



CREATIONS

INSPIRATION • HOLISTIC HEALTH • PERSONAL GROWTH

Vol. 39, Issue 6
December / January 2026
CreationsMagazine.com

Your Vibration Matters Far More Than Your Actions

- The Disclosure Tsunami is Coming
- Rediscover Wonder & Possibilities
- The Protein Obsession

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TALKING OUR WALK

Happy Holidays and welcome to the December / January 2026 Issue!

In our two-page cover article, Ann Albers instructs that *There is only vibrational law. No matter what you do, the energy with which you do it matters infinitely more than the actions themselves.*

The holidays are likely the time of year that we're able to *Rediscover Wonder and Possibilities*. Chuck Wisner offers practices for us maintain this vibe all year long.

Fluoride, added to municipal water systems has been a hotly debated topic this year. Jimmy Kilimitizoglou, DDS presents a bucket-full of information for us to decide what is best for ourselves and our families (p.20).

In the Age of Protein Obsession, Ken Lyle instructs us to rely upon our evolutionary intelligence."More" is not necessarily a health-promoting portion.

The Next Frontier of Wellness Is Energy, so says Dr. Swathi. She provides tips for us to tune into a "Frequency-First Future."

The Disclosure Tsunami is Coming. Strap in for the year ahead? Find out on page 14 😊



A couple of changes to our print issue:

As we've discussed, we have greatly expanded our website and digital marketing capabilities and offerings. Along these lines, beginning with the next issue – February / March – BOTH the Calendar and the Marketplace pages will be available online only – creationsmag.com.

Enjoy a Peaceful Holiday Season,

Neil & Andrea



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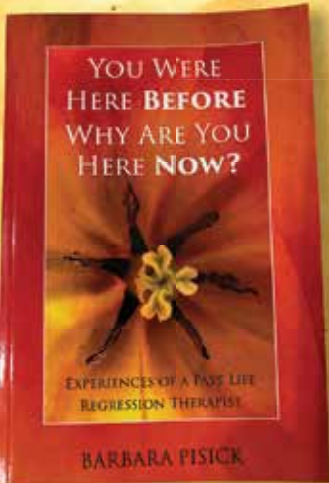
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Wisdom from the Ancestors: Caribbean Paths to Spiritual Wellbeing

by Gilbert Martina,
Curaçao

The holiday season invites us to slow down, gather with loved ones, and reflect on the values of peace, generosity, and goodwill. In the Caribbean, ancestral traditions remind us that these qualities are not only seasonal but a way of life—passed down through stories, rituals, and community practices. By reconnecting with this wisdom, we can carry the true spirit of the holidays into the year ahead which is basically unconditional love.

Community as Medicine

In many Indigenous and Caribbean traditions, health is not just an individual pursuit—it is collective. Wellbeing is woven through the bonds we share with family, neighbors, and community. During the holidays, when loneliness and stress can surface as easily as joy, these traditions remind us that healing happens in connection. Cooking and sharing meals, singing together, and practicing generosity are not small gestures; they are vital rituals that restore balance to both body and spirit.

Storytelling as Guidance

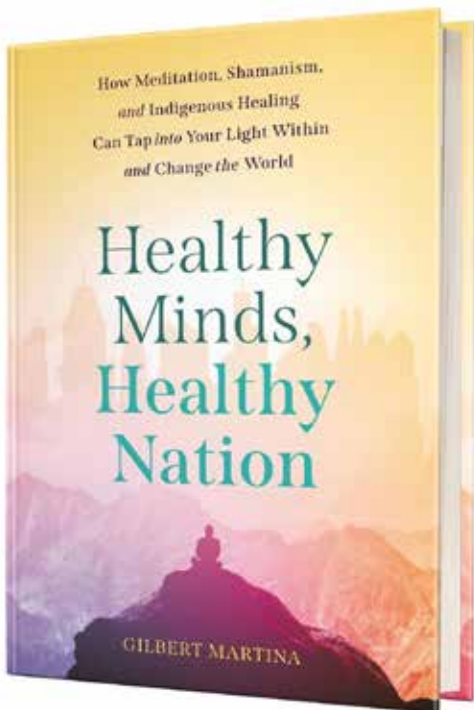
Ancestral stories are more than entertainment; they are roadmaps for living with integrity and compassion. A powerful and simple way to pass on the ancestral wisdom to future generations. Around holiday tables in my own Curaçaoan family, stories of ancestors are shared—some humorous, some cautionary, all instructive.



Storytelling anchors us in something larger than ourselves. It teaches that our choices ripple outward, affecting future generations. At a time when consumer culture often drowns out meaning, storytelling calls us back to what really matters: love, responsibility, and legacy.

Rituals of Peace and Renewal

Caribbean traditions honor the natural cycles of release and renewal, much like the turning of the year. Practices such as cleansing the home, offering gratitude to the land and sea, and welcoming the new year with prayer or song are ways of radiating peace from the inside out. These rituals remind us that goodwill begins within: by releasing resentment, forgiving others, showing gratitude and setting intentions that align with our values, we embody the spirit of the holidays.



Ancestral Wisdom for a Modern World

Modern life often isolates us, leaving us disconnected from ourselves and one another. Yet ancestral practices—whether storytelling, communal meals, or rituals of gratitude—remain timeless tools for healing. They invite us to return to what is simple and human: sharing space, honoring

each other's dignity, and extending kindness. In a season that can be hurried and commercialized, these traditions offer a way to slow down and reconnect with peace, compassion, and goodwill. The Shamans of the Amazon say that in the West (Modern World) we have a lot of data and information, but we lack wisdom. Data and information is knowing that water is H₂O, but wisdom is being able to make it rain.

Carrying the Spirit Forward

The message of the holidays does not need to end when the decorations are put away. Ancestral wisdom encourages us to carry peace and goodwill into every season, in daily life. If we gather more often, share stories year-round, and make rituals of gratitude part of our daily lives, the holidays become more than a moment—they become a way of being.

This season, may we listen to the voices of our ancestors, allow their wisdom to guide us, and radiate the spirit of peace far beyond the holiday months. May we tap

into our own light within and change our families, our communities, our countries and ultimately change the world filling it with love, gratitude and forgiveness for our future generations. ✧

Gilbert Martina is a former healthcare executive from Curaçao who left the corporate world to explore meditation, ancestral healing, and spiritual traditions rooted in his African and island heritage. He is the creator of the forthcoming *Blenchi Sanctuary* and author of the upcoming book **Healthy Minds – Healthy Nation**, which explores how healing the individual can transform families, communities, entire societies and ultimately the world. This project is supported by a grant from the Dutch Foundation for Literature as part of its Regulation Literature Caribe initiative. Connect with Gilbert on:
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Your Energetic Vibration Matters Far More Than Your Actions

by Ann Albers and The Angels,
Phoenix, AZ

So many of you have heard us discussing the importance of your vibration these past few years. **Not one of you was taught in childhood that your actions matter far less than your energetic vibration.** Only a few of you were encouraged to follow your inner compass rather than striving to please others. It is no wonder that embracing the 5D paradigm is challenging for so many of you. Today, we want to help and encourage you, explain things more deeply, and give

you a new game to play to help you learn more about the power of your tuning.

Imagine that you have a dream in your heart. Imagine now that there is a movie on television about how you got from where you are now to the fulfillment of this dream. It is a lovely movie of synchronicity, joy, and triumph. We're pretty sure you'd want to watch this movie!

Now, on a different channel entirely, there is a news broadcast. It repeatedly tells you about your past, present, and the people



around you as they are now. It shares news about the world around you, as it is now. It has no understanding of manifestation. As a result, when it projects into the future, it simply rehashes the present or past. It is not so likely you'd prefer to watch this channel!

Now, suppose you have a magic tuner. When you think of something that makes you happy,

you tune into the beautiful movie about your life unfolding gracefully! When you think of something that makes you feel unhappy, the good movie pauses, and you tune into the depressing news station right at a moment when it matches your own negative thoughts.

As you can imagine, on a daily basis, most of you would switch between the good movie and the depressing news a thousand times, if not more. Understanding that the good movie only plays while thinking thoughts that feel good, many of you could easily infer that you'd never reach the end! Back and forth, back and forth you go.

In reality, this is how many of you live your lives. **You are the first generation to become aware of the value of your tuning.** You are learning a new skill. It is reasonable to expect that you'd have to try, try, try again before learning to value your feelings and tune into things that feel better. It takes time, persistence, and practice to develop a new habit. Give yourself grace.

Now, suppose you really want to see your happy ending. Like a young child playing a video game, you start practicing your "tuning" skills. You play with your thoughts to find ones that feel good. You challenge yourself to see if you can find something that feels good enough to make the good movie start playing once again.

You start to notice thoughts that "knock you out of it." Little by little, as frustrating as it might be at first, you learn to manage your tuning until you can watch the good movie for long stretches of time, and when

you fall away from it, you become more confident in your ability to tune into the good and see it play once again. Eventually, with practice, you become so good at tuning that you can watch that good movie to its completion.

