synthetic drug therapies with each other usually for chronic conditions. RCTs are virtually impossible to design for nutritional interventions because no ethics committee would permit a control group to be deprived of such essentials to survival. Worst of all, about 80% of all medical practice has no RCT's or even regular studies to support it – a fact the CPSO is on record as having recognized in various disciplinary investigations. Most of what happens in everyday medical interventions is based on tradition and adjusted as outcomes show what can be improved. In fact, most drugs are only partly understood and used in a trial-and-error fashion, usually off-label.

University of Toronto's Dr. Ross Upshur has published his research on these types of studies and observes that RCTs are fundamentally flawed because their methodology is vulnerable to bias, fraud, plain errors of interpretation, and inappropriate assumptions. If done well (i.e. with patient outcome not money as the goal), they are of course very useful, but if current medical practice was compelled to have such RCTs first before doing anything, this is what would happen, according to Upshur: "Evidence of the optimal combination of agents to treat Alzheimer's disease would require 127 randomized trials, 63,500 patients and 286 years." As for trials for the treatment of stroke, one would need at

least 31 RCTs and require an enrollment of 186,000 patients, all of which would last 155 years. If standard medicine were forced to wait for RCTs to justify action, people would simply have to die first.

The Raging Granny Responds

The CPSO's review committee also simply ignored that huge amount of mainstream published research on nutrition, toxicology, and related areas (see *Vitality*, March 2011) and won't tell anybody just exactly what research they did rely on. In my response, available on the CPSO website, I observed: "By what authority this working group believes they can just assert having studied some unspecified non-allopathic information and then tell [doctors] how to do their work, is beyond comprehension. The term that springs to mind is bullying."

When asked what was missing in this policy I replied: "The science! ... Given that the policy clearly insists that [doctors] must abide by allopathic standards ... it is frankly amazing that there is no reference ... to that master guide of allopathic medicine, namely the current 2008 edition of the *Users' Guides to the Medical Literature – A Manual for Evidence-Based Clinical Practice*, published by the American and Canadian medical associations and edited by McMaster University's Gordon Guyatt (who coined the term 'evidence-based medicine') and JAMA's Drummond Rennie. The editors and ... contributors are among the world's most luminous allopathic medical lights

Irrational Factor continues page 12

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... well-known ... for exposing the wave of fraud in current medical research and for their commitment to restoring the ethical and scientific credibility of medicine."

Editor Drummond Rennie states that the purpose of this Guide is to "free the clinician from practicing medicine by rote ... to put a stop to clinicians being ambushed by drug company representatives ... to end [doctors'] dependence on out-of-date authority." That definitely does not seem to be the purpose of this ill-conceived CAM draft policy!

If you wish to get involved, first browse the CPSO website, and buy my new book whose proceeds will hopefully establish a medical defence fund. This battle for good medicine has reached such heights of absurdity and lows of deception, it is becoming outright entertaining. When we laugh at the irrational we begin to transcend the darkness and will become creative warriors.

Sources & Resources

In press: Helke Ferrie, *Seeking Dr. Goodenough in the Cesspool of Medical Regulation*, Kos 2011 (519-927-1049; helkeferrie@gmail.com)

World Health Organization: Antimicrobial Fact Sheet No. 194, February 2011

Shiv Chopra, *Corrupt to the Core - Memoirs of Health Canada Whistleblower*, Kos 2009

Alliance for Natural Health www.anh-europe.org
& www.anh-usa.org

Health Canada's recent directions about Oil of Oregano, probiotics, and enzymes: webprod.hc-sc.gc.ca/nhp/nd-bdipsn/search-rechercheReq.do and browse to www.chfa.ca and browse Health Canada's Natural Health Products Directorate web information.

www.cpso.on.ca/CurrentConsultations/Non-AllopathicTherapies
Helke Ferrie's submission is under Feedback from Individuals, Aug. 29.

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Self-Love

A Dear, Deer Encounter

by Kerry Palframan

I grew up with a blistering rage of self-hatred which embedded itself into the cells of my body. No wonder I was ill since the age of eight. I remember waking up as a newborn, rolling my eyes back in my head, feeling angry and thinking, "I am back in physical form, again—a helpless babe incapable of caring for myself."

I did not hear a kind word in my own head until I was about the age of 37. I remember that moment well. I was so shocked that I dropped to the floor and burst into tears. The rug was an old brown shag carpet, and I remember gripping it in sweet agony of my first taste of self-love. My Creator had never stopped loving me and gently and benevolently reminded me that it is imperative to my well-being to be gentle, kind and loving to myself.

About 10 years ago, when I was 40 years of age, I was in a fit of self-rage, hating myself. I do not remember why I was so angry, but I do remember it was consuming me, again! I lived near a farmer's field and went for a angry, stompy walk through his corn field. It was autumn, and the corn had been cut, and only the stumps were left, so my boots made loud, crunchy sounds. It felt good to make noise and discharge my anger. Thank you Mother Earth for taking my negative energy and transmuting it into positive energy! My head was down as I listened to the screams inside my head, while berating myself with harsh words as I stomped nosily along.

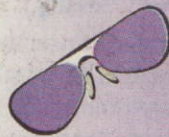
Well I have never felt so surprised, when a majestic stag about 15 feet in front of me looked me right in the eye, getting my attention! Surely the deer not only saw me coming but definitely heard me as well. Yet it did not move. I burst into tears as a message came through with feelings of great love from the Creator. This magnificent creature bore a powerful message. I heard these words: "Be gentle with yourself." What a gift, a sacred sign.

The deer stood there for fifteen seconds—making sure I got the message—before bounding away into the forest. I had been studying symbolism for ten years and knew that at that moment my higher self was aligning with my soul's purpose so I would know I was loved. I cried for quite some, feeling the compassion and knowing this was a pivotal moment in my life. Feeling the self-love, self-support and kindness within my own thoughts was paramount in attaining my ultimate goal of being my own best friend, which I am happy to say I have now achieved.

Thank you to all the beloved animals who effortlessly heed the call of Great Spirit to assist us humans towards our own enlightenment. I am grateful for the many gifts and messages bestowed upon me *freely* and *daily* by nature. I am blessed because I Am.

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Profile

Cancer is Not a Disease It is a Survival Mechanism

Another cancer awareness month has passed with millions of dollars collected for research. Will there ever be a cure? Read on! The body can only cure itself once the proper tools (nutrients) are supplied. This year over 40,000 women will die of breast cancer. The type of cancer signifies the area that it manifests in.

There are numerous causes of cancers. Toxicity from chemicals in the atmosphere, cosmetics, cleaning product, eating foods high in refined sugars and grains, or that have acrylamides (which are formed during high heat, such as frying), to name a few. Radiation and intense pressure from having a mammogram has been shown to start the cancer process. Stress, traumas and severe emotional distress use up enzymes rapidly and if not replaced, illness begins. Enzymes are the workers of our bodies, and if we don't get enough from our food, our immune system will be compromised and cancer can manifest.

The latest book by Andreas Moritz, *Cancer is Not a Disease. It is a Survival Mechanism*, may rock or even dismantle the very foundations of our beliefs about the body, health and healing. It offers the open-minded reader concerned about cancer a radically different understanding of what cancer really is. According to the author, cancer is a desperate and final attempt by the body to stay alive for as long as circumstances permit – circumstances that are, in fact, in our control.

According to Alan Levin, MD, "Most cancer patients die of chemotherapy. Chemotherapy does not eliminate breast, colon or lung cancers." This fact has been well documented for over a decade, yet doctors still use it.

Dr. Day, an internationally acclaimed orthopedic trauma surgeon and best-selling author, was for 15 years on the faculty of the University of California, San Francisco, School of Medicine as Associate Professor and Vice Chairman of the Department of Orthopedics. She was also Chief of Orthopedic Surgery at San Francisco General Hospital and is recognized world-wide as an AIDS expert. Doctor Lorraine Day, MD, from her website www.drday.com reversed her severe, advanced cancer by rebuilding her immune system by using natural therapies.

Dr. Day would not use allopathic medicine because she knew she would not survive. Of the 64 natural alternative methods that she tried, the best was being on a diet of freshly, juiced vegetables. It took 24 months to eliminate her breast tumor. If she had supplemented her whole food diet with high quality enzymes and powerful probiotics, her tumor might have disappeared sooner.

