



CREATIONS

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The Spring / Women's Issue.

- Age Like a Yogi
- Eye Nutrition
and Vision Myths
- Navigating Menopause:
A Path to Healing
- Everything I Need to Know,
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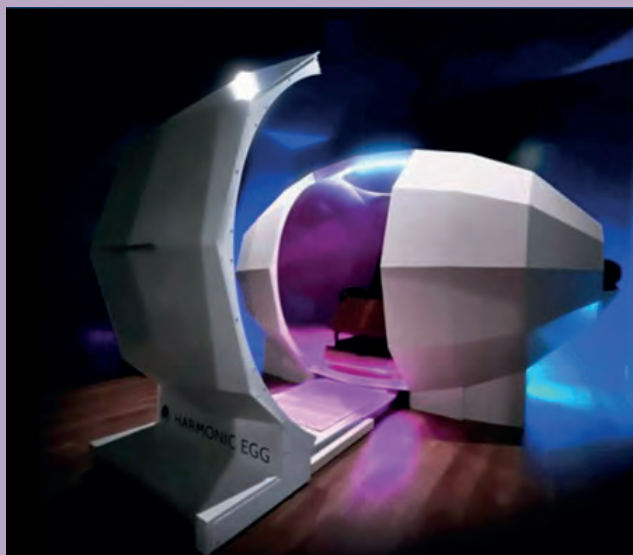
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TALKING OUR WALK

Welcome to our April / May Spring Issue. We're honoring the Divine Feminine, celebrating Women, Mothers, Earth, the Environment and Rebirth.

In honor of moms everywhere, Alan Cohen kicks off this issue with *Everything I Need to Know, I Learned from My Jewish Mother*. Alan says that his mom taught him how true love works.

In *Spices, Herbs, and Rejuvenation*, Victoria Moran explains: *In their role as antioxidant overachievers, spices and herbs are intimately related to positive aging.*

The Big Picture of Nutrition involves much more than just food. Will Tuttle says *We must also question cultural norms and corporate advertising.*

Learn *The Truth About Eye Nutrition and Common Vision Myths*. Dr. Rudrani Banik contends that *by prioritizing nutrition and preventive care, we can all take meaningful steps toward protecting our sight for years to come.*

My wife Andrea, and the mother of my two step-children would like to share this: *A Mother's Advice to Her Children ...*

Your soul glorifies and magnifies God — which means using the gifts you are given in this life, and increasing those gifts through your creativity, along with all the



other ways that you are able to expand those gifts out into the world. When we shy away from what we are given, and feel we are not worthy, we are turning away from God, the Prime Creator, and in a sense "slapping God in the face".

Maybe your gifts are the *cross you bear* in this life in order to overcome feelings of unworthiness and inadequacy. But those feelings are not the truth of who you are. Now is the time to release and surrender those feelings of unworthiness to God, and shine your light as brightly as possible!

Honoring The Divine Feminine,

Neil & Andrea

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Everything I Need to Know I Learned from My Jewish Mother

by Alan Cohen, Hawaii

For many years I wrote books and taught classes about the power of unconditional love. Then, at the most unexpected moment, my mother showed me how empty my words were, and what unconditional love really is.

Early on my spiritual path I discovered Jesus as a magnificent spiritual master. I was not interested in the religious Jesus, but rather the one who delivered stunning metaphysical truths. To remind me of his deep love and wisdom, I taped a small picture of Jesus on the dashboard of my car.

When I took my Jewish mother out for a ride, she was not exactly pleased as punch to find Jesus as my copilot. Mom found all kinds of ways to make fun of him. She would tap his picture and ask, "Were you cold out here last night, Jesus? I can knit you a sweater if you like."

When I saw how bugged my mother was by the picture, I decided to remove it (especially since she paid for the car). I figured that if Jesus could raise himself from the tomb, he could handle a few nights in my glove compartment.

A few weeks later I went to visit my mom, and as I entered her dining room I found a small picture of a Catholic saint propped up on her dining room table. I was shocked! Never before had I seen such a picture in any Jewish home, let alone my own.

"What's that picture doing on your table?" I had to ask.

"I was at a garage sale," she answered nonchalantly, "and I thought you would like it."

I stopped in my tracks. Although I had been teaching yoga, meditation, and spiritual principles to lots of people, my mom taught me how true love works. She was willing to step beyond the belief system in which she had been steeped for a lifetime, and support me in what was important to me, even if she could not relate to my belief, and she didn't agree with it.



Mothers are willing to put self-interests aside to help their children, and shield them from danger. When Dee and I purchased a property on the island of Hawaii, the parcel contained large acreage with overgrown grass and weeds. We hired a neighbor with a tractor to come and mow the field so we could maintain it. When we walked the field afterward, we found a small section strewn with feathers. Examining the area, we realized that there had been a nest hidden in the weeds, tended by a certain fowl that nests on the ground. When the hen saw the oncoming mower, she remained to protect her eggs. Sadly she died in the process. She gave her life to save her young.

This is an extreme example of how far some mothers will go. At the same time, many mothers equate love with sacrifice only, and suffer for it. Many lose their peace in being overly responsible for their children's lives. You don't need to die for your children. You serve them more by living radiantly, modeling joy and full aliveness.

The closest I have come to the experience of motherhood—and fatherhood—is caring for my dogs. There is nothing I would not do to keep my "kids" happy. The time, effort, care, and money I invest in their well-being does not at all feel like a sacrifice. I give to them because I love them, and I experience no sense of loss whatsoever. Their happiness is my happiness, so everyone wins.

Spring is a time of rebirth and renewal. What seemed dead comes back to life. Tiny green buds sprout on trees that

lay cold and barren through the winter. If you feel that something has gone dead in your life, like your creativity, passion, or trust; or your career or relationship seems unsalvageable; or the crazy world is numb to truth; or politics have become a farce, take heart. The appearance of death cannot overcome the truth of life. The prophet Joel transmits the divine promise, "I will restore the years that the locust has eaten." We all feel in some way that we have wasted time that is irretrievable, or made damaging mistakes that are irreversible. Yet the universe, like a patient mother, has more faith in us than we have in ourselves. Healing and restoration are available at any age or stage. Don't anticipate the end of the story because one chapter has been troubled. Spring has the power to make all things new.

Be not fooled by bleak appearances. We do not walk alone. *A Course in Miracles* urges us to ask many times a day, "Who walks with me?"

Spirit has a miracle to answer every problem. You have an invisible bosom to rest your head upon. One of the comforting elements of the Catholic religion is reverence for the Mother Mary, who bestows compassion and grace. You don't have to be Catholic, or even believe in God, to accept the presence and caring of the universal mother energy. You are never too old or too stuck to receive the love of a good mother, or any woman. She may place a surprise picture in your hand that reminds you that you are loved not for who the world demands that you be, but for who you are. ✧

Alan Cohen is the author of many inspirational books, including his new bestselling *Of Course in Miracles*. Join Alan for his life-changing *Holistic Life Coach Training* beginning September 1. For information on this program, Alan's books, webinars, weekly online *Miracle Room*, YouTube channel, and free daily inspirational quotes, visit www.alancohen.com.

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Spices, Herbs, and Rejuvenation

by Victoria Moran, New York City

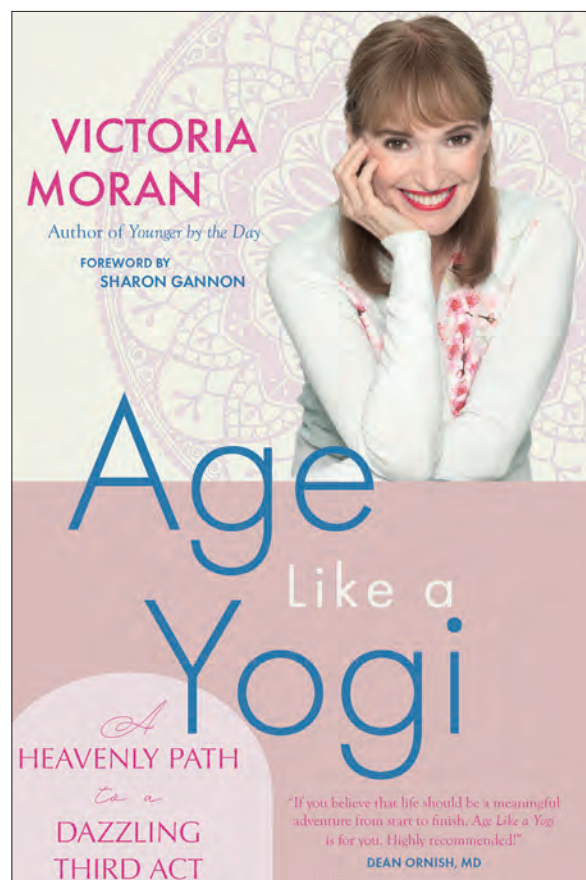
Ounce for ounce, herbs and spices have more antioxidants than any other food group.

– Michael Greger, MD

I used to keep cinnamon, nutmeg, allspice, cardamom, and cloves in the freezer, getting them out in December for Christmas cookies and mulled cider. All that changed when I learned about ayurveda. These spices and their colorful kin, from anise seed to zaatar spice, are now in constant use in my kitchen. Beyond assuring no more boring meals, they are antioxidant powerhouses and, according to ayurveda, great healers and regulators. A Yogi.com article by Julie Bernier states that the medicinal properties of ginger, cumin, turmeric, fennel, and cardamom make them the “5 Must-Have Spices for Yogis.”

Spices have intrigued our species for millennia. We’re drawn to their brilliant colors, intense aromas, and their ability to transform ordinary food into memorable cuisine. If you’ve traveled to a part of the world where spices are grown, the sensory spectacle of the marketplaces is etched in your psyche forever. Experiencing the scents and colors of even a local spice market is well worth the trip. If you don’t have access to a shop like this, look online for organic spices and herbs from a reputable retailer, such as Frontier Co-op.

