

The Day I Died • Spiritually Guided • Telling Your Story • Essential Living

WELL BEING JOURNAL™

VOL. 26 NO. 6

November/December 2017

U.S. \$6.95/Canada \$8.95

HERALDING THE INTEGRATION OF MEDICINE WITH PHYSICAL, MENTAL, EMOTIONAL, SPIRITUAL & SOCIAL ASPECTS OF HEALTH

Power of Bee Propolis

Diabetes & Understanding Carbohydrates

Healing with CBD

Dental Implants





250 million years
in the making.

ANCIENT
MINERALS®

From the ancient Zechstein seabed, isolated from the forces of modern pollution, Ancient Minerals is a perfectly preserved snapshot of magnesium and trace nutrients formed over 250 million years.

A new way to get magnesium, it is rapidly absorbed by our largest and most efficient organ — our skin.

Soak it in at info.enviromedica.com/ancientminerals

enviromedica
Furthering the principles of
evolutionary medicine.

WELL BEING JOURNAL™

Inside This Issue...

FEATURES

- 3** | **Up Front: Home, Peace, and the Heart**, by Scott E. Miners
 - 4** | **Understanding Carbohydrates: How to Master Diabetes**, by Mona Morstein, ND
 - 10** | **The Secret Power of Bees: Propolis**, by Cheryl Myers
 - 14** | **Dental Implants & Inflammation**, by Alvin Danenberg, DDS
 - 18** | **Hope and Healing with Cannabis: A Personal Story**, by Donna Sage, MSSA
 - 27** | **Body, Mind, Spirit**, by Scott E. Miners
 - 30** | **Your Life-Changing Story: The Story You Need to Tell**, by Sandra Marinella, MA
 - 32** | **Essential Living**, by Shelley Uram, MD
 - 34** | **The Day I "Died,"** by Anita Moorjani
 - 36** | **Youssef and His Daughter: An Interview with Shannon McRae, PhD**
 - 40** | **Guided: An Interview with Hans Christian King**
-

HEALTH NOTES

Hospital Prescribes Fresh Food	6	Psychiatric Medication & Violence	23
Rx: Doctor Buys Organic Farm	7	The Alexander Technique for Back Pain	33
Rheumatoid Arthritis	13	Brain Science Discoveries	38
Stem Cells to Repair Teeth	16	Hiking	44
Plantain Weed & Digestion	22		

Cover photo © istock.com/mashuk

SALE!

All print back issues from volume 9 through volume 20 are now \$1/each. Available only while supplies last.



Vols. 13-20 are available on our website.
Vol. 9 is only available through mail or phone orders.
For full tables of contents for Vols. 13-20, see
www.wellbeingjournal.com.



WELL BEING JOURNAL™ Downloads Now Available



You asked, and we listened.
The *Well Being Journal* is now
available in PDF format at
www.wellbeingjournal.com.
Vols. 14–current now available for \$4/each.

WELL BEING JOURNAL

Editor: Scott E. Miners

*Contributing Editors: Roberta Louis, Jessica Vineyard,
Karina Gordin*

Publication Manager: Chris Miners

Print and Digital Media Manager: Dillon Schultz

Subscription Manager: Katie Seifert

Layout and Design: Dillon Schultz

*Advertising: 775-887-1702 or
advertising@wellbeingjournal.com*

Copyright © 2017 Well Being Journal, Inc. All rights reserved.

The opinions expressed by authors and contributors to WELL BEING JOURNAL are not necessarily those of the editors or publisher. Editorial material in WELL BEING JOURNAL is meant to educate and inform and not to diagnose or advise, thus we recommend that readers who are caring for themselves may wish to consult with a qualified health professional prior to making nutritional or other health-related changes based on editorial content in WELL BEING JOURNAL.

Advertisers and advertising agencies assume liability for all content of advertising and for any claims arising therefrom.

WELL BEING JOURNAL articles may not be reproduced in whole or in part without the express permission of the publisher.

Editorial submissions: Editor, Well Being Journal, Inc., 10371 N. Oracle Road, Suite 205, Tucson, AZ 85737-9392 or editor@wellbeingjournal.com. See www.wellbeingjournal.com for guidelines.

The WELL BEING JOURNAL (ISSN 1559-4955) is published 6 times per year at 10371 N. Oracle Road, Suite 205, Tucson, AZ 85737. Periodicals Postage Paid at Seattle, Washington.

Postmaster: send address changes to *Well Being Journal*, 10371 N. Oracle Road, Suite 205, Tucson, AZ 85737.

ADDRESS CHANGES

Have you moved? Help us keep costs low by updating your address. Please call 775-887-1702, or email change@wellbeingjournal.com.

SUBSCRIPTIONS

\$29 / 1 year (6 issues); \$52 / 2 years; \$73 / 3 years (U.S.)

See page 25 to subscribe or purchase previous issues.

Phone: 775-887-1702. Web: wellbeingjournal.com.

Well Being Journal, Inc., 10371 N. Oracle Road, Suite 205,
Tucson, AZ 85737-9392.

UP FRONT

Home, Peace, and the Heart

WE BELIEVE IN the value of an open mind—and heart. The status quo regularly changes; even so, responsibly challenging it can serve the purpose of growth and expansion. We stand behind all the information we publish, and though it may challenge some beliefs, we believe in the importance of presenting knowledge that is well-researched, rigorous, and evidence-based.

Readers may choose to integrate new information and reformulate their beliefs—perhaps viewing that which is provoking as an opportunity to grow—or to reinforce what is believed as truth. Either way, we all continue to evolve. As we do, the idea of home is with us always. What is home?

“Home,” may refer to a state of well-being, or the heart and soul of who we are. One of its primary characteristics is peace. Peace may be accessed anywhere, anytime. Peace will guide you in the appropriate way to realize more peace.

I have traveled and lived in many places around the world. Since boyhood I have moved and lived in many states and cities, and numerous houses within them. The one thing that stands out most in all the places I’ve settled is that one’s true home is in the heart. No matter where you are, if a relationship with the home of your heart is lacking, you will always feel a little off-balance, but if you maintain your home in your heart, and are grateful for it, you are truly home.

We can be in peace throughout life, as peace is a natural state of our heart. Several of the best ways to achieve wisdom of the heart are: To take a walk, especially in nature, and to set aside time to meditate regularly. You might call peace a spiritual component of your true home in your heart. There are many challenges in the world that necessitate solutions, yet the right foods and balanced spiritual practices help give us the greatest advantage for living a happier and more fulfilling life.

We can all realize more peace. We hope this issue of the *Well Being Journal* inspires you, and perhaps encourages a healthy change with the goal that you may continue to grow and enjoy more peace in your life. Δ

—SCOTT E. MINERS, EDITOR



Understanding

EATING LARGE AMOUNTS of carbohydrates over time can impair one's capacity to metabolize them, especially once diabetes sets in. Diabetic patients need to be strict in eliminating refined sugar and high-glycemic white flours, potatoes, and refined grains from their diets—even small amounts of these foods can pose big problems for regulating glucose.

What exactly are carbohydrates? Carbohydrates are biological molecules consisting of carbon, hydrogen, and oxygen atoms, but we also use the term as shorthand for foods that contain a lot of starches or sugars. A low-carbohydrate diet means restricting carbohydrates to less than 45 grams per day, and even down to 20 grams per day, depending on your daily caloric intake.

Carbohydrates are listed on nutrition labels as total carbohydrates, fiber, and sugar. A diabetic patient reading a nutrition label only needs to account for total carbohydrates minus fiber, as fiber is not absorbed into the body and so does not raise glucose levels. The result indicates how much carbohydrate will be absorbed by your intestine and affect your glucose level.

We do not focus on the sugar content of the label, because it is not helpful to us. If a label says each serving of food contains “19 grams of total carbohydrates, 1 gram of fiber, 4 grams of sugar,” and a patient does not understand how to interpret that label, they might feel the food is safe to eat on a low-carbohydrate diet because the sugar content is low. What that label really says is: Of the 19 grams of total carbohydrates,



Carbohydrates: How to Master Diabetes

By Mona Morstein, ND

we can subtract 1 gram because it is fiber, for a total carbohydrate content of 18 grams. Of those 18 grams, only 4 are “sugars,” but the rest of the 14 grams will also raise the glucose. So, looking at total carbohydrate grams minus fiber is the only math I want patients to do—it represents all the carbohydrates, starches, and sugars combined. That is the total carbohydrate intake of the serving of food, and what will affect their glucose.

On this low carbohydrate diet, we want to eat fewer carbohydrates in the morning, due to the natural glucose elevation that occurs via the dawn phenomenon [an abnormal early morning increase in glucose level that occurs in people with diabetes]. Your physician can help you figure out your specific carbohydrate intake. Morning intake of fewer than 10 grams is best.

The higher one's carbohydrate intake—up to a limit of 45 grams a day, ideally—the more one should eat at lunch. Higher carbohydrates in the morning can be a problem, and having a lot of carbohydrates for supper can also increase your fasting glucose the next morning. With lunch, a patient can still be up and active, and more effectively burn off the glucose produced by the carbohydrates.

The good news about pulling back on your intake of carbohydrates is that these are what drive your insulin imbalances and interfere with good appetite control. Even though this diet sounds difficult, within a week, diabetic patients see their appetite decreasing and smaller amounts of food filling them up.

Now let's discuss which carbohydrates you should and should not eat.



Hospital Prescribes Fresh Food

Eating fresh foods can lead to improved health. That's the idea behind a new program at a teaching and research hospital outside Philadelphia. The hospital has built a half-acre organic farm on its campus to provide fresh produce to its patients.

Philadelphia is one of the largest cities in the country and is consistently named one of the unhealthiest. In 2010, 32 percent of its adults and about 25 percent of its children were obese; 13 percent of the city's adults had diabetes.

Lankenau Medical Center wanted to help its patients by providing a source of healthy food, so the hospital paired with Greener Partners, a nonprofit advocate for local food systems in Pennsylvania. The result was Deaver Wellness Farm.

Fresh kale, broccoli, tomatoes, eggplant, arugula, and other produce from the farm is used for educational demonstrations, served in the hospital cafeteria, and offered to patients waiting for appointments. The center even facilitates pop-up markets in its internal medicine and OB-GYN wards.

The hospital also provides recipes, and during an appointment, physicians teach patients about the produce and how they can make healthier lifestyle choices.

—Adapted from “In One of the Nation’s Unhealthiest Places, This Hospital Prescribes Fresh Food From Its Own Farm,” by Liza Bayless, at <http://www.yesmagazine.org>.

Grains

Grains are complex carbohydrates, and those will raise your glucose levels substantially. Diabetic patients should avoid anything made from grains, including wheat, oats, rice, quinoa (a high-carbohydrate seed), millet, barley, spelt, kamut, corn, rye, amaranth, and teff. You need to avoid all grain products, no matter how they are prepared: bread, oatmeal, noodles/pasta, muffins, rice, tortillas, pizza crust, hamburger and hot dog buns, crackers, and so on.

What can be eaten as replacements for grains? Many things! Shirataki noodles are noodles made from konjac/yam root or soy. They are sold in bags of water and are 100 percent fiber. They are stretchy and shiny like rice noodles. You can add them to a stir-fry or salad in lieu of grain-based noodles. Miracle Rice is the same type of food but is made into rice instead of noodles.

“Diabetic patients should avoid anything made from grains”

Some people eat grain (such as flax) crackers that are very low in carbohydrates; a serving of flax crackers contains 11 grams of total carbohydrates, but all of it is from fiber, so it will not raise glucose levels. Flax crackers can easily be made at home.

Instead of grains, I recommend patients use nut flours, coconut flour, cauliflower, and other vegetables to make alternative “grain” products, such as muffins, breads, pancakes, waffles, pizza crust, granola, and rice—all the foods a person with diabetes wants to eat but should not in their basic grain form.

Fats

Fats, including both animal fats and those found in oils, are excellent for patients with diabetes, as they are not and do not contain carbohydrates, and do not break down into sugar. They can be used for caloric intake, satiation of appetite, and enhanced food flavor and texture, all without any risk of raising glucose levels.

Saturated fat is one of the main types of fat we eat; it comes from animal foods such as beef, pork, lamb, poultry, cheese, butter, and cream, as well as nuts, and oils like palm oil, palm kernel oil, and coconut oil. There is nothing wrong with including saturated fats in one's diet. Yes, research has shown that elevated levels of plasma saturated fat can affect a patient's insulin balance, potentially raising glucose levels. However, it seems that eating a high-carbohydrate diet, particularly one high in refined sugars, is the main impetus for elevated plasma saturated fat. Saturated fats, though, can increase inflammation pathways in the body. So, although saturated fats are not believed any longer to be a risk for cardiovascular disease, we still should ensure we are eating them in balance with other beneficial dietary oils, such as omega-3 oils.

Omega-3 oil is an important oil in your diet. Foods that contain omega-3 oil include green leafy vegetables, walnuts, organic grass-fed and

grass-finished meats, omega-3 eggs, dairy products made from animals that were fully pasture raised, oily fish, flax and chia seeds, and soybeans. Omega-3 oils reduce inflammation, depression, anxiety, pain and stiffness, autoimmunity, lipids, and cardiovascular disease risk.

Medium-chain triglyceride (MCT) oils have carbon chains that are six to ten carbon molecules long. Saturated fats and polyunsaturated fats have much longer carbon chains. Thus, MCT oils are easier to absorb and break down for use as energy. They are not stored in fat tissue, as the other fats are, but are broken down by the liver into ketone bodies, which nourish the body and brain cells. Coconut oil contains some MCTs, but not much. MCT oils are usually found in supplements, and may have some benefits for weight management, sustained energy for sports, and enhanced cognition. With diabetic patients, the ketone bodies MCT oils produce provide energy that does not require insulin. MCT oils may help T1DM (type 1 diabetes mellitus) patients increase hypoglycemic awareness. If I use MCT oils with patients, I recommend a very pure product from www.KetoMCT.com. Watch your dosing with MCT oils, as too much may cause diarrhea. Your integrative physician can guide you in this and help you find an appropriate dose.

Oils should be kept in your refrigerator to prevent rancidity, as light, heat, and air induce oil degradation. If an oil gets hard in the refrigerator, as olive, coconut, and avocado oils do, it can be kept in a dark cabinet. Keeping oils out on the kitchen counter all the time can make them go rancid quicker.

Making use of oils to enrich flavors and control appetite is a very valuable dietary methodology for diabetic patients. Ignore the American Diabetes Association suggestion that your diet should be low in fat. That is simply wrong. Using fats to increase calories when carbohydrate intake is limited is a fantastic way to make the diet healthy and tasty and to provide good levels of energy all day long.

Fruit

Most fruits are way too high in carbohydrates to be eaten by those with diabetes; an apple has 20 grams, for example, and a banana up to 34 grams.



Rx: Doctor Buys Organic Farm

It's no secret that fresh, whole foods contribute to our overall health, so it's no wonder that yet another medical doctor has traded drug prescriptions for farm-fresh produce.

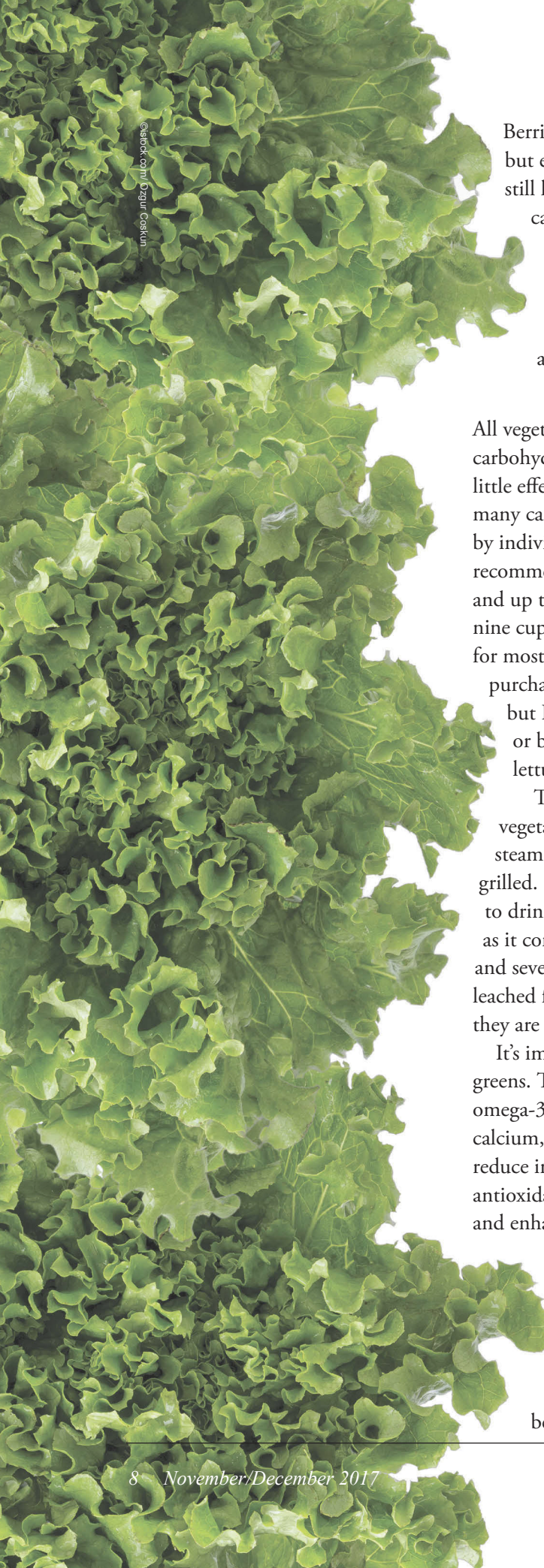
Ronald Weiss, MD, has cared for Hudson County, New York, residents for over twenty-five years, and now he's helping them become and stay healthy by growing and providing his own plant-based food-as-medicine on his 348-acre eighteenth-century-style farm.

While he still spends three days a week in his office, Weiss is focusing more and more on his farm-based medical practice. He believes that plant-based whole foods are more powerful than any drugs or surgeries to treat, prevent, and even cure many modern diseases.

"Human health is directly related to the health of the environment, the production of food, and how it is grown," he says. "I see this farm as an opportunity for me to take all the biology and chemistry of plants I have studied and link them to the human biological system."

Weiss also offers a community-supported agriculture program (CSA), and, so far ninety families have paid membership fees and volunteered to pick crops and weeds while enjoying fresh organic fruits, vegetables, and herbs from Weiss's farm.

—Adapted from "Doctor Sells His Practice in New York, Buys Organic Farm & Begins Treating Patients Himself" by Nick Meyer, from <http://althealthworks.com>.



Berries have the lowest amount, but even a half cup of blueberries still has around 8–10 grams of carbohydrates. In general, patients with diabetes should minimize consumption of fruits except for avocados, cucumbers, and a small amount of tomatoes.

Vegetables

All vegetables contain some carbohydrates, but most have little effect on glucose levels, and many can be eaten and enjoyed by individuals with diabetes. I recommend eating at least three and up to nine cups a day—though nine cups is probably too high a goal for most people. Vegetables can be purchased either fresh or frozen, but I do not recommend canned or boiled vegetables, or iceberg lettuce.

The best ways to eat vegetables are raw, stir-fried, steamed, roasted, baked, and grilled. If you steam them, it's good to drink the water that's left over, as it contains most of the potassium and several B vitamins that get leached from the vegetables when they are cooked.

