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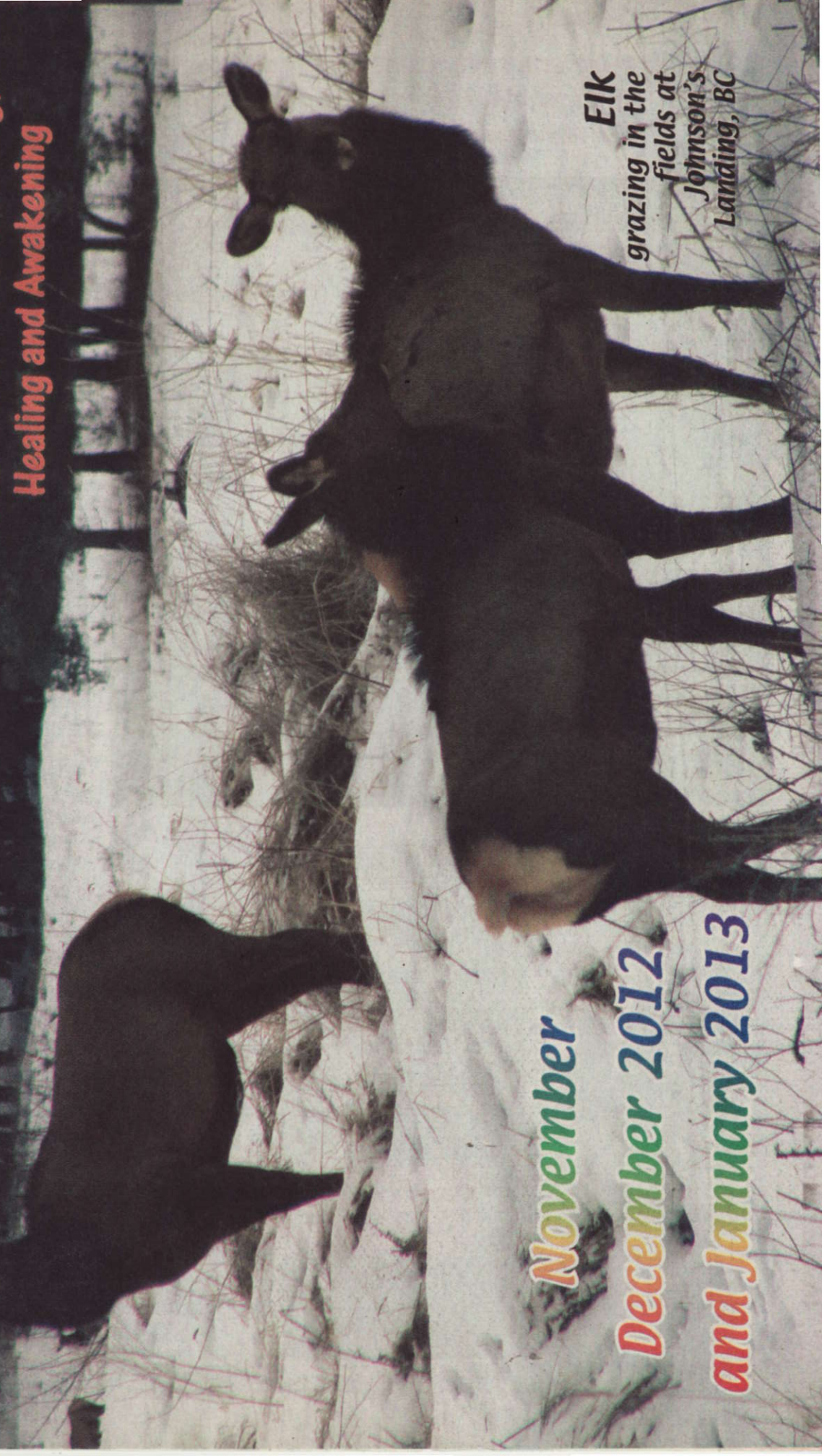
for EMPOWERMENT

MAGAZINE • ESTABLISHED 1990

**Resources for Connecting,
Healing and Awakening**

**November
December 2012
and January 2013**

Elk
grazing in the
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The Cure is in the Cupboard

Dr. Cass Ingram, D.O.

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Benjamin Creme, artist and author, has been lecturing worldwide for almost 40 years on the emergence into the everyday world of Maitreya, the World Teacher, and His group, the Masters of Wisdom. Creme's books have been translated into many languages, transforming the lives of millions.

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(Creme's books also available as e-books)

Unity in Diversity

The Way Ahead for Humanity



Benjamin Creme

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Musing

with *Angele*, the publisher

*I was crowned at the Wise Women's
Festival this past September.
So much learning, networking and
fun, it warms my heart just being there.*

*The next Issues will have the Spring
Festival schedule so think about
making some time so you can join us.*

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photo credit:
Janet Newport of Amethyst Books & Essence in Chilliwack

Nature is the topic of several books I am reading these days, books that talk about being in tune with nature and about understanding one's own nature. Many wise people have tried to awaken us to celebrate the wonders of nature, and others try to control it, mostly for profit. Then there are those who speak the truth and are silenced or ignored. As humans, we are waking up to the fact that if we are to survive, we must allow nature to thrive, inside and outside of ourselves. I like the quote by Helen Keller, "Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it."

Since moving to Johnson's Landing, I am surrounded by nature including many deer on our lawn and their spotted fawns in the spring. Last fall, I even glimpsed a buck courting a female. The front cover shows part of an elk herd that regularly visits us during the winter.

We just finished planting garlic, and with all the bending, raking and carrying heavy containers, I noticed my shoulders were not as tired or stressed as they used to be. My mind mused back to when I was a teenager being told to "stand up straight." I did try. I did exercises and even walked with a book on my head, but in the long run it did not help much, other than I learned to be aware of my posture and do stretches at night to un-kink.

Hunching over, in metaphysical terms, is about hiding one's light and protecting the heart from hurt. It also has to do with not having enough chi or vital energy to resist gravity. About fifteen years ago, my gaze locked on a bent-over lady crossing the street while I was waiting for the light to change, and I heard a voice that said, "If you don't do something, you will look like her." A Rolfer and other body workers slowly unwound the tight muscles that bound me forward, and the yoga classes I took kept the gain in place. This last eight years, I have made a consistent habit of checking my alignment when standing or walking. Many people, many times have taught me to feel the balance in my feet and hips, but when I check in, a short time later, I am back to slouching.

After the Wise Women's Festival, I had a session with my Traditional Chinese Medicine doctor in Kaslo and noticed that I was standing up straight ... even sitting straight when on my computer ... without having to think about it. What brought about this transformation, I mused. I know the many things I have done over the years have helped, but the one new thing added to the mix is that for the past several months, I have been taking a gastrointestinal tonic that my TCM doctor provides. He says it reduces chronic inflammation in the intestines. When I heard this, I immediately connected some dots. Since I was a teenager, I have been sensitive to the pressure of belts and tight clothing, so I wore jumpsuits. Once again, I am grateful for my deep curiosity to know how my body functions

continues on page 6

STEPS ALONG THE PATH

Hope enters our life!

During the evacuation period which was in effect for about three weeks after the Johnson's Landing landslide in July it was very quiet around here as most people took seriously the order

to evacuate. Our neighbour across the road left and asked if I would feed his chickens and goats.

When I went to feed the chickens, that he calls meat birds, they would scramble around their pen to peck at the grain that I sprinkled on the ground so that all of them could get some. I noticed there was one lame, little chicken in the corner of the cage. She was about half the size of the rest of the flock. Every time I threw some scratch (whole grains) in that direction a bunch of other chickens would rush over, walking on top of her, and eat all the food. No wonder she was so small. When she tried to take a step she would put her right wing on the ground to support herself. Well, this was too much for me to ignore. I went back to the Retreat Center and brought Angèle over to see the injured chicken. She agreed, something had to be done. I told her I thought we should adopt this little creature. Even if we took it home and it died at our place, at least it would die in peace. So off we went with an injured chicken in her arms.

I promptly got a cardboard box and cut a doorway in the side. I covered the top with plastic and put straw in. We put the box inside one of our portable greenhouse frames that was covered with chicken wire, then threw a tarp over half of it, to give the little chicken some protection from the intense sunlight and rain/sprinkler. I was hopeful that it would recover so I named her 'Hope'.

We fed her organic wheat and found a non-tippable water container. I spent time petting and talking with her. I am certain that the quiet and loving surrounding combined with the easy access to food and water allowed her to heal. After a couple of weeks we let her out of the four by six foot pen during the day. She really bonded and would follow us around the garden, helping out by eating all the bugs she could peck with her little beak. As her leg healed it was really cute to see her waddle over to the garden gate to get petted. Now she waddles along at full speed, rocking from side to side. Angèle thinks she is a rooster.

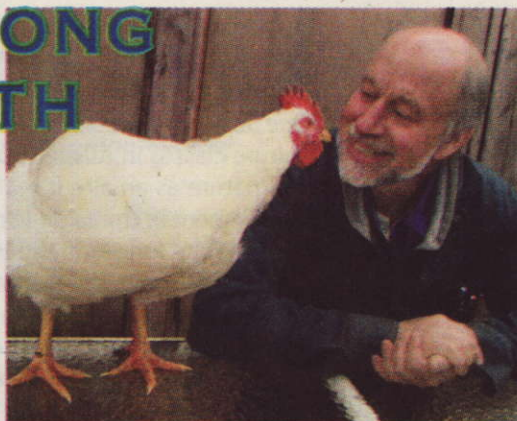
For me there is no turning back, now that she has grown up with us, she is a part of the team... two cats, one chicken and a bunch of people. She may never lay any eggs but I am okay with that. She is a lesson in love for me and others who come to the Retreat Center.