Dear ones, your life is that good movie waiting for you to tune into it. Most of you learned to tune into the past or the present in front of you, no matter how good or unpleasant it feels. Rarely were you taught to care more about how you feel.

Can you imagine? You want a relationship, and instead of focusing on it (because it sends you into that oscillation of vibration), you challenge yourself instead to find things to love about life, to find ways to share love in life, and little by little without even trying to manifest a relationship, you tune into that good movie with all its happy endings.

You aren't settling for feeling "just ok" even though you don't have what you want. That resignation gets you more of the news. Instead, challenge yourself to find ways to feel good—here and now with what you have. **You can use your brilliant mind to choose one of a gazillion possible good-feeling thoughts right here and now.** You can notice and appreciate the sun on your face. You can marvel at the busy little bees that pollinate your crops so you can eat. You can ponder the amazing connection with millions of people who poured their love into the coffee you pour into the cup. You can sit, breathe, and receive our love and assistance.

Daily, you are surrounded by millions of small opportunities to feel good. It makes little sense to deprive yourself of the good feelings and the good movie that will lead to the good ending simply because you are upset that the good ending is not here now. You all want to be happy. Choose it now, and now, and now again, and the good movie will play, bringing you even more.

Some of you feel this isn't fair, and we understand. However, **you cannot apply human law to a universe that operates in terms of vibration and expect it to function as a human being would.** As a result, it is hard for so many of you to trust the universe to deliver your dreams. We understand. As these new concepts have been introduced into human consciousness, many of you still embraced the 3D paradigm of "doing" while trying to apply it to the 5D laws of "being."

You learned to "fake it till you make it." If doing so helps you achieve the vibration



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of what you want, we encourage this! **However, you can't fake vibration. No amount of action, fake positivity, or acting "as if" will matter if it doesn't make you feel wonderful.** Far better, as a few of you have said over the years, to "F*#! it till you make it!" Ignore any dreams you can't feel good about and focus on things that feel better. Did we, the angels, just say that? Yes, dear ones. We say it with love, humor, and a realization that many of you will feel more inspired by shifting your focus than by trying harder to feel good about a topic you do not yet feel good about!

If you can't feel good about the relationship you've been "trying to manifest" forever that still hasn't arrived, focus on anything and everything else that feels better. You torment yourselves, trying to feel good about what does not. Look away. Turn the other cheek. **Find happiness where it is easy to find, and let your vibration rise naturally.**

So many of you learned to visualize, and it can be a wonderful tool if it helps you find the feeling you desire! If visualizing makes you feel worse because it makes you think more about what you do not yet have, it is better to visualize a good lunch that excites you!

You learned to make vision boards. We love them if these bring you joy, empower you to anticipate your dreams, and raise your vibration! But if you look at a vision board and think every time, "Yeah, right, it never happens for me," then dear ones, take down the vision board and, in its place, put up an inspiring piece of art that elevates you every time you look at it!

You learned to quiet your mind and meditate, but if attempting that frustrates you, find an alternative. Listen to music you love. Take a walk. Cook a good meal. If you honestly try, each of you can find something that quiets the negativity and allows you to be present in the moment. Don't give up and say that you can't. You can. You just have to exercise your God-given power of choice and experiment a bit until you find your own way of feeling present and good.

You learned to be good and do good, and we completely encourage that because it is your nature to love, but when your "loving" actions cease to feel like love, then cease doing them! If you are helping an ungrateful friend, it may feel wonderful for a while, but when it stops feeling wonderful, stop doing it or find a reason to feel good once again.

So many of you have given so much you feel bitter and resentful that others don't give back, but dear ones, you are the ones who chose to continue giving when it no longer felt good. You are the ones who chose to pour your heart more into others' lives than your own. So many of you learned that it is "better to give than to receive" when, in reality, it is better to be in a balanced flow—filling then spilling, filling then spilling. The more you receive from Spirit, the more you want to give. The more you give, the more you want to receive from the Divine. Watch and listen to your feelings to help you stay in this flow.

As you learn to be more honest about your feelings, you will give when it is a joy, and refill the well when needed. As your vibration becomes one of giving joyfully, you will attract others who are in the vibration of giving joyfully as well. But if your vibration is one of

giving because you "have to" or "should" (even when, "sigh," you don't feel like it), then you will instead attract others who feel equally empty and want you to give to them, as you want them to give back to you.

It is a misunderstanding to think that because you "give," you will attract others who "give." This would be a "law of doing," but the universe operates on the "law of vibration."

There is no "law of doing." There is no law in the universe that says if you do more, the universe will do more for you. There is no law that says if you constantly do good, you'll constantly receive good. There is no law that says if you give, you'll receive. There is only vibrational law. No matter what you do, the energy with which you do it matters infinitely more than the actions themselves.

If you shop for shoes feeling abundant, you'll attract more abundance than if you tithe with ("sigh") a feeling of righteous martyrdom. If you indulge in your favorite activities with joy or explore new ones that delight, you'll meet a partner sooner than if you trudge unhappily through online dating sites. If you love the hunt and the idea of meeting several new people each weekend and sorting through them, you could easily meet someone on a dating site, but few of you honestly feel that way. God has arranged meetings for centuries. Your "doing" is not important. Your vibration is.

If you are healing a physical condition and you love your doctors and the care they provide, they are likely to work well for you. If you mistrust doctors but love alternative therapies, those will likely work better for you. If you would rather ignore your condition and focus on other

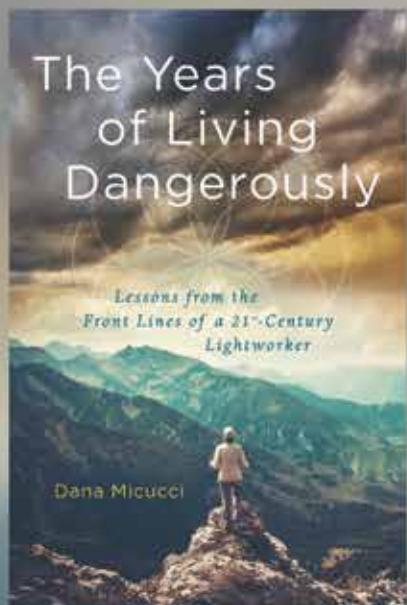
things that bring you joy, that will bring you joy and quite possibly healing, too.

What does not work is focusing on thoughts that feel bad and forcing yourself to do things that go against your grain. Even if you were to die, you would have lived happily until you transitioned happily and moved on into a blissfully happy reality. Your eternal journey can be fun now. Your eternal journey can be happy now.

The only thing that matters, dear ones, regarding what you will see in your future is vibration. Be kind to yourselves. You are courageous adventurers. You have incarnated on the earth during some of the biggest paradigm shifts humanity has seen in recorded history. You are learning to be tuners rather than doers and to allow your actions to be born of joy and inspiration.

God Bless You! We love you so very much. ✨

*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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Rediscovering Wonder and Possibilities

by Chuck Wisner,
New England

I don't believe wide-eyed wonder is something we simply leave behind in childhood. Curiosity doesn't vanish. Our questions don't just dry up. Life unfolds — and in the process, responsibility takes over. We get buried in deadlines, routines, politics, and bills. Slowly, our sense of awe takes a back seat.

But wonder isn't childish, and it's certainly not naïve. I've come to see it as essential — a way to lift ourselves out of habitual thinking, out of the mental ruts that keep us stuck. Wonder fuels curiosity. It opens us to new possibilities. And possibility is the antidote to certainty, speed, and resignation.

While walking, I was struck by the vibrant greens of new buds. Each tree offered a different shade, creating a living mosaic that stopped me in my tracks. That too is wonder — not just grand gestures, but quiet moments when we pause, pay attention, and see the world with fresh eyes.

Wonder, to me, isn't a luxury. It's an invitation to wake up. To be more fully alive. It helps us reconsider limiting beliefs and stretch toward what might be possible. It's a spiritual resource that's always available, even in the most ordinary moments. In a world that often feels upside-down and inside out, wonder might be the medicine we need most.

Igniting Wonder: Acceptance as Fuel

In my work, I describe wonder as the antipode of resignation. If resignation is a refusal to see what might be, wonder is the willingness to see again, to see differently, to look more closely. Wonder is possibility in motion. And in that sense, wonder isn't just a feeling. It's a posture. It's a way of meeting the world that softens our grip on being right and opens us up to being surprised.

Wonder doesn't just appear out of nowhere. It needs fuel. And that fuel, surprisingly, is acceptance.

Acceptance isn't about settling for "it is what it is." It's not giving in or giving up. It's about creating space in your mind, heart,



and spirit for what's next to take shape. It's the mental reset that allows possibility to re-enter the picture.

Non-acceptance, by contrast, is a wet blanket. It shuts down imagination. When we can't or won't accept where we are — a job we hate, a painful relationship we're stuck in, a life detour we didn't ask for — we start to spiral. We grip tighter. We complain, blame, and resist.

That's the path to resignation: "This shouldn't have happened." "Life isn't fair" "I deserved that promotion." In that resigned state, there's no room for wonder. No space to dream. No emotional availability to imagine something different.