It's important to eat lots of leafy greens. These vegetables contain omega-3 oils, magnesium, potassium, calcium, and other nutrients that can reduce insulin imbalance, increase antioxidants, decrease inflammation, and enhance nutrient intake. There are many different leafy greens, including red lettuce, green lettuce, romaine lettuce, butter leaf lettuce, spinach, kale, cabbage, collard greens, beet greens, mustard greens,

bok choy, chard, radicchio, arugula, and others. In general, the darker the greens, the higher the amount of nutrients. Cruciferous vegetables—broccoli, cauliflower, Brussels sprouts, radish, and cabbage—are also especially healthy. These help the liver work better, and since insulin resistance begins in the liver, and many overweight T2DM (type 2 diabetes mellitus) patients also have fatty livers, supporting liver function via food is a good idea. Though not a cruciferous vegetable, artichokes help the liver produce and secrete bile, which aids in fat digestion.

“The best ways to eat vegetables are raw, stir-fried, steamed, roasted, baked, and grilled”

Cauliflower is an amazing vegetable, both by itself and turned into the equivalent of mashed potatoes, bagels, rolls, breads, casseroles, pizza crust, nachos, fritters, and rice. A cauliflower bagel! Who knew? Creative cooks have invented amazing foods with cauliflower.

Onions and garlic are great; they help the immune system, keep the gut healthier, provide sulfur to help with liver detoxification, and lower glucose levels. The orange, red, yellow, and purple vegetables are full of carotenoids and antioxidants, and since diabetic damage is oxidative damage, eating foods high in antioxidants can help prevent diabetic damage. Some colorful, diabetic-safe vegetables high in carotenoids and antioxidants include bell peppers, yellow zucchini, squash,

eggplant, purple cabbage, and tomatoes. The suggestion is to eat a rainbow of different vegetable colors each week.

Including a variety of vegetables makes salads interesting and fun; try adding pickles, olives, sunflower seeds, nuts, grated cheese, turkey, chicken, salmon, and so forth for even more variety. There is a study that showed that it's important to use oil dressing on a salad to ensure one absorbs all the fat-soluble nutrients such as carotenoids and vitamin E. Make sure the dressing is low in carbohydrates and consists of mostly oil and vinegar, but do not use balsamic vinegar, as it is not fully fermented (which is why it is so sweet) and can raise your glucose. Any fully tart vinegar is okay, including rice, apple cider, or white vinegar. If you make your own oil and vinegar dressing, try using flax oil or walnut oil to increase omega-3 intake, or olive oil for the other cardioprotective antioxidants it contains.

Vegetables to avoid include white potatoes, yams, sweet potatoes, tomato paste, and corn. These will significantly raise glucose levels. Tomatoes, carrots, and onions can be eaten, but not too many at one time.

Fermented Foods

I recommend patients eat fermented foods, as they are invaluable for healing the gut lining and enhancing our intestinal microbiome, promoting the beneficial bacteria that make us healthier overall. A healthier gut reduces autoimmunity and systemic insulin resistance, enables easier weight loss, and helps our bodies and minds in many ways. Societies all over the world, even in Western countries, include fermented foods in their diets. Fermented foods are frequently made from vegetables or proteins, and include sauerkraut, kimchi, dill pickles, black garlic, yogurt, miso soup, and fermented fish.

Proteins

Proteins are polymer chains made of amino acids linked together by peptide bonds. They are listed on food labels in two different ways: ounces and grams. Animal products are listed in protein ounces, but the FDA requires that food companies use grams on their food labels. It's important to remember that 1 ounce of protein equals 6 grams of protein. Although 1 ounce

of protein weighs 28 grams, only 6 grams are actual protein; the rest is water, fat, and so forth. So, if a patient is told they can have 3 ounces of protein for breakfast, that equals 18 grams of protein.

How much protein should you eat per meal? We tend to determine ideal protein intake by body weight, to some extent. There are established levels of protein intake for all ages and both sexes. Adults are generally instructed to eat 0.8 grams of protein per kilogram of body weight. We figure out kilograms by taking our weight in pounds and dividing it by 2.2. So, a typical

150-pound adult, based on typical protein standards, requires 54 grams of protein per day (150 divided by 2.2 multiplied by 0.8 equals 54). Divide that by 6, and we wind up with 9 ounces.

However, since on a low-carbohydrate diet we remove so many calories by reducing the carbohydrate intake, I add in a little more protein for calories and satiation and multiply by 1—instead of 0.8—gram of protein per kg of body weight (multiplying by 1 is obviously not going to change the amount of protein, but helps to clarify the example). Thus, the formula is: your weight divided by 2.2. That would mean the same person

described above would wind up with the suggestion to eat 64 grams of protein a day, or 10.5 ounces.

Your physician will walk you through setting up and organizing your daily protein intake with your input. Remember that protein is necessary for determining insulin dosages, so we need to have a clear idea of how much protein is eaten at meals. Δ

This excerpt is from *Master Your Diabetes: A Comprehensive, Integrative Approach for Both Type 1 and Type 2 Diabetes* (October 2017), and is printed by permission of the publisher, Chelsea Green Publishing, White River Junction, Vermont, 802-295-6300; <http://chelseagreen.com>.

MONA MORSTEIN, ND, is a naturopathic physician who has been working with diabetes patients for nearly 30 years. Her clinic, Arizona Integrative Medical Solutions, is located in Tempe, AZ. She is a frequent lecturer and is the founder and executive director of The Low Carb Diabetes Association (www.lowcarbdiabetes.org).

*“A healthier
gut reduces
autoimmunity and
systemic insulin
resistance, enables
easier weight loss,
and helps our
bodies and minds
in many ways”*

The Secret Power of Bees: Propolis

By Cheryl Myers

BEES ARE AMAZING CREATURES that we should never take for granted. They live in incredibly sophisticated groups and work together to create astonishing architecture and systems of feeding and caring for their community. A beehive is a city in which every resident knows their purpose and works diligently to perform their tasks. Bees are highly successful and would be thriving were it not for human-made challenges in their environment.

Bees are responsible for the survival of some of our most important food crops and over 90 percent of wild plants. If we didn't have bees, crops such as apples, almonds, peaches, nectarines, berries, squash, broccoli, cantaloupes, and cucumbers would become extinct. The FAO (Food and Agriculture Organization of United Nations) states that approximately 70 percent of all crop species grown for human use depend on bees and other pollinators. Taking care of the health of bee communities is an excellent investment in our own well-being.

Aside from their agricultural necessity, bees also make propolis, a very powerful substance that promotes the health of the hive—and our human health, too.

Propolis: Defender of the City

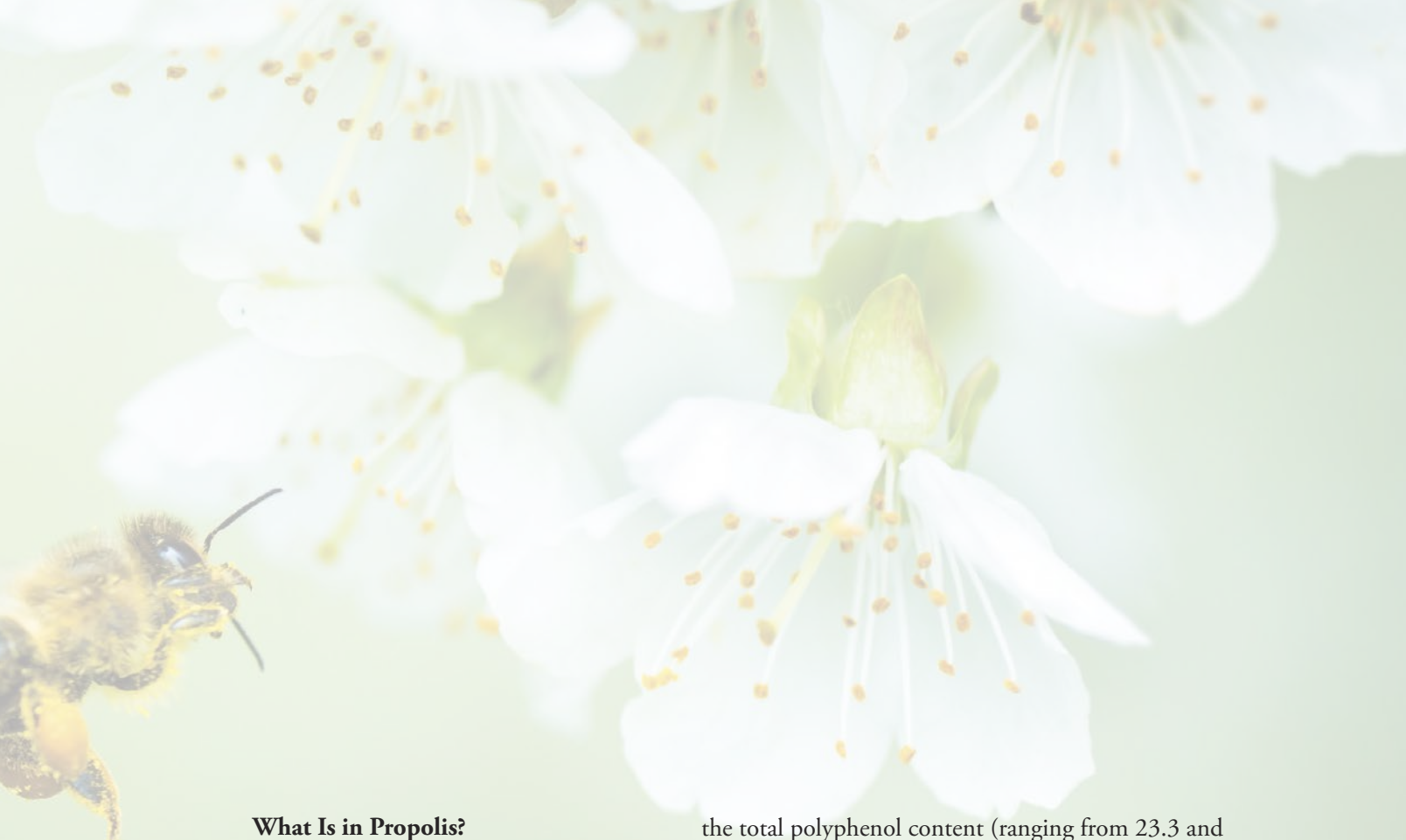
The word propolis is Greek for “defender of the city.” Propolis is made from the resins collected from trees and other plants and then modified by the bees' own enzymes as they process the material during transport

and application. Some have called it “bee glue” because it is used to seal cracks and breaks in the hive structure, but it is also a potent antibiotic, antiviral, and antifungal agent.

Small mice and lizards have been known to enter bee hives. The bees defend their colony from the invaders by killing them with stings; however, they cannot remove the body. If the body remains and decays, it will contaminate the hive and render it unlivable. The solution? Bees cover the animal with propolis. This resinous mixture is so powerful that it arrests the putrefaction process and eliminates the pathogens related to the decay of the body. In effect, they mummify the creature, and it dries without contaminating the hive. The ancient Egyptians observed this and incorporated propolis into both their mummification processes and medicinal practices.

A Rainbow of Propolis

Propolis's color and consistency can vary greatly depending upon the plants visited by the bees and the geographic location. It is very common for bees to collect crude resins from trees, especially conifers and poplars, but they also utilize flowers and other plants. You may hear propolis referred to as green, red, yellow, or brown. Regardless of its color, the benefits of propolis may vary, depending on the physical characteristics of the compound.



What Is in Propolis?

Scientists have investigated the many components found in propolis. Though the actual amounts may vary, the main compounds generally include polyphenols, vitamins (including essential vitamins B1, B2, B6, C, and E), minerals (including magnesium, potassium, zinc, and calcium), enzymes, antifungal and antibacterial flavonoids, plus pinene and other essential oils that occur naturally in both tree and plant resins.

Polyphenols, including flavonoids and phenolic acids, are excellent antioxidants. The bioflavonoids are also antioxidants that reduce the formation of free radicals and the activity of free radicals already in existence.

Amber propolis from poplar trees has been investigated and found to have flavones, flavanones, and phenolic acids beneficial for health. In birch propolis, flavones and flavonols are the key players. South American red and green propolis have been found to contain coumaric and diterpenic acids, while C-prenylflavanones are found in Pacific propolis.

This shows that the location of the bee communities and availability of specific plants do indeed influence the makeup of propolis. In one study, researchers from central Europe tested a variety of regional propolis extracts and found that the amount of total flavonoids (ranging from 2.4 to 16.4 percent) and

the total polyphenol content (ranging from 23.3 and 63.2 percent) varied significantly. This variability, in turn, contributed to the strength of the propolis's antimicrobial effects. While not as well known in the United States, propolis has been extensively researched for its antifungal, antibacterial, and antiviral properties in Europe and Asia.

Early Cancer Research

A study published in the journal *Phytotherapy Research* compared various types of propolis. Study findings indicated that propolis from different regions (tropical, subtropical, and temperate zones) all share antibacterial activity. Another study reported that propolis specifically from Europe, South America, and China shows antitumor potential due to its phenolic compounds. This validates an in vitro study from Thailand that found that propolis possesses antitumor activity, shrinking cancer cells after 24 to 72 hours of treatment. Research published in *Evidence-Based Complementary and Alternative Medicine* found that the polyphenols in propolis are connected to its ability to inhibit the growth of cancer cells. The authors stated that with further investigation, propolis could be considered a possible treatment option for different types of leukemia.

Antiviral Activity

One of the most common chronic viral infections in the world is caused by the herpes virus. Herpes is a group of viruses that cause genital herpes and fever blisters (herpes simplex) as well as chickenpox (varicella), shingles (herpes zoster), and other, less common diseases. The herpes simplex virus type 1 (HSV-1) is generally responsible for cold sores and fever blisters, while HSV-2 commonly causes genital herpes. These two viruses are incredibly similar, but far more people are infected with HSV-1. In fact, estimates in the US report that almost 70 percent of the population have been exposed to or are infected with HSV-1.

Herpes virus infections are lifelong. While cold sores are not necessarily life threatening, they are painful and unsightly, and are reactivated during times of high stress. How many brides, for example, have had to use heavy makeup at their wedding to try to cover an emerging red lip blister?

Propolis is extremely effective for both HSV-1 and HSV-2. In a 2012 study, people in the early stages of cold sore development, which includes stinging, itching, tingling, and redness, were treated with either acyclovir (an antiviral drug) or a lip cream containing a special purified European propolis extract, GH2002. The propolis lip cream was fast acting, with pain relief noted the first day and even greater reductions in the following three days. In comparison, the acyclovir group experienced an increase in their pain level on the first day. At the end of the nine-day study, researchers noted that almost 80

percent of the propolis group had gone from the redness phase to direct healing, avoiding the blistering and scabbing (the encrustation stage) entirely.

This is particularly good news for anyone who has been embarrassed by a fever blister lasting several days or even weeks.

In a study by researchers at the University of Heidelberg, GH2002 was investigated for its activity against HSV-1. Amazingly, this propolis extract reduced the formation

of viral plaques (the areas of cell destruction) by 98 percent. The scientists also found that, even though single compounds from propolis had antiviral activity, the health benefits were significantly boosted when the whole propolis extract was used, meaning there is important synergy occurring between the antiviral agents in propolis.

Other research examining this same propolis extract found that it also suppressed HSV-2, reducing the activity of the virus by 99 percent. The researchers found that pretreatment prior to an infection was significantly effective at preventing the recurrence of the herpes virus.

In addition to chronic viral infections, propolis is effective against the viruses that cause the common cold and influenza (the “flu”). Studies have shown it can shorten the duration of a cold or the flu by 50 percent or more.

Fighting Bacteria

There is a great health threat from the chronic and excessive use of antibiotic drugs. This has created bacteria that are now immune to the antibiotics once used to kill them. One of these superbugs is called methicillin-resistant

Staphylococcus aureus (MRSA). MRSA is problematic following surgery or anytime the immune system is weakened. Sometimes people carry this infection for the rest of their lives because it is so difficult to eradicate.

An in vitro study found that GH2002 has a high degree of antibacterial activity against MRSA strains. This breakthrough has led more researchers to investigate the antibacterial properties of propolis and to suggest that it “might be used in the development of alternative products for therapy of microbial infections.”

Other work has demonstrated that propolis has antifungal capabilities, as well as reducing the activity of the common yeast *Candida albicans* and inhibiting *Escherichia coli* bacteria.

Not All Propolis Is Created Equal

It always pays to do your homework when selecting supplements to optimize health. Standardization, purification processes, delivery systems, and other factors often play key roles in the ability or failure of a supplement to produce benefits. This is true of propolis as well.

“There is a great health threat from the chronic and excessive use of antibiotic drugs”



Many companies sell crude propolis, which can be as much as two-thirds beeswax among other impurities. Several clinical studies have used propolis that is purified and beeswax-free. That means the propolis content is far more concentrated and, because it does not contain beeswax, is much less likely to cause an allergic reaction. Propolis can be delivered as a topical cream for cold sores and fever blisters, as well as in a capsule form to swallow for broader spectrum immune benefits. Propolis is an amazingly powerful compound to add to your medicine chest of natural interventions for a wide variety of health concerns. Δ

CHERYL MYERS, RN, is an integrative health nurse, author, and nationally recognized expert on natural medicine, as well as the head of scientific affairs and education for EuroPharma (www.europharmausa.com).

Bibliography

- Astani A, et al. Antimicrobial activity of propolis special extract GH 2002 against multidrug-resistant clinical isolates. *Pharmazie*. 2013;68(8):695-701.
- Banskota AH, et al. Cytotoxic, hepatoprotective and free radical scavenging effects of propolis from Brazil, Peru, the Netherlands and China. *J Ethnopharmacol*. 2000;72(1-2):239-246.
- Castaldo S, Capasso F. Propolis, an old remedy used in modern medicine. *Fitoterapia*. 2002;73: S1-S6.
- Danert FC, et al. Nutritional and functional properties of aqueous and hydroalcoholic extracts from Argentinean propolis. *Nat Prod Commun*. 2014;9(2):167-170.
- El-Shouny W, Muagam F, Sadik Z, Walaa H. Antimicrobial activity of propolis extract on URT infections in pediatric patients admitted to Al-Thowrah Hospital, Hodeidah City, Yemen. *World Journal of Medical Science*. 2012;7(3):172-177.
- Hernandez-Reif M, et al. Natural killer cells and lymphocytes increase in women with breast cancer following massage therapy. *Int J Neurosci*. 2005;115(4):495-510.
- Huleihel M, Isanu V. Anti-herpes simplex virus effect of an aqueous extract of propolis. *The Israel Medical Association Journal: IMAJ*. 2002;4(11 Suppl):923-927.
- Khacha-Ananda S, Tragoolpua K, Chantawannakul P, Tragoolpua Y. Antioxidant and anti-cancer cell proliferation activity of propolis extracts from two extraction methods. *Asian Pac J Cancer Prev*. 2013;14(11):6991-6995.
- Khayyal MT, El-Ghazaly MA, El-Khatib AS. Mechanisms involved in the anti-inflammatory effect of propolis extract. *Drugs Under Experimental and Clinical Research*. 1992;19(5):197-203.
- Kujumgiev A, et al. Antibacterial, antifungal and antiviral activity of propolis of different geographic origin. *J Ethnopharmacol*. 1999;64(3):235-40.
- Kurek-Górecka A, et al. Structure and antioxidant activity of polyphenols derived from propolis. *Molecules*. 2013;19(1):78-101.
- Mărghițaș LA, Dezmirean DS, Bobiș O. Important developments in Romanian propolis research. *Evid Based Complement Alternat Med*. 2013;2013:159392.
- Miguel MG, Antunes MD. Is propolis safe as an alternative medicine? *J Pharm Bioallied Sci*. 2011;3(4):479-495.
- Nolkemper S, Reichling J, Sensch KH, Schnitzler P. Mechanism of herpes simplex virus type 2 suppression by propolis extracts. *Phytomedicine*. 2010;17(2):132-138.
- Popova M, Bankova V, Naydensky C, Tsvetkova I, Kujumgiev A. Comparative study of the biological activity of propolis from different geographic origin: a statistical approach. *Maced Pharm Bull*. 2004;50:9-14.
- Sawicka D, Car H, Borawska MH, Nikliński J. The anticancer activity of propolis. *Folia Histochem Cytobiol*. 2012;50(1):25-37.
- Schnitzler P, et al. Antiviral activity and mode of action of propolis extracts and selected compounds. *Phytother Res*. 2010;24(Suppl 1):S20-28.
- Seidel V, Peyfoon E, Watson DG, Fearnley J. Comparative study of the antibacterial activity of propolis from different geographical and climatic zones. *Phytother Res*. 2008;22(9):1256-1263.