More than one of our guests have commented that they really enjoy her company as she cocks her head from side to side listening to what is said. One woman even put Hope in the wagon and pulled her down the hill so she would have company pulling weeds in the lower garden.

As she grew larger, Angèle made the time to create a large pen in the corner of the garden shed where Hope can enter and leave her roost at will. As winter nears we are thinking of insulating a section of the phone booth as it is close enough to the lodge that we can put a light for added warmth, and near the big cedar tree that will give her protection from the elements once the snow flies.

Lots of folks have birds, hamsters and fish as pets. I am guessing that this phenomena of taking care of an animal fits in with our basic need to love and is just another step along the path of endless lessons.

Namaste Richard



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Musings continued

and for my ability to attract answers and solutions to myself that allow me to grow in wisdom.

Watching the newly-released movie *Genetic Roulette* by Jeffrey Smith proves that eating GMO foods creates a raft of stomach problems, especially for children. Smith gives some sobering statistics, such as 1,800 goats dying in India after grazing on a field of genetically modified cotton. Then, thirteen water buffaloes die after one day of grazing in another field. Jeffrey explains that when crops are genetically modified, scientists splice in a gene that kills bugs when they eat the crop or another gene that makes the plant live when all the weeds around it die after being sprayed with herbicides like Round-Up. He says that mice and rats tested with GMO foods have had their intestinal flora turn on itself, often creating what is now called "leaky gut syndrome."

Associating with conglomerates that want to control nature is indeed risky. Our health is a precious resource that many companies seek only to make money from. And they will succeed if we are not educated and aware of their intentions, or if we believe the ads they spin in the media. From a metaphysical point of view, it is said that Monsanto and other such big corporations reflect that part of ourselves that wants control instead of allowing events to flow naturally within our surroundings. They can also represent the part of ourselves that wants things to happen easily without our doing any work, a part that would rather trust others to make our decisions for us instead of taking the time and developing the inclination to know and act for ourselves.

Some days, I curse the weeds and grass for they choke out the plants I put there. I learned a hard lesson with dock weed last year as I was not smart enough to know you can't kill it by rototilling. Certain thistles and comfrey reproduce from the tiniest piece of a root. I can see why Monsanto created a weed killer, as eradication is the easy way to control them. I also marvel at the tenacity of grass to survive. Without it, the planet would be different.

I associate mostly with organic farmers and metaphysical, spiritual people, and I have seen how many of them take time to reflect on what is happening, to determine how it affects them, and then make conscious choices that create

sustainable and healthy practices, choices that serve their souls.

When I watch videos about Masanobu Fukuoka's *The One Straw Revolution*, or view Bill Mollison teaching permaculture classes in Australia or Africa using practical solutions and nature as an ally, it reaffirms my long time interest and involvement in the organic movement and my need to know more. In the long run, the organic approach takes less time and fewer resources. The soil rebuilds itself because of the earth worms and straw, which in turn smothers the weeds. Permaculturists open up the straw and stick their seedlings in place. Keeping the soil covered provides a haven for the bacteria and worms that do the real work of regeneration.

This winter I am taking time to rethink how to best use my life-force energy. I plan to manifest a full-time gardener to work the lower garden and create a permaculture style food-forest-garden this spring. Also I want a monk or meditation teacher to live full-time at our Retreat Center. This is the perfect place for people to work and study the art of being mindful. Meditating regularly creates change from within as contemplation slows the busy mind. If any reader knows of a permaculture person/student and/or a monk/teacher who would like to live in the woods, please have them contact me.

This winter solstice marks the end of the Mayan calendar, a time when the people of the world are invited to look back collectively at what they have learned and put their thoughts into action. Either we will create a better world or destroy the one we have, for we are at a tipping point. December 22, 2012 will mark our entry into a new era. Barbara Marx Hubbard and other visionary leaders are calling for millions of people to unite in sharing a vision that culminates on that day with an historic day of global unity – a planetary Birth Day. Their goal is to reach a critical mass of people – 1% of the world's population – in committing to a positive future together. They want YOU to add YOUR creative genius while being inspired to give your greatest gifts on this historic Birth Day and beyond. Visit www.birthing2012activation.com for details.



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Conscious Evolution

by Lynne Gordon-Mündel

Life is a process of unremitting change. There is never a moment, never a millisecond when change is not happening. Even when neither eyes, ears nor mind register it, change is happening. Atoms are in motion evolving new forms and new levels of awareness.

Most of this activity is not visible to the ordinary human eye, thus most of what we are, and are in, is not conscious. Even so, we participate directly in bringing that which is not yet conscious into the light of awareness – into the recognition that all that is, all that ever has been, conscious or not yet conscious, form or formless, is at one with its Creator – with the Source of life. We participate daily in this process, moment by moment, all the time, simply by living. The atoms that make up our bodily substance are in motion, changing, transmuting, evolving day by day toward God-realization – realization that we are not separate from the Whole. Material substance cannot help but evolve and it is magnetized inexorably toward realization of the essential truth of its existence. Any thing, any thought, any motive or intention that is going in a direction other than Godwards eventually falls away in the process of natural evolution.

This unrelenting, natural evolution is, in terms of human sense of time, a slow process. However, as material substance evolves to a level where it is aware, not just of the need for self-preservation, not just of the need to procreate and defend the group – the herd, the family, the clan, the nation – but of the potential to know oneself at one with that which is creating it all, the process can be accelerated. Great leaps forward can be taken when a human chooses the path toward his or her highest potential and embarks on that path consciously, with integrity and with disciplined attention. Evolution toward God-realization can be accelerated. *see ad below*

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MEDICAL FRAUD EXPOSED

Researchers have uncovered the rot underneath the edifice of conventional Western medicine and are making it public

by Helke Ferrie, reprinted with permission from Vitality Magazine, Ontario.

*"Do you want it in brief? Do you want it in depth?
Or totally true?" – Gore Vidal, 1925 - 2012*

When the roof and the foundations of a house begin to collapse, the demolition guys get called in. Likewise, as the foundations of conventional medicine begin to collapse, the medical demolition crews appear. Within the last few years in medical science, what has happened is unprecedented: the leaders of mainstream medicine – far more than its critics – have systematically uncovered the rot underneath the edifice of conventional medicine, and they are making it public in leading journals and bestselling books. These medical demolition crews admit that they don't know what will come next, but cleaning up the mess is more important to them than clinging to theories and practices that are, well, rotten to the core.

In August 2005 an article appeared in PLOS, now the world's largest medical science journal (which does not permit drug advertising and has the most stringent conflict-of-interest rules for authors), entitled *"Why Most Published Research Findings Are False."* The author, John Ioannidis, teaches medicine in Greece and the U.S., and is known to North American medical students from *JAMA Evidence*, the bible for evidence-based clinical practice (his contributions to it explain how to detect research fraud and bias). His 2005 article began: "There is increasing concern that most current published research findings are false. Claimed research findings may often be simply accurate measures of the prevailing bias." Not surprisingly, this fired up the demolition crews.

If Ioannidis is correct, what are professors teaching medical students and do they even know if what they are teaching is true? Can practice guidelines be trusted at all? Has continuing medical education become an oxymoron? What illusory standards of practice are medical regulatory authorities, such as the provincial colleges for physicians, pretending to uphold under the laws governing them? Is it even safe for patients to trust any information doctors provide? What about informed consent, given that those consenting and those providing healthcare are possibly equally clueless? And who is responsible for this mess? Most importantly, what will it take to clean this up?

The usual suspects – Big Pharma and government – have been working hand-in-hand for years to convince the public that pharmaceutical medicine is safe and effective. But now renewed scientific investigation of Big Pharma's fraudulent claims about their products has appeared in mainstream journals and can no longer be ignored.

The Canadian Association of Physicians for the Environment

(CAPE) staged a mock funeral in July in front of the parliament buildings in Ottawa to draw attention to the "death of evidence" in science – killed, they assert, by government. Some 2,000 Canadian scientists accompanied the coffin. In the U.K., such a mock funeral was also held with the dramatic splendor only the land of Shakespeare can produce: magnificently adorned, purple-draped black horses pulled a coffin in a hearse that would have been fit for Queen Victoria's funeral.

In both countries, scientists accuse their governments of controlling research funds to serve market interests only. CAPE's list of indictments include the Harper government's attack on environmental protection, which is the same thing as attacking public health. Bill C-38, the infamous Omnibus Budget Bill which recently passed into law, includes exemptions for pest control products so they are no longer listed as "poisonous or harmful." It also removed the safety requirements that previously limited agricultural chemicals and veterinary drugs to specified safe levels in food. And C-38 also handed Big Pharma a blank cheque by permitting prescription drugs to bypass important regulatory hurdles. With this Bill, the government has sent a message that the health of Canadians should not get in the way of corporate profit.