In their role as antioxidant overachievers, spices and herbs are intimately related to positive aging. Modern science has deemed



credible several theories of aging, and most experts accept that a variety of these are at play. One of them, the *oxidative stress theory*, suggests that as the body uses oxygen, byproducts of oxidation called free radicals are produced that, over time, can damage cells the way rust damages metal. Antioxidants—in colorful plant foods from blueberries to green leaves to red beans, and in spices most of all—have long been seen as the antidote.

Cloves lead the pack in antioxidants, but cinnamon, cilantro, mint—and parsley, sage, rosemary, and thyme, for that matter—make it well worth sticking our noses into

spices—aromatic roots, seeds, and the powders made from them—and culinary herbs: highly flavorful leaves, fresh or dried, used in cooking. Both are prized in ayurveda not simply for their nutritive and free-radical-zapping components but for their ability to stimulate and balance the digestive system. According to ayurveda, excellent digestion is key to excellent health. Here are some of the spices lauded by ayurveda and the dosha(s) that favor each. (*Dosha* is your body type, a composite of three energies: *vata*, *pitta*, *kapha*). *Tridoshic* means all doshas benefit, but frankly, I’ll take any spice any time. If one is not my primary dosha’s bff, there is likely to be another in the dish that is.

Cardamom (tridoshic): A versatile spice equally at home in curries, desserts, and teas, cardamom counteracts stomach acidity,

stimulates appetite, eases nausea, alleviates bad breath, and relieves gas and bloating. It has also been used as an aphrodisiac. Use in curried dishes, rice pudding, bread pudding, cookies, carrot cake, and in stews and soups paired with cumin.

Cinnamon (vata and kapha): A single teaspoon has as much antioxidant power as a full cup of blueberries. It also has anti-inflammatory properties, eases digestion, and may help in the regulation of both blood sugar and cholesterol. Cinnamon can benefit the skin and improve cognitive ability; compounds in it show promise in some studies as a possible treatment for cancers. Paradoxically, the most common variety, cassia cinnamon, contains a mild, natural carcinogen, so Dr. Michael Greger recommends Ceylon (or Sri Lanka) cinnamon. It’s my favorite topper for oatmeal or yogurt, but also nice on winter squash and sweet potatoes, in stewed apples—ayurveda’s go-to for a light breakfast—or to give an uncanny oomph to chili or cocoa.

Coriander (pitta): The seeds of the cilantro plant, coriander tastes citrusy and adds texture to sauces. It has long been praised in India for its anti-inflammatory properties (coriander oil is even used topically for arthritis relief); it also helps soothe the stomach and relieve bloating. Add to soups, sauces, and curries, lentil dishes, potatoes, pickles.

Cumin (vata and kapha): Used as seeds or ground, cumin may up the activity of digestive enzymes, mitigate symptoms of IBS, and protect against type 2 diabetes. It’s for chili, of course, and carrots, beets, tomatoes, cabbage, rice, beans, tofu.

Fennel seed (tridoshic): Not only loaded with powerful antioxidants, fennel also contains fiber, folate, calcium, magnesium, potassium, and vitamin C. It is believed to boost immunity, reduce blood pressure, and ease abdominal cramping and spasms. Fennel is also a mild appetite suppressant. It’s good with greens, roasted veggies, tomato sauces, soups, salads, pasta.

Ginger (vata benefits most from fresh ginger, kapha from dried): Packed with many active compounds, ginger is used to naturally treat nausea from morning sickness or motion sickness (it has been found to rival Dramamine in effectiveness, with no side effects), and its anti-inflammatory properties help ease muscle and joint pain. It also has a diaphoretic property (causes sweating) and so is used to cleanse and detoxify the body, stimulate circulation, and ease bronchitis and congestion. In its culinary role, ginger shows its stuff in cookies, tea, rice dishes, curries, kitchari, stir-fries.

Turmeric (tridoshic): The “king of spices,” turmeric is celebrated for its anti-inflammatory effects and used medicinally as well as in food. It appears to inhibit the growth of fat cells and researchers have suggested that turmeric could play a role in slowing the progression of Alzheimer’s disease. In ayurveda, turmeric has long been used to aid digestion, relieve joint discomfort, support liver function, and boost immunity. It’s essential for scrambled tofu and you can’t make a curry without it. While the flavor is strong if overdone, judicious use can take grain or bean dishes, soups, stews, stir-fries, and sauces from simple to sublime. Enhance absorption with the addition of even a little black pepper and a source of fat.

The ayurvedic pharmacopoeia also contains thousands of herbs used exclusively to prevent and treat disease. There’s ashwagandha, for example, lauded for its stress-relieving properties and to improve muscle strength, memory, and immune function; and triphala, a combination of three berries with

Continued on page 7

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antioxidant and anti-inflammatory properties, often recommended for digestive issues and constipation. There is even a point at which the medical intersects the magical. This is the realm of the *rasayana* (pronounced rah-SY-ana), the alchemical and life-extension arm of ayurveda, a way to nourish tissues at the deepest level.

Just as yoga starts with ethical precepts, engagement with rasayana begins with instructions on moral rectitude. Self-discipline, civility, and the observation of basic social graces are seen as foundational for deep healing and rejuvenation. Rasayana also incorporates elixirs believed to promote youthfulness and verve into advanced age.

Many herbs are considered rasayanas, and there is an esteemed blend long purported to delay aging: *Chyawanprash* — that middle consonant is sometimes a “v.” The word is capitalized, not because it’s a brand name, but because legend purports that it was developed in pre-antiquity to preserve the life and health of a sage named Chyawan. It is a blend of a up to fifty herbs—formulations vary—made into a jam, usually with ghee and honey, although vegan versions exist, in both powdered and jam forms. Ever curious researchers have studied Chyawanprash and verified

its antioxidant and anti-inflammatory properties, as well as its ability to support immune function. There has also been some promising preliminary research into its benefits for cognitive impairment. I look forward to what this reveals, but I’m already impressed by its reputation through countless generations for helping maintain muscle mass, improve digestion, and boost lagging libido. My thinking is this: if your herbs come from a reputable company and don’t interfere with prescribed medications, there is something intriguing about a youth potion.

Excerpted from Age Like a Yogi ©2025 and reprinted with permission from Monkfish Publishing.

Victoria Moran is a longtime devotee of yoga and author of 13 previous books on wellbeing, compassionate living, and eclectic spirituality. **Creating a Charmed Life** was an international bestseller, and **Shelter for the Spirit and Lit from Within** earned her spots on *The Oprah Winfrey Show*. Victoria hosts the *Main Street Vegan Podcast*, is founder and director of *Main Street Vegan Academy*, and a cofounder of the *Compassion Consortium*, an interfaith spiritual center based on the principle of *ahimsa*. Victoria was, at age 66, voted *Peta’s Sexiest Vegan Over 50* and in her early 70s trained as a yoga instructor (RYT-200) and raja yoga instructor, and is also a frequent speaker and podcast guest.

Vaping Decimates the Mouth

In recent years, e-cigarettes (vaping) have surged in popularity as a perceived safer alternative to traditional smoking. Marketed as a tool for smoking cessation, e-cigarettes have garnered a significant following, particularly among younger adults. However, emerging research suggests that while e-cigarettes may reduce some of the harmful effects of traditional smoking, they may contribute to an increased risk of oral health issues, such as periodontal disease and cavities, and may disrupt the delicate balance of the oral microbiome.

Nicotine, regardless of whether it’s delivered through smoking or vaping, has been shown to constrict blood vessels and reduce blood flow to the gums. This can impair the body’s ability to fight off infections and heal, making the gums more vulnerable to damage. E-cigarettes, which typically contain a liquid mixture of nicotine, propylene glycol (found in antifreeze), glycerin, and flavorings, have the potential to exacerbate these effects.

Periodontal disease, which includes conditions like *gingivitis* and *periodontitis*, is an inflammatory disease caused by bacterial infection in the gums and the tissues surrounding the teeth. Chronic exposure to nicotine and other chemicals found in e-cigarettes can compromise the immune system’s response to these infections, leading to increased vulnerability to gum disease.

A study published in the *Journal of Periodontology* found that individuals who vape may experience a higher rate of gum disease compared to non-smokers. The research revealed that vaping may cause inflammation of the gums, impair gum healing, and contribute to the breakdown of tissues that support the teeth. As a result, individuals who use e-cigarettes may be at greater risk for developing periodontal issues.

The oral microbiome is the community of microorganisms that naturally exist in the mouth. These microbes play a crucial role in maintaining oral health by helping to digest food, regulate oral pH levels, and protect against harmful pathogens. Vaping can disrupt this delicate balance, leading to an overgrowth of harmful bacteria and an increased risk of oral diseases.

Recent studies suggest that e-cigarettes can alter the composition of the oral



microbiome. Research published in the *Journal of Oral Microbiology* found that the use of e-cigarettes led to an increase in harmful oral bacteria, including *Streptococcus* and *Fusobacterium*, which are associated with the development of periodontal disease and cavities. The chemical components in e-cigarette vapor, such as formaldehyde and acetaldehyde, have been shown to disrupt the natural balance of the microbiome, making the mouth more susceptible to bacterial growth and infection.

Additionally, the sweeteners and flavorings commonly used in e-cigarette liquids may contribute to an increase in cavity-causing bacteria. The sugars in these liquids can feed harmful bacteria, which then produce acid that erodes tooth enamel, leading to cavities. While the impact of flavored e-cigarettes on oral health is still being studied, early research suggests that these additives could be harmful to both the teeth and gums.

The propylene glycol in e-cigarettes, which is used as a carrier for nicotine and flavoring agents, has been shown to reduce saliva production, leading to dry mouth. Saliva plays an essential role in neutralizing acids and washing away food particles and bacteria, so a reduction in saliva can make the mouth more prone to tooth decay.

For individuals concerned about their oral health, it is important to weigh the risks associated with e-cigarettes and consult with a dental professional about the potential long-term effects. Continuing research will help to better understand the full impact of e-cigarettes on oral health, but it is clear that they are not a risk-free option.

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The Big Picture of Nutrition

by Will Tuttle, CA

There is quite a bit more to nutrition than just food; we are also called to look into beverages, for example, as well as personal care products, and other aspects of our way of living. We must also question cultural norms and corporate advertising, and keep our minds and bodies as free as possible from harmful pollutants that injure and disempower us physically and mentally.