Rheumatoid Arthritis

Rheumatoid arthritis (RA) is one of the most debilitating inflammatory conditions known to humans. Treatment with vitamin K2 is showing tremendous promise in its treatment and prevention.

RA is a chronic inflammatory condition that affects the entire body, particularly the joints. Evidence points to RA as an autoimmune reaction, in which antibodies develop to fight the patient's own joint tissues. This reaction may be triggered by a variety of factors; RA is a classic example of a disease that can be affected by genetic, dietary, and environmental factors.

To treat the causes of RA, researchers are studying a form of vitamin K called MK-7, which is already known to improve bone density and overall bone health. Vitamin K occurs naturally in many green, leafy vegetables and in natto.

In one study, scientists found that patients treated with MK-7 had a significant decrease in certain markers of inflammation while an important marker of bone health increased.

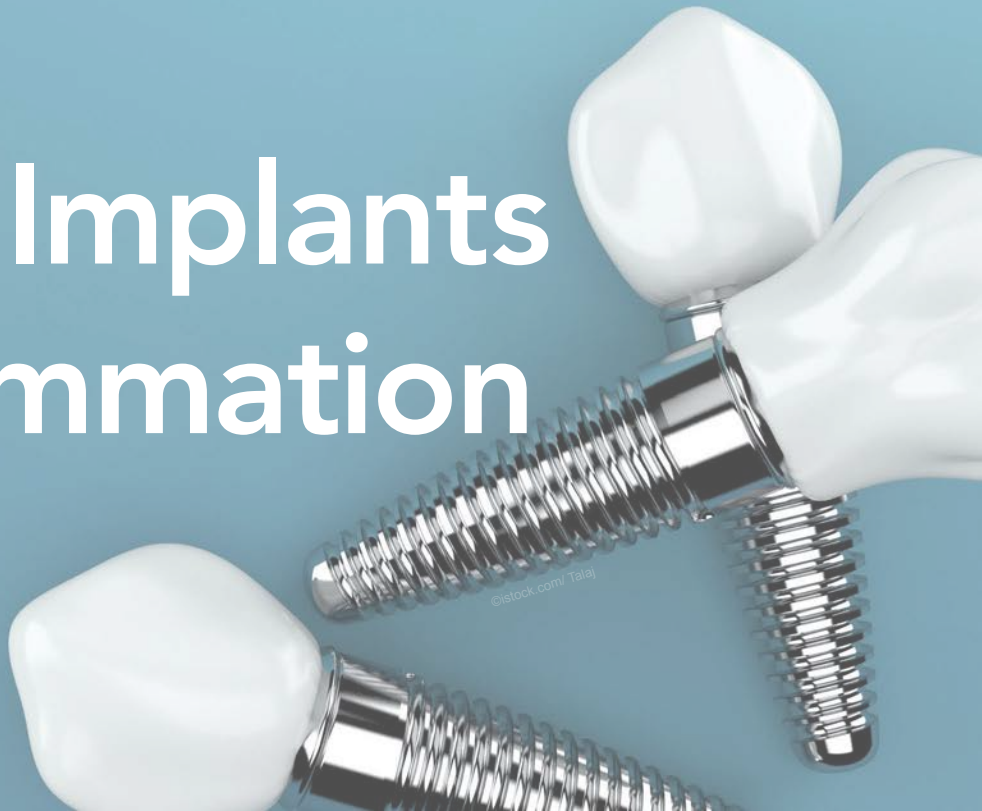
Standard therapy for RA is overly reliant on drugs that suppress the disease process and its symptoms while failing to address the complex underlying causes of the disease. Serious side effects can cause patients to quit using the drugs, which in turn increases the disease activity.

It is important to note that diet alone has produced complete remission in some patients.

—Adapted from "Vitamin K2 Effective in Rheumatoid Arthritis," by Michael Murray, ND. Available at <http://greenmedinfo.com>

Dental Implants & Inflammation

By Alvin Danenberg, DDS



CAN DENTAL IMPLANTS cause inflammation? I used to believe the answer was “No.” Now, published medical research suggests the answer may be “Yes.”

Dental Implants

An estimated three million people in the US have dental implants, and that number is increasing by 500,000 each year.¹ Dental implants that replace missing teeth have been touted as having a high success rate. For many years, dental implants have been touted as being effective, safe, etc. Specifically, over 95 percent of these implants have appeared to be successful and symptom-free.

Titanium-based implants have been used more frequently than implants made from any other material. They are manufactured internationally and are used throughout the world. In addition to titanium-based implants, zirconia-based implants have recently become popular. Both have mechanical

and aesthetic advantages as well as disadvantages.²

When implants are placed into the jawbone, complex stages of healing must occur before the implant becomes attached to surrounding bone tissue.³

But all this may need to be reinterpreted and further investigated.

Problems with Dental Implants

I see patients all the time with existing dental implants that are functioning well with no obvious infection or inflammation. However, I see a few patients with infection around implants that is causing rapid destruction of the supporting bone. Some reasons for this destruction are obvious to me as a periodontist:

- Poor oral hygiene and unhealthy food choices can allow bacterial infection to take hold around dental implants as it would around natural teeth.

- Sometimes, excess cement can be hidden under a crown attached to the implant. This usually is a result of the dentist not cleaning away the excess cement after the crown was cemented to the implant. The excess cement could act in a similar manner as a splinter stuck in your finger. The cement would be an irritant, initiating inflammation and infection.
- There might be excessive biting forces on the implant, putting unhealthy pressure on the bone. Just as a pole in the ground could loosen if it were wiggled back and forth, an implant could loosen and eventually be lost if biting and wiggling pressures were excessive.
- Occasionally, the dentist may have overheated the bone when placing the implant in the jaw, leading to bone destruction. The placement of a dental implant is a delicate and technique-sensitive surgical procedure. Too much friction in

the bone when the implant was placed could kill bone cells, resulting in the eventual loss of the implant.

- While I could understand and identify most of these causes, I also see patients with failing implants that stumps me. I could not determine a cause, and science wasn't able to give me an answer.

Perplexing Problem

One question I needed answered was this: Was there something about the implant surface that was causing an inflammatory problem in the surrounding tissues?

After I reviewed the recently published medical research, I became concerned. I found documentation that medical implants using titanium sometimes created problems in the bone. Some of these implants in various areas of the body created chronic inflammation and severe bone destruction. This breakdown occurred without infection and was apparently related to titanium particles that were released into the tissues.⁴

Initially, I could not find peer-reviewed studies that addressed the potentially damaging effects of titanium particles from dental implants. Were titanium particles creating inflammation in the jawbone? I then found the following three papers, which opened my eyes to problems I never knew existed.

- In 2015, researchers evaluated 22 implants from various international implant companies.⁵ Surprisingly, 7 out of 22 “sterile” implants had endotoxin contamination on their surfaces, which had the potential to generate an inflammatory response in the body. An endotoxin is a residue of dead bacteria that can cause disease.
- In 2016, investigators reported that bacteria around dental implants could trigger inflammation.⁶ In addition, it was found that these bacteria also caused corrosion on the titanium implant surfaces. Corrosion dissolved the titanium surface and released titanium particles into the surrounding periodontal tissues. These particles aggravated the inflammatory response. Also, the researchers noted that fluoride ions from mouthwash, toothpaste, drinking water, and food could potentially cause corrosion on titanium implant surfaces.

- In January 2017, a published research paper showed that titanium particles were released from an implant surface after it was cleaned with ultrasonic scaling instruments.⁷ These titanium particles reacted with immune cells in test cultures, leading to bone destruction. Furthermore, the researchers studied the results of placing those titanium particles into bones of mice. The result was severe inflammation, which quickly caused the bone to melt away. The same study showed that these titanium particles were more damaging than specific types of bacteria, which were the cause of severe periodontal disease.

Then, I discovered a recently published article demonstrating comparable inflammatory responses from both the zirconia and titanium implant surfaces of titanium implants.⁸

Beyond the Mouth

My concern goes beyond the risk of damage to the jawbone, which is serious enough. I am also concerned that these titanium particles—and possibly zirconia particles—could leak into the bloodstream. Once there, could they cause serious, chronic inflammatory reactions that would affect other organ systems? Chronic inflammation might take many years to develop into various

diseases.

Research has shown that harmful bacterial particles from the gut can enter the bloodstream and cause chronic inflammation, resulting in various chronic and autoimmune diseases.⁹ As I mentioned, these diseases can take decades to develop clinically. It is noteworthy that titanium particles have been shown to cause more inflammation than bacterial fragments.

Moving Forward

Dental implants are an excellent way to replace missing teeth, but titanium particles can be released from the surface of titanium-based implants. These particles have been shown to cause inflammation, which may translate into implant loss and potentially serious chronic diseases over time. Zirconia-based implants also have been shown to create an immune response. Well-designed studies must be devised and published to inform my profession about more data and advance our approach

*“I found
documentation that
medical implants
using titanium
sometimes created
problems in the bone”*

Stem Cells To Repair Teeth

Researchers from King's College London may have found a better way to deal with cavities and other tooth damage, one that doesn't involve merely plugging the holes. Their new method stimulates the growth of living stem cells within the teeth themselves.

Dental fillings are typically composed of calcium or a silicon-based product and remain in the teeth indefinitely. The down side, though, is that fillings prevent the tooth from restoring its normal mineral level.

The new method stimulates the stem cells in the tooth pulp to produce new dentine, a protective coating that seals the tooth pulp and helps avoid infection. The damaged tooth then uses its own natural, biological ability to repair larger cavities, thus reducing the need for fillings.

This is a natural alternative to cemented fillings, which can deteriorate and need to be replaced over time. Through scientific advances such as this, researchers are finding more and more ways to assist the body's natural defenses, which are often the best at reversing damage and disease.

—Adapted from “New Treatment Could Help Your Teeth Repair Themselves,” by Dom Galeon from <https://futurism.com/new-treatment-could-help-your-teeth-repair-themselves/>.

to dental implants. So, what do you do until new information is available?

Are you considering dental implants to replace your missing teeth? Do you already have dental implants in your mouth? What can you do to provide a healthy environment for a dental implant? You need some answers, and I present the following thoughts, which are based on facts.

If you want an implant...

Before having an implant placed in your mouth, you and your dentist must be proactive. Here are four things you should know:

1. If you use tobacco, your risk of implant failure is greatly increased.¹⁰ You should consider quitting smoking as soon as possible to reduce your risk.
2. If you have gum disease, you must have your dentist diagnose your condition and treat it accordingly.¹¹ Treating the disease prior to placing an implant is crucial. Patients with existing periodontal disease have a significantly higher risk of developing peri-implantitis,¹² an infection that can develop around an implant in the jawbone and cause the implant to fail.

The bacteria from periodontal disease can cause two harmful effects:

- Corrosion of the implant surface, releasing titanium ions and causing an immune response¹³
 - Inflammation and infection in the bone and tissues surrounding the implant (peri-implantitis)
3. You should eat nutrient-dense foods and remove foods from your diet that are inflammatory.¹⁴ Nutrient-dense foods help maintain a healthy balance of bacteria in your body as well as your mouth. They also support a healthy immune system.
 4. You must take the time to clean your mouth efficiently.¹⁵ If you allow bacteria to overgrow around your implants and your teeth, they could increase the risk of gum disease and the loss of the implant.

If you have a dental implant...

You need to be proactive to keep your implant healthy. You should brush and floss thoroughly first thing in the morning and the last thing at night.¹⁶ In addition, you should eat nutrient-dense, anti-inflammatory foods, which will help prevent chronic inflammation throughout the body.¹⁷

Let me reemphasize: Periodontal disease can cause peri-implantitis. Periodontal disease is a result of a nutrient-deprived, toxin-loaded body with



It is a disgrace to grow old through sheer carelessness before seeing what manner of human you may become by developing your bodily strength and beauty to their highest limit. But you cannot see that, if you are careless; for it will not come of its own accord.

—Socrates, in Xenophon's Memorabilia

an abundance of unhealthy bacteria in the mouth.

I do not recommend antibacterial mouthwashes. These kill microbes indiscriminately and can disturb the healthy balance of bacteria in your mouth. In addition, they can increase the severity of gum infection by damaging an important digestive process that has been shown to heal gum disease.¹⁸

When it comes time to have a dental cleaning, the hygienist should not use an ultrasonic cleaning instrument on the surface of the implant. Also, you should avoid fluoride treatments in the dental office as well as avoid fluoride in toothpastes and in drinking water as much as possible. The reasons: Both the cleaning of the implant with an ultrasonic instrument and the use of fluoride in the mouth have been shown to release titanium ions from the dental implant surface, and these can get into the tissues attached to the implant.

Concluding thoughts

Dental implants are a means to replace missing teeth. If you are thinking of having your dentist place implants in your mouth, you have the choice between titanium-based implants and zirconia-based ones. Zirconia-based implants may be the healthier choice. However, your mouth should be disease-free before they are placed. Once implants are in your mouth, you must be proactive to keep them healthy, as I have described in this article.

Alvin Danenberg, DDS, divides his career into two periods: before and after the laser, coupled with the dynamics of ancestral nutrition. The laser-based LANAP protocol, where there is no

cutting with a scalpel blade and no stitches, and the importance of ancestral nutrition, he believes, are revolutionizing the treatment of gum disease. His new book, *Crazy-Good Living*, describes the methods of eliminating unhealthy lifestyle routines and poor food choices by replacing them with healthy ones. Poor nutrition and unhealthy gut bacteria lead to various medical diseases and imbalances. For more, see <http://drdanenberg.com/>

References

1. American Academy of Implant Dentistry, "Dental implants facts and figures," available at: http://aaid.com/about/press_room/dental_implants_faq.html.
2. R. B. Osman and M. V. Swain, "A critical review of dental implant materials with an emphasis on titanium versus zirconia," *Materials*, 8, no. 3 (2015): 932-958, doi:10.3390/ma8030932.
3. R. Trindade, T. Albrektsson, P. Tengvall, and A. Wennerberg, "Foreign body reaction to biomaterials: on mechanisms for buildup and breakdown of osseointegration," *Clinical Implant Dentistry and Related Research*, 18, no. 1 (February 2016): 192-203, doi:10.1111/cid.12274.
4. C. A. St Pierre, M. Chan, Y. Iwakura, D. C. Ayers, et al., "Periprosthetic osteolysis: characterizing the innate immune response to titanium wear-particles," *Journal of Orthopaedic Research*, 28, no. 11 (2010): 1418-1424, doi:10.1002/jor.21149.
5. M. Morra, C. Cassinelli, D. Bollati, G. Cascardo, and M. Bellanda, "Adherent endotoxin on dental implant surfaces: a reappraisal," *Journal of Oral Implantology*, 41, no. 1 (February 2015): 10-16, doi:10.1563/AAID-JOI-D-12-00137.
6. L. M. Safoti, G. A. Kotsakis, A. E. Pozhitkov, W. O. Chung, and D. M. Daubert, "Increased levels of dissolved titanium are associated with peri-implantitis—a cross-sectional study," *Journal of Periodontology*, 88, no. 5 (May 2017): 436-442, doi:10.1902/jop.2016.160524.
7. M. Eger, N. Sterer, T. Liron, D. Kohavi, and Y. Gabet, "Scaling of titanium implants entrains inflammation-induced osteolysis," *Scientific Reports*, 7 (2017): 39612, doi:10.1038/srep39612.
8. N. Cionca, D. Hashim, J. Cancela, C. Giannopoulou, and A. Mombelli, "Pro-inflammatory cytokines at zirconia implants and teeth: a cross-sectional assessment," *Clinical Oral Investigations*, 20, no. 8 (2016): 2285-2291, doi:10.1007/s00784-016-1729-z.
9. V. Cifarelli, S. Ivanov, Y. Xie, N.-H. Son, et al., "CD36 deficiency impairs the small intestinal barrier and induces subclinical inflammation in mice," *Cellular and Molecular Gastroenterology and Hepatology*, 3, no. 1 (2017): 82-98, doi:10.1016/j.jcmgh.2016.09.001.
10. D. Busenlechner, R. Fürhauser, R. Haas, G. Watzek, et al., "Long-term implant success at the Academy for Oral Implantology: 8-year follow-up and risk factor analysis," *Journal of Periodontal & Implant Science*, 44, no. 3 (2014): 102-108, doi:10.5051/jpis.2014.44.3.102.
11. A. H. Danenberg, "Gum disease & how I treat it: natural meets traditional—part 3 of 3," December 22, 2015, available at: <http://drdanenberg.com/gum-disease-meets-traditional-part-3-of-3/>.
12. D. W. Lee, "Periodontitis and dental implant loss," *Evidence-Based Dentistry*, 15, no. 2 (June 2014): 59-60, doi:10.1038/sj.ebd.6401031.
13. "Scaling of titanium implants entrains inflammation-induced osteolysis" (see n. 7).
14. A. H. Danenberg, "Medical research proves diet reverses gum disease," December 5, 2016, available at: <http://drdanenberg.com/medical-research-proves-diet-reverses-gum-disease/>.
15. A. H. Danenberg, "How should you clean your teeth? Let me count the ways!" June 15, 2014, available at: <http://drdanenberg.com/how-should-you-clean-your-teeth-let-me-count-the-ways/>.
16. Ibid.
17. "Medical research proves diet reverses gum disease" (see n.15).
18. A. H. Danenberg, "Want healthy gums? Then, don't use mouthwash," January 9, 2017, available at: <http://drdanenberg.com/want-healthy-gums-then-dont-use-mouthwash/>.

Hope and Healing with Cannabis: A Personal Story

By Donna Sage, MSSA



Introduction

INFLAMMATION OF THE NERVOUS SYSTEM can have many causes, including traumatic brain injury and neurodegenerative conditions such as Alzheimer's disease, Parkinson's disease, multiple sclerosis, and seizures.

Cannabidiol, or CBD, is a cannabinoid derived from the cannabis plant (commonly known as marijuana) that has been found to be effective in reducing nervous system inflammation. CBD also appears to be effective in reducing or eliminating seizures and tremors, shrinking cancer tumors, supporting cardiovascular health, and reducing or eliminating pain and headaches of all kinds. CBD is safe and natural, and at the cost of less than one dollar per day, it is becoming a go-to medicine for people of all ages.

CBD isolate does not produce euphoria, or the "high" associated with marijuana, and it is non-toxic. It is synergistic with tetrahydrocannabinol (THC), which can produce euphoria, but CBD will often produce significant benefits when used alone.

When I was looking for solutions for my daughter's and mother-in-law's suffering, the information on CBD was so difficult to find, so overwhelming, and so taboo that I almost gave up my search. Then I came across a website called the Realm of Caring (RoC) at <https://www.theroc.us>.

RoC is a non-profit organization committed to cannabis research. It offers a sophisticated array of cannabis resources, education, and advocacy for cannabis treatment. The organization empowers consumers to make educated choices in healthcare, spreads the truth about cannabis, and expands access to cannabis to those in need.