The Harper government's worst attack on scientific integrity occurred when the federal medical research funding agency, the Canadian Institute for Health Research (CIHR), dropped its internationally praised transparency requirement for full public disclosure of the details of drug trial results. The CIHR was merely three months old when the requirement suddenly disappeared, and with it any hope Canadians might have had to find out just how effective and safe our medicines actually are – as opposed to what the marketing hype tells us. This decision caused an uproar around the world. The British Medical Journal called it "tragic" because "clearly the CIHR has decided that it's going to put the interests of patients behind those of industry." Thanks to the Harper government, our bodies are now open for business – ready to be plundered for profit, the same as our environment.

Research Data, Scientists, and Politicians – All Bought and Paid For

A May 10, 2012 editorial in *Nature* identified "the poison of the profit motive" as "corroding public trust." Almost all research is funded by Big Pharma, which also controls all the data as proprietary information, providing only summaries of trial results to the regulators, e.g. Health Canada and the FDA, who are thus never in full possession of all the facts. Big Pharma also has the right to publish only favourable results. Independent critical review of the original trial

data, to verify claimed results, only happens when researchers and clinicians who cannot be bought take extraordinary trouble through freedom-of-information legislation and hunt down the data, or do their own meticulous research into the patterns of medication effects, to ferret out the truth hidden by the spin. This *Nature* editorial commented that Ioannidis' 2005 observations had by now become the norm: "Like a magnetic field that pulls iron filings into alignment, a powerful cultural belief is aligning multiple sources of scientific bias in the same direction... [creating] the appearance of progress.... The first step is to face up to the problem – before the cracks undermine the very foundations of science." (As a side note: The Obama administration passed a stringent conflict-of-interest law, effective since August, affecting bio-medical researchers in an attempt to keep them honest.)

Not only do North American regulators not regulate in the public interest, they assist Big Pharma *against* the public interest. The latest amazing revelation is that the U.S. FDA systematically spied on its own staff, lawyers, members of Congress, and the media to identify those critical of a pharmaceutical compound and in danger of going public. When the agency's 80,000 espionage documents were accidentally published on the Internet, those spied-upon FDA scientists started legal action against their employer. This case is going to become very interesting because it is likely to put the spotlight on drugs and vaccines that have killed a lot of unsuspecting people already.

The Battle of Light versus Dark Forces in Medicine

Consider the following list of recent developments in medicine, all of which, significantly, came to light because of outrage in the mainstream medical world:

- As reported in March, a team of 100 scientists tried to "replicate the results of 53 of the most widely cited landmark cancer research papers." This re-analysis resulted in only 6 research studies being validated – the rest are bogus. Shockingly, this was not Pharma-generated junk science, but came from university researchers who misled companies wanting to use their research for new cancer drugs. Indeed, there is no honour among thieves.
- *Lancet Oncology* reported that cancer incidence is predicted to rise by at least 75% by 2030 wherever "westernized lifestyles prevail," as measured by the Human Development Index (i.e. the more developed the nation, the more cancer its residents develop). The steady rise in breast cancer is well known, as are its major causes: pesticides and chemical hormone replacement therapy. And another cause of profitable abuse of women, known since the mid-1990s, comes from breast screening programs that supposedly provide the benefit of early detection – a myth which is no longer even supported by the Radiology Society of North America. In fact, the more screening done by mammography, the more radiation-related cancer incidence and the more false-positive results leading to unnecessary surgery.

continues on page 10

Sandy Wells is an avid photographer who enjoys healing with energy and being at one with nature.

This book is full of outdoor energy photography and will make you look at your next outdoor venture with renewed awe.

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• One big surprise is that even the ultra-conservative Institute of Medicine (IOM) acknowledges the increased risk of cancer caused by unnecessary mammography. The IOM went further and recently launched a frontal attack on Big Pharma. In the spirit of its motto, "Advising the nation - improving health," the IOM published a position paper in May that outlines how the U.S. FDA should proceed to make drugs safer before approval, and monitor them after getting to market, so new drugs don't continue being lucrative human toxicity trials.

• The most reliable and truly independent watchdog of medical research is the international Cochrane Collaboration. One of its members, Dr. Peter Gøtzsche, published a book this year exposing fraudulent claims about the benefits of mammography, which became evident after 10 years of research analyzing the data involving millions of women. He concludes: "The collective denial and misrepresentation of facts ... and the little benefit there is of screening, if any, coupled with the disregard of the principles for informed consent and national laws, may be the biggest ethical scandal ever in healthcare. Hundreds of millions of women have been seduced into attending [mammography] screening without knowing it could harm them. This violation of their human rights is the main reason we have done so much research on mammography screening and also why I have written this book."

• After a two-year delay, Dr. Nicholas Gonzalez' amazing book, *What Went Wrong: The Truth Behind the Clinical Trial of the Enzyme Treatment of Cancer*, is now available. It shows how the National Institutes of Health (NIH) systematically torpedoed the clinical trial of Gonzalez' enzyme therapy, which was already previously documented to be successful even for pancreatic cancer. This book is of great value to cancer patients, enabling them to understand why and how enzyme therapy works. Readers will also learn how the NIH sabotaged the potentially healing enzyme protocols (which resulted in death for dozens of trial participants), to ensure the appearance of failure for enzyme therapy. An investigation later revealed that the NIH members involved had personal financial interests in chemotherapy drugs. Enzyme therapy is healing and thereby proves that chemo is unnecessary. Chemotherapy drugs, while apparently effective at first because tumours shrink, are themselves carcinogenic and as such are cancer-promoting time bombs in the patient's body.

• For many years, being sued for drug damages was simply an additional business expense for Big Pharma. But that is no longer the case. This year, GlaxoSmithKline has to pay out \$3 billion for the harm caused by antidepressants Paxil, Seroquel, Wellbutrin, and the diabetes drug Avandia; injured patients and families of those who died are now also able to sue individually.

• Merck, still recovering from the multi-billion dollar Vioxx scandal that cost hundreds of thousands of lives, is being sued by whistleblowers from among their scientists for



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deceiving the FDA about the mumps vaccine which was falsely alleged to be 95% effective. In fact, health authorities in North America are reporting increasingly higher incidence of mumps only in vaccinated children.

- At Roche, a whole product line hit the fan in Europe this July: Avastin, Tarceva, Rituxan, Alteplase, Actemra, Pegasys, Lucentis, Raptiva, and also Herceptin, which is supposed to prevent recurrence of breast cancer. Roche failed to report and deal with more than 15,000 deaths and over 65,000 adverse event reports related to all of the above, along with their hepatitis B vaccine, one side effect of which can be liver cell death.

- Pfizer has to pay out \$45 million for damage done by its menopause drug Prempro. This drug was prescribed to six million women even though the Women's Health Initiative study of 2002 proved that Premarin (the estrogenic HRT) and synthetic progesterone alone or in combination increase the risk of cancer and blood clots.

- Medical rights activist in India, Anand Rai, found that 2,061 deaths were caused in clinical trials, between 2008 and 2011, but only 22 were compensated. Big Pharma outsources its trials increasingly to reduce costs and avoid scrutiny. India also halted a Gardasil vaccine study after six children died.

- In a striking parallel to the way Big Tobacco finally became vulnerable to legal challenge, patients have launched a class action suit, with the support of the UK government, against various medical authorities for making them into lifelong addicts to Valium.

This veritable hailstorm of protest and legal action is beginning to be matched by positive work also coming from mainstream medicine. The World Health Organization announced that the use of mercury in vaccines, dental restoration, and all other medicines must be phased out – over the fervent

objections by dental associations and worst of all, from the American Pediatric Association which continues to insist that mercury in vaccines is just fine. Similarly, the European Union is about to pass legislation requiring an unprecedented clean-up of Europe's water supply from contamination by birth control pills, at the estimated starting cost of 30 billion Euros. Canadian research in 2001 showed that, at 5 parts per trillion, these drug residues cause fish stock collapse in lakes. The safe limit the EU must achieve is 0.035 parts per trillion.

Prominent doctors are increasingly objecting to redefining patients as "customers." Drs Gropman and Hartzband of Harvard wrote in the *New England Journal of Medicine* that "reducing medicine to economics makes a mockery of the bond between the healer and the sick. For centuries, doctors who were mercenary were publicly castigated. Such doctors betrayed their calling. Should we now be celebrating the doctor whose practice, like a successful business, maximizes profits from customers?" The "total truth" has perhaps never before been spoken so forcefully. This can only be good.

visit Vitality Magazine.com, Oct 2012 for pages of references.

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Out of the Mouths of Babes

Most folks can remember an object from their grandparents' home that fascinated them. A doll, a trinket, or a candy dish with special candies in it. It was a glass container of tumbled red jasper and blood stones that Joan Sauga's grandson always admired when he came to her place. "He had heard me call them my healing stones" said Joan.

Joan babysits her grandson and provides after-school care to help out because her daughter loves her job, but day care costs are greater than what she makes. On a recent afternoon, her grandson overheard a conversation his grandfather was having with his mother. They were discussing ongoing negativity at her workplace. Joan said her grandson was playing with a new toy by the grandfather's study and didn't think he was listening, but she was naive. Her grandson overheard his grandfather explain that in an environment where bosses bully, employees feel alienation toward the person and the business. As well, he heard his grandfather explain that a 'bully' often euphemistically calls their constant criticism 'constructive criticism.' "That is an oxymoron," he heard his grandfather say. The grandson heard his mother talk about being subjected to trivial fault-finding by her boss. "The triviality is the give away. Your boss is a bully," said the grandfather.

The grandson heard his mother's voice quivering and on the verge of tears, as she told her father about being undermined in front of others. She was explaining that doubts were expressed over her standard of work even though she'd been with the company for years and she knew she was doing an excellent job. My husband told his daughter, "There is nothing that a bully fears more than exposure of his inadequacy and incompetence. It is your competency that threatens him."

"Later, while we were having tea my grandson arrived with his hands full of red jasper tumbled stones." Joan said. Her grandson told his mother to "put out your hands." Then, he poured the stones into them while saying, "Mummy, these stones are Gamma's healing stones. They'll make the hurt stop where the alien pricked you." As the adults searched for words, the little one continued. "Mummy, my teacher told us to tell a grown-up if a bully calls us names or hurts us. I'm glad you told grandpa about the alien bully." It didn't stop there. He then asked, "Grandpa, is moron a rude word?"

Joan said her daughter was happy to take the red jasper stones to protect herself emotionally. "Can't do any harm," she said. "If my darling son blessed me with them, then I know they will help." Joan said she told her daughter that she understood that red jasper was an extremely protective stone that brings light and insight into difficult situations. A perfect choice! As Joan's daughter and grandson left for home, Grandpa was seen heading back to his study, shaking his head and muttering, "Out of the mouths of babes."

This article was submitted by the Crystal Man as told to him by his customers... see ad on page 2

Your Body is Speaking to you!

by Delphine Saxinger

From my years of experience as a medical intuitive, I have learned that a person's body wants to be the best it can be and all it needs is a little support. When I test clients and ask their body what it needs to raise low reflexes, they often feel less anxiety and an overall sense of "wellbeing" in an amazingly short time. Why? Because the body innately knows you are on the right track and supporting it.

When you take a supplement and you start burping and tasting it, you know your body is trying to get rid of it. Stop taking it as your body is rejecting it. Did you know that Candida feeds off supplements you don't need? I have had clients who bring in a shopping bag of supplements for testing. Within days of stopping unnecessary supplements they report a marvellous difference in their energy and an overall improvement in their health. Candida is an overrun of bacteria that starts in the colon but with overgrowth it leaves the colon through the walls and enters your blood stream and travels to the weakest part of your body. A short list of what you may experience if you have Candida can be sensitivity to perfumes, smoke, intolerance to certain foods, bloating, gas, mood swings, constant clearing of throat phlegm, itchy ears and intense food cravings.

If you know you have Candida the most obvious sign is intestinal gas and in my experience you can control Candida by taking the right probiotic every morning before breakfast. What is the best one for you? When you take the right probiotic, your gas will stop within days.

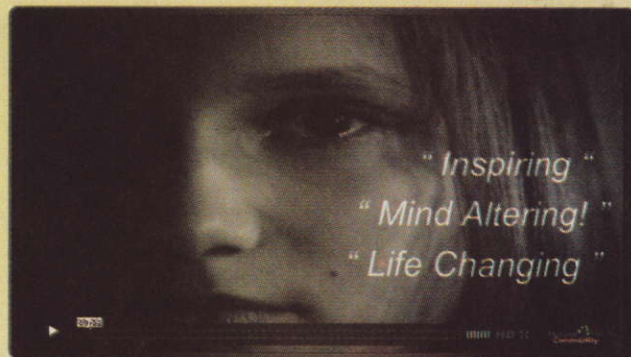
If your hands and feet are often damp or cold, you can suspect your bladder is not happy. What do you need? Everyone is different but often my clients may need to eat 2-3 stalks of celery, or a cucumber or one glass of water in the morning with lemon or parsley tea. The remedy should be taken for two weeks. All these fixes are natural and not hard to do. If you think you have a bladder issue, start fixing it by using one method after the other until you have solved the problem. When you find what works, the fix is always the same if symptoms return. *please see ad below*



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Verity in the Voice Within

by Ashley Hain

I was recently at Johnson's Landing Retreat Center for a week, helping to prepare for the winter wonderland that will soon greet us. I focused on the gardens: weeding, harvesting, and laying the groundwork for next spring. What a delight! Connecting with lovely like-minded people, eating wholesome nutritious food, and being of service in the community—these are things that fill my heart. How did I end up in such a wonderful place? Not only Johnson's Landing, but this place in my life?

I was guided here. Allowing for this guidance is mostly how I have been navigating my life for the past few years, and the journey has been both enlivening and enriching. There is a subtle guiding voice within each of us that can lead the way if we let it. For many years, I didn't hear it. The guidance was always there, but I was not consciously aware of it. Gradually the voice became stronger and stronger and I realized I was suffering by denying its powerful existence. I was forbidding my heart's deepest wishes to become a reality.

Slowly I started listening to my inner voice more and more, and creating space for it to be heard has certainly proven fruitful. Through this guidance I have taken many leaps of faith and overcome gigantic bouts of fear. I have taken steps to better align my life to this little loving voice within. I attended a Changing Course retreat in Massachusetts, began to study the tarot, and worked regularly with a gifted Reiki practitioner. These steps led to a big shift: closing my successful massage therapy practice, leaving my home town, venturing to Ecuador, studying mind-consciousness intensively for three months, and moving to beautiful BC.

If you had told me years ago that this Honours graduate of a prestigious business school would be living in BC doing metaphysical work, I would have laughed. Yet, my soul finally feels like it is being acknowledged, creating a peace and calm within. We all deserve to be living life driven by what excites us at our core. So, the all-knowing voice within led me to take the initial steps toward creating a life about which I am now truly passionate and in which my unique soul thrives.

Learning to live in the light—to live the life that truly fulfills you—is a wondrous unfolding. It starts with finding and giving credence to that lovable voice within. What is equally important, though, is making a plan of action. For some it may begin with a series of small steps, while for others, it may be gigantic leaps. If the big leaps seem too risky for you right now, then find a way to carve them into smaller ones. The key is to keep moving one foot in front of the other. I've learned from experience that the first step and many thereafter require a leap of faith, and stretching beyond your comfort zone can feel daunting. You cannot know what's on the other side until you leap, though what I have found is that the inner voice guides you towards your bliss. You always land exactly where you need to.

Coming to Johnson's Landing for the fall harvest work party was exactly where I needed to be. Thankfully, I was listening!

ARE VACCINES SAFE?

Helping Parents Make Informed Vaccine Decisions by Louis Hoolaeff, HR, ACS

Mary Tocco is a public speaker and an independent vaccine investigator who spoke at the 'Revitalize' conference this past September, and I want to share her story and her insights which are also at www.childhoodshots.com. Did you know vaccines may contain: aluminum, peanut oil, lead, anti-freeze, MSG, mercury, acetone, glycerine, formaldehyde, yeast, alum, aborted human fetal cells, animal DNA, polysorbate 80, cancer viruses and more. If you are interested in specific vaccine ingredients please visit www.novaccine.com. For even more vaccination issues visit: www.cogforlife.org

As the number of vaccines recommended continues to increase, so do the adverse events. Over the last thirty years Mary has heard this same story many times ...parents take the baby home after vaccines and the child is extremely upset, suffering with a fever, high-pitched screaming now associated with encephalopathy or brain swelling and is inconsolable. Upon going to the emergency room or back to the doctor they are told that this is not related to the vaccines. Some babies suffer with seizures and even minor strokes all which go unnoticed by the physician. Unless it is life threatening the doctors say it is normal.

Mary believes that our children are in grave danger. She said many children are suffering with chronic illnesses like autism, ADHD, learning problems, asthma, diabetes, depression and obesity. She talked in-depth about the adverse effects of vaccination. Do you know we give three times more vaccines than any other country in the world?

One of the most controversial health care questions facing parents today is "Do vaccines cause autism?" No matter how you crunch the numbers, autism has increased faster than any other health problem. The increase of autism went from 1 in 10,000 children 25 years ago to 1 in 110 children and specifically 1 in 68 boys. Autism affects the wealthy and the poor, children living in cities with smog, and children in the country. It does not matter if a child is raised with a good diet, autism seems to have no prejudice. If a child is fully vaccinated they could get up to 38 vaccines by the age of two. Most autism is diagnosed by the age of 18 months when their normal development slows or stops.

Mary started her research in 1979 when there were only a few research books available on this topic. She noticed health problems for vaccinated children were on the rise. Then she attended the International Public Conference on Vaccines sponsored by the National Vaccine Information Center in 1996. That conference gave her the hope and vision that change was possible. As each presenter expressed their concerns, she said she was filled with anger, frustration and deep sadness. This sad reality was the motivating factor that drove her to continue her educational process. In the early days the chiropractors in Michigan kept her busy as she traveled from office to office speaking to as few as seven people. She would often

say to herself, I just helped to save at least seven babies from injury and even one is worth my time! She then shared how parents felt when family members accused them of neglect or their doctor scolded and threatened them because they decided not to vaccinate. She has been told by many that living with a vaccine-injured child has changed their lives forever. Many parents said if only they knew they had the option they would have risked their child getting chicken pox or measles instead of autism. People are now skeptical and distrusting of the government and believe our government works on behalf of the drug manufacturers and not for the people. Mary continued with, "This new generation of parents has made an impression on me and I now believe we have a chance to bring about quantum changes as many are willing to stand up against the pressure regardless of the consequences."