A client told me about his wife, who had breast cancer and was treated with chemo and radiation. A few years later the cancer returned with a vengeance, as cancer is not usually eliminated with this type of treatment. While in the hospital, her husband fed her enzymes, probiotics and whole food supplements on a daily basis for a month. Her condition improved and she was able to come home for Christmas. She did pass away a month later. Her husband stated, "She was so badly damaged from the chemo and radiation that she would have died much earlier if it was not for the supplementation. I am glad she was able to spend a month at home with the family, with NO pain!"

There are so many solutions that address cancer and other illness. My hope is that people do not have to suffer this disease. Education is the key! The fastest way to address any health challenge is a lifestyle change. Eating wholesome foods and cleansing the body of toxins is a good start. Additional resources for addressing breast cancer can be found at:

www.NaturalNews.com/breast_cancer.html and www.sunrise4you.info

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Styles

by Wayne Still

"Structural Integration is defined by its goals," intoned Jeff Burch, quoting my basic training teacher, the late Peter Melchoir, on the first day of the Visceral Manipulation workshop Jeff was teaching. The goals of Structural Integration are to bring the body into harmony with its gravitational field. This is done by balancing the tensions in the body's connective tissue system so that the bits and pieces that make up the body are in-balance around the imaginary line running through the skull, down the front of the spine and through the ankles. In such a body there is a feeling of continuity and openness.

In our basic training we were taught the anatomy and theory behind the ten series recipe and the methods Dr. Ida P Rolf developed to achieve the goals of the ten series. These methods mainly consisted of directed pressure applied by the palms, knuckles and elbows to find and release the adhesions in the body which were related to the body being out of balance. We were told that we should use these methods for the first five years of our practice so we could learn how changes in the tissue affected the overall structure of the body and its relationship to gravity. After five years of this we could start to explore other methods of moving tissue. Sometimes in class there would be a reference to the style of a particular practitioner.

If you have had work from more than one practitioner of any given modality you will probably have noticed differences in the way in which the work is done. In some cases the application of the work is so different that it is hard to believe that it is the same modality at all. In fact, every practitioner will develop their own style of work. This happens because we as individual practitioners will embody and so emphasize different aspects of the training according to our own predisposition's and dare I say eccentricities. But it is as we mature as practitioners that our style of work becomes more individualized.

An important part of that maturation comes from the wonderful clients who entrust their bodies, to our hands. We practice our healing arts on those bodies and sometimes we just can't get the results we want with the knowledge we have. So off we go to a workshop to upgrade our skills with continuing education. In my case I was lucky enough to take the course in Visceral Manipulation I mentioned at the beginning of the column. There I learned the art of the listening touch. Learning to listen to the body with touch allowed me to enter into much more of a dialogue with the bodies I was encountering in my practice. Because with a listening touch it was not my agenda we were working with but the healing agenda the body needed help to achieve. My style of work changed from using only directed pressure to a much softer, gentler use of finger tip pressure to release adhesions the body was revealing to me. Without the knowledge of a listening touch I would not have been able to feel nerves lengthening as they became more comfortable in their connective tissue sheathes. I continue to honour the goals of Structural Integration with a style of work that is more comfortable for my clients and I find more rewarding.



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Food for Thought

by Marion Desborough



I recently came across this article on the Dr. Mercola website and it has answered a lot of questions about weight loss for me. A Dr. Lustig gave an excellent presentation that you can watch on the internet.

The basics of the information is that 'fructose' consumption rates continue to rise, despite the fact that a growing number of studies clearly demonstrate that consuming excessive amounts of fructose (primarily high-fructose corn syrup) is the fastest way to destroy your health.

Half the population of the U.S. over the age of two now consumes sugary drinks on a daily basis. Unnecessary calories from fructose-laden drinks and processed foods of all kinds can quickly add several pounds per year to your weight and rob you of your health. Over the past several years fructose has been revealed to be a major culprit in elevated blood pressure, nocturnal hypertension, insulin resistant/type two diabetes, non-alcoholic fatty liver disease, elevated uric acid levels, which can result in gout, accelerated progression of chronic kidney disease, intercranial atherosclerosis (narrowing and hardening of the arteries in your skull), exacerbates cardiac abnormalities if deficient in copper, genotoxic effect on the colon, metastasis in breast cancer patients and pancreatic cancer growth, tubulointerstitial injury (injury to the tubules) and interstitial tissue of your kidneys, obesity and arthritis.

A Calorie is Not a Calorie

One of the primary problems with fructose is that it is isocaloric but not isometabolic, meaning that while you can have the same amount of calories from fructose or any other nutrient, including glucose, the metabolic effect will be entirely different despite the identical calorie count. This explains why calorie counting doesn't work. You simply have to take the quality or source of the calories into account in order to successfully lose weight.

Fructose metabolism is quite different from glucose (dextrose) metabolism, in that it places the entire burden on your liver, and this accounts for many of its devastating health effects. Furthermore, people consume fructose in enormous quantities these days, which has made the negative effects that much more profound. Without getting into the very complex biochemistry of carbohydrate-metabolism, it is important to have a general understanding of how your body handles these sugars.

A summary of the main differences between glucose and fructose metabolism—and I keep repeating that fructose is by far the worst type of sugar there is—is that after eating fructose, 100 percent of the metabolic burden rests on your liver. But with glucose, your liver has to break down only 20 percent.

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Every cell in your body, including your brain, utilizes glucose. Therefore, much of it is 'burned up' immediately after you consume it. By contrast, fructose is turned into free fatty acids (FFAs), VLDL (the damaging form of cholesterol), and triglycerides, which get stored as fat.

The fatty acids created during fructose metabolism accumulate as fat droplets in your liver and skeletal muscle tissues, causing insulin resistance and non-alcoholic fatty liver disease (NAFLD). Insulin resistance progresses to metabolic syndrome and type II diabetes. Fructose is the most lipophilic carbohydrate. In other words, fructose converts to activated glycerol (g-3-p), which is directly used to turn FFAs into triglycerides. The more g-3-p you have, the more fat you store. Glucose does not do this. When you eat 120 calories of glucose, less than one calorie is stored as fat. 120 calories of fructose results in 40 calories being stored as fat. Consuming fructose is essentially consuming fat!

The metabolism of fructose by your liver creates a long list of waste products and toxins, including a large amount of uric acid, which drives up blood pressure and causes gout. Glucose suppresses the hunger hormone ghrelin and stimulates leptin, which suppresses your appetite. Fructose has no effect on ghrelin and interferes with your brain's communication with leptin, resulting in overeating. Interestingly enough, glucose has been found to further accelerate fructose absorption, so when you mix glucose and fructose together, you absorb more fructose than if you consumed fructose alone! This is yet another important piece of information for those who want to make a better effort at controlling their weight.

Anyone who still tries to tell you that 'sugar is sugar' in an effort to defend high-fructose corn syrup is seriously unaware of the current research, which clearly demonstrates that there

are major differences in how your body processes these sugars. The bottom line is: fructose leads to increased belly fat, insulin resistance, metabolic syndrome and diabetes, along with a long list of associated chronic diseases.

It's not the sugar in and of itself that is toxic—it's the massive doses that people consume, and honestly, personal responsibility and educated choice need to enter the picture sooner or later. Your diet, after all, is front and centre when it comes to taking control of your health, which is something everyone needs to do if they truly want to live a long and healthy life. I believe the current situation can change, but enough people need to understand the simple truths of healthy eating and refuse to buy sugar-laden processed foods and pass on the daily sodas.

I believe there are two primary dietary recommendations that could make all the difference in the world for most people, leading to a swift reversal in the horrific disease trends we're currently facing. Severely restricting carbohydrates (sugars, fructose, and grains) in your diet, and increasing healthy fat consumption. Dr. Mercola recently wrote about this recommendation in-depth, so for more details, please see *This Substance Fools Your Metabolism - and Tricks Your Body into Gaining Pounds*. If you want to shed excess pounds and maintain a healthy weight long-term, and radically reduce (and in many cases virtually eliminate) your risk of diabetes, heart disease and cancer, then get serious about restricting your consumption of fructose to no more than 25 grams per day, with a maximum of 15 grams a day from fresh fruit. If you're already overweight, or have any of these diseases or are at high risk of any of them, then you're probably better off cutting that down to 10-15 grams per day, fruit included.