RoC care specialist John Matu says that the pain epidemic in America touches one in three people and that opioid addiction is at an all-time high. The Centers for Disease Control (CDC) reports that the number of overdose deaths involving opioids has quadrupled since 1999; ninety-one Americans die every day from opioid overdose. Matu states:

"There is a huge paradigm shift occurring as cannabis is being recognized as a safe, effective, and now legal medicine for people of all ages. The majority of cannabis users are older, and cannabis use crosses all demographic lines."

Ashley's Story

My daughter, Ashley, suffered two separate concussions. She received treatment for them over a period of three years by four different medical specialists. After endless suffering and many toxic and expensive pharmaceutical treatments, Ashley's "green parachute" to relief and recovery turned out to be cannabis. Before we found cannabis, we tried everything that conventional medicine had to offer, and none of the treatments relieved my daughter's debilitating headaches.

I had the opportunity to compare the results produced by three very different approaches to Ashley's concussion treatment:

- REAP: Remove/reduce physical, cognitive, and mental demands (i.e., rest); educate others of symptoms; accommodate academically; pace activity. This approach yielded six months of intense pain and suffering, with no improvement in Ashley's condition.
- Prescription drugs: This approach proved to be expensive, toxic, and completely ineffective.
- Cannabidiol: This approach proved to be non-toxic, and it relieved Ashley's incapacitating headaches within thirty minutes—at a cost of less than one dollar per day. We eventually supplemented the CBD with THC to obtain more comprehensive relief of our daughter's concussion symptoms.

Prior to using CBD, we tried a long list of interventions in conjunction with the medical and pharmaceutical efforts. We also proactively managed Ashley's emotional stress (which was critical in preventing pain spikes) and her rest. None of the interventions

produced significant pain relief, although we believe they contributed to her well-being. We tried:

- Chiropractic: We mostly used the Activator Method, PulStar therapy, and dry needling therapy to avoid further head trauma.
 - Vestibular Physical Therapy (with cardiovascular challenges): This method did not reduce Ashley's headache pain, but it was helpful in restoring greater body movement and in improving her eye-hand coordination and balance.
 - Cranial Release Technique (CRT): This treatment released the traumatized fascia inside Ashley's skull and created space for her cerebrospinal fluid to move freely, thereby promoting healing. Her facial symmetry was restored, and I noticed a significant improvement in her disposition and emotional state.
 - Vision assessments: Ashley wore glasses before her concussions and still does. Both an ophthalmologist
- and an optometrist examined her, and it was determined that she does not have vision-related headaches.
 - Eye Movement Desensitization and Reprocessing (EMDR): This physiotherapy treatment was implemented for six months.
 - Massage and acupressure: These treatments were aimed at relieving whiplash and promoting relaxation and energy flow.
 - Supplements: Ashley took turmeric, omega-3, vitamin Bs, N-acetyl cysteine (NAC), magnesium, vitamin E, Co-enzyme Q10, L-carnitine, grape seed extract, and ginkgo biloba.
 - Other modalities: She tried breathing and relaxation exercises, visualizations, and therapeutic as well as relaxation massage.
 - Sleep: Ashley followed a highly structured sleep schedule. (Sleep is often a problem for concussion patients.)
 - Hydration: We ensured she received consistent and optimal hydration.



Over a two-year period, multiple doctors recommended antidepressants. They were not optimistic that the drugs would reduce Ashley's pain, but they pointed out that it was a cheap and easy treatment to try. We refused them each time. Here is why each time, for the following reasons.

Yes, Ashley was probably depressed; after all, she had lost her identity as an athlete and a scholar. However, antidepressants would have been ineffective in healing her traumatic brain injury, and we were justifiably concerned about the risk of suicide.

We also knew parents who had given their teenaged concussion sufferers antidepressants and then slowly watched their children lose their "spark" and become angry, self-harming, and withdrawn—while at the same time obtaining zero pain relief.

We also refused Botox injections, as Ashley's pain was not induced by tension.

Ashley took several oral prescription drugs, all of which proved ineffective:

- Zomig: This is a migraine medicine.
- Promethazine: Ashley tried this antipsychotic drug for a few days without benefit. We chose to discontinue it because of the potential for severe side effects.
- Cambia: This is a non-steroidal anti-inflammatory drug (NSAID) that is prescribed for migraine headaches. It retails for \$454.89 per dose, but we were desperate enough to purchase a few doses. Ashley used it twice, and both times it brought a pain spike of 7 back down to the baseline of 5. However, this drug can be used only two times a week because of risks associated with serious liver toxicity.
- Propranolol: This drug showed some initial promise by decreasing Ashley's anxiety, primarily by lowering her already low blood pressure. However, after a few days, she became highly agitated and her headache pain actually increased.

At one point, Ashley was hospitalized so she could be given an intravenous (IV) cocktail of Depakote (an anti-seizure medicine), Toradol (an NSAID), and diphenhydramine (Benadryl used as an anti-seizure medicine) in an attempt to "reboot" her brain. This

decision was an aggressive and desperate attempt to get Ashley's headaches under control. It did not work. In fact, after she regained consciousness, her headache was worse.

Her doctor recommended that we give the IV treatment a second try. We declined. We also declined oral doses of Depakote because of its ineffectiveness in the more aggressive IV regimen.

I believe that all of the doctors we consulted were acting in good faith and doing what they were trained to do. They used all of the resources at their command in their attempts to help Ashley. Unfortunately, multiple trips to doctors, the procedures, and the pharmaceutical drugs were creating even more stress on her delicate system.

As parents, my husband, Alan, and I felt hopeless and resigned. I could tell how Ashley felt just by looking at her, so I stopped asking. Her inner light was dim and foggy. She was always edgy, and she was quick to anger.

The life that Ashley once had as an honor student and competitive athlete was gone. I was watching my daughter disappear, and it broke my heart.

Alan and I spent hours on the internet searching for alternative treatment options that our medical professionals, to whom we had already devoted so much time and money, had not offered.

One day Alan stumbled across an article about the possible benefits of marijuana for football players managing head injuries. This was the only new lead that we had, so I pursued it relentlessly. My research led me to believe that Ashley should try CBD, which was easy for us to obtain here in Colorado.

"Unfortunately, multiple trips to doctors, the procedures, and the pharmaceutical drugs were creating even more stress on her delicate system"

As a neuroprotectant, CBD is being used to by the Israeli Defense Forces to limit neurological damage following head trauma. It is also effective in limiting damage following vascular events, such as stroke and myocardial infarction and in the treatment of neurodegenerative diseases, including Parkinson's, Alzheimer's and Dementia. Since CBD is essentially non-psychoactive, therapies can be administered at higher dosages without motor impairment or toxicity that may be associated with higher doses of THC.

—Alan Frankel, MD, in "Neuroscience: The Study and Application of Cannabis Medicine" at greenbridged.com.

Plantain Weed & Digestion

Dandelions are commonly known to be beneficial plants. But do you know about its innocuous neighbor, the lowly plantain weed? This humble plant does especially well in poor, rocky soil. It is often found growing alongside dandelion and can also be found in gravel pits and construction sites, working hard to restore soil in the area.

Plantain (the weed, not the banana) grows all over North America, having been introduced by Europeans in the 1600s. The seeds and leaves are renowned for their healing effects on the digestive system and can repair damage from antibiotics, Celiac disease, and anti-inflammatory and pain medications. Steep as a tea or add to soups.

An infusion can be helpful for coughs, colds, and other lung problems, as plantain is a gentle expectorant. It can even be used as a soothing remedy for hemorrhoids by bathing the area with plenty of cooled infusion.

A poultice of chewed or pounded plantain leaves is astringent and can pull toxins from the body. Place the poultice directly over bee stings, bug bites, acne, slivers, or rashes, and bandage the area. Allow the poultice to remain in place for four to twelve hours to speed healing of the site.

—Adapted from “This Little Weed Is One of the Most Useful Medicines on the Planet” by Jess Smith at <http://www.realfarmacy.com/this-little-weed-is-one-of-the-most-useful-medicines-on-the-planet/>.

Once we received the CBD, I gave Ashley a dose of about 20 mg. Thirty minutes later I heard the sweetest words I could imagine: “Mom! Mom! My headache is gone, like I mean really gone!” Ashley was experiencing relief from her acute headache for the first time in months. Her emerald green eyes were clear and bright, and she was smiling. I had not seen that smile in a very long time. Her relief was palpable.

We expanded our knowledge of the uses of CBD, and we learned how to employ CBD oils and a CBD vapor pen. The positive results Ashley experienced inspired us to procure a medical marijuana card from the state of Colorado so that we could begin occasionally supplementing the CBD with THC. Our goal was to completely eliminate Ashley’s chronic post-concussion headaches.

The combination of CBD and THC is very effective in relieving pain, although we have been conservative in its use because of incomplete data on the impact of THC on the developing brain. However, I feel it is much safer to give my daughter small doses of CBD and THC than have her pumped full of anticonvulsants, antipsychotics, and toxic NSAIDs.

Cannabis has been the key to Ashley’s recovery from her post-concussion syndrome and pain. Not only has it eliminated her severe and constant headaches, which potent pharmaceutical drugs could not touch, but it has also reduced the inflammation in her brain and stimulated its healing.

Ashley, in teenage fashion, tells it like it is: “I felt so annoyed and frustrated with the doctors. I did everything they said, and nothing worked. Some things even made me feel worse.” She adds, “Forget about what you think you know about cannabis, and start looking at how much it is helping people, people like me and my grandma. Open up your eyes; it really works!”

After more than two years of doctor visits and multiple school team meetings, we naturally wanted to share our exciting news with Ashley’s care team. I must admit that I was anxious about telling the doctors and her school about the CBD treatment that was working for her. I was prepared for a wide range of reactions, from excitement to resistance due to the controversy surrounding CBD treatment.

The concussion specialist was not interested in any of our cannabis interventions or results. One neurologist advised against its use because there had not been adequate research conducted on medical cannabis, specifically with respect to concussion recovery in a minor. I did however receive a “high five” from our pediatrician’s office.

Ashley’s teachers and counselor witnessed her healing firsthand. Just as we had, they saw how much better Ashley was feeling and performing, and that she was smiling again.

Our school district has a comprehensive concussion protocol, and our doctors did a great job of helping us communicate with Ashley’s accommodating teachers regarding modifications to her academic load.

Although I was initially reluctant to publicly advocate for cannabis, my husband, daughter, and I decided that if we could help even one person, it would be worth coming out of the “cannabis closet.”

Grandma Lynda's Story

Ashley's Grandma Lynda, a smart and capable woman, is a college-educated computer software engineer. She has suffered from bizarre and debilitating neurological symptoms since 1993. She was first thought to have multiple sclerosis, then she switched doctors and was accurately diagnosed with severe essential tremor syndrome and fibromyalgia.

Lynda's tremors were primarily in her head and neck and caused severe disequilibrium. Without medication, she couldn't hold a spoon or a cup and was unable to walk. Her head and eyes shook so uncontrollably that she was not even able to read. She had been heavily sedated for twenty-four years, and her doctors had gradually increased her anti-seizure medication dosages to levels that were dangerously toxic.

The doctors did frequent blood work to monitor Lynda's kidney and liver functions because of the toxicity of the drugs she was taking. Her doctor informed her that she would need to eventually discontinue the drugs, and when she got the point, there would be no other options to treat her symptoms.

Lynda had been taking 250 mg of Primidone, an anticonvulsant, three times a day; 0.25 mg of Mirapex, often prescribed for Parkinson's, three times a day; and 120 mg of propranolol, for tremors, three times a day.

At one point she considered trying an electrical brain stimulator but chose not to because of the risks. She had Botox injections for eighteen years, at a cost of about three thousand dollars per treatment. Each treatment involved twenty-five injections into her neck. The shots were very painful, but they did release her muscles for up to three months at a time. Lynda says, "One time, my neck and esophagus were paralyzed by the Botox. Not being able to swallow or hold my head up was not very fun." She discontinued the treatments when her insurance changed and she no longer had coverage.

I eventually suggested Lynda try CBD. She slowly weaned herself off of her prescription medicines while taking 30 to 50 mg of CBD daily. She was able to manage most of her symptoms with CBD alone, although she eventually added a modest 5 to 10 mg of THC to the CBD and gained 100 percent control over her tremors and pain.

Even though she was feeling better, Lynda became worried that her friends and family members would find out she was taking THC, so she discontinued it. Fortunately, by then the CBD alone was able to keep her severe tremors at bay.

Lynda now takes 30 to 50 mg of CBD daily, depending on her activity and stress levels, to control her tremors and pain. She has also discontinued the hydrocortisone and pain pills she had been taking to treat her fibromyalgia.

One day Lynda jokingly told me, "One time Grandpa accidentally took one of my pills, and he slept for three days. Those pills are horse tranquilizers. Now that I have stopped taking all this medicine, I feel like a million bucks!"

Psychiatric Medication & Violence

On May 17, 2017, Chris Cornell of Soundgarden committed suicide. His family suspect that his anti-anxiety prescription drug led to the altered state he was in the night he died.

Many people are just beginning to question how much we can trust the profit-driven global pharmaceutical industries to tell the truth about the serious, often fatal side effects of psychiatric medicines. One outspoken critic, Kelly Brogan, MD, writes that the FDA and the pharmaceutical industry have gone to great lengths to conceal multiple instances of harm, including impulsive suicide and homicide.

A landmark 2001 study that supported prescribing antidepressants to children was re-analyzed in the context of risks. Researchers know that these medications are ineffective in children and can lead directly to suicidal behavior.

Non-violent, non-depressed, non-psychotic people can become violent to themselves and others. A 2011 paper showed ten cases of extreme violence committed by patients taking prescribed antidepressants. When the patients stopped taking the drug, they returned to their baseline personalities.

—Adapted from "The Violence-Inducing Effects of Psychiatric Medication" by Kelly Brogan, MD. Available at <http://www.greenmedinfo.com>.

A Miniature Mountain Spring in Your Home!

Rare, exotic volcanic minerals, energy bio-ceramic and magnetite ore produce a truly healthier water of genuine mountain spring quality.

Far-infrared energy and negative ions bring life to dead tap water.

Reduced structure provides superior hydration quality.

Over thirty trace and micro minerals provide a complex, exquisite tasting water.



Energy Stone Water Filter

VIRUS & BACTERIA LEVEL PURIFICATION

Blocks viruses, bacteria, pharmaceutical drugs, endotoxins, endocrine disruptors, heavy metals.

Reduces chloramines, chlorine, VOCs, THMs, fluoride and many more contaminants.



ENERGY BATH

Superior to any infrared sauna or hot spring bath therapy

- Raise body energy, reduce stress, fatigue, and improve circulation
- Expel chemicals, heavy metals and lymphatic tissue toxins
- Balance hormone levels, expel toxic fat and burn calories
- Reduce pain and joint stiffness

610-645-6545

WWW.ENERGYSTONEHEALTH.COM



ENERGY
STONE
HEALTH

Lynda wants every senior citizen to hear her story. She wants to inspire them to have an open mind regarding the natural, non-toxic, medical miracle of cannabis. She says, "I had never tried any cannabis until the age of sixty-five, when I finally wised up and became educated and more open-minded. I knew that all the drugs I was taking to help me were also killing me. I didn't have any other choice until I was willing to open my eyes and grow in my consciousness. I want everyone to have the freedom to choose cannabis for his or her medical treatment. I have no doubt that cannabis is not only relieving all my tremor and fibromyalgia symptoms, it's even starting to help my husband and his arthritis pain."

Before using CBD, both Ashley and Lynda followed the recommendations of doctors and specialists until they had exhausted all the mainstream medical treatments. The availability of safe and legal cannabis products proved vital to Ashley's and Lynda's health. Cannabis was the only thing that broke the cycles of headaches and tremors from which my loved ones had been suffering.

At the time of this writing, cannabidiol, one of more than a hundred cannabinoids derived from the cannabis plant, is 100 percent legal in all fifty states. Even if your state has not legalized marijuana or any other form of cannabis, CBD can be legally purchased online and delivered directly to your door. Making marijuana illegal across the country again would have a chilling effect on the medical community's ability to research its vast untapped therapeutic potential. All forms of cannabis should be legalized.

My home state of Colorado is a cannabis pioneer, and I am thankful to live in a state where I can legally implement my own health strategies. Had the traditional approaches worked, my family and I would never have found out about the amazing healing benefits of cannabis.

Only after exhausting all options offered by the mainstream medical profession did we try cannabis as a last-ditch option. Knowing what I know now, however, cannabis should have been the first thing we tried. Δ

DONNA SAGE, M.S.S.A. (donna@coloradosage.net), is a mother, trophy wife, and health educator and lives in Denver, Colorado.

ASHLEY SAGE intends to research cannabis and its medical applications while she is in college. Lynda is a "Gourmet Grandma" who lives in Colorado.

WELL BEING JOURNAL™

Mail Order Form

☐ New Subscriber ☐ Current/Previous Subscriber

United States: ☐ 1-year \$29 ☐ 2-years \$52 ☐ 3-years \$73

International: ☐ 1-year \$62 Canada/Mexico: ☐ 1-year \$46



Bimonthly subscriptions start with next published issue; allow 8-12 weeks for delivery.

Subscribe Today!

Enter the details of your order below

Back issue/CD order (see next page for the list of available back issues and CDs). List back issues and CDs for purchase:

*No. of Back Issues @ \$1.00: _____

*No. of Back Issues @ \$5.95: _____

*No. of Back Issues @ \$6.95: _____

*Cost of individual back issues varies, see page 26.

**CD Total: _____

**Cost of individual CDs varies, see page 48.

***Shipping: _____

*****Add \$5.95 flat rate shipping charge for all orders except subscription only orders. (For shipping rates outside the US, call 1-775-887-1702.)**

Subscriptions: _____

Total Purchase: \$ _____
All applicable taxes included.

Customer/Subscriber Shipping and Billing Information

We only use contact information in the event of problems with your order or undeliverable/returned mail. We do not sell or share any information.

Your Name: _____

Address: _____

City: _____ State: _____ Zip: _____ - _____

Phone: _____ E-mail: _____

☐ Check or Money Order, U.S. funds drawn from a U.S. bank (no cash, please).

☐ Credit Card

Credit Card Number: _____

Expiration Date: _____

Cardholder Name (please print): _____

Billing Address (if different from above): _____

Cardholder Signature: _____

Holiday Offer: When you purchase 4 or more gift subscriptions, receive \$5 off your total order. This offer is not available online; mail in or phone order only.

Offer expires December 29, 2017.

Gift Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

☐ 1-year ☐ 2-year ☐ 3-year ☐ International (1-year) ☐ Canada/Mexico (1-year)

Gift Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

☐ 1-year ☐ 2-year ☐ 3-year ☐ International (1-year) ☐ Canada/Mexico (1-year)

We use gift phone or email only in the event of undeliverable/returned mail. To add additional gift subscriptions, simply copy order form!

Send form and payment to: 10371 N. Oracle Road, Suite 205, Tucson, AZ 85737-9392

Access WELL BEING JOURNAL™ Anywhere You Are



The Well Being Journal
is available as a PDF
download (\$4) through
wellbeingjournal.com

The journal is also available
through the Pocketmags
app on these platforms:



More information available at



Back Issues for Sale

Print issues from Vol. 9 through Vol. 20 are on sale for \$1 each. Print issues from Vol. 21 through Vol. 22, No. 1, \$5.95 each; Vol. 22, No. 2 through present, \$6.95 each.

All volumes from 14 to current are now also available in PDF at <http://wellbeingjournal.com>.

Only partial tables of contents are listed below; see full contents online at www.wellbeingjournal.com.