Towards the end of the talk, Mary took time to acknowledge the people who were encouraging when she was discouraged, like Neil Miller of www.thinktwice.com who would have long discussions that helped them both stay committed to the cause; April Renee Oakes and Ingri Cassell of www.vaclib.org were always reminding her of the bigger picture; Barb Fisher of NVIC, whose research was always being presented to the public; and Sue Waltman of *Michigan Opposing Mandatory Vaccines* and the brave doctors who took the heat for exposing the problems with vaccines, some lost their jobs and jeopardized all they had. Her highlight was being at the Government Reform Hearings, 2000-2003 with Congressman Dan Burton and Dr. Dave Weldon, who spotlighted the autism epidemic and toxic vaccine ingredients. She noted it has been a difficult fight for a very noble cause. Thank God for the internet and websites where parents can now get truthful information to assist them in making the vaccine decision.

Daily, the anti-vaccine camp is growing by leaps and bounds as more doctors admit that the vaccine program is causing injury and are joining in the debate. She said a good test would be to document un-vaccinated children and compare them with the vaccinated population to see who is healthier. Mary has five un-vaccinated children who are all healthy. She has a DVD and CD of her presentations for sale on her website if you wish to share or start a group.

I believe that to prevent and eliminate flu, colds and illnesses, we must maintain our immune system. We must also cleanse our body of accumulated toxins and nourish our body with wholesome live foods. If we eat off-the-shelf food that is devitalized we need to supplement with whole live foods and whole food supplements.

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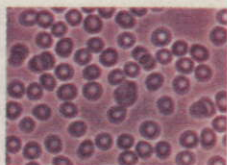
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Dear _____ M.P./ Hon. Member/ Rt. Hon. Member

(cc: Minister of Health, Leona Aglukkaq, Deputy Minister, Glenda Yeates)

Please stop Health Canada (HC) from removing my access to more Natural Health Products (NHPs) without valid evidence of harm! Yet another valuable NHP called nattokinase is about to be refused. It has been consumed in fermented soybeans for more than 1000 years in Japan, and supplements have been available in Canada without incident for two decades. As a cardiovascular aid, nattokinase safely lowers blood pressure and prevents blood clots. The real issue is not safety, but that it competes too effectively against pharmaceuticals such as Coumadin/ Warfarin, Aggrenox, Aspirin, Heparin, Lovenox, Plavix, Pradaxa, and Xarelto, all of which have caused death.

HC keeps getting the MPs to believe that they take a risk-based approach to regulating NHPs, but this is simply not true. I can go into any drugstore and buy more than enough Tylenol to quickly cause liver failure, or ASA to cause my intestines to bleed, or kill myself with alcohol purchased from my corner liquor store, or cigarettes from the gas station. These are all known killers, and no one disputes it. Yet countless thousands of NHPs used to increase health have been eliminated when they are on record for killing ZERO Canadians ever. This completely defies logic...doesn't it?

As Dr. Brill-Edwards, a former senior physician supervisor in charge of drug approval at Health Canada said regarding their approval process: "There is no question that what is going on at Health Canada does not really protect citizens. The provisions that have just come into place are paper processes. No one, for example, at Health Canada is analyzing the product that is actually in the bottle, so you have no assurances as a citizen that what you are seeing on the label is actually what is in the bottle. Now, if Health Canada were really rigorous, that's what they would be doing. They would be taking those kinds of safety measures. But in essence they're putting in a paper process that will push the small people out of the market place and leave it open for the larger pharmaceutical firms who will then come in and try to tell us that the products are now safer. They won't be safer because there's no real scrutiny about the quality of the product and the information about the product."

Good Manufacturing Practices (GMPs), ingredient testing for purity and potency, and adequate labeling, which manufacturers perform for each product, have made Canadian NHPs the safest in the world. Yet HC, without performing any testing whatsoever, has denied approximately 30,000 NHP license applications strictly from behind a desk. Their verdicts have nothing to do with whether a product is actually safe, but simply whether they can find fault with its application. The only testing the agency does is on products manufactured in China...not Canada. They are often polluted, and when HC broadcasts their findings, it reinforces doubt in consumers and politicians, and helps justify having eliminated so many high-quality domestic NHPs. *continues on other side*

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HC has also foreshadowed their intentions for enforcement by reminding industry that given new evidence that an NHP may pose a risk, they will retract NPNs. Once started, where will this process end? HC claims to have approved over 50,000 products, but they artificially inflate this total by repeatedly counting the exact same product each time it is sold under a different label. (In this way, the same product may be counted 50 or more times.) What is shocking is that they have licensed fewer than 40,000 products, when we started with 70,000+ in 2004. Also consider tens of thousands of blocked U.S. imports, and then ask yourself: Was it really Parliament's intention to eliminate Canadians' NHP choices by more than half?

If the eliminated NHPs were so dangerous, why did HC allow their sale while their applications were being processed? For example, nattokinase and others have been sold without incident ever since the Regulations started in 2004. Why? Because they're not dangerous. If a natural ingredient is actually dangerous, it is removed immediately and listed either on the Prohibited Substances in the Food and Drug Regulations, or the Restricted Substances not in the Food and Drug Regulations. Furthermore, medication interactions can be easily addressed with adequate labeling, and as for efficacy, surviving market pressures for eight years is evidence enough. With zero deaths, obviously Canadian-manufactured NHPs are extremely safe relatively speaking, and therefore fall outside of HC's regulatory jurisdiction.

Why has this happened? In 2004, HC ignored Parliament's multi-year process that taxpayers funded. They ignored the Standing Committee on Health, and instead of giving NHPs their own unique third category, as instructed, they placed them as a subclass of "Drugs", and applied standards that they knew thousands of non-patentable NHPs would never be able to meet. Meanwhile, HC has issued NPNs to hundreds of pharmacy items such as nicotine patches, Ex-Lax, and TUMS, while forcing authentic NHPs to reformulate, yielding less effective products. As soon as healthy food ingredients like ginger or parsley are put into capsules, they magically become "Drugs." Why? Because the definition of a "Drug" is based on what a substance is used for, NOT what it is. It could be sawdust, but if you swallowed it to modify a physical function, then it's a "Drug". As such, it is forced to make a claim, then to prove it, and then to add unrealistically ominous warnings to its label, which scare consumers and make them more likely to seek refuge in "tested", "safe" pharmaceuticals...that kill people! In this way HC censors our actions, while pretending to protect us from substances that have been used for millennia. And the pharmaceutical industry, in an insidious partnership with HC, maintains a stranglehold of control over healthcare. The real issue is money and control, not safety. But then again, many of you already know this. The question is: when are you going to do something about it?

As a voting Canadian citizen who pays HC with my taxes I want you to do whatever is necessary to Stop HC from removing any more NHPs without concrete evidence of danger! As opposed to simply needing "reason to believe that an NHP may pose a risk", i.e. they can restrict whatever they want, given NHPs safety record, if a product is produced in a licensed facility under GMPs, the onus should be on HC to prove that it does pose a risk.

Thank-you for your time and attention. Please reply in writing to the above concerns, as well as those listed below.

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The Exercise Ball

by Wayne Still

When I was doing my basic training in Structural Integration in 2001, I met a rather eccentric man who carried a large inflated ball around with him all the time to sit on. It was my first encounter with the exercise ball. I didn't spend any time with it then, but the next time I was in class there were several of them and I tried sitting on them, finding them kind of hard to balance. Then one of them blew out while someone was sitting on it in class, leaving him on the floor with a surprised look on his face. Maybe dangerous, I thought.

Since then the exercise ball has become ubiquitous in homes, offices and gyms. They are inexpensive and very useful as an adjunct to almost any exercise regime. I started to use one to sit on at home while eating or reading about five years ago, and now have three of various sizes in my office. Lately I have become more proactive in their use for my own fitness and encouraging my clients to use one to enhance the effectiveness of the work we are doing.

Using an exercise ball is a learned skill, they are rather skittish so need to be approached with some caution until you have learned how they move under your weight and can control the movement. Keep some weight on your feet and if needed hold onto something to keep your balance until you feel comfortable. It is important to use one that is suited to your size. If you buy one at a sports store, they will advise you of the right size for your height. They usually come with a pump and a DVD giving a set of basic exercises to do with them.

Regardless of what sort of activity we are engaged in, having strong and flexible core muscles will increase our abilities and enjoyment of what we are doing. Just sitting on an exercise ball and moving from side to side and front to back will at once develop the skill to use the ball and increase the strength and flexibility of the core muscles. What makes the ball so useful as an aid to exercise is that your body weight is supported by the ball while you are making your movements. This allows the involved muscles to stretch and move without having to support body weight. In addition, the rolling motion allows for a fluid and relatively effortless movement.