For these reasons, my wife Madeleine and I never drink alcoholic beverages of any kind, and have not done so in the last fifty years. Alcohol is a potent toxin; it literally intoxicates. It destroys liver and brain tissues, is powerfully



addictive, causes enormous social, financial, and physical damage, and because it is so widely used and accepted, is considered the most harmful drug in our world today. We also have never consumed any soft drinks, coffee, or black tea in the last fifty years. Sodas are filled with toxic chemicals and refined sugar, and may contain caffeine as well, and are linked to obesity and other chronic conditions.

Additionally, the substances in sodas, alcohol, coffee, and black tea tend to acidify the tissues, and caffeine is a stimulant that interferes with the body's natural hormonal intelligence. Why do we need something from outside us to stimulate us? We are also careful about commercial health drinks and bottled water, which may have contaminants, and limit processed fruit juices, which tend, even if organic, to have an unnaturally high sugar content.

Fresh-squeezed vegetable juices, and fresh-squeezed fruit juices that are mixed with vegetable juices, can be potently healing, and are central to the success of some of the leading alternative healing centers, such as Hippocrates Wellness Institute in south Florida and the Gerson Institute in Baja, Mexico. For example, at Hippocrates, everyone gets an abundant supply of its signature "green drink," which is a blend of four organic juices: celery, cucumber, sprouted sunflower, and sprouted pea. While visiting and teaching there, we have seen people reverse cancer, heal arthritis, get off their diabetes medications, and lose significant weight, making it clear that the living foods and green juice, combined with movement, education, and positive mental attitude, can have a remarkably salutary effect.

In general, the ideal human beverage is "Adam's Ale," our old friend, water. **Water is the essence of biological life, and a major key to radiant health is maintaining our body in a well-hydrated state.** Water is also profoundly mysterious, with some researchers discovering that it also has the capacity to hold and transmit information and states of consciousness. Our bodies are three-quarters water, and eating foods that are water-rich, like vegetables, berries, fruits, herbs, and sprouts, makes it easier to stay hydrated, and when these foods are grown and prepared with love and care, the water in the foods may be imparting this consciousness to us when we eat them.

From this metaphysical perspective, we can also better understand the toxic effects of animal-based and factory-produced foods that contain water that has been saturated with terror, trauma, and toxic poisons, and also regimented and industrialized in unnatural ways. How does it affect our cells to be constituted by brutality and mechanization? Our blood vessels, continually carrying nutrients to all 30 trillion cells, and removing toxins and waste products, do so through a water-based delivery system that is about 60,000 miles long, more than twice the circumference of the Earth. Every cell is bathed in a water-based solution, and researchers now liken the complexity of each individual cell to a large city, so it is easy to see that the amount of universal intelligence invested in each one of us is incalculably vast, and it is sobering to realize that this is also true for every bird, fish, and mammal as well, including the pigs, chickens, cows, and other animals we routinely exploit and kill for food.

Because water is the universal solvent, virtually all the toxins spewed by industries, agriculture, and modern life eventually end up in water, so a filter that removes chemicals, heavy metals, fluoride, and prescription drug residues is essential. Distillation is the most thorough, though it also removes all minerals as well. Reverse osmosis and carbon block filters have the capacity to remove most pollutants, and there are a number of filters on the market from which to choose, both for home installation and travel.

We have been discussing nourishment by food and water, **but air is obviously the most essential nutrient**, without which we cannot live for more than a few short minutes. We may eat one or two liters of food daily, and drink three or four liters of water, but every day we breathe about

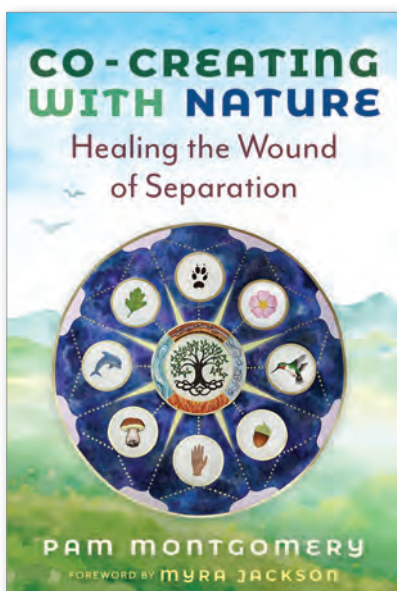
11,000 liters of air. While toxic pollutants in our food and water are important issues, air pollution has a tremendous potential to contribute to disease as well. Our liver does its best to remove the over 80,000 registered man-made chemicals that can find their way into our bloodstream through food, water, air, skin, and injections, and the more we can consciously minimize our exposure to these chemicals, the better. If we live in an urban area or an area near a road, factory, farm, or other source of air pollution, we should consider using a HEPA filter to remove the PM2.5 particles that are harmful to our health.

Besides these outside sources of air pollution, there is indoor air pollution caused by the outgassing of formaldehyde, flame retardants, and other chemicals from carpets, particle board, cabinets, furniture, bedding, appliances, cleaners, paints, and so forth, and possibly radon gas from under home foundations. Forced-air heating and air conditioning dry out the air, generate harmful positive ions, and are best minimized or avoided. Getting an air quality detector may be helpful, and making it a habit to open the windows several times daily to refresh the air is also helpful. It goes without saying that directly inhaling toxic smoke and gases, as in vaping and smoking tobacco and cannabis, is harmful to lung and circulatory tissues, and as is the case with consuming drugs, a significant burden is placed on our body to cleanse the toxins before they inflict damage.

Sunshine and fresh air are naturally health-promoting, and deep breathing and exercising in areas where we know the air is clean, such as in forests, is a good way to cleanse toxins from our system, expelling them through our breath. Besides taking sun baths, where we soak in the rays of the sun, preferably with little or no clothing on, and allow the healing energy of the sun full access to every part of our skin, we can also take air baths, especially if the sun is too intense. We can be in the shade, preferably in a natural area where the air is clean and there is a breeze. For example, health researchers in Japan have discovered that engaging in "forest therapy"—simply being in a forested area for several hours—significantly improves overall wellness.

Air is filled with energy, and deep conscious breaths that fill our diaphragm are integral not only to inner peace but to vitality and health. Our culture, how-

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Six Keys to Health and Harmony for All



Will Tuttle Ph.D.

ever, encourages shallow chest breathing, and this has been linked to anxiety and low energy. Learning to breathe properly—mindfully and deeply—contributes significantly to radiant health and mental relaxation. Yawning is also unfortunately suppressed in our society, and yawning, especially full free-spirited yawns coupled with stretching, is important in oxygenating our blood and vitalizing our body and mind.

Another key to radiant health is being aware that our skin is permeable, and avoiding applying anything to it that we wouldn't eat. Just as the food industry employs armies of scientists to concoct processed foods using harmful chemicals, preservatives, and artificial colors and flavors in order to market the most profitable products possible—with explosively appealing tastes and textures intended to generate strong customer appeal bordering on addiction—the personal care and home products industries similarly employ legions of scientists and marketing professionals to maximize appeal, consumption, and profits. There is a vast array of these products today, including toothpastes, skin creams, perfumes, shampoos, lipsticks, nail polishes, sunscreens, body washes, deodorants, make-up, hair-color, facials, laundry detergents, fabric softeners, cleansers,

dish soaps, and other personal and home care products.

Government agencies like the FDA, having been captured by the industries they are supposed to be regulating, provide virtually no protection for consumers of food products from the toxic preservatives and chemicals that end up in foods. For personal and home care products, there is even less protection. It is basically non-existent, as the documentary Stink! demonstrates. For example, when a product lists the word “fragrance” on its list of ingredients, that one word can be a place-holder for any number, even hundreds, of toxic chemicals and carcinogenic substances that the manufacturer is not required to disclose to consumers, under

the guise that they are trade secrets.

Fortunately, we can patronize companies making organic vegan and chemical-free shampoos, creams, detergents, and other products if we are willing to research their ingredients. We can also simply refrain from using some products. For example, we don't have to necessarily buy and use sunscreen, deodorant, skin cream, nail polish, perfume, toothpaste, window cleaner, laundry detergent and cleansers. For laundry detergent, Madeleine and I mainly use soap nuts (that grow on trees in India), we make our own toothpaste, combining baking soda, sea salt, and peppermint oil, we use baking soda and vinegar for general cleaning, a good microfiber cloth and water works wonders on windows, deodorant is typically unnecessary on a clean vegan diet, as is soap, except perhaps after doing greasy mechanical work. Soaps destroy the natural and beneficial oil layers on the skin and scalp.

Sunscreens are notoriously toxic, and mostly unnecessary if we eat a healthy diet avoiding trans fats, because the free radicals caused by trans fats in our skin cells make our skin susceptible to skin cancer when exposed to the sun. Instead of lathering on toxic sunscreen to protect ourselves from skin cancer, we can clean

up our diet, and as we gradually accustom our skin to the sun, it becomes more resilient and the sun becomes our friend, blessing us not just with healthy vitamin D, but with vitality, energy, and perhaps even with information and insights. *What we interpret as light and heat from the sun could also be intelligence and information that is healing and supportive of our entire being.*

We are also called to be aware that some of the chemical discharges from industry as well as from geoengineering weather warfare operations may be damaging and depleting layers in the atmosphere that normally protect us from certain harmful ultra-violet and infrared solar radiation. Profits are not made from healthy people, but from sick ones, so it is essential to be proactive, aware, and self-reliant in order to protect our health from the ongoing deliberate chemical, electromagnetic, and informational toxicity being deployed throughout our society. **Health is the foundation of freedom and both are our responsibility to safeguard.** If we rely on the medical industry to ensure our health, and government and laws to protect our freedom, we will lose both very quickly.