- ❑ Vol. 9, No. 3 • Release Heavy Metals with Herbs • Lymphatic Immune Support
- ❑ Vol. 13, No. 2 • Mad Cow Disease & Alzheimer's • Return to the Makers Diet • Sick and Tired Health Plans
- ❑ Vol. 13, No. 3 • Junk Food & School Lunches • How Food & Other Allergies Affect the Brain • Green Superfoods • Heal with an Alkaline Diet • Diabetes, Obesity & Sea Vegetables
- ❑ Vol. 15, No. 5 • Mental Health, Supplements & Nutrition • Stress & Digestion • Cooking with Teflon • Coming to Terms with Aging • Rapid Relief from Fears and Phobias (EFT) • Gluten Intolerance in You & Your Pet • Seven Guidelines for Healthy Eating
- ❑ Vol. 15, No. 6 • Natural Immunity • A Nutritional Solution to AIDS • You Are What You Digest • Magnesium in Modern Medicine • Ask the Doctor: Magnesium Supplements • Faith Healing, Placebo Effects & Imagery • Pilates: Fitness for All Ages • CoQ10 to Treat Malignancies
- ❑ Vol. 16, No. 2 • Sleep Your Way to Cancer Prevention • Obesity Epidemic • Whole Food Nutrition for ADHD • Drugging Our Children • Anti-Aging Herbs & Nutrients • Excitotoxins in Your Diet • Culprit in Heart Disease Pandemic • Minds Beyond Brains
- ❑ Vol. 16, No. 3 • Prostate Puzzle • Healing Mechanism for Prostate Cancer • Love the Skin You're In • Rise of Integrative Medicine • Double Danger of High Fructose Corn Syrup • Difference Between Refined & Unrefined Salt • Why Essential Fatty Acids Are Necessary
- ❑ Vol. 16, No. 4 • Soy: The Dark Side of America's Favorite Health Food • The Doctor Will See You Now • Eliminating Candidiasis • Calling All Baby Boomers • Focusing Thoughts Toward Health • Hypothyroidism • Allergies & Environmental Illness
- ❑ Vol. 16, No. 5 • Natural Medicine for Arthritis: Reverse Inflammation • Basic Elements of an Empowering Life Purpose • Seven Spiritual Laws of Success • Genetically Engineered Foods
- ❑ Vol. 16, No. 6 • Why Children Act Up at School • Alleviate Depression with Natural Remedies and Supplements • Vitamin K2 Can Remove Dangerous Calcium from Arteries • Chlorella Shows Promise as Anti-Cancer Supplement
- ❑ Vol. 17, No. 1 • Fast Food, Obesity & Ill Health • Food Additives Again Found to Trigger Hyperactivity in Children • Stress & the Naturopathic Approach to Adrenal Dysfunction • Blood Pressure Medicine or Healthier Alternative? • Healing Through Happiness
- ❑ Vol. 17, No. 2 • Self-Healing for the Mind & Emotions • Eat Your Way to Better Sleep • School Food, or Junk Food? • Special Section on Vaccines • FDA-Sanctioned GE Foods
- ❑ Vol. 17, No. 3 • The Organic Advantage • Using Food to Protect Yourself Against Cancer • Rebounding: Good for the Lymphatic System • Nutrients Used in AIDS Cases Offer Hope • Truth about Colonic Cleansing • Food is the Key to MS Recovery
- ❑ Vol. 17, No. 4 • Probiotics: A Link to Permanent Weight Loss & Ultimate Health • Brain Regeneration: Key Nutrients • Healing with Homeopathy • Dental Health & Xylitol
- ❑ Vol. 17, No. 5 • Protecting Yourself from the Dangers of Cell Phones • Insulin Control for Weight Loss & Life Extension • Which Fats Can Cause Type 2 Diabetes? • HPV Vaccine • Diet as a Treatment for ADD • Healing Power of Meditation
- ❑ Vol. 17, No. 6 • Freedom from Addictions • Obesity, Metabolic Syndrome & Glabridin • Inflammation & Disease-Preventive Foods • Aid for a Healthy Immune System: Mushrooms • Physical & Emotional Freedom from Pain • Dental Health with Oil Swishing
- ❑ Vol. 18, No. 1 • Herbal Solutions for Stress • Reverse Liver Disease with Alpha Lipoic Acid • Scientists Urge Congress to Ban Food Dyes • Aging with Vitality • New Health Policy for Sunlight & Vitamin D • Belief and Healing • Defy Aging with Yoga
- ❑ Vol. 18, No. 2 • Can You Change Your Brain by Thinking Differently? • More Joy & Less Stress • Diet & the Case for Supplements • Natural Treatment of Fibromyalgia • Personal Economic Health • Calming an Unsettled Stomach

Continued on page 48

Body, Mind, Spirit

By Scott E. Miners

"What a piece of work is a man! How noble in reason, how infinite in faculty! In form and moving how express and admirable! In action how like an angel, in apprehension how like a god! The beauty of the world. The paragon of animals."

—Hamlet, Act 2, Scene 2.

OUR FIVE SENSES RECOGNIZE VIBRATIONS TO help us navigate the physical world. Our sense of sight, for example, detects vibrational wavelengths of visible light (i.e. colors), which enable us to perceive shapes and perform practical acts like gathering food, whether in the wild, or at a grocery store. From a scientific perspective, the light we perceive is a stream of light particles of energy proportional in magnitude to their source (the sun, a light bulb) of radiation, which carries zero "resting" mass. What does that mean?

There seem to be few words that may accurately describe light as matter, except to reiterate what quantum physicists assert: "Matter is organized through the interaction of molecules composed of slowed-down light."¹ But is that a different kind of light than photons? We don't perceive ourselves as being slowed-down light waves—nor do many of us perceive functions of light at wavelengths that our five senses disallow, such as infrared or ultraviolet. Nevertheless, they exist. Our scientists tell us that when light wave frequencies are sufficiently slow for our five senses to perceive, we can touch, hear, smell, see, and taste them

in their various forms and structures, constructing our physical world.

No one to date, however, has defined the origin of the light waves that comprise the physical universe—not even close, and if one believes the theory of the Big Bang, it beckons the question where the bang came from. Nothing will come of nothing, wisely wrote the Earl of Oxford, Edward DeVere. Notwithstanding the open question, the issue concerning realms of light existing beyond the range of our five physical senses, calls us to a keener awareness that there is more to the world than meets the eye. This more is where we have turned to mysticism. Neither scientists, philosophers, nor theologians can define exactly what or where light may be or how it exists, but the latter do quote the Gospels for authority: "Tell them you came from the Light, the place where the Light is produced."²

A few researchers, including biologists Bruce Lipton and Rupert Sheldrake, as well as consciousness researcher Joe Dispenza, have been creating a sub-revolution in science, examining evidence of consciousness that is preeminent over matter. Can consciousness likewise be characterized as light waves? Aren't, in fact, the slower light waves of physical matter related to consciousness? Colloquially the term *spiritual* describes consciousness, but the phrase "non-physical consciousness" may be appropriate as well. But what is this intelligence, or consciousness, which researchers say is preeminent over matter?

Terminology has its limits, and being too specific runs the risk of giving the false impression of knowing what is unknown. Researchers assert that there is a unified field, referred to as the grid of consciousness. Philosophers and sages have used such terms as spirit, soul, and Source when discussing non-physical consciousness and its origins. Scientists cannot easily separate themselves from the broader view to which these terms allude, though they have long attempted to explain life through mechanistic theories; namely, life originates from the physical “bang.” Neither scientists nor philosophers may ultimately know the origin of consciousness in such a way as to be able to describe it in words—though if anyone professes otherwise, Albert Einstein’s assertion concerning absolute certainty may be a good reminder, “Whoever undertakes to set himself up as a judge of Truth and Knowledge is shipwrecked by the laughter of the gods.”³

Most of us use the term *mind* to refer to something unseen, and therefore as an instrument, or perhaps a transmitter of consciousness. “I will put my mind to it,” we say, or “the mind influences the body,” or “mind over matter.” However, science has yet to define “mind” or to determine the source or limits of it; either way, mind is not the same as brain. While researchers can measure the effect of thought on the brain and body, they cannot determine where the thought originates, or what form of matter it may be. Nevertheless, we can say the brain is a receiver and transmitter of non-physical frequencies, modulated into neuro-transmitting signals, which, in turn, produce molecules such as hormones that enable us to live and move adeptly in the physical world. Thus, teachers advise us to wisely monitor our thoughts as well as to see with our hearts. Interestingly, HeartMath Institute research shows that the electro-magnetic field of the heart is much stronger than that of the brain, and the implications of this field for our own ability to perceive expanded consciousness are fascinating.

Where do our minds end and Something that is beyond begin? Yes, the word *Something* here has a capital S, which seems fitting in the face of this mystery of the origins of consciousness and its seemingly infinite

expansion. Einstein again, echoing the diverse views in the sciences, “I maintain that the cosmic religious feeling is the strongest and noblest motive for scientific research.”⁴

We have evidence of something resonant even if unseen, as researchers have detected a field of energy around every object, including our bodies—and many suggest that our minds span through fields that link us to everything, from matter to infinite perceptual realms. There are larger fields for some than others, and there is indication that these fields are all connected by a universal grid or unified field of energies that connects all bodies. Here is where one may wonder about how we resonate with the intelligence, knowledge, and some would say Love, which characterizes the One consciousness that seems stereophonically distributed into infinite diversity.

Thanks to advances in medical science, there is veridical evidence that human consciousness transcends the body and brain, and is not separate from them, at least until death. Yet, even then, because our mind-fields extend to wherever we are looking, such as the stars in the universe vast distances from us, it is not a far stretch to imagine how telepathy between us takes place, or how

our minds can contact the minds of those who have died as medium communicators who present substantial evidence do. They are mediums of communication between the physical and non-physical consciousness, which, in a sense we all have the potential to be. For example, the research of biologist Rupert Sheldrake demonstrates that more than 90 percent of the population has had a telepathic experience such as knowing when someone was staring at them; that is a mind-heart field, or, non-physical event.

More researchers, like Raymond Moody, MD, Kenneth Ring, PhD, and Gary Schwartz, PhD, are addressing the perpetual question of what happens to our consciousness after death. Near-death experiences and spiritually transformative experiences (NDEs and STEs) have now been documented extensively by research professionals as well as anecdotally globally, notably in the mid-1980s and then blossoming in parallel with the internet. Various publishers have

***“Researchers
assert that there
is a unified
field, referred
to as the grid of
consciousness”***

offered numerous titles in this genre, and more are expected. Anyone interested in how NDEs or STEs relate to our ability to transform our own consciousness, and express more potential in life, can easily find such literature or film on internet websites. This collective awareness presses us to examine how consciousness relates to our health.

NDE and STE researcher and physician Eben Alexander, MD, describes his recent medical crisis and NDE in his most recent books. Alexander writes, “My coma taught me many things. First and foremost, NDEs, and related mystical states of awareness, reveal crucial truths about the nature of existence. Simply dismissing them as hallucinations is convenient for many in the conventional scientific community, but only continues to lead them away from the deeper truth these experiences are revealing to us. The conventional reductive materialist (physicalist) model embraced by many in the scientific community, including its assumption that the physical brain creates consciousness and that our human existence is birth-to-death and nothing more, is fundamentally flawed. At its core, that physicalist model intentionally ignores what I believe is the fundament of all existence—consciousness itself. NDEs such as mine then represent the tip of the spear in a rapidly progressing

enlightenment of the scientific community around the mind-brain relationship, and our understanding of the very nature of reality. The world will never be the same.”⁵

Socrates cautioned his readers not to be so arrogant as to think we know what happens after death. Some believe it may be a fearful experience; others that there is nothing after death of the body, because, they say, it is the brain and body that are generative of consciousness. However, evidence and paradox instruct us otherwise: To have a state of nothing, no existence, there must be awareness that there is nothing! Stated another way: If there is consciousness about a hypothetical state of no consciousness, then something is aware, and where there is awareness, the state of lacking consciousness is an impossibility. The biblical adage, “Nothing is impossible with God,” is oftentimes interpreted to mean that when one acts with God nothing is impossible to achieve. A secondary meaning suggests that with eternal Source, nothing is impossible, or, lack of consciousness is impossible. Logically we may conclude that consciousness is eternal, and there is life after death of a physical body.

There is no better time than now for as many of us as possible to realize the integrity of being our best selves—in other words, being aware of our wholeness. The state of

the world calls us to focus more on integrating our body with its unseen mind, heart, and soul. We as human beings everywhere are challenged to move forward with the practical use in our lives of the most sublime part of us, the unconditional, the spiritual, which means to be aware of it. Indeed, mind-body medicine makes evident that our bodies depend upon such integrative awareness for overall health—and for the peace of our personal and collective lives.

Joyful humility can result from being aware of the mystery of our being; doesn't the world need joy? It needs the peace that comes from realizing who one may really be beyond the body, and being grateful for simply being alive. Joyful humility enables us to live in the coherence between our hearts and brains—a state rooted in gratitude. It seeks to uncover the source of Light in human life; evidence is unfolding daily that life's consciousness is diverse, physical and non-physical—and as one becomes more aware of expanded consciousness, the heart opens more and life is enhanced. Δ

SCOTT E. MINERS is executive editor of Well Being Journal.

References

1. *Brain/Mind Bulletin*, 8, no. 12/13.
2. “Tell them you came from the Light...” from *The Gospel of Thomas*, Nag Hammadi Library.
3. Essay by Leo Baeck (1953), in *The New Quotable Einstein*.
4. *The World as I See It*, New York: Wisdom Library, 1979.
5. *See Proof of Heaven, Map of Heaven*, and the upcoming *Living in a Mindful Universe* as well as <http://ebenalexander.com>.

If we dump our negative feelings on others, they experience it as an attack and they, in turn, are forced to suppress, express, or escape the feelings; therefore, the expression of negativity results in the deterioration and destruction of relationships. A far better alternative is to take responsibility for our own feelings and neutralize them. Then, only positive feelings remain to be expressed.

—David Hawkins, MD, in *Letting Go: The Pathway of Surrender*, Hay House, Inc., 2012, page 13, hayhouse.com



Your Life-Changing Story: The Story You Need to Tell

By Sandra Marinella, MA, MEd

WE ALL HAVE A STORY. Sometimes it is the story of being knocked to the ground—perhaps because of a cancer diagnosis or the death of a loved one. And if we aren't careful, a story like this can get buried within us. We can deny it ever happened, and this might lead to physical or psychological problems. Let's explore how we can find and begin to navigate a story we need to tell.

Ten years ago, at the beginning of his senior year, Ben sat in the back of my high school writing classroom—against the wall. Over his head was an imaginary sign that read “Leave me alone.” But my job as a teacher was to knock down that sign. And while it took a few weeks, I did. On my third attempt at a conversation with Ben, there was a breakthrough.

Although he had few words for what had happened, he had a story stuck inside. It had shattered his life. He had scrawled bits of it in his classroom journal, but now he would tell me. “Last summer ... my uncle ... my best friend ... died.” Ben had broken his silence.

While he continued to struggle with his words, Ben began to inch forward. In coming weeks, he embarked on writing a personal narrative about this tragic death. Still, it would be several more weeks before he would share it openly in class. Even then, his story bobbed up unexpectedly. On the day narratives were due, I asked if any students wanted to read their work aloud. Ben's hand shot up—probably as much to his surprise as to his classmates'.

For a few seconds, he sat staring at his essay, stunned that he had volunteered, but he found his voice. At first,

he read haltingly about “his lost friend.” But then Ben found his rhythm and read about the good times with his uncle—reading *Rolling Stone*, riding bikes, listening to U2, especially “Beautiful Day.” He described a visit to a war memorial in Washington, DC, where he watched his uncle cry as he rubbed his fingers across a name. And he noted that Uncle Mark could neither forget this war nor talk about it. Then his voice softened, and Ben ended by describing a not-so-beautiful day when he opened the garage door to find his uncle shot to death. “Self-inflicted wound,” he read. “A suicide.”

As students left my class that day, some paused to thank Ben for reading his story. Others paused to pat him on the back, and two girls hugged him. While this story would never be okay, on that day, Ben began accepting his uncle's death and integrating it into his life story. In coming months, Ben began to volunteer and work with local veterans. He was moving forward and trying to make something positive come from his loss.

Over two hundred studies show us that our personal writing can help us heal physically, psychologically, and even socially. In my work with writers, veterans, and cancer patients, I have discovered there are stages that can help us find our way to healing and personal story transformation:

1. Experiencing pain and grief. When you undergo a trauma from a loss, illness, or any serious setback, you will experience painful emotions. While there is no set order for what transpires, initially you might want to ignore or deny what has happened because this helps to endure the shock.

2. Breaking the silence. At this time, you find your voice and begin to express your emotions and share openly what has happened.
3. Accepting and piecing together a shattered story. In this stage, you begin to move your emotions into a logical framework and make sense of what has happened to you and what you plan to do about it. Writing is especially helpful in this stage.
4. Finding meaning. Here you make sense of your broken story and integrate it into your life. The story is complete.
5. Rewriting or transforming your life story. With the pain of this experience behind you, you can move forward with renewed energy to live more fully.

The Story You Need to Tell is a guide to help you find, share, write, edit, and grow from your stories. Here is a sample writing prompt to help you find a story you may need to tell. If at any point your writing seems too painful, you should put it on hold.

Writing Prompt: Finding a Story You Need to Tell

If you have not written about a difficult experience or trauma, you may want to approach it first by doing a structured writing exercise. By answering simple questions, you can examine your experience and decide if you are ready to move forward with an in-depth exploration. Begin by completing each sentence starter, and follow it with a short paragraph of a few sentences. This should take about ten to twenty minutes.

- The story I would like to explore is...
- What comes to mind is...
- What bothers me about this experience is...
- What I would like to understand is...
- I am hopeful that...
- Perhaps it would help if...

Later, come back and review this writing. At this time, ask yourself: What have I learned? Is this a story I need to explore in more depth? Decide on your next step. Δ

This article is based on the book *The Story You Need to Tell*, copyright © 2017 by Sandra Marinella, and is reprinted with permission from New World Library. www.NewWorldLibrary.com.

SANDRA MARINELLA, MA, MEd, is an award-winning writing teacher and the author of *The Story You Need to Tell*. She has taught thousands of students and fellow educators and presented hundreds of workshops to veterans, teachers, writers, and cancer patients about writing to heal, grow, and transform our lives. Sandra founded the Story You Need to Tell Project, which provides workshops on the power of transformational storytelling and personal writing to increase well-being. Profits from her book support cancer research and provide educational scholarships to veterans and writers. She lives in Chandler, Arizona. Discover more at www.storyyoutell.com.

See the Difference - incredibly pure - Beauty Balm

For a beautiful natural look in no time!



Available in 5 perfect tones
• Hydrates - protects
• Primes - smoothes
• Perfects - evens skin tone
• Corrects - brightens

Beautiful, Hydrating,
Blendable and unbelievably
Light, CARENminerals' new
skin perfecting Multi Beauty
Balm gives your face a
finished look in just seconds.

Our Multi Beauty Balm is 100%
Gluten Free, Allergen Free, Tree Nut
Free, and Nonirritating to even the
most sensitive skin types.

Dare to compare: Check out the
ingredient list of other BBs on the
market, which contain up to 30
chemicals, and you'll realize just how
clean and pure our new BB is.

At CARENminerals we never use any fillers,
preservatives, synthetic dyes, parabens,
bismuth oxychloride, or talc in our products.
We test only on humans.

CARENminerals[™]

Engineered to be incredibly clean
Available on Amazon Prime or
www.CARENminerals.com



Essential Living

By Shelley Uram, MD

AT BIRTH, OUR IDENTITY is one and the same as our essence (Essential Self). As the brain areas involved in thought start to develop, at around three months old, we begin to discern that we exist. The brain areas focused on survival react strongly to protect that newly found “me.” The “voice” of survival circuitry is far louder than that of the Essential Self, and we soon forget who we are at our essence. Our personality and life develop around and through the fear-based survival circuitry. I refer to this as the “false self.” By our teen and young adult years, most of us have long forgotten our true nature. We suffer greatly from this. Finally, we look at possible ways to reclaim our Essential Self.