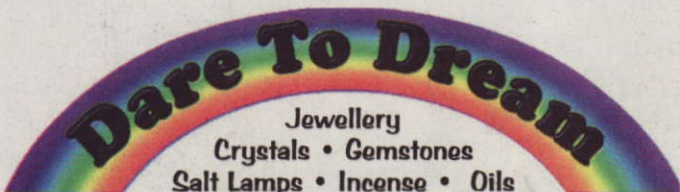
*Dr. Mercola is the founder of the world's most visited natural health website, **Mercola.com**. Full article on the website.*



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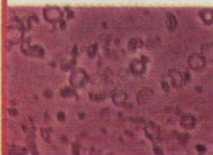
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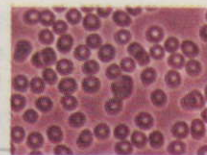
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Creston Zendo Now Open for Practice

by Kuya Minogue

When I first encountered Zen practice in 1986, my teacher, Mokushin Hart, suggested that I read *The Diamond Sutra* from beginning to end without trying to understand it as I had been trained in my Western education. One evening I did just that and read it without stopping in four hours. *The Diamond Sutra* is a very obscure text, and when I finished it I believed that I didn't understand a word I'd read. But that morning, around three a.m., I suddenly awoke, sat straight up in bed and said aloud, "My purpose in life is to meditate and teach meditation." Realizing this insight has been the focus of my life ever since.

When I separated from organized Buddhism in 1993 and moved back to Canada, I created a zendo and offered meditation wherever I lived. My first zendo was in a scrubbed-out chicken coop on Cortes Island, my second in a red nylon tent on an acreage in Burns Lake. When I was teaching in northern aboriginal communities, my zendo was a corner of an 8x10 hotel room; in Golden it was in the second bedroom of whatever house I was renting. I happily taught meditation in all those locations, never imagining that life would bring me a backyard zendo as beautiful as the one that I can now see out my kitchen window.

Constructing the zendo was a great spiritual experience,



as we got to practice patience, faith that what we were doing made sense, and an ascetic life style so we could pay for materials and labour. This was definitely a labour of love. The designer and head builder, Sean Mahoney, and the project manager, Daniel Kempling, took the project from drawing board to backyard zendo with discipline and devotion. They began with a truckload of logs and ended with a traditional Japanese temple building that is so beautiful, one can't resist meditating in it.

The temple is a two-floor building, 16 x 28 feet. On the main floor is the meditation hall and in the basement a two-bedroom residence with a small kitchen and bathroom. The meditation hall has no metal in the post-and-beam structure. The builders milled the square logs into traditional Japanese joints and then put the post-and-beam structure up as if it were a giant Lego set. I'm sure this absence of metal contributes to the way the zendo is already holding the energy of stillness and peace that we generate during our daily meditation practice and retreats.

As a bonus that we didn't imagine, the meditation hall has perfect acoustics. We have hosted two concerts: one with a piano and cello and the other, a string quartet. Each time, every seat was filled, and each time, the audience left with smiles and exclamations of wonder.

The Creston Zendo is now open for residential training. Serious Zen students can live at the Zen Centre and participate in our sitting schedule based on a full monastic training. If you are travelling through Creston, take some time and meditate with us. We are open 6 to 9 a.m. and 4 to 6 p.m. Call first to make sure I'm not away on a teaching retreat. 250-428-3390.

If you would like to be added to the Creston Zendo list, email zenwords@telus.net or visit www.zenwords.ca.

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Pure and Simple

Cacao or raw chocolate • Food of the Gods

by Marion Desborough

The cacao bean is what chocolate is made from. Cacao turns out to be one of nature's most nutritious foods, due to its wide array of unique properties, many of which are destroyed by cooking. Chocolate often gets bad press because it is cooked, then mixed with sugar, hydrogenated fats and dairy products.

Chocolate in its purest form has many health-giving properties. It is the number one dietary source of magnesium, which is one reason many women crave it around the time of menstruation. It is exceptionally high in sulphur, rich in antioxidants, a natural anti-depressant and an aphrodisiac! In fact, it contains over 300 identifiable chemical compounds, making it one of the most complex foods known to man. So not only does it taste divine, it makes you feel like a goddess, too! Cacao is the seed of a fruit of an Amazonian tree that was so revered by the Mayans and Aztecs that they used them as money.

Cacao contains enzyme inhibitors that decrease our bodies' ability to break-down anandamide, also known as 'the bliss chemical' because it is released when we feel great. It has Arginine 'nature's Viagra' with epicatechins and polyphenols antioxidants. It helps alleviate depression and feelings of well being with Serotonin, tryptophan, and dopamine neurotransmitters. It also has Phenylethylamine (PEA), an adrenal-related chemical that is created within the brain and released when we are in love. This is one of the reasons why love and chocolate have a deep correlation. PEA also plays a role in increasing focus and alertness.

Cacao seems to diminish appetite, probably due to its monoamine oxidase enzyme inhibitors (MAO inhibitors). These are different from digestive enzyme inhibitors found in most nuts and seeds. These rare MAO inhibitors actually produce favorable results by allowing more serotonin and other neurotransmitters to circulate in the brain.

Cacao also contains subtle amounts of caffeine and theobromine. However, experiments have shown that these stimulants are far different when consumed raw rather than cooked. One experiment conducted with roasted ground cacao beans in boiling water produced excitement of the nervous system similar to that caused by black coffee and an accelerated pulse. Interestingly, when the same decoction was made with raw, unroasted beans, neither effect was noticeable, leading the experimenters to conclude that the physiological changes were caused by aromatic substances released during roasting.

www.intuitivepathsuperfoods.com has recipes if you want to experiment.

www.realrawfood.com or a health food store has the ingredients.

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TRANSMUTING SUFFERING

by Lynne Gordon-Mündel

From out of the inherent goodness of the human heart arise the questions: "How can we alleviate suffering? How can we help those who are in pain—physical, emotional, mental, spiritual or social pain? How can we stop or change or get rid of the suffering—in oneself, in others?"

It is time now, however, to reframe the question: Rather than trying to get rid of suffering—as though it is something not to be included in the human condition, we can explore the nature of suffering. What is it? Why does it happen in a benevolent universe?

But to explore it, to 'understand' it, we have to feel it! We cannot stand back and watch suffering from a distance and expect to know what it is. Like anything else, if we do not develop a relationship with it we remain aloof and intellectual, seeing only through assumptions, projections, unconscious judgments—seeing from a place safe and separate, thus inaccurate.

So . . . how do we get more honest in our desire to alleviate suffering? The response to this question is so close at hand that few will see it: We just feel it!

How does that help? Well . . . is there anyone among us who is not offered the opportunity to feel the uncomfortable responses to life? Is there any one of us who does not get angry, frustrated, seemingly denied the peace of mind or sense of justice and fulfillment of desire that we believe to be possible? Is it not so that beneath such emotion lies hurt? Is it not so that we are offered, as part of our daily existence, the opportunity to notice that pain is offering itself to be known?

Yet, most people attempt in any way possible to get rid of it. Drugs, alcohol, violence, inappropriate use of meditation, relationships—all can be used to avoid feeling.

A woman I've worked with for close to fifteen years couldn't hear me when I suggested she allow herself to feel more directly her relationship with life. For about twelve of those years she fought my suggestion—arguing, denying, excusing, rationalizing, changing the subject when it showed up, blaming others, even blazing with anger at me and threatening to cease working with me. Then—gradually we saw her become quiet, listening, not with her ears but from a deeper, more intuitive, sensory level of herself. And then—ahh—she got it. Rather than fight life, rather than use words and emotional reactions to ward off anything that could touch the pain, she just felt it—quietly, peacefully felt it. And in feeling it, realized that the sensation she had been avoiding was an energy. It was, and is, life force seeking to move through us freely, seeking to heal us, awaken us, to awaken all of us to a more balanced existence – an existence where we are motivated not by unconscious and unexamined tactics of avoidance of pain or suffering but by understanding and actual compassion. When we in any way avoid the movement of life force we throw ourselves and others out of balance, and we blind ourselves to reality.

We can help alleviate suffering—every one of us—simply by allowing it to move through us, heal us, take its course, let it shift and change into other aspects of feeling. Then we will see more clearly, love without agenda and contribute to the psychic balance that is possible in the human condition.

We can help if we realize that what we have been calling 'pain' is life force trying to set itself free. We can help if we are willing to just feel it.

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Are the Best Interests of Canadians Being Served or Severed?

by Bruce Dales, president, Dales Product Development and Regulatory Specialists

Have you ever wondered why you don't see more innovative health food and natural health products (NHPs) emerging on the Canadian market? I have 18 years' experience in product development and the Canadian food and drug regulatory compliance area involving new and innovative health foods and natural health products (NHPs). I have also qualified and testified within the Canadian judicial system as an expert in the area of Canadian food and drug regulations. The following perspectives are based on what I have witnessed and experienced:

1. One of the main problems I've experienced within the present Canadian Health Food and NHP regulatory model is the frequent lack of adequate feedback from the Canadian Food Inspection Agency (CFIA) and the Natural Health Products Directorate (NHPD) regarding the status of new and innovative health food and NHP applications. Often, it's not given in a timely way, not given at all or doesn't adequately answer the questions asked. Consequently, companies wanting to produce innovative products in this regulatory area are being asked to comply with regulations that are often confusing, and they have difficulty determining what the compliance standards actually are. In my experience, this has been very damaging.