Because of the continual assault of unnatural toxins, it is important to eat cleans-

ing foods on a daily basis, and to engage the many other avenues we have available to us that facilitate cleansing and vitalization of our mind-body. For example, as we abandon the processed comfort foods that tend to be addictive, our taste buds change and become more refined, and these healthy foods eventually become comfort foods because we relish not only their delicious, more natural flavors and textures, but also the thought that we are doing our best to take responsibility for our health and to show kindness to others. ✨

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Dr. Will Tuttle, visionary educator and musician, is the author of the international best-seller, The World Peace Diet, published in 18 languages, is a recipient of the Courage of Conscience Award and the Empty Cages Prize. He is also the author of several other books on spirituality, intuition, and social justice, as well as the creator of online wellness and advocacy programs. A vegan since 1980 and a former Zen monk, he is featured in a number of documentaries and is a frequent radio, television, and online presenter. www.willtuttle.com www.worldpeacediet.com



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The Truth About Eye Nutrition and Common Vision Myths

by Dr. Rudrani Banik,
MD, New York City

Globally, 2.2 billion people experience vision impairment, yet nearly half of these cases are preventable. In the United States alone, nearly 20 million people are affected by age-related macular degeneration (AMD), and glaucoma silently threatens the sight of about 3 million Americans. Despite the rising prevalence of eye diseases, many people remain unaware of how to protect their vision proactively. Prevention begins with knowledge: understanding the nutrients essential for eye health and debunking common misconceptions that may be putting eyesight at risk.

More Than Just Carrots: Eye-Healthy Nutrients You Need

Many people believe that eating carrots is the key to good vision. While carrots contain beta-carotene, which is important for night vision, they are only a small part of the equation. Our eyes require a variety of nutrients, more than 30 in total, to function optimally and stay protected against damage. Some of the most critical nutrients for eye health include:

- **Macular carotenoids (lutein, zeaxanthin, and meso-zeaxanthin):** These powerful antioxidants are found in the macula, the part of the retina responsible for central vision. They help filter harmful blue light from screens and sunlight while reducing the risk of AMD. Foods rich in these carotenoids include spinach, kale, corn, egg yolks, and bell peppers.
- **Omega-3 fatty acids (DHA and EPA):** These essential fats reduce inflammation, improve tear production, and support retinal health. Fatty fish like salmon, mackerel, and sardines are excellent sources, as are plant-based options like flaxseeds and walnuts.
- **Vitamin A:** Essential for night vision and overall eye health, vitamin A is found in liver, dairy products, and orange-colored fruits and vegetables like sweet potatoes and carrots.
- **Vitamin C:** A powerful antioxidant that helps prevent cataracts and supports healthy blood vessels in the eyes. Citrus fruits, bell peppers, and strawberries are excellent sources.
- **Vitamin E:** Protects eye cells from damage by free radicals. Nuts, seeds, and leafy greens are rich in this nutrient.
- **Bioflavonoids:** Found in colorful fruits and vegetables, like berries and red onions, these pigmented compounds are powerful antioxidants that can fight ocular inflammation and dry eye.

Eye Health Myths That Could Cost You Your Sight

Misinformation about eye health is widespread, and believing common myths can put your vision at risk. Many people assume that if they can see clearly, their

eyes must be healthy, but some of the most serious eye diseases, like glaucoma, develop without noticeable symptoms in their early stages. Others think vision loss is an inevitable part of aging, yet many conditions can be prevented or slowed with proper care. Understanding the truth about eye health myths can empower you to take the right steps in protecting your vision for the long term. Let's debunk some of the most common myths about eye health:

Myth 1: Only Older Adults Need to Worry About Eye Problems

While age-related conditions like cataracts and AMD are more common in older adults, vision issues can affect anyone, from infants to young adults. Conditions like digital eye strain, dry eye disease, and early signs of macular degeneration are increasingly seen in younger populations due to high screen use and poor diet.

Myth 2: If You Don't Have Vision Problems, You Don't Need an Eye Exam

Many eye diseases, including glaucoma, develop silently and do not show symptoms until significant vision loss has occurred. Regular eye exams can help detect problems early, allowing for timely intervention and better outcomes.

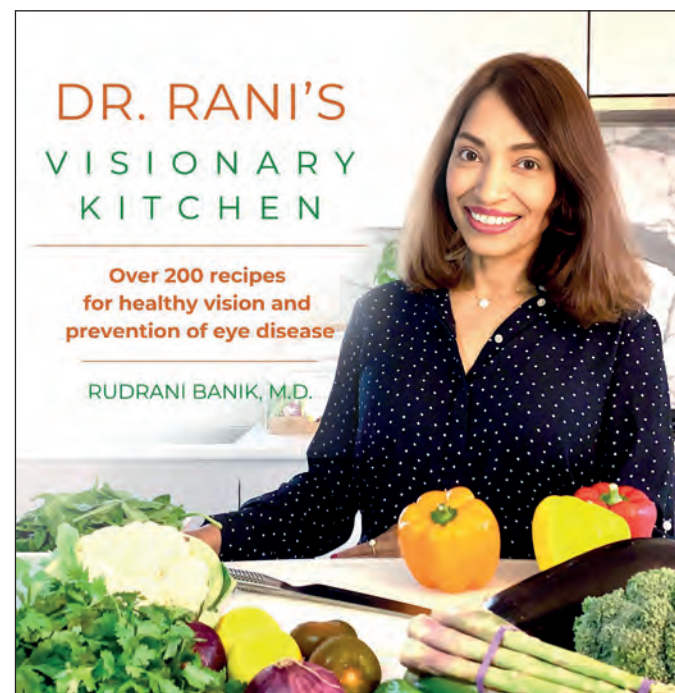
Myth 3: Supplements Are Unnecessary If You Eat a Balanced Diet

While a nutrient-rich diet is the foundation of eye health, most people do not consume enough of the specific vitamins and antioxidants needed to maintain optimal vision. For instance, studies have shown that lutein and zeaxanthin supplementation can enhance visual performance and reduce the risk of AMD.

Prevention Is the Best Eye Care

Although vision issues are inevitable at some point in life, there are proactive steps to maintain healthy eyes for as long as possible:

- **Eat a diverse, eye-friendly diet.** Incorporate leafy greens, colorful vegetables, fatty fish, berries, and nuts to ensure a steady intake of key nutrients.



- **Manage screen time.** Prolonged exposure to blue light from screens can contribute to digital eye strain. Follow the 20-20-20 rule: every 20 minutes, look 20 feet away for at least 20 seconds to give your eyes a break.
- **Wear UV-protective sunglasses.** Chronic exposure to ultraviolet rays increases the risk of cataracts and macular degeneration.
- **Stay hydrated.** Dehydration can contribute to dry eye symptoms. Drinking enough water and consuming hydrating foods like cucumbers and oranges can help.
- **Get regular eye exams.** Many serious eye conditions develop without noticeable symptoms. Routine checkups allow early detection and treatment.

A Clear Vision for the Future

The best approach to eye care is a proactive one, because once vision is lost, it often cannot be restored. By prioritizing nutrition and preventive care, we can all take meaningful steps toward protecting our sight for years to come. ✨

Dr. Rudrani Banik, MD, is a board-certified ophthalmologist and fellowship-trained neuro-ophthalmologist specializing in an integrative approach to vision health. She is the author of *Beyond Carrots* and *Dr. Rani's Visionary Kitchen* and founder of EnVision Health NYC. An associate professor at Mount Sinai, she also serves on the American Board of Ophthalmology's Exam Development Committee. Dr. Banik founded The Eye Health Summit, a free global event on integrative eye health, taking place May 1-7, 2025. Learn more at www.theeyehealthsummit.com. Website: <https://www.drranibanik.com> Register for FREE to The Eye Health Summit: <https://theeyehealthsummit.com>



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Navigating Menopause: Dispelling Myths and Offering A Simple Path to Healing

by Patricia A. Muehsam,
MD, New York City

Menopause is a natural transition in a woman's life, yet it's often met with confusion, frustration, and fear. Contrary to Western medicine's misconceptions, menopause is not a condition to be treated or endured. Symptoms are not inevitable, and suffering is not a given. As a physician and a woman who has navigated menopause myself, I've come to appreciate how truly simple this transition can be. It's simple because our medicine lies within.

Understanding Menopause: Symptoms, Western Medicine, and Healing

Menopause marks a shift in a woman's physiology, from fertility to a new phase of vitality. Many women experience characteristic symptoms—hot flashes, metabolic changes, vaginal dryness, mood swings, brain fog, fatigue, sleep disturbances.

Conventional medicine treats menopause symptomatically, with hormone replacement therapy (HRT), antidepressants, or other pharmaceuticals. These treatments suppress symptoms rather than address root imbalances, and thus, inhibit healing. Furthermore, HRT and bioidentical hormones—popular with integrative practitioners—pose long-term oncogenic risks.

However, such symptoms merely reflect an inner imbalance, physically and emotionally. While we're more vulnerable to imbalances during menopause because our body is shifting physiologically, we don't have to experience any of them. A whole person healing approach is key to restoring balance, eliminating and avoiding symptoms.

You Are the Medicine: The Four Primary Medicines

Your body possesses innate wisdom to restore balance and heal. **Thriving during menopause lies in harnessing our four primary medicines: Food, Lifestyle,**



Relationships & Community, and Purpose.

Medicine #1: Food

Food is essential medicine. Digestive health is crucial for overall wellbeing. What we eat directly impacts symptoms. Not all "healthy" foods are right for each body. Optimal nutrition is individualized.

How to Cultivate Food as Medicine:

- Learn about individualized constitutional nutrition (Ayurveda, Traditional Chinese Medicine).
- Eat mindfully.
- Avoid stress-inducing substances like caffeine, sugar and alcohol.
- Support digestive health with a balanced microbiome.

Medicine #2: Lifestyle

Daily habits are more powerful than a physician's prescriptions. Balancing activity and rest is essential. Over-scheduling and exhaustion cause and intensify symptoms.

How to Cultivate Lifestyle as Medicine:

- Listen to your body.
- Engage in movement you enjoy—ditch the "shoulds."
- Learn how to quiet your mind and embrace relaxation.
- Prioritize rest and intentional breaks.

Medicine #3: Relationships and Community

How we connect with others can heal us or hurt us. Meaningful connections promote healing. Toxic relationships create stress

and worsen symptoms. Loneliness and isolation amplify internal imbalances.