Personally, I sustained a lot of trauma in my formative years. This made me acutely aware of my own suffering. Professionally, I have seen suffering in most human beings. When our identity becomes attached to the false self, it is impossible not to suffer. True freedom can only come from re-identifying with our Essential Self.

*“By our teen and
young adult years,
most of us have
long forgotten our
true nature”*

Although some religions recognize the concept of an Essential Self, our culture in general does not.

Most of us become convinced at a young age that if we succeed at certain accomplishments—e.g., having a family, valued work, or financial success—sustained peace and happiness will follow. It does not. Peace and happiness are an inside job.

I’m not saying we should not strive for monetary success or healthy family relationships. It’s important to seek whatever it is you want. You just need to realize that if your underlying belief is that you will reconnect with your Essential Self through these successes, you will likely be disappointed.

There is an exercise that can help you become more clear about what you truly want—the truth that is the nature of the Essential Self. Simply put, it is to ask yourself the following questions, and answer each one before going on to the next. Begin with: “What do you want more than anything in your life?” Next ask: “If you had this, what would it give you?” Then ask

again: “If you had this, what would it give you?” You need to ask this last question and answer it repeatedly until you can carry it no further. The final answer is usually different than what most initially expect.

Many people with terminal illnesses come to the same type of understanding on their own. Many of the people I have met or worked with who were terminally ill began to ask themselves these same kinds of questions. For example: “Who am I?” “What do I really want the most?” “Am I living my life in alignment with what I truly want?” As they begin to find the answers to these deepest of questions and explore their motivations, many of them express regret that they had not asked themselves these questions years earlier. So, I ask you: Why wait until you are dying?

There are many ways to recognize your Essential Self, and these can be applied to each person in an individualized manner. The game plan depends upon how the specific person’s brain functions. For example, as was the case with me, many people first need to calm

the brain before they can shift the “spotlight” of attention from the outside world to the inside world of the Essential Self. Others don’t need to first calm down and can proceed differently. Δ

SHELLEY URAM, MD, a Harvard-trained, triple board-certified psychiatrist, is a senior fellow at The Meadows, a distinguished fellow of the American Academy of Child and Adolescent Psychiatry, and a clinical associate professor of psychiatry at the University of Arizona College of Medicine. Her latest book is *Essential Living: A Guide to Having Happiness and Peace by Reclaiming Your Essential Self*, available wherever books are sold or from the publisher, HCI Books: 800-441-5569 or www.hcibooks.com, ISBN: 9780757319600, \$15.95.



Living close to nature is very important. For me the great discovery in India is the discovery of the sacred. In India (to the majority of the simple, non-violent persons) everything is sacred: the earth is sacred; food, water, and taking a bath are all sacred; a building is sacred. Here one is still living in the old ‘sacral’ universe, which means everything to me. In India I found it alive in the villages and among the people. I really feel now that I’ve discovered what I was quite blindly seeking when I was a young man of twenty (at Oxford)....

—Bede Griffiths in *Dialogues with Scientists and Sages*, by Renée Weber, PhD

When talking about the future, expect only the best—that great possibilities are coming. In so doing, you create hope and stimulate ambition... Positive and reasonable expectations serve to provide guidance, create faith, establish hope, and promote self-confidence.

—Michael G. Rayel, M.D., in “Announcing Expectations,” www.americanchronicle.com.

The Alexander Technique for Back Pain

About 80 percent of adults in the US suffer back pain at some point in their lives. While back pain can be the result of a serious condition, most cases are the result of poor posture and other physical stresses. Slouching, inefficient repetitive motions, and poor movement habits put undue pressure on the body, leading to chronic pain. Often, how we do something creates the problem, not the activity itself.

The Alexander Technique, created by FM Alexander, has a devoted following because of its success in relieving back pain. Sufferers learn to recognize harmful habits of movement that contribute to their back pain, then learn to move and hold their bodies in ways that relieve tension and promote ease of movement.

The Alexander Technique trains teachers to recognize how your movement style contributes to your physical pain. An instructor observes how you sit, stand, and walk to determine your movement pattern, then guides you to move in a freer, more integrated way. Research has shown that using the Alexander Technique outperforms exercise for pain relief after only six lessons.

In addition to using the technique, drink plenty of water and quit unhealthy habits to relieve your back pain once and for all.

—Adapted from “The Alexander Technique for Back Pain” by Joseph Mercola, DO, from <http://fitness.mercola.com>.

The Day I “Died”

By Anita Moorjani

Oh, my God, I feel incredible! I'm so free and light! How come I'm not feeling any more pain in my body? Where has it all gone? Hey, why does it seem like my surroundings are moving away from me? But I'm not scared! Why am I not scared? Where has my fear gone? Oh wow, I can't find the fear anymore!

THESE WERE SOME OF MY THOUGHTS as I was being rushed to the hospital. The world around me started to appear surreal and dreamlike, and I could feel myself slip farther and farther away from consciousness and into a coma. My organs were beginning to shut down as I succumbed to the cancer that had ravaged—no, devoured—my body for the past four years.

It was February 2, 2006, a day that will be etched in my memory forever as the day I “died.”

Although in a coma, I was acutely aware of everything that was happening around me, including the sense of urgency and emotional frenzy of my family as they rushed me to the hospital. When we arrived, the moment the oncologist saw me, her face filled with shock.

“Your wife’s heart may still be beating,” she told my husband, Danny, “but, she’s not really in there. It’s too late to save her.”

Who is the doctor talking about? I wondered. I've never felt better in my life! And why do Mum and Danny look so frightened and worried? Mum, please don't cry. What's wrong? Are you crying because of me? Don't cry! I'm fine, really, dear Mama, I am!

I thought I was speaking those words aloud, but nothing came out. I had no voice.

I wanted to hug my mother, comfort her and tell her that I was fine, and I couldn’t comprehend why I was unable to do so. Why was my physical body not cooperating? Why was I just lying there, lifeless and limp, when all I wanted to do was to hug my beloved husband and mother, assuring them that I was fine and no longer in pain?

Look, Danny—I can move around without my wheelchair. This feels so amazing! And I'm not connected to the oxygen tank anymore. Oh wow, my breathing is no longer labored, and my skin lesions are gone! They're no longer weeping and painful. After four agonizing years, I'm finally healed!

I was in a state of pure joy and jubilation. Finally, I was free from the pain caused by the cancer that had ravaged my body. I wanted them to be happy for me. Why weren’t they happy that my struggle was finally over, that their struggle was over? Why weren’t they sharing my jubilation? Couldn’t they see the joy I was feeling?

“Please, there must be something you can do,” Danny and my mother pleaded with the doctor.

“It’s only a matter of hours for her,” the oncologist argued. “Why didn’t your other doctors send her to us earlier? Her organs are already shutting down, and that’s why she has slipped into a coma. She won’t even make it through the night. You’re asking for the impossible. Whatever we administer at this stage could prove too toxic and fatal for her body, as her organs aren’t even functioning!”

“Well, maybe,” Danny insisted, “but I’m not giving up on her!”

“Finally, I was free from the pain caused by the cancer that had ravaged my body”

My husband held my limp hand tightly as I lay there, and I was aware of the combination of anguish and helplessness in his voice. I wanted more than anything to relieve him of his suffering. I wanted him to know how wonderful I was feeling, but I felt helpless in trying to convey it.

Don't listen to the doctor, Danny; please don't listen to her! Why is she saying that? I'm still here, and I'm fine. Better than fine—in fact, I feel great!

I couldn't understand why, but I experienced what everyone was going through—both my family members as well as the doctor. I could actually feel their fear, anxiety, helplessness, and despair. It was as though their emotions were mine. It was as though I became them.

I'm feeling your pain, darling—I can feel all your emotions. Please don't cry for me, and tell Mum not to cry for me, either. Please tell her!

But as soon as I started to get emotionally attached to the drama taking place around me, I also felt myself being simultaneously pulled away, as though there were a bigger picture, a grander plan that was unfolding. I could feel my attachment to the scene receding as I began to realize that everything was perfect and going according to plan in the greater tapestry.

It was then that the realization truly set in that I was actually dying.

Ohh . . . I'm dying! Is this what it feels like? It's nothing like I ever imagined. I feel so beautifully peaceful and calm . . . and I feel healed at last!

I then understood that even if my physical body stopped, everything is still perfect in the greater tapestry of life, for we never truly die.

I was still acutely aware of every detail unfolding before me as I observed the medical team wheeling my near-lifeless body to the intensive care unit. They were surrounding me in an emotional frenzy, hooking me up to machines while poking and prodding with needles and tubes.

I felt no attachment to my limp body as it lay there on the hospital bed. It didn't feel as though it were mine. It looked far too small and insignificant to house what I was experiencing. I felt free, liberated, and magnificent! Every pain, ache, sadness, and sorrow was gone. I was completely unencumbered, and I couldn't recall feeling this way before—not ever.

I then had a sense of being encompassed by something that I can only describe as pure, unconditional love, but even the word love doesn't do it justice. It was the deepest kind of caring, and I'd never experienced it before. It was beyond any physical form of affection that we can imagine, and it was *unconditional*—this was *mine*, regardless of what I'd ever done. I didn't have to do anything or behave a certain way to deserve it. This love was for me, no matter what!

I felt completely bathed and renewed in this energy, and it made me feel as though I *belonged*, as though I'd finally arrived after all those years of struggle, pain, anxiety, and fear.

I had finally come home. Δ

ANITA MOORJANI is the author of *Dying to be Me: My Journey from Cancer, to Near Death, to True Healing*.

This excerpt is printed by permission of the publisher, Hay House, from Anita Moorjani's *Dying to be Me*, available at all bookstores or online at www.hayhouse.com.



Natural Progesterone Cream
Bio identical
for MEN and WOMEN
for special prices, call
218 835 4340
www.zellersnaturalhealth.com
www.zellerswholesale.com www.zellerschimachine.com

Do you have problems with:

✓ Stress	✓ Insomnia
✓ Low Energy	✓ Back Pain
✓ Poor Circulation	✓ Leg Pain
✓ Constipation	✓ Allergies
✓ Muscle Aches	✓ Headaches
✓ Low Sex Drive	✓ Depression

The Far Infrared Hot House® and Chi Machine® are for you!

CALL 218 835 4340 FOR LATEST/BEST PRICES
zellerschimachine.com
mizeller@paulbunyan.net



CHELATION THERAPY

I.V. chelation effective in supporting cardiovascular disease (NIH TACT trial, JAMA, 2013) and removing mercury.

DR. JONATHAN COLLIN, M.D.
<http://drjonathancollin.com>
<http://www.townsendletter.com>

Kirkland (425) 820-0547
Port Townsend (360) 385-4555



Youssef and His Daughter

An Interview with Shannon McRae

©istock.com/Pawel Gaul

Well Being Journal: Shannon, you have been discussing your work as a medical intuitive, psychologist, and energy medicine practitioner in this Journal for over ten years. Recently, you started to disclose your ability to communicate with people you describe as being on the other side. Since you were a child, you've been able to perceive people who have made their transition into non-physical consciousness. What made you decide to start using this ability in your therapy work?

Shannon McRae: This ability has come forward more in recent years in conjunction with the medical intuitive work I've been doing. For example, I had been working with one client who had called me about a health issue. During that first conversation, she told me her husband had just died. She was crying and said she wished she could talk with him. Because she was so distraught, I decided to ask her if she wanted me to try to connect with him. She enthusiastically asked me to do so. Since then, we have had many sessions, and in all of them, she has spoken with her deceased husband through me. He speaks of many things from the past that only he would know, and this evidence that he is there has been very healing for her.

I have long known that such communication is very helpful for people, but I never advertised or disclosed publicly that I could serve as a medium for this kind

of dialogue. I'm doing so now because it helps people, and I decided not to hold back anymore. I am not so concerned as in the past about being criticized by those who might think negatively of me. Also, many other people are doing this type of work today, and it has become more accepted by the general population.

That seems to be true. Many researchers, such as Gary Schwartz at the University of Arizona, have been documenting remarkable cases of evidential mediumship and reporting their benefits. With the accessibility of the internet and other information technology today, as well as print and digital publishing, the case histories are growing. Also, the world has become a more open place, and many who have the ability to perceive intuitively have come forward in the past twenty years. At the same time, more and more people are asking for this kind of help.

Yes, all of that has played a role. Also, since this ability has come naturally to me since childhood, it has sometimes been more difficult for me to suppress what I know and see than to express it. When I was a child, I often blurted out something I saw to those around me because I had no filters, and I still sometimes do that today. Most of the time, however, I don't tell people what I see. I don't invade people's privacy. However, if someone asks, I can tune in and help them.

For example, the mother of a friend died recently, and about a week later, he told me that he was wondering about her. Because he was thinking of her and so was I, I saw her with a group of people on the other side of the veil between the physical and spiritual worlds, just as if they were in the same room with us. I told this to my friend because I knew he was interested in communicating with her. This comes so naturally to me that I sometimes forget that it isn't part of other people's realities—but I've lived this way all my life, so it's part of mine.

By now, you have found yourself serving as the medium of communication many times between your clients and their loved ones who have passed on. How do you respond when you are working with a client and one of their relatives or another loved one shows up?

I usually don't pay attention to the non-physical beings who show up unless I think the client might be open to this awareness. For instance, one of my clients was quite open, and during one of our sessions, an older woman in the non-physical realm kept trying to get my attention. I had a hunch that this woman was my client's grandmother, and I finally asked my client if she knew of a woman of her description. I described her hair and eyes and so forth. People in the non-physical realm can project images of themselves at any age they want. This one projected her older self so that my client would recognize her. After my client said that the description matched her grandmother, I focused more closely on the older woman so I could see her energy form better. As I did so, she requested that I ask my client if she remembered the sweet peas. My client replied that her grandmother grew sweet peas on a vine every year. As the session went on, my client received a great blessing and healing because of this communication.

Do you ever have to shut out what you see in the non-physical realm?

“If someone wants to try communicating with a deceased loved one for the first time, it's important for them to find a good evidential medium”

Well, if someone shows up unexpectedly during a session with a client, I usually ignore them and go on with the session. If the client has not asked for such communications or is not open to the reality that there is life after death, it would mean nothing to them for me to begin trying to give them a message from a loved one. They might, in fact, think me crazy! I'm sure this is frustrating to those who have passed over and want to communicate, but there's nothing I can do about it if there isn't openness on the part of the client. However, if a client has specifically asked me to communicate with a loved one, I focus more intently and facilitate the communication directly.

How would you answer those who bring up the issue of fraudulence or say that you or others who work as mediums are simply taking advantage of gullibility in others?

If a client didn't feel that I was truly talking with their loved one or if the information I received was incorrect, I would refund their money. There have been unethical people who have taken advantage of others, but this isn't true of the very many ethical mediums practicing today.

If someone wants to try communicating with a deceased loved one for the first time, it's important for them to find a good evidential medium. By that, I mean someone who can give you evidence from the deceased person that shows it is truly them. In such cases, you don't give the medium any specific information about the person you want to communicate with. When that person comes forward, they will show the medium certain things or telepathically provide specific details that only they would know. Then, you have evidence that isn't colored by any previous information the medium had.

Research such as that done by the HeartMath Institute shows that we each have a bio-energetic field that surrounds us and is interconnected with everything in our environment. Would you say that you perceive communication from someone who has left their physical body through this field interaction?

Brain Science Discoveries

British novelist Matt Haig wrote, "Neuroscience is a baby science. ... We know more about the moons of Jupiter than what is inside of our skulls."

Neuroscience is rapidly progressing, however. In 2016, major advances were made in joining human with machine, treating the number one genetic cause of death in infants, and treating depression and anxiety—with psychedelic drugs.

Lou Gehrig's disease leads to muscle paralysis and difficulty in communicating. Researchers in the Netherlands developed a therapy that allowed a Dutch woman to communicate by translating her brain waves into text.

Children with spinal muscular atrophy rarely live past two years old. Biogen has developed a gene therapy that works so well that recent clinical trials were stopped early because researchers deemed it unethical to withhold treatment from babies in the placebo groups.

Meanwhile, a single dose of psilocybin, the active ingredient in "magic mushrooms," has been shown to be effective at treating symptoms of depression and anxiety in late-stage cancer patients.

Perhaps the most exciting news is that while neuroscience is still in its adolescence, there are plenty of creative, eager researchers working in the field to continue making astounding discoveries for many years to come.

—Adapted from "From Psychedelics to Alzheimer's, 2016 Was a Good Year for Brain Science" by Bret Stetka, at: <http://www.npr.org>.

Yes.

So, it's as if there's a field resonance of some kind, there's an intelligence operating that way beyond the five senses?

It seems there is. You could equate the field with your soul. Your soul is a much larger, more expansive part of you. The body is what the soul uses to express in this world, but it isn't limited to the body. It knows things and is aware of connections that it can communicate to your mind and brain.

Do you have another case that demonstrates how the ability to communicate as a medium between the physical and non-physical realms can help someone heal?

Yes. This is a case that involves a woman in her thirties. Shaheer (not her real name) is a medical doctor from Iran who called me about a health issue. She called me after reading *The Healing Effects of Energy Medicine*. She had developed a cancerous tumor in her left breast, confirmed by lab tests, and wanted my help to heal it, whether with medical intuition, nutrition, energy medicine, or counseling. She had already received intravenous chelation

"You could equate the field with your soul"

treatments, and she had stopped eating gluten grains, sugar, and dairy products as part of her attempts to reverse rather than feed the tumor.

When I intuitively scanned her body during our first session, I saw that her adrenals were very stressed. I also perceived cancer in her lymph nodes and asked her if the doctors had found any sign of it, but she said they had not.

At the end of the session, I gave her forgiveness exercises to practice, as I do with almost all my clients. I intuitively knew she was carrying anger, frustration, hurt, guilt, and remorse, toward both herself and others. Forgiveness is an important factor in healing, but during our second session, I could tell she was not doing the exercises, and I spoke with her about them again. It isn't easy to hide anything from me! During our third session, she said she now had one or two lymph nodes that had become sore, and wanted me to check them. I saw that the energy was darker in these lymph nodes than it had been in our first session.

How did you proceed after this?

She told me she had read in my book that sometimes I give information to a client from a loved one who had passed on. Then, she asked if I would be willing to see if I could get a message from her father, who had died twenty years earlier. I told her I'd be happy to try, and I asked her for his name and the age he had been when he passed. This would help me identify him if he came forward, as sometimes several different people will show up. She said his name was Youssef, and he had died in his early 50s, while she was a young teen. So, I started to tune in and call his consciousness forward with intent. First, a man in a saffron robe appeared, but she said that this was not

her father, as he never wore a saffron robe, so I kept focusing on clarity and calling for Youssef, her father, to come forward in spirit.

Often, someone unknown or seemingly unknown will show up first. Perhaps it's because they know I can see them. After I joined her more strongly in her intent that her father come forward, a man appeared wearing a light blue shirt, and he indicated telepathically that this was his daughter and that he'd like to help her. His face was moon shaped, his eyes were hazel, and he had bushy eyebrows. I described him to her, and she confirmed all those things. He then showed me that he had two gold filigreed teeth in the upper right section of his mouth, and she confirmed this was true of her father as well. He was wearing khaki-colored cotton slacks, which she acknowledged was usual for him.

Her voice started breaking as this evidence unfolded, and she soon began crying and blowing her nose; she was overcome with emotion because she knew her father had come to communicate with her. She requested that I ask him what to do to get rid of the cancer, and I did so. He replied that she needed to focus on her thoughts and emotions and be peaceful. She also needed to build up her body and immune system. I had already told her these things in an earlier session, but to hear it from her father made a deep impression on her.