But when we accept a situation, even if we don't like it, we stop wasting energy trying to wish it away. We stop fighting reality. *We shift our attention from what's wrong to what's possible.* Acceptance grounds us in reality while opening the door to curiosity. And that's when wonder can spark. It's not surrender. It's honest acknowledgment. And from that place, wonder can do what it does best: wake us up, lift us out, and point us toward a new tomorrow.

Wonder isn't Naïve — It's How We Discover

We often associate wonder with childhood — those early years when everything is new and questions flow faster than answers. But wonder isn't something we outgrow. If anything, the wisest minds find a way to grow back into it.

Baudelaire called genius "nothing more nor less than childhood recovered at will." Einstein insisted that imagination was more important than knowledge. And Newton, reflecting on his life's work, described himself as a boy playing on the seashore, occasionally finding a prettier shell while the vast ocean of truth lay

undiscovered before him. These were not sentimental people. They were brilliant, disciplined thinkers who stayed open to the unknown. Their curiosity wasn't a phase. It was a way of life.

That same mindset is available to us, no matter our age or profession. We may not be splitting atoms or writing symphonies, but we're all navigating complexity — in relationships, at work, and in the world around us. When we meet that complexity with wonder, we begin to notice what we otherwise miss.

Wonder shifts the question from "What's the answer?" to "What's possible?" It doesn't require certainty or control. It simply invites us to keep looking — and that shift in posture can open unexpected doors.

The Spiritual Companion: Hope

If resignation breeds despair, wonder is what makes space for hope. Hope often gets misunderstood. It's not blind optimism or pretending everything will work out. It's not a mood. It's a decision. A commitment to possibility, even in the face of uncertainty or loss.

As the Almanac of Birds says so plainly: *Hope is a motion of the heart, not a feeling or idea but a choice... a choice not to suffer the shortness of sight that is despair.* That line stops me every time. "Shortness of sight." Because that's exactly what resignation is — a narrowing; a collapse of imagination; a refusal to believe that something new might still be possible.

Hope asks more of us. It asks us to keep looking. To stay open. To risk disappointment in the service of something better. Samuel Beckett, in his dry and honest way, once said, "Try again. Fail again. Fail better." It's a strange kind of encouragement, but I've come to see the wisdom in it. When we choose wonder, we create emotional space. And in that space, we can try again — not with forced cheer, but with courage and humility. Wonder and hope are companions. One wakes us up. The other moves us forward.

Practices to Cultivate Wonder

Wonder may seem spontaneous, but we can make room for it. Like anything new we are learning, it takes practice. Here are a few simple ways to invite wonder into your daily life:

1. Pause and Notice

Wonder doesn't compete well with speed. Slow down — just for a moment. Look up.

Step outside. Listen. Watch how light hits a wall or how a bird moves across the sky. The smallest details can become invitations if we're willing to notice them.

2. Ask "What else might be true?"

I've worked with multiple clients who were resigned with their unsatisfactory job or boss. It wasn't until they expanded their vision outside the virtual four walls of their current employer that they could see a wider field of possibilities. When you feel stuck in frustration or judgment, step back. Instead of tightening around your view, loosen it. Ask what else might be happening. What haven't I seen yet? Wonder grows in the space between certainty and curiosity.

3. Be a Beginner

Do something you're not good at. Take a walk without a destination. Read a poem you don't understand. Let go of knowing. Beginners are tuned in because they're paying attention — and that's the mindset wonder thrives in. This is also a great way to keep our brains young and humming.

4. Make Something for No Reason

Paint. Scribble. Go into the garden or on a walk with no plan. Let wonder guide your actions. Play with language. You don't need a goal. Wonder loves creativity that doesn't demand an outcome.

5. Borrow Someone Else's Eyes

Talk to a child, a friend, a stranger. Ask them what they've been noticing. Let someone else's sense of awe wake up yours. We don't have to generate wonder alone. Sometimes we just need to be reminded.

These aren't tasks to check off. They're invitations — gentle nudges back to what we already know: that the world always offers itself to us unexpectedly. We just have to be open and ready to receive the messages. ✨

*Chuck Wisner has spent thirty years as a trusted advisor, coach, and teacher in communication, human dynamics, and leadership excellence. He has worked with leaders and their teams in Fortune 200 companies. He also trained in mediation and worked as a senior mediator affiliated with the Harvard Mediation Program at the Harvard Law School, and later, associated with MIT's Center for Organizational Learning. His book, *The Art of Conscious Conversations – Transforming How We Talk, Listen, and Interact* (BK Publishers, Oct. 22, 2022), explores how to heighten our awareness and become more conscious in our conversations. Learn more at chuckwisner.com.*

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for Whole-Body and Dental Health

From Truth and Laughter Dentistry, New York City

At Truth and Laughter Dentistry, we celebrate the deep connection between nourishment and oral wellness. The foods we eat don't just fuel our bodies — they shape our smiles. This wholesome dish of buckwheat, black beans, onions, garlic, parsley, and scallions is a delicious reminder that real food is real medicine. It's comforting, mineral-rich, and packed with nutrients that support gum health, enamel strength, and a balanced oral microbiome.

■ **Recipe: Buckwheat with Onions, Garlic, Parsley & Black Beans**

Ingredients:

- 1 cup buckwheat groats (toasted or raw)
- 2 cups water or vegetable broth
- 1 can (15 oz) black beans, rinsed and drained
- 1 medium onion, finely chopped
- 3–4 cloves garlic, minced
- 1/2 cup chopped parsley (loosely packed)
- 2–3 scallions, thinly sliced (for garnish)
- 2 tbsp olive oil (or ghee)
- Salt and pepper, to taste

Optional: pinch of cumin, smoked paprika, or chili flakes

Instructions:

- 1. Cook the buckwheat:** Bring water or broth to a boil. Add buckwheat and a pinch of salt. Simmer 10–12 minutes until tender. Fluff and set aside.
- 2. Sauté the aromatics:** In a skillet, heat olive oil over medium heat. Add onions and cook until translucent (5–7 min). Add garlic and cook 30 seconds.
- 3. Combine:** Stir in buckwheat, black beans, and parsley. Warm through and season to taste.
- 4. Garnish** with scallions and a drizzle of olive oil or lemon juice.

■ **How This Dish Supports Oral and Whole-Body Health**

Buckwheat: Rich in magnesium and antioxidants like rutin to strengthen gum capillaries and reduce inflammation.

Black Beans: High in fiber and minerals

that stabilize blood sugar and support enamel remineralization.

Onions & Garlic: Contain quercetin and allicin, which help balance oral bacteria and improve gum health.

Parsley: Packed with vitamin C and chlorophyll to support collagen formation in gums and naturally freshen breath.

Scallions: Provide vitamin K, supporting bone and tooth mineralization for jaw and enamel health.

At Truth and Laughter Dentistry, we believe oral care is whole-body care. Choosing foods that heal and harmonize with your biology is one of the most powerful ways to prevent disease — and to smile brighter, naturally.

■ *Try this recipe for a nourishing meal that supports your gut, gums, and grin!*



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On Consciousness ... Just What if?!

by Patricia A. Muehsam, MD,
New York City

The ancient wisdom traditions have much to say about the nature of consciousness—that it's non-local, and that it transcends our linear constructs of space and time and our physical bodies. And that it doesn't reside in the brain, or anywhere in the body, for that matter. Yet, at the same time, it's everywhere. In the body. But not of the body. Also, that it's omnipresent and immortal, preceding bodily birth and surviving bodily death.

For our thinking brains, this stuff may be just a bit too perplexing to wrap our heads around ... such stuff as dreams are made of.

These constructs are also firmly rooted in the global healing traditions, whose cosmologies and approaches to health, illness, living and dying, reflect these notions of consciousness. These traditions understand the intimate and instantaneous links between thoughts, feelings and the physical body; they understand that thoughts and feelings are consummate players in the orchestra of our lives and are intimate and instantaneous effectors



of health outcomes. They understand that what we think and feel affects not only our own bodies, not only everything within us, but everything beyond us. In fact, there is no separation.

Modern science has had much to say about the nature of consciousness as well—most significantly with the advent of quantum mechanics in the last century. Physicists became philosophers, waxing on the impossibility of objectivity, on the role of the observer and the role of consciousness. And more recently, modern science has come to offer us fine research that supports the veracity of these notions, from the emerging field of *epigenetics*, the wide body of clinical research in mindbody practices, explorations of

near death and out-of-body experiences, and the vast and robust arena of parapsychology research.

The problem is, none of this is taught in medical school. And very little to none of this research has trickled down to medicine to impact upon our world view as physicians, and thus, to our clinical practice. Most physicians take the easy physics course required to get into medical school. Most physicians aren't schooled in the history and philosophy of science and epistemology. And we tend not to read the literature of disciplines and specialties beyond our own.

What my medical training did teach me was that disease is bad and dying and death are worse. It bred an environment of fear around health. And we've cultivated this environment of fear, and it's become a risk factor for disease, and a risk factor for dying and death.