How to Cultivate Relationships & Community as Medicine:

- Engage in nourishing social interactions.
- Set boundaries to protect your energy.
- Avoid relationships that drain you.
- Seek support if you're in an unhealthy relationship.

Medicine #4: Purpose

Purpose is our life force, our reason for living. It can, quite literally, heal us. Not living our purpose can cause emotional and physical imbalances. It can make us sick, keep us sick, cause and aggravate the symptoms.

How to Cultivate Purpose as Medicine:

- Reflect on what brings you joy and fulfillment.
- Imagine your dream life, without limitations.
- Take small steps to align with your passions.
- Recognize that purpose doesn't have to be grand—it simply needs to resonate with you.

You Are the Medicine: The Mind-Body Connection

All healing is ultimately emotional healing. Every physical symptom has an

emotional component. If we don't heal the emotional links, we can't shift what's going on in the body.

Research shows that unprocessed emotions cause chronic stress, internal imbalances, and symptoms, and that emotional healing eases and eliminates symptoms. The way to healing is to feel the feelings.

Mind-body practices like EFT, breathwork, meditation, and journaling support healing.

Mind-body practitioners, such as bodyworkers and acupuncturists, can facilitate healing.

Keep in mind that practitioners are guides. True healing comes from within.

Embracing the Gifts of Menopause

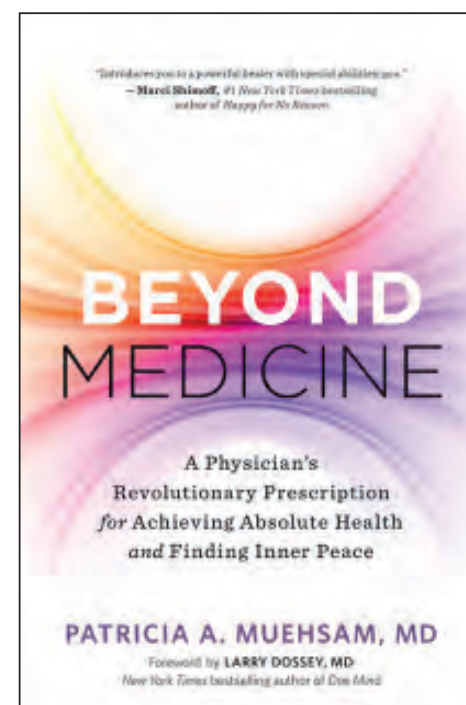
In many cultures, the postmenopausal years are seen as a woman's most powerful phase of life—a time when she steps into her full authority, wisdom, and gifts.

Menopause isn't just a physiological change—it's an opportunity for transformation. It invites us to reflect, reassess priorities, and embrace growth. It's a time to let go of what no longer serves us—outdated beliefs, toxic relationships, self-imposed limitations. It's a time to cultivate our inner healer: explore food and lifestyle as medicines, nurture supportive relationships, live with purpose, and honor our emotions.

Rather than resisting menopause, we can embrace it as a gateway to a new phase of life—one filled with wisdom, vitality, and freedom. By nurturing our bodies, minds, and spirits, we can move through this transition with grace, feeling empowered, whole, and symptom-free.

My take home message: You are your medicine. By honoring your body's innate wisdom, you can navigate menopause with ease. ✨

Dr. Patricia A. Muehsam is a pioneering physician and award-winning author. Her book **Beyond Medicine** won the 2023 Nautilus Gold Medal. Founder of *Transformational Medicine*™, she offers health consultations, mind-body healing sessions, online courses, and communities of support. Having been a patient herself, she understands firsthand the challenges of illness and healing beyond conventional medicine. Dr. Muehsam's work empowers individuals to embrace a new paradigm of health—one that honors the profound connection between the body, mind, and spirit. www.transformationalmedicine.org



Nurture Love and Watch it Grow!

by Ann Albers and The Angels,
Phoenix, AZ

Once upon a time, you looked upon the earth with wonder and eagerly awaited your adventure upon it. You knew there would be contrast. You knew there would be diversity. You knew there would be those with whom you agreed and those with whom you disagreed. You were excited and ready for the adventure.

Like children waiting in line for an exhilarating ride at the fair, you looked forward to your time upon the earth. Like those children, you knew that your ride—no matter how delightful, exciting, or scary—would be temporary. You knew you'd hop into this ride called life, have your experience, and return home all the wiser, more loving, and more able to say you figured out how to enjoy the journey.

You also knew how important you were. You knew you would find new ways to bring the invisible love into this world of form. You knew that you would call this invisible love into 3D life in entirely new ways. You, dear ones, are part of ongoing creation! You are part of Life that keeps flowing. You are part of the eternal expansion of universes.

When you look back upon your life on earth, you will see that every little moment is packed with richness and opportunities for love. You will see how much love flowed into the universe the time when you were rushing, stopped, took a breath, helped your child, or the time when you held the door for a stranger. You will see the effects of a kind



tip or a note you left for a friend. You will know the difference you made when you allowed someone who was stressed and hurried to get ahead of you in traffic. You will understand that even beneath your greatest fears and frustrations, love was trying to push its way to the surface in much the same way that a tiny plant attempts to push through the soil.

Love keeps on loving, dear friends. It lives within you. It pushes up from within in thousands of different ways, inspiring you to unleash it in your physical universe. As a gardener tills the soil and nurtures the plants until they are strong, you water your dreams with love and weed out your doubts, until they begin to take shape in your lives.

Once set in motion your dreams, have a life of their own. Even before you see their appearance in your life, they are growing quietly beneath the surface, in the soil of your soul, as hopes, wishes, and dreams. Trust in the unfolding process of life and love to grow all you desire, whether you see it or not.

We know that when you look at the challenges upon your earth, you can feel far removed from your hopes and

dreams. At times it appears they have disappeared before your eyes. Fires, floods, wars, and other tragedies appear to rob people of all they've created, and yet, sometimes, dear ones, the slate is being wiped clean to ready one for more—more love, more of what is desired, more change. These are not easy changes. To be involved in such abrupt shifts requires courage and a strong spirit, yet many have survived such disasters to come through with new lives, a new appreciation for life, and a new sense of the loving majesty of their own spirit. There are tough schools upon your earth and easier schools, and each one of you, at very deep levels decides to grow in different ways.

Have compassion for your human brothers and sisters in the tougher classes. **Compassion uplifts. Pity drives one down.** In addition to your human help and assistance, imagine the light within them, glowing brightly and guiding them. Imagine the angels that surround them and beckon them to easier paths. Imagine that they, too, have access to the Divine Presence which is always ready to help them. If you are undergoing a deep and difficult transition in life, have faith that what lives within you will love, support, and guide you.

You can grow quietly in joy, or you can grow through life's tougher situations. *The opportunities for love are available at all times.* There are some who enjoy a quiet peaceful life, and there are some who crave adventure. There are some who make changes the minute they feel inspired and others who ask for the proverbial "two-by-four" to initiate change. Nonetheless, dear ones, love is within you, expanding and growing. Love is around you, beckoning and guiding.

You are the gardeners in this 3D world, planting seeds of hopes and dreams and nurturing love into new realities. Not a single thing you do, think, or say is insignificant. And never, dear ones, are you alone. Sit with us, and feel our love for you. Remember

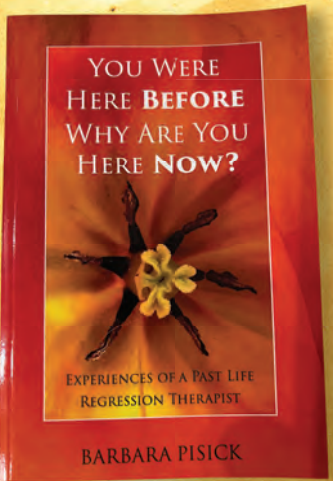
the Love that lives within creation lives within all beings. **Focus on that light and that love in all beings, and realize everyone has a purpose in your puzzle of life.**

The only thing you need to do to enjoy this "ride" is to embrace the moment, bring as much love into it as you can, and trust that the more you nurture love, the more it will grow, expand, and take on a life of its own within your own life.

God Bless You! We love you so very much.

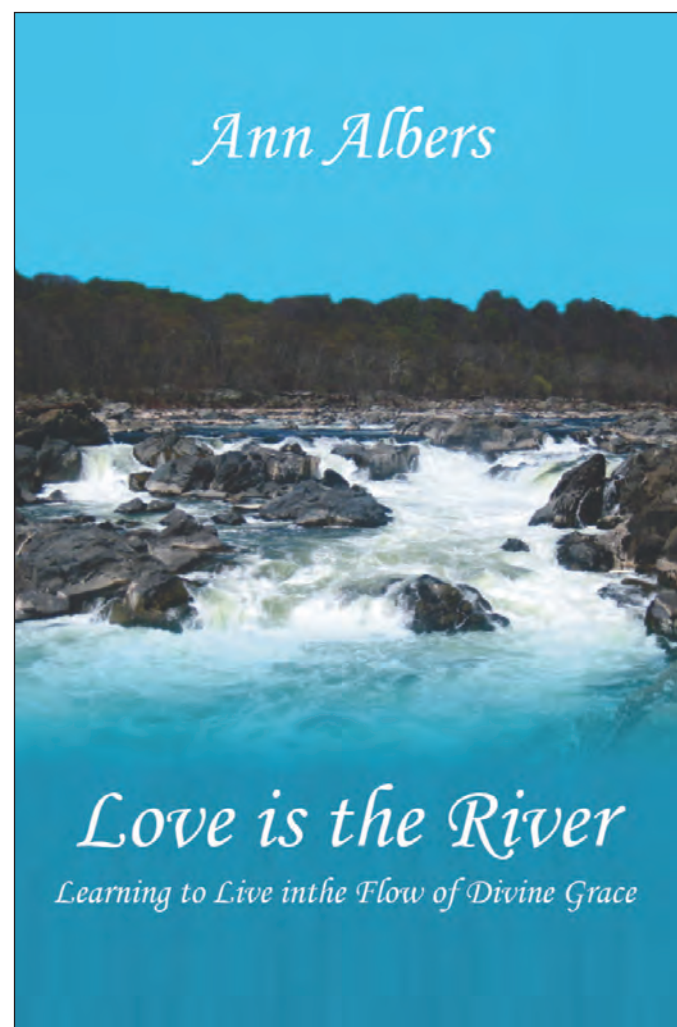
– The Angels ✨

Ann Albers is a popular author, spiritual instructor, angel communicator, and modern mystic who has spoken at conferences, been featured on international radio shows, and who delights in helping people experience the power and beauty of their own soul. She guides people to manifest lives they love, and develop a blissful connection with spirit! Ann's free weekly "Messages from Ann & the Angels" reach an international audience with inspiration and tips to help you stay tuned in and turned on! www.visionsofheaven.com. Her book, **Love is the River, Learning to Live in the Flow of Divine Grace** is available at <https://www.amazon.com/Love-River-Learning-Divine-Grace/dp/1949780007/>



