

Balanced Vegetarian Menu Planning

by Jenny Matthau

Balanced, vegetarian menu planning is one of the most challenging tasks I've encountered during my 10+ years as director of the world's most established "plant-based" culinary school. Why should this undertaking be so difficult? In most traditional meals, protein-rich, carbohydrate-poor meat, fish or poultry predominate, complimented and balanced by side dishes high in carbohydrates. By contrast, in a purely vegetarian (no animal products), menu, carbohydrate-rich foods are the main fare and can easily become too abundant, leaving the diner groggy, foggy and bloated. For example, consider the following Thanksgiving menu recently presented in a popular vegetarian magazine.

- Garlic Mashed Potato Pie
- Roasted Root Vegetables with Spinach
 - Sweet Potato Casserole
- Candied Ginger Cranberry Sauce
 - Wild Rice
- Chestnut (bread) Stuffing
 - Pumpkin Pie

Wait a minute – doesn't the medical establishment encourage us to eat a diet high in complex carbohydrates to protect against the ravages of heart diseases and a host of other maladies? A little bloating and fatigue seems a small price to pay for insulation from life-threatening, degenerative disease.

Before going any further, it is necessary to explain the traditional classification system for carbohydrates. Scientists have divided them into two main types: simple (bad) and complex (good). Simple carbohydrates are found in refined, concentrated sweeteners such as sugar, honey and maple syrup as well as products containing these sweeteners. Fruits and vegetables are another source, a surprise to many people. Complex carbohydrates refer to starches such as grains, pasta, bread, legumes, potatoes and other starchy vegetables. Something is not quite right with this model. We all know that candy and pastries are unhealthy, but produce ranks among the nutritional superstars. Similarly, while white bread and French fries are less stellar choices, chickpeas and sweet potatoes are.

Modern research has led to a new classification system for carbohydrates, which seems to make more sense. It turns out that all complex carbohydrates are not good. The new

criteria involve the glycemic index, a measure how quickly and greatly one's blood sugar rises after ingesting carbohydrates. High-glycemic ones include white rice, potatoes, beets, sweet, tropical fruits (mangos, bananas, pineapples), sugar and most concentrated sweeteners, white bread and other white flour products. Low-glycemic carbohydrates include most whole grains, most legumes, non-starchy vegetables and many fruits.

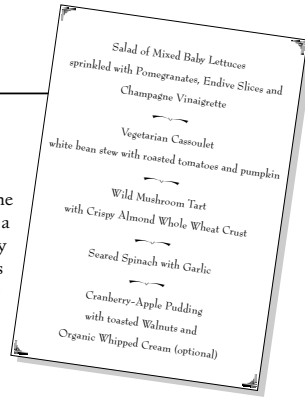
It has also been discovered that diets rich in high-glycemic-index carbohydrates are positively correlated with a greater risk for heart disease and diabetes. It appears that sudden, intense, surges in blood sugar are not handled well by many people. In fact, the incidence of Type 2 diabetes in the U.S. is increasing at an alarming rate. There are 17 million Americans with the disease, and that number is expected to double by the year 2025. The number of children developing Type 2 diabetes has also increased dramatically, so much that it's no longer known as "adult onset diabetes".

The disease has devastating health implications. It increases risk of heart disease, stroke, blindness, kidney dysfunction and amputations of the legs, feet and toes. On a positive note, many consequences of the disease as well as the disease itself can often be prevented or managed by exercise, weight control and diet.

Long before the glycemic index became part of mainstream dogma, we (the Natural Gourmet) have used the following classification system:

	Refined (bad)	Unrefined (good)
Simple	sugar concentrated sweeteners	fruits vegetables
Complex	white bread white pasta white flour white rice	legumes whole grains potatoes corn

continued on page 35



Why Drink Other Peoples Problems?

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Even Distillers (without his medical grade equipment) recycle the disease markers from the waste of former users because they don't know how to remove disease from waste products! Scientists know they are there but they don't know how to remove them! That's why the purest bottled water, ordinary distilled, ozonated or purified water in spite of all the "Seals of Approval" goes bad and smells of other people's problems while developing a horrible smell in a hot tub without further treatment (Add water from his machine and it won't smell years later)! One state called, where they recycle toilet water into drinking water, to say they know John Ellis knows how to find disease marker in water but they can't do it and no lab knows how to do it!

As an example, one woman from S.D. said people all around her have MS in spite of using ordinary distillers, filters, reverse osmosis, ozonators and alkaline water machines for years because they are all pumping water from the same aquifer...it probably has the markers for MS!

Scientists know that electrons destroy free radicals that cause these diseases and world wide patents prove this home water machine is the only product that can 1) Remove disease markers of former users, 2) break down the bonds in water so it can go through a membrane and into the cells when ordinary water can't (90% of all men end up with urinary flow problems regardless of purity, 3) Open up the bond angle from 104 in ordinary water to 114 or more so it can take on nutrients and electrons that destroy free radicals (We will send you reports with the protocol they use and, 4) Circulating water in hot tubs, wells and cisterns using small amounts of water just one time has a catalytic effect with no "treatment" and it's going from sky high to zero...! nursing mother should be interested in this!

Hot tubs won't smell years later and over 200 wells and cisterns (from bad to putrid) tested

"pure" with realistic tests on site (not lab tests) by amazed state inspectors even years later, doing this just once and using only 10 gallons of his water with no "treatment"...the answer to worldwide pollution! Only small amounts of his water can change whole aquifers using this technology!