I often wonder just what if—just what if we could wrap our heads around these notions of consciousness transcending space and time and our physical bodies? How might we live differently? How might we experience illness, dying and death differently?

I'll muse that we'd fear less. We'd fear illness, dying and death less. Perhaps we'd be fearless in the face of illness, dying and death. And perhaps we'd experience living better, and when ill, be more likely to return to the body than depart it. And then, when our time comes, die better.

So, enough hypothesizing...

Just how might we do this? How might we embrace this ancient wisdom? How might we put these principles into practice, so that we can truly fear less, and be fearless not only in the face of

illness, dying and death, but in the face of living.

What would your life be like if you could fully live these notions? If you knew, without a doubt, that we don't simply end when the body dies. That some aspect of us persists after death, and some aspect of us existed before we were born? How would you feel? How might you live life differently?

If it all feels too perplexing to wrap your head around, just ask yourself, what if? And imagine! ✨

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

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PATRICIA A. MUEHSAM, MD

Foreword by **LARRY DOSSEY, MD**
New York Times bestselling author of *One Mind*

Lessons from Guiding Lights!

by Milissa Castanza Seymour,
Bethpage, NY

*There is a crack in everything.
That's how the light gets in.*

~ Leonard Cohen

In fall, I have a habit of staying up late. Perhaps, it is a bit of nostalgic youthful defiance, nudging my older wisdom out of the way. Whatever the reason, I enjoy staying up to read, write, or watch an old movie in my quiet house on my own terms. As I head to bed after one such late night, I turned off the kitchen light and navigated through the darkness toward the stairs. I could have turned on the light near the stairs first, but my decision to be *efficient* and not waste steps back and forth, motivated me to move in the darkness. Of course, I bumped into a chair here and piano bench there until I noticed a ray of moonlight creeping in through the skylight which gave me just enough light to find my way with no further disruption. Believe it or not, those few moments propelled me in retrospect to contemplate life, obstacles, and guiding lights.

I started thinking about how so often in our busy lives we come to a place of darkness. Those insurmountable moments when we feel overwhelmed by life's circumstances and we are not sure how to navigate. Blindly, we bump into, over, and

around obstacles that present themselves when we least expect it. Then, we bemoan our predicament, not seeming to be able to find a way out. We complain, vent, and explain our situation to anyone that will listen yet we resist moving forward. The darkness feels familiar.

So, why does this darkness feel familiar? Even though it presents us with such unhappiness and disappointment, we linger, making the same choices over and over again. I believe it was Einstein that said the definition of insanity is *doing the same thing over and over again while expecting a different result*. It would seem that staying in the darkness is a product of our self-limiting thoughts and choices. That night in the dark, I could have made the effort to turn on a light and return to close the other but my belief that I was being "efficient" deterred me. Was I really efficiently moving in the intended direction, as I bumped into objects in my path? No. Yet, I still chose this way, even though, having done it on many other nights, I experienced the same result.

A better idea might have been to re-evaluate my view of the situation and make a different choice. If we attempted that in our most trying moments, we could actually make difficult situations more manageable. Recognizing that sometimes we are our own worst enemy is the first step toward establishing sanity. **Then, we can explore why we are making certain choices by asking:**

- o How does this choice serve me?
- o How does it bring me closer to where I would like to be?
- o If the answer is it doesn't, go deeper – what is it providing?
- o What would be a more beneficial way of doing/seeing/experiencing this?
- o If a close friend in this situation asked for advice, what would I say?
- o Looking back from my deathbed, how important was this decision?
- o In ten years from now, would I look back with regret or purpose?

As we make leaps and bounds into letting go of faulty-thinking and embrace choices that support us, we alter our mindset. What we think repeatedly, becomes

our beliefs. What we believe, informs our actions. We've seen bumper-stickers like "Change your thoughts, change your life" and moved on without much analysis but, in fact, changing your thoughts can change your life. Intervening at the thought level, shifts perspective and beliefs, which then changes actions. Changed actions can definitely affect our lives in the most beneficial ways.

These bumper-sticker moments have purpose. Just like the moonlight gave me pause, we need to pay attention when the guidance comes. Despite ourselves, that ray of moonlight shows up and graces our existence, inviting us to move in a better direction. I couldn't help but notice the moonlight that night. It had a guiding force as it lit the way, leading me to this contemplation. When we are open to receive guidance and blessings, we find them. It's there when we are lost, confused, doubtful, and resistant. We only need to open to the possibility in order

to experience it in our lives. We become empowered by changing our thoughts, beliefs and behaviors. We transform, surrendering to that guiding light, however it shows up. Pay attention. It's there in the most ordinary ways. Let it in and embrace it. It will embrace you back. Now, pause and ask yourself, *what are my guiding lights?* . ✨

Milissa Castanza Seymour M.S. is an InnerSoul/Transformational Coach and professional Numerologist, specializing in Stress Management/Wellbeing, helping clients find their purpose. Her multi-disciplinary professional certifications include: Prana Yoga, IntegrativeYogaTherapy (IYT) Teacher/ Holistic Health Educator, Applied Positive Psychology Practitioner/LifeCoach, Aromatherapist (people and pets), Chopra Ayurvedic Health Practitioner/Primordial Sound Meditation Teacher, and trained Wellbeing Coach.
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The Next frontier of Wellness Is Energy

by Swathi Varanasi-Diaz,
Pharm.D.

We have all had those days when we feel completely out of sync: low energy, distracted, or just “off.” Most of us try to fix it by reaching for caffeine, supplements, or a quick workout. But what if the missing piece is not just nutrition or movement, but something even more fundamental, like your body’s *energy field*?

Your body emits a measurable electromagnetic field created by the movement of charged particles in your cells. *It’s not mystical; it’s physics.* Every thought, breath, and heartbeat contributes to this subtle but powerful energy system. Like a fingerprint, your energy signature is entirely unique, reflecting your physical, mental, and emotional state.

When this energetic pattern is strong and balanced, you feel focused, calm, and resilient. When it’s disrupted, you may experience fatigue, irritability, or stress, often before any physical symptoms appear. Understanding this connection between energy and biology opens the door to a new era in health: one that integrates quantum physics with ancient healing wisdom.

From Ancient Ayurveda to Quantum Science

Ayurveda, India’s 5,000-year-old system of medicine, has always recognized energy as the foundation of health. **It teaches that each person is composed of five elements: earth, water, fire, air, and ether.** The goal of Ayurveda is to maintain harmony among these elements to support optimal health. In the Vedic texts, balance was



not just about diet or herbs; it was about aligning with the vibrational frequencies of nature itself. Sages believed that every plant, mineral, and sound carried an energetic imprint capable of influencing human well-being.

Today, quantum physicists describe the universe in similar terms. Everything is energy, vibrating at specific frequencies. In this light, Ayurveda’s concept of vibration and resonance seems remarkably aligned with modern science. This is where Quantum Ayurveda comes in. It is a modern framework that merges the biochemical foundation of plant medicine with the energetic principles of quantum physics. It takes the ancient insights of Ayurveda and grounds them in measurable, scientific observation.

The Science Behind Quantum Ayurveda

At the molecular level, chemistry gives us the “what,” the nutrients, antioxidants, and bioactive compounds that fuel health. But energy dictates the “how,” how efficiently those molecules interact with your cells. When the chemical and energetic aspects of a plant are aligned with the body’s energy field, the result can be more efficient absorption, faster response, and improved overall balance.

This emerging field uses advanced technologies, like Raman spectroscopy, acoustic frequency analysis, and nuclear magnetic resonance (NMR), to analyze the vibrational “fingerprints” of botanical compounds. For example, NMR can detect the unique energy frequencies emitted by atoms as they spin, almost like molecular music. This allows scientists to measure the energetic patterns of herbs, making what was once considered “subtle energy” scientifically observable.

Companies are mapping the vibrational signatures of Ayurvedic plants and exploring ways to align them with human energy patterns. This type of innovation

could one day allow supplements to be designed not only for what your body needs biochemically, but for how it resonates energetically.

What Energy-Tuned Wellness Means for You

The future of wellness is shifting from “what you take” to “how your body receives it.” Imagine a supplement designed not just for your nutritional needs but for your energy signature, responding to your body’s rhythms, stress levels, and emotional state.

Energy-tuned herbs, for example, could be absorbed and recognized by your body faster, which may translate to lower doses and more targeted effects. In the long term, this kind of personalization could make natural wellness more effective, accessible, and sustainable. While this technology continues to evolve, you can begin exploring energy wellness today using practices that have been validated by both ancient and modern science.

How to Tap into Energy Wellness Now

You do not need a lab to start aligning your energy. Your body’s field responds naturally to rhythm, movement, and the environment. **Here are five simple ways to “retune” your energy every day:**

1. Movement:

Gentle stretching, yoga, or even dancing helps release stagnant energy and enhances circulation. Movement literally shifts your electromagnetic field.

2. Breath:

Deep, slow breathing activates your parasympathetic nervous system, the body’s natural relaxation mode, and helps restore energetic coherence.