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The Power of Declaration!

by Autumn Rose, Costa Rica

We all know that this realm is frequency based, and as a woman, your frequency is the first imprint you lay. We remember the sound of our mother, and how her lullabies first soothed us within the womb, and then in her loving arms. We can recall the gentle and calm tones in the adults we trusted as guides along the path. *We know sound can carry power.*

A declaration is to boldly state something, and let the pulse of your intent echo out into the internal and external realms. **And if you are looking for an efficient way to get you back in the seat of your sovereignty, declarations are available and on hand.**

When a tiger ferociously roars in the jungle, everything within a 3 mile radius can hear it. The tiger's declaration can mean many things: I am hungry! I have picked up the scent! **But most always it translates to "I am here."** It is a way of clearing the field and placing oneself simultaneously. There is potency in this alliance — one forged between the will of the heart and the thunder of truth spoken aloud. *And it is ancient and ancestral beyond our knowing.*

In storytelling traditions, it is said that if a story almost gets away from you, call out, "Come back to me so that I may be your teller!" And by some strange hand of fate, the story spirit slows its pace, and you can reach out and grab it by the tail. All musicians know that if a caught melody starts to escape, you just need to hum a few of the notes, slowly, sweetly, and the song will return. Of course there is perhaps the mightiest declaration of them all, that of the "I AM", which is said to instantly command your reality with the God-force within you.

Allow yourself to sit in stillness and silence for a few moments, and let your body breathe you into a natural rhythm. And from this place, allow the declaration that desires to be spoken, to bubble up from deep within you. Let it come slowly, and reveal itself to you

as the *perfect medicine* for this now moment.

Let yourself declare this statement out loud with the faith that your frequency is powerful enough to shatter all illusion and delusion. You can state this holy command out loud with the power of your love, three times, and then stomp your feet on the earth three times to seal it. Or if you really want to get into it, declare it out loud in all seven directions — the East, South, West, North, Sky Father, Earth Mother, and your inner world.

When closing or sealing a declaration, make sure to use a sound; stomp your foot, bang your staff upon the earth, clap your hands or make a sharp exhale to sound that it is done. **Your prayer has been now not only heard, but laid.** And all there is left to do is walk in the knowing that you are now walking right into it.

Declarations hand us back our power when we need it most — gracefully, swiftly, and efficiently. The next time you need a little sovereignty pick-me-up, call upon the gift of your own voice mixed with the power of your true and simplified intention to move into a new frequency. And once you sound your prayer out into the world, hold it lightly, like you are holding a feather. No clinging or grasping for anything. Just trust that the mystery will deliver ... because she *always* does.

Your power is right here, dear woman. Not somewhere in the future once you've earned it. Not outside of you in some healer's perfect hands. It's always been right here, within your womb, awaiting the moment when you would remember that you came here for more than meets the eye.

I leave you with this ... a few of my all-time fave declarations that have become a sweet ally in my medicine bundle. With the most love your heart can muster, say out loud: "I call all power back to me in this now!" "I am a clear vessel for God's dreaming to flow in and through!" "I am so grateful for all I have been given. Thank you and please show me how good it gets!"

It has been said that God has no hands, and that is why we have each been given two. One for Mother and one for Father



to weave together our part in the tapestry of life. I pray you remember that you are a creator being, made in the image of God. And once women reclaim the

full-spectrum medicine of who we are collectively, we will birth immaculate worlds; with *immaculate* wombs filled with the most *immaculate* love.

Stop playing small, sister. You are a daughter of the most high. Let declaration be a tool that clears the path and takes you right into the frequency that is calling you home. I'm rooting for you. In devotion to y(our) reclamation. ✨

Autumn Rose is a mother, storyteller and women's mentor supporting sisters around the world in returning home to their wombs — the origin point of their innate power as women. For over 14 years, Autumn has worked with women who are exhausted by the continuous performance of their femininity, and are ready to unrobe all false personas and embody the woman they came here to be. She midwifes women through death and into depth, supporting them in reclaiming their full feminine frequency, ferocious love + multidimensional medicine. Her way of making the beyond-the-veil a visceral experience will change the way you see yourself and your life. www.embodyjaguar.com

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Our Magical Stories Can Heal Us All

by Maureen Calamia

A few years ago, I was telling a friend about a big project that I was working on that — after countless hours and months of dedication — had completely flopped. I felt dejected.

We were sitting under the shade of a huge oak tree by the water, when my friend asked, “So what’s next?”

I shrugged my shoulders, and before I could respond, nothing prepared me for what happened next.

Suddenly, I received a big “download.” I could feel it come down from the tree. The energy that I’ve come to know as spirit — the chills that descend from crown to feet. That is when I know that spirit, or divine source, is present. And it comes with a deep knowing.

At that moment, I knew what I was being asked to do next, without question.



This experience with the oak tree was both ordinary and extraordinary. It was *ordinary* because, when we allow ourselves to *not know*, when we give ourselves space, when we are open and seeking, nature (aka spirit) will provide the answers.

This story was also *extraordinary*, because of my reaction to it. I saw it as something significant and meaningful, and I followed its message. In fact, I changed the direction of my work not only for the next few years but my entire career path.

I wonder how many of you have had a similar occurrence. When something

magical happened, caught you off-guard, and urged you to completely change your path. And have you heeded this message?

I’m only asking this, because I think our automatic response to something magical is, “cool!” But then, we either forget about it or ascribe it to serendipity, nothing more. We don’t take concrete action based on this message. But then, sometimes, we do.

That time, under the tree, I immediately knew that my next step was to write a book that I had shelved years ago.

I wanted, I needed, to write a book about our stories of sacred connection to nature. I immediately started putting together a list of people to interview and outlined the proposal to gain their participation.

What I found, over the course of the past couple of years, interviewing people and writing this book was, that these stories have a multifaceted role.

Gifted storytellers can transform us with their talent for empathetic storytelling. But everyone can benefit from sharing and hearing these stories.

Stories of profound nature connection can help us heal. Storytelling is a fundamental part of being human. Stories let us share information in a way that creates an emotional connection. Stories are often memorable and can be retold.

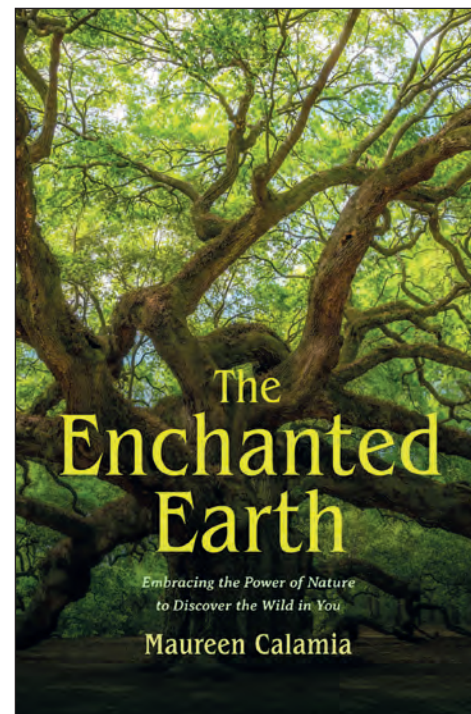
The language of our stories is filled with emotion and feeling. We are moved. When we are moved by our stories, we can move others by retelling them. And that is a gift — a gift that everyone has.

Sharing these stories with others is a powerful transmission of meaning. Through the use of metaphors and symbols, they help us make meaning and sense in our lives.

Hearing these stories can spark remembrance of our own. Even if we have forgotten about an experience, it can be called up into consciousness and remind us of the feeling we had when we first experienced it.

And perhaps most importantly, sharing these stories normalizes them. When we hear that others have had a striking experience or deep encounter with nature, we feel less vulnerable about sharing our own.

So, this story of my encounter with an oak has helped me in two ways:



- It reminded me to listen and deepen my relationship with nature, for it will guide me when I am lost
- And realize that our personal stories of nature experiences have the greatest power to open our hearts, raise our consciousness, and inspire the wonder of magic and mystery that is the natural world.

And that will heal us all. Both personally and collectively.

When we share our stories of being moved, we are moved, again, and have the power to move others. Behavior change comes not from the mind, by from the heart. And from this place, we are empowered and motivated to change our relationship with the natural world. ✨

Excerpted with permission from The Enchanted Earth: Embracing the Power of Nature to Discover the Wild in You by Maureen Calamia, © 2024 by Mango Publishing. It is available on Amazon, Barnes & Noble, Bookshop, and wherever online books are sold. “The Enchanted Earth Podcast with Maureen Calamia” is available on YouTube, Spotify, and Apple.

Maureen Calamia is an author, speaker, and advocate for feng shui, biophilic design, and a harmonious connection between people and the natural world. Her work inspires others to rediscover their inner wild through the transformative power of nature. The Enchanted Earth Podcast with Maureen Calamia is available on YouTube, Spotify, and Apple. Maureen is a volunteer and serves on the Board of Directors at Sweetbriar Nature Center in Smithtown, NY. Visit her at www.luminous-spaces.com.