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After manufacturing living water machines for 30 years we built 5 electron machines 6 years ago as experimental. A doctor was offered \$10,000 for one of the machines if they could have it immediately. Again, we will send you medical reports that show you why! Although we charge only a small fraction of that amount today, you will know why they said: "No price is too high!"

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Conquering Incurable Illness About those HSOs...

by Dr. Jordan Rubin, CNC, NMD

Recently, a lot of people have been asking about and commenting on homeostatic soil organisms, as found in Primal Defense. They've seen my before/after photos. They've read the amazing story how I cured myself of what can only be termed terminal Crohn's disease with such soil organisms (usually referred to as HSOs).

But, still, HSOs, as these organisms have come to be known, are quite novel to most consumers and, thus, the educational process can be both daunting and all consuming. For the most part, we receive queries from people who want to know what HSOs are, how they work, and whether HSOs can help them to regain or maintain their health.

HSOs Background

First a little background. Homeostatic soil organisms are those microorganisms that once were a routine part of the human diet. Before the widespread applications of pesticides, our soil teemed with organisms that were a part of our food supply. In addition, before the advent of modern refrigeration technology, the primary method of food preservation was fermentation, an artisanal craft that uses beneficial microorganisms to not only preserve but also predigest and supercharge food.

Throughout the world, one of the common denominators of the longest-lived and healthiest people is that they consume fermented foods and root crops that are rich in beneficial bacteria. But today, medical journalist Dr. Morton Walker reports, the situation has changed.

There are relatively few areas of the world today whose natural ecology has been untainted by modern man. While hiking through a remote area on another continent in 1978, an American scientist discovered some mounds on the ground that he recognized as homeostatic soil organisms of an unusual nature. He brought a small quantity of the HSOs to the United States for use in experimentation. Because these bacteria are not regularly found on the North American continent, the scientist had to create a new culture for research purposes. Over the next three years his research team performed studies on the unknown homeostatic soil organisms. These researchers: (1) identified exactly what the various strains were; (2) determined toxicity or pathogenicity of the bacteria for humans or animals; (3) ascertained if the HSOs are beneficial for animals or humans and found they were useful to both. In vivo tests on

rodents and other animals proved that nothing toxic came from the bacteria. Botany studies conducted indicated the HSOs were beneficial to plants and soil. Next, at U.S. and Mexican institutions, human beings—including the biochemist himself—underwent clinical tests with the bacteria by applying them topically to open wounds. Then the organisms were ingested. No toxicity reactions or side effects were observed; in fact, the HSOs offered no adverse responses in the test subjects even with greater amounts consumed.

Over time, the scientist and his co-workers perfected a process for selectively breeding superior strains of the microorganisms until they produced cultures that furnished good, positive body reactions such as more normal bowel movements, improved sleep patterns, fewer colds and flu, and greater amounts of energy. During the breeding experiments, the scientist brought his HSOs to university laboratories in California for experiments. He collaborated with professors and utilized the universities, computer data banks.

Dr. Walker reports that neither the scientist nor his collaborators ever made any changes to the bacteria by mutation or other means. These homeostatic soil organisms appear to be as old as the Earth itself.

Today, modern scientists have confirmed this ancient wisdom. We are learning that cures for many of our most intractable illnesses might well be found in the soil. From an article on Business Week online there is a great explanation as to why the HSOs helped turn around my health problems and why anyone with Crohn's or many other diseases might well benefit from them:

Even human intestines—an environment most people consider pretty familiar—are home to perhaps 10,000 kinds of microbes. Indeed, one of the surprises in the decoding of the human genome was that it contains more than 200 genes that come from bacteria. Microbes not only keep us alive; in some small part, we are made of them.

So there you have it. Our soil is home to countless numbers of microorganisms and our gut is also populated with more microbes than we have ever known. Inside and out we are at one with the earth. At least we should be. After all, the Bible says that man was made from the dust of the earth. That is a speck of wisdom that we can't even yet begin to understand or comprehend. ■

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In 1991 Dr. Lane reported to the Retinal Vascular Disease session of the Association for Research in Vision & Ophthalmology the stunning differences in dietary and environmental risk factors between the three most common forms of macular degeneration. (By 1999: No more leakage threat! The leakage process customarily is stopped within two weeks **without laser or visudyne treatments!**)

Dr. Lane has lectured to the World Congress of Ophthalmologists at Sydney, Australia in April 2002, and recently in Moscow, Amsterdam, Copenhagen and Reykjavik. In November he chaired the Metabolic Ophthalmology Symposium and presented a major lecture on cataract reversal at the 12th Afro-Asian Congress of Ophthalmology in China, and two major lectures in June to the European Congress of Ophthalmology in Istanbul, Turkey.

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Why Do Feng Shui?

by Dr. Kathryn Mickle

In the early 1980's, I was trying to sell my house in Toronto, Canada. At that time, most of the buyers were from Hong Kong and I felt that my house would have been easy to sell to someone from there. I hired a Chinese agent and what I kept hearing from him was that people would not buy my house because it had bad Feng Shui.

The only thing that I knew at that time was that, if the Feng Shui of your house is not good, you should be having challenges in your life. The reason that I was selling this house was because I was divorcing after a long-term marriage and had many other problems. From that experience, I learned that the energy of the environment is working on you whether you know it or not. Later I looked back

at what was wrong with my house and knew that I could have helped my life if I had known more about Feng Shui.