2. Based on my understanding and that of other members of industry I spoke to in December of 2010, the NHPD was supposed to provide updated standards of evidence, but it never did. For the most part, with regard to the most innovative new natural product number (NPN) products, there's no proper guidance from the NHPD and no consistent standards of evidence. Nor does a standard exist as to when submissions will actually be reviewed. Companies are expected to submit their applications without any idea as to if, or when, their applications will be reviewed or any knowledge of what the standards are under which they'll be reviewed. Many experienced people within the industry, with whom I've spoken, claim it's simply "the luck of the draw." It appears the level of evidence required by a company, with regard to any NHPD application, is dependent upon which NHPD reviewer is assigned to it. Furthermore, it appears that, if a unique and innovative product does get regulatory approval, the NHPD doesn't allow competing companies' access to information regarding the level of evidence that was required for that approval.

3. On the basis of my experience, over the last few years, I've consistently found it very difficult to get clear and reliable feedback from the CFIA regarding whether or not a new innovative product can be put on the market as a food. I have also found the present Minister's office for the CFIA ineffective in making the CFIA provide the appropriate information in a reasonable time frame, if at all.

4. Over the years, I have seen that when companies are challenged by Health Canada for not complying with these confusing standards, no scientific standard is required by the Minister of Health from the Health Canada officials who challenge the particular company's product. With regard to such challenges, I have frequently seen Health Canada officials reference science documents that aren't consistent with the subject of the challenge. They also seem to consistently refuse to provide a level playing field for all companies in this industry.

5. Furthermore, even when such actions have brought about disturbing consequences for a company and incompetence on the government's part has been pointed out, neither the Minister of Health's office nor the CFIA Minister holds anyone accountable for the damage done to the company. They seem unwilling, or unable, to clearly articulate and uniformly enforce the regulations.

6. Companies that want to put new and innovative health products on the market need transparent and clear guidelines to feel the confidence to invest. Lack of such guidelines diminishes innovation and competition and, for the consumer, diminishes product choice while increasing the costs of products already on the market.

7. I'm frustrated with the present regulatory system for the above-mentioned reasons, and I believe the availability of food and NHP's for Canadians is being significantly negatively impacted. Given everything I have outlined, Health Canada's motto seems ironic to me: "All decisions will be based on good science." Just as ironic is the fact our government spends money on departments whose job is to encourage companies to be innovative (like the NRC IRAP program), while at the same time maintaining a regulatory system that obstructs innovation.

8. If, like me, you want this situation to change, I believe the power to do so is in your hands. Contact the Ministers responsible for the CFIA and Health Canada as well as your local MPs and tell them you're not satisfied with the way things are and you want to have the issues dealt with fairly. Feel free to send them a copy of this article as well.

9. Also bear in mind the senior-level people are the people we need to be dealing with and contacting; phoning your local Health Canada or CFIA offices and complaining to the receptionist or field inspector isn't likely to be effective.

10. Finally, I want to confirm that I empathize with many of the Health Canada and CFIA employees working under the current regulatory system. I think many of them are intelligent and well meaning, but they're unfortunately caught up in a discordant regulatory system. In my view, we need such people working with us for any constructive and effective changes to occur.

Canadian Access to Vital Nutrients Threatened by Trade Deals

by Dee Nicholson, co-executive director, Natural Health Federation Canada (NHF) • www.nhfcanda.com

Canadians who prefer healthcare the natural way need to take a stand, and fast, before their freedom to choose their own medicine (and a whole lot more) evaporates under their very noses.

The natural health product (NHP) industry across Canada is caught in a squeeze play that threatens its very existence: it has already cost Canadians their access to about two-thirds of the products that used to be on the shelves and shows no sign of letting up. Meanwhile, many of us are completely unaware of the multifarious tentacles poised to crush what remains and have not connected the dots to see them choking off our rights.

Producers and retailers of NHPs have been fighting for years against Health Canada's infamous 'Health Protection Branch,' which has 'protected' us all with SWAT-style, guns-drawn raids on vitamin sellers and their families, using the RCMP as enforcers. There have been over 20 such raids in recent times. And with a slew of newly hired 'inspectors' eager to bring home a few scalps, we can soon all look forward to being really, really 'safe.'

Interestingly, under the Constitution Act, healthcare is the responsibility of the provinces, not the federal government, which means that Health Canada has absolutely no legitimate mandate to regulate anything at all. Health Canada is therefore practising medicine without a licence, but somehow continues to operate with seeming impunity. What's up with that?

Here's where the bad news gets worse.

Lurking in the language of Bill C-36, the Canada Consumer Product Safety Act, was a clause stating the Minister of Health may take direction from unnamed foreign authorities. That threw open the door to control of our health legislation and regulation by a committee of foreigners, with Canada having only one vote at whichever table it happened to be. Take our membership in the WTO, for example: there, we have one vote against nearly 200 others. And Prime Minister Harper gave up our prized bank regulations (the same ones he said saved us from the "recession") to the G20 last year, and quipped that, while it was a loss of sovereignty, it was "a simple fact of life."

And now comes CETA, the 'Comprehensive Economic and Trade Agreement' with the European Union. The perception among us have spotted the snake that can easily slither through that gaping doorway in Bill C-36, accepting direction from these particular 'foreign authorities' whose publicly announced task is to 'level the playing field with our trading partners.' And why might our government need to place that portal in C-36, when trade agreements are enforceable contracts anyway? One answer might be that we could hardly refuse what we have already legislated, could we?

Now, another interesting link in this chain: our North American preoccupation with Codex Alimentarius, the "food code" being promoted by the World Health Organization, eventually to be enforced worldwide by the WTO through

cross-sector trade sanctions. Health freedom advocates have been screaming loudly for years about how it endangers our free choices, and rightly so. But while most focused on Codex Alimentarius, a nearly identical threat was looming in Europe, unnoticed, because there seemed to be no mechanism by which these standards could ever be forced on Canada.

CETA is the glue to this plot: the European Union Food Safety Directives, effective as of 2005, dubbed "Codex Alimentarius' Evil Twin," will most certainly become the trade standard, the "level playing field," for the industry in Canada under the terms of CETA. And Health Canada's recent tyrannies over perfectly safe products have just been the slow boiling of the frog, to ease the transition into global standards that funnel all profits into the pockets of the particular corporations who stand to benefit: Big Pharma.

CETA allows multinational corporations to bid freely on things we need to control for ourselves, from our municipal water utilities, to provincial energy policies, Canada Post, and, as amply noted, our healthcare choices. And once they've got them, just try to get them back. At every level, CETA intrudes, and in its aftermath is a ravaging of our natural health industry, as well as all other major economic sectors. Via CETA and similar agreements, Canada is being subsumed into a sea of other people's rules.

Shockingly, across the country, neither city councillors nor provincial or federal representatives have the first clue what is going on. Meanwhile this October, CETA negotiators in Ottawa will be accepting final submissions 'from the provinces,' which translates to 'from the Premier's secret committee that has prepared these submissions, without the oversight even of his own caucus.' This despite the fact more than half of the provinces are going to the polls.

This cluster bomb of an agreement is hurtling towards completion so one is naturally led to wonder why the CHFA (Canadian Health Food Association), supposedly the voice of the natural health industry, is conspicuously silent on the matter and why its membership remains largely in the dark. Since they claim a good relationship with Health Canada, why are they not active in slamming the door on CETA and stopping the SWAT raids ordered up by the ministry as 'drug busts'?

In the absence of real representation, the natural health industry needs to fend for itself, organize and take action on its own behalf. Suppliers, retailers and consumers alike stand to lose far too much to knuckle under now.

If ever there was a time to be counted, this is it. Write, phone, fax or email your representatives at all levels of government — local, provincial and federal — and tell them you want full disclosure on CETA, you want your democratic rights and sovereign laws upheld and you want free access to the NHPs you choose. Support those groups that are speaking out and speak out with them. There is no time for polite discourse.