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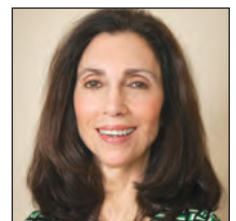
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Visit the website **TheHamptonsMethod.com** for a free streaming hypnosis audio program and for other information on programs and events. You may also call directly at **631-903-0910**.
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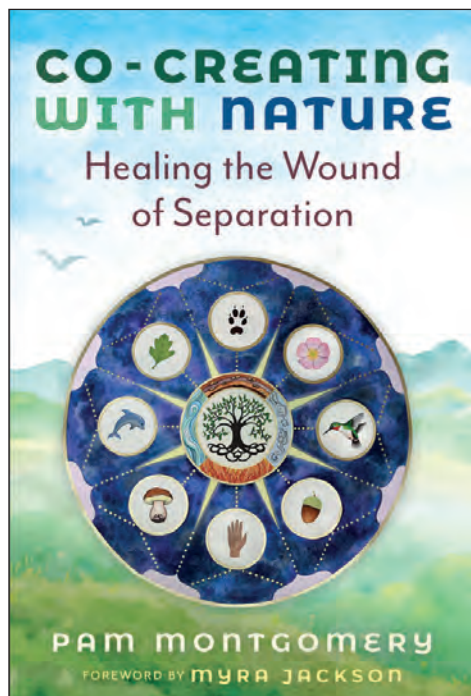
BOOK REVIEWS

& PRODUCTS

CO-CREATING WITH NATURE

Healing the Wound of Separation

by Pam Montgomery
BearandCompanyBooks.com



We are in the midst of a global transformation where we must heal our separation from Nature and restore our partnership with the living Earth, which is essential to co-creating a world where all life - human and nonhuman - can thrive. Nature Evolutionary and Earth Elder, Pam Montgomery, draws on her decades of working with plants and Nature consciousness to demonstrate that we are intrinsically created to be in a relationship with Nature. She examines the co-opting of time, language, and culture to shed light on the roots of our separation, weaving together contemporary research on human physiology with personal experience.

She offers six principles of developing a co-creative partnership, explaining that we can communicate with Nature through vibratory resonance. She details the steps of co-creating an initiation with a specific plant ally, where bonding brings healing, and she shares evocative stories, meditations, and the healing wisdom gained from the profound plant initiations she and her students have participated in, all with common plants. Through this book, Pam reveals how to restore our relationship with the living Earth and come home not only

to Nature but also to ourselves. She shows that when we nurture ourselves, trust our intuition, and allow for joyful encounters, we restore our interconnection with all life.

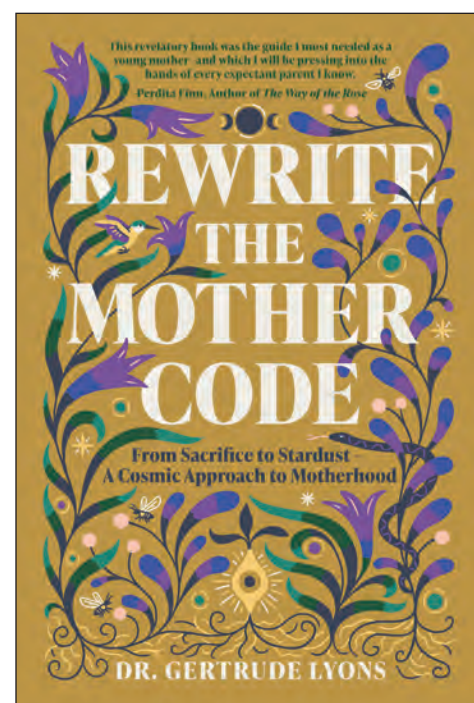
REWRITE THE MOTHER CODE

From Sacrifice to Stardust - A Cosmic Approach to Motherhood

by Dr. Gertrude Lyons
drgertrudelyons.com

Dr. Gertrude Lyons challenges the limiting beliefs and expands the concepts around what it is to be a mother, blurring the lines that pigeonhole women into limited roles that ultimately disempower them. Rather than operating within a narrow conception of what mothering is, Dr. Lyons invites readers to open themselves up to what is possible and see the truth: that all women mother, and that mother energy is accessible to all of us—including men. Rewrite the Mother Code is a celebration of motherhood, bringing spirituality and community back into the experience and empowering women to be what they truly are, the ultimate creators.

What would it be like if it was a commonly held tradition for the wise women in our Western culture to support women through the mothering process? Rewrite the Mother Code envisions a



world of conscious conception, pregnancy, and motherhood. These ideals can open the doors for women to not only take part in the abundance of the world, but also make sure everyone else experiences it. This book explores a world in which mothers feel valued and intrinsically aware that fostering their wellbeing is the keystone for conscious and harmonious living on earth—a world where there are enough resources for everyone, all life is valued, and decisions are made with everyone's best interests in mind, not just a few. Dr. Gertrude Lyons shares her vast expertise, using her doctoral degree in education, combined with her degrees in psychology, transformational leadership, and her two decades as a coach for families, couples, and individuals. Each chapter has thoughtfully tailored reflections, meditations, and rituals to help women get in touch with their innate mother wisdom and strength. Rewrite the Mother Code is a ceremony and celebration of all forms of motherhood, one that collectively births a new revolution of empowered and embodied living.

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- Balanced Digestion Tea – contains fennel seeds, jujube, and mineral-rich nettle, which are known for being some of the best aids for bloating and digestive discomfort, in addition to promoting overall wellbeing.
- Black Gojiberry Tea – this premium herbal tea made from rare black goji berries turns a striking purple blue color when steeped, and has a myriad of health benefits including aiding in skin hydration and elasticity, immune support, provides a natural energy boost, is rich in antioxidants and anthocyanins and is known for having adaptogenic properties.

by Roberta A. McQueen, East Islip, NY

Metamorphic Nerves

by Patricia Soper, Patchogue, NY

Butterflies in my belly
excitement or fear
remind me of winged creatures
safely sheltered by cocoon
but ready to leave the
chrysalis for unknown realms.
Familiar comfort tempts
nestling in sameness
not risk change
but fully blossomed
metamorphic wings
are meant to fly
unconfined
majestic
free.

She picks up the photo
of the pretty young woman
sitting on the saddle swing
dark hair shining in the sun
brown eyes wide open
a shy smile for the camera
wearing a green and white blouse
knotted at the waist

Oh yes she remembers that shirt
those jeans finally fit
just like they should
flipping the picture over
she notices the date
thirty five years before she
was born

Haiku

by Olivia Tatara, Puerto Rico

You are a flower,
The light gives your colors life,
So pure and perfect.

Haiku

by Madeline Heit Lipton
Long Island, NY

Mourning doves cooing
My heart listens intently
Words stuck underfoot

Rabbit Hole

by Marc Livanos, Rockville Centre, NY

Nature's spectacle is not in tweets
sucking down your algorithm
luring you back with push notifications
robbing you of real growth.

Trolling hateful threads
or hypnotic TikTok posts
leaves you drained
skews your perspective.

Put the phone down
look around
stuff yourself with
finishing needed goals.

Life's precious moments
sprout sacred paths
suffused with spirituality.

Unplug!



Letting Go

by Elaine P. Morgan, Warrenton, VA

In the limbo of the season I listen
for its death knell
as it bites the dust on the rim
and somersaults over the edge
into Spring.

That dying winter wind
like the stroke of a dry
old lady's hand
on the petal of a
nodding yellow daffodil.

Haiku

by Olivia Tatara, Puerto Rico

Open with the Sun
Natural beauty so true
Petals of wisdom

It's All About the Fit

by Rhonda Weiss, Leeds, NY

Sometimes your kid allows you to wear
Many hats in their life
And that's ok
And sometimes they prefer you alternate them
And that's ok
And sometimes they wish that you wear only one hat
And that's ok
And sometimes they prefer that they wear
The only hat
And that's OK, too
Because they trust that you understand
What they need
And that you love them
And you do
And that's all that matters

It is difficult to get the news from poetry, yet men die miserably every day for lack of what is found there.
– From *Asphodel that Greeny Flower*



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CALENDARS

ONGOING EVENTS

MONDAYS

SACRED MEDICINE WHEEL GROUP

for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, DrlreneSiegel.com. Now offered Online. (see ad p.10)

TRANSMISSION MEDITATION offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30pm. Call 516-791-1485 for more info and location in Valley Stream.

TUESDAYS

PSYCHIC PALM/TAROT/MEDIUM

READINGS by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

TRANSFORMATION TUESDAYS

with Albert R. O'Connell, III, LCSW CASAC
For info call 631-903-0910 or visit
TheHamptonsMethod.com.

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TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 7:00PM. Call 718-951-7295 for more info and location in Brooklyn. (see ad p.13)

THURSDAYS

PSYCHIC PALM/TAROT READINGS

by Roni Todd at A Time for Karma,
14 S. Village Ave., RVC, NY. 1-6pm.
(516) 889-3732.

SPECIAL EVENTS

APRIL 11-13

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April 18

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April 27

THE SOUL CARE CONFERENCE

Sunday, 1-6 PM at JLR Studio, 5 5th Ave, Bayshore. Workshops & Speakers! Hosted by Empowered Path Expos. Call Diane: 516-639-6903.

April 30

CHARMED BY YOUR CHARMS with Stephanie Kellen, Psychic Medium
Eyes of Learning, Levittown Hall, Hicksville, NY,

Wednesday, 7:30-9:30 PM.
eyesoflearning.org

May 3

EYES OF LEARNING 38TH ANNUAL SPRING FESTIVAL

Psychic Readers, Vendors and more!
Levittown Hall, Hicksville, NY, Saturday,
11 AM-5:30 PM. eyesoflearning.org

May 16

COMMUNICATION WITH THE OTHER SIDE

with Josephine Ghiringhelli, Psychic Medium
Friday, 8:00-10:00 PM, Levittown Hall,
Hicksville, NY,
Members: \$15.00, Non-members: \$20.00.
eyesoflearning.org

JUNE 22

EMPOWERED PATH OUTSIDE FESTIVAL-

Sunday, Holistic Vendors, Psychics & Food Trucks. 12 PM - 5 PM at KOC Park, 759 Long Island Ave, Deer Park. Call Diane: 516-639-6903

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A Story of Growth and Renewal

by Diane Lundegaard,
Dix Hills, NY

Spring this year swept into the Sweet Hollow with its annual gust of unfettered hope for growth and renewal. The breeze which stirred the air not only also stirred the human heart, but quickened all of nature's life as well. Here and there alongside the sloping, winding and sandy trails characteristic of this Long Island region, squirrels scampered, chipmunks searched for acorns and huckleberry flowers bloomed.

The benefits of spring weren't on the mind of the adolescent walking along one of the area's most revered paths, the Walt Whitman Trail, named for the venerated poet of the 19th century. Nor was her mind on the poet and his

poems. Instead, Susan's thoughts were steeped in matters purely personal. As a consequence, she didn't notice that as the breeze picked up it not only quickened her step but also carried off her hat, a red hat knitted by her mother.

It took an automatic reflex of her hand to find out that her hat had left her head. Looking up she saw the hat perched like a cardinal on a black birch branch too high for her to reach. Now, in addition to all the other matters challenging her existence, such as hormones, school, and social media, Susan's head reverberated with maternal warnings, "keep it on, it's not summer yet," and accusations, "Lost it? Ungrateful, selfish!" A squirrel charging up the trunk of the tree on which the hat had landed distracted Susan from the voice rattling her brains. With a sigh and shrug of her shoulders she continued on the path that would take her through the woods and towards Jayne's Hill, the Island's highest point, just as more than a century ago it so often had led Whitman. A friend of Susan's told her about Jayne's Hill which was named after a local pioneer family. "If you're lucky you can see the water from there."

Although she didn't know it in conscious terms Susan had left her house seeking

healing and renewal. She followed her instincts, driven forward by the fragrance of spring which wafted on the sweetness of the hollow's air. Her lungs expanded with each breath she drew of maple-leaved viburnum whose perfumed white flowers draw bees to their nectar. Her eyes absorbed the sunlight which shone through tree branches not yet fully in leaf. As if in gratitude her eyes, which were a color matching the blue of the sky revealed to her hidden troves of forest life, such as the small yellow flowers of the sassafras tree, the antics of chipmunks scampering about for something to stuff in their cheeks and the trailing arbutus, better known as the mayflower, a ground cover whose leathery leaves can endure many a pilgrim's footwork without harm.

Not only did Susan's body seem to understand the benefit of time spent in nature, her subconscious mind seemed to sense it too. Something stronger than both the anxiety planted in her by an overreaching parent and the trials of adolescence took charge of Susan's being. This force, this divine mystery, led her beyond the convoluted world of youth. As she continued her walk towards that iconic summit, the whole of her being, her body, mind, and soul, soothed by nature's

generous offering of wonders such as birdsong, fiddlehead ferns, huckleberry and blueberry flowers, shifted into the safety of a fortifying spring day.

When Susan reached the top of Jayne's Hill, she scanned the surrounding trees for the prized view of the Island's surrounding water. Looking northward she spotted a tree branch that curved in such a way as to suggest a forest window. From that aperture she caught a glimpse of the estuary, a place where fresh and salt water mix and provide conditions for the spawning of life. Susan smiled; her shoulders relaxed. She returned home that spring day intuitively feeling that she had been blessed with the renewed peace of mind that she unconsciously sought.

The hope for Susan and all others like her is that they may one day go about their lives with a conscious awareness of the good things in life, such as those offered by a change of earth's seasons, and in this way increase and prolong their benefits.

Diane Lundegaard is a freelance writer, watercolorist and environmental educator. Note: Jayne's Hill is located in West Hills County Park, in the Sweet Hollow section of Huntington, Long Island.



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BOOKS

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MEDITATIONS FOR THE MIND-BODY-SPIRIT by Diane Calabrese includes a FREE audiobook with purchase to help reduce anxiety and stress of everyday living <https://www.dianecalabrese.com>

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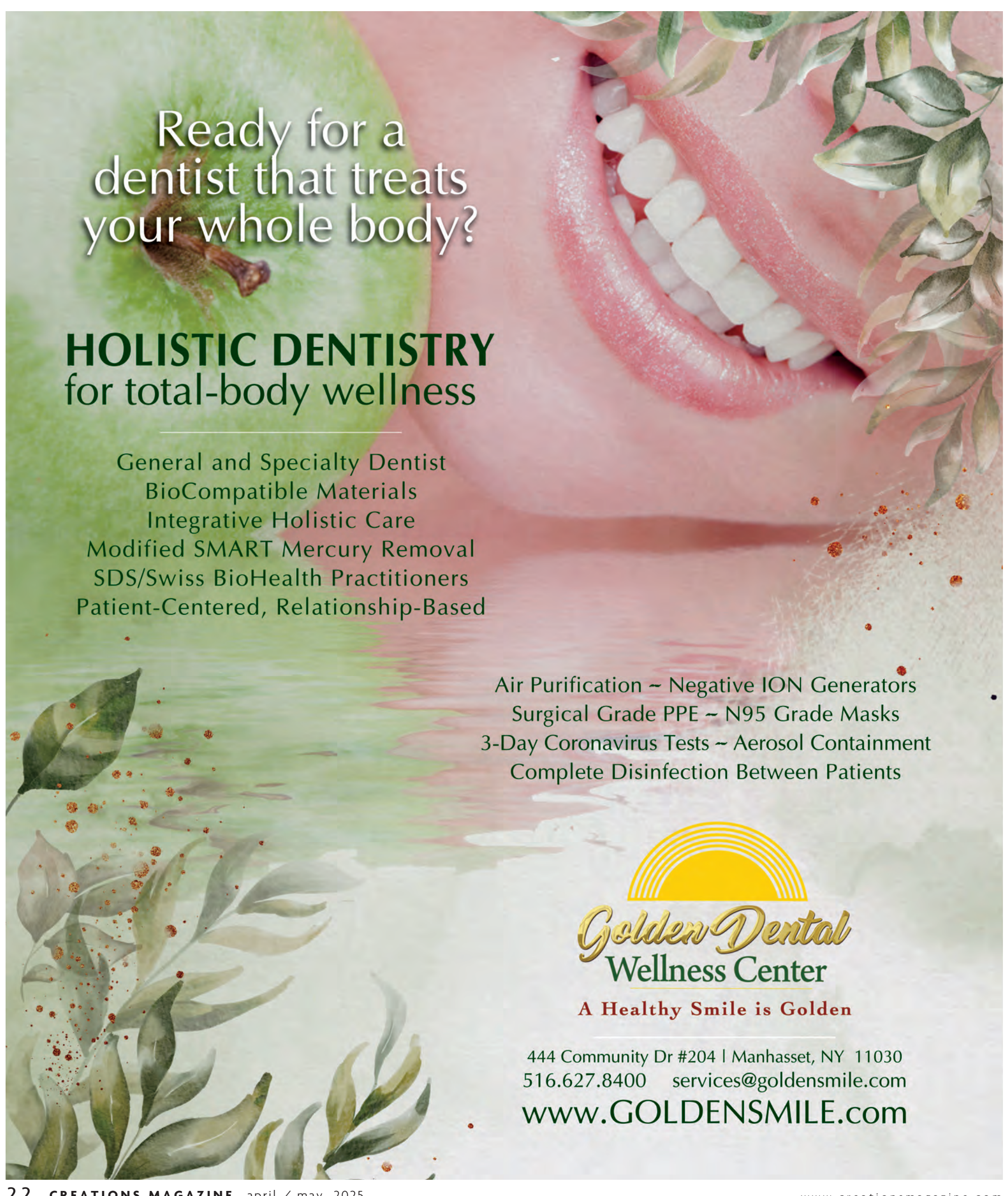


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Another Leap Forward in Dental Healing: Trading One Dental Issue for Another

by Dr. Jeffrey Etes

When faced with a dental issue, it may be tempting to choose the quickest, cheapest or most convenient treatment option. However, addressing one problem by creating another—potentially worse—problem can lead to serious long-term consequences. Short-term solutions often ignore underlying issues, leading to costlier, sometimes irreversible complications. A hasty decision without expert guidance or considering future impact can be a critical mistake. True problem-solving requires a comprehensive dental evaluation by an experienced specialist who weighs the risks and benefits to determine a solution that addresses the main cause rather than merely treating symptoms. Trading one problem for another is not a solution—it's a gamble with unpredictable outcomes.

Consider a large cavity in a back tooth that requires a root canal. Many patients are misled into believing that root canals are inherently dangerous to overall health. While complications can occur if done

incorrectly, the real issue is that 75 percent of root canals by general dentists lack a proper aseptic barrier, like a rubber dam. Without it, bacteria can enter from the start, fueling the procedure's bad reputation. Though rubber dams are the standard of care, most patients don't know if their dentist uses one.

Now, let's say you decide to extract the tooth instead—after all, it's in the back, and no one will see it. Opting for extraction may seem easier and cheaper—especially for a back tooth—but it comes with consequences. Once removed, your bite shifts over time, leading to bite collapse and added pressure on the opposite side, often causing new dental issues. Many assume an implant will fix the problem later, but implants—whether titanium or ceramic—are foreign screws, not natural teeth. Bone loss begins quickly, even with grafts, which are often inadequate. Since implants vary in success, extraction can ultimately trade one problem for a more complex, costly one.

Preserving your natural teeth through advanced restorative dental techniques is essential for both your oral health

and overall well-being. Natural teeth are designed to last a lifetime and maintaining them is a lifelong investment that helps preserve the structural integrity of your mouth, which is vital for proper chewing, speaking and facial aesthetics. Tooth loss can cause surrounding teeth to shift, leading to misalignment, bite collapse and additional strain on the remaining teeth—often resulting in further complications.

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replace damaged teeth but also restore full functionality and enhance the natural aesthetics of your smile.

What sets Dr. Etes apart is his unwavering commitment to exceeding expectations. He listens carefully to each patient's needs and delivers premier dental care with unmatched expertise, accessibility, and compassion. His advanced training allows him to resolve dental issues that many others deem impossible. Not all dental care is the same, and there is a significant difference between wanting to help and having the expertise to provide the highest level of care.

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