What is Feng Shui? The two Chinese symbols for Feng Shui mean wind and water and refer to how energy moves in the environment and how to live in harmony with that energy. It is the science of harnessing this energy to work in your favor. In China, it was used to come up with the most auspicious burial spots for ancestors so that the descendents' luck would continue for generations.

In modern times this art is used to enhance business, prosperity, health, luck and all aspects of life by placing things so that the energy will flow smoothly, not creating any blockages. There are many ways of doing Feng Shui, some which rely on direction and others which do not. The more ancient, classical methods are all based on compass direction. These are the methods I practice.

Feng Shui is one of the Eight Branches of Chinese Medicine. The other branches include self-cultivation and meditation, movement such as Qigong and Tai Chi, nutrition, bodywork and massage, cosmology and philosophy, herbal medicine and acupuncture. They all have in common the same concepts: Qi (Chi) or energy, the theory of Yin and Yang and the five elements.

Qi

The most important principle of Feng Shui is the one of energy or "Qi". A lot of people have trouble with this con-

cept because, since we do not see energy, we feel that it does not exist. What I have learned, in the many years that I have practiced this art, is that there are very definable energies existing around us and it is preferable that we know how to work with these energies instead of them working against us. The Chinese call this energy "chi" or "qi", the Japanese call it "ki" and the Yogis call it "prana". Other cultures have other names for it but it is now fairly well known that this energy exists and can even be measured. It is life force energy and flows through everything. For the Chinese, chi links spirit and substance.

Yin and Yang

An important aspect of this energy is the concept of yin and yang. The Ancient Taoists thought that the cosmos began as "nothingness" and then split into two complementary aspects called yin and yang. They are halves of the same whole and each has a seed of the other within. Yang refers to the active, aggressive, light, more "male" aspect of this energy and Yin refers to the passive, yielding, quieter, dark, more "female" aspects of the energy. As these exist in nature, they exist in your home or office. The yang areas are the active areas where there is a lot of light and activity and the yin areas are the quieter, more restful areas. Generally we

like bedrooms or offices to be quieter, more yin areas and entrance areas to be more yang, active areas. Throughout our environment we want a balance or harmony of both.

Five Elements

As yin and yang are the root and trunk of creation, the five elements are the branches that bear the leaves, flowers and fruits. They refer to the five major phases of energy that are in all things.

- Water refers to energy that is being conserved. It is associated with the season of winter when the movement is under the surface of frozen water or ice.
- The next phase is wood which refers to growth and renewal as happens in the season of Spring.
- When this energy reaches its peak, as it does in Summer,

we are speaking of fire energy when it is expanding and radiating.

- As this energy contracts or pulls back, as it does in Autumn, we refer to the energy of metal.
- The phase of earth refers to the energy of balance and harmony of all the other four phases. Earth is the ground of all the other elements and often is associated with the stability of the season of Indian Summer.

Similarly, these elements represented by the substance itself, a shape or a color bring harmony to an environment.

- Water is represented by black, navy blue, a wavy shape, water features, seascapes, mirror or glass.
- Wood is represented by green, a columnar shape, wooden objects, stripes or paisleys.
- Fire is represented by red, purple, magenta, burgundy, the shape of a triangle or a cone, lights, candles, activity and pictures of people and pets.
- Earth is represented by earth tones (yellow, rust, brown), the shape of a square and ceramic and pottery.
- Metal is represented by silver, gold, pewter, bronze, brass, off-white, white, grey, round or oval shape, stark and rigid surfaces.

The five elements are the most important aspect of all Chinese studies. I do an analysis of the elements present at your birth and I can tell you everything about your personality and your destiny. This analysis tells you about all aspects of your life including relationships and money. It also predicts challenges and how to deal with them.

Similarly, to analyze your environment, I do a numerical chart, based on the measurement of the front of your home or office which tells you where the areas of human harmony and prosperity are as well as any challenging areas. I give recommendations, based on the five Chinese elements, that help your environment and thus your life. According to this method, called "Flying Star", there are also energies that visit us every year. This year, for all properties, to avoid obstacles and sickness, I recommend hanging a windchime in the southeast of your house and placing 6 metal coins in the north. Use the west as much as possible because the best energy of the time is located there.

I have learned, over time, that we cannot ignore the principles of Feng Shui. In fact, by learning to work with them, you can change your life and destiny profoundly. ■

Dr. Kathryn Mickle, a psychologist and practitioner of Eastern Arts, resides in Fort Lauderdale, Florida. She is available for Feng Shui consultation and destiny analysis in person and by telephone. She can be reached at 954-382-2103 or www.thewellnessinstitute.com and kmickle@gate.net or kathrynmickle@bellsouth.net. She will be coming to do a workshop in the area in the near future.



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Goji: The Himalayan Health Secret



Excerpts from the groundbreaking book by Dr. Earl Mindell, R.Ph., M.H., Ph.D. and Rick Handel

How Long Do You Want to Live?

If you could choose, would you live to be 80, 90...100 or more?

In this age of medical miracles, it shouldn't be unreasonable for us to expect to live a long and healthy life of at least 80 years, don't you think?

Sadly, though, only 33 percent of Americans can expect to live long enough to see their 80th birthday. And those who do are often plagued with high blood pressure, diabetes, heart disease, arthritis, and other degenerative diseases.