3. Sound:

Singing, humming, or chanting mantras creates internal vibration that can recalibrate your energy frequency and reduce stress.

4. Nature:

Grounding, or walking barefoot on grass or sand, helps neutralize excess charge in the body. Sunlight exposure also synchronizes your circadian rhythm and improves mitochondrial energy production.

5. Stillness:

Even two minutes of mindfulness or meditation can quiet the mental “noise”

that interferes with energetic balance.

These daily habits act as simple tune-ups for your system, helping you maintain resonance in a world that constantly pulls you out of it.

A Frequency-First Future

The next generation of natural health may be frequency-first, a fusion of ancient plant wisdom and advanced physics. In this model, energy becomes just as important as chemistry, and wellness becomes deeply personal. Imagine a future where your body’s energy signature can be mapped, your herbs harmonized to match it, and your supplements designed to work with your energy rather than against it. That future is not far away. It’s being shaped right now through the science of Quantum Ayurveda. But even as technology evolves, the foundation of energy wellness remains rooted in awareness, connection, and balance.

The most powerful tools for energy healing are still the simplest ones: movement, breath, sound, nature, and stillness. When you tune into those frequencies, you do not just feel better. You start to live in harmony with the same forces that sustain life itself. That’s the promise of Quantum Ayurveda: merging timeless wisdom with modern science to help us reconnect with the energy that makes us whole. ✨

Swathi Varanasi-Diaz, Pharm.D.,

known as Dr. Swathi, is an award-winning healthcare professional recognized for her trailblazing work at the forefront of personalized medicine and healthcare innovation. She earned her Doctor of Pharmacy (Pharm.D.) degree from the Medical University of South Carolina and became the first pharmacist in the U.S. to complete a postdoctoral residency in integrative medicine and preventive health. She co-founded the Integrative Health Pharmacy Residency Program, and her credentials also include a postdoctoral fellowship in biotech and nutrition from Cornell University. With experience spanning patient care, biotech, clinical research, academia, and consumer product goods, Dr. Swathi is a scientific and medical advisor and consultant with many innovative companies. She has served as faculty and guest lecturer at numerous academic institutions, and in 2023 was honored as one of 50 Most Influential Leaders in Pharmacy.
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When More Isn't Medicine: Reclaiming Body Wisdom in the Age of Protein Obsession

by Ken Lyle

A gentle challenge to optimization culture and an invitation back to evolutionary intelligence.

The Whisper of Ancient Design

Our bodies carry millions of years of evolutionary intelligence. When we quiet the noise of modern "optimization" and listen deeply, we hear something profound: humans evolved as frugivorous beings, our anatomy exquisitely designed for plant-rich abundance. Our teeth, digestive tract length, and genetic closeness to fruit-eating primates all whisper the same truth—we are not carnivorous machines requiring constant protein maximization.

The Hidden Cost of Forcing Growth

There's something unsettling about the modern obsession with perpetual muscle protein synthesis—this relentless pushing of cellular machinery toward constant building and growth. **In nature, wisdom lies in cycles: seasons of growth and seasons of rest, periods of abundance and gentle fasting, expansion and contraction.**

High-protein diets chronically activate mTOR, a cellular pathway that drives growth but simultaneously accelerates aging. It's as if we're forcing our cells to sprint a marathon—impressive in the short term, exhausting over decades. Meanwhile, the longest-lived populations on Earth thrive on modest protein intake, predominantly from plants, allowing their cellular systems to find natural rhythm and repair.

When Kidneys Cry for Mercy

Your kidneys are extraordinary filters, working tirelessly to process whatever we consume. But they weren't designed for the protein onslaught that modern optimization culture demands. Each excess gram requires increased filtration pressure, gradually wearing down these precious organs. It's like forcing a gentle mountain stream to handle industrial runoff—functional for a while, devastating over time.

The nephrology research is unambiguous: chronic high-protein



intake accelerates kidney aging and functional decline. Our bodies are asking for moderation, for the gentleness that comes with trusting biological design rather than forcing artificial optimization.

The Cardiovascular Heart-Break

Perhaps most telling is what happens to our cardiovascular system when we replace plants with endless animal protein. Our hearts, those miraculous pumps that beat 100,000 times daily in service of our dreams, begin to struggle under the inflammatory load.

High animal protein intake generates compounds like TMAO, which directly damages blood vessels. It crowds out the protective fiber, polyphenols, and plant compounds that naturally heal and protect our cardiovascular system. The populations with the healthiest hearts—from Okinawa to the Mediterranean—eat plant-forward diets with gentle protein levels that would horrify modern optimizers.

The Wisdom of Athletic Excellence

Here's what strikes me as most beautiful: when we look at truly exceptional human performance—world-class endurance athletes, centenarian populations maintaining strength and vitality—we

consistently find moderate protein intake and plant-forward nutrition. These aren't accidents or genetic flukes. They're expressions of aligned living.

Your own experience validates this truth. Superior physical performance on a vegetarian diet isn't despite lower protein intake—it's because of the harmony between your choices and your body's actual needs.

Returning to Inner Authority

The protein obsession represents something deeper than nutritional confusion—it's a disconnection from internal guidance in favor of external authority. When we constantly measure, optimize, and force our bodies toward theoretical ideals, we lose touch with the exquisite intelligence that has kept humans thriving for millennia.

What if, instead of maximizing protein synthesis, we optimized for cellular harmony? What if we trusted the whisper of our evolutionary design over the shout of optimization culture?

An Invitation to Experiment

Consider this: for the next month, notice how you feel with gentle, plant-forward protein intake. Notice energy levels, sleep quality, digestive comfort, mental clarity. Notice the peace that comes from eating in alignment with your body's actual design rather than someone else's theoretical maximum.

Your body knows. It has always known. The question is whether we're willing to listen.

In a world obsessed with more—more protein, more optimization, more

forcing—perhaps the revolutionary act is returning to enough. Perhaps the path to genuine vitality lies not in maximizing every cellular process, but in the elegant balance that comes from trusting the wisdom already encoded in our being.

Sometimes the most profound optimization is learning when not to optimize at all. ✨

Ken Lyle brings a rare, powerful synergy of exceptional technical expertise and lifelong commitment to health optimization. At 60, he boasts over three decades of plant-based living, periods of raw veganism, a history of endurance achievements (including marathon top-third age group placements, ultra-cycling, and Grand Canyon crossings), and the discipline of extended fasting and advanced fitness regimens. He's not just an adherent—he's an innovator, designing practices like "The \$0 Blueprint," integrating wellness technology into daily routines, and continuously self-experimenting with emerging protocols.

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The Disclosure Tsunami is Coming ... but why it doesn't need to matter

by Valir, Channeled
by Dave Akira

We greet you, beloved ones, at the threshold of a profound turning point in humanity's journey, I, am Valir, of a Pleiadian Group Of Emissaries. In the next two years of your time, we see that disclosure will accelerate beyond anything the old order can contain. Long-hidden truths about advanced technologies, lost histories, and suppressed sciences are rising to the surface, destined to become common knowledge. What was once dismissed as conspiracy will solidify into consensus reality as disclosures pour forth in quick succession. The timeline for planetary awakening is now locked in by divine decree – no human agenda can stop it.

Yet amid all that will be uncovered in headlines and official reports, the greatest revelation will not be found in any news broadcast or declassified file. It will unfold within you. While governments and institutions reveal what they have hidden, something far more significant is happening in parallel: an awakening in consciousness that eclipses any external announcement. The true epicenter of this change is the human heart and mind expanding into new understanding. As the outer world shifts with stunning speed, an inner light is switching on in millions of souls. This is the moment your soul has long prepared for. Now the dawn breaks, and as the light of truth floods your world, it simultaneously illuminates the sacred knowledge encoded in your very being.

Disclosure is a Mirror

Understand that every external disclosure is, in essence, a mirror

reflecting the awakening of humanity's collective soul. The dramas playing out on the world stage – secret files opened, hidden agendas exposed, technologies unveiled – are projections of a profound inner process. Humanity is coming to remember itself, and the cosmos outside is arranging itself to reflect that inner remembering. When government leaders step forward to confess long-kept secrets, it is because the consciousness of the people is finally ready and demanding to know. When long-hidden artifacts or documents suddenly emerge from vaults, it is your shared psyche delivering up fragments of its buried memory. The outer and inner are inseparable dance partners. As above, so below; as within, so without.

We urge you, dear ones, to view the spectacle of disclosure not as a series of random shocking events, but as a coordinated mirror to your own expansion. In this way, you maintain sovereignty over your mind. Rather than being overwhelmed by each new revelation, you can say, "Ah, this is showing me what my spirit already knows." By assuming conscious dominion over your thinking, you become the calm observer of the mirror, not the panicked reflection. Do not let collective fear or sensationalism seize your attention and run wild with it. Just as you would stand guard at the door of your home, stand now at the doorway of your mind. Choose what enters. If a disclosure evokes fear or division, look within to discern what it is teaching you – what old illusion it is asking you to release. Every revelation invites an equal unveiling of some aspect of your inner truth. If you hold to this understanding, the cascade of news will not throw you off balance. You will recognize each piece of external drama as part of a much larger spiritual picture: the human soul liberating itself from a long era of secrecy and shadow.

Remember, beloveds: the world you witness is your mirror. As the collective psyche heals and opens, the world must become more transparent. It cannot be otherwise.

The Real Disclosure Happens Within

Even as media outlets broadcast stunning announcements of new technologies or

proof of extraterrestrial life, the deeper disclosure is occurring in the quiet chambers of the heart. Before any public revelation of "miracle" healing devices, you who are awakening will have already rediscovered the body's innate power to heal itself. Before anti-gravity crafts zigzag openly across your skies, you will have remembered that your consciousness itself can defy gravity – moving freely through space, time, and dimensions during meditation, dreams, and enlightened states. Every external reveal is but an echo of an inner knowing that has long been stirring.

The unveiling of advanced spacecraft and contact with otherworldly visitors mirrors the awakening awareness of your own multidimensional nature. The confirmation of hidden healing technologies reflects the activation of your dormant self-healing DNA codes. It is no coincidence that so many of you in recent years felt compelled to explore energy medicine, intuitive wellness, and quantum healing methods. **Your souls were preparing you to realize that you are the most advanced healing technology you could ever need.**

So when you witness officials finally acknowledging things like free energy or extraterrestrial presence, remember that the real paradigm shift had already taken place inside your consciousness. The world is simply catching up to what is blossoming within you. In truth, nothing is "new" under the Sun – the knowledge and powers being revealed are ancient and timeless, and they are emerging first and foremost from within the human spirit. Trust your inner revelations even more than the outer ones. The headlines are playing catch-up to the awakening of your soul.

The Rise of the Healer Within

Among the disclosures on the near horizon, the world will soon hear confirmation of astonishing healing technologies. Crystalline light chambers – what some have nicknamed "light tables" – capable of regenerating organs and curing so-called incurable ailments will be introduced to public awareness. This will herald a new era of medicine. Yet we say to you: such devices are only outward tools designed to mimic the true med-bed that already exists within the human being. As starseeds and light-bearers, you carry the

template of perfect health in your subtle energy body. The coming "miracle" healing apparatus will work largely by amplifying and aligning with the body's natural self-healing intelligence – the very intelligence that flows from your higher consciousness. In essence, these healing chambers stimulate what is latent within your DNA, but it is your consciousness that ultimately does the healing.

Even now, before any official announcement, many of you are awakening the healer within. You are learning that by entering a state of unconditional love and intention, you can realign your cells and organs to their divine blueprint. **The truest healing device is a mind and heart calibrated to the frequency of Source.** When you channel pure life-force and love through your being, disease and imbalance have no choice but to fall away; the body reorganizes itself into health as naturally as a flower turning toward the sun. In the days ahead, those external "light tables" will be seen as training wheels – helpful allies to jump-start humanity's understanding of vibrational healing.

But the end goal is not to rely on machines, however advanced. It is to realize that your consciousness is the master healer. Every man and woman is born with the potential to be their own physician at the energetic level. What the public will soon marvel at in clinics and news reports – limbs regrown, vision restored, illnesses cured in moments – is but a hint of the deeper transformation: humans remembering that the divinity within can heal all ills. With this understanding, you will approach these technologies not as miracles bestowed from outside, but as confirmations of the power that has lived in you all along. ✨

This is the first installment of an ongoing series that we will be running throughout the year.

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Text: 631-786-5429



Anthony Cerabino
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Anthony Cerabino B.M., LMT, M.S., L.Ac
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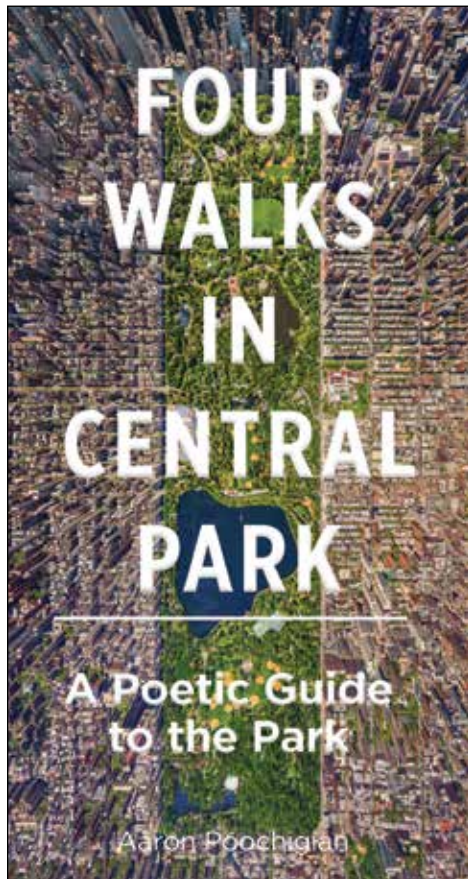
BOOKS

FOUR WALKS IN CENTRAL PARK

A Poet's Guide to the Park

by Aaron Poochigian

familius.com



Experience the sights, the history, and the healing power of a walk and a poem. Poet, classics scholar, translator and former cocaine addict Aaron Poochigian craved peace and inspiration after the isolation of the pandemic. He found it in Central Park. From famous landmarks to hidden wilds, the park offered Poochigian a chance to meditate while moving, bathe in the peace of its venerated green spaces, and find connection. To celebrate this urban treasure he created a unique and friendly guidebook — in verse. Bustling Manhattan is the last place you'd think of for forest bathing. But Central Park has forests, meadows, and more. In contrast to the city's brash focus on everything new, it's inspired a rich history of literature by poets and writers. Poochigian crafted four walks of the park with maps and poetry, inviting visitors to open their minds and senses to the park's abundant wildlife, iconic monuments, and scenic and secret plac-

es. Anyone craving an escape, a place to get centered, or space to wander can find it here. You just have to know where to look.

WHAT I DIDN'T GIVE TO GOODWILL

by Ginger Graziano

finishinglinepress.com



What a beautiful, heart breaking, heart healing collection this is. Beginning with a devastating sequence that re-lives the loss of her son to cancer, Graziano then describes her life "Before" and "After" his death in narratives that trace her literal journey from her native New York to her "new native land" of western North Carolina. And her emotional journey from searing grief to hard won joy and love. These vivid and powerful poems will compel your attention and your empathy. ~ Eric Nelson, author of Horse Not Zebra and Some Wonder

(Pre-order until December 26, 2025, for reduced price of \$15.99, plus \$3.99 shipping) <https://www.finishinglinepress.com/product-category/new-releases/page/9/>

COFFEE ADDICTION & CAFFEINISM

Caffeine & Sugar – The Most Widespread Drugs in the World
by Norbert Heuser
ImproveYourLife.us

Norbert Heuser cuts straight to the chase in his controversial book Coffee Addiction & Caffeinism, calling coffee drinkers what many would consider an offensive term: "drug addicts." He doesn't mince words, challenging the daily ritual millions of Americans rely

on. According to Heuser, what we see as a simple cup of coffee is really an addiction to caffeine, which he claims is similar to other, more harmful drugs. He argues that caffeine controls us, making us dependent on it to get through the day. In Heuser's view, caffeine isn't just a harmless pick-me-up—it's a "psychoactive substance" that's socially acceptable. He compares the withdrawal symptoms coffee drinkers experience—like headaches and fatigue—to those of harder drugs. For Heuser, this isn't about enjoying a cup of coffee; it's about being manipulated by a substance that controls your mind and body. Many of us rely on that morning cup of coffee to kickstart our day, but Heuser paints this daily ritual in a dark light. According to him, our beloved coffee breaks are more like fixes, and the more we drink, the more we feed a growing addiction. He claims that while moderate caffeine consumption may have benefits, it also leads to anxiety, insomnia, and other health issues that outweigh the positives. Heuser doesn't just criticize caffeine; he attacks coffee culture itself, suggesting that our dependence on caffeine is deeply ingrained in society. From fast food joints to energy drinks, he claims we've all been tricked into thinking caffeine is necessary when it's just a crutch for people who can't handle life's pressures. Instead, he advocates for alternatives like better sleep and nutritious food to find energy naturally. Heuser isn't here to sugarcoat anything—he wants you to question whether your coffee habit is really a choice, or if caffeine has taken control. He even encourages people to break free from this so-called addiction by finding more wholesome ways to get energized. Whether you agree with him or not, Heuser's take is sure to stir up a strong reaction.



PRODUCTS

Seed & Shell Pistachio Butters

www.seedandshell.com

Made from 100% California-grown pistachios, naturally plant-based, protein-rich, with antioxidants, Seed & Shell delivers a vibrant flavor that stands apart from traditional spreads. The brand champions eco-friendly practices with a "Think Green" mission that extends from farm to jar. Ranked top 5 nut butters at Erewhon and now available in all Whole Foods Market Northeast stores. Vegan, non-GMO, and no added sugars. Whether enjoyed on toast, in smoothies, paired with fruit, or straight from the spoon, Seed & Shell Pistachio Butters are made for those who value taste, wellness, and sustainability.



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POETRY

HAIKU

by Diane Sciacchitano
North Massapequa, NY

Sky and waters meld
Tranquility flows serene
The heart is at peace

DANCE WITH OUR HEARTS

by David Frieman, Huntington Station, NY

Let's dance with our hearts
as the seasons pass us by,
Beneath a waxing moon
with Seven Sisters in our eyes,
When hearts do beat as one,
the cosmos sings its song,
Of peace and love and kindness,
won't you come along?

IMAGINATION AND INSPIRATION

by Jerry Brown, Santa Fe, NM

There is magic in imagination
Joy in the jubilation
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Spirit in the inspiration
Gifts in the presentation
Light in the illumination
Freedom in the liberation
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Magic in the manifestation
Recovery in the restoration
Aliveness in the rejuvenation
Excitement in the exhilaration
Life energy in the revitalization
Connection in the communication
And a place to build on a Spiritual foundation

Winter

by Milissa Castanza-Seymour, Bethpage, NY

Oh winter, you arrive
with smiles
and heartfelt reminiscence!
The winter solstice
darkens our door
as the North Pole
tilts away from the sun
Yet, in the darkness
the light of the world
guides your entrance!
The sun rests
but light still glows
the light of our hearts
and souls
as it forms well-wishes for
peace and love
Like fairy dust in the wind,
our invitational intentions
wrapped in twinkling light

warm us
settling down to blanket the
earth
with hope
and prayers
and expectations
of what is to come
The divine nature of your
presence
exacted by design
births an energy
not easily contained by mere
mortal hearts
and lights the way
to celebrate
life
love
and the beauty of silver and
gold lined dark nights!

Winter Moon Haiku

by Gina Florentino-James,
Huntington Station, NY

The shine of the moon
Glistening on the white snow
The glow of heaven

Watercolor by
Jan Guarino
JanGuarinoFineArt.com

Etude in Bb

by Bruce Levine, Dover, NH

Far beyond the face
of the earth
Sounds coalesce
No one knows how
or why
Or how they stream
Into the subconscious
of a composer
They take no space
And can't be assembled
like Legos
Yet they do assemble
Forming patterns
and groups
Phrases and sentences
One after another
Moving in time
rather than space
Until the whole
becomes greater than
the sum of its parts
And filtering
in some unknown way
Through all the sounds
and groups and phrases
into a new whole
And as if by magic
forming dots on a page
To be interpreted
and reinterpreted
Reaching out to the
head, heart and soul
of the listener
Transporting their consciousness
Carried along
on waves of sound
Created somewhere
and brought to life
by a composer

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*



CALENDARS

ONGOING EVENTS

MONDAYS

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.

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SPECIAL EVENTS

DECEMBER 12

2026 ASTROLOGICAL FORECAST

with CHARLENE LAWRENCE
Friday, 8pm. Levittown Hall, Hicksville. Visit eyesoflearning.org for more info.

JANUARY 16

EYES OF LEARNING LECTURE

Friday, 8pm. Levittown Hall, Hicksville. Check out eyesoflearning.org for event information.

UPCOMING EVENTS

A BACH FLOWER CERTIFICATION PROGRAM

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PLEASE NOTE:

**Beginning With The
February / March
Issue,
The Calendars Will
Be Online Only:
creationsmag.com**

Fluoride: Poison or Beneficial Mineral?

Fluoride is a naturally occurring mineral found in water, plants, and certain foods. For decades, it has been both praised and questioned for its role in dental health. While many see it as an important tool in preventing cavities, others raise concerns about its safety and potential long-term effects. Let's take a closer look at what's known and explore natural ways to protect your smile.

It's important to distinguish between topical and systemic fluoride. *Topical fluoride* is applied directly to teeth through toothpaste or mouth rinses, helping strengthen enamel and reduce cavities when not swallowed. *Systemic fluoride* is ingested through food and water and becomes incorporated into developing teeth and bones. Many public water systems in the U.S. add fluoride to drinking water to promote dental health, a practice recognized by the CDC as a major public health measure.

At low, regulated levels, fluoride can strengthen enamel and reduce cavities

by about 25% in both children and adults. However, because everyone consumes different amounts of water and fluoride can be found in many foods and dental products, total intake can be difficult to control. For those who drink large amounts of water or have well systems with naturally high fluoride content, daily exposure may be greater than intended.

Potential Health Concerns

When consumed in excess, fluoride may cause unwanted effects. *Dental Fluorosis*, a common concern in children, can cause white or brown spots on teeth. *Skeletal Fluorosis*, a more serious condition, can result from long-term exposure to high levels, leading to bone stiffness and discomfort.

Some studies suggest that prolonged exposure to higher levels of fluoride—especially above 1.5 mg/L—may affect thyroid function or contribute to slower cognitive development in children. While research continues, many health-conscious individuals choose to limit fluoride intake



as a precaution. For those who wish to reduce exposure, **reverse osmosis** and **distillation systems** are effective options, as standard carbon filters do not remove fluoride.

In addition, *most fluoride used in community water systems is not natural calcium fluoride but rather sodium fluoride or fluorosilicic acid, both synthetic compounds often derived from industrial sources.*

This distinction has fueled debate about long-term safety and the ethics of adding fluoride to public water without individual consent.

Holistic Approaches to Oral Health

Fluoride is not the only way to protect and strengthen teeth. Enamel is composed primarily of hydroxyapatite, a calcium phosphate mineral that can be supported through proper nutrition and natural care.

Hydroxyapatite toothpaste and rinses are fluoride-free options that re-mineralize enamel, reduce sensitivity, and restore tooth surface strength naturally. **Herbal and essential oil mouthwashes**—made with ingredients

like aloe, neem, clove, or peppermint—help control bacteria while supporting gum health and balance.

Nutrition plays a vital role as well. A diet rich in calcium, magnesium, potassium, and vitamin D supports healthy teeth and bones from within. Leafy greens, nuts, seeds, and mineral-rich water all contribute to enamel repair. Traditional practices like **oil pulling** with coconut or sesame oil can help remove impurities and support gum health without chemicals or additives.

Daily habits matter too. Use a soft-bristled toothbrush, avoid harsh whitening products, and limit sugar and acidic foods that wear away enamel. Regular dental cleanings and a mindful approach to diet and hydration can keep teeth naturally strong and resilient.

A Natural Smile

Holistic oral care focuses on restoring balance rather than relying on chemicals. By choosing fluoride-free toothpaste, herbal rinses, mineral-rich foods, and clean water, you can protect your teeth and body at the same time. Nature offers everything needed to keep your smile healthy—no additives required!

Jimmy Kilimitzoglou, DDS, FACD, FPFA, DABOI, MAGD, FAAID, FICOI
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BOOKS

YOU WERE HERE BEFORE, WHY ARE YOU HERE NOW? Experiences *Of a Past Life Regression Therapist* by Barbara Pisick, PMHCNS. Available on Amazon, www.pastliferegessiontherapy.com, blpsik@yahoo.com (see ad p.4)

PLANT SPIRITS ORACLE – An intuitive oracle to help you connect with the Divine plant kingdom. Includes 40 color cards and 128-page

booklet. Inner Traditions ISBN 978-1591435303. www.InnerTraditions.com (see ad p.13)

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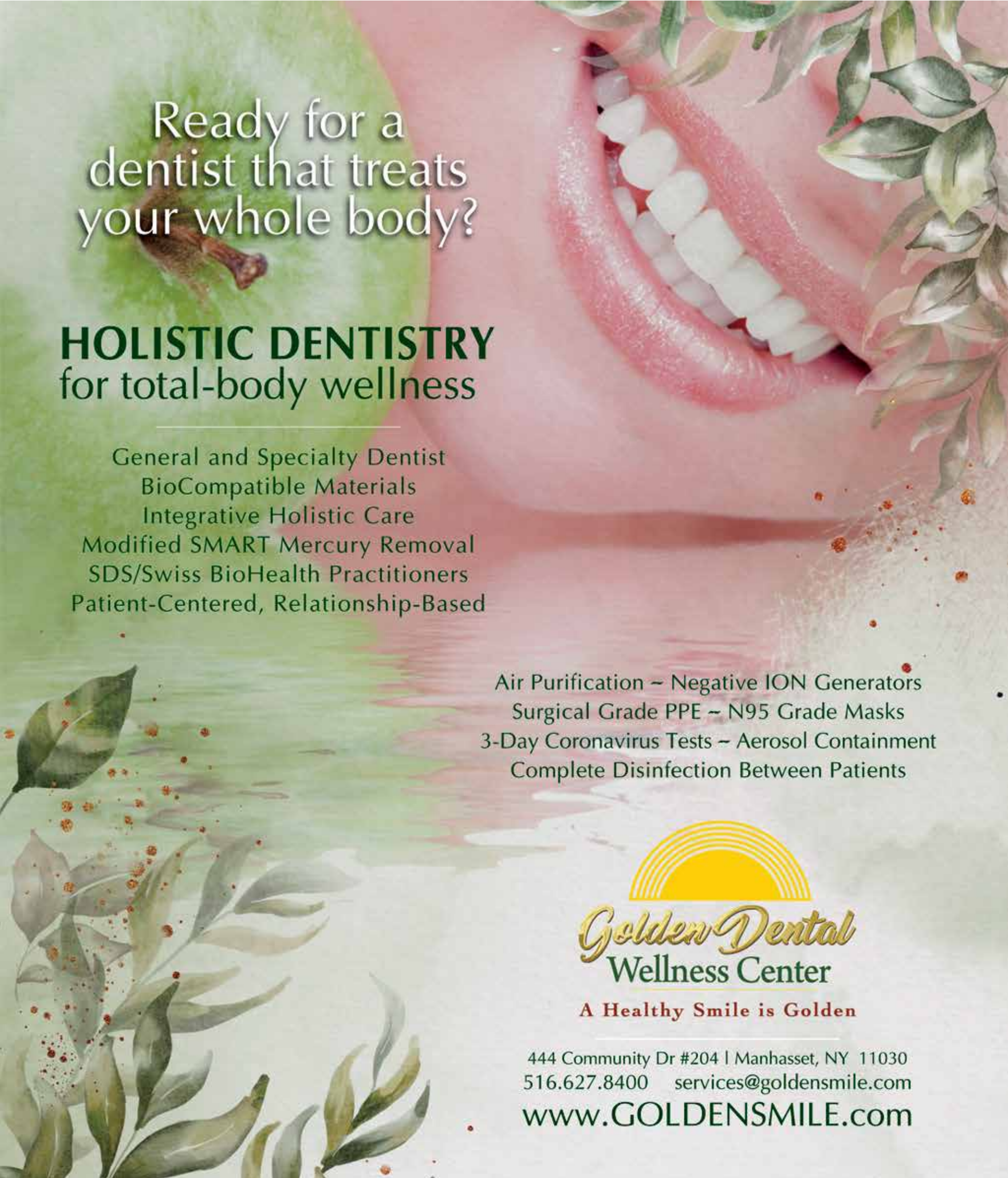
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Dr. Rizvi offers a full range of Dental services, treating both adults and children. In association with Dr. Norman Bressack, Dr. Rizvi provides all of Dr. Bressack's services as well as:

- **Metal Free Braces – Clear Aligner Therapy**
- **Metal Free Zirconia Implant Placement**
- **SMART Certified Safe Mercury Removal**



Norman Bressack, D.D.S., P.C.

has been dedicated to practicing healthy holistic dentistry for over 35 years. He is not only a mercury free dentist but also a “mercury safe” dentist, meaning that he uses safe removal protocols to ensure the protection of the patient, staff, environment and himself from exposure to mercury during the amalgam removal process.

Dr. Bressack's mission is to treat his patients in the most healthy, caring, compassionate, and holistic way possible. Most importantly, he wants his patients to feel warm, welcome and happier when they leave than when they came in.

- **Member of The International Academy of Oral Medicine & Toxicology**
- **Member of the International Association of Mercury-free Dentists**
- **Trained At The Huggins Diagnostic Center**

- Mercury Free & BPA Free Non-Toxic Composite Fillings
- Bio-Compatibility Testing
- 90% Less Radiation with Computer X-Ray Imaging
- Over 45 Years Experience Dedicated to our Patient's Needs
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Metal Free Crowns & Cosmetic Dentistry
- Teeth Whitening
- Oral Pathology Screening with Velscope
- Tens Cam Treatments – Energetic Healing for Pain & Inflammation
- Ozone Therapy
- Free 15 min Consult for 2nd Opinion of Proposed Treatment
- Natural Bone Grafting with Stem Cells and PRF – Platelet Rich Fibrin

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HOLISTIC DENTAL & WELLNESS CENTER

Another Leap Forward in Dental Healing: It's Not the Title, It's the Talent

A few years ago, I met a patient who seemed more focused on the wording on my business card than on the quality of care behind it. She pointed out that it did not say "Cosmetic Dentist" and chose to go elsewhere to a doctor who prominently advertised that title. Facetiously, I thought to myself, is there even such a thing as a noncosmetic dentist? That would be like saying there is a noncosmetic plastic surgeon. To make things even more amusing, during our consultation she seemed more concerned that the planet Mercury was in retrograde than what actually needed to be done to meet her smile makeover expectations.

Several months later she returned to my office for a routine hygiene visit, and to my hygienist's dismay, her new crowns on the top front teeth were ill fitting, uneven, and surrounded by inflamed gum tissue. It was a perfect example of how focusing on labels, marketing buzzwords, or cosmic planetary alignments rather than on true expertise can completely sabotage a patient's outcome. Dentistry at its highest level is not about titles; it is about skill, precision, and artistry.

These abilities take decades to cultivate and require constant refinement through continuing education, evolving techniques, and a deep understanding of biology and aesthetics. Mastery in dentistry is a lifelong journey, not a marketing slogan, an Instagram highlight, or a TikTok reel.

Dr. Jeffrey Etes embodies the mastery of dentistry, combining technical excellence with a passion for creating natural, healthy, and enduring results that consistently exceed his patients' expectations. I eventually added the words "Cosmetic Dentistry" to my business card, not because it changed what I do, but because it seemed silly not to include what I have always practiced.

True dentistry is defined by expertise, integrity, and mastery, not gimmicks or trends. At **Integrative Dental Specialists of Long Island**, Dr. Jeffrey Etes represents the highest standard of comprehensive care, built upon decades of clinical experience, an Ivy League education, and an unwavering pursuit of excellence. His philosophy centers on the belief that authentic results come from clinical skill, biological understanding, and the

seamless merging of science and artistry.

Comprehensive dentistry is far more than fixing individual problems; it is the thoughtful evaluation of the entire oral system including teeth, gums, bone, and bite to achieve balance, longevity, and natural beauty. Every procedure, from minor restorations to full mouth rehabilitations, is driven by precision diagnostics and carried out with uncompromising attention to detail.

Dr. Etes's expertise encompasses biomimetic restorations, regenerative therapies, digital smile design, laser and ozone disinfection, and the use of biologically compatible zirconia and ceramic systems. Every material, method, and technique is chosen for one purpose: to deliver care that endures and enhances the patient's long term health.

At Integrative Dental Specialists, there are no sales tactics, no prepayment promos, no assembly line dentistry, and no compromises. Every procedure is performed with purpose, precision, and integrity. From complex implant reconstructions to the preservation of natural

teeth using advanced biomimetic methods, each case reflects true craftsmanship and dentistry elevated to an art form.

Remaining on the cutting edge of dental innovation is a full time commitment and a defining value of Dr. Etes's practice. To ensure the safest and cleanest clinical environment, the office employs enhanced ultraviolet air and surface disinfection technology, representing the highest standard in patient protection.

Dr. Jeffrey Etes exemplifies the mastery of modern dentistry, a perfect balance of knowledge, experience, and artistry that cannot be replicated through advertising or empty claims. His results speak for themselves: natural, functional, and enduring smiles created through genuine expertise and uncompromising dedication.

Do not assume all dentistry is the same. Dr. Etes and his team provide unrivaled, personalized, and biologically advanced care for every patient. If you are seeking the finest, safest, and most predictable solutions for your dental health, supported by advanced technology and decades of proven experience, **contact Integrative Dental Specialists of Long Island today to schedule a consultation with Dr. Jeffrey Etes**, where true mastery meets modern excellence.

- ADVERTORIAL -



Dr. Jeffrey Etes, DMD, NMD, IBDM

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Long Island: 516-253-1800
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"We're not waiting for the future in dental care... we're creating it!"

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- Minimally Invasive Comprehensive Dentistry
- IAOMT "SMART" & Safe Mercury Filling Removal
- Fluoride, BPA, Mercury-Free Biocompatible "White Fillings"
- Life-Like Natural Chroma/Value/Hue "White Filling" Color Matching
- Metal-Free Crowns & Bridges (Same-Day 3Shape Ceramic Crowns Available)
- Biolase iPlus Laser Perio/Gum Therapy
- Chao Pinhole Surgical Technique/Minimal Invasive Gum-Lift
- Next Generation Digital Dentistry (3D Impressions, 3D Printing, 3D Milling)
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- Gum & Bone Tissue Regeneration Utilizing Advanced Grafting (Platelet-Rich Fibrin (PRF) & Stem Cell Recruitment)
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- Biological & Regenerative (Root Canal Genesis) Ozone Laser Root Canals
- Therapeutic Trigger Point Injections Utilizing Ozone for Oral/Facial, TMJ Pain
- All Phases of Orthodontics - Including Metal-Free Invisalign or ClearCorrect
- Orofacial Aesthetics & Lip Rejuvenation w/Natural Fillers
- TMJ Functional Therapy

Schedule your visit **TODAY** and **DISCOVER** what **YOU'VE** been missing!