Natural Health Product Regulations Have Gone Too Far

by Lorenda Stefan, product educator and national sales manager,
Enerex Botanicals Ltd • www.enerex.ca

Most people are not even aware that some of the most effective, safe and natural ingredients found in their nutritional supplements are under attack. In fact, the entire industry is under attack along with our rights as Canadian citizens. Even ingredients like enzymes, yes enzymes, are being scrutinized for their 'long-term' safety. How can this be when more than 3,000 enzymes operate in our bodies? Enzymes are found in every raw food we eat and are essential for all metabolic processes; without the enzymes in our food, life does not exist.

But that's in food. So how safe are supplemental enzymes? The use of enzymes in dietary supplements dates back to the early 1900s. Dr. Edward Howell, a pioneer in enzyme research, did an extensive study in the 1920s on the health benefits of enzyme supplements and reported no adverse side effects. Since then, thousands of healthcare professionals around the world have prescribed plant enzymes as a treatment for digestive disorders and inflammation. That's right; we have been supplementing with enzymes for 100 years, but now they are in danger of being lost. Our SAD (Standard American Diet) is typically devoid of naturally occurring enzymes because most are destroyed when food is cooked or processed. Therefore, many Canadians require supplemental enzymes and other essential nutrients to ensure the body is provided with the building blocks to good health. At Enerex, we know, as do our customers, the importance of enzymes in daily life and in times of crisis. We have been supplying products with enzymes for over 15 years with nothing but positive outcomes.

Supplementation with nutritional products is safe. So safe in fact that not a single person in Canada has died from using a natural health product. So why is our government trying to deny us access to products and ingredients that have a proven safety record? That is a serious question that each and every one of us must ask of our local Member of Parliament (MP) before it is too late. Health industry manufacturers and suppliers offer products that improve people's quality of health and yet these products are being targeted for the "risks" they pose. The statistical risk of dying from taking an NHP is only slightly higher than that of being hit by a meteorite. In other words, there is no risk.

On the supply side, these unfair, unsubstantiated regulations hurt companies, but more importantly, they hurt people. People who choose to take herbal supplements and NHPs to help reduce their risk of degenerative disease and to maintain or improve their health are being penalized. Why is it okay to sell cigarettes, alcohol and prescription medications, all of which are known to kill people, when products like parsley capsules may be targeted by Health Canada because there isn't 'sufficient evidence' available that they are safe? Think about this when considering the fact that Health Canada originally believed that highly addictive chemical-laden beverages like "energy drinks" were safe and actually made them some of the first products to receive Natural Product Numbers for licence to sell as health products. This is from the very government agency that is supposed to protect the health of Canadians. So it is okay to sell 'energy drinks,' which are known killers, as licensed NHPs along with a health claim, but not parsley.

A vertical poster for the 2012 Toyota Earth Day Scholarship Program. At the top, it says "2012 Toyota Earth Day SCHOLARSHIP PROGRAM" in green and black text. Below this is a large, stylized graphic of a tree. The tree's trunk and branches are green, with various leaves and flowers in shades of green, blue, and purple. Some of the leaves are replaced by gears and circuit-like patterns, symbolizing the intersection of nature and technology. At the bottom of the poster, there is a dark blue rectangular box containing white text. The text reads: "CULTIVATING TOMORROW'S ENVIRONMENTAL LEADERS", "Twenty entrance scholarships of \$5,000.", "Applications due January 31, 2012.", "For more information, visit EARTHDAYCA/SCHOLARSHIP", and a small white plus sign at the bottom left of the box.

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What is this country coming to, and when are we going to stand up for our right to choose our own path to optimal health? Enough is enough. It is time to contact your local MP to demand action.

References: *Save our Supplements Canada*
www.soscanada.net • *Analysis of Relative Risks and Levels of Risk in Canada* by Ron Law.

Charter of Health Freedom

Say Yes to Health Freedom • www.charterofhealthfreedom.org

Be part of a historic movement that sees Canada at the forefront of a truly progressive and sustainable health care system. We need a unified voice that lets our leaders know we are asking for a change in the laws that govern natural health, natural health products and the ability to think for ourselves. A single petition with millions of signatures is a reminder to yourself and government that we are competent to make decisions about our own body.

Help us reach our goal of three million signatures to send a crystal clear message to government that as the people of this country, we want change. We can see the **Charter of Health Freedom** becoming part of Canadian law.

Why Three Million? It's ten percent of our population and would have a big impact in Ottawa.

Will This Make a Difference?

Absolutely. If you've been an armchair activist and have found yourself commiserating with friends, family and co-workers, do yourself and your country a big favour and act democratically. Politics, law and science are all very exciting. If you act and commit to change The Charter of Health Freedom it has the potential to be true and lasting reform of our whole healthcare system.

How Does 1 = 100?

Want to do better? Write a letter. Did you know that a single letter to your MP counts as 100? No kidding. Parliament has an established rule that if one person took that time to write a letter it counts for many more people that feel the same way, but, do not take the time. When you pen your short or long letter, *know* that it is speaking for one hundred others.

Get Involved and Spread the Word

Educate yourself. Read the Charter site. Bit by bit or all at once. Come back to see what's new. Understand the issues by asking your own questions. Call or email us anytime to understand what concerns or confuses you. We have made ourselves as accessible as possible. You can call to speak to the management teams of any of the organizations or companies you see on our 'Friends of the Charter' page.

Let Us Know What You Are Doing

Sending us an email describing your efforts. Start a Facebook or Myspace page. Send our network e-mails or forward articles and video links. Got a website and you're the webmaster? Add the Charter website banner on your webpage or a corner banner and show visitors that you care about your life, your body and your freedom.

Perfect Petition Signing

Find businesses, events or happenings going on in your area related to Natural Health. Find a spot inside (with permission) or outside the venue. You now have yourself the best opportunity to educate people. Get 25 signatures on a petition and call it a day.

Remember Your Rights. Talk to Canada's leaders via e-mail or write your Member of Parliament, the Health Minister and the Prime Minister.

Help our efforts with your time or your financial support. We truly appreciate every donation. We are just like everyone else, a small active team at the centre of the movement. We have joined together by common ground and can use all the help we can get. Both through your dollars, connections to media, holding public events and distributing information.

Words of Wisdom from our friends at the Alliance for Natural Health in the UK who say it best: Be positive.

By moving forward together we create a dynamic force for change. Our collective attitude to the much needed paradigm shift we are working towards is of the utmost importance, and we cannot afford to feel negative or overwhelmed by the task, for we only give more power to that which we are opposing. We invite you to make a commitment here and now to fill your heart and mind with ideas of a successful shift, in harmony with nature and respecting our freedoms to choose the way we want to live our lives. Ideas you can revere and not fear, and above all, let's make sure we have some fun along the way - the process of creation should be an exhilarating ride on the river of life! —Robert Verkerk, Executive Director

www.anh-europe.org or www.anh-usa.org

Sustainable Living Section



with

Antony Chauvet

This article is an adaptation from a post written by Warren Weisman, an internationally recognized expert on anaerobic digestion and biogas. The oil drum.com

More than half of the energy generated is wasted, lost as heat out of the smoke stacks of power plants and during the transmission of it. With transportation energy, over two-thirds is lost from idling vehicles and cars carrying only a driver. In a time when fossil fuel resources are declining, over half of the BTU's generated are consumed without it doing any work.

The first step to eliminating such enormous waste is to incorporate local agriculture with mid-rise, mixed-use buildings. Eco-cities take this a step further, seeking balance between the density necessary to walk or cycle to home, work, school, cultural attractions and entertainment, and open green spaces.

These eco-cities get their energy from solar panels, wind turbines, hydrogen fuel cells and biofuels. People will need fuel to cook, waste disposal and wastewater treatment to avoid odors and disease, and most important of all, fertilizer to grow food after inorganic fertilizers made from fossil fuels are no longer available, plus they will need heat for the homes in the winter months. Solar panels and wind turbines can be used but to maximize the smaller amounts of energy available in the post-carbon future, eco-cities will need to carry out many of these functions simultaneously. The first step towards such an urban infrastructure of the future is for combined heat and power plants that are small enough and quiet enough to be located close to residences to utilize waste heat for heating.

A combined heat and power system can take the waste heat from stationary electric generators and steam boilers and pipes it to where it can be used for heating and hot water in nearby homes and buildings, simultaneously generating electricity and heat. New York City, for example, heats over 100,000 buildings with seven local combined heat and power plants. Combined heat and power can potentially increase a generator's efficiency from 30% to 90%.

What would fuel these combined heat and power plants if they didn't use fossil carbon? Energy can be generated at the same time that waste is treated and recycled with a process that uses anaerobic digestion and thermal gasification. These two processes complement one another and work with the seasonal availability of organic wastes. Biogas is generated from wet, high-water content sewage sludge



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as well as garden and kitchen scraps. Gasification works best with low-water content wastes such as straw, wood and pellets made from annually renewable dry waste.

Biogas is an excellent, clean-burning gas made mostly of methane, the same flammable component in fossil natural gas. Like natural gas, biogas can be used for cooking, fueling generators and boilers and even vehicle fuel.

Gasification is a thermal process similar to burning wood or pellets in a wood stove, only the hydrogen gas that normally escapes out the chimney is captured and utilized to fuel engines or boilers. Gasification emissions do not impact air quality like direct burning does, as particulates must be filtered to separate the syngas, allowing gasification to be used in the densest urban environments. Gasification generates heat that can be captured to feed district heating systems during both the making of and the burning of syngas in engines and boilers, making it an ideal combined heat and power fuel.

Integrated waste-to-energy combined heat and power systems can meet essential needs for food, clean water, public health and sufficient electrification for elevators and public transportation in a well-planned eco-city and provide a modest amount of energy for local light industry.

When considering how much energy would be available, it is misleading to look at the total city energy use as planners do with today's centralized utilities. Instead, it would be more helpful to examine how much energy you and your family could produce with a small, household anaerobic digester and gasifier in a home that uses combined heat and power systems. In summer months when fresh organic waste was plentiful, only the biogas would be needed to provide cooking fuel and some electricity. Kitchen and garden waste together with bathroom waste from a family of four to five people could generate seventy cubic feet of biogas per day, a volume sufficient to cook three meals per day for about ten people or run a one-kW electric generator at full load for three hours or power a 55-inch LCD flatscreen television for fifteen hours.



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Once heating and hot water needs are met by the gasifier, sufficient syngas would be produced to run a one-kW generator for ten hours in addition to the electricity provided by the biogas, this additional electricity could run five 55-inch LCD flatscreen TVs for five hours and dry a load of clothes in a 5,000-watt clothes dryer.

Simply transitioning from using remote coal and natural gas power plants to producing power locally could cut the need for energy by two-thirds and switching from suburban sprawl to eco-cities served by public transportation could cut the energy used for transportation by three-quarters. Decentralized waste-to-energy makes this figure highly realistic, but more importantly, this energy would be indefinitely sustainable regardless of population growth.

It is interesting to note that the use of biogas and gasification predates the Industrial Age. Biogas not only provides excellent, clean-burning energy that can replace fossil fuels in the future, but in many places it already is. The ancient Assyrians used biogas to heat their baths in 3000 BC. The famous gas lamps of Victorian England were fueled with biogas from city sewers. Unlike liquid biofuels, biogas does not compete with food, as it does not require dedicated crops and can use non-edible parts of plants. Biogas yields two to five times more fuel per acre than any liquid biofuels and runs cooler, quieter and cleaner in machines.

Today China leads the world in the number of biogas plants with an estimated fifty million households. India is estimated to have over four million biogas plants. Many European cities, especially in Sweden, use biogas as vehicle fuel and feed it into natural gas pipelines. The German agricultural village of Jühnde began implementing biogas 2009. Since the biogas process normally takes ten to twenty days to decompose organic matter, it allows a much higher volumes of waste than compost piles. Humanity really could be enjoying a carbon-free footprint with ecologically sustainable cities if profit was not the motive, and we could have been doing it for at least the past one hundred years.

Antony is building a network of people who work together to promote renewable energies, green building, ecology and sustainable business practices.

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The Cook's Corner

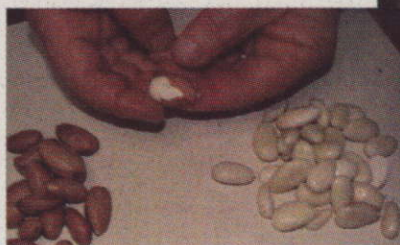
Vegetarian Recipes from the Johnson's Landing Retreat Center

At the Retreat Center we are blessed with amazing fresh mountain water, which we triple filter and use for everything, including two of our popular beverages Garden Mint Tea and Almond Milk. Our Garden Mint Tea Blend is based on our abundance of peppermint plants which we dry in the shade then hand pick and grind the leaves. It can be served hot or cold with ice. It is sweetened with a herb called Stevia. We grow it in our greenhouse and periodically pick, dry and grind the leaves. The third ingredient is Fennel seeds, which we also grow. Both mint and fennel are well known for their digestive qualities. You can buy all three of these ingredients in most health food stores, but to really connect to your food sources so I suggest you at least grow your peppermint.



Enjoy! *Richard*

Almond Milk



Ingredients:

- 1 cup **Almonds** with skins still on
- 2 cups boiling water
- 1-1/2 tsp **Pure Vanilla Extract**
- 3 Tbs **Honey** or **Maple Syrup**
- Up to 2 liters of cold water (without chlorine)

Directions:

For 2 liters of milk

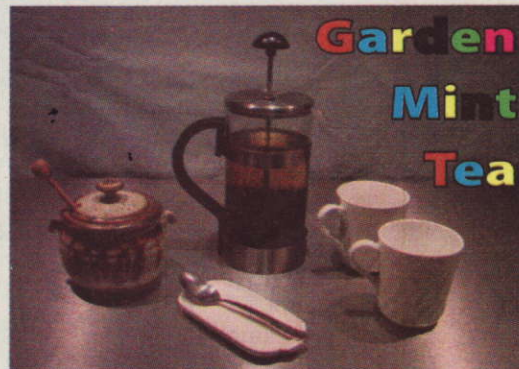
- Put 1 cup of almonds into a 2-cup measure.
- Fill the measuring cup with boiling water.
- Allow the almonds to soak, preferably overnight,
- Drain. Pour hot water over the almonds then roll the almonds between your fingers; the skins should pop off.
- Put the peeled almonds in the blender with 2 cups of cold (chlorine-free) water.
- Run the blender at least five minutes.
- Place the jelly bag into the top of the pitcher and secure it, pour in the almond milk.
- Squeeze the jelly bag to get the liquid out.
- Put the pulp back into the blender with two more cups of cold water and repeat the process.
- After the third blending pour some of your almond milk back into the blender and add 1-1/2 tsp. pure Vanilla extract and 3 Tbs Honey or Maple Syrup while blending.
- Return the sweetened milk back into the pitcher and top it up with cold water.
- Save the pulp for baking in cookies and cakes.

Stir before serving, as some of the residual pulp and sweetener settles to the bottom.



Utensils: • A glass two-cup measuring cup • Blender • Two-liter pitcher with lid • nylon jelly bag • measuring spoons

Utensils: A large tea pot or a large bodum (a French coffee press) • measuring spoons
• tea strainer • OPTIONAL a tea pot cover or dish towel to keep the pot warm.



Garden Mint Tea

Ingredients:

For 1 liter of tea:

I am going to give you some quantities to start off with. After the first batch, adjust it to your taste.

• Mint

- for finely ground mint powder use 2 heaping tablespoons.
- For coarsely ground mint leaves use 4 heaping tablespoons

• Fennel Seeds 1 teaspoon

• Stevia •

- for ground Stevia leaves use 1/2 teaspoon
- for processed Stevia powder 1/4 teaspoon

Preparation:

Pre-heat the tea pot with

- hot water for about three minutes.
- Pour out the warm water and make the tea.
- Add the ingredients as listed above
- Fill the pot with freshly boiled water (boiling gets rid of chlorine).
- Cover and let sit for 5-10 minutes.
- Stir the leaves before straining into your cup.

Suggestions:

Storage - Keep all of your loose teas and seeds in tightly sealed containers out of the sunlight to help preserve the flavours.

Cold tea - If you have tea left in the pot, just strain it into a jar and put it in the refrigerator it is good cold.

The Meaning of Life

by Gwen Randall-Young

Throughout time, philosophers and writers have grappled with the question of the meaning of life. Most of us have reflected upon the mystery that is life. We look around at all that has happened throughout history, and what is unfolding in the world now, and try to grasp some idea of what it is all about.

Of course, no one can state definitively why we are here, or how we emerged from whatever was here before we were. We can only ponder the miracle of each generation emerging from the one prior, carrying the evolutionary process a little further along each time.

It is fascinating that the progress is the result of what transpires in the minds of individuals. There is no external blueprint we are following. If there is an internal blueprint, then we each carry a part of it. Always, there are individuals who have brilliant insights that allow our species to take great leaps. But those insights have little power until they are understood by and integrated into the minds of others. As in a three-legged race, it seems to take individuals grouping together cooperatively to have any forward movement.