But did you know that in some remote places in the world, a life expectancy of more than 100 years is not uncommon? More importantly, these people's lives are filled with abundant health and happiness. Why? What's their secret?

Introducing the Goji Berry

In his new book *Goji: The Himalayan Health Secret*, Dr. Earl Mindell reveals a longevity secret that redefines the meaning of "healthy aging." This secret has been the key to long life for thousands of years among the people in remote areas across Asia. Their energy, mental agility, and overall vitality in old age has confounded scientists for decades.

After spending years exploring the link between longevity and nutrition, Dr. Mindell discovered that many of the world's longest living people have something in common: "They consume regular daily helpings of a tiny red fruit that just happens to be the world's most powerful anti-aging food: the goji berry".

Legend and Long Life

Legends of goji abound in Asia. For example, one legend tells of the extraordinary life of a Chinese man named Li Qing Yuen who was born in 1678 and died in 1930. That's 252 years, and modern scholars have verified his incredible lifespan. What was the secret to his long, happy, active life? It was daily consumption of a "soup" made of the goji berry, existing only in the most remote regions of western Asia.

So, what makes the goji berry so special?

Sacred Goji Waters

During the Tang Dynasty (around 800A.D.), a well had been dug near a famous Buddhist temple that was covered with goji vines. Over the years, countless berries had fallen into the well. Those who prayed there had the ruddy complexion of good health, and even at the age of 80 they had

no white hair and had lost no teeth, simply because they drank the water from the well. From this legend, a poem was crafted.

A cool well beside the monk's house
A clear spring feeds the well and the water has great powers
Emerald green leaves grow on the wall
The deep red berries shine like copper
The flourishing branch like a walking stick
The old root in a dog's shape signals good fortune
The goji nourishes body and spirit
Drink of the well and enjoy a long life

-Tang Dynasty poet Liu Yuxi (722-842 AD)

Thirty-Four Reasons To Go For Goji!

Master Herbalist, registered pharmacist, and world-renowned nutritionist Dr. Earl Mindell knows a good thing when he sees it! Based on countless hours of scientific research, he's discovered the following 34 reasons to take goji on a daily basis!

1. Extends life, protecting your body from premature aging through its powerful antioxidant action.
2. Increases your energy and strength, especially when fighting disease.
3. Makes you feel and look younger. Goji stimulates the secretion of hGH (human growth hormone), the "youth hormone."
4. Maintains healthy blood pressure.
5. Reduces your risk of cancer.
6. Reduces cholesterol.
7. Promotes normal blood sugar in early adult-onset diabetes.
8. Enhances sexual function and treats sexual dysfunction.
9. Helps you lose weight.
10. Relieves headaches and dizziness.
11. Relieves insomnia and improves quality of sleep.
12. Supports eye health and improves your vision.
13. Strengthens your heart.
14. Inhibits lipid peroxidation. (a cause of heart disease)
15. Improves disease resistance.
16. Improves immune response. (T-cell, IL-2, IgA, IgG)
17. Cancer treatment.
18. Restores and repairs DNA. (Preventing mutations that can cause cancer)
19. Inhibits tumor growth.
20. Reduces the toxic effects of chemotherapy & radiation.
21. Builds strong blood, enhancing production of red blood cells, white blood cells and platelets, and treatment of bone marrow deficiency.

22. Improves lymphocyte count.
23. Activates anti-inflammatory enzymes.
24. Supports healthy liver function.
25. Treats menopausal symptoms.
26. Prevents morning sickness in the first trimester of pregnancy.
27. Improves Fertility.
28. Strengthens your muscles and bones.
29. Supports normal kidney function.
30. Improves your memory and recall ability.
31. Helps chronic dry cough.
32. Alleviates anxiety and stress.
33. Promotes cheerfulness and brightens your spirit.
34. Improves weakened digestion.

The Perfect Goji

What is it about the goji berry that makes it so beneficial to human health and vitality? Are some berries better than others? And if so where can they be found?

Science has revealed that the best, most potent goji berries originated from the rugged, snow-capped Himalayan mountains of Asia. According to Dr. Mindell, "This tiny fruit revealed itself to be quite possibly the most nutritionally dense food on earth!"

Why the Himalayas?

Three reasons:

- 1.) They contain the full spectrum of nutrients. These essential nutrients are naturally chelated to fruit acids, which increases their ability to be absorbed into the body.
 - 2.) Nowhere on earth is closer to the sun than the lofty Himalayas, and the higher a plant's ability to absorb the sun's energy (also called the Schomberg effect), the higher its ability to facilitate the transfer of energy, thereby keeping us healthier.
 - 3.) The goji of Himalayan origin contains astronomical levels of unique bioactive polysaccharides, a family of complex carbohydrates bound to proteins that defends the body against illness, pollutants and free radicals. These "master molecules" control many of the body's most important biochemical defense systems. In fact, the goji of Himalayan descent may be the richest known source of glyconutrients.
- Luckily, you don't have to climb mountains to find berries with the same life-extending properties as the goji of legend. Dr. Mindell suggests that you look for a readily absorbable, all-natural 100 percent juice product that matches the excellent spectral signature, polysaccharide equivalent of more than two pounds of fresh goji berries.

Not all goji berries are created equal. Science proves it. The best, most potent goji berry is the goji of Himalayan descent—perhaps the most powerful and important health discovery ever made! So raise your glass to the Himalayans for sharing with the world secret for health and long life!