He then asked me to tell her that she was switching back and forth between fear and confidence, and he advised her to focus more on positive thoughts. He wanted her to move out of the anxious thought patterns she was constantly experiencing. He also told her she needed to take vitamin C and turmeric, which I had previously suggested. I had also advised her to oxygenate her body with deep breathing exercises.

Perhaps because she identifies too much with the beliefs of conventional medicine, it has been difficult for her to change her ways. However, this is a case that shows how a loved one who has died can be of assistance. Sometimes just knowing our loved ones are aware of us and want to communicate is very healing. This was the case with Shaheer, as she is now much more emotionally stable.

What would you say is the bottom-line understanding that comes from an awareness that when we die, we really don't go anywhere, there's life after life, as evidential medium work shows?

Well, there are many things, but the main points would be that there's nothing in death to fear and that even if a loved one is no longer in a body, they really haven't gone anywhere, as you say. The bottom line is that there is total connection; there is no separation. We are never alone. Δ

SHANNON McRAE, PhD, works as a psychologist, nutritionist, medical intuitive, and medium communicator primarily via telephone and Zoom with clients worldwide. Her book, *The Healing Effects of Energy Medicine: Memoirs of a Medical Intuitive*, is available at amazon.com and other booksellers; the German edition is published by Aquamarin Verlag, and the Indian edition is published by New Age Books, New Delhi. She may be contacted at 775-315-7232.

Why content yourself with reflections on the surface when your eyes are perfectly capable of diving deep into the soul of the friend you're with? And when you soften your gaze and see deep into the soul of your partner, a wonderful miracle begins to occur: you begin to travel across the deep expanse of inner space and see directly into your own soul as well. And remember, your eyes are perfectly good. You only have to be willing to open them and look.

—Will Johnson in Rumi: Gazing at the Beloved, hardcover, 216 pages, references, \$16.95; Inner Traditions International, One Park Street, Rochester, VT 05767, www.innertraditions.com

Do you think gravity has to work twice as hard to hold an elephant to the ground as it does an acorn? ... The size of your dreams has nothing to do with the likelihood of them coming to pass, nothing. Think Big.

—Mike Dooley in More Notes from the Universe



Ojibwa Tea of Life™
Traditional Rene Caisse essiac formula

Native American medicine specifically blended fresh for each order, with herbs from domestic, certified organic growers.

Allergies? Asthma? Hay Fever?
Try Ajebine™, a unique century-old herbal formula effective for relief of allergies, asthma, hay fever, and other respiratory irritations.

More products and educational material available
@: www.ojibwatea.com



Guided:

An Interview with Hans Christian King

The publisher of his new book, Guided: Reclaiming the Intuitive Voice of Your Soul, invited us to interview Hans King, which we agreed to do as many of our readers are seeking more reliable information about personal growth in consciousness and their own voice of intuition, as well as researching the realm of consciousness after death.

HANS KING WAS BORN clairsentient, clairvoyant, and clairaudient, and since boyhood has been a direct voice for messages from spiritual Guides. He did so first for his family and friends, and then, for the past sixty years, since the age of twelve, he has been helping people all over the world with evidential messages from their Guides and departed loved ones. There is a bit of personal information in this interview pertaining to the interviewer, which we thought best to exclude at first; however, because it may be of assistance to some readers, we decided to retain it.

Scott E. Miners is the founder and executive editor of *Well Being Journal*.

Scott Miners: Hans, we are impressed with your new book and think many of our readers will be so also. I'd like to start by asking if you would speak of the main messages you'd like to convey about your work?

Hans King: Happily. The first thing is that we are not alone. When I was about five or six years of age I began to give messages to those close to me from Spirit Guides, and then when I was twelve I began to do that a lot more. So, for over sixty years I've been doing this work essentially full time. One of the first things spirit gave me to tell everyone is, "We would like people to know they are not alone." That resonated inside me; I felt like I was a grown up when they said, "We are not alone."

That one thing has permeated my work for decades, and it's because so many feel they are alone in their consciousness. Secondly, many people feel they may not be able to speak their truth; they might be in a difficult situation, but if they know that somebody, somewhere is hearing them, it's an enormous comfort, and then to know that you can literally get information from that someone who cares is very important. In the Bible there's a saying that, "God will send his angels to take charge with thee." In many religious traditions, the spiritual beings are called angels, but in my work, we simply call them Guides. They are assigned, and not everybody knows that. So, by letting people know that they can indeed communicate with these Guides on the other side of the physical veil is one of the main reasons we did my new book.

Thirdly, we do come here on earth with a purpose, or what a lot of people in my profession call a contract, or an agreement. My job is to help people understand what their contract is for their life, and how they can access the best out of their life for what they are trying to accomplish. Also, one of my great joys is the work I do with people who have lost loved ones. This is a large part of my work and one of the main reasons I wrote my book. I want people to know that consciousness does not die when someone leaves us here on earth. That individual's consciousness remains the same, but in a different form. Those on the other side who love us do stay close to us and over us until we make our journey to the other side as well. They put an enormous amount of effort into my book!

Throughout your book you also discuss simple methods for anyone to use to be more aware of their intuitive feelings or of what you call the heart's intelligence.

Yes, it's very important, and we teach this in our intuitive development program. We have classes to help people get beyond our human mind chatter, which I think can be one of the most destructive of forces to humankind. It's the only thing that tells us who we can't be and what we can't do. There's nothing else in life that tells us to limit ourselves. So, we teach how to shift perception: We are not alone; we do have a force that each of us is already tapped into; and there are simple ways to access this force, which is love.

The force is already there, but we haven't learned to use it. It's like walking around with a fan on a very hot day wishing you had a way to cool yourself. You don't plug the fan in but you wish for coolness. When you plug it in you get instant relief, and when you tune in to the force that's with you, you also get instant relief. It's the same thing. We have all this wonderful love and energy that surrounds us. I've seen all my life, in over sixty thousand sessions with people how it works: There is a love from the spirit that is generated toward every individual, and it's phenomenal. So many people don't know that anyone or anything loves them. So, I try to show them how that works and how to understand it, as well as how to communicate with spirit.

You also write in your book about the transition or death of loved ones and the subject of death. I've heard it said that unless you make peace with death, you don't truly live. We are all going to die, and it's not that you get overly focused upon death but that you make peace with it. Do not fear it, and then get on with your life. Is this making peace with death part of what inspires you to serve others by helping them see that we live on after death?

I understand that philosophy. I try to help people make peace with themselves. When they can do that, when we can introduce them to their spiritual Guides, whether that is a parent or other loved one or even someone they didn't know on earth, they no longer have any fear of

death. There are people who make their transition who are so traumatized by their passing that work needs to be done on the other side to help them. I try to help people realize while here on earth that there's no reason to be traumatized by death.

Many people are terrified by death. I am not. I have died twice, in near-death experiences, and my consciousness never went away. I know what it's like to die. The first time I fell off a pier when I was a young boy. The waves were bashing me against the rocks under the water. I had no fear, but I heard myself say, "Oh, I'm going to die." Then I heard a voice say,

"No son, you'll be alright in just a moment." The next thing I remember is that I was on the beach and first aid people were pumping water out and blowing air into my lungs. The interesting thing was that the lifeguard who rescued me wasn't known. There was no lifeguard on duty at that location on the beach. I saw him, but no one saw him afterward. He had a very unusual look in his eyes when I saw him. I think that an angel rescued me. It was a wonderful feeling, even though I was battered and bruised. At any rate, I know what the other side looks like because I've been there. I had a second NDE when my car was hit in an accident, and again, the death I experienced was not a fearful thing. I knew I was going to die, and I thought, "I'm ok, and they'll take care of me."

"We are not alone; we do have a force that each of us is already tapped into; and there are simple ways to access this force, which is love"

I try to take my experiences and help others with them. One of my dearest friends died recently, and his wife is literally terrified of dying. After all the work that we've done together, and she's still terrified of dying. I said to her one day, the good news for me is that you'll get the benefit of it someday, because none of us get to stay here. I try to help everyone come back into their true nature, to realize who they really are, and help them to realize that they do have a partner in spirit, to help them be a little bit more comfortable with their lives.

I've been interested in near-death experiences (NDEs) since having a motorcycle accident at the age of 20, and I read a lot about death and dying starting then, because I thought I was going to die in the accident. I went to work for the Theosophical Society in Illinois as editor of the magazine, because at the time Dora Kunz was president of the Society, and I knew she was clairvoyant. Every day before work the staff of about 40 people could get together and meditate for fifteen minutes, and any staff member could join if they wished. One day, shortly after my father died, Dora came to me after the meditation and said, "Your father was here."

I asked why? She said he was there because I was there, and that it's easier for someone in the spirit world to be around when people are meditating. Also, when my father died, it was at home, in his bed, and it seemed I could feel him leave his body and go into the upper corner of the room. It was as if that corner became full of light and the room was filled with a very peaceful, joyful feeling. We of course were grieving because of my father's death, but there was joy at that moment of dying.

Yes, that is correct, about your father going out into the room. Before you go any further. I have a strange question to ask you. There's a man in the spirit world and he spoke to me before you and I got together on the phone today, and he said to me, "Will you ask my son if he knows I do love him?" I thought that was unusual,

because he didn't say, "Tell my son I love him," he said, "Will you ask him if he knows." Why would somebody say that?

If this is my father speaking to you, I think I know why he said that.

Yes. This is what he is saying to me: "I didn't get to know him the way I had wanted to get to know him." Do you think that's true?

I do.

Thank you. And then he says, "Please tell my boy I didn't get to know myself either. I found it hard to give what I hadn't received."

I understand.

I hoped you would. You know you are clairsentient with clairvoyant overtones. What I would do if I were you is give your father things to do to help with that. Say, "Dad, I'd like to see the outcome of such and such, and this is how I want to feel when the outcome comes. Ask for certain signals." He does want to work with you. You are a natural born intuitive healer because you are clairsentient. The bottom line here is that your father wants you to know that despite anything he does love you and wants to help you. And, basically, he's apologizing.

Thank you. Ok, I'm now in tears.

That's all right. I'm on your side. This is what I do. This is who I am. This is what my guidance is doing. Also, there's a mother figure here, but I thought your mother is still here in her physical body?

No, my mother died in late December 2014.

Ok, that's what I'm getting, that it's new. You know your mother loves you, don't you?

Yes, I do.

When I examine myself and my methods of thought I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge.

—Cited as conversation between Einstein and János Plesch in János : The Story of a Doctor (1947), by János Plesch, translated by Edward FitzGerald

Hiking

Hiking in nature is a wonderful way to get exercise and enjoy the great outdoors. Several studies have now shown that hiking can change your brain for the better.

Recent research showed that people who had obsessive, negative thoughts significantly reduced their rumination when they walked for ninety minutes in a natural environment. Interestingly, a different group who walked the same amount of time in an urban setting did not report decreased rumination.

A second study showed that disconnecting from technology while spending time in nature improved participants' creative thinking and complex problem solving by 50 percent. Hiking without technology also reduced mental fatigue and soothed their minds.

Children with ADHD have a difficult time with impulse control and staying focused. One study found that kids who were exposed to "green outdoor activities" had significantly reduced symptoms afterward. The results of this study suggest that being exposed to nature can benefit anyone with impulsive behavior and difficulty paying attention.

Spending time in nature also reduces stress and anxiety, boosts self-esteem, and releases endorphins. Bottom line: To benefit your body and brain, turn off your phone, put on your boots, grab your water bottle, and go for a walk in nature.

—Adapted from "Doctors Explain How Hiking Actually Changes Our Brains," at EcoSnippets: <http://www.ecosnippets.com>.

That's the way she put it: "Now you know your mother loves you, don't you." She's showing me a big box, and it's full of colorful toys and beautiful little things for kids, and there's a little note in it, and it says, "I love you." She's also saying that abundance and happiness lie in front of you. How old are you Scott?

I'll be sixty-eight in a month.

You are just a baby! I was seventy-three in February.

I can hear my mother's voice, because its exactly as you intoned it; she would have said it just like that, with the characteristic familial Swedish overtones that came from her family. She would have said that in fun, and with a smile and a glint in her eye. About the box, my mother loved getting toys for all her children, grandchildren, and great grandchildren—and she kept quite a supply in a box in her house, and always brought them out when the grandkids visited. She loves them all so much. It's amazing what you said about my father and mother. It means so much to me, to again confirm that they live on, even if not in physical bodies anymore.

I'm happy to help. Can you tell me about the child in the spirit world with your mother and father?

That would probably be my youngest sister, who was killed in an auto accident when she was twenty-one. She was the baby of the family.

That's the child. They speak of their child. I want you to know that your mother and father have found the child. I had to go through a lot of buzz, because they all wanted to talk at the same time, but, yes, it is your sister. They are showing me that they are like a troika, a group of three working together, and helping to pull you on and pull you through. Sorry I digress so much, but I need to say something when I get it.

I appreciate your digression!

You advise in your book that we go through a list of things in order to raise our awareness about death. The first thing on your list is to write a memory of the first person close to you who died. In my case it was my mother's father, when I was age eleven, and I remember crying over his death, because my grandparents were in Rockford, Illinois and we lived in Tucson. There was a portrait hanging in the living room in my grandparents' home. I remember it from about the age of five or six, as we would visit my grandparents in Rockford almost every summer. At first I didn't know it was a portrait of my uncle Gene, and I would sit and look

Passion is not a mistress that can be kept. It knows no boundaries, no containment. It does not discriminate between the young and old. It flaunts itself in confidence. It rejects prejudice and fear. It cannot be silenced. It cannot be stopped. It just cannot.

—Resa Steindel Brown in *The Call to Brilliance: A True Story to Inspire Parents and Educators* (Fredric Press, Thousand Oaks, California)

at the portrait of him in his military uniform as the adults in the room socialized. The portrait seemed to glow. It had a sort of magic about it. I later learned that this uncle, my mother's older brother, had died in his sleep just after the war in 1945. Interestingly, that magical portrait now hangs in my home.

This is a significant life for you. Do you know he is one of your Guides?

I did not, but I began to wonder about some connection as I grew older.

As we talk about it I'm seeing that this person is one of your Guides. My Guide just said, "He's one of his main Guides." When you were young, and you had a sense that what you were looking at in that portrait was magical, you had a sense of something more. You were looking at an old friend from a previous life who had agreed to be one of your Guides when they left their body. So, that's very good.

Let's talk about your work some more, your book, your website.

There is a great deal on our website, including healing stories, profound healings. I'm constantly amazed, as I've done this work, about the depth of the love for us from spirit. It's marvelous what they can do. I've seen cancer disappear, heart disease; I've seen doctors in the hospitals who were about to do open heart surgery, and the person comes in, the doctor does one last EKG, and they find the heart is healthy. It's just amazing what I've seen in my life, and it isn't about me, it's the power of the spirit. It's made a profound difference for me, and of course for the people I've worked with.

You help people open through your work; they open up to spirit, or healing energy. They stop resisting.

Yes. I participate in helping them open. I can't do anything by myself. There's the adage, "I of myself can do nothing." Whenever anybody says to me, "Thank you, thank you, thank you," I say, "Don't thank me, thank them, because without them I couldn't do what I do." I think it's really important that for anyone in this work they realize they are not doing it.

I don't seek after fame and fortune. That's not my thing. My calendar has been full forever, and that's not braggadocio, but it has been, because I have one prayer, and that prayer is, "Please send those who need what I have to offer today." That's the only prayer I've ever used. We do no advertising. It's not necessary.

What you told me about my parents today has made a profound difference for me. There's no doubt in my mind it was them, because I have never spoken with you before today, and you know nothing about me, yet you told me things that only I would have known about my parents.

You have these abilities as well. For example, you knew something was unusual about the portrait. That is clairsentience. It's not that you see something beyond physical but that you know it. You have the knowing, and that can be tuned further. Many people have this, but don't use it. You also have some clairvoyant overtones, and that can be tuned as well. Also, you have an ability to work with healing energy. Those are things I think that over the next twenty years you may look at working with at various times. And, if there's any way I can help you I'd be happy to do that.

I do have an interest. My work with my Journal takes a lot of time. I think I'm in somewhat of a transition with it, in terms of tweaking how I work with it. I want to make a kind of change, but it's not clear yet how it will work out.

What are you afraid of?

The unknown!

You and I are close to the same age. How in the name of heaven can you be afraid of something you don't know?

I am decided. There is no excuse, no rationalization, no logical explanation that will persuade me otherwise. I know what I believe and that, my friend, is that. I know that my heart speaks the truth to me.

—Catherine Seress in *The Secret Language of the Heart*, Halo Publishing, www.halopublishing.com

That's the way it was explained to me. "How can you be afraid of something you don't know?" This kind of fear is mind chatter. It's what the mind makes up to look very convincing and real, but it isn't real.

When we follow our hearts everything changes in our lives, because the heart shifts the perception out of gloom into joy. It's that simple. There's a statement a woman made whom I worked with many years ago. She said, "Hans King changed my entire life in one hour, after all these years that I've been on the planet." Hans King did not change her life; she changed her life by recognizing her own truth. All I did was hold a mirror up so that she could see the person inside herself looking at her. It's good work, and I love it.

I love the work we've done with the Journal that focuses upon the importance of consciousness in the health of the body, and that's why we are doing this interview. Nutrition is important, but so is awareness of thoughts and feelings and of our expanded consciousness.

What we say about diet is that the purer the food the clearer the thought received. When your body is full of toxins and junk food, you block the transmission of the spirit, of the possibilities. Cells store memory. I think your *Journal* is terrific. I hope you have a big audience. I think you need an even bigger audience than what you have now.

We have a good audience, and sales of the Journal keep the business going and pays salaries for four full-time employees and several part-time.

That's a good thing, but I think there's another level.

The most destructive decision that an individual can make is to give away his or her decision-making authority.... Human history has been a process of increasing decision-making responsibility on the part of the individual. It is the story of declining aristocracies and the diminishing power of elites. It is the record of tyranny's demise, a chronology of the dismantling of hierarchical structures. As far back as records go, they document the steady growth of individual rights and individual responsibility.

—Ken Carey, *The Third Millennium: Living in the Posthistoric World*, p. 43

Our publication manager agrees, and we are working on that, especially our web presence.

HK: There's a kind of a business opportunity coming for you. And I'm not saying that because of what we've just been talking about, but because when I was looking at your *Journal* website before we met, spirit said to me, "This goes bigger, if he wants it to, and we think he should." So, that's what I think; that's what they think.

Thank you. Let's shift a bit back to your work; we seem to be in the midst of profound political and economic changes; in fact, you could say there are these deep changes taking place for the global brain and consciousness and the human brain, all together. Billions of people now have access to vast stores of information at the click of a few keys on a computer or smart phone. There seems to be rapid evolution taking place relative to the past, with new technologies and products. It also seems that with this there is a need for more awareness of consciousness, or of the heart as you said, and of our connection to the spiritual parts of our selves.

This is absolutely true. I think bridging some of the new science that shows how consciousness plays a role adds credibility. Many scientists have tried to debunk what I and many others do, but they can't. It doesn't work that way. I love seekers, and the good book says, "The seeker findeth always."

That's well said. You discussed the heart's intelligence quite a bit in your book.

When we are born, our heart is directly connected to the spirit. Our soul is connected there. There's that "silver" cord that goes back and forth. Researchers cannot figure out why when we get pain in our heart area, when we have sadness, or a disappointment or the loss of someone dear all of a sudden, that our physical heart is just fine. That pain can be massive, but scientists can't find it physically. They have no idea why it hurts. They can't figure that out. It's the heart's mind. It is the connection to the spirit that we have. The pain is the spirit's reaction to the sadness for you. And spirit rushes in with a special energy when you feel the pain to try to heal the pain.