Don't feel that you have to make large movements while using the ball. Small, even micro, movements are very beneficial to exercise and strengthen the short intrinsic muscles. Intrinsic muscles cross only one joint and initiate the first fifteen percent of any movement. Using a ball allows for a great deal of improvisation in the sort of exercises you do on it. The exercises on the DVD you get with the ball are templates that can be adapted to your particular needs. Here is a template I use to stretch my rotator cuff muscles. Be on your hands and knees with one elbow on the ball, your upper arm will be at ninety degrees to your body with the elbow bent at ninety degrees as well. Rotate your shoulder joint in both directions to loosen it. Now allow your body to drop by bending the other elbow. Come back up by lifting with the elbow on the ball. Repeat as often as you like and find other movements to make while in this position. Always repeat on both sides. Enjoy yourself, we could even say "Have a ball!!!!"



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REGULATION THERMOGRAPHY: BREASTS, LYMPH, THYROID + MORE!

by Dr. Ursula

I still meet a lot of people who have never heard of Regulation Thermography, so I would like to give a quick overview of this amazing technology which is based on the association between temperature and disease. Even Hippocrates around 480 B.C. had described how mud could be used in diagnosis. The mud was spread over the body and the areas that would dry first (due to higher temperature) indicated underlying organ pathology.

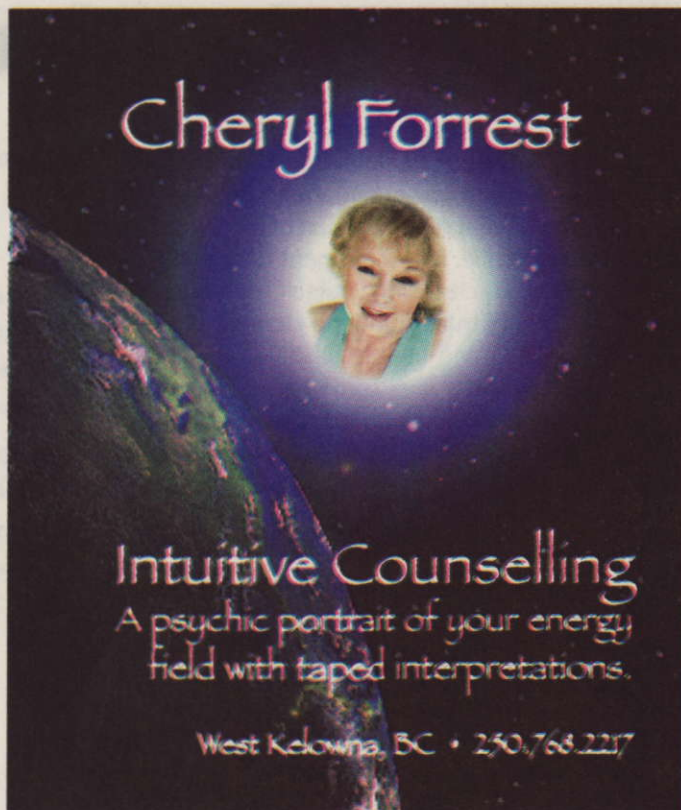
In 1954, Dr. Ernst Schwamm founded the German Society of Thermography and Regulation. Since then, ongoing research in Germany (and also Denmark, France, Italy, Japan, United Kingdom and the United States) has led to the development of Contact Regulation Thermography (an FDA approved medical device) not only for breast issues, but for thyroid, lymph, prostate and organs as well.

The procedure involves the measurement of 119 specific points on the body by a highly sensitive temperature probe. The points measured are actually visceral cutaneous reflexes (where the organs reflex out to the skin). It is painless, non-invasive and does not involve any compression, radiation, or dyes. After the first set of points is taken, the patient undresses except for underwear. The patient then stands for ten minutes in a slightly chilled room and the 119 points are measured again.

The reason for the two sets of measurements is to see if the body is able to regulate properly to the cold challenge. Exposure to cold air puts the Autonomic Nervous System under stress and the second measurement will indicate if the different body parts are regulating properly. A healthy body will show a specific temperature pattern. The four types of regulation patterns are normal, rigid and hypo (excessive cooling) or hyper (excessive heating).

If the different parts of the body do not regulate in the expected normal patterns, then it indicates a disease process starting. This could be inflammation, degeneration or a blockage such as found in cancerous terrain. The disease process starts as a functional disturbance which means that the area is not functioning properly. This very early warning system shows areas of disturbed function before there is structural damage.

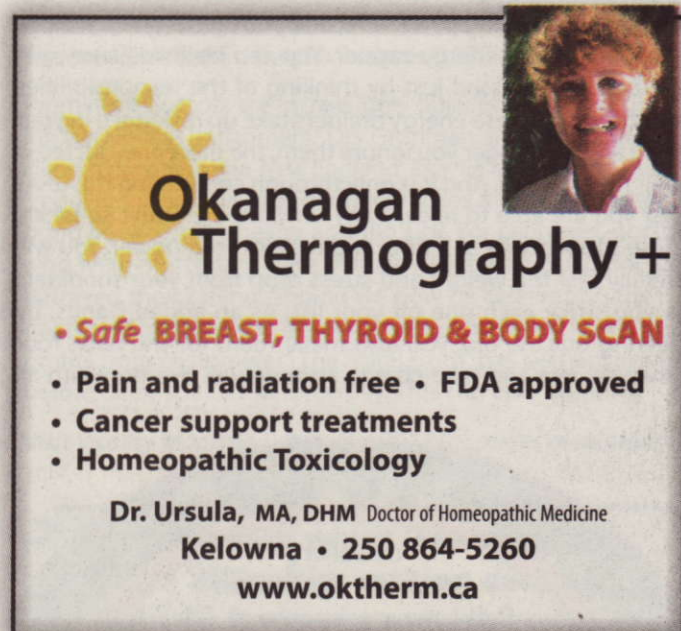
An example of this in the breast would be the detection of the beginning of an abnormal pattern, even before a tumor has developed. This revolutionary technology can detect some breast cancers (especially slow-growing ones) up to 4-10 years earlier than traditional methods. However, as breast tissue is constantly fluctuating, it is advisable to have a yearly scan. The condition of the breast is also correlated to teeth, thyroid, lymph and adrenals. All imbalances need to



Cheryl Forrest

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be cross-correlated to other parts of the body to get a more accurate picture of the disturbance. This is prevention at its best.

In my personal practice, I add the element of German New Medicine to the main findings in the scan. This empowers the patient and gives them a greater understanding of possible biological/emotional connections. *see ad above*

Take Charge

by Barb Coble

What brings you joy? What makes your heart pound? When do you really feel free? You know the answers to these questions, you've always known, but often they have become buried amid your have-to's and the rest of the clutter in your fast-paced and hectic life. Take a moment to slow down and clear away the debris by cleansing yourself and your surroundings.

When you are buried under a cloud of uncertainty, feeling overwhelmed and unable to make any choices, it indicates a lack of control over some aspect in your life. So take action. Even a small step forward releases that stringent hold and gives you the confidence to move forward.

Determine where you can purge, step-by-step so you can reclaim your life. Do you have to help your friends and family every time they call or attend every meeting? How much do you really enjoy doing and how much do you feel obligated to do? Whenever it's the latter, be grateful for your past experiences and stand aside so others can now step up. Purging allows you to determine the outcome. It doesn't matter whether you are flushing out that which you no longer need or freeing up more time, you are at the helm.

If your life is filled with too much busyness it's time to cleanse yourself, your environment, your work space, your home and wherever else you may be out of integrity. Each time you look at overflowing cupboards and closets or see the stacks of waiting paperwork and you feel drained, you are experiencing an energy zapper. You can be miles away, yet still become stressed just by thinking of the responsibilities awaiting you. These energy drainers take up residence in your mind and the longer you ignore them, the more they increase their hold on you. And it is only through completing the tasks that you are able to release any unwanted energy. So tackle these zappers one at a time and reclaim your power. You will literally feel the weight and stress drop from your shoulders as you strike each one off your list. As an added bonus, by clearing out the old, you also make room for the new. Your renewed zest and take-charge attitude will overflow into all

areas of your life, further empowering you and encouraging you to tackle new issues as they arise.

I used to have a broken tooth that I assumed would cost a lot of money to fix, so I chose to live with it - for two years. Every so often I used to scrape my tongue on it but I still refused to have it fixed. I often felt a nagging sensation in the back of my mind but chose to ignore it. In time it became an energy drain, just floating under the surface, never really going away. Then one day I had enough. I made an appointment with my dentist and had it fixed. The exhaustion disappeared. And ironically the cost was reasonable. What a waste of time my worry had been, all due to an assumption on my part!

Once you rid yourself of your energy drains, you open the door to incorporate choice into your life. Take some time to be still. For some, this may mean spending time in nature and for others it may be listening to beautiful music while soaking in a warm bath. Relax and let your mind wander to moments you felt energized or fulfilled or free. What moved you to tears? Where did you feel in the flow? When did you feel passionate? Coming from this place, how do you now see yourself moving forward? Let your thoughts and feelings drift. The answers you are seeking may not come immediately but they will come as long as you are open to them. You will know they are the right ones when they bring tears to your eyes or make your heart pound. That is your path to freedom! Follow it. Let your inner guidance be the foundation for all your thoughts and actions as you move through life.

Ralph Waldo Emerson said it very powerfully when he wrote, "What lies behind us and what lies before us are small matters compared to what lies within us." Hold that little nugget and your dreams close to your heart and share them with those willing to support you. Grow and step into the person you were born to be. The world is waiting for you to be you.