So also, as with flowers, it seems the collective consciousness blossoms with some good cross-pollination as we make our way along the evolutionary path. That is why it is so important to utilize our powers of independent thinking. It is easy to get hypnotized into just following the common culture, like lemmings all running in the same direction. We know what happens to lemmings. We cannot afford to put our consciousness in neutral and just drift along.

We can avoid this by allocating some of our awareness to regular reflection on the meaning of our own lives. That meaning, by the way, is whatever we choose it to be. We must make our own meaning. We decide the part we want to play in this lifetime, whether we are

conscious of deciding or not. We decide how we will use ourselves in relation to others, and what our priorities will be. In our culture, it is not always easy to talk about these bigger questions. Some are intimidated by such topics, fearing that their lives may have no meaning. It can be easier to tread the waters of superficiality than to take a deep dive to explore the unknown.

Perhaps it is our evolutionary obligation to search the depth of our own souls and bring the buried treasure we find there to the surface, to add to the collective wealth. Sure, we can still build financial empires, have babies and play golf if we want, but we need to know who it is that is doing these things. Those things are temporal but who we really are at our depth is eternal. Our soul is on a journey, and all the stuff of life we take so seriously may simply be props we are to work with, and in relation to which we choose our level of awareness and consciousness.

That is why it is important to keep in conscious contact with our own souls. We need to occasionally sit back and be the observer of our own lives. A good relationship with the soul serves one well both in times of crisis, and later on in life when many aspects of our lives, inevitably, change. The meaning we give to our lives must be something deeper than our present circumstances, for those will change.

First, we learn to connect with our souls. Then, we can work on learning to speak from that level. In a world so filled with things to do, at an often dizzying pace, it is easy to get wrapped up with our friends and families with ego-level functioning and communicating.

To do so is to miss out on the precious opportunity to truly assist one another on our evolutionary journey. We are here for a reason, we are all connected, and the people in our lives are not there by chance or accident. Be curious about the meaning. Ask your ancient soul to tell you. If you listen very carefully, it will.

Gwen Randall-Young is an author and psychotherapist in private practice.

For articles, and information about her books, Self Care CDs

and the new "Creating Healthy Relationships" series, go to www.gwen.ca

www.gwen.ca' followed by a bulleted list of stores: 'Bookland (Kamloops)', 'Mandala Books (Kelowna)', 'Gaia Rising (Nelson)', 'Odin Books (Vancouver)', and 'Banyan Books & Sound (Vancouver)'. At the bottom, there is a dark blue banner with the website 'www.gwen.ca' and the toll-free number 'Toll Free 1-888-242-4936'."/>

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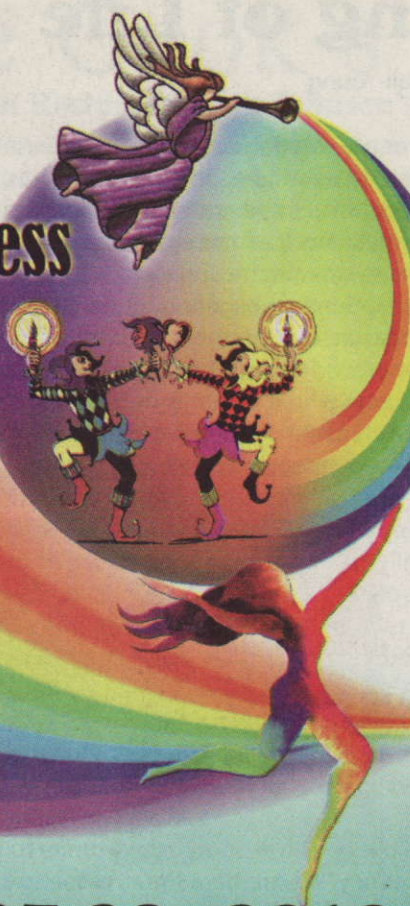
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Sharing Parenting Wisdom

by Lynne Cox

As a parent, grandparent and parent educator, I look back over the years and realize I have learned many things that would make parenting easier for new parents. A special joy for me right now is watching the learning process of my 16 month old grandson. Recently we walked into a large room set up with a miniature railroad display. The passenger trains were shiny and there were several long freight trains moving around a huge display. We both watched as the trains come around the bend. "Toot, toot," I said as we watched the trains coming closer and closer to where we were standing. Within seconds, the softest little voice said, "Toot, toot," pause, "toot, toot," as he watched intently to see the train. What joy it is to be part of this learning experience with him. Whenever he sees a train of any shape or size, he now says, "Toot, toot" which touches the heart of all who are within hearing range.

On another occasion, we were playing with a special ball that lit up as he bounced the ball off the floor. He smiled from ear to ear and clapped his hands in pure delight. He bounced the ball over and over again each time watching it light up for a few seconds. A few days later we began playing with several brightly coloured wooden blocks. As I handed him one of the blocks he immediately threw the block on the floor. As I watched him, I could see he was waiting for the block to bounce and light up the way the ball had done earlier!

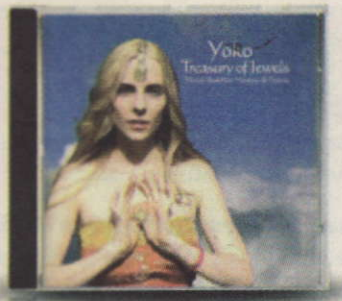
Our influence as parents, grandparents and teachers is incredible. Each and every moment of the day, we are teaching and, more importantly, modelling for our children. Hopefully, we are modelling behaviours that we want to experience for ourselves and from our children. Frequently we can ask ourselves, "What am I modelling and teaching my child?" and "How will I feel about having this behaviour modelled back to me?"

As I look back over my life I ask myself what have been the most important things that I have learned. First and foremost I have learned that the more I love and appreciate myself the more love and appreciation I have for others. How I treat myself will be reflected back to me by others (including my children). Secondly, the more I am able to calm and relax myself the more centered I am, no matter what I am experiencing with my family, friends and the world around me.

Thirdly, I am learning to use the power of my imagination. I am watching with awe as I attract and experience my daily wishes and dreams. The years have gone by quickly, however it's the heartfelt memories that I now relive and enjoy.

Lynne is the author of a children's book *Beaming Bright, You're a Shining Light* and a parent educator for thirty years. This storybook and CD is a fulfillment of a dream for Lynne. Created for newborn babies and children to age six, every story-song provides parents and children a chance to share experiences so each can feel stronger and more empowered within themselves.

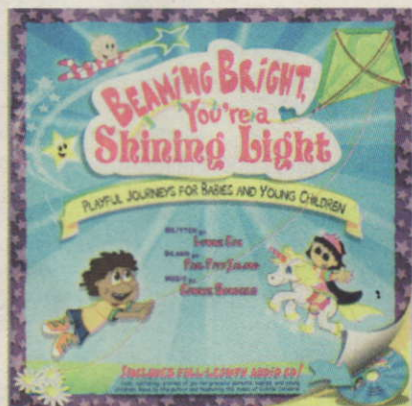
See review to the right.



Yoko - Treasury of Jewels

www.yokomusic.com

Delightful is the best way to describe listening to this young lady's talent. This CD was handed to me in Nelson by a long-time friend who said, "My husband's daughter created this, so please enjoy." I took it on my road trip and found Yoko's music to be enticing and playful—suffused with devotion it transforms mantras using a western beat. I enjoy chanted music and, since the lyrics are not in English, it is a chance to listen to beautiful sounds, without needing to know what they mean. Yoko looks like a goddess and represents a special breed of young people who take spirituality seriously. After a few times of listening to it I was humming right along.



Beaming Bright, You're a Shining Light

by Lynne Cox • www.shininglight.ca

I enjoyed listening to this CD, as it encourages children six years old and younger to follow along, believing in their dreams. The musical voice is feminine, enchanting and invites one to be part of the adventure. The music is calming and would help anyone to relax and breathe. The illustrations are big-eyed, colorful cartoon characters that almost seem animated. Very creative—wished I had it forty years ago when I raised young ones. *see article to left*

Sarah's Last Wish

A Chilling Glimpse Into Forced Medicine

by Eve Hillary

www.sarahs-last-wish.com (Australia) 2010

Reviewed by Helke Ferrie
reprinted from *Vitality Magazine*
October 2011



The Australian environmental health activist Eve Hillary has written a book that's become a bestseller in her country and, thereby, started a process of reform and awareness in Australia about the abomination of forced medical care and the human right to freedom of choice. This book is so well written and so exhaustively documented – both legally and scientifically – that it's hard to put down. It is also such a terrible a story that I kept wishing it was not true. But it is.