That's the real us; that's the beauty of who we are. I've long said that we are just baby angels having a human experience. Therefore, we suffer the frailties of being in a human form if we are not careful. When you recognize that the body is just like a coat we put on to stay warm outside, and that eventually we will change coats, you realize you are partnered with the spirit. You see that everything becomes possible at that point.

If you go and read any book from anyone you considered to be famous, you will find these words, "And I always knew it." That is the wisdom of the heart-mind; it's the heart center in action. It's a very powerful force. Also, regarding the pain of the heart, the spiritual pain, when I was in New York I worked at a grief counseling center, and I always noticed with the people who I helped that spirit would come in to help with clearing the energies of sadness. Another example is a woman who I recently saw who said her husband of thirty years had just walked into the room to tell her he didn't feel well, and he dropped to the floor and was gone. The profound pain of that caused her to want to take her life so she could be with him in spirit. I talked to her to let her know that he was safe in spirit, and she was comforted.

So, this heart connection, and the pain that happens sometimes call for us to identify with the soul that we are. There's a mirror exercise in my book to help with this. You aren't just what your senses say you are, or what's around you. The mirror exercise asks you to look into the mirror and speak to the person in the mirror. It's profound what happens when I see people do this, because they see who they really are. The heart's mind shows up.

You are saying that when I realize I'm my heart's mind instead of limitations I believe about myself, then I'm getting to know my deeper self, my soul?

Yes. At the end of every radio show I do on Saturdays, I

Basically, everything is one. There is no way in which you draw a line between things. What we do is make these subdivisions, but they're not real. I think maybe poets...have some understanding of this.

—Nobel prize winning geneticist Barbara McClintock in *A Feeling for the Organism*, by E. F. Keller

say these words: "And remember my friends God does not love anyone more in this world than you." I said that one day to a live group of about 1400 people in a presentation in Los Angeles, and you could see the tears coming down people's faces afterward. It's because they didn't normally feel that! Most people think that God must like this person better because they have a nicer house or car. God must not like me so much because I have a small place or an apartment. The mind then takes these things and classifies them into situations that are absolutely and utterly untrue.

How many things in your life can you tell me work out for you when you ask spirit for help or pray and ask for something? How many? You'll find that most don't come true, but you'll also see that those that don't turn out were better not to have happened.

Are you going to do a television or radio show?

Not that I know of.

Well, I think you are going to be doing one soon. Also, I think your mantra is very simple. I think it is: "I choose to serve and I choose to make a difference," but there's an addendum too that says, "and my soul has something to say." I think that's your mantra. You should write that down.

Hans, thank you so much for your time. I look forward to publishing your interview, and I hope your work will continue to bring hope. Is there anything you'd like to say in closing?

You are most welcome. In closing I'd like to say to everyone: "You are not alone." Δ

HANS CHRISTIAN KING has been a direct-voice medium for over sixty years, and has provided spiritual, psychological, and emotional support to more than sixty thousand clients through private readings. His teachings include a series of intuitive development classes as well as a wide variety of audio classes available on his website, including "Stop Searching and Start Living," and the "You are Enough" audio lessons as well as the "Soul Mate Relationship Video Class." He also has a weekly radio show titled "Guidance for Your Life, Wisdom for Your Soul." His new book, published by Enliven/Atria books, November 2016 is *Guided: Reclaiming The Intuitive Voice of Your Soul*. For more information see <http://hansking.net>.

Back Issue List Continued from Page 26

For complete, annotated tables of contents, or to purchase online, see www.wellbeingjournal.com.

For mail order, see form on page 25.

❑ Vol. 18, No. 3 • Boosting & Protecting Cognitive Function • Diabetes & Coconut Oil • Sleep Your Way to Youthful Vitality • Role of Vitamin D in Your Body • Bone-Building Measures • Power of Raw Foods • Healing Aspects of Aroma

❑ Vol. 18, No. 4 • Print version sold out—PDF available at wellbeingjournal.com; \$4

❑ Vol. 18, No. 5 • Print version sold out—PDF available at wellbeingjournal.com; \$4

❑ Vol. 18, No. 6 • Identifying & Treating Food Allergies • Cancer & Heart Attacks: Role of Polyunsaturated Oils • Healing from Liver Cancer • Role of Flaxseed Oil in Preventing Breast Cancer • Too Much Calcium Leads to Osteoporosis? • The Physicians' Health Study & Vitamin E

❑ Vol. 19, No. 1 • Print version sold out—PDF available at wellbeingjournal.com; \$4

❑ Vol. 19, No. 2 • Boost Your Metabolism with Healthy Foods • Gerson Therapy for Cancer • Mammograms Misunderstood • Radical Homemakers • Is Your Multivitamin Toxic? • The Fat That Can Make You Thin • Cultured Soy & Cancer • Mercury-Safe Dentistry

❑ Vol. 19, No. 3 • Adventures in Macro-Nutrient Land • ADHD Increase Linked to Modern Diet • Magnesium: A Key to Health & Life • Let Your Food Be Your Green Medicine • Strengthening Varicose Veins • Long-Distance Healing • Trauma or Mental Illness? • Creativity

❑ Vol. 19, No. 4 • Breast Cancer: The Stress Connection • Epigenetics: Changing Your Destiny • Why Statins Don't Help • Sprouting Your Way to Vibrancy • Lion's Mane: Mushroom for Enhancing Brain Health • Honey • Fats: Safer Choices for Your Frying Pan and Your Health

❑ Vol. 19, No. 5 • Print version sold out—PDF available at wellbeingjournal.com; \$4

❑ Vol. 19, No. 6 • New Studies Link Diet & Behavior • Avoid Cancer with Nutrients • Inspiration Deficit Disorder • Scientists Move to Reject GM Food • Supplementing with Vitamin E • Compassionate Communication • Natural Remedies for Lowering Blood Pressure

❑ Vol. 20, No. 1 • Natural Eyesight Improvement • The Right Foods for Your Genotype • Noninvasive Techniques for Reversing Breast Cancer • Natural Treatment for Arthritis • Thyroid Gland • Is the Food Pyramid Upside Down? • GE Corn May Cause Allergies

❑ Vol. 20, No. 2 • Dirty Secrets of the Food Processing Industry • Sleep Well for Your Health • Protein: How Much Is Enough? • Naturopathic Approaches to Cognitive Decline • The Truth About Cholesterol • Autism & Food Additives • Saunas • The Power of Happiness

❑ Vol. 20, No. 3 • Regenerating the Brain • Sugar, Obesity, & the Metabolic Syndrome • Inflammation & Nightshades • Rehydration with Electrolytes • Mushroom Extracts for Cancer • Sinus Relief with Energy Healing • Emotional Balance

❑ Vol. 20, No. 4 • Vitamin Reverses Heart Disease • Organics Feed the World • Coconut Oil Heals Alzheimer's • Healing Remedies from the Kitchen • Modern Electrical Lighting Awareness • Electromagnetic Heart Field • Dis-Ease and the Power of Appreciation

❑ Vol. 20, No. 5 • Foods for a Longer Life • Importance of Vitamin B12 • The Healing Power of Spices • Whole Foods & Supplements • Aloe and Interstitial Cystitis • Epilepsy and Magnesium • Deep Breathing for Longevity • Effects of Food Additives • Cellular Stress

❑ Vol. 20, No. 6 • Vital Molecule: Cholesterol • Optimal Nutrient Absorption and Stomach Acid • Rest to Refuel • Minerals & Alzheimer's Disease • Natural Healing with Herbs and Spices • Cortisol and Sleep • Broccoli Sprouts Reduce Diabetes Risk • Simplify Life

❑ Vol. 21, No. 1 • Print version sold out—PDF available at wellbeingjournal.com; \$4

❑ Vol. 21, No. 2 • Print version sold out—PDF available at wellbeingjournal.com; \$4

❑ Vol. 21, No. 3 • The Grim Side of Gluten Grains • Prevent & Heal Heart Disease •

Healthy Fats • ADD: Over Diagnosed? • Vinegar for a Healthy Body and Home • Soy: Food or Drug? • Gallbladder Health • Boundaries and Health • Yoga Poses

❑ Vol. 21, No. 4 • Happiness Genes: Unlock the Positive Potential in Your DNA • Healing with Living Foods • Healthy Saturated Fats: MCFAs and Coconut Oil • Ketogenic Diets • Diet and Gallbladder Health • Healing a Tumor • Whiten Teeth Naturally

❑ Vol. 21, No. 5 • Carbohydrates & Weight Gain • Brain Fuel & Coconut Ketones Help Reverse Autism • HPV Vaccine Fraud • Optimal Digestion, Stomach Acid and Acid-Suppressing Drugs • Herbs for Weight Loss • Mindful Driving • Healing Intuition • Meditate to Move

❑ Vol. 21, No. 6 • Canola Oil: Is It Healthy • Hypoglycemia, Carbohydrates, and Ketones • Stress & Hormones • Polyunsaturated Oils & Heart Disease • Benefits of Butter • High Cholesterol Not a Risk • Better Diet, Better Behavior • Cellular Healing and Energy Medicine

❑ Vol. 22, No. 1 • Diabetes, Fats, and Carbohydrates (part I) • Digestive Disorders & Fermented Foods • Organic Foods and Agriculture • Melatonin, Cortisol & Sleep • Foods with Potassium • Cancer and Orthomolecular Therapy • Life After Death

❑ Vol. 22, No. 2 • Diabetes: A Silent Epidemic (part II) • Foods That Cause or Heal Pain • Finding Quality Multivitamins • Healing Grief • Treatments for Macular Degeneration • Use the Brain to Make Lasting Changes • Reversing Diabetes • Homeopathy • Energy Medicine

❑ Vol. 22, No. 3 • Stress, Nutrition & Type 2 Diabetes • Feel Good with Nitric Oxide • The Benefits of Red Palm Oil • Peace for the Heart • Guns or Drugs? • Aging Cure • Integrative Healing • Label GMO Foods • Healing Power of Prayer • Alleviate Stress

❑ Vol. 22, No. 4 • Seaweed for Food & Medicine • Stress Immunization with Brain Power • Fruit and Vegetables as Home Remedies • Healing from the Heart • Coconut Water • Benefits of Nut Milk • Coherence, Silence, and Vision • Live Your Dream

❑ Vol. 22, No. 5 • Are Cancer Cells Addicted to Sugar? • Pancreatic Cancer Treatment and Testimonial • Stress, Anxiety & Cancer • Gene Related BRCA • Change Your Genes: The Power of Epigenetics • Importance of Sleep in Treating Mental Illness • Food Additives and Asthma

❑ Vol. 22, No. 6 • Childhood Is Not a Disease • Food Dyes Affect Behavior • Coconut Oil as a Treatment for Alcoholism • Preventing Alzheimer's • Prevent Cataracts • Keep Calm • Sun Exposure vs. Sunscreens • Mind over Medicine • Stress-Free Living with Tapping

❑ Vol. 23, No. 1 • Obesity & the USDA's Food Scheme • Adaptogens • Boost Immunity • Apples and the Economic Impact of Birds • Invisible Language of the Body • Forgiveness or Illness • Watercure • Steps to Stress Reduction • Healing Words • Insulin & Estrogen

❑ Vol. 23, No. 2 • Sugar and Cancer • Nutrition for Tooth and Bone Health • Dietary Fat and Cholesterol • Environmental Toxins and Prediabetes • Forgiveness for Health • 60 Second Stress Remedy • Brain Training • Whooping Cough • Boundaries • Blood Pressure

❑ Vol. 23, No. 3 • Sleep to Prevent Cancer • Alkaline Foods Improve Health • Achieving Hormone Balance • To Vent or Forgive • Lavender Reduces Anxiety & Falls in Elderly • Geography and Health • Benefits of Dental Braces • Soy, Thyroid & Estrogen • Liver and Gallbladder Detox

❑ Vol. 23, No. 4 • You Are the Placebo • Benefits of Olive Oil • Saturated Fat and Cholesterol • The Importance of Magnesium • Natural Insect Repellents • Sleep Well • Thoughts & Genes • Power of Appreciation • Calcium and K2 • Happiness Tips • Integrative Medicine

❑ Vol. 23, #5 • Healing Cancer Naturally: Cancer Treatment Options • Selenium & Amino Acids • Revici's Lipid Therapy Protocol • Turmeric & Ginger • Lymph Cleansing • Gain or Drain • Glutathione • Thymic Protein A • Cancer, Forgiveness & the Heart

Continued on following page

Special Edition CDs

Each CD includes six to twenty-two full issues of the *Journal*, priced accordingly. The table of contents on every CD guides readers to the featured articles on each special subject. CDs can be ordered online, with mail-in order form on page 25, or via phone. Please note CDs are read-only, not audio.

❑ Healing Arthritis Naturally, \$30

❑ Healing Cancer Naturally, \$40

❑ Children, Diet, Vaccines & Drugs, \$30

❑ Deciphering Fats & Oils, \$30

❑ Dementia & Brain Cognition, \$24

❑ Diabetes & Metabolic Syndrome, \$30

❑ Digestive Disorders, \$24

❑ Exercise, \$24

❑ Food Allergy Conditions, \$24

❑ Heart Disease, \$42

❑ Periodontal & Dental Conditions, \$18

❑ The Importance of Sleep & Rest, \$30

❑ Strong Bones or Osteoporosis? \$15

Also available are these read-only annual CDs, with 6 issues per year on one CD, \$24 each:

❑ 2005 (Vol. 14)

❑ 2006 (Vol. 15)

❑ 2007 (Vol. 16)

❑ 2008 (Vol. 17)

❑ 2009 (Vol. 18)

❑ 2010 (Vol. 19)

❑ 2011 (Vol. 20)

❑ 2012 (Vol. 21)

❑ 2013 (Vol. 22)

❑ 2014 (Vol. 23)

WELL BEING JOURNAL

For complete, annotated tables of contents, or to purchase online,
see www.wellbeingjournal.com. For mail order, see form on page 25.



•V. 23, #6 • The Case of the Disappearing Cancer • Healthy Fats for Children • MMR Vaccine & Autism • Endocrine-Disrupting Chemicals • A Smarter Way to Vaccinate • Resolving Blocked Emotions • Herbal Antibiotics • Adrenal Health • Xylitol • School Gardens



•V. 24, #1 • Probiotics & Digestive Intelligence • Physician Heals from MS • The Power of Nutrient-Dense Foods • Reversing Histamine Intolerance • Garlic and Its Benefits • Energy Medicine and Digestive Health • Heal Your Gut, Heal Yourself • Prepare for the Weather



•V. 24, #2 • Nutrition Guidelines • Heal Gum Disease with Nutrients • Midnight Snacks & Weight Gain • Curtailing Adrenal Fatigue • The Power of Stillness • Sugar and Seizures • Live Simply Anywhere • Bicycle Power • Preventing Cancer • Conscious Energies • Food Security



•V. 24, #3 • Adrenaline Dominance • Dietary Cholesterol Not a Danger • Sugar & High Blood Pressure • The Power of Intuition • Thinking Forward to Thrive • Vaccine Alternatives • Alcohol & Acetaminophen • Gum Disease & the Sun • A Case of Afterlife



•V. 24, #4 • Activate Crucial Protein with Nutrient-Dense Foods • High-Oxalate Foods • Pesticides and Children's Health • Reversing Melanoma Naturally • Yoga for Health • Natural Deodorants • Communicate to Relate or Control • Roundup & Cancer • Children & Appreciation



•V. 24, #5 • What Really Causes Alzheimer's • Savor Life for Optimal Health • Nutrient-Dense Foods & Dental Health • Healing UTIs & Breast Cancer • No One Dies Alone • Cauliflower Recipe with Garlic, Nori & Sesame Seeds • Nightshades & Arthritis • Oil Pulling



•V. 24, #6 • Born to Be Healthy • Immune Boosting Tips and Tricks • Slow Medicine • Detoxification • Feeling Completely Healthy • Reverse the Negative Effects of Sitting • Meditation and Brain Health • Energy as Information • Laughter and Feeling Great



•V. 25, #1 • Prevent and Reverse Alzheimer's and Metabolic Syndrome • Purslane and the Wild Wisdom of Weeds • Animal Companion Helps Dementia Patients • Digital Distraction & Mindfulness • The Tao of Exercise • Gross National Happiness • Turmeric and Olive Oil for Cancer



•V. 25, #2 • Deep Breathing & Relaxed Eating Improve Digestion • Reconfigure Your Brain for Well-Being • Stress & Dental Health • Healthy Elders • Placebos & Healing • Medical Intuition • Loving-Kindness Meditation • Movement & Vitality • Malnutrition • Avoiding Conflict



•V. 25, #3 • Nutrition for Mental Health • Prescription for Self-Love • Manage Stress One Thing at a Time • Hidden Toxins in the Home • Treating Lyme Disease • Technology Distractions • Homeopathy & Bee Stings • Resolving Grief • Ketones Helpful with Neurological Disorders



•V. 25, #4 • Eat Better, Live Better, Feel Better • Improve Vision with Nutrition • Alternative Pain Treatments • Nutrients & Alcoholism • Awakening Through Silence • Benefits & Uses of Lavender • Zika Virus • Lymph Tea Recipe • Nature & Energy Medicine



•V. 25, #5 • The Heart Healing Vitamin • Weight Gain, Hormones & Insulin Counting • Prescription for Chronic Pain • Homeoprophylaxis: A Vaccine Alternative • Back Health • A Healing Economy • Communicating with Pets • Healing Words • Healthier Sleep Habits for Teens



•V. 25, #6 • Healing Cancer Without Chemotherapy • Curcumin Reverses Cancer • Essiac vs. Chemo • Personal Stories of Healing from Cancer • Sugar & Cancer • Teen Refuses Chemo and Heals Using Natural Methods • Detox with Chlorella • Consciousness-Based Healing



•V. 26, #1 • Big Pharma & Disease Peddling • Global Water Pollution • Reasons to Enjoy Butter • Energy Exercises & Acupuncture • Is Depression a Serotonin Deficiency? • Nutrition & Tissue Regeneration • Psychiatric Drugs & Violence • Digestive Health



•V. 26, #2 • Scientific Benefits of Meditation • Renew with Ketogenic Foods • Medical Cannabis • Dental Health • Power of Imagination • Probiotics and Skin Health • Toenail Fungus • Being Awe-Inspired • Heart/Brain Coherence and Stress Reduction



•V. 26, #3 • The Cowan Heart Diet • The Gut & Intuition • Building Blocks for a Better Brain • Foods for Cardiovascular Health • What Elders Want You to Know • Bone Building • Eggs & Cholesterol • Lifestyle Medicine • Curcumin



•V. 26, #4 • Nutrition & Genetics • Yoga Science & Energy • Harmonizing Hormones • Defeat Dental Disease • Plant-Based Eating • Care & Overcare • Benefits of Gratitude • Environment & Autism • Minerals • Heart-Mind Connection • Wise Reasoning • Molecular Switch



•V. 26, #5 • Cellular Control • Writing & Bliss • Kindness Power • Fluoride • Fats, Grains & Diabetes • Undoctored Health • Mushroom Stock • Healing the Heart • Being True to Self • Mammograms • ADHD • Antibiotics • Ginger & Diabetes • Omega-6 Fats

Purity You Can See, Taste, and Feel

- 100% Vegan • 100% Bioavailable
- No Preservatives • No Additives • Gluten Free



Most minerals available in 2 and 18oz sizes

Other minerals not shown here include:

Chromium • Copper • Iodine • Potassium • Sulfur • Joint Support

E I D O N[®]
Ionic Minerals

800-700-1169

www.eidon.com