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Food for Thought

by Marion Desborough



Many people have told me that they are apprehensive to try different healing modalities because they are unsure of what to expect and what the costs are. So this month I will share my experience with acupuncture and explain, to the best of my ability, what happens so you can know what to expect.

As some of you may be aware, I moved to BC over twenty years ago, on a quest to improve my health. My latest step in this journey was to book an appointment with Joel Whitehead Dr., TCM, L.Acu., Bsc., at Lakelands Accupuncture and Chinese Herbal Centre, 221 Martin St, Penticton, BC. He is listed in the classified at the back of each Issues.

The letters TCM behind his name mean he has passed an extensive exam and is credited by the BC government to offer medical advice, L.Acu means he is also licensed with the acupuncture association, and BSc means he has a Bachelor of Science.

At my first appointment with Joel, he did an assessment of my health. The fee for this is \$55 and in my opinion is well worth it. After filling out a short information sheet, Joel asked a few questions, then checked the pulse on my right wrist, then made a few notes on paper, then he checked the pulse on my left wrist, and made a few more notes. Then much to my amazement he asked to see my tongue and stared at it for a few minutes. He made a few more notes and sketches and then began to explain the reasoning and thinking behind Chinese Medicine. I was absolutely stunned when he told me the story of my physical health. He went back to about age four, which is what I can recall as well. He explained what I had been experiencing all my life and the reasons why. He also explained the order in which we need to heal these issues so they are cost-efficient. In Chinese Medicine they offer a combination of physical manipulation, acupuncture and herbs providing folks with the best health care possible.





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with Angie

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I went into a treatment room, lay down on a massage table on my back, where Joel did muscle testing. I held onto a vial with my left hand at my side, and my right arm elevated, hand open, I tried to keep it straight, while he tried to force it forward. Resistance shows strong or weak. After muscle testing, I rolled over onto my front and he tapped on my back on either side of my spine from my shoulders downward to just below my waist. These were acupressure points. He did that twice. Then I held a vial of the object I was wanting to be strong to, in my left hand, using my thumb and forefinger. While Joel was tapping my back, I held my thumb and forefinger together in a circle, then my thumb and middle finger, then my thumb and ring finger in a circle, each time I changed my finger placement, he tapped on my back again. Then I rolled over and he took my socks off and after using rubbing alcohol to sterilize the area, he inserted acupuncture needles into the top of each foot and one in each hand between the thumb and forefinger. None of them hurt. The needles are very small.

There was no pain and I barely felt the needles as he tapped them in. Then he turned on music, turned off the light and left the room for a period of time. Time to just 'be'. After about twenty minutes he came back and gave instructions on what he wanted me to do after I got home. I also purchased some herbs as the cost was very reasonable.

I am still in awe of the fact that Joel gave me my life history and explained problems that I have always had and why I experienced them, with the opportunity to alleviate them. It won't be overnight, but it sounds like I have a good chance of improving my health immensely. Thank you Angele for suggesting I see a Traditional Chinese Doctor.

The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

As we move into winter, hot soups and warm biscuits fresh out of the oven are a welcome sight, have a wonderful smell and are a tasty treat. Fresh tomatoes make a hearty soup for these cold days. The Quick Biscuit recipe is so simple that you can make them up not only to accompany a soup, but as a breakfast item to go with eggs or as a dessert item served with butter mixture, honey or a home-made jam. Remember, do not take this cooking thing very seriously, loosen up, go with the flow, substitute things, be creative and ENJOY!

Bon Appetit *Richard*



Simple Tomato Soup



Ingredients: This recipe feeds 6
2 tablespoons 'cold pressed' **Olive Oil**
1 medium **Onion**, chopped
2 cloves **Garlic**, minced
12 large **Tomatoes**, chopped
2 tablespoons **Brown Sugar**

Water as needed
2 teaspoons of **Thyme**
1/4 cup of **Cream** or **Vanilla Yogurt**
2 tablespoons **Butter**
2 teaspoons of **Salt**
add **Pepper** to taste

Utensils: • cutting board and large knife • large saucepan • two medium mixing bowls • food processor or blender • food mill or strainer • wooden spoon • whisk • silicone or rubber spatula • measuring spoons and cups • basting brush for oil • cookie sheet • metal table spoon

Directions:

- Heat olive oil in a large saucepan over medium heat.
- Add onions and garlic and continue to cook until translucent.
- Add tomatoes and sugar and cook for 5 more minutes, stir in thyme, then cook for about 25 minutes.
- Purée the soup with a food processor or blender.
- Pour purée through a food mill or rub it against the sides of a strainer, over a pot using a wooden spoon.
- If you wish, you can add water until you reach your desired consistency.
- For a very rich taste, you can stir in cream or butter.
- Season with salt and pepper.

Serving Suggestions: Garnish with grated parmesan cheese, chopped chives or croutons that have been toasted, then tossed in melted butter and herbs.

Quick Biscuits

[Makes a dozen medium size biscuits]



Ingredients:

2 Cups of **Flour** (whole wheat or spelt flour)
1/2 teaspoon **Salt**
1 teaspoon **Baking Powder**
1 Tablespoon **Sugar**
1/2 teaspoon **Baking Soda**
1/4 Cup **Olive Oil**
3/4 Cup **Milk**

Directions:

- Mix the dry ingredients in a bowl using a whisk or a fork.
- Mix the wet ingredients in another bowl.
- Stir the wet into the dry ingredients.
- Using an oiled metal spoon, drop spoonfuls of dough onto your cookie sheet, (you can adjust the shape with your spoon).

Bake about 20 minutes, just until the edges are lightly brown.

QUICK BISCUITS: you can pre-mix batches of the dry ingredients and store in a freezer in air-tight containers. When you need biscuits, you only have to mix your oil and milk and stir in, then it is ready to bake.

Sustainable Living Section Is Algae the fuel of the future ?

by Antony Chauvet



Hydraulic ram pumps are a time-tested technology that use the energy of a large amount of water falling a small height to lift a small amount of that water to a much greater height. In this way, water from a spring or stream in a valley can be pumped to a village or irrigation scheme on the hillside.

Depending on the difference in heights between the inlet pipe and the outlet pipe, these water pumps will lift 1-20 percent of the water that flows into it. In general, a ram can pump approximately one tenth of the received water volume to a height ten times greater than the intake. An hydraulic ram pump is useful where the water source flows constantly and the usable fall from the water source to the pump location is at least 91 cm (3 feet).

Since ram pumps can only be used in situations where falling water is available, their use is restricted to three main applications:

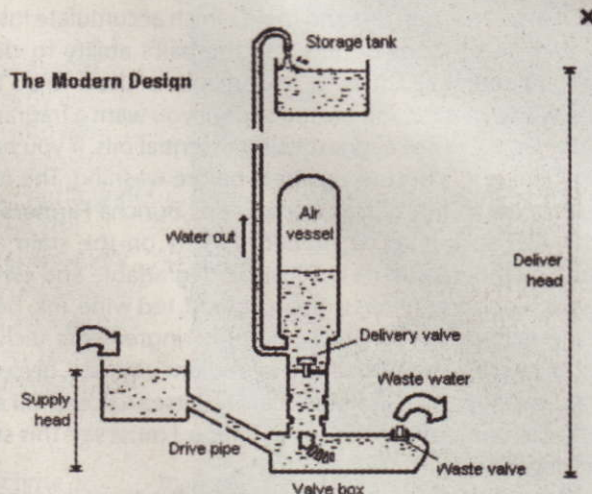
- lift drinking water from springs to settlements on higher ground.
- pump drinking water from streams that have significant slope.
- lift irrigation water from streams or raised irrigation channels.

Ram Pump Advantages include:

- 1- Inexpensive.
- 2 - Very simple construction and easy to install yourself.
- 3 - Does not consume petrol, diesel or electricity.
- 4 - Minimum maintenance.
- 5 - Pollution free.
- 6 - Quiet pumping 24 hours per day.

This is how they work:

- The pump has a valve that allows water to flow through this pipe and build up speed.



- Once the water reaches its maximum speed, this valve slams shut.
- As it slams shut, the flowing water develops a great deal of pressure in the pump because of its inertia.
- The pressure forces open a second valve.
- High-pressure water flows through the second valve to the delivery pipe (which usually has an air chamber to allow the delivery pipe to capture as much high-pressure water as possible during the impulse).
- The pressure in the pump falls. The first valve re-opens to allow water to flow and build up momentum again.
- The second valve closes.
- The cycle repeats.

Above is a simple illustration by the Schou company on how it works: www.schou.dk/animation



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Pure and Simple

by Marion Desborough

I recently purchased a SmartKlean Laundry Ball. This ball works in your washing machine with no need of laundry soap or softener. Imagining the money I could save, I thought I'd give it a try.

First of all I had to clean my washing machine as detergent leaves residues, dirt and mold which accumulate inside and can cause stains or decrease the ball's ability to clean at it's full potential. There are instructions on how to do this using white vinegar and baking soda. If you want a fragrance in your laundry they suggest using essential oils. If you have tough stains it is best to pre-treat before washing. The man also sold me a stick of stain remover by Buncha Farmers Inc ... this wet stick is to be rubbed directly on the stain and then launder as usual. It is 100% biodegradable and claims to work wonders on grass, grease, blood, red wine, ink, berry juice, ketchup and so much more. Its ingredients include sodium cocoate, sodium canolate, sodium palmate, glycerin, borax, eucalyptus, Globolus Leaf Oil, Litsea Cuceba Oil and Aqua, and comes from Keswick, Ontario. I must say, this stick smells wonderful.