Himalayan Goji Juice is available at www.got.freelife.com or by calling 718-836-6377. ■

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28

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29

VIA VIENTE might prove to be the most revolutionary anti-aging product of the 21st Century!



On July 1st 2003, Via Viente was introduced to the American market as a unique, one of a kind, anti-aging, healing and energizing phytonic! Developed by Dr. Mark Pedersen, a researcher and formulator of nutritional supplements for over 20 years. Via Viente fulfills Dr. Pedersen's 20 year quest to develop a product that anyone can take from, and answers his question "can there be a single nutritional element that can help so many people that have such a variety of different health concerns? Is there anything so simple?" Well, the answer is yes!

Deep in the Andes Mountains, near the Equator, there is a remarkable village called Vilcabamba. This South American Garden of Eden is home to one of the most unique and exciting discoveries of the modern age. For decades the scientific community has marveled at the claims of longevity of the valley residents. It has been documented that the inhabitants in the surrounding area regularly live past 100 years of age. In fact, one in 64 compared to 1 in 7,000 here in the United States! But they are not just alive - they are thriving. They go about their daily business, spend time with their families and are active in their jobs and hobbies. Their lives are virtually free from any arthritis, heart disease and cancer! While their active lifestyle and simple diet do contribute to their longevity, scientists repeatedly point to the drinking water as their true source of strength. These waters contain 13 essential minerals and none of the heavy metals such as aluminum, mercury and lead. They are known to be essential for human health, vital to the function of all the systems of the body and are key to living a more youthful life. Via Viente has duplicated and chelated these minerals creating Vilcabamba Mineral Essence (VME) formulated in direct proportion to the waters found in the sacred valley and then combined it with the actual waters of Vilcabamba.

Dr. Mark Pedersen, who is a Naturopathic Doctor and Biochemist, as well as a geologist, has been researching the historic uses and clinical evidence of energizing and healing "phytonics", a word coined to describe generic healing elixirs made from plants. He noticed one healing nutrient thread, Polyphenols, which has powered each of these tonics throughout time. Polyphenols are so important that they are found in every part of the plant, but, their highest concentration is in the skins and the seeds (the part we normally throw away) and they act as powerful antioxidants that neutralize free radicals produced by metabolism. These free radicals are like the exhaust from a car, as energy is burned it needs to be neutral-

ized or it swirls around and lands in soft tissue, causing cellular damage, premature aging and contributes to the development of heart disease, cancer and other health concerns.

Using whole fruit, instead of just a juice extract is part of what makes Via Viente so unique. When we eat whole fruit or vegetables it leaves an alkaline ash in the body. This is important to balance the acidity that is created by everything else we eat, particularly processed food. The fruits are chosen from the earth's sun-rich equatorial region where the skins are the darkest in color and have the most powerful antioxidant properties, taking antioxidants to a new level! Not only does it have one of the highest antioxidant (ORAC) ratings known but also contains critical amounts of anti-inflammatory substances. These specific fruits and roots were selected because of the energizing, protecting, and healing polyphenols they contain. There are GRAPES for the heart, colon, circulation, and male health, GENTAIN ROOT for circulation, BILBERRY for vision, BLUEBERRY for the brain, CRANBERRY for digestion and urinary tract, ELDERBERRY for respiration, NONI and SKULLCAP for mobility & digestion, PRUNE for female health and digestion and regularity, APPLE for the constitution and ALOE VERA for the skin and digestion. Via Viente is a vitalizing healing tonic providing nutritional support for the whole body.

Fruits grown in the most organic possible condition, homogenized and blended smoothly and palatable, combined with the simplicity of the chemistry and the absolute purity of the mineral waters from the Vilcabamba Valley and the unique patent pending process of blending and grinding the whole fruit, are the differentiating factors between ViaViente and any other liquid dietary supplement. It comes in a beautiful Italian glass wine bottle to protect the integrity of the product as well as insure that no chemicals will be leached from the packaging! It is not gritty to the palate, is more easily absorbed than capsules or tablets and does not contribute to pill fatigue. Since minerals make up 95% of our daily requirements this delicious tasting tonic requires only two tablespoons a day to supply the minerals found in a liter of the Vilcabamba Valley water. Via Viente offers a 100% money back guarantee if not fully satisfied and the good news is, a month supply including: vitamins, minerals, antioxidants, anti-inflammatory support and much more, costs only \$30- \$49. (depending on quantity of purchase) For more information, to order ViaViente, or inquire about distributorship, please contact: Amy at Via Team 516-873-1944. Come visit Amy at the Biodiversity Expo. ■

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I practice general dentistry, and the following dental related therapies are available in my office: acupuncture, mercury vapor analysis, dental electrical testing, myofunctional therapy, biocompatibility testing, and temporomandibular joint therapy.

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The Human Ecology of Oriental Medicine

by Kevin V. Ergil, MA, MS, LAc

In a time beyond the reach of recorded history the Yellow Emperor (Huang Di) asks the divine physician Qi Bo, the legendary source of Oriental medicine, why people now live for only a short amount of time when in the past they had lived for one hundred years. Qi Bo explains that in ancient times those people who understood the Way (Dao) lived in accord with the natural cycles of yin and yang and the observed laws of nature.