Eleven-year-old Sarah suddenly developed a painful lump in 2002 which was misdiagnosed as an ectopic (ovarian) pregnancy, even though she was pre-pubertal. It turned out to be a rare form of ovarian cancer – and it became of great 'scientific' interest to the oncological community there. Even though an ectopic pregnancy is a serious medical emergency, Sarah was first put through extreme humiliation to "prove" she had not had sex. The lump continued to cause her incredible pain, and eventually the cancer was diagnosed and treated with surgery and aggressive chemotherapy – against her clearly expressed and legally supported wishes. Sarah, after being told she had ovarian cancer, refused chemotherapy. So the state took custody away from the parents (by court order) and forced the child to take the chemotherapy treatments for almost two years.

Sarah and her parents sought relief for her improperly treated pain with the author, Eve Hillary, who runs an integrative medical clinic, and so Hillary too came under attack from the Australian authorities and suffered severe financial and personal losses as a consequence.

Sarah's case was taken all the way to the Supreme Court of Australia by the Australian Department of Community Services in order to get the power to enforce conventional treatment against Sarah's will. Sarah's family lost the case, and so the chemotherapy continued. Subsequent investigations revealed that the oncologists and childcare services had withheld evidence in court, falsified information, lied under oath, and the process nearly bankrupted Sarah's parents because even their own lawyer was not willing to stand up to the juggernaut of the state and the medical community combined.

When Sarah lay dying in 2004, she made her father promise that he would do everything he could to ensure that no other kid would have to endure what she had suffered. Hence the book's title.

Is this story a freakish exception? Not at all. Freedom of choice in healthcare has become one of the most important human rights issues of our time. Modern medicine is fueled by an engine designed to churn out ever higher profits in the wake of dazzling research with ludicrous claims, while patients are more often than not merely the fuel for that engine. In cancer therapy especially, the cut-burn-poison paradigm is still the central dogma. And being a dogma it does not serve living people, but a profitable ideology. Children with cancer will find themselves in the "care" of the state just as easily here as in Australia, if parents don't toe the line of the oncological cabal.

Declaration of the Occupation of New York City

THIS DOCUMENT WAS ACCEPTED BY THE NYC GENERAL ASSEMBLY ON SEPTEMBER 29, 2011.

As we gather together in solidarity to express a feeling of mass injustice, we must not lose sight of what brought us together. We write so that all people who feel wronged by the corporate forces of the world can know that we are your allies.

As one people, united, we acknowledge the reality: that the future of the human race requires the cooperation of its members; that our system must protect our rights, and upon corruption of that system, it is up to the individuals to protect their own rights, and those of their neighbors; that a democratic government derives its just power from the people, but corporations do not seek consent to extract wealth from the people and the Earth; and that no true democracy is attainable when the process is determined by economic power. We come to you at a time when corporations, which place profit over people, self-interest over justice, and oppression over equality, run our governments. We have peaceably assembled here, as is our right, to let these facts be known.

They have taken our houses through an illegal foreclosure process, despite not having the original mortgage.

They have taken bailouts from taxpayers with impunity, and continue to give executives exorbitant bonuses.

They have perpetuated inequality and discrimination in the workplace based on age, the color of one's skin, sex, gender identity and sexual orientation.

They have poisoned the food supply through negligence, and undermined the farming system through monopolization.

They have profited off of the torture, confinement, and cruel treatment of countless animals, and actively hide these practices.

They have continuously sought to strip employees of the right to negotiate for better pay and safer working conditions.

They have held students hostage with tens of thousands of dollars of debt on education, which is itself a human right.

They have consistently outsourced labor and used that outsourcing as leverage to cut workers' healthcare and pay.

They have influenced the courts to achieve the same rights as people, with none of the culpability or responsibility.

They have spent millions of dollars on legal teams that look for ways to get them out of contracts in regards to health insurance.

They have sold our privacy as a commodity.

They have used the military and police force to prevent freedom of the press. They have deliberately declined to recall faulty products endangering lives in pursuit of profit.

They determine economic policy, despite the catastrophic failures their policies have produced and continue to produce.

They have donated large sums of money to politicians, who are responsible for regulating them.

They continue to block alternate forms of energy to keep us dependent on oil.

They continue to block generic forms of medicine that could save people's lives or provide relief in order to protect investments that have already turned a substantial profit.

They have purposely covered up oil spills, accidents, faulty bookkeeping, and inactive ingredients in pursuit of profit.

They purposefully keep people misinformed and fearful through their control of the media.

They have accepted private contracts to murder prisoners even when presented with serious doubts about their guilt.

They have perpetuated colonialism at home and abroad. They have participated in the torture and murder of innocent civilians overseas.

They continue to create weapons of mass destruction in order to receive government contracts.

To the people of the world, we, the New York City General Assembly occupying Wall Street in Liberty Square, urge you to assert your power. Exercise your right to peaceably assemble; occupy public space; create a process to address the problems we face, and generate solutions accessible to everyone.

To all communities that take action and form groups in the spirit of direct democracy, we offer support, documentation, and all of the resources at our disposal. Join us and make your voices heard!

Reprinted from: www.mypeace.tv/forum/topics/occupywallstreet-declaration-of-the-occupation-of-new-york-city

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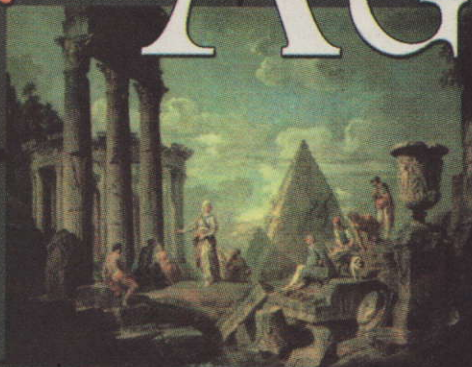
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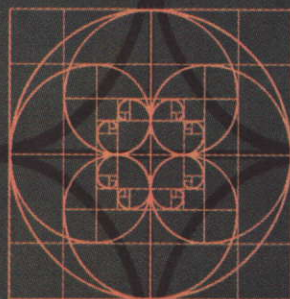
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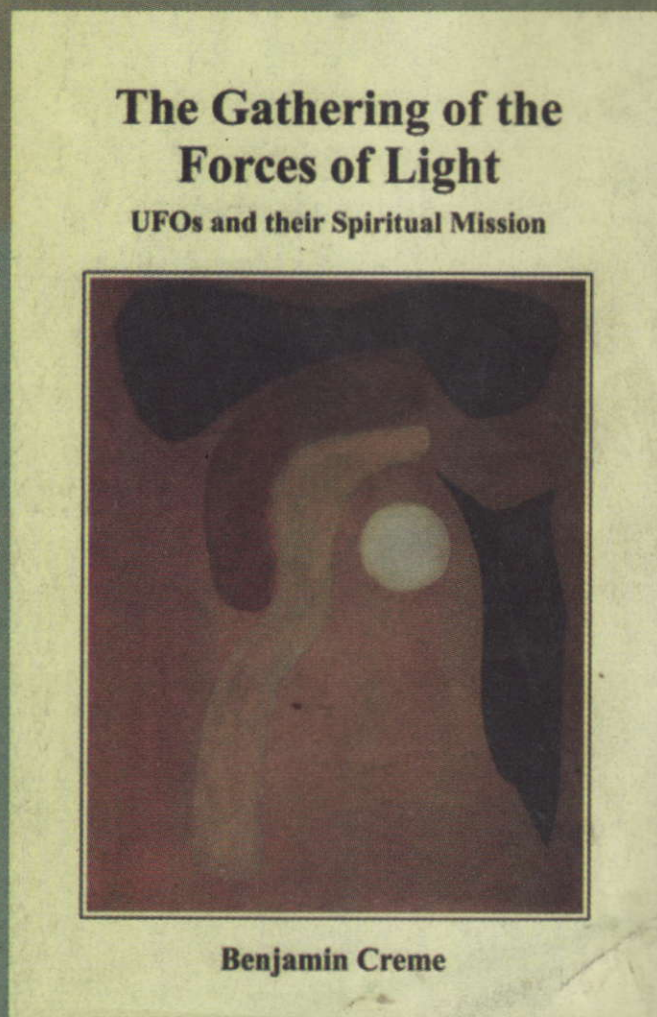
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