The only drawback I can see is that it cannot be used in hot water. Anyone with allergies to dust mites knows that the only way to kill them is with really hot water and then a hot dryer. This ball is for cold water use only. If you have tried the ball I would like to hear your feedback.

Movie Review

by Christina Drummond

Amazing Grace

"The slave trade was considered acceptable by all but a few. Of these, even fewer were brave enough to speak against it." So begins *Amazing Grace*, a film of such quality that Angèle and Christina strongly recommend it. Christina is a historian at heart, so it was easy for her to unearth all kinds of facts that the movie does not include.

By the late 18th century, over eleven million African men, women and children had been taken from Africa to be used as slaves in the West Indies and the American Colonies. Great Britain was the mightiest superpower and its empire was built on the backs of slaves. The story is about a crucial time in history as well as a visually beautiful film, but mostly it tells of an extraordinary man: William Wilberforce, and the twenty years he spent in abolition of the slave trade.

The film opens with a scene in which Wilberforce objects to the cruel treatment of a horse. It was the fight to end cruelty to carriage horses that inspired him to become one of the founders of the RSPCA. He is portrayed by Welsh actor Ioan Gruffudd (pronounced Yo-an Griffith), whose strong handsome face reflects the gravity of Wilberforce. You may recognize several worthy actors: John Newton, the former slave ship captain living his life in penance has his grief, suffering and repentance portrayed by Albert Finney; Michael Gambon (well known as Dumbledore) as Charles James Fox, a prominent and influential British statesman; Rufus Sewell as Thomas Clarkson; and Ciaran Hinds as M.P. Banastre Tarleton. Former slave Olaudah Equiano is played by African musician Youssou N'Dour.

Wilberforce was born in 1779 into a prosperous family. His lineage traces back to the 12th century. The family name was Wilberfoss, but his grandfather disliked foss, which means vassal or servant, and changed it to force. (William means valiant protector). Wilberforce was eleven when he met John Newton, the former slave trader who experienced religious conversion and wrote many hymns including *Amazing Grace*. In 1784, Wilberforce seeks him out on issues of faith, and exclaims, "God found me, do you know how inconvenient that is?"

At university, Wilberforce met William Pitt (the youngest Prime Minister at twenty-four), became interested in politics and ran for election in Hull in 1780, an ambitious and expensive undertaking, Hull being one of the most important districts and electors being paid as a form of bribe. He enjoyed an overwhelming victory and at twenty-one sat in the House of Commons. Hull was the only large port in England not participating in the slave trade. Had it done so, Wilberforce



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would not have remained long in politics.

An outrage aboard the ship Zong brought public notice to slavery – because of overcrowding and disease, sick slaves were thrown overboard, yet one survived to tell his story. At Cambridge University the incident was set for an essay prize, the winner being Thomas Clarkson. Research for the essay changed him utterly and he distributed it publicly. A small group of humanitarians set up a parliamentary enquiry into slavery and Wilberforce's name came up, but he didn't feel equal to the task. He was persuaded by Clarkson and Pitt. He met Olaudah Equiano, a freed slave, whose book educated the public about slavery and provided a powerful argument against the idea that Africans were different, showing the author as a sensitive and intelligent human being.

In 1787, the Committee for the Abolition of the Slave Trade was formed. Clarkson went on an extensive mission to England's ports, where he purchased instruments of restraint and torture and interviewed 20,000 sailors. It was arranged that certain Members of Parliament and their wives be taken on a tour of the Thames estuary, enjoying deluxe food, wine and a string quartet. As they unknowingly pulled up alongside a slaving ship, Wilberforce appeared and introduced them to the horrors of the ship, in particular the smell of death which upset them greatly.

In 1791 abolition was voted against, but widespread knowledge was the result and well-known people became involved. Cowper and Coleridge wrote poems which advanced the idea of abolition throughout England. Wedgwood created an image of a chained African with the words "Am I not a man and a brother?" This was reproduced on snuff boxes, fobs, rings and brooches. A boycott of West Indian sugar was successful as people believed that it contained slaves' blood. Ordinary people signed petitions. Wilberforce carried a petition into Parliament and with a great flourish flung it so that it rolled out like a red carpet – it contained 390,000 signatures against the slave trade. (The population then was around 14,000,000).

Wilberforce put forth a bill in 1793 to stop British ships from carrying slaves to foreign countries, setting slave merchants against plantation owners. One M.P. strongly opposed to abolition was Tarleton, a hero of the revolutionary war who was described as a depraved butcher. He embodied those for whom the abolition of slavery would mean either financial ruin or a decrease in their fortunes.

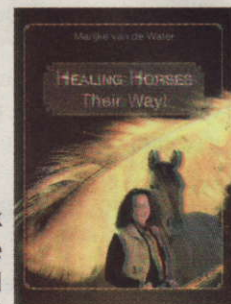
Pitt became ill and died at forty-six, but his place as Prime Minister was taken by William Grenville, another supporter. In 1807, the bill for the abolition of the slave trade went before the House of Lords and won by a majority of 100-36. The House of Commons result was greater, 283-16. In 1810, Parliament made slave trading a felony.

On 26 July, 1833, Wilberforce received word that the House had passed the bill abolishing slavery in the British Empire. He died three days later and was given the great honour of being buried in Westminster Abbey beside Pitt. One year later 800,000 slaves were freed. The final scene shows the Royal Scots Dragoon Guards playing *Amazing Grace* as a funeral march. This 2006 biographical drama film was directed by Michael Apted and coincided with the 200th anniversary of the date that the British parliament voted to ban the slave trade.

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by Marijke van de Water
reviewed by Sondra Haglund

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A Healthy and More Productive Lifestyle

Dr. Alex Willis • A2Z Books

Being a voracious reader doesn't mean that I consume everything in sight regardless of quality. I love to find a book that carries me along, one that keeps me up at night later than intended for "just one more chapter!" and one that delivers a satisfying story without unsatisfying predictability. Kay Illingworth (a Doctorate in Metaphysics being just one of her many talents) has provided us with a story that opens in France in 1931, presents a crucial situation of reincarnation, takes us to England, moves us into the second world war, and then leaves us knowing that there is more to come, that the characters we have been getting to know have a greater journey ahead. There is Maggie, the spirited (in more ways than one) woman with powers she has difficulty acknowledging, and David, the object of her love and desire, and then there is Aeden.....but I have no intention of giving the storyline away as I don't want to spoil your enjoyment of the novel. I will say I was touched by the description of the soldiers of the Great War going to the light, the plight of the dogs, and Maggie's love for her child. This is not a cosy package of boy-meets-girl with an overlay of a past life to solve the present-day problems; it's a story resplendent with humour, scandal and passion. As someone would say who lived during the years in which the story is set, "A ripping yarn!"

joyful life." There is a photograph of Dr. Willis living up to his claim - at ninety-five years old sporting a wonderfully joyful smile. The cover is graced with the original artwork, *Serenity* by John Salsnek. I have known Dr. Willis for many years, and can certainly attest to the fact that he lives what he speaks. He was an optometrist who realized that hypnotherapy could greatly help his patients, and he also uses NLP (Neuro-Linguistic Programming) and EFT (Emotional Freedom Technique) as well as being gifted with psychic ability.

We all have stress in our lives, to various degrees and with varying consequences, and we are told that stress is the root of many of our health problems today. Dr. Willis begins with helping us in Part I to understand stress: learn the stress-health connection, and recognize it and its stressors. In Part II, learn to calculate your stress, recognize the signs and identify the causes. Part III is about taking control of your stress: resolve problems, change your mindset, improve your lifestyle, and achieve mindfulness. All of this help is achieved in less than seventy pages, with succinct information, uncomplicated terminology, and practical counsel.

In my practice I have read numerous books on stress-related issues and self-help, and waded through many a tome more useful as a doorstop, so am delighted to unconditionally recommend this slender yet powerful volume to you. It won't take long to read, yet the benefits will be boundless. At a remarkably reasonable price, this book is a practical choice when seeking out stocking-stuffers or to give effortlessly to a friend in need of a stress-free and joyful life.

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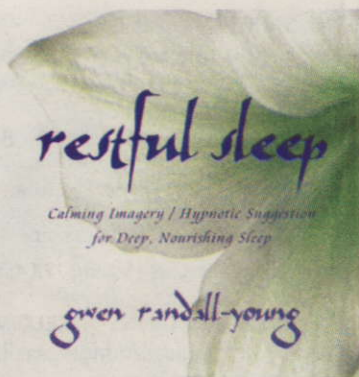
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Restful Sleep CD was created by psychologist Gwen Randall-Young. Review is written by Marion Cameron, RN in palliative/hospice care, and Therapeutic Touch practitioner. Gwen's website is www.gwen.ca

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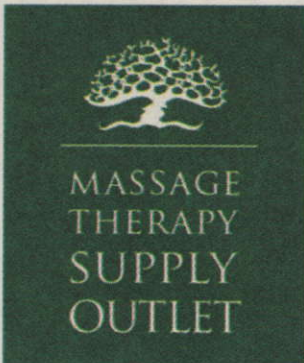
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