At its heart of the tradition of Oriental medicine is a worldview that responds to the dynamic interplay between environment and organism and, in its approach to natural medicines, provides a dynamic model that responds to the biochemical complexity of natural substances. These very ancient and fundamental ideas have given us distinct expressions of medical thought, both old and new, in China, Japan, Korea, Sri Lanka, Vietnam, France, England and the United States.

Oriental medicine refers to the use of acupuncture, herbs and other substances, various types of massage, nutrition, exercise and meditation to treat and prevent disease. The distinctive feature of Oriental medicine is its emphasis on ideas such as balance within the body and the smooth circulation of vital substances, such as Qi (literally finest matter influences) and blood. Another feature of Oriental medicine is the way in which it adapts to the needs of the society in which it is present. If one considers the use of acupuncture (used according to traditional principles) to treat crack cocaine addicts this becomes obvious. The recent use of Chinese herbs and acupuncture to support patients with hepatitis C, or to support men and women challenged by issues with sexual performance and fertility also illustrates this.

Oriental Medicine is directly related to a very special sort of ecological consciousness. As our society becomes increasingly fragmented and as human beings become separated from the environment and from the natural rhythms that their bodies have evolved in relation to it becomes extremely important to find methods to restore inner balance and to foster the natural experience of harmony in the body that is available to all of us.

Ecology comes from the Greek oikos, which means household or living place and traditionally refers to the "branch of biology which deals with the interrelationships between organisms and their environment." Now when we talk about Human Ecology it gets us into the area of the specific interactions between groups of human beings

and their specific environments.

By connecting Oriental Medicine with the idea of ecology I am suggesting that there is a view of human ecology that is distinct within Oriental Medicine. I'm bringing together two ideas that come from fairly different times & places. The notion of ecology surfaces Europe in the 1920s and the medical system we are talking about comes to us from about 200 B.C. in China. What is the "Human Ecology of Oriental Medicine"? It is the distinctive aspect of Oriental medicine that systematically recognizes the characteristics of human beings as conditioned by the physical, nutritional and emotional environment that they live in relation to, that is, where they live. Our encounter with the human ecology of Oriental Medicine begins when we try to understand the specific nature of a patient's problem.

Much of what we do in Chinese or Oriental Medicine is guided by viewing the body as an environment within an environment. And the first part of a practitioners encounter with a patient includes understanding what might have disturbed the balance of the environment that the patient represents. Oriental medicine recognizes each human being as a distinctive internal environment or microcosm, which conforms in a general sense to the principles, which govern the larger environment or macrocosm.

Before we begin to think about what we are going to do to help a patient we have to begin to think about what is happening to the patient's internal landscape and why. This is true whether we will be using herbs, acupuncture or some other kind of therapy. When a practitioner of Oriental medicine begins to think about a patient's situation he or she might use a number of different ideas to understand the nature of the imbalance that is causing the patient discomfort.

The most fundamental ideas about reality that are used to do this are Yin and Yang. These two terms refer to a set of environmentally determined relationships between light and dark. Classically, the example that was used was that of a riverbank that was struck by the sun and the side that was left in shadow. Just as the language of ecology is the language of interrelation and interdependence, the language of Oriental medicine is a language of interrelation and interdependence. The external landscape or human environment is understood to be in profound and dynamic relationship with the internal landscape or human organism. The ancient Chinese understood human beings to have a nature and structure, which is inseparable from yin and yang.

To have a nature, which is inseparable from yin and yang, is to have a nature, which is inseparable from the world around us. A structure, which is to be understood by the same kinds of rules, that guide us in understanding the world in which we live. Life on the shaded side of a riverbank has characteristics that are different from those of the sunny side.

As I said earlier the human body is both within an environment and a microenvironment itself. In relation to yang influences we think of summer heat, dryness & fire and in relation to yin influences we think of wind, cold and dampness. In many cases disease with external causes is understood to occur because these influences are too strong for the microenvironment to withstand. In other cases the internal environment is unbalanced by a disturbance caused by weakness, poor dietary habits, emotional distress or the entry of a pathogenic agent.

In either case the result is a change to the internal landscape of the patient that interferes with the normal flow of Qi and blood. Therapy is directed to restoring balance by adjusting either the internal environment or by helping it to respond well the external environment.

The practitioner of Oriental Medicine facilitates a process of medication between these internal and external environments. The practitioner makes every effort to harmonize this relationship, usually by bringing the response of the human being to a state that is optimum for his or her specific environment. Where that is not possible changes to the environment itself are recommended.

The yin and yang, both as ideas and as actual phenomena are extensively elaborated within the tradition of Oriental medicine. Many other very important descriptive patterns such as the five phases also known as the five elements emerge from this structure. The five phases represent the characteristics of active phenomena. Wood, Metal, Water, Fire and Earth are also used to describe the characteristics of the body's own internal processes.

So there is this view in Oriental medicine that is very tuned in to the situation of the human body in its environment. The medicines that you are going to give to someone in a hot climate are very different than those that you might give to someone in a cold climate and, the same way that you are going to respond to the environment that the person is in the clinician is going to respond to the persons own internal environment. That is if I see a patient who is constitutionally cold I will provide a different sort of treatment to that person than I will to a patient who is constitutionally hot. This is true even if these people have the same disease from a strictly biomedical point of view.

Oriental Medicine, with its distinctively ecological perspective provides a therapy that treats the patient as it finds them and facilitates growth and adaptation in response to rapidly changing internal and external environments. ■

Kevin V. Ergil, M.A., M.S., L.Ac., F.N.A.A.O.M., F.A.A.P.M., is an Associate Professor and Director of the Graduate Program in Oriental Medicine at Touro College, School of Health Sciences.

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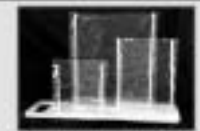
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How to Chose a Toxic Metal Chelator

by Alan Greenberg, M.D.

The WHO in their 1974 Report on Toxic Metals states that 82 % of chronic degenerative disease is caused by toxic metal poisoning. Everyone in modern western societies is exposed to toxic metals – lead, mercury arsenic antimony, nickel, cadmium, etc.

Performing hair analysis on almost every patient in my medical practice revealed to me that virtually everyone who works with their hands eventually develops toxic metal poisoning including mechanics, machinists, welders, plumbers, painters, printers, hair dressers, carpenters, electricians, and metal workers. It also revealed that 80-90% of patients with chronic fatigue syndrome, chronic pain, chronic neurological disease, heart and kidney disease, psychiatric illness and hypertension had metal poisoning.

Chelation Choices

Chelation is a process by which toxic substances in the body, particularly metals, can be converted to less toxic forms which can then be excreted safely. A recent review article on chelation therapy stresses the need for new chelation agents which can be more safely and easily administered over extended time periods at a reasonable cost. The earliest types of chelation involved synthetic agents such as BAL, penicillamine and EDTA administered intravenously for acute poisoning. Subsequently, DMSA and DMPS were utilized, first

intravenously and later orally. More recently many food supplement/herbal chelators have been shown to be equally or more effective without the adverse side effects of the synthetic chelators.

Chronic vs Acute Metal Toxicity

Chronic metal poisoning (CMP) differs from acute metal poisoning in several ways. –An ACUTE exposure to Toxic Metals can be fatal in high doses, requiring rapid intervention with a potent chelator such as EDTA, DMSA or DMPS to prevent permanent damage to vital organs. If antioxidant defenses and trace minerals are not depleted, the patient may respond well. However, because drugs and chemicals also damage mitochondrial function, use of synthetic chelating agents in such patients can result in severe and prolonged adverse reactions. Blood and urine tests have been used for monitoring.

The majority of metal poisoning occurs insidiously over many years of un-realized CHRONIC exposure to toxic metals. This is associated with mitochondrial damage, reduced ATP synthesis, oxidative stress from excessive free radical production, depletion of trace minerals, impairment of antioxidant defenses and of chemical detoxification mechanisms (associated with multiple chemical sensitivities) resulting in multiple health problems. CMP also produces accumulation of

large amounts of toxic metals in bones and other tissues which are continuously released as normal tissue turnover occurs. Thus, after a course of EDTA chelation for lead, lead levels can return to 70% of their pre-chelation levels within weeks. Multiple toxic metals in CMP lowers the toxic threshold for each of the metals involved, requiring broad spectrum chelation or multiple natural chelating agents. Toxic metals inside the brain have a markedly extended half-life (over 30 years) requiring non-toxic lipid soluble chelators.

Treatment

Treatment of CMP requires use of natural broad spectrum water and lipid soluble chelators that can be used on a daily basis, antioxidant protection, avoidance of synthetic chemicals (cause severe, prolonged adverse reactions manifested by profound fatigue, immune and CNS dysfunction), replacement of trace minerals and broad spectrum monitoring. (Hair analysis most cost effective).

Effectiveness of Chelators

Popular Prescription Chelators

EDTA – approved by the FDA for lead removal, DMSA –mercury and lead, DMPS- mercury and lead * DMSA and DMPS are not recommended in persons with amalgam fillings.

**EDTA forms neurotoxic complex with mercury – not recommended in persons with amalgams or history of mercury exposure.

Non Prescription Chelators

Multiple clinical studies have shown individual non-FDA regulated food and herbal supplement ingredients have been found to be extremely effective in removing multiple toxic metals.

A few chelation agents such as Science Formulas Inc.'s "METAL FLUSH" offer various combinations of the above and other supportive ingredients in a single formula. Clinical study data demonstrating the formula's effectiveness should be obtained prior to purchase. Reduction of body burden as revealed by hair analysis before and after chelation is the best evidence of efficacy. Studies demonstrating increased levels of toxic metals being excreted in urine, or stools provides only an imprecise indication of excretion, but does not provide information regarding remaining toxic metal burden.

More information about toxic metal poisoning can be found at: www.scienceformulas.com. ■

continued from page 22

Let's see how all this information applies to balanced vegetarian meal planning and aforementioned Thanksgiving menu. At first glance, it looks very colorful (good) but very starchy (bad) and light on protein (bad). Using the Natural Gourmet system, the meal has lots of produce (good), but only one whole grain (botanically speaking, wild rice is an aquatic grass), and no legumes (strange for a vegetarian feast), although the meal contains non-organic milk and eggs (not good) and a little bit of nuts as protein sources. The main problem is the amount of refined carbohydrates: white flour in both pies, white bread in the stuffing, and lots of sugar, not only in the dessert (filling and crust), but also in the cranberry sauce and the sweet potatoes. The menu is also quite imbalanced using the glycemic index as a criterion. The potato pie as entrée just doesn't work in the context of all the other high-glycemic foods in the meal, although I view potatoes as a healthy, unrefined food. A final point has to do with calories. One serving of each dish provides 2290 calories, more than most people should consume in an entire day! I'm all for special indulgences on holidays, but why make oneself bloated and tired? It's not as much fun as it sounds.

Try a menu similar to the following one for your next holiday feast:

- Salad of Mixed Baby Lettuces sprinkled with Pomegranates, Endive Slices and Champagne Vinaigrette
- Vegetarian Cassoulet – white bean stew with roasted tomatoes and pumpkin
- Wild Mushroom Tart with Crispy Almond, Whole Wheat Crust
- Seared Spinach with Garlic
- Cranberry-Apple Pudding with toasted Walnuts and Organic Whipped Cream (optional) majority of people. ■

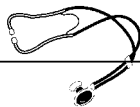
Jenny Mathau is President of The Natural Gourmet Cookery School/ Institute for Food & Health. In addition, she serves as Director of The Natural Gourmet's Chef's Training Program, the only accredited culinary program of its kind. Copyright© 2004 by Jenny Mathau. All Rights Reserved.

Popular Natural Chelator Ingredients

Function

Cilantro (aerial parts)	Mobilizes Toxic Metals from brain cells
Chlorella algae	Traps toxic metals in GI tract.
MSM (methylsulfonylmethane)	Enhances permeability of cell membranes and reduces inflammation.
Taurine	Enhances biliary excretion, protects CNS and retina.
Alpha Lipoic Acid	Binds intracellular toxic metals, quenches free radicals, raises glutathione
NAC (N-Acetylcysteine)	Binds toxic metals and enhances glutathione
Glutamine	Restores gastro-intestinal function, glutathione precursor
Vitamin C (as ascorbic acid)	Promotes excretion of toxic metals / antioxidant
Zinc	Stimulates metallothionein, reduces toxicity
Selenium	Enhances chemical detoxification, reduces toxicity of metals

HOUSE CALLS



by Patrick Fratellone, MD



Dr. Fratellone is the Executive Medical Director of the Fratellone Group for Integrative Cardiology and Medicine. He is an attending cardiologist at St. Lukes-Roosevelt Hospitals. Previously he was the Chief of Medicine and Director of Cardiology for the Atkins Center in New York City with Robert Atkins, MD. Biodiversity

will be featuring Dr. Fratellone's Question & Answer column in every issue. We encourage you to send in your question.

Question *I am a 55 yr old white male with a history of high cholesterol. I have tried a "statin" drug in the past with some results but I endured muscle cramps. What can I do to lower my cholesterol.*
Eric, New York City, NY

Answer One of the side effects of statin drugs is muscle cramps. Recently a published study showed beneficial results of green and black tea extract to lower total cholesterol. In addition, I prescribe guggulipids, beta sterols and policosinol to lower cholesterol.

Question *I did not get a flu vaccine this year. To tell you the truth, I have only received one vaccine in my lifetime. Is there any preventive measure to prevent the flu at this time.*
Florence, Edison, New Jersey

Answer Although the flu vaccine has its benefits for a subset of patients, it sometime has the incorrect strain of the virus to prevent the flu. I use a combination of homeopathic remedies, and Liquid Chinese herbs as well as other herbal supplements. We provide our patients with a Flu-package containing all three to be taken once a day for 30 - 40 days.

Question *I have a normal lipid panel. Recently I heard you on your radio show "Your Healthy Heart" where you indicated that there are other risk factors which can be tested to determine my risk for cardiovascular disease. Can you please tell me and briefly describe what they are.*
David, Yonkers, New York

Answer The future of medicine is fusion medicine. In my practice, I bridge the gap using both conventional diagnosis and treatment with alternative treatment for a variety of disease. I believe in searching for other risks that may cause heart disease. There are other cardiac risks factors independent of your lipid panel, which place you at risk for cardiovascular disease. Some of these risk factors include Homocysteine, C-Reactive protein, Fibrinogen and Lipoprotein (a). The CRP-HS is a marker for inflammation and infection of the coronary arteries (which is the blood supply to the heart). In my practice, we search for the actual "bug" that could be causing your problem.

Question *I am a 35 year old female recently diagnosed with fibromyalgia. I need to know what are some of the causes and how do you treat this condition, if at all in your office?*
Evelyn, Roslyn, New York

Answer Fibromyalgia is a condition that is most misdiagnosed. Some people after extensive workups are told that there symptoms which can include headache, muscle aches, anxiety and palpitations are psychosomatic. In our practice we search for a cause of fibromyalgia which can include multiple infections especially viruses as well as testing for heavy metal intoxication. Our treatments can vary from intravenous vitamins to the use of Bach Flower Homeopathic remedies. Some of the Bach flowers that have been used include white and red chestnut, rockrose, and chestnut budd scleranthus.

Question *I have been diagnosed with Osteoporosis. My doctor told me to take Fosomax once a week. Are there some alternative therapies that can be used in addition to the Fosomax to help me.*
Edith, New York City, NY

Answer First of all, you must do some weight bearing exercise which strengthens your bones. There are a variety of supplements that help osteoporosis. Some of these include boron, Vit D, Calcium, Magnesium, and Ipraflavone. ■

Dr. Fratellone will be lecturing and exhibiting at the BioDiversity Expo Saturday January 31 & Sunday February 1, 2004.

To have your questions answered please write to "Your Healthy Heart Column" c/o Fredrick Byrd 24 West 57th Street Suite 701 NYC, NY 10019 or email at rbyrd@thefratellonegroup.com