Stop the Modern World Killing You

Why a Simple Blood Test is Not Enough

Why Everything You Learned About Viruses is WRONG

The Australian Fluoride Disaster Continues Unabated

The Floatation Tank Experience

Scripting the Life You Want
<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>The Sickness Industry</td>
<td>Dr. T.J. Coles</td>
</tr>
<tr>
<td></td>
<td>How Big Pharma Invents Crises &amp; Normalises Dependency</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Vaccine$ &amp; Virus$</td>
<td>Dr. T.J. Coles</td>
</tr>
<tr>
<td></td>
<td>Big Pharma Gears Up to Profit, Experts Say Coronavirus Cure is Remote</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Big Pharma Drug Nearly Killed Canadian Psychology Guru Jordan Peterson</td>
<td>Helen Cannington</td>
</tr>
<tr>
<td>11</td>
<td>Are You Suffering From Vitamin C Deficiency?</td>
<td>Sandy Brightman</td>
</tr>
<tr>
<td></td>
<td>Fight Back Against Viruses &amp; Boost Your Daily Functioning</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Why Everything You Learned About Viruses is WRONG</td>
<td>Sayer Ji</td>
</tr>
<tr>
<td>18</td>
<td>The Australian Fluoride Disaster Continues Unabated</td>
<td>Søren Roest Korsgaard</td>
</tr>
<tr>
<td>22</td>
<td>Stop the Modern World Killing You</td>
<td>Helen Cannington</td>
</tr>
<tr>
<td>32</td>
<td>Why a Simple Blood Test is Not Enough</td>
<td>Kristin Grayce McGary</td>
</tr>
<tr>
<td>35</td>
<td>The Floatation Tank Experience</td>
<td>Megan Sproats</td>
</tr>
<tr>
<td></td>
<td>More Than Just a Healing &amp; Regeneration Environment for the Body</td>
<td></td>
</tr>
<tr>
<td>39</td>
<td>Read This Article Because It Is</td>
<td>Royce Christyn</td>
</tr>
<tr>
<td></td>
<td>The Best How-to Manual You Could Ever Imagine Owning</td>
<td></td>
</tr>
<tr>
<td>45</td>
<td>Electromedicine 101</td>
<td>Richard Malter</td>
</tr>
<tr>
<td>49</td>
<td>Mysteries of Gamma Brainwaves</td>
<td>Anadi Martel</td>
</tr>
<tr>
<td></td>
<td>Light Therapies &amp; the Future of Medicine</td>
<td></td>
</tr>
<tr>
<td>54</td>
<td>Emotional Imbalances &amp; Bad Sugars</td>
<td>Christopher Vasey</td>
</tr>
<tr>
<td>56</td>
<td>Is Jogging Slowly Killing You?</td>
<td>John Nelson</td>
</tr>
<tr>
<td>58</td>
<td>Why Ancestors Matter</td>
<td>David Kowalewski</td>
</tr>
<tr>
<td></td>
<td>The Shaman’s Take</td>
<td></td>
</tr>
<tr>
<td>62</td>
<td>How to Find a Genuinely Gifted Psychic</td>
<td>Mary Ann Bohrer</td>
</tr>
<tr>
<td></td>
<td>From Fakes to the Mediocre to the Truly Gifted</td>
<td></td>
</tr>
<tr>
<td>65</td>
<td>The Nine Energetic Levels of the Transition Back to Spirit</td>
<td>Suzanne Worthley</td>
</tr>
<tr>
<td>69</td>
<td>20 Brutal Truths About Life</td>
<td>Matthew Jones</td>
</tr>
<tr>
<td></td>
<td>No One Wants to Admit</td>
<td></td>
</tr>
</tbody>
</table>
A glance at the headlines of the mainstream media would convince most people that we are in perilous times. From climate crisis to pandemic, humanity is confronted by dire threats to survival on planet earth. In these strange and uncertain times, one simple fact is clear: each of us must take responsibility for our health and wellbeing.

If the ‘signs of the times’ tell us anything, it is that we need to start making conscious, informed choices on what we eat & drink, what we put on or in our bodies. Time to get educated on what is really going on.

To help you take control of your health and wellbeing, we’ve put together an exceptional range of empowering and informative articles in this Special Issue of New Dawn.

Regular contributor Dr Tim Coles documents how corporate greed drives the ‘sickness industry’. Big Pharma is looking to cash in on the coronavirus pandemic.

Sayer Ji covers the latest breakthrough research on viruses, showing how little the experts know. With winter approaching, Sandy Brightman reminds us of the importance of vitamin C in our diet and the need to strengthen our immune system.

Water fluoridation is an ongoing concern to people around the world. Søren Roest Korsgaard discusses scientific studies linking fluoride to lower IQ. Brings to mind why we need to be aware of the hidden threats lurking in our immediate environment.

There are also articles on floatation tank therapy; how to script the life you want; the cutting edge of personalised health – functional blood chemistry analysis; electromedicine; the latest research backing light therapy; spiritually connecting with your ancestors (for advice); how to find a genuine psychic; and much more.

If you find this New Dawn Special Issue of value, please purchase extra copies to give to friends & family – or anyone desiring to take control of their health. Information is power!

Until next time, enjoy the journey of discovery and keep spreading the word.

– New Dawn Magazine
editor@newdawnmagazine.com

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What are New Dawn Special Issues?
Since 2004 New Dawn magazine has published Special Issues devoted to ancient mysteries, hidden history, future science and the unexplained. These Special Issues are a thought-provoking, compelling and highly readable examination of the greatest mysteries of the past, the present, and the future.

Now published every two months, New Dawn Special Issues are in addition to the regular New Dawn magazine. First published in 1991, New Dawn is a bi-monthly magazine distributed through newsagents across Australia and New Zealand.
The Sickness Industry
How Big Pharma Invents Crises & Normalises Dependency

— BY DR. T.J. COLES —

The pharmaceutical industry is worth $1 trillion, half of which comes from US-based sales.¹ The alternative health industry, by comparison, is worth just $59bn.² Big Pharma bribes doctors, dominates advertising, and drives the anti-natural health narrative.

The biggest, multibillion-dollar companies are Pfizer (US), Novartis (Switzerland), Roche (Switzerland), Johnson & Johnson (J&J US), Merck & Co. (US), Sanofi (France), Glaxo-SmithKline (GSK UK), AbbVie (US), Takeda (Japan), and AstraZeneca (UK-Sweden). The bulk of their profits come from prescription drugs.³ Big Pharma kills people in two ways: 1) pricing life-saving drugs out of the market and 2) aggressively marketing potentially dangerous products.

It often is cheaper for Big Pharma to break the law and pay fines than follow regulations that hinder profits. Every year at least one major drug company is fined for one or more of the following: bribery, drug safety, false claims, fraud, foreign corruption, off-label and unproven promotion, price-fixing, and violating consumer protection. Since 2000 in the US alone Pfizer has been fined by federal authorities 47 times totalling $4.4bn; Merck 42 times for $3bn; J&J 28 times for $3.4bn; AbbVie 25 times for $2.3bn; Novartis 22 times for $1.2bn; and GSK 13 times for $3.9bn.⁴

Profits are boosted by what Elaine Hollingsworth calls “the sickness industry.”⁵ Despite living longer, obesity, depression, dementia, increased cancer and other morbidities mean that Westerners are now less healthy than just a few generations ago.⁶ Big Pharma pathologises minor ailments and makes people dependent on drugs instead of encouraging the use of natural alternatives. The crisis of the industry’s influence over the medical profession, from reporting trial results to influencing doctors, prompted the British Medical Journal (BMJ) to launch a “Commercial Influence in Health Initiative” to expose Big Pharma’s deadly influence.⁷

"FICTIONOSIS": FROM FAKE DISEASE TO FAKE JOURNALS

Marketing fake medicine dates back at least to 19th century America when ‘patent medicine shows’ – which promoted products that were neither patented nor medicines – promised cures for fatigue, baldness, and scrofula. Million-dollar enterprises included Ayer’s Hair Vigor and Scovill’s Sarsaparilla.⁸ Dr Larry Dossey writes that in the 1900s, medical companies sought “to inflate a common, everyday condition to the level of pathology.”⁹ This was the beginning of what the science writer Julie Dear-doff calls “fictionosis.”¹⁰

To prove how easy it is to invent new illnesses, doctors Ray Moynihan and David Henry claimed to have discovered a new, potentially fatal, laziness disease: “motivational deficiency disorder.” Data was supposedly supplied by one Dr Leth Argos; a pun on lethargy. Their fake research was published in the BMJ.¹¹

The term “disease mongering” was coined by Lynn Payer who identified ten methods used by Big Pharma to convince us that we are sick: abnor-malising normal conditions; portraying potential consumers as sufferers; identifying common conditions to maximise target audiences; defining conditions as diseases; working with medical professionals to gain credibility; selecting issues; using selective statistics; using endpoint references; implying that technology is risk-free; and devaluing real ailments for which no cures exist.¹²

In the 1960s, Dr Keith Connors was paid by the drug company CIBA to trial Ritalin. Connors set a precedent for trialling Big Pharma-sponsored drug studies on children via university-affiliated clinics. Connors watched
this model get out of control to the point where he called misdiagnoses of Attention Deficit Hyperactivity Disorder (ADHD) “a national disaster.” 

Journalist Alan Schwarz revealed that although only 5 per cent of US children actually have ADHD, 15 per cent are diagnosed with it. This is largely due to Big Pharma pushing its products on doctors and families. Thirty per cent of all boys in the American South (i.e., the poor states) are misdiagnosed. Schwarz claims that Big Pharma paid “all the top researchers” to publish studies claiming that ADHD drugs are safe. Big Pharma then took the false data from their subsidised studies and constructed advertisements targeted at worried parents. The advert for Adderall XR, for instance, claimed that the drug boosts the child’s grades to match their intelligence. Schwarz says that “[e]very ADHD drug - Adderall XR, Concerta, Vyvanse, Metadate, you name it - has received a formal reprimand from the [US Food and Drug Administration] for false and misleading advertising.” Yet, many remain on the market. 

Medical ghostwriters do not disclose their paymasters and are paid by companies to influence both policymakers and doctors. Elsie Langdon-Neuner estimates that over 10 per cent of journal publications are ghostwritten. Ghostwriting becomes apparent thanks only to whistleblowers and court orders. Researchers Healy and Cattell discovered 85 academic papers written by drug companies with the author’s name still to be determined. Fifty-five were written by Pfizer, and 30 were either funded by Pfizer or based on Pfizer’s data. Just two articles declared a conflict of interest, and every single one reported positive results. In 1999, Merck introduced the painkiller Vioxx. By 2004 it was withdrawn after being linked to cardiovascular disorders. Merck had previously hired ghostwriters despite having internal knowledge that the drug may increase the risk of thrombus formations. 


**LOBBYING: “THEY SELL LIES”**

The number of deaths caused by alternative medicines and therapies is so small that no generalised statistics have been compiled with the exception of cancer; namely, that complementary cancer therapy patients are reportedly five times more likely to die than allopathic cancer patients. Compare this to the UK alone, where prescription errors kill 20,000 patients a year. 

In the US, prescription errors kill a quarter of a million. The World Health Organization says that by 2012, 80 per cent of the world’s population was using alternative health therapies, including people in so-called developed countries. Around that time, 400 high-profile Australian doctors and scientists formed Friends of Science in Medicine, a lobby to remove alternative health degree courses from universities. 

Today, Big Pharma spends $50 billion a year – almost the value of the entire alternative health industry – on advertising and PR. Ex-salesman and former leader of the Nordic Cochrane Centre, Dr Peter C. Gøtzsche, writes: “Drug companies don’t sell drugs, they sell lies about drugs.” He quotes The Lancet as saying that medical journals “devolved into information laundering operations for the pharmaceutical industry.” By 2010, 85 per cent of drug company-funded trials of new medicines yielded positive results for the top five products (e.g., antidepressants), compared to just half for government-funded studies. In Australia in 2017, Lisa Bero of Sydney University’s Charles Perkins Centre found that drug industry-sponsored trials of medicines and equipment were 30 per cent more likely to report favourable results. “Currently, we have no validated way to detect or evaluate these subtle but systematic biases.” Lobbying means that drug prices in Australia are double those of the UK and three times the cost of medicines in New Zealand. By 2017, Australians were paying $500m above the average for seven common drugs. 

In the US, Big Pharma is the single largest lobbyist, spending over $200m in 2018 compared to electronics and manufacturing companies, and insurance, which spent over $100m each. In 2015, US Congresswoman Tom Price bought stock in Innate Immunotherapeutics. A year later, he purchased stock in Amgen, Biogen, Bristol-Myers Squibb, Eli Lilly, Mc-
Kesson, and Pfizer. Price then went to Australia as part of a Congressional visit where he lobbied the government to drop its protectionist measures in the US-led Trans-Pacific Partnership deal. Innate Immunotherapeutics, which has a Sydney office, offered Price a discount on additional stock, making him a $150,000 profit. Price went on to become Donald Trump’s Health and Human Services Secretary.25

Part of the Big Pharma PR strategy includes funding patient advocacy groups: AstraZeneca’s launch of Breast Cancer Awareness month to boost sales of its Tamoxifen; Pfizer’s association with the Alzheimer’s Association; and Hoechst-Russel’s promotion of the arterial drug Trental via its support for the National Council of Ageing. Additional blurring occurs in the promotion of drugs, including Viagra and Prozac, as lifestyle drugs in which the judgmental competence of the consumer is weighed against that of the qualified physician.26 As part of their marketing strategy, Australian drug companies engage in so-called asset exchanges with community organisers, patients, and GPs. They anonymously pay speakers to promote the wonders of drugs at conferences, take GPs out to dinner, infiltrate online patient chatrooms, and so on.27

DEATH AND ADDICTION:
"JUST LIKE DORITOS"
By the year 2001, 100 million women worldwide used hormone replacement therapy drugs (HRT), generating $3.8bn for several companies, particularly the US-based Wyeth which dominated the market. In the absence of scientific evidence, the producers of HRT drugs spent billions of dollars on PR groups like HRT Aware and RED Consultancy, promoting HRT as a “cure” for dementia, heart disease, menopause and its symptoms, mood, osteoporosis, sexual function, and vitality. HRT Aware featured women claiming to have improved their careers, overall health, sex lives, and general wellbeing - all thanks to HRT. HRT Aware turned out to be an industry group comprised of oestrogen producers, including Janssen-Cilag, Novo Nordisk, Organon, Solvay, and Wyeth. After the truth emerged in 2002 - that HRT drugs increase the risk of heart disease and double the risk of breast cancer - the drug-maker Novo Nordisk hired the German PR firm Haas & Health Partner to write letters to GPs downplaying the deadly results.28

Consider also America’s opioid (painkiller) crisis. Around 170,000 Americans die annually in accidents: at home, car crashes, workplace injuries, etc.29 Included in that statistic is 70,000 deaths by drug overdose, meaning that drug overdose is the leading cause of death-by-accident in the US. Nearly seven in ten overdose victims did not die of heroin, crack-cocaine, or ecstasy but from opioids taken illicitly or on prescription.30 Each year, 18 million Americans misuse prescription drugs, including opioids, antidepressants, and stimulants. Every day, over 5,400 Americans misuse painkillers for the first time.31

Opioids include carfentanil (an elephant tranquiliser), fentanyl (50 times stronger than morphine), oxycodone (50 per cent stronger than morphine), Tylenol (for head and body aches), and Vicodin (combining hydrocodone and paracetamol). Producers including Purdue Pharma – which “aggressively” marketed OxyContin (spending $200m in 2001 alone)32 – deliberately targeted doctors serving ethnic minority patients known to be at risk of addiction in de-industrialised areas like Kentucky and Ohio where disaffected communities lived.33

Continued on page 10...

Business Opportunity

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Big Pharma would like us to believe that vaccines will save us from Coronavirus (COVID-19). In reality, medical experts agree: COVID-19 vaccines are a long way off, and natural immunities will likely develop by the time preventatives are manufactured. It is worth considering the long history of vaccine hype, profiteering, and the use of unwitting human test subjects.

**MONEY, MONEY!**

The global vaccination market has nearly doubled in value since 2014, from just over $32bn to an estimated $60bn today.1 There are vested political interests.

US Defense Secretary Donald Rumsfeld (2001-06) chaired the California-based Gilead Sciences in 1997 and went on to own significant shares in the company. While still Defense Secretary, Rumsfeld made $5m from Gilead/Roche’s Tamiflu (oseltamivir) vaccine for the much-hyped bird flu H5N1 epidemic in the mid-2000s and the swine flu H1N1 virus in 2009.2 Another of Gilead/Roche’s generics, remdesivir, reportedly went into fighting the Ebola 2014 virus outbreak (death toll 12,000) and will now be developed into a potential COVID-19 vaccine. The Chinese company BrightGeneBiomedical Technology claims to have developed a COVID-19 palliative from remdesivir but has been sanctioned recently by the Shanghai Stock Exchange for making inaccurate claims and has not (at the time of writing) been licensed to manufacture the drug.3

Between 2006 and 2009, the British government spent £473m on bird and swine flu preventatives and palliatives, namely Roche’s Tamiflu, which the Cochrane Collaboration report later described as a waste of money and as having the same effect as generic paracetamol. Roche disputes the claim, but the report also alleged that Roche’s data were based on poor results of clinical trials, which the report further alleges were hidden from public scrutiny.4 Likewise, in Australia, FOIA documents reveal that in 2009 and under the advice of the Federal Health Department, the Australian government spent $131m on 21 million H1N1 vaccine doses, only to distribute 9 million within twelve months. Of those 9 million, the number of administered vaccines is unknown.5

With COVID-19 spreading at the time of writing, Big Pharma is lobbying for more R&D funding. One NBC heading (6 March 2020), reads: “Scientists were close to a coronavirus vaccine years ago. Then the money dried up.” The US Food and Drug Administration’s Center for Biologics Evaluation and Research, Peter Marks, says: “The development of a vaccine is not going to prevent a pandemic here.” But drugs to help those already infected could soon be developed, Marks enthused.6

With COVID-19 reaching pandemic levels, governments and corporations are racing to develop vaccines. But vaccines typically take 10-15 years to develop, with clinical testing alone taking seven years.7 The long wait gives plenty of time for new vaccine-resistant strains to develop. Indeed, one academic study notes: “some vaccines used today were developed in the 1940s and 1950s and remain essentially unchanged.”8

Western Australia’s Premier, Mark McGowan, says that Australia will be hit with winter flu as COVID-19 cases increase, creating both double-trouble for health officials and, one might add, increased drug share prices and opportunities for Big Pharma to ask for bigger R&D budgets.9 Crucially, Professor Peter White of the University of New South Wales says that within three years, most of the global population will become naturally immune to COVID-19.10

**THE HARM VACCINES DO**

In addition to reducing incidence of disease, drug companies also inflict serious harm on people with their vaccine products.

Vaccination can have positive outcomes. In 2011, the US Central Intelligence Agency (CIA) set up a fake hepatitis-B vaccination programme in Abbottabad, Pakistan, as a front to confirm the DNA of and thus capture
the man they claimed was Osama bin Laden,11 the alleged head of “al-Qae-
da,” the CIA base of jihadists they’d trained in the 1980s to fight the Sovi-
eets. When that location was learned of this, they stopped getting their children
vaccinated. As a result, polio in Paki-
stan has since risen.12 This proves that the polio vaccine worked. But vaccina-
tions can also do serious damage.

As late as the 1970s and in at least 40 cases, US health officers injected
chronically ill patients with cancer in a New York hospital, gave hepatitis to
mentally ill patients in Connecticut, and squirted flu into the orifices of
prisoners in Maryland. A study into the effects of injecting an experimental flu
vaccine into mental health patients in Ypsilanti, Michigan, was co-authored
by Dr Jonas Salk, who went on to de-
velop the polio vaccine. In hospitals in
Middletown and Norwich, Connecti-
cut, Dr W. Paul Havens, who worked at
the World Health Organization, and
used US federal funding, exposed
vulnerable patients to hepatitis and
learned how to differentiate the
strains. In the 1950s, 23 prisoners in
Jessup, Maryland, were deliberately
infected with Asian flu. To test the
experimental vaccine, half were vac-
cinated, half were not.13

Credited with saving one million lives via the development of at least
40 vaccines, Dr Maurice Hilleman
worked at the Walter Reed Institute of
Army Research and then for Merck’s
vaccine division.14 Hilleman sourced
Merck’s test-monkeys from South
America. They would develop disease
in transit, so associates suggested
taking green monkeys from West
Africa and Pying Haven, from Madrid
to limit the waiting time and disease
cultivation/spread. “So I brought
African greens. I didn’t know we were
importing the AIDS virus at the time.”

Referring to the Dr Albert Sabin polio
vaccine, Hilleman said of the vaculat-
ing SV40 monkey virus which later
research suggested is not linked to
AIDS: “It’s got to be in the Sabin’s
case that claims to have been damaged by a defective rabies
vaccine. Tan has not been seen since.
The daughter of Tan’s colleague, He
Fangmei, was left partially paralysed
by a faulty vaccine in 2018. He says:
“Some 10 or 20 men in plainclothes
surrounded us and caught Tan Hua. I
was trying to make calls to other activ-
ists for help... Our group of activists
is like a plate of scattered sand. Some
have been beaten. Some have been
detained. Some are terrified.”15

Consider the vaccine-damage
rate in the UK. The British govern-
ment states: “The Vaccine Damage
Payments Scheme (V DPS) provides a
one-off tax free payment, currently
£120,000, to those people who are
severely disabled as a result of vac-
cination against a specified disease.”
Between May 1978 and April 2019,
6,352 claims were made under the
Act. Of these, 941 were successful.
The government paid a total of
£74.6m to the victims but is keen to
stress that it is not a compensation
fund (because compensation implies
guilt and guilt implies that vaccines
are potentially dangerous for some
people). Rather, it’s designed to “help
ease the financial burden for those
individuals where, on very rare occa-
sions, vaccination has caused severe
disability.”16

Consider the country of COV-
ID-19’s origin. China has been hit by a
wave of recent vaccine scandals. De-
spite the propaganda about a rising
China, the country ranks moderate on
the UN Human Development Index,
with tens of millions of people still liv-
ing in dire poverty and illness. China’s
vaccine industry is worth ¥20bn (or
USD$3bn). Its manufacturers see an
opportunity to profit. It was reported
in 2018 that the Wuhan Institute of
Biological Products produced 400,000
substandard diphtheria, pertussis,
and tetanus (DPT) vaccines.17 The
Changchun Changsheng company,
worth ¥1.6bn, manufactured hun-
dreds of thousands of faulty vaccine
doses for diphtheria, tetanus, and
whooping cough.18 In January 2019,
the government of Jinhu County in
Jiangsu Province confirmed that 145
children between the age of 3 and 4
months had been given expired polio
vaccines.19

The Chinese regime has inti-
dated a group of 300 parents and
vaccine victims. State-thugs visited
their home of single parent, Qi Jing,
in southwestern China. Chinese authori-
ties also kidnapped the 38-year-old
activist, Tan Hua, who claims to have
been damaged by a defective rabies
vaccine. Tan has not been seen since.
The daughter of Tan’s colleague, He
Fangmei, was left partially paralysed
by a faulty vaccine in 2018. He says:
“Some 10 or 20 men in plainclothes
surrounded us and caught Tan Hua. I
was trying to make calls to other activ-
ists for help... Our group of activists
is like a plate of scattered sand. Some
have been beaten. Some have been
detained. Some are terrified.”20

CONCLUSION
Some vaccines save lives and
prevent crippling diseases, but on the
whole, the industry is a profit-making
exercise that benefits from govern-
ment procurement, vested interests,
 misinformation, hysteria, and hype.
The vaccine industry has a long his-
tory of using human test-subjects and
even serving as a cover for covert
intelligence operations. Governments
also have a record of wasting money
on preventative products for viruses
which experts say can be cured by
natural immunities in the near future.

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Big Pharma Drug Nearly Killed Canadian Psychology Guru Jordan Peterson

– By Helen Cannington –

Controversial Canadian psychologist Dr Jordan Peterson, author of the international bestseller 12 Rules For Life: An Antidote to Chaos, recently recovered at a health facility in Russia after falling victim to the pharmaceutical drug benzodiazepine.

Dr Peterson, a psychology professor at the University of Toronto, rose to international fame after releasing his 2016 YouTube series criticizing Canada’s legislation that made the use of gender-neutral pronouns mandatory in relation to people with non-binary identities.

Peterson’s family sought treatment for his “physical dependency” to benzodiazepine in Russia after failed attempts in North America, his daughter Mikhaila Peterson said.

“We had to seek an emergency benzodiazepine detox, which we could only find in Russia,” she said in a YouTube video.

“He almost died from what the medical system did to him in the West,” Mikhaila said in a video and script provided to Canada’s National Post publication.

Benzodiazepines, or benzos, are a class of central nervous system depressants known by the brand names Valium, Serepax, Temazepam, Rohypnol and Xanax. These drugs, commonly prescribed in their generic form, are typically used to treat anxiety, insomnia, and seizures. But they’re being prescribed at alarmingly high rates.

According to David Sack MD in his article ‘Benzodiazepines: The Danger Lurking in the Shadow of Opiates’:

“The benefits of benzos have been oversold. For decades, they’ve been prescribed for anxiety and sleep, but the evidence indicates that they don’t work very well, and they are not intended for long-term use. Studies have shown that over the long term, benzos can actually increase anxiety symptoms. In many cases, it is possible to effectively treat both anxiety and sleep disorders without medicines or, at the very least, with medicines other than benzodiazepines.”

The problem is big pharma realized there’s too much money to be made from getting people dependent on their products.

“Big pharma denied that benzodiazepines and depression pills can cause dependence,” says Professor Peter C. Gøtzsche, co-founder of the Cochrane Collaboration, and a powerful opponent of the corruption of medical research by industry interests.

It took 20-30 years before it was officially acknowledged that withdrawal symptoms can be severe and last months or years, for both types of drugs,” Gøtzsche wrote on his Twitter feed.

“We had to seek an emergency benzodiazepine detox, which we could only find in Russia.”

“We have very grave concerns about the levels of benzodiazepine use in Australia,” Trent Zimmerman, chair of the House of Representatives Health Committee, told the ABC’s ‘7.30’ program in 2019.

Janet Shaw, manager of Reconnexion, Australia’s only sleeping pill addiction service, said there are more ambulance call-outs for benzos than heroin in Victoria.

“A very large proportion of people who take these tranquillizers for more than a few weeks find themselves in a dependency situation,” she said. “And no-one’s talking about it.”

Prize-winning investigative journalist Christopher Byron, in his article ‘Benzos: Is This the World’s Deadliest Pill?’, notes that “when it comes to prescription drugs that are not only able to kill you but can drag out the final reckoning for years on end, with worsening misery at every step of the way, it is hard to top the benzodiazepines.”
Understanding his dire situation, the same faced by millions over the globe, Dr Jordan Peterson realised he would need to fully detox to escape the clutches of benzodiazepine. According to his daughter Mikhaila, Jordan chose Russia for his detox because the country’s medical industry is less dependent on big pharma than North America’s.

The benzodiazepine-class tranquiliser was prescribed to the professor in 2017 to tackle anxiety caused by his lasting autoimmune problems. The addiction only became apparent to his family last year when the psychologist’s wife was diagnosed with cancer, from which she has now recovered.

Mikhaila Peterson, a prominent health vlogger (online video blogger) in her own right, has also struggled with autoimmune problems. She said that her father tried to quit the drug by going ‘cold turkey’, but it led to “horrible withdrawal,” putting his life at risk.

Speaking to RT’s World Apart program, Mikhaila said benzodiazepine detox is a “fairly dangerous and extremely unpleasant” procedure, and the Petsons simply couldn’t find a medical institution that could perform it in North America, or anywhere else in the world.

“Coming here to do the detox was our last option,” Mikhaila told host Oksana Boyko, explaining that the psychologist experienced a “terrible last month. He nearly died several times.”

Mikhaila warned of the “huge misunderstanding about the dangers of physical dependence” associated with benzodiazepine-class tranquilisers. Her father had an “extremely severe reaction” to the drug, but “I’ve had hundreds and hundreds of people reach out telling me they’ve had the same experience with benzodiazepine,” she said.

However, doctors keep prescribing the dangerous drug, and Peterson believes the reason for this is the overdependence of the medical industry in the US and Canada on pharmaceutical companies.

“If you go to medical school, a lot of courses you take are backed by pharmaceutical companies,” explained Mikhaila. “People, who are meaning well, go to medical school and are perhaps taught by the wrong people and then end up overprescribing.”

Mikhaila said that “part of the reason we thought Russia was a good option is that the medical system here isn’t as backed by pharmaceutical companies as it is in North America.”

The vlogger said her own story made her distrust the medical authorities altogether. She has suffered from a severe autoimmune disorder ever since childhood, which led to arthritis, hip and ankle replacements, rashes and constant depression – but doctors could do nothing about it.

Mikhaila had no choice but to look for a solution herself, and “it turned out it could be completely alleviated with very drastic dietary measures” in a matter of months.

However, when she later discussed with doctors how she recovered by only consuming meat, salt and water – the Lion Diet – she was “basically laughed at,” as medical professionals just couldn’t accept that there was a link between diet and autoimmune disorders, or between autoimmune disorders and mental health.

The vlogger suggested that people who have health issues they can’t figure out, despite seeing doctors for years, should follow her example and “take it upon themselves to start testing things out: testing out diets, testing out exercise, and try to figure out things on their own.”

The advice she had been giving to her friends and online followers saw “hundreds of people recover from illnesses, which were generally less severe than mine,” Mikhaila said, proving that dietary intervention can help with weight loss, joint pain, chronic fatigue and many other issues.

She added that people need to realise one simple thing, “it’s your responsibility to fix your health, not your doctor’s.”

As we went to press, the latest on Dr Peterson’s recovery, according to Mikhaila, was that although he was “off the horrible medication,” he still has a long road ahead to reach a full recovery.


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www.newdawnmagazine.com
Each year, around 1,000 Australians die of opioid overdose: seven out of ten from pharmaceutical opioids.

succeed to “deaths of despair.” One of the big opioid dealers, Mallinckrodt (tax-haven in Ireland), went bust after paying $1.6bn in settlements over its opioid scandal. Between 2006 and 2012, Mallinckrodt flooded the US with 76 billion hydrocodone and oxycodone pills. Ohio-based distributor Steve Cocrhan joked: “It’s like people are addicted to these things or something. Oh, wait, people are…” Accounts manager Victor Borelli responded: “Just like Doritos keep eating. We’ll make more.”

Borelli responded: “Just like Doritos are…” Accounts manager Victor Borelli joked: “It’s like people are addicted to these things or something. Oh, wait, people are…”

There’s plenty of action against Big Pharma. Countries from South Africa to Thailand are saying ‘no’ to international treaties that allow giants to monopolise patents and charge unaffordable prices. Big Pharma recognises the public appetite for natural products, hence its effort to corner the market. Accountability journalists like those at ProPublica expose GPs’ conflicts of interest via the “Dollars for Docs” project, such as the 2,500 physicians who received over $500,000 each between 2014 and 2018 from drug and medical device companies (700 of whom received $1m). The money came in the form of consultancy and lecture fees.

Dr T.J. Coles is an associate researcher at the Organisation for Propaganda Studies, a columnist with Axis of Logic, a contributor to numerous publications (including CounterPunch and Truthout) and the author of several books, the latest being Manufacturing Terrorism (Clair- view Books) and Privatized Planet (New Internationalist).
Are You Suffering From Vitamin C Deficiency?

Fight Back Against Viruses & Boost Your Daily Functioning

— BY SANDY BRIGHTMAN —

Are Australians suffering from Vitamin C deficiency? Over the last decade or so, with the push to stay out of the sun, Australians generally are deficient in Vitamin D, and the B group vitamins are always promoted to boost energy levels.

What about Vitamin C? The recommended daily requirements (RDI 100–200mg) are based on the amount needed to stave off scurvy (bleeding gums, bruising, general weakening). Vitamin C is required by so many functions of the body that more is likely needed on a daily basis. Orthomolecular medicine advocates Dr Thomas Levy1 and Andrew Saul2 suggest that we need up to 2000mg daily for optimal health and to prevent infection. Saul suggests taking enough to “bowel tolerance,” i.e. once you start running to the loo cut back your dosage.

According to the Victorian State Government,3 Vitamin C is essential for many metabolic processes, including:

• Collagen formation – collagen is used in different ways throughout the body. Its primary role is to strengthen the skin, blood vessels and bone. The body also relies on collagen to heal wounds.
• Antioxidant function – the metabolism of oxygen within the body releases molecular compounds called ‘free radicals’ which damage cell membranes. Antioxidants are substances that destroy free radicals, and Vitamin C is a powerful antioxidant.
• Iron absorption – the process of iron absorption is aided by Vitamin C.

Infection fighting – the immune system, particularly cells called lymphocytes, requires Vitamin C for proper functioning.

Mild Vitamin C deficiency symptoms include generally feeling unwell, fatigue, loss of appetite, nausea, diarrhoea, fever, painful joints and muscles or small pinpoint bleeding around hair follicles. Severe symptoms include loose teeth, slow healing wounds, bleeding under the skin, bulging eyes, scaly skin and bleeding gums. Four weeks without any Vitamin C is enough to bring on scurvy.4 Vitamin C boosts the immune system and has been recommended for many years to prevent and fight colds and flu. High doses of the vitamin have been rumoured to cure cancer.5

At the time of writing, Australia has been hit with the deadly coronavirus (COVID-19). Working inside Wuhan, China, Dr Richard Cheng reports great success treating COVID-19 patients with high doses of Vitamin C.6 Cardiologist Dr Thomas Levy, a leading advocate of Vitamin C therapy, says: “...the fast-track way to boost your immune system is taking mega-doses of Vitamin C.” He adds that the vitamin is vital for healthy immune system functioning – but it can be kick-started only with doses way above the 90mg recommended daily allowance (RDA). Dr Levy recommends taking at least 2000mg a day, frequently in smaller doses. As the virus accumulates in the nasal passages, using a 3% hydrogen peroxide nebulizer can quickly kill any existing germs. He also notes that intravenous...
delivery of Vitamin C is the optimum way for such high doses. Vitamin C is usually found in fruits (mainly citrus) and vegetables (greens). Nowadays, due to soil depletion and long shelf life, our access to natural Vitamin C is diminished. Throw in the facts that Vitamin C can be destroyed by cooking, levels are lowered by smoking and pregnancy, and our bodies do not manufacture or store Vitamin C. Supplementation may be necessary even to reach the RDI. Personally, I prefer oral spray vitamins as they are absorbed straight into the bloodstream through the mouth, by-passing the digestive system.

While scurvy is considered rare these days, I still wonder if overall we could do with a good dose of Vitamin C; it seems to have more benefits than our health authorities seem to acknowledge. On the following pages are some interesting stories from Australian newspapers concerning Vitamin C over the last 80 years.7

FOOTNOTES
1. www.peakenergy.com
2. www.andrewsaul.com
4. Ibid
5. www.earthclinic.com/supplements/vitamin-c/

SANDY BRIGHTMAN is a geomancer and energy worker with over 20 years experience of harmonising earth and human energies. A regular contributor to New Dawn, she has a passion for self sufficiency, including healing. Sandy lives in Australia and can be contacted at geomancy9@gmail.com.

BREAKING NEWS FROM CHINA...

“Vitamin C is very promising for prevention, and especially important to treat dying patients when there is no better treatment. [Thousands of] people have died of the [COVID-19] outbreak and yet I have not seen or heard large dose intravenous vitamin C being used in any of the cases. The current sole focus on vaccine and specific antiviral drugs for epidemics is misplaced.”

“Early and sufficiently large doses of intravenous vitamin C are critical. Vitamin C is not only a prototypical antioxidant, but also involved in virus killing and prevention of viral replication. The significance of large dose intravenous vitamin C is not just at antiviral level. It is acute respiratory distress syndrome (ARDS) that kills most people from coronaviral pandemics (SARS, MERS and now COVID-19). ARDS is a common final pathway leading to death.”

– Richard Z. Cheng, MD, PhD, who is running three clinical trials in China using high dose intravenous vitamin C to treat COVID-19 (source: http://orthomolecular.org)

The Western Herald

VITAMIN DEFICIENCY – HELPS THE ‘FLU’ GERM

Winter is here, and colds are more prevalent than ever. In fact, ‘Flu’ and all its attendant ills is already taking its toll of labour and industry. Despite the greatest medical flight ever waged against any single disease, the common cold still remains unconquered, but the person who is run down, and suffering from vitamin deficiency is much more subject to colds. The taking of extra vitamins will do much towards warding off this distressing ailment, or conquering it more quickly should it strike.

Sufficient vitamins and minerals in the diet will go a long way towards building up a protection against winter ills. Even when the diet is a normal one, vitamin deficiency can be present. After the prime of life has been reached the body doesn’t assimilate health-giving vitamins so readily from food, so it is wise to supplement the diet with vitamins and minerals in capsule or tablet form.

Modern methods of cooking, refining, and storing foods are responsible for reducing their vitamin-mineral content, yet the strain of modern living demands that we have more, not less, of these life sustaining substances. They are essential to normal healthy growth; and the proper functioning of every organ, gland and nerve in the body. Loss of energy, mental depression, general debility and fatigue, lack of interest in work, home and social life all point to a slow starvation of the most vital needs of the body. Men and women in business and industry need extra vitamins to supplement their daily diet, to make up for the continual drag on their reserves of strength and energy. Continued youthfulness of mind and body is only possible when the intake of vitamins and minerals is sufficient.

– Published in Western Herald, Bourke, NSW, 27 May 1955, page 3
CYCLING ‘THE CHAMP IS BACK’
Queensland’s Kenrick Tucker, 24, with the help of vitamin C and advice from naturopath Lady Phyllis Cilento, is healthy again, and a cycling-team prospect for the Los Angeles Olympic Games. Tucker, gold medallist at the 1978 Edmonton and 1982 Brisbane Commonwealth Games, confirmed he is still Australia’s best sprinter with a brilliant tactical win over Victoria’s Steven Pate in the Australian track championships at Canterbury Velodrome yesterday, which gave Tucker his 10th national senior sprint title… Tucker had been “floored” for almost 12 months by glandular fever, believed to have been contracted during the Brisbane Games. “Boy, it is a relief to have made it back at last,” Tucker said yesterday. His father, Ken Tucker, was full of praise for Lady Cilento’s help. The family had “tried everything,” he said, to beat the fever, taken Kenrick to several doctors and specialists, and even resorted to acupuncture. Lady Cilento had prescribed “massive doses of vitamin C,” in tablets, by injections and with plenty of orange juice. And, after “just 12 days,” there had not been a trace of fever.
– Published in Canberra Times (ACT), 25 March 1984, page 24

Red Dates, commonly called jujube (sometimes jujuba), also Chinese date, has a Vitamin C content 20 times more than any other citrus fruit. Ripe fruits are said to taste like a green apple, while over-ripe fruits taste like a date.


Cosolargy says the Sun is the centre and through its rejuvenating light we receive cosmic knowledge and understanding. Not only does the Sun reveal untold truths about our universe, but a deeper understanding of oneself.

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The Health Department has appointed to its staff a fully qualified Dietician, and short articles of topical interest written in simple language of which this is the first will also be welcomed by the Department from the public will also be welcomed by the Department. With the approach of winter it is essential that we build up our resistance as much as possible so that we will not be so susceptible to colds and other winter ills. One of the simplest ways of ensuring this is by providing our bodies with an adequate quantity of Vitamin C. This vitamin plays an important part in the maintenance of well developed teeth structure and healthy gums as well as strengthening the resistance of the body tissues to infections. If the intake of Vitamin C is not sufficient for the body’s requirements over a period of time, scurvy is likely to develop. This is a disease characterised by stiffness and swelling of the joints and tenderness and bleeding of the gums, loosened teeth and bruising due to concealed bleeding under the skin. Fortunately there is very little scurvy, in its severe form, in this country, but mild cases have been reported. Even if the deficiency is not acute enough to produce scurvy, an insufficient supply of the vitamin will often result in symptoms of ill health such as irritability in children, restlessness and a vague rundown feeling. The requirements of Vitamin C for adolescents is even higher than that for younger children so it is very necessary to make sure that we are eating the right foods. Moreover, it is impossible for the body to store Vitamin C in any quantity, so it is important that we obtain our quota every day. Fresh fruit and vegetables and to a certain extent many raw foods contain Vitamin C. The richest and most easily obtained sources are oranges and other citrus fruits, papaws, green peppers or capsicums and green leafy vegetables preferably eaten raw. Tomatoes are another excellent food with a high vitamin C content. One of the greatest difficulties with this vitamin is the loss which results during cooking and when the food is kept for any length of time after picking. Among the vegetables, potatoes are useful because they are a fairly rich source and lose very little vitamin on cooking, but with most other vegetables the loss of the vitamin is proportional to the time of cooking and standing. So make it your rule to prepare your vegetables immediately prior to cooking, cook for the shortest possible time in the smallest amount of water and serve as soon as they are tender enough to eat. When green leafy vegetables and oranges are dear or difficult to obtain here are two cheap methods for obtaining the day’s requirement of Vitamin C. Swede turnip juice has a very high vitamin content. It may be obtained by grating a raw swede and pressing the juice through a muslin bag. Two fluid ounces of this juice (four tablespoonfuls) will supply the daily needs. The other method is very useful when oranges for the baby are unobtainable. It is Rose Hip Syrup made from the hips of either briar or garden roses as follows: Remove the stems of the berries by hand or in a closed container for 30 minutes, strain through a flannel bag and to every pint of the resulting fluid add lbs. half kilo sugar. Dissolve the sugar with heat, and bottle in dark bottles. 4 to 6 teaspoons of this syrup each day will supply the baby’s requirement. So be sure to protect your children and yourself by eating some of the following every day: Potatoes, salads, fruit (particularly oranges), swede juice or Rose Hip Syrup.

A recent outbreak of minor skin disease among troops in northern Australia will be attacked by the Army Medical Service with a more liberal dose of vitamin C for troops. Mr Spender, Army Minister, said yesterday that Maj-Gen Maguire, who had made a close study of the disease, believed that the trouble had been caused by difficulty of supplying troops with food sufficiently rich in vitamin C. The absence of the vitamin had caused a soddening of the skin and excessive and constant perspiration. To ensure a balanced diet, fresh fruits and vegetables were now being supplied in addition to supplies of vegetables grown at the special farm at Adelaide River, consignments of apples, oranges lemons and tomato and pineapple juices were being sent by road.

– Published in Argus (VIC), 14 July 1941, page 4

The Deakin University study, published in the Diabetes, Obesity and Metabolism journal, found taking two 500mg doses daily can lower elevated blood sugar levels and reduce post-meal blood sugar spikes in type 2 diabetes.

“We found that participants had a significant 36 percent drop in the blood sugar spike after meals. This also meant that they spent almost three hours less per day living in a state of hyperglycaemia,” lead researcher associate professor Glenn Wadley said.

“This is extremely positive news as hyperglycaemia is a risk factor for cardiovascular disease in people living with type 2 diabetes.”

More than 1.2 million Australians have been diagnosed with the disease. The dose of vitamin C used in the randomised study was about 10 times the normal dietary intake and readily available at most health food stores.

“Vitamin C’s antioxidant properties can help counteract the high levels of free radicals found in people with diabetes, and it’s encouraging to see this benefits a number of the disease’s common comorbidities, such as high blood pressure,” Professor Wadley said.

“For people living with type 2 diabetes, vitamin C could be a potentially cheap, convenient and effective additional therapy, used in addition to their usual anti-diabetic treatments.”

– AAP News by Benjamin Ansell, 11 Feb 2019

VITAMIN C HELPS TYPE 2 DIABETES

VITAMIN C FOR TROOPS

VITAMIN C DEFICIENCY

Kiama Reporter

www.newdawnmagazine.com

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Why Everything You Learned About Viruses is WRONG

— BY SAYER JI —

Groundbreaking research indicates that most of what is believed about the purported deadly properties of viruses like influenza is, in fact, not evidence-based but myth.

Germ theory is an immensely powerful force on this planet, affecting everyday interactions from a handshake, all the way up the ladder to national vaccination agendas and global eradication campaigns.

What if fundamental research on these ‘pathogens’, how they infect us, has not even been performed? What if much of what is assumed and believed about the danger of microbes, particularly viruses, has completely been undermined in light of radical new discoveries in microbiology?

In this article, I focus on influenza as a more concrete example of the Copernican-level paradigm shift in biomedicine and life sciences we are currently going through, even if the medical establishment has yet to acknowledge it. (A topic I cover extensively in my upcoming book REGENERATE: Unlocking Your Body’s Radical Resilience through the New Biology).

DEADLY FLU VIRUSES: VACCINATE OR DIE?

The hyperbolic manner in which health policymakers and mainstream media pundits talk about it, flu virus is an inexorably lethal force against which all citizens, six months or older, need the annual influenza vaccine to protect themselves lest they face deadly consequences. Worse, those who hold religious or philosophical objections, or who otherwise conscientiously object to vaccinating, are being characterised as harming others by denying them herd immunity.

What if I told you that there isn’t even such a thing as “flu virus,” in the sense of a monolithic, disease vector existing outside of us...

What if I told you that there isn’t even such a thing as “flu virus,” in the sense of a monolithic, disease vector existing outside of us, conceived as the relationship of predator to prey?

First, consider that the highly authoritative Cochrane Collaboration acknowledges there are many different flu viruses. All are not, in fact, influenza A – which flu vaccines target – but nonetheless manifest symptoms identical to those attributed to influenza A:

“Over 200 viruses cause influenza and influenza-like illness which produce the same symptoms (fever, headache, aches and pains, cough and runny noses). Without laboratory tests, doctors cannot tell the two illnesses apart. Both last for days and rarely lead to death or serious illness. At best, vaccines might be effective against only Influenza A and B, which represent about 10% of all circulating viruses.” [emphasis added]

This makes for a complex picture that powerfully undermines health policies which presuppose vaccination equates to bona fide immunity and, by implication, necessitates the herd collectively participate in the ritual of mass vaccination campaigns as a matter of life-or-death social requirement.

Even the use of the word “immunisation” to describe vaccination is highly misleading. The moment the word is used it already presupposes efficacy, implying non-vaccinators are anti-immunity instead of what they actually are: pro-immunity (via clean air, food, water, and sunlight) but unwilling to subject themselves or their healthy children to “unavoidably...”
WHY FLU VIRUS DOESN'T EXIST (THE WAY WE WERE TOLD)

The topic gets even more interesting when we consider the findings of a 2015 study entitled “Conserved and host-specific features of influenza virion architecture.” This was the first study to plumb the molecular depths of the composition of the influenza virus.

Amazingly, given the long history of vaccine use and promotion, the full characterisation of what proteins it contains, and where they are derived from, was never previously performed. How we invest billions of dollars annually into flu vaccines and have created a global campaign to countermand a viral enemy, whose existence was never previously known until a few years ago, is hard to understand. But it is true, nonetheless.

The study abstract opens with this highly provocative line: “Viruses use virions to spread between hosts, and virion composition is therefore the primary determinant of viral transmissibility and immunogenicity.” [emphasis added]

Virions are also known as “viral particles,” and they are the means by which viral nucleic acids are able to move and ‘infect’ living organisms. Without the viral particle (taxi) to carry around the virus DNA (passenger), it would be harmless; in fact, viruses are often described as existing somewhere between living and inanimate objects for this reason: they do not produce their own energy, nor are transmissible without a living host. And so, in this first line, the authors make it clear that virion composition is also the primary determinant in how or whether a virus is infectious (transmits) and what effects it will have in the immune system of the infected host.

This distinction is crucial because we often think of viruses as simply pathogenic strings of DNA or RNA. The irony, of course, is that the very things we attribute so much lethality to – viral nucleic acids – are not even alive and cannot infect an organism without all the other components participating in the process (such as proteins, lipids, extra-viral nucleic acids, which are, technically, not viral in origin). If non-viral components are essential for the virus to cause harm, how can we continue to maintain the myth we are up against a monolithic disease entity “out there” that “infects” us – a passive victim? It’s fundamentally nonsensical given these findings.

Let’s dive deeper into the study’s findings. The next line of the abstract addresses the fact we opened this article with: namely, that there is great complexity involved at the level of the profound variability in virion composition:

“However, the virions of many viruses are complex and pleomorphic, making them difficult to analyse in detail.”

This problem of high variability in the virion composition of influenza is precisely why the study was conducted. They explain:

“Here we address this by identifying and quantifying viral proteins with mass spectrometry, producing a complete and quantifiable model of the hundreds of viral and host-encoded proteins that make up the pleomorphic virions of influenza virus. We show that a conserved influenza virion architecture, which includes substantial quantities of host proteins as well as the viral protein NSI, is elaborated with abundant host-dependent features. As a result, influenza virions produced by mammalian and avian hosts have distinct protein compositions.”

In other words, they found that the flu virus is as much comprised of biological material from the host the virus ‘infects’, as the viral genetic material of the virus per se.

How, then, do we differentiate influenza virus as wholly “other”? Given that it would not exist without “self” proteins, or those of other host animals like birds (avian) or insects, this would be impossible to do with any intellectual honesty intact.

There’s also the significant problem presented by flu vaccine production. Presently, human flu vaccine antigen is produced via insects and chicken eggs. This means that the virus particles extracted from these hosts contains foreign proteins, therefore producing different and/or unpredictable immunological responses in humans than would be expected from human influenza viral particles.

One possibility is that the dozens of foreign proteins found within avian influenza could theoretically produce antigens in humans that cross-react with self-structures resulting in autoimmunity. Safety testing, presently, does not test for these cross-reactions. Clearly, this discovery opens up a pandora’s box of potential problems that have never sufficiently been analysed, since it was never understood until now that “influenza” is so thoroughly dependent upon a host for its transmissibility and immunogenicity.

ARE FLU VIRUSES REALLY “HIJACKED” EXOSOMES?

Lastly, the study identified something even more surprising: “Finally, we note that influenza virions share an underlying protein composition with

▲ Transmission Electron Micrograph depicts ultrastructural details of an influenza virus particle, or “virion.”
both exosomes and viruses may actually be responsible for inter-species or cross-kingdom communication and regulation within the biosphere...
Fluoridation amounts to public murder on a grand scale.
- Dr. Dean Burk

More than sixty long years have passed since community water fluoridation began in Beaconsfield, Tasmania. A few decades passed and most of Australia’s water supplies had become fluoridated.

When fluoride was first added to water supplies, asbestos was the preferred fireproofing material, PCBs were used as insulation and in pesticides, and the notoriously “safe and effective” DDT was sprayed in schools and from airplanes over large populations, killing tens of thousands of people from cancer and other diseases. All of these chemicals have been banned, except fluoridation.

The first country to enforce fluoridation was the US that started this practice in 1945 and continues it to this day. Fluoridation is not a common practice, and in 2012 only about 5% of the world consumed fluoridated water. In the US, the Center for Disease Control (CDC) has proclaimed that water fluoridation is “one of public health’s greatest success stories” and “one of 10 great public health achievements of the 20th century.”

Likewise, the Australian Department of Health declared that water fluoridation has been “endorsed by leading organisations in Australia and internationally,” and it has “made a significant contribution to improving the oral health of Australians.” Regarding safety issues, they claim there is “no evidence that water fluoridation at Australian levels is associated with other health effects such as thyroid dysfunction or cancer.” Many government scientists agree with these statements, such as Matthew Hopcraft, Clinical Associate Professor at the Melbourne Dental School. In 2017, he published an article claiming that fluoridation is “one of our greatest public health achievements, with evidence gathered over more than 60 years showing it works and is safe.” He went as far as to state that “making up infant formula with fluoridated tap water at levels found in Australia is safe.”

Australian water supplies contain about 1 ppm of fluoride, i.e. one milligram per litre of water. If we adopt the mainstream reasoning that governments and their scientists serve the interest of the people, then there is no reason to dig any further. However, if we consider tobacco and numerous other hazardous chemicals and practices that at one point were touted to be safe by health authorities, then we should always be highly sceptical of “official truths.” In fact, numerous peer-reviewed studies demonstrate that Australian health authorities have deceived the public about the dangers of fluoridation.

**INTELLIGENCE**

While the CDC and many other organisations praise and glorify water fluoridation on their respective websites and elsewhere, they omit a massive body of peer-reviewed studies that correlate fluoride exposure with reduced IQ in humans. In fact, 64 studies that included a total of 23,773 children and 245 adults have documented this link. Many of these studies examined fluoride levels equivalent to or lower than the concentration found in Australian water supplies and adjusted for relevant variables such as socioeconomic status and toxins that affect IQ.

Mainstream ‘experts’ also omit numerous animal studies that have thoroughly established fluoride can produce cognitive impairment in animals and bring about “anxiety-depression-like behaviours in mice” (Liu et al., 2014). Here are quotations from a small sample of these studies. Bartos and associates concluded in 2019 that “the present study reveals that exposure to [fluoride] in early stages of rat development leads to impairment of memory in young offspring.” Another rat study revealed that “the learning and memory of rats in [the fluoride] group significantly decreased” (Zheng et al., 2016). Jetti et al. showed in their 2016 study that “the rats that received fluoride water exhibited impairment in their spatial learning and memory deficits.” In 2014, a study led by Jiang S. reached the conclusion that “fluoride and arsenic, either alone or combined, can decrease learning and memory ability in rats.” Chioca and co-workers concluded in their 2008 study, which can be found in the European Journal of Pharmacology, that “moderate intoxication with sodium fluoride has potentially deleterious effects on learning and memory.”

Dozens of animal studies have shown adverse cognitive effects in animals as well as many other issues not covered...
to any degree in this article, including cancer, infertility, loss of bone strength, and genetic damage, each topic requiring lengthy dissertations to cover.

Now we will briefly summarise the conclusions of a few selected epidemiological studies. In 2009, Sudhir and co-workers studied 1,000 schoolchildren exposed to several degrees of fluoride: <0.7 ppm, 0.7-1.2 ppm, 1.3-4.0 ppm, and >4.0 ppm. Sudhir and his research team observed that the "number of intellectually impaired children were gradually increased with the increase in fluoride concentration in the drinking water" and a "high fluoride environment adversely affects the development of intelligence in children."

Ding and co-workers examined low fluoride levels, between 0.24 and 2.84 ppm, and how they had affected 331 children. They showed that 1 mg of fluoride present in urine was associated with a 0.59-point decrease in IQ. Their study, which was published in 2011 in the Journal of Hazardous Materials, reached the conclusion that "low levels of fluoride exposure in drinking water had negative effects on children's intelligence and dental health and confirmed the dose-response relationships between urine fluoride and IQ scores as well as dental fluorosis."

Excessive fluoride intake produces easily seen damage to tooth enamel, called dental fluorosis. In its most severe form, the enamel begins to erode and crumble, often giving the appearance that the teeth are "rotten," resulting in severe psychological problems, especially among children. Dental fluorosis becomes especially concerning when we consider the CDC's own study on dental fluorosis in the United States. In the period 1999-2004, the prevalence of dental fluorosis in adolescents, aged 12-15, was 40.6%. For children and adolescents, aged 6-19, a total of 37% had dental fluorosis. A follow-up study by Eman Behbehani that focused on the period 2011-2012 showed that the number of affected had increased to 57% for those aged 6 to 19. Contrary to mainstream experts, fluoridation not only destroys health but also teeth and does so irreversibly. Numerous large-scale studies by independent scientists have demonstrated that populations with unfluoridated water do not have a higher incidence of cavities than in the US and Australia and that fluoridation is ineffective at best. Urine-fluoride levels are scrupulously (or rather unscrupulously) avoided by mainstream pro-fluoridation scientists in the US and Australia. However, one of the few studies that can be dug up dates back to 1985, named "Urinary fluoride levels in South Australian pre-school children in winter and winter." It was found that in an area of South Australia (1 ppm of fluoride) the mean urine-fluoride level was 1.72 mg per litre during winter (note that children do not consume as much water as adults). A total of 103 children were excluded from the study as their parents fed them fluoride tablets as recommended by the government. According to the British Fluoridation Society, about 17,600,000 Australians consumed artificially fluoridated water in 2012. By invoking the data from the aforementioned study by Ding, it can be shown that fluoride in Australia is associated with a loss of at least 17.9 million IQ points. As we shall see, this figure underestimates the true nature of the carnage.

In 2019, a major study was published in JAMA Pediatrics titled "Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada." This study, which had been funded by the US National Institute of Environmental Health Science and by the Canadian government, demonstrated that an increase of 1 mg of fluoride in urine among pregnant women resulted in a 4.5-point decrease in IQ among boys, and collectively for both genders a drop of 3.66 IQ-points could be documented.

It gets much worse. The US government approved and secretly installed "fluoridators" in schools across the US in the 1960s, and possibly earlier, and continued until the 1990s to adjust fluoride levels to as high as 5.4 ppm. In 1992, over 100,000 school children were exposed to this horror. Dr Philippe Grandjean of the Harvard School of Public Health, who has published several papers on fluoride, stated in 2014 that "fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain."

In a presentation on fluoride, renowned neurosurgeon Dr Russell Blaylock asked: "If you’ve demonstrated [that fluoridation] doesn’t reach its objective: that is reducing cavities... Why is it still being added to the water? If it has these profound health effects, why is it still being added to the water?... Either they’re incredibly stupid and incompetent or criminal or they are doing it on purpose."
OTHER HEALTH EFFECTS

This article has briefly examined a few selected studies revealing that fluoride affects IQ, but the problem does not end there. Fluoride causes havoc in the body. Fluoridation can damage the male reproductive system (see, for example, Freni et al., 1994), and studies from China, India, Mexico, and Russia show that high fluoride exposure can reduce male testosterone levels (see, for example, Peizhong et al., 1997). Those who live in fluoridated areas are well-advised to filter all of their water (even that which is used for showering). Inexpensive water filters removing fluoride are easily accessible (e.g. ZeroWater). Toothpaste without fluoride is readily available in health stores and online.

Dr Dean Burk, one of the most famous and decorated cancer research scientists in the world during the 20th century, and Dr John Yiamouyiannis, president of the Safe Water Foundation, compared in a 1975 epidemiological survey the cancer mortality rate of central cities in the United States that were either fluoridated or unfluoridated. Prior to fluoridation, the cancer death rate remained identical for both sets of cities, but subsequent to fluoridation the cancer death rate skyrocketed in the fluoridated cities, but not in the unfluoridated ones. In 1976, Dr Burk was asked: “Is this conclusive evidence that fluoride kills because of cancer?” He replied as follows: “It is one of the most conclusive bits of scientific and biological evidence that I have come across in my 50 years in the field of cancer research.” He added, “[f]luoridation amounts to public murder on a grand scale.”

The explosive findings were a thorn in the side of the pro-fluoridation policy of the US government, and the study was criticised, the main contention being that the association could be explained away by demographic changes. In 1977, Burk and Yiamouyiannis addressed the criticism in another survey. They showed that sex, race, and age did not explain the significant cancer deaths correlated to fluoride.

The cancer-fluoride survey led to three historic trials in Pennsylvania, Illinois, and Texas in 1978-1982. Although pro-fluoridation scientists from the National Cancer Institute, the National Academy of Sciences, the Royal Statistical Society, and the Royal College of Physicians attempted to dispute the evidence, three veteran trial judges in three different States found that water fluoridation causes cancer and other ailments in humans. In each of the trials, it had been shown that the US government, or their surrogates, had attempted to conceal laboratory studies showing that fluoride causes cancer, and left out available and pertinent data in their demographic adjustment of surveys linking fluoridation and human cancer (Graham et al., 1999).

THE EXPLOSIVE FINDINGS WERE A THORN IN THE SIDE OF THE PRO-FLUORIDATION POLICY OF THE US GOVERNMENT...

These findings were never disturbed on appeal.

After the judicial findings, Dr Burk and co-workers published more expansive adjustments of demographic factors in epidemiological data in 1984 and 1988, showing that the evidence presented in court was too conservative. Specifically, Burk, Graham, and Morin showed in 1988 that “artificial fluoridation appears to cause or induce about 20-30 excess cancer deaths for every 100,000 persons exposed per year after about 15-20 years.” Using this data, it can easily be shown that at least a million excess cancer deaths in the United States have been caused or promoted by water fluoridation since this measure was endorsed by the government of the United States in 1951.

Fluoride also affects behaviour. Following extensive peer-review in 1995, Mullenix and co-workers published their study into the possible neurotoxicity of fluoride in rats. In order to eliminate bias, Mullenix and her team also observed that “there was major accumulations of fluoride in all the regions of the brain, and that some areas looked like there were greater accumulations than others, that were sex-determinant.”

Several other animal and epidemiological studies have supported the conclusions drawn by Mullenix, including Jennifer Anne Luke’s PhD dissertation in 1997 which showed that fluoride accumulates in the pineal gland affecting melatonin production and results in accelerated onset of sexual maturation in female gerbils. In regard to hyperactivity, a 2015 study demonstrated that “state prevalence of artificial water fluoridation in 1992 significantly positively predicted state prevalence of ADHD in 2003, 2007 and 2011, even after controlling for socioeconomic status…. Each 1% increase in artificial fluoridation prevalence in 1992 was associated with approximately 67,000 to 131,000 additional ADHD diagnoses from 2003 to 2011” (Malin et al., 2015).

Pursuant to Dr Blaylock, the effects of fluoridation and other environmental toxins are immense: “We’re seeing a society that not only has a lot more people of lower IQ, but a lot fewer people of higher IQ. In other words: a dumbing down, a chemical dumbing down of society. So everyone is sort of mediocre. That leaves them dependent on government, because they can’t excel. We have these people of lower IQ who are totally dependent. Then we have this mass of people who are going to believe anything they are told because they can’t really think clearly – and very few people of a very high IQ have good cognitive function who can figure this all out. And that’s what they want.”

Successive government officials, academics, mainstream experts, dentists, and journalists continue to cover-up fluoridation’s profoundly hazardous effects. The responsible parties must be haled before the International Criminal Court for crimes against humanity.

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YOUR HEALTH AT RISK

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THE FOODS WE ARE EATING THAT CONTAIN GLYPHOSATE:

Australians are eating the RoundUp chemical glyphosate for breakfast and parents are unknowingly feeding it to infants in baby food.

According to The New Daily, the “so-called ‘safe’ weedkiller ingredient, which has been linked to cancer and sparked multi-million-dollar lawsuits, has been detected in grain-based foods by Australia’s food standards agency.”

Glyphosate was found in multi-grain, wholemeal, spelt, rye and white breads, savoury biscuits and crackers, and rice-based breakfast cereals, flours and crackers in Food Standards Australia New Zealand’s (FSANZ) latest Total Diet Survey.

It was also found in infant baby cereal, which is a rice-based product usually offered as a first solid to babies learning to eat.

Cereals and cereal products – in particular bread – was the “major contributing food category to glyphosate dietary exposures” for Australians, and for babies it was infant cereal.

The 25th Australian Total Diet Survey sampled 88 foods for a wide range of herbicides and pesticides and found contaminant levels were “generally low, with a large proportion of food supplies containing no detectable residues.”

The agency claims there was “no public health and safety concerns for most substances.”

“(FSANZ) has come under fire for its unchanged position on safe levels of glyphosate amid mounting calls for Australian regulators to review the chemical’s use and potential carcinogenic effects on people,” notes The New Daily.

Glyphosate, the active chemical in the weed killer RoundUp, is the most widely used herbicide in the world, with more than 6 billion kilograms applied over the last decade.

In a recent landmark case, a US couple was awarded $2 billion damages when a California jury found their cancer was caused by exposure to RoundUp.

About 13,400 US plaintiffs are suing the company Bayer, which bought RoundUp maker Monsanto, while a Melbourne gardener has launched Australia’s first legal case and councils are re-assessing their use.

The chemical is also an active ingredient in more than 500 products approved for use in Australia, many of which can be found on supermarket and hardware store shelves and used by backyard gardeners.
Public health academic Dr Bruce Armstrong, from the University of Sydney, said it was time for regulators to “get real” about glyphosate instead of “point-blank denying the evidence.”

“I think the most important thing is for the regulator APVMA [Australian Pesticides and Veterinary Medicines Authority] to stop saying there’s no evidence that it causes cancer and get real and examine it so the public has confidence,” Dr Armstrong told The New Daily.

“The first place we need to start is to work out why the regulator is making a decision that seems to go against the evidence produced by the International Agency for Research on Cancer which is the pre-eminent cancer research agency.

“They need to take expert international opinion seriously and carefully re-evaluate and do it in an open and transparent manner.”

A new study published in the journal Mutation Research linked exposure to glyphosate to an increased risk of non-Hodgkin lymphoma in humans, concluding there was a “compelling link” between the two.

The World Health Organisation’s (WHO) International Agency for Research on Cancer (IARC) – considered the foremost authority on cancer research – has also concluded it is “probably carcinogenic,” a high-level assessment second only to “carcinogenic.”

Jane Bremmer, from the National Toxics Network, accused the agencies of dismissing the evidence.

“Glyphosate is now found in our food, air, water and bodies. Exposure is clearly prolific, widespread and systemic,” Ms Bremmer said.

“The APVMA, state and local governments continue to allow this pesticide to be used in public places, schools, childcare centres, parks and playgrounds in the urban environment, and by consumers without adequate safety protections.”

“As such I think it is inevitable that legal cases in Australia will rise.”


RESISTANCE TO 5G RAPIDLY GROWING: Concern over the possible health impacts of 5G – fifth-generation wireless technology for digital cellular networks – is expanding across the globe, especially in Europe where many are unwilling to roll over for a 5G rollout. 5G threatens to massively increase electromagnetic radiation, affecting people and the planet.

Switzerland, one of the world’s leaders in the rollout of 5G mobile technology, has placed an indefinite moratorium on the use of its new network because of health concerns.

Switzerland has built more than 2,000 antennas to upgrade its network in the last year alone, and its telecoms providers have promised their customers imminent 5G coverage for most of the past year.

However, Switzerland is also home to a vocal community of anti-5G campaigners. Protests have taken place in major cities while rural mayors have declared their desire to remain ‘5G-free zones’.

Central to campaigners’ arguments is that 5G networks will use higher band frequencies (such as millimetre wave) and that new networks require more access points, such as small cells.

A letter sent by the Swiss environment agency, Bafu, to the country’s cantonal governments at the end of January, has now in effect called time on the use of all new 5G towers. The agency is responsible for providing the cantons with safety criteria against which telecoms operators’ radiation emissions can be judged.

Bafu has said it cannot yet provide universal criteria without further testing of the impact of 5G radiation. The agency said it was “not aware of any standard worldwide” that could be used to benchmark recommendations.

“Therefore Bafu will examine exposure through adaptive [5G] antennas in depth, if possible in real-world operational conditions. This work will take some time,” it said.

Without the criteria, cantons are left with little option but to license 5G infrastructure according to existing guidelines on radiation exposure, which all but preclude the use of 5G except in a tiny minority of cases.

Several cantons have already imposed their own voluntary moratoria because of uncertainty over health risks. It is unclear how long it will take for the testing to be complete, but there could be further holdups on the horizon. The Swiss Medical Association has advised caution, and under Switzerland’s direct democracy, any petition with more than 100,000 signatures can trigger a referendum on the matter.

It is reported there are two petitions at the signatory stage – one that would leave operators liable for any damage caused by radiation and another that would impose limits on radiation emissions. It would also give residents in a local gemeinde the chance to veto any mast construction.

As reported in previous issues of New Dawn, 5G has been fast-tracked in many other countries including Australia. Testing for possible health impacts of this new technology has been ignored or deliberately avoided in the rush for profits and the fact 5G is needed for the Internet-of-Things and so-called ‘Smart Cities’.

In February 2019, US Senator Richard Blumenthal grilled wireless industry representatives during a Senate hearing. Industry spokesmen admitted that the industry “has done no health and safety studies on 5G.” Senator Blumenthal memorably concluded: “We’re kind of flying blind here, as far as health and safety is concerned.”

Source: www.europereloaded.com/kaboom-switzerland-halts-5g-rollout-over-health-concerns/

BILL GATES, MIT DEVELOP NEW ‘TATTOO ID’ TO CHECK FOR VACCINATIONS: As tattoos continue to become mainstreamed among certain demographics within society, it should come as little surprise that big pharma is keen to roll out its latest “wearable tech” solution.

To make sure that you’ve had all of your required doses of government mandated vaccines, scientists at Massachusetts Institute of Technology (MIT) have created a new ink which can be embedded in the skin and read using a special infra-red smartphone camera app.

According to Futurism, “The invisible ‘tattoo’ accompanying the vaccine is a
or as a mechanism for social engineering – governments as an exclusionary tool, a corporate point of view. Downstream useful this new technology will be from travel on airplanes. US lawmakers have cans to hold a biometric ID in order to government is quietly implementing the ‘people management’. Currently, the USing? Certainly, the potential is there around, and did not pose “a danger to seconds if someone was “safe” to be can more efficiently identify who needs upstream, as vaccine manufacturers this technology could enable the rapid and anonymous detection of patient vaccination history to ensure that every child is vaccinated,” said MIT researcher Kevin McHugh.

More interesting though is how useful this new technology will be from a corporate point of view. Downstream tech such as this will make production and distribution more efficient upstream, as vaccine manufacturers can more efficiently identify who needs which product.

Essentially, this new tech would allow public administrators, law enforcement and corporate employers to check within seconds if someone was “safe” to be around, and did not pose “a danger to the rest of the community.”

Could this technology be utilised by governments as an exclusionary tool, or as a mechanism for social engineering? Certainly, the potential is there to streamline these two methods of ‘people management’. Currently, the US government is quietly implementing the REAL ID Act which now requires Americans to hold a biometric ID in order to travel on airplanes. US lawmakers have been pushing for this from the 1980s when former Attorney General William French Smith wanted to implement a “perfectly harmless national ID system” for which another cabinet minister at the time proposed to “tattoo a number on each American’s forearm.” To some, this may seem like the stuff of science fiction, and yet it’s been openly discussed by governments for decades.

Not surprisingly, the establishment press, funded by the transnational corporations like pharmaceutical firms Merck and GSK, along with government officials and departments, are actively campaigning to shut down any questions or queries into the safety of vaccines. Any dissent or sceptics are being labelled by media and government with the pejorative term, “anti-vaxxers.”


GROWING “INFERTILITY CRISIS” TIED TO POOR DIETS:

Across the globe, men’s average sperm count and quality have been declining for years. Scientists theorise a number of potential causes ranging from household chemicals, microplastics and diet. A cross-sectional study published in February in the journal JAMA Network Open lends support to the notion that diet directly impacts sperm count and quality.

2,935 young Danish men participated in the study. Researchers asked participants to disclose their eating habits over three months from a list of 136 different food items.

These items were ranked into four distinct dietary patterns: a Western diet, heavy in red meats, fried food, and sugary drinks; a “prudent” diet, laden with fruits, vegetables, fish, and chicken; “vegetarian like,” mainly vegetables, eggs, and milk; and a traditionally Danish “open-sandwich” diet.

Comparing dietary habits to data on participant’s sperm, researchers found that men with mainly Western diets had the lowest sperm counts, between 109 to 138 million. Of the other three eating styles, “prudent” eaters had sperm which were both healthier and more numerous, averaging 146 to 183 million sperm per load. “Open-sandwich” eaters had the fastest sperm, while “vegetarian like” diets led to the most optimally shaped sperm.

Another study reveals that testosterone levels in American males are dropping dramatically.

The study, published in January in the Journal of Sexual Medicine, found that testosterone is in crisis, at least when it comes to American Millennials and Gen Z-ers. Men’s testosterone is supposed to decline naturally with age, but this study, which was presented last October to the Sexual Medicine Society of North America, showed a shocking decline in the levels of cohorts of young American men since 1999.

The authors tested the serum tes- tosterone (total amount of testosterone present in the blood) of 4,045 men aged between 15 and 39 – making sure to control for confounding factors such as age, race, and level of physical activity – and still the results were unmistakable. In fact, the levels have been slashed by over one-quarter in the last two decades.

The Irish science journalist and writer Peter Andrews notes that “testosterone truly is the male hormone. It is what turns boys into men – upon puberty the tastes drastically upregulate their production of it, triggering secondary sexual characteristics. These include the growth of muscle and bone, a deeper voice and the sprouting of body hair. Without testosterone, one suspects there would be a lot of noodle-armed, squeaky-voiced man-babies stalking the streets…”

“The poor diets and sedentary life-styles that many young Americans enjoy are certain to be among the major contributing factors, but that cannot explain all of the downturn,” notes Andrews.

“Make no mistake though, this is very bad news. Not only is low testosterone deficiency linked to a range of negative health outcomes, it is even associated with a higher risk of death – not to mention fertility. One who didn’t know better might say that plummeting testosterone levels are at once the cause of and a perfect metaphor for an existential crisis in American masculinity.”

WHAT TO WATCH OUT FOR

VEGAN MEAT SUBSTITUTES MAY POSE MORE HEALTH RISKS THAN THE REAL THING:

Popular vegan meals, from plant-based sausage rolls to cauliflower curries, are under fire for being “ultra-processed” and for containing more chemical additives than conventional meat and fish products.

Food companies are cashing in on the vegan boom with products containing “healthier and delicious” ingredients but rely on a cocktail of chemical food additives to replicate the taste, appearance and texture of meat and fish.

Joanna Blythman, an investigative food journalist and author of Swallow This: Serving Up the Food Industry’s Darkest Secrets, said: “Vegan products are often just high-protein flours with gums, glues, water and a range of additives. A lot contain a rogues’ gallery of additives and dodgy ingredients that I wouldn’t touch with a bargepole.”

Plant-based fake meat has become a lucrative market in recent years, with one vegan burger start-up raising US$240 million when it debuted to the US market in May.

The number of meat substitute products on Australian supermarket shelves almost tripled in the past decade.

Senior public health nutritionist Clare Farrand led a 2019 study by the George Institute for Global Health in Melbourne that looked at many processed meat-free alternatives such as pork-free bacon, falafels, tofu-based sausages and vegetarian burger patties.

“We know that Australians are leaning towards eating more of a plant-based diet. This is ultimately a good thing,” said Ms Farrand, “however, these are still packaged, processed foods.”

The study found some popular items sold in Australia supermarkets are laden with added salt, with 100 grams of meat-free bacon containing about 2g of salt – a third of a day’s recommended intake.

“Our research found that meat-free bacon has the highest average salt content followed surprisingly by falafels and meat-free sausages,” Ms Farrand said. One vegan pie brand contained half the daily recommended salt intake.

UK registered nutritionist Jenny Rosborough points out that meat-free burgers contain on average even more salt than meat burgers: 0.89g per serving as against 0.75g. Rosborough also notes that when switching to these products you also need to consider what nutrients might then be missing from your diet, such as iron and B vitamins.

“A vegan hotdog is probably no better for you than a meat one,” says Renee McGregor, a registered dietitian in the UK who works with athletes and is the author of Training Food. As a vegetarian, McGregor sometimes uses tofu sausages but feels they do not deserve the “health halo effect” they sometimes get, just on account of being vegan.

“The key thing is that any food that has been highly processed should be eaten mindfully – so not necessarily avoided completely, but I wouldn’t recommend a vegan sausage weekly due to the high salt content and most likely list of additives and preservatives,” says McGregor.

Many processed vegan products use phosphyte to mimic the texture of meat and fish. A 2012 review, Phosphate Additives in Food – a Health Risk, warned of a link between phosphate consumption and heart and kidney problems.

American farmers, often criticised for their use of chemicals, are targeting “fake” vegan foods over their additives, helping fund a campaign co-ordinated by the Washington-based lobbyist Richard Berman and his organisation the Centre for Consumer Freedom. They say chemicals used in vegan processed products can also be found in fire-extinguishing compounds, laxatives and pesticides.

Berman said: “There are more of these additives in these products than you would normally find in conventional processed foods. Nobody knows the long-term impact of combining all these chemicals in one product.”


VAST MAJORITY OF OUR PHARMACEUTICALS, VITAMINS AND SUPPLEMENTS MADE IN CHINA:

The coronavirus pandemic has brought to light Australia’s vulnerability to a major health crisis caused by a lack of medicines.

The impact of the coronavirus on China extends beyond the transmission of the disease and onto all the things most of us take for granted every single day. Everything from pharmaceuticals to dietary supplements, car parts to kitchen appliances – most are made in China which means if they’re not making them, we’re not getting them.

Hundreds of millions of Chinese people were told to stop work due to mandatory quarantines, meaning factories came to a halt. The demand for goods, including medicines, extends across the entire globe, with the maintenance of domestic supply prioritised over foreign orders. Under this circumstance, it’s only a matter of time before we start to witness the horrific impact in the form of empty shelves at the big box stores and no more vitamins at health food shops.

The strategic vulnerability of Australia’s supply of medicines is highlighted in a new report from the Institute for Integrated Economics Research.

Australia imports 90 per cent of its medicines, with around one-third of Australians reliant on daily prescriptions. However, the country is at the tail end of lengthy global supply chains with what the report calls “single points of failure.”

The problem is not unique to Australia: Almost 90 per cent of American pharmaceuticals are generic medicines largely imported from China and India.

The report notes Australia’s weak manufacturing capability for medicines. “Australia has extremely limited and diminishing manufacturing capacity across all sectors of products apart from vaccine manufacture,” the report argues. “There are some smaller industries

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Special Issue Vol.14 No.2 • NEW DAWN 25
with capacity for niche markets; however, government price regulation around the Pharmaceutical Benefits Scheme has forced the large majority of off-patent product manufacturing, where the vast majority of life-saving medicines sit, offshore.

“Australia has almost no capacity to manufacture any active pharmaceutical product for most of the products listed on the World Health Organisation’s list of Essential Medicines.”

Co-author of the report, Dr Simon Quilty, elaborates further: “We concluded that Australia is particularly vulnerable to medicine shortages arising from factors outside our control. These factors can include manufacturing problems, difficulties in procurement, political instability, pandemics, another global economic crisis and a range of natural disasters. The current Coronavirus emergency is an example of this.

“In effect we have incrementally outsourced almost all of our medicine supply chain to the global market. We import a significant proportion of our medicines from the United States but... a significant component of US medicine supplies come from China.

“What we are trying to do with our report is to get the Australian people, and in turn our Government, to recognise the risks to our medicine supply chain and to acknowledge that options need to be explored to mitigate future vulnerabilities.”

One could also add that we need to question our overreliance on pharmaceuticals and instead concentrate on identifying the root causes of major health disorders, as well as focusing more time, energy and resources on preventative measures including holistic approaches. Source: https://sldinfo.com/2020/02/australias-medicine-supply-a-case-study-in-security-and-resilience/

YOUNG CONSUMERS SHUN COMMERCIAL ANTIPERSPIRANTS IN FAVOUR OF “NATURAL” DEODORANTS: There was a time when walking around with deodorant-free – and even unwashed – armpits was quite normal. In fact, deodorants were a commercial failure when they were first launched in the late 1800s, with people believing that bathing regularly, avoiding exercise, staying out of the sun and covering themselves in perfume were the best ways to avoid smelly pits.

It was only after advertising campaigns that were both harsh and faintly threatening were unleashed on the public in the early 1920s that deodorant sales picked up – and then boomed – until they grew into the multi-billion-dollar market they are today.

But the market is always changing, and recent research by the organisation YouGov indicates that young people are more concerned about products being natural, authentic, organic and chemical-free than they are in smelling great.

In fact, close to half (40 per cent) of 18- to 24-year-olds in the United States surveyed admitted disregarding deodorant use altogether, along with 31 per cent of 25- to 34-year-olds and 22 per cent of 35- to 44-year-olds. It was only in the over 45 age group that the vast majority (84 per cent) said that they use deodorant regularly.

The obsession with hiding how we really smell took off in earnest after marketing campaigns by unscrupulous advertising executives basically shame people into imagining that they would be unpopular unless they used deodorant.

For example, a campaign by infamous copywriter James Young warned young women that if they did not wear deodorant they would repel men, never find love and end up as spinsters.

“While many so-called “experts” would argue otherwise, several studies have linked the use of deodorants – in particular, antiperspirants – to the development of cancer. Harmful chemicals are easily absorbed through the skin, and deodorants are jam-packed with such chemicals.”

Natural News reported: “Aluminium compounds used in deodorant to prevent our pores from sweating can interfere with the body’s natural sex hormones. This may cause breast cancer in women and prostate cancer in men, as well as increase the risk for Alzheimer’s disease in both sexes.”

Sweating actually serves some useful purposes, including clearing the complex, lowering body temperature and warding off sickness.

Fortunately, a younger, smarter generation of consumers has realised that advertising is often nothing but a pack of lies, and these young people are making their own decisions about what personal care products to use, based not on slogans or threats, but on the impact of these products on their health and the environment.


BEST WAY TO CLEAN PESTICIDES OFF PRODUCE: A 2017 study looked at three solutions for cleaning produce: pure water, a solution of bleach containing chlorine, and a solution of water and sodium bicarbonate (baking soda).

Because commercial processors wash their fruits and vegetables for two minutes after harvest with a bleach sanitiser to remove dirt and germs, lead researcher Dr Lili He and her team wondered if the wash might also remove pesticide residues.

The scientists compared the efficacy of the germicidal bleach to rinsing with tap water or a sodium bicarbonate solution, which is alkaline. “Most pesticides are not stable at an alkaline pH, which breaks down the compounds and helps to wash them away,” she explains.

The researchers purchased Gala apples and applied two common pesticides, the fungicide thiabendazole and the insecticide phosmet, at concentrations used by farmers. After the various washes, He employed surface-enhanced Raman scattering (SERS) to map pesticide residues on the surface of the apples and inside their skins.

Immersing the apples in a sodium bicarbonate solution for 15 minutes followed by a freshwater rinse removed all pesticide residues from the surface of the apples, whereas the tap water and bleach treatments removed some, but not all. Sodium bicarbonate degrades the pesticides, boosting the physical removal force of washing, He says.

Sodium bicarbonate (baking soda) has long been known as an effective natural healing and cleaning substance because it is 99% pure with natural chemical and physical properties that make it safe and effective for numerous household uses.
HANDY TIPS & INFORMATION

Soaking produce in a solution of 1 tablespoon of baking soda mixed with 1.5 litres of water for at least eight minutes, and then rinsed in freshwater, should be sufficient for removing most toxic chemicals, whether for organic or non-organic produce.

One other danger to look out for is pesticides in the peel of some fruit and vegetables. The SERS analysis also uncovered some of the pesticides lurking inside the peel. Thiabendazole, designed to absorb into the fruit flesh, penetrated to a depth of 80 µm, four times farther than phosmet, which is designed to remain on the fruit surface.

Using a mass spectrometer, the investigators determined that 20% of the applied thiabendazole and 4.4% of the applied phosmet had infiltrated the peel and remained after washing. “This is the first study to provide solid evidence that the farther pesticides penetrate into apples, the harder it is to wash the compounds away,” He noted.

Source: https://cen.acs.org/articles/95/web/2017/10/baking-soda-washes-pesticides-apples.html

HOW TO MAKE YOUR PHONE LESS ADDICTIVE: Turn off all notifications except those from people. Most notifications are generated by machines, not actual people. They keep our phones vibrating to lure us back into apps we don’t really need. Visit our phones vibrating to lure us back into apps we don’t really need. Visit

- Get a separate alarm clock and charge your phone in a different room. This way, you can wake up without getting sucked into your phone before getting out of bed.
- Keep your home screen for tools only. Do you open apps mindlessly because they are the first thing you see when you unlock your phone? Try limiting your first page to tools – the apps you use for quick in-and-out tasks such as Maps, Camera, Calendar, Notes. Move the rest of your apps, especially mindless choices, off the first page and into folders.
- Launch apps by typing their names. Swipe down and type the app you want to open instead of leaving easily accessible bad habits on the home screen. Typing takes just enough effort to make us pause and ask, “Do I really want to do this?”
- In Android, you can use the search box on your home screen. In iOS, for best results turn off Siri suggestions (settings > Siri & search > Siri suggestions to off).
- Better still, remove social media from your phone altogether. If you really want to use your phone less, remove all the major social media apps. It’s the easiest way to cut back because these apps gobble up so much time. Train yourself to use them from your computer only (if at all). Note: you can delete the Facebook app and still get some specific features, such as Messenger for messages.
- Send audio notes or call instead of texting. It’s common for people to misinterpret text messages, while the voice is rich with tone and less vulnerable to misinterpretation. Recording a quick voice message is often faster and less stressful than typing a message. Plus, it doesn’t require your full visual attention.
- Use texting shortcuts. In iOS, press and hold on a text message and you’ll see a menu of quick reactions. It’s faster than crafting a response and can also add some context, giving a taste of the emotion that’s often lost in a text.

Source: humanetech.com

EIGHT WAYS TO KILL INTERNAL PARASITES: Parasites are more common than most people realise, and there are many different types. Internally, there’s a good chance that you and a third of the people you know have them. We should also consider the possibility there are many undiscovered parasites on or in our bodies.

If we take it a step further and consider candida a parasite (most don’t group them together, but candida fits the description), then it could be argued most people in the world suffer from adverse health effects due to parasites.

Garlic
Modern research has proven garlic to be beneficially effective as an antimicrobial, antifungal, antiparasitic, and antiviral. It even chelates heavy metals (removes them from the body). Garlic releases allicin when the plant is under attack by herbivores, pathogens, or parasites, which makes it a powerful deterrent, used externally on the body, for blood-sucking parasites like mosquitoes, ticks, and fleas. Historically, garlic was utilised for its beneficial properties by our ancient ancestors, including for dealing with parasitic infestations.

Black Walnuts & Green Hull
The nuts and green hulls of black walnut ( Juglans nigra) (pictured left) are loved by herbalists for their ability to cleanse the blood and the intestines. Black walnut hull is used to cure fungal infections. The juice from the green hulls is used to kill parasites. Only green hulls should be used.

According to Mountain Rose Herbs, “Black walnut hulls contain juglone, a chemical that is antibacterial, antiviral, antiparasitic, and a fungicide. As a skin wash, black walnut hulls are used to treat ringworm and yeast infections of the skin. Taken internally, black walnut hulls are used to treat intestinal worms.”

Black walnut is an extremely potent remedy that should be used under the

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clove oil helps kill Giardia zoan parasites. Lab research suggests parasitic roundworms, and some protozoan parasites. Clove oil has powerful broad-spectrum antimicrobial properties.

Thyme
Thyme is one of the best herbs for stimulating the thymus, a major gland of the immune system. Thyme helps stimulate the body's natural defences and works very well with echinacea to boost the immune system. Oil of thyme can eliminate the growth of many parasites, fungi and bacteria. Thyme is a hard-hitting herb when it comes to parasites, as well as harmful bacteria and fungi. It may inhibit their normal functioning, replication, and growth.

Oil of Oregano
Oil of oregano is infused with extremely high levels of free-radical-crushing antioxidants, and it is antiparasitic, antiviral, antibacterial, and antifungal. It is a powerful, indiscriminate killer that can reset the microbial environment in the intestines. Oregano oil can also be applied to the skin as an insect repellent. Drawing from Ayurvedic medicine, in 2018 researchers at the University of Illinois tested oregano essential oil on the protozoan parasite Cryptosporidium parvum, one of the leading causes of persistent diarrhea among children in low-resource settings. In their test, they found it reduced infectivity with the protective effect increasing on a second dose. (See https://aces.illinois.edu/news/study-shows-oregano-essential-oils-ability-reduce-parasite-infectivity)

Chinese Goldthread (aka huang lian)
Goldthread (Coptis chinensis) (pictured left) has been used in Traditional Chinese Medicine (TCM) for the treatment of gastrointestinal disorders, including diarrhea, gastroenteritis (“stomach flu”), and bacterial dysentery. It contains a substance called berberine which is responsible for the broad-spectrum antimicrobial properties. According to Wikipedia, Goldthread’s dried roots were commercially marketed in Canada until the 1950s or early 60s, to be steeped into a “tea” and swabbed onto areas affected by thrush (candidiasis) infection.

Diatomaceous Earth
Diatomaceous Earth is made of single-celled honeycomb structured algae organisms with silicon exoskeletons called diatoms. It is basically a type of algae mineral that is rich in silica. It is a fine white powder, and because of its microscopic honeycomb structure, it gently sloughs away toxins, bacteria and parasites from the gut. It literally makes microscopic cuts through the bodies of parasites but is gentle and safe for the human body. It also contains a strong negative charge which allows it to mop up and eliminate toxins, parasites, fungi etc. as it moves through the digestive tract.

Clves
Clves are one of the key herbs used in Ayurvedic medicines for the treatment of gastrointestinal infections and for worms, with a recorded use that spans thousands of years. Cloves contain a powerful oil, eugenol, which has been studied and found to help in the eradication of numerous pathogens in the gut. Clove oil has been found to dissolve the eggs left behind by worms. It is believed to be the only oil that destroys almost all parasite eggs. Clove oil is effective against some nematodes, which are parasitic roundworms, and some protozoan parasites. Lab research suggests clove oil helps kill giardia, the common protozoan parasite that often spreads via contaminated water. When used in conjunction with black walnut and wormwood, the trio can break a parasite's life-cycle. Clove (pictured left) is also antibacterial, antiviral, and antifungal.

Thyme
Thyme is one of the best herbs for stimulating the thymus, a major gland of the immune system. Thyme helps stimulate the body’s natural defences and works very well with echinacea to boost the immune system. Oil of thyme can eliminate the growth of many parasites, fungi and bacteria. Thyme is a hard-hitting herb when it comes to parasites, as well as harmful bacteria and fungi. It may inhibit their normal functioning, replication and growth.

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as well. The 2,500-square-foot farm also provides habitat for bees in an otherwise uninhabitable urban setting. The eco-farm insulates the building reducing cooling and heating costs and absorbs rainwater that would otherwise contribute to sewage overflow in the city streets below.

But most of all, the rooftop garden provides nutritious food for those who need it most, between 2,200 and 3,200 kgs of it per year. “Food is medicine. That’s why we’re doing what we’re doing,” says David Maffeo, the hospital’s senior director of support services.

“Most people associate hospitals with terrible food, which is really interesting because right when we’re at our most vulnerable, in hospitals, you’d think that would mean we need nourishing food,” adds Lindsay Allen, the farm’s manager.

Allen manages a composting system to keep the soil fertilised and intersperses a variety of crops to ward off pests and attract beneficial bugs.

“I try to think of this farm as an ecosystem as much as possible,” Allen says. “How do we keep all of the scraps that we aren’t actually using for food onsite, so that we can continue to create soil and compost up here?”

“BMC operates beyond the traditional hospital model,” said Aviva Musicus of the Harvard T.H. Chan School of Public Health in Boston, who wrote a report on the model. “Instead of simply treating medical problems, they actively aim to address the upstream causes of those medical problems.”

This farm model “can be replicated by other organizations aiming to alleviate food insecurity, encourage healthy eating, and promote environmental sustainability,” the report says.

“I believe this can be duplicated in any size hospital, you just need to identify the space (and) understand the impact to the community at large is much greater than any potential cost savings,” said co-author David Maffeo, Senior Director of Support Services at BMC.


HOME GARDENS PRODUCE 40% OF RUSSIA’S FOOD: Most people living in Western countries, including Australians, are completely dependent on large scale agriculture. In Russia, the agricultural economy is small scale, predominantly organic and in the capable hands of the nation’s people. It’s a habit that has fed the Russian nation for centuries. It’s not just a hobby but a massive contribution to Russia’s agriculture.

In 2011, 51% of Russia’s food was grown either by Dacha communities (40%) or local farmers (11%), leaving the rest of production to the large agricultural enterprises (a Dacha is a seasonal or year-round second home). Digging a bit further into the data released by the Russian Statistics Service, you discover other impressive details. Also in 2011, Dacha gardens produced over 80% of the country’s fruit and berries, over 66% of the vegetables, almost 80% of the potatoes and nearly 50% of the nation’s milk, much of it consumed raw.

During the communist period, schoolchildren were obliged to visit local farms to get hands-on experience harvesting food at a time when about 90% of the nation’s food came from Dacha gardens. During the same period, every child would be expected to play their part in growing the family’s food from their small patch of Russia.

While the percentage of food grown by Russia’s Dachas has fallen since those times, it is still a massive contribution to the nation’s food and forms an important part of their rural heritage. Take a walk through the streets of Russia’s cities, like St. Petersburg, and you will find people selling herbs, fruit, berries and vegetables from their Dacha gardens. Unlike many cities in Europe, USA and Australia, Russian cities are peppered with small corner shops selling locally grown food in all shapes, colours and sizes still carrying their native Russian soil.

Food sovereignty puts the people who produce, distribute and eat food at the centre of decisions about food production and policy rather than corporations and market institutions that have come to dominate the global food system.

In 2003, the Russian government signed the Private Garden Plot Act into law, entitling citizens to private plots of land for free. These plots range from 0.89 hectares to 2.75 hectares. Industrial agricultural practices tend to be
extremely resource-intensive and can damage the environment. 70% of global water use goes to farming, and soil is eroded 10 to 40 times faster.

Source: http://naturalhomes.org/naturalliving/russian-dacha.htm

CANNABIS AS ALTERNATIVE TREATMENT FOR PAIN AND SLEEPING TROUBLES: Pain and insomnia are common health issues, and there is no shortage of medication on the market targeting these conditions. Both conditions are usually treated with addictive pharmaceutical drugs which also have serious side effects.

A new study points to cannabis as a very effective treatment for pain and insomnia, potentially replacing sleep medications and even prescription pain medications like opioids.

The study, published in the Journal of Psychoactive Drugs, involved 1,000 people who were taking marijuana legally within the US. A full 65 per cent of people reported that they were taking cannabis for pain, and four-fifths of those in this group said that it was either “very” or “extremely” helpful in addressing their pain.

In fact, 82 per cent of the people in this group said they were able to stop taking over-the-counter pain meds altogether or reduce their usage, while 88 per cent said they were able to stop using opioid painkillers.

Its track record is also impressive when it comes to fighting sleep problems. Nearly three-fourths of those interviewed said they bought marijuana to help them sleep, and 84 per cent of that group said it helped them. An impressive 83 per cent even said that they had reduced or quit taking prescription or OTC sleep aids as a result.

Anything that could keep people from addictive deadly opioids is welcome news. People develop a tolerance to these drugs, which means they need more and more to get the same effect, dramatically increasing the risk of a fatal overdose.

Even over-the-counter painkillers are dangerous, with non-steroidal anti-inflammatory drugs, or NSAIDs, such as ibuprofen known to cause gastrointestinal bleeding and kidney damage. Acetaminophen, meanwhile, is highly toxic to the liver.

Sleeping pills are also dangerous, leading to dependence and often leaving people feeling groggy the next day. Marijuana is considered an effective sleep aid because it has the ability to restore a person’s natural sleep cycle, while its anti-anxiety properties can help people to relax enough to fall and stay asleep.

According to Michael J. Breus, PhD, DABSM, who is known as The Sleep Doctor, “The cannabis plant has been used for centuries as a sleep aid. Contemporary scientific research has measured what people have known and experienced since ancient times: cannabis has relaxing and sedative effects. In particular, cannabis makes falling asleep easier. One recent study found that cannabis shortens the time it takes to fall asleep, both for people with sleep problems and people who fall asleep without trouble. Among people with active difficulty falling asleep, cannabis use resulted in an average of 30 minutes less time in falling asleep. The study also included a group of people who were able to fall asleep without difficulty. Among this group of strong sleepers, cannabis helped them fall asleep even faster, by 15 minutes.

“This research aligns with other studies that show cannabis use reduces the time it takes to fall asleep, and lengthens time spent in deep, slow wave sleep. Cannabis also appears to shorten time spent in REM sleep, likely as a result of one of its primary active ingredients, THC...” the main psychoactive cannabinoid in cannabis.

Marijuana has more than 100 active components. The extract known as CBD (which stands for cannabidiol) has little, if any, intoxicating properties. THC (which stands for tetrahydrocannabinol) is the chemical that causes the “high” that goes along with marijuana consumption. CBD-dominant strains have little or no THC, so patients report very little if any alteration in consciousness.

Peter Grinspoon, MD, writing for Harvard Health at Harvard University, says that “patients report many benefits of CBD, from relieving insomnia, anxiety, spasticity, and pain to treating potentially life-threatening conditions such as epilepsy. One particular form of childhood epilepsy called Dravet syndrome is almost impossible to control, but responds dramatically to a CBD-dominant strain of marijuana called Charlotte’s Web.

“While marijuana isn’t strong enough for severe pain (for example, post-surgical pain or a broken bone), it is...
quite effective for the chronic pain that plagues millions of people, especially as they age.

In particular, marijuana appears to ease the pain of multiple sclerosis, and nerve pain in general. This is an area where few other options exist, and those that do, such as Neurontin, Lyrica, or opiates are highly sedating. Patients claim that marijuana allows them to resume their previous activities without feeling completely out of it and disengaged.

“Along these lines, marijuana is said to be a fantastic muscle relaxant, and people swear by its ability to lessen tremors in Parkinson’s disease. I have also heard of its use quite successfully for fibromyalgia, endometriosis, interstitial cystitis, and most other conditions where the final common path way is chronic pain.”

Researchers are still trying to figure out how the properties of this long-suppressed plant have these beneficial effects. Many believe that a whole plant approach is probably the answer instead of trying to pinpoint individual compounds, the standard pharmaceutical approach designed to isolate, produce and market medical products.

"Although grounded in simplicity, it may be presumptuous to assume that the major clinical effects of cannabis are derived solely from THC and cannabidiol (CBD),” note researchers Amol Deshpande, M.D. and Angela Mailis, M.D. in The Journal of Applied Laboratory Medicine.

"What becomes lost in the rhetoric is the importance of associated compounds found in the whole plant... Although the biological activity of many of these still need to be explored, preliminary work suggests that some may operate synergistically to produce an entourage effect." Sources: www.sciencedaily.com/releases/2019/07/190701245253.htm; https://thesleepdoctor.com/2018/11/27/thinking-about-using-cannabis-for-sleep-here-are-some-things-to-know/; www.health.harvard.edu/blog/medical-marijuana-2018011513085; www.cnet.com/news/cbd-for-pain-relief-what-the-science-says/

LOVING-KINDNESS SLOWS AGING AT THE GENETIC LEVEL: Just as feelings of stress produce stress hormones (like cortisol and adrenalin), so feelings associated with kindness produce kindness hormones (like oxytocin, aka, the love drug, the cuddle chemical). As a result, while stress increases blood pressure, kindness reduces blood pressure.

Exciting new research has taken things further. In a 12-week randomised controlled trial led by scientists at the University of North Carolina at Chapel Hill, researchers measured the length of ‘telomeres’ before and after six weeks of daily meditation practice.

Telomeres are considered to be markers of ageing because they gradually reduce in length throughout our lives. Their length, and the rate at which their length reduces, not only gives a highly accurate indication of someone’s age but also how fast they are ageing.

They are end caps on DNA. A bit like the plastic ends on shoelaces that stop the shoelaces unravelling and thus ensure that you can thread the laces through the lace loopholes, telomeres help prevent DNA from totally unraveling. In so doing, they prolong the life of cells.

For the study, scientists compared the length of telomeres in people who practised either, a) the ‘Loving Kindness Meditation’ (a Buddhist practice), where we think and feel kindness and compassion for ourselves and others, b) mindfulness meditation, or c) who did no meditation at all, to serve as a comparison. Blood samples were taken two weeks before and three weeks after the meditation practice.

Incredibly, while telomere length reduced in the mindfulness meditation group and in the control group (typical of 6 weeks of ageing), it did not reduce in the Loving Kindness group. The researchers wrote that, “…with participants in the LKM [Loving Kindness Meditation] group, on average, showing no significant telomere shortening over time.”

In other words, feelings of kindness and compassion seem to slow ageing at the genetic level. This offers further evidence that kindness brings about effects that are physiologically opposite to stress because stress is one of the ways that telomere loss speeds up.

The effects of feelings of warmth, kindness and social connection, which we are encouraged to feel in practice of the loving-kindness meditation (also known as metta bhavana), seem to produce much more powerful effects on ageing.

Exactly how it works is not fully understood, but it may involve oxytocin (the kindness hormone) and also the vagus nerve, which has been shown in research to increase in activity (vagal tone) due to practice of the loving-kindness meditation.

Oxytocin has been shown to reduce stress and inflammation in immune cells, and thus prolong their health, and the vagus nerve controls the rest, relax and regenerate mode in the body, as well as the inflammatory reflex. Through the latter, increases in vagal tone have been shown to reduce inflammation. This has been cited as an explanation for the increased comparative health of stage 4 cancer patients with high vagal tone compared to those with low vagal tone. (See http://drdavidhamilton.com/the-vagus-nerve-and-cancer/)

But regardless of how it works, the fact is that it does work. Kindness and compassion really do have powerful biological effects, and they might just have a significant effect on how long you live and how healthy you are.


A Moment of Mindfulness

Mindfulness in essence, is a non-judgemental awareness of the present moment. Mindfulness is the ability to notice what is happening in the moment without bias. Mindfulness is the ability to stay present and focused in this moment which is the only reality we really have. Not being dragged into thoughts of the past, regrets, things like that, not being dragged forward into the future which hasn’t even happened yet, but staying anchored in the moment.

– Pax Tandon, positive psychology expert, yoga teacher, & author of Mindfulness Matters

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Special Issue Vol.14 No.2 • NEW DAWN 31
It's your annual medical exam, and you know the routine: you spend 5-10 minutes with your doctor or the nurse practitioner/physician’s assistant, they weigh you, then measure your blood pressure and body temperature. If you’re lucky they order a basic lab panel for 10-30 blood markers, which is fewer than half of what you really need for quality insight into your health.

A comprehensive panel of 68+ markers is necessary to thoroughly assess what is happening inside your body and evaluate how your current nutrition and lifestyle is impacting you. In my experience, the basic panel has too many gaps, while the comprehensive panel illuminates the blind spots and empowers you to make wise healthcare choices supporting a long and happy life. In this article, I will explain how a comprehensive bloodwork panel, when interpreted functionally, is a superhero of preventative health care.

Western medicine is primarily focused on remedial sick care rather than preventative health care. One of the most powerful tools in medicine is bloodwork which can be used to help diagnose disease, or better yet, detect and prevent developing disease long before damage to your body occurs and symptoms appear.

Western doctors – both MDs and Naturopaths - are trained (and constrained by insurance companies) to order simple panels with few markers, and to use them to guide simple interventions rather than for prevention. Imbalances in your body, often considered “subclinical,” are left unrecognised. These go unaddressed for months to years and eventually progress to such dysfunction that they receive a formal diagnosis of a disease. This seems too late for my preferences.

How would it be if subclinical imbalances and markers of pending diseases could be identified and addressed before you developed a full-blown disease or uncomfortable symptoms?

Three factors make functional blood chemistry analysis superior to conventional analysis: number of markers, reference ranges, and inter-connections. Functional panels typically measure 2-6 times more markers. The baseline lab panel I prefer for patients has 68 markers plus urinalysis - 5 or 6 full pages of results. You won’t get that level of detail from your typical MD’s or Naturopath’s office. For each marker there is a statistically-compiled range of values that are considered normal, called the reference range.

Conventional reference ranges are compiled from a huge population of people, many of whom had their blood analysed because they were already sick! Functional reference ranges are compiled from a much smaller population of healthy people whose bodies are functioning optimally. The functional ranges are tighter. If a marker falls inside the tighter functional range, it compares favourably with healthy people and is a green flag. If a marker falls outside the wider conventional range, it compares poorly with sick people and is a red flag. If a marker falls in between, it is a yellow flag: neither healthy nor very sick. Conventional analysis notices red flags and largely ignores the rest. Functional analysis is on the lookout for yellow flags, the
early warning signs you can’t see or feel yet as symptoms. Now that is a superpower!

Conventional analysis typically considers markers in isolation and often prescribes pharmaceuticals to address just that marker (for example, statin drugs to reduce elevated cholesterol). Functional analysis recognises multiple causes for any single marker to be abnormal and looks for patterns among multiple markers to more accurately discern root causes.

Functional blood chemistry analysis saved my life. I was sick with multiple debilitating symptoms, many of which could have been prevented, but instead went undiagnosed or misdiagnosed for years. Once I found someone who was truly skilled at ordering and interpreting a functional blood chemistry panel, I discovered so much about the root of my symptoms, and I was able to take an accurate and individualised approach to my healing.

I’m passionate about preventing others from suffering. I want to empower you with the knowledge you deserve so that you can make informed choices about your health, nutrition, exercise, and lifestyle that can dramatically improve your life.

In one year, functional blood chemistry analysis saved the lives of two of my patients, both of whom had the potentially life-threatening blood disorder called hemochromatosis, or “iron overload.” If left untreated it causes organ damage, failure and death. In both cases, their doctors never tested a full iron panel, so the condition went undiagnosed. I was able to quickly identify their iron overload by reviewing a comprehensive blood panel with all of the important iron markers. One patient underwent emergency pacemaker surgery just days before his functional blood chemistry panel results told me that his cardiac arrhythmia symptoms could have been properly addressed by simply donating blood to lower his iron levels. The ER never ordered a single iron marker in his pre-operative blood panel!

My other patient’s functional blood panel also showed that all of her iron markers and CBC results were abnormally high even by conventional standards. I knew what it was and explained how to best work with this condition. I referred her to her primary care physician for further tests to determine the cause. She had to argue and even plead with her physician to order the follow-up test.

--- ADVERTISEMENTS ---

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which proved her hemochromatosis was genetic and that she should also test her two children. That year I learned a great deal about the preventative power of functional blood chemistry analysis.

I once had a patient whose [US] Veteran Affair’s doctor ordered their standard annual-checkup blood test, told him everything looked great, and that he was in perfect health. Although the panel had only 11 markers, far fewer than a truly comprehensive panel, I could still see important details that his doctor had missed. I found that his cholesterol was abnormally low due to overmedication with a statin drug, while several other markers all indicated insulin resistance and pre-diabetes. Moreover, he had symptoms of pre-diabetes that no one had ever brought to his attention!

This case shows the power of reading lab markers holistically (looking for patterns in combinations of markers) and functionally (noting when markers fall in a grey area outside of “healthy” but not yet severely “sick”). Armed with this knowledge, he could make nutrition and lifestyle shifts and avoid dependency on diabetes and cholesterol medications and their unwanted side effects.

I have seen patients who were prescribed thyroid medications based on results of very few thyroid markers (typically TSH and sometimes one or more of T3/T4/free T4). The full thyroid panel I prefer has 10 markers, including two for antibodies. How can a physician prescribe a medication without fully investigating the functioning of the gland or organ for which that medication is meant to treat?

The Western medical standard of care, to which MDs and NMDs are bound, states that if Thyroid Stimulating Hormone (TSH) is high, they must prescribe a T4 hormone, usually a synthetic such as Synthroid. This is one-size-fits-all symptom treatment. A full thyroid panel interpreted functionally can sort through the many reasons why TSH might be out of range. I can empower you to address the root cause and restore balance to the body’s systems and help you feel amazing!

I’ve seen many patients fall through cracks, experiencing “sub-clinical” thyroid disorders and autoimmunity, that went undiagnosed or misdiagnosed for years. I personally had this experience more than a decade ago, and I’m in the field of healthcare. If only the system allowed for a more comprehensive approach, more people would be empowered to prevent illness and suffering.

I hope you now appreciate that a simple blood test is insufficient.

My new book Know Your Blood, Know Your Health, is intended to give you the tools you need to better understand what is happening inside your body, how to speak with your healthcare team about it, and how to take back your health.

I hope you now appreciate that a simple blood test is insufficient. Many doctors order bloodwork only when you are already sick, their panels are incomplete, and they interpret the markers in isolation according to reference ranges compiled from populations of primarily sick people, without considering your unique history, nutrition, and lifestyle. Maybe your bloodwork is processed by software and all you get is a nice colourful report without personal consultation. I believe that a comprehensive consultation includes time and attention connecting with you, how you live your life, your attitudes, habits, desires, goals, as well as an in-depth analysis of your labs. When you understand what is happening inside your body, you’re better able to take appropriate action. Functional blood chemistry analysis takes the guesswork out of your healthcare.

You are a whole person situated within family, profession, and community. You deserve a healthcare practitioner who gets to know you through extensive intake, has specialised training and experience to order a comprehensive bloodwork panel, interpret it using functional ranges, look for patterns that characterise root causes, and then offers education and guidance about nutrition, lifestyle and the direct connection among your body, mind, and spirit. I wish I could say they are common and easy to find. Even many who generally practice functional medicine lack the specialised training in functional blood chemistry analysis.

My passion is working with you to discover what is really going on inside your body and solving your unique health puzzle. I encourage you to learn more, ask questions, and take charge of your health. If you don’t, then who will? Please visit my website for more information, empowerment, and opportunities to thrive. I am here when you are ready to begin: KristinGrayceMcGary.com

Know Your Blood, Know Your Health: Prevent Disease and Enjoy Vibrant Health Through Functional Blood Chemistry Analysis by Kristin Grayce McGary is available from New Dawn (see page 71).
The neuroscientist, physician, philosopher, inventor and writer Dr John C. Lilly (1915–2001) invented the floatation tank in 1954. He was a part of a group of counterculture scientists and thinkers that included Richard Alpert (later known as Ram Dass) and Timothy Leary, both frequent visitors to the Lilly house. An important part of John’s legacy, as a pioneering psychonaut driven by his curious, experimental nature, was the floatation tank (originally known as an isolation tank or sensory deprivation tank).

The 1950s saw a major effort by scientists in the field of neurophysiology to study the question of consciousness. Part of this effort was trying to answer the question of whether the brain is simply an organ reacting to external stimuli or is there some internal force driving it. With no external stimulation, most scientists believed that our brains would shut down into a dreamless coma-like state. John C. Lilly decided to find out.

By 1954 John had built the first-ever isolation/floatation tank. Around this time, people began to dabble with sensory deprivation. This mostly involved people in dark rooms with cardboard between their body parts to reduce sensation, resulting in much discomfort from lying still for prolonged periods. John’s tank filled with water allowed people to float, and to effectively reduce all sensation of touch. It was far from perfect. For one, people were completely submerged underwater requiring the use of a diver’s helmet with air tubes. The released air bubbles made a persistent noise, and the floaters were advised to take deep breaths and hold them for as long as possible to facilitate better floating. It looked hugely sci-fi!

Despite all this, the results were incredible. People did not slip into a comatose state, and John found more and more people coming out feeling amazing. Reports of personal and spiritual discovery and self-actualisation abounded.

What is a float tank and what can floating offer you? The float tank of our time can be thought of as a giant private bathtub with warm water supersaturated with 350-550kg of Epsom salt (magnesium sulfate) at a depth of 25cm. This amount of salt makes the water extremely dense, so when you lie in it, you instantly float like a cork. Approximately 80% of the gravity we usually feel no longer affects our body in the tank. The water is kept at a constant 34.5 degrees. This is skin-receptor neutral, which means you lose track of where your body ends, and the water begins. You hear very little and with the light in the tank turned off you float in total darkness. The outside world disappears, and major physiological changes occur.

When not fighting gravity or constantly dealing with external information, your body has a lot of extra resources to draw from. Your mind is free to wander without distraction, your brain pumps out dopamine and

— BY MEGAN SPROATS —

▲ Megan Sproats inside one of the float rooms at Cocoon Floatation, Wollongong, NSW.
endorphins (responsible for happiness), and your body gets to rest, de-stress and heal. The body’s natural mechanism for healing is known as the parasympathetic response, and the tank evokes this response naturally. This response is reinforced every time you float, and the effects become stronger and last longer.

Floating helps alleviate symptoms of stress, PTSD, anxiety and depression, insomnia, back and neck pain, arthritis and scoliosis. Floating also increases magnesium levels, expedites the healing of broken bones and sprained joints. All the benefits of floating deal with the symptoms of fibromyalgia. Skin conditions such as concrete burn and eczema are also alleviated. Many athletes float for muscle recovery and post-race letdown.

Everything you experience in the tank comes from within yourself. Float tanks can be thought of as the ultimate environment for meditation. After about 30 minutes of floating, your brain starts producing theta brainwaves which are responsible for that ‘between waking and sleeping’ state. This frequency also gives a feeling of oneness. For some, after years of practice, people can enter and sustain the theta state through deep meditation. Float tanks get you there effortlessly.

It is also my sincere belief that easing suffering involves knowing and embodying personal truths. I feel the most empowering thing about the float tank is that there is no language attached to the tank, and no guru or teacher. You are your own teacher, and for the dedicated seeker of inner truth, the tank allows you to ‘access all areas’.

For anyone wanting to reprogram negative self-talk/thoughts, which create beliefs, the tank is an ideal environment as you are in a hyper suggestive state while floating because of brainwave changes. Many people have also learnt languages by listening to recordings through the tank’s speakers, or guided meditations and positive affirmations.

I have been in an honourable position and witnessed many miracles and heart-warming stories in my float temple. One story I will share is that a 42-year old woman came to float after she was given a gift voucher. She had given up trying for a baby for some years and been through the IVF process and had miscarriages. She also had hip bursitis. She had
The Tank & Your Mind

In the province of the mind, there are no limits.
– John Lilly

Lilly, a tall, thin man with a regal and bird-like chiselled face, reported for duty at the National Institutes of Health in Bethesda, Maryland [USA] in 1953. In a building used by the [US] Navy to study underwater breathing apparatus for divers, he developed the isolation tank. At this time, there were two opposing beliefs about brain activity. One group of scientists believed that the brain needed external stimulation to stay awake, and the other group believed that the brain’s systems continued to oscillate and be active at all times, regardless of whether the brain was conducting transactions with the external world. This group also believed that consciousness was derived from this ongoing activity in the circuitry of the brain. Over the next two years, Lilly shaped the tank to exclude external stimulation and answer this question.

Floating in this dark cave, Lilly discovered that the isolated mind becomes highly active and creative. “I did not tend to go to sleep at all,” Lilly explained in his 1972 book, The Center of the Cyclone. “The original theory was wrong…. One did not need external stimulation to stay awake. After a few tens of hours of experiences, I found phenomena that had been previously described in various literatures. I went through dreamlike states, trancelike states, mystical states.” By isolating the mind, Lilly also found that he could also harness the power of his heightened senses. “By cutting off the environment I could examine the self in stark relief from a perspective that simply wasn’t available to those who were continually involved with the demands of the outside world.”

Lilly believed that by becoming unconscious of the body you could reduce the size of your consciousness, or observer, to an incredibly small size, allowing travel on a quantum level to different universes and galaxies as a small feeling/recording device. “At these levels there seem to be ‘doorways’ into other universes, doorways of incredibly small size, but nonetheless doorways.”


one float and felt so amazing that she conceived that night! At 43 she gave birth to a very healthy boy, and her hip bursitis has not been an issue to this day.

Not only are you floating for yourself, but you carry your post-float glow from this nurturing womb-like environment with you into the community and home to your household. This is a true gift for others around you as you offer more presence, love, expansion, compassion and understanding.

My advice is to give yourself to floating at least three times in your initial experiments. You probably don’t think there is a learning curve to floating, but there is. After your first float you should sleep quite deeply that night and feel the effects for a few days. Some feel it for a week. The next float, you will be more familiar with the tank environment. Usually by your 3rd–5th float you are able to let go at deeper levels and experience the divine bliss that floating truly offers.

► Megan Sproats operates Cocoon Floatation, a sanctuary of relaxation and expansion in the heart of Wollongong, New South Wales, Tel: 02 42445218, Email: float@cocoonfloatation.com.au. The website has lots of information about floating, including prices, programs and courses: www.cocoonfloatation.com.au. In the past few years, floatation tank centres have opened in many cities and towns across Australia. Check your local Yellow Pages or search online. For more information on Dr John Lilly, visit www.johnclilly.com.

MEGAN SPROATS has been floating for 15 years and is a big fan of healing and transformation, laughs, self-empowerment and culture. She can be contacted via float@cocoonfloatation.com.au.
No one saw the gorilla. I smiled and looked at my new group of students for the day: these were a selection of some of the most elite real estate agents in the world. These awesome folks reign supreme over Los Angeles’ competitive (and very fun) housing and land market. From Beverly Hills to the Hollywood Hills, these are the absolute best of the best – the people who sell land and homes to everyone from Oscar-winning Hollywood megastars to billionaire Silicon Valley tycoons.

The head of the Beverly Hills branch invited me to teach her employees my unique method of manifesting to her team as an early Christmas present. She had transformed her business using my method. In front of me now sat her team, a large group of people who already have had massive successes through being able to perceive opportunities where most could not… and yet, I was the only person who saw the gorilla.

The “gorilla” video, commonly used in science classrooms, is known as “The Monkey Business Illusion” (and you can find one on my website roycechristyn.com). In the video, a group of about seven or eight young people are throwing basketballs to each other. I instructed my class to count how many times a ball is passed from one player to another.

The clip finished, and I asked the group one thing: “Who saw the gorilla?”

They looked at me like I had three heads. The suggestion that this group had not seen a gorilla in the video - let alone a man in a gorilla costume who walks into the middle of a group of people passing basketballs, stops, then does a silly dance before exiting the frame - was not sitting well with this particular class. It is their business to see opportunities where most cannot - that’s how they make their money.

Yet, not one of them saw the gorilla walk through the video. The class was so focused on counting the number of basketball passes, their brains literally did not allow them to see what seems like the most obvious thing to happen in the video! I replayed the clip, and the gasps in this very-full room made me smile even more.

One student, who I’ll call Mary, was feeling really upset with herself for not seeing the gorilla. She was new to this elite world of million-dollar sales, and I asked her what her biggest goal was for 2020. She told me she wanted to meet someone, a new client, and sell a home worth 10 million dollars. I told her to hang in there and buckle up because I knew once she started applying what I teach, she would manifest this easily. She just needed to open her mind (just like you are opening your mind now) and learn how amazing our abilities of perception truly are – and what they mean when it comes to creating the life you want.

Here’s the only “secret”: If you don’t understand the science of perception, you might as well not even try the Law of Attraction or manifesting things into your life.

I don’t need you to buy my new book Scripting the Life You Want. I am not going to dangle a promise of something hidden in its pages that you can only learn when you buy my book. I’m not a fan of authors who promise the world in articles, only to have fans buy the book and not get much out of it. I’ve decided I’m just going to give you the good stuff so you can see how incredibly powerful and potent scripting can be for you in your life right now.

I’m only going to be able to give you the “meat,” and if you want the bones and muscle, you really want to read the book. But,
I know how well this works and how you don’t need all of the details. I’ve used my scripting to manifest a lead guest-starring role on Disney Channel’s sitcom “Wizards of Waverly Place” playing Selena Gomez’s boyfriend, to making incredible amounts of money, to finding my soulmate. No need for you to buy copies of my book, and no sales pitch from me. Just promise yourself you will try my little method out for a few weeks. Deal? Cool. Let’s do this.

STEP ONE

First, I want you to get two separate notebooks or something to write in that you can keep “individual” (a smart tablet is cool, too). In one notebook you are going to label the cover “Scripting the Life You Want,” and on the other notebook you will label “Journal.”

STEP TWO: DAILY WANT LIST

I’m going to let you in on a little mind-body-spirit truth that a lot of teachers are scared to admit to our students: we want you to be selfish. Before you say “What the heck, Royce?!”, hear me out and ask yourself if you have an open mind to reconsidering the idea of “selfishness.”

Michael Jordan, still considered one of the all-time greats of basketball, said one of my favourite quotes ever about being selfish: “To be successful you have to be selfish, or else you never achieve. And once you get to your highest level, then you have to be unselfish. Stay reachable. Stay in touch. Don’t isolate.” See what he said there? That’s the key. You have to be selfish enough to reach and achieve your goals and dreams so that you can then use the good you have acquired in your life to spread to others. This means you need to be bold and write down what you want.

So, for the next few weeks, you are going to write a super short want list (starting each desire with “I intend”) of 3-7 things you want. It should look like this:

1. I intend to have an awesome day.
2. I intend to receive unexpected money this week in a fun and exciting way.
3. I intend to own a Tesla.
4. I intend to be a master manifestor.

You have to think outside the box when it comes to not only the Law of Attraction, and sometimes the most obvious thing is a huge key. You want to master manifesting and creating things in your life? Put it on the want list. Trust me.

Feel free to mix up your wants daily or keep them the same - just have fun with it (it’s more important than most know) and don’t ritualise it by getting into a rut and writing the same stuff every day. That’s where my next secret sauce to scripting comes in.

STEP THREE: THE BELIEF LIST, OR… LET’S GET… MUNDANE?

On the next blank page in your scripting notebook, pick two or three items from your Daily Want List that you believe or know the most are going to happen. They can be boring. That’s kind of the point. You are re-coding and training your brain with this. So, it would look like:

1. I know today is an awesome day.
2. I believe that I easily own a Tesla.

In my book, I talk about something I call “the magic of the mundane.” Every once in a while a friend or someone I am coaching will come to me feeling stuck with their manifestations after having had wonderful initial success. Every single time, without fail, the reason they have stopped having manifestations appear is because of one simple thing: they aren’t writing things they consider “boring” or “trivial” on their Want List, Belief List, and/or Daily Script.

My partner Solly’s best friend had hit a wall with her manifesting work. She called me, upset and angry at the universe. She asked me what she could do to turn things around because, despite some initial success, her manifestations had come to a complete stop.

"When is your next checkup appointment with your dentist?" I asked her, dead serious.

After I assured her that I wasn’t
joking, she told me that her next appointment happened to be the following week. “Great!” I said. “Tell me about other normal stuff you’re doing over the course of the next few days,” which she did.

“Awesome! Starting tomorrow morning, when you’re writing your Want List, you are going to write at least two intentions relating to your dental appointment, and a few more that are about your dinner with your parents and your weekly grocery shopping. Make them things you know will happen. For example, write down that you intend to have an easy dental appointment, that you intend to buy those special organic apples you love, and that you know you will enjoy spending time with your parents’ dog when you have dinner at their house.”

I advised her to think of these “mundane” intentions as flexible items on her list that are in addition to the “big dream” intentions she had been writing. By flexible, I meant she could add more intentions of things she knows will almost certainly happen over the coming days and weeks, and she could swap out having an easy time at the dentist’s and perhaps intend to get a free sample of toothpaste instead (since her dentist always gives her one). She still thought I had lost it, and I told her to trust me and call me in a week.

When she called, not only had the obvious things we talked about (like buying the apples) manifested into her reality, but she told me how she also was asked out on a date while she was grocery shopping! Not only that, but a management position at her company opened up suddenly, and her boss asked her to come in to interview for the job, which would include a small raise.

So what happened? How did writing things down that she knew would happen already help “unstick” the manifestation of other, more exciting things on her Want List? There is actually some really cool science to help us understand.

PERCEPTION IS KEY

Remember the video we talked about earlier? My wonderful group of students’ brains were not allowing them to perceive a man in a gorilla costume walking into a 45-second video of kids tossing balls back and forth to one another. Why were their brains - the brains of some of the wealthiest and most successful businesspeople in LA - missing something so obvious? As I discuss in my book, my process of Scripting allows us to interact with someone – ourselves – and alter the reality of our world. As discoveries in science and technology are made, I am always fascinated to see if they can help explain how seemingly otherworldly tools like scripting operate.

Donald Hoffman, a professor and cognitive scientist from the University of California, Irvine, presented a TED talk in 2015 laying out what he and his many research students had discovered. Hoffman has spent the past three decades studying perception, and I believe his discoveries may hold the “key to the key” that unlocks the door to understanding manifesting. In his twenty-minute talk, he takes the audience on an incredible journey that leads to one pretty astounding conclusion: evolution does not favour reality. Put another way: as we have evolved, our evolution has not made our perception of reality anywhere close to a priority.

Why did my students not see the gorilla, and why did writing about mundane things help “unstick” my
friends’ manifestations? The answers can be found in our brain stem’s reticular formation. Let’s focus on just one aspect of your reticular formation for now: the extrathalamic control modulatory system, which you may have heard called the reticular activating system (RAS) by positive-thinking leaders such as Mel Robbins. I call it your ExtraCOM system, because it is a powerful tool of “Extra COMMunication” that we use to manifest in our lives.

**Your RAS is a major key to manifestation and the Law of Attraction.**

In a fascinating article titled “How Your Brain’s Reticular Activating System (RAS) Determines Your Success,” author Akshay Gupta explains how our reticular activating system acts like a filter for the billions of pieces of information that are being flung at our senses daily. He writes:

“It helps to think of the reticular activating system (RAS) as a gatekeeper of your brain. Its job is to sort through the massive amounts of information delivered to you by your sensory organs. Some of these stimulations always get through, for example hearing your name called. However, there is information that your brain can do without and the RAS makes the decision to dismiss it. Basically, the RAS lets in information that you are already focused on.”

Have you ever heard someone mention a somewhat uncommon word to you, like Windsor, or have you ever casually noticed a number, like 11:11, and then, seemingly out of nowhere, you start seeing the word Windsor and the number 11:11 almost everywhere? Contrary to superstition, this is actually your RAS at work! When you experience this, you are experiencing what is known as the Baader-Meinhof phenomenon. Why does this matter when we are talking about a list of intentions, desires, and beliefs? Well, our RAS is a filter that is programmed.

I like to think of our brain as a computer that can be programmed with great apps and software… or infected with viruses that need cleaning. The good thing is that both of these are possible: programming and cleaning. My personal method of scripting reprograms your mental computer to clean and re-focus your brain’s filter. Mel Robbins (who was the first person I had ever heard discuss the RAS) explained it best: “Guess who programmed that filter? You did! And so did the people from your past. And so if you constantly feel like you’re unlovable, guess what? Your reticular activating system is going through the day and it is going to point out every single piece of evidence that confirms that negative belief that you have. If you think that people don’t like you at work, the Reticular Activating System, the filter, it is literally going to be looking for evidence to confirm that belief all day long.”

Our RAS is focused on two main things - how important the information it’s receiving is to our immediate survival and how important something is to us because we keep telling it to focus on something. The good news is that you have the power to easily and gradually reprogram your RAS. I know from personal experience that it is just as crucial to give our RAS feedback and written instructions… which is why writing down seemingly mundane things (that you know are going to happen) on your Daily Want List is so important. When the mundane things manifest in your
MIND-BODY SPIRIT-SCIENCE

It’s actually easy and fun – and there is real science to help us take manifesting to new levels. Welcome to the new world of Mind-Body-Spirit. And, if I may, please allow me to introduce the 4th component for this new decade and century: science. We have already crossed the bridge, and that is the most exciting development in the world of self-development we’ve had in over a century.

Remember Mary, the real estate agent that we talked about who wanted to make her first $1,000,000.00 sale? Well, nine days after she started doing her scripting, she noticed a sign outside a bookstore near her office advertising a well-known entrepreneur’s book signing event. She was a big fan of this guy’s TV appearances, so she walked in to meet this well-known fellow.

As it turned out, this author and Mary got talking and he had a house to sell but hadn’t found the right realtor yet. He wanted to sell the house for $11 million dollars. Mary got her first big client and, within two months, her first sale over $10 million! When she called me to tell me, she said that the weirdest thing was that, according to her new client, there had been signs advertising his signing outside the shop for weeks.

She passed by this shop every day on her way to work – it was like the gorilla! Her brain was so busy before she learned how to script that she almost missed meeting him. Her brain didn’t have the right instructions! Scripting helped her quickly and easily train her brain into pointing out to her an opportunity to manifest her wish that had been right in front of her the entire time!

“There are ‘gorillas’ everywhere” she told me – and she is right.

You also have “gorillas” (aka all sorts of manifestations) all around you, you just haven’t told your mind to point them out to you! Now you are forever changed because you have the tools to start receiving your dreams. Remember to be playful and have fun! Got it? Yeah you do! Now, go make some awesome scripts and find some gorillas. They’ve been there the entire time, only now you can finally see them like I did that crisp December day in Beverly Hills.

If you’ve tasted the meat and are now ready for the muscles and bones, Royce Christyn’s new book Scripting the Life You Want: Manifest Your Dreams with Just Pen and Paper will help set you on course to seeing the gorillas and manifesting your intentions. With a Foreword by New Thought master and practitioner Mitch Horowitz, Scripting the Life You Want is available from New Dawn magazine. To obtain your copy, see page 71.

Royce Christyn is an actor, speaker, writer, and documentary film director. He has appeared in film and television shows, including Drake and Josh, Zoey 101, and Disney Channel’s Wizards of Waverly Place with Selena Gomez. His bylines have appeared in national and international publications. Royce lives in Los Angeles and his website is http://roycechristyn.com.
This article gives an overview of electromedicine – interchangeably called electrotherapy and electrical stimulation (ES) – summarising the extraordinary benefits it can offer and sorting out misconceptions and confusions. This information should serve as a useful personal resource to help navigate the complex field of electromedical devices and applications.

**GENERAL SUMMARY OF ELECTRO-THERAPEUTICS**

Electromedicine has been researched and applied clinically in the modern era for decades and encompasses a broad and diverse field of therapeutic applications and intended effects. Basically, therapeutic ES ranges from relatively strong to extremely small, electric direct current (DC), alternating current (AC), pulses of various durations, shapes and (a) symmetries – such as square, sinusoidal, bipolar (both directions) and monopolar (one direction only) – and electromagnetic fields (EF), applied or transmitted to the body in a variety of ways. Any type of ES that is not DC has one or more frequencies just like music radio stations; conversely, DC stimulation has no frequency.

At the higher end of the range of intensities of ES, stronger stimuli effectively overwhelm what is happening inside the body in a kind of blanket effect, aiming to achieve a therapeutic result. At the lowest end of stimulus intensities, the therapeutic electrical energy can augment, simulate the actions of, or even piggyback on the body’s much smaller, naturally occurring bioelectrics. These can be in micro currents and even nanocurrents – millions and billions of an ampere of electric current, respectively. An example of the stronger form of stimulus is transcutaneous electric nerve stimulation (TENS) which provides enough electrical energy to block the transmission of sensory nerve signals and thus has a temporary pain-relieving effect; but not without some possible side effects, especially with extended use.

No different from any other field of medical practice in the treatment of cases of acute or chronic pathology or disease, there are two general therapeutic ES approaches: the first is to attempt to affect the body’s processes in some way based on a combination of knowledge, diagnostic information and reasoned decision-making thereon; the second approach is to enhance what Mother Nature is known to already be doing to heal and normalise the specific bodily problem or injury, based on a mix of known physiology and clinical observations. Sometimes there are varying degrees of crossover and overlap between these two basic approaches.

**FICTIIONS**

Trillions of chemical reactions and bio-electrochemical signalling naturally happen in the body every second. Electrotherapy can’t magically fix or heal everything because the body is too complex. No drug can do that nor any medical device of any kind that has ever been invented. Many devices boast the ability to output electrical energy waveforms in the hundreds or even thousands of frequencies (these being the AC or pulsed type ES devices), either automatically or programmably. But there isn’t a single frequency or even group of frequencies that can fix everything; and more frequencies that don’t do anything useful are not better than fewer frequencies of the same. Furthermore, what can be seen as the output of an electromedical device on an oscilloscope tested in a laboratory – an electronic device that allows you to see the frequencies and shapes of electrical waveforms – doesn’t necessarily translate to what actually penetrates into the body. Animal skin is resistant to electrical energy transmission in various ways. Without going into complex theory, skin can block, absorb and alter electrical energy, in all combinations to varying degrees in different instances. This is one explanation why electricians aren’t always electrocut-ed every time they accidentally touch high voltage wires.

Some electrotherapy devices read information from the body in a biofeedback system, the idea being that they can then adapt stimulation according to the acquired information. This approach is conceptually smart, but never magic and know-all. Once again, the complexity of what is going on in the body means that bio-electrical measurement is a tricky business. Some kind of filtering system
needs to be employed. The skin plays a large part. Much of what can be detected electrically on the surface of the body relates directly to skin changes such as hydration, chemical-nutritional composition, temperature, mechanical pressure and sweating. To read diagnostic information from the body through the skin requires a very sophisticated methodology of detection because the skin, like the rest of the body, is constantly changing. How do you know that you are not merely detecting skin changes? Nerves transmit complex feedback to the brain about the goings-on and health of every tiny part of the body. Many nerves run through the skin. However, not all the estimated 100 billion nerve cells – many of which belong to the autonomic nervous system carrying signals to and from the internal organs, and to the central and peripheral nervous systems – have anything to do with the skin. Sensory and motor nerve cells and their stringy fibre-like conducting axons can be thought of as each having their own focused specialties.

Some ES devices are supplied with software for displaying stimulation parameter and related information on your computer. This can be helpful, but don’t confuse the amazing work of software engineers or the immense complexity of anatomy and physiology, however brilliantly displayed, with what the electrophysical device can or cannot actually therapeutically do. Lastly, ES and nature’s habits of physics and biology do not discriminate race, institution, nor territory. Devices claiming technology developed by NASA or made in Russia must still deal with the same limitations, and are subject to the same possibilities, for electro-therapeutics as outlined here.

An additional note applies to the acupuncture (AP) system of classical Chinese Medicine, electro-acupuncture and any other type of ES of the AP meridian system. The AP system is very real, clinically observable, with thousands of supporting published journal research articles; it remains somewhat mysterious but no more so in the same sense as nerves, cells, Life, and the matter and antimatter that make up the observable universe. That is to say, the AP system and its ES demand the same careful scientific approach that we give to every other field of study and experience. On that note, there are some obvious and strong correlations between AP meridians and sections of the nervous system. Even a brief visual comparison of the AP Bladder Meridian and the sympathetic chain ganglia of the nervous system (Google them to see standard illustrations) – both running up and down exactly the same lines on the back of the body - shows a clear match. For a basic understanding of the possibilities for ES of the AP system, all of the above-mentioned conditions for effective electrotherapy equally apply.

FACTS: WOUNDS, PAIN, ENERGY SUPPLY, INJURIES, INFECTIONS AND SPECIAL APPLICATIONS

We move onto the main, common and not so common electromedical applications. Even so, they are all still bound by the same realities of physics and biology as mentioned above.

Initiated and accelerated wound and ulcer healing is well established. Not the least because a wound needs its self-generated electric field (EF) to shuttle cells that do the repair work to the wound bed; without that EF or if it is weakened for any reason, healing is dramatically impaired or even stops.

If you can get the intensity and timing of ES just right (considering that cellular and molecular reactions have their own natural paces), electrical energy can be beneficially supplied in addition to many biochemical reactions that naturally rely on nutritionally derived chemical energy that has a limited supply at every instant.

As noted above, electrical energy can readily interact with nerve impulses that are themselves electrochemical. The very smallest nerve fibres open and close the smallest blood vessels called arterioles that are directly involved in microcirculation and when restricted can lead to pain. If you can mesh with the signalling of these nerves, you can improve circulation to and from an injured or problem area; but in this case, due to scale, very small and precise wins over big and blanket ES.

Much of the understanding of ES for injury healing has already been covered by the explanation above about ES supplying additional energy to biochemical reactions. More energy can also mean more energy for healing. Additionally, there are specific targets for ES inside and outside of cells that can accelerate and enhance healing processes. Some of these targets are involved in the complex signalling and instructions between cells and their inner workings. This ES is the enhancing Mother Nature type intervention.

Although not new in the research literature, infection treatments with ES are less known and very seldom applied. From much direct clinical experience, direct current (DC) is the most effective if delivered with sufficient precision and continuity to the infected target tissues – depending on overcoming all the obstacles to those delivery goals noted above. Unlike pharmaceutical antibiotics and antivirals, which usually have one so-called mechanism of action, DC ES has multiple simultaneous actions that grant it big advantages. Furthermore, you do not have to apply a microbe killing intensity of ES to treat a lethal infection successfully. When the body swings into action to treat an infection, immune system killer cells are
Electrotherapy devices come in portable and benchtop types.

- Generic benchtop electrotherapy device (right) that outputs frequencies (an AC type machine).
- A direct current (DC) machine (far right). This particular portable electrotherapy device is manufactured by SIS Manufacturing (www.siselectromed.com).

not only involved. A whole scheme of other modifications to those infected microenvironments are made by the body to shift the balance back in our favour – which targeted electrotherapy can promote and enhance.

For this summary of electrotherapeutics, there is also the very advanced application of tiny DC stimulation to influence cells to change themselves and their active work roles. The discovery of this possibility was made by the electromedicine pioneer Dr Robert O Becker, author of the popular and seminal book The Body Electric: Electromagnetism and the Foundation of Life. As different types of cells come and go within the very small spaces in and around other cells, proteins and molecules, they constantly receive and respond to many instructional cues signalled within those microenvironments. These cues are generated by many complex intra- and extra-cellular processes. The final specialisation of many types of cells is decided based on dynamic sequences of cues constantly changing within these microenvironments. During injury to any of the tissues of the body, a whole different set of cues will replace the normal ones, so that cells for healing and regeneration are made aware of the problem and act appropriately. An analogy to these cellular events is a paramedic entering the scene of an accident and step by step adapting to and dealing with the presenting injuries. With very specific ES, it’s possible to influence the array of microenvironmental instructional cues and stimulate cell modification and specialisation. For example, the more cells at an injury site that specialise in producing proteins to facilitate clearing away scar tissue, rather than those that promote more of its manufacture, can help injured tissues heal and regenerate differently, faster and better.

ES can be used in the treatment of cancerous growths. It should be noted there are no magic wands, and that electromedicine is only likely to be effective when applied as part of a comprehensive treatment program that ideally addresses the known and identified causes of these abnormal tissue growths. Two ways that electromedicine can help are by treating infection as discussed above – known to be causes in approximately 20% of cancers in more developed countries – and by stimulating the reversion to normal programmed cell death cycles, called apoptosis, which some cells are disrupted from following for complex reasons.

You can also deliver enough electrical energy to kill cells if given at a fast-enough rate; though killing is rarely the best medicine and one that often causes more harm. When we have a sore thumb we don’t generally try to poison or cut it off; we try to heal the pathology, which means return it to its normal condition and function.

A related note about the use of ES frequencies and killing cancer cells. Though it is true that even a single electrochemical enzyme reaction happens at a calculable frequency, a cancerous growth is not a single thing like a blob of jelly – it is made up of about 100 million cells per centimetre and very many different molecules and chemicals that all vibrate differently in terms of their physics properties. There is no single, or set of, ES frequencies that can affect them all. Most scientific and medical discoveries are made slowly, one small step at a time. At stages during that lengthy discovery process, they seep into public and popular knowledge and belief. Often these discoveries remain preliminary, incomplete, or simply a stepping stone work-in-progress.

By using this basic summary of electromedicine, whenever you are shown or read about an ES device, you can determine in very simple but clear and useful terms the type and category of the device in question.

- Richard Malter directs the Electromedicine Clinic and Research Lab in Melbourne. He is co-founder of SIS WoundCare that has developed an advanced ES device for wound healing. Check out their range of devices at https://siselectromed.com.

RICHARD MALTER directs the Electromedicine Clinic and Research Lab in Melbourne. He is co-founder of SIS WoundCare that has developed an advanced ES device for wound healing. Richard has also invented portable ES equipment for rapid and effective treatment of surface and internal bacterial and viral infections anywhere in the body. These electromedical devices are for use together with hospital care, or independently at home or in the field like an advanced First Aid kit, without the need for any medical expertise – in line with his medical political agenda of providing highly effective and easy to use electromedical devices for general and widest possible accessibility and benefit. His electromedical technology inventions are patented and patent pending. ES devices available for general sale: siselectromed.com; Clinical services: electromedicine.org.au
It has been known since 1924 that our brain emits electromagnetic waves when neurologist Hans Berger first detected their tiny electric field of around 10 microvolts. It did not take long for medicine to explore the properties of these, known as electroencephalographic (EEG) waves, and to realise that their frequency is related to our mental state.

Most of us have heard about the main brainwaves bands such as alpha, theta and beta, ranging from 1Hz (or cycle per second) to about 20Hz; a short description of each band is given in Table 1 (see overpage).

As early as 1934, electrophysiologists Adrian and Matthews had found that brainwaves can be influenced by sensorial input. When we are exposed to an external stimulus vibrating at a rhythm that is within the range of brainwaves frequencies, our brain has a tendency to fall in sync with this stimulus and starts to generate brainwaves at a similar rhythm. This phenomenon, called brainwave entrainment, works with many of our senses, whether through sound, light or touch.

Since each brainwave frequency band corresponds to a specific mental landscape, this provides us with a remarkable way to influence our inner state through these natural sensory gateways.

**A BRIEF HISTORY OF AUDIOVISUAL ENTRAINMENT**

Photic brainwave entrainment (the kind operating through light pulses) was intuitively recognised long ago. As early as 300 CE Ptolemy, a disciple of Aristotle, described the sensation of contentment induced by the observation of the sun rays flashing through a rotating wheel. At the very beginning of the 20th century, Dr Pierre Janet, a colleague of Sigmund Freud working at Salpêtrière Hospital in Paris, reproduced the same sort of effect. By focusing on pulsating light from a kerosene lamp placed behind a wheel, his patients found relief from their states of depression, tension and agitation.

Closer to our time, a classic example of photic entrainment is the Dream Machine created by artist Bron Gysin (see page 51). It consisted of a simple cylinder with a central light placed on a revolving turntable. The cylinder was pierced in such a way as to generate stroboscopic pulsations in the alpha EEG wave band. Starting in the 1960s, Gysin and American writer William Burroughs together explored and popularised altered states of consciousness induced through contemplating this device.

Audio brainwave entrainment can be realised through sound pulsating at the sought after frequency, such as with binaural beats where each ear is presented with a tone of slightly different frequencies (for example using 300 Hz and 310 Hz to generate a 10 Hz beat frequency in the alpha range). Exploration started in the 1960s, notably by Robert Monroe and his institute... One of the most interesting variations is obtained by the stimulation of both auditory and vision senses, in audiovisual entrainment, or AVE. Several generations of AVE devices have come on the market since the 1970s. For the most part, these consist of goggles equipped with pulsating light sources and a set of earphones. Some of the best modern AVE devices have been presented at conferences of the International Light Association (ILA) in recent years: the DAVID, created by Canadian Dave Seiver (who was the recipient of the ILA’s first Frances McManemin Award in 2011), the PSIO from Belgian designer Stéphane Krismanovic, and the Lucia No3 from Austrians Drs. Englebert Winkler and Dirk Proeckl (see photos on page 50). I have myself long explored visual stimulation as I developed a technique called light modulation in which light is pulsed in subtler ways than the stroboscopic flashes commonly used in AVE. This enables more sophisticated applications involving properties of peripheral vision and brain laterality, as realised in the Sensora multisensory system and more recently in the portable SensoSphere light device.

Clinical studies have validated therapeutic applications of AVE in areas as varied as PTSD, affective disorders (seasonal and others), concussions, myalgia, attention and learning issues, among many others (see e.g. Seiver). What could be the operating principle behind brainwave entrainment? It is none other than the universal phenomenon of resonance.

**Light Therapies & the Future of Medicine**

— BY ANADI MARTEL —

As early as 1934, electroencephalographers Adrian and Matthews had found that brainwaves can be influenced by sensorial input. When we are exposed to an external stimulus vibrating at a rhythm that is within the range of brainwaves frequencies, our brain has a tendency to fall in sync with this stimulus and starts to generate brainwaves at a similar rhythm. This phenomenon, called brainwave entrainment, works with many of our senses, whether through sound, light or touch.

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Clinical studies have validated therapeutic applications of AVE in areas as varied as PTSD, affective disorders (seasonal and others), concussions, myalgia, attention and learning issues, among many others (see e.g. Seiver). What could be the operating principle behind brainwave entrainment? It is none other than the universal phenomenon of resonance.
Resonance is the natural tendency of any system susceptible to oscillation (and this is the case for most systems in our world) to react to an external field vibrating at a frequency similar to its own. When frequencies match and synchronise, energy can be transferred and amplified with near-perfect efficiency. This operates at all levels of the universe, from the microscopic quantum scale (as with the electron orbitals in the atom which resonate at highly specific frequencies) all the way to the cosmic scale (the Moon’s tidal locking, the perfect ordering of Saturn’s rings, or the shape of spiral galaxies all result from resonant energy exchanges).

Closer to us, brainwaves in themselves are one of the most exquisite examples of resonance. They are produced when millions of individual neurons, each emitting a tiny electric pulse every time they fire, start to operate in synchrony. Instead of cancelling each other in chaotic noise, their fields fall in sync and neatly add up until their sum becomes large enough to be detected through the cranium as the EEG wave.

Is it then surprising that these vast assemblies of synchronised neurons would, in turn, be susceptible to interaction with the rhythmic neural energy pulses generated by the sensorial stimulation of AVE, and adapt their firing frequency to that stimulus? This sensory resonance typically originates from the thalamus region of the brain, and from there gradually expands to other brain areas within minutes.

**ENTER GAMMA BRAINWAVES**

For most of the past century, it was considered that all significant brainwaves were contained in the four classical bands of delta (deep sleep), theta (hypnagogic states), alpha (resting state) and beta (mental activity) spanning the range of 1 to 20Hz. Only recently have we taken notice of the band above this range, known as the gamma band. This is because its levels are usually very low, and its function remains elusive. It is still so little understood that even its frequency range is not well delineated: depending on references, it is stated as starting anywhere from 20Hz to 30Hz and extending up to about 100Hz.

There are clear indications linking gamma brainwaves to cognitive functions. An early study in 1993 looked at 40Hz gamma brainwaves during sleep and found them active during rapid-eye-movement (REM) sleep where dreams take place (Llinas 1993). The authors concluded: “We propose 40Hz oscillation to be a correlate of cognition.” Further studies reinforced this assertion. One found a relation between gamma-band EEG and associative learning (Miltner 1999); another looked at the role of gamma brainwaves in establishing long-distance synchronisation of brain activity (Rodriguez 1999). A third one linked an increased synchronisation of gamma brainwaves with conscious perception (Srinivasan 1999).

Other studies have confirmed the prevalence of gamma brainwaves in the microscopic quantum scale (as with the electron orbitals in the atom which resonate at highly specific frequencies) all the way to the cosmic scale (the Moon’s tidal locking, the perfect ordering of Saturn’s rings, or the shape of spiral galaxies all result from resonant energy exchanges).

### Table 1: EEG Brainwaves Bands

<table>
<thead>
<tr>
<th>EEG Band</th>
<th>Frequency Range</th>
<th>Associated Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gamma</td>
<td>30 to 100 Hz</td>
<td>Gamma waves are related to higher cognitive activity, appearing in states of meditation or in moments of conscious focus. Like the conductor of the brain, they keep the rest of the brain in sync.</td>
</tr>
<tr>
<td>Beta</td>
<td>14 to 30 Hz</td>
<td>Brain waves in this range indicate the normal waking state. This is a state of mental activity and attention turned out towards the world. Most of us spend the majority of our waking hours in this state.</td>
</tr>
<tr>
<td>Alpha</td>
<td>8 to 13 Hz</td>
<td>Alpha waves are the natural resting rhythm of the brain and accompany relaxation. This state indicates attention turned inward, as in deep unwinding and let-go.</td>
</tr>
<tr>
<td>Theta</td>
<td>4 to 7 Hz</td>
<td>The hypnagogic state just before falling asleep. This state plays an important role in visualisation, creativity and learning.</td>
</tr>
<tr>
<td>Delta</td>
<td>1 to 4 Hz</td>
<td>Delta waves appear during the deepest portions of sleep. They are also associated with states such as trance mediumship.</td>
</tr>
</tbody>
</table>

DAVID (far left), Lucia No3 AVE (left) and PSI0 devices (bottom).
people who have practised long-term meditation, compared with the human average. High-amplitude gamma and phase synchronisation are apparent not only during meditation activity but also in the resting brainwave baseline of experienced meditators (Lutz 2004, Braboszcz 2017).

While these findings were intriguing, no clear clinical role could still be found for gamma brainwaves.

GAMMA AND ALZHEIMER’S

This is where things stood when, in 2016, an original article sent shockwaves through the medical community. Dr Li-Huei Tsai (affiliated to the Broad Institute of Harvard and MIT) and her team found that light flashes in the gamma brainwave range could reverse the neurological degeneration brought about by Alzheimer’s disease (AD). This was done on mice genetically engineered to develop AD.

Dr Tsai knew that gamma brainwaves are among the first to disappear as AD develops, and she reasoned that perhaps stimulation at that frequency through photic entrainment would have some influence. But even she never expected such a drastic outcome: daily one-hour courses of gamma light pulses (administered through flashing white LEDs in the animals’ cage) actually reduced the amyloid plaque load in the mice’s brains by 40-50% within a week (Iaccarino 2016).

Amyloid plaques are sticky protein deposits that invade and eventually kill neurons in AD. In a healthy brain,
they are usually kept in check by the action of microglia, a type of glial cell which accounts for 10-15% of all cells found within the brain. Microglia are resident macrophage cells, and they constitute the first and primary form of immune defence in the central nervous system. As AD progresses, microglia gradually stop their work. Somehow, gamma stimulation restores their vitality and allows them to clear the plaque build-up.

This amyloid clearing happened mostly in the visual cortex and only when the light flashing frequency was 40Hz; other frequencies or random pulses had no significant effect. It was accompanied by a halting of the cognitive decline experienced by the AD mice. Conversely, the amyloid plaques rebounded within 12 hours after the light treatment was interrupted.

A further study published recently by Tsai’s team (Adaikkan 2019) sought to better understand the mechanisms involved in this neuroprotective approach, now designated as Gamma entrainment using sensory stimulus (GENUS). Here, the 40Hz gamma light prevented neurodegeneration in mice that were given highly neurotoxic proteins, usually resulting in rapid brain damage. Gene data suggests that chronic GENUS shifts neurons to a less degenerative state, improving synaptic function, enhancing neuroprotective factors, and reducing DNA damage in neurons while also reducing inflammatory response in microglia.

Dr Tsai noted in an interview: “I haven’t seen anything like that. It’s very shocking (...) After all, oscillations are initiated by neurons, and I still like to think that they are the master regulators. I think the oscillation itself must trigger some intracellular events, right inside neurons, and somehow they are protected.”

While the brain pathology of mice may be quite different from ours, as the researchers are the first to point out, these results still hold the potential promise of alleviating symptoms of AD in humans in the completely non-invasive way that is a hallmark of most light therapies.

Dr Tsai has established a private corporation (Cognito Therapeutics) to test this, though ongoing human studies are expected to take at least five years and as of today no conclusive outcome is yet available. Unofficial results in 2017 seemed positive, as participants in a first pilot study with five AD subjects saw memory and cognitive improvements - although their state reverted after treatment was discontinued at the end of the trial. A study from another group published in 2018 found no significant amyloid removal for subjects with early AD exposed to 10 days of 40Hz light, which indicates that longer treatment periods may be required for humans than for mice (Ismail 2018).

MULTISENSORY GAMMA MODALITIES

In parallel with these visual entrainment trials, other modalities of gamma brainwave stimulation have recently been explored. For example, positive amyloid-reducing effects have been reported in mice AD models using stimulation with sound modulated at 40Hz (Lee 2018).

Although 40Hz is a frequency too low to be properly heard by our auditory system, it is ideal as a source of kinesthetic stimulation when converted through acoustic transducers. Dr Lee Bartel from the University of Toronto has been studying this type of stimulation using vibroacoustic reclining chairs, and already in 2015 he had found that 40Hz gamma low-frequency sound stimulation (LFSS) reduced symptoms in patients with fibromyalgia (Naghdi 2015). He wrote: “The present study premises that thalamocortical dysrhythmia is implicated in fibromyalgia and that...such multisensory stimuli produced widespread reduction of amyloid plaque throughout the neocortex within a few days.”

LFSS can play a regulatory function by driving neural rhythmic oscillatory activity.” In a follow-up study, he found that the same LFSS has positive effects on patients with AD, especially for those with mild and moderate symptoms (Clements-Cortes 2016).

Furthermore, by combining both sound and light stimuli, Dr Tsai’s team obtained better results on AD mice than when using either method separately (Martorell 2019). Interestingly, while sound stimulation affects primarily the auditory cortex and light stimulation the visual cortex, effects of their combination appear to spread across multiple brain areas: such multisensory stimuli produced widespread reduction of amyloid plaque throughout the neocortex within a few days.

A NEW FRONTIER IN AUDIOVISUAL STIMULATION

I am well aware of the advantages of multisensory stimulation
The transformative effects of complementary audio and visual stimulation in our system. We've always considered that this physical sensation acts as an anchor allowing a deeper integration of the kinesthetic sensation perceived across the surface of the whole body. vibroacoustic signals are distributed in kinesthetic sensation perceived a reclining chair or table, resulting in low-frequency gamma brainwaves modulation. The SensoSphere, which I've adapted to operate across the classic 1-20Hz frequency range, I undertook in 2018 to modify both my light projectors and kinesthetic transducers to enable their operation at 40Hz in the gamma band. We've developed AVE programs implementing gamma frequencies and have now started to explore their use.

Gamma stimulation holds the tantalising possibility of contributing to both preventing and alleviating dementia symptoms in humans through non-invasive means using our natural sensory channels. One may wonder how it would eventually be best administered. Current studies indicate that its beneficial effects are temporary, and thus daily stimulation is needed to ensure sustained results. It is hard to imagine elders suffering from AD wearing pulsing-light goggles for an hour every day, as is the case in current clinical trials. Hence new methods to apply gamma stimulation in more practical ways need to be developed.

I am pursuing one approach with the SensoSphere, which I've adapted to emit 40Hz gamma light pulsations. This globe-shaped lamp is designed to be used in the everyday environment where it unobtrusively emits beautiful coloured light patterns. We now have to find out if such low-level but continuous gamma stimulation can act as a gentle cognitive prophylactic. We have been surprised to see many of our users report that the new gamma program quickly became their favourite. Clearly, gamma stimulation can be enjoyed by all and is not exclusively reserved for AD patients.

The exploration of gamma brainwaves is still in its early days. Whatever form it eventually takes, gamma stimulation has already achieved a significant result: it has taken the hitherto relatively alternative technique of AVE into the mainstream medical world and brought it recognition and renewed interest. It will undoubtedly be a significant part of the medicine of the future.

Ananí Martel will be a featured presenter at an upcoming conference on light and health organised by the Australasian Light Association, Perth, from 24-25 October 2020. To find out more, visit australasian-light-association.org.

The above article is adapted from the original published in The Book of Light by the International Light Association (September 2019).

REFERENCES

ANADI MARTEL is a physicist working in novel ways with sound, light, and brainwaves. His Spatial Sound Processors have been used worldwide by professionals in psychoacoustics, multimedia and cinema. His work has led to patents in the field of light modulation and in LED-based design. He served as president of the International Light Association from 2011 to 2018. He recently published the book Light Therapies: A Complete Guide to the Healing Power of Light (Healing Arts Press, 2018). Email: info@sensora.com Websites: www.sensora.com & www.light-therapies.com
Emotional Imbalances & Bad Sugars

— BY CHRISTOPHER VASEY —

Many people suffer from a lack of drive, attacks of anxiety, fears and a depressive state because of reactive hypoglycemia. This ailment, which is not so well known, differentiates itself from common hypoglycemia and is caused by the over-consumption of bad sugars in foodstuffs such as refined white sugar, chocolate, all-purpose flour, and white bread.

Standard incidences of hypoglycemia occur when the intake of carbohydrates is not substantial enough to compensate for losses due to physical exertion or stress. There is another kind of glycemia called reactive hypoglycemia. It is caused by a disproportionate reaction of the pancreas when dealing with the arrival of bad sugars.

To understand how this is possible, we must discuss insulin in greater detail but first stress the following point: contrary to good sugars, fruits and whole grains for example, which enter the bloodstream slowly and in small quantities at a time, bad sugars (white sugar, chocolate etc.) enter the bloodstream quickly and in great quantities making the glycemia rise very high.

Usually, the quantity of insulin sent into the bloodstream by the pancreas corresponds precisely to what is necessary to bring the blood sugar level back to normal. This is how blood sugar levels above 1.4 g/l are gradually brought down to around 1 g/l. In this way, we move from a state of hyperglycemia to a normal blood sugar level. But sometimes – due to the consumption of bad sugars – the pancreas will forcefully react, and the infernal cycle triggered anew. This is why phases of hyperglycemia and hypoglycemia alternate all day for some people.

While a normal blood sugar curve is fairly horizontal and stable, the curve for people who consume bad sugars resembles the peaks and valleys of a mountain range.

The examination of these curves shows that someone experiencing reactive hypoglycemia will be in a hypoglycemic crisis several times a day. However, if good sugars are eaten, everything will take place differently, such as the sugars supplied by apples, for example. The blood sugar level will climb slowly and the pancreas will not react forcefully. There will be no hyperglycemia and no craving for sweets.

A HYPERACTIVE PANCREAS

When consuming bad sugars that cause the sugar level to soar suddenly, the pancreas becomes accustomed to...
releasing insulin quickly and forcefully. Over time this organ develops an extreme sensitivity to the presence of bad sugars. The pancreas will go on a state of alert as soon as bad sugars enter the body. Instead of releasing insulin gently and in a quantity that meets the needs of the body, it will release a large quantity with high speed. This hyper-reactivity eventually becomes second nature. By releasing more insulin than necessary, it causes a steep drop in the blood sugar level and places the individual into a state of pronounced reactive hypoglycemia.

The hyper-reactivity of the pancreas is not acquired in a single day; it is a process that takes place over a period of time, and all who suffer from reactive hypoglycemia are not afflicted to the same degree. During the first stages of the disorder only weak symptoms appear, now and then, whereas at an advanced stage the symptoms appear intensely and often.

EMOTIONAL DISORDERS

The absence of sugar during attacks of reactive hypoglycemia can bring about a variety of physical ailments (fatigue, headache, nausea) but also emotional disorders.

These difficulties range from simple impatience and irritability to fits of anger and even violence. They can manifest in the form of mental lethargy and a lack of zest for life. They can also appear as attacks of anxiety without any obvious cause, relentless worries, fears, phobias, weeping fits, and depressive states. A lack of inner assurance and emotional hypersensitivity may also be seen.

While each of these symptoms is bad enough, for the reactive hypoglycemic the combination of several of them together can be sheer torture. Reactive hypoglycemia sufferers don’t usually experience them all at the same time, but some at one time and others at another. They are therefore prey to a variety of uncomfortable mental states over the course of each day.

The mental malaise these individuals feel is all the more painful to experience as they usually do not know why this is happening. It remains incomprehensible because there are no external causes. Furthermore, no effort of will on their part allows them to change their condition, nor does the taking of any medicines. They have the impression that they are doomed to suffer this discomfort with no possibility of escaping it.

THE TREATMENT OF REACTIVE HYPOGLYCEMIA

All of these problems will continue as long as the necessary treatment is not established. This treatment quite simply consists of ridding the attacks of reactive hypoglycemia by replacing bad sugars with good sugars.

► Learn much more including the good and bad sugars by reading Christopher Vasey’s new book Good Sugar, Bad Sugar: How to Power Your Body and Brain with Healthy Energy, available from New Dawn (see page 71).

YOU ARE YOUR OWN BEST MEDICINE

A DOCTOR’S ADVICE ON THE BODY’S NATURAL HEALING POWERS

By Frédéric Saldmann, M.D.

Simple do-it-yourself home remedies for better health and healing. Verifies the common sense of folk medicine with the latest medical research to reveal simple do-it-yourself remedies that activate the body’s natural healing powers and address common ailments like allergies, sleep disorders, cardiovascular problems, sexual dysfunction, and excess weight. Explains how to reduce your risk of cancer, heart attack, and Alzheimer’s. Giving full scientific backing to home remedies that were well known three generations ago, as well as providing his own tips and tricks from his years as a respected medical doctor in Paris, Dr Saldmann shows how the body can produce its own medicines and, given the opportunity, prevent illness altogether.
Is Jogging Slowly Killing You?

- BY JOHN NELSON -

Actually, this extends to all aerobic exercise, but I’ll come to that. I used to jog in my 20s and 30s, but despite its head-clearing and apparent energy-boost, I instinctively felt that such intense exercise was questionable. And this wasn’t due to the jarring impact on my knees and ankles. No, it took me another thirty years to figure it out. Today, in my early 70s, I run half-mile sprints on the treadmill at the gym once a week, but I’ve learned to counteract its downside effects.

I’ve been a writer and editor for fifty years, which is very sedentary work, but I’ve kept in shape and disease-free all these years by practising yoga daily starting in my late teens. Twelve years ago, my agent sent me a manuscript by a Nobel-prize-nominated scientist, Dr Richard Lippman, an expert in anti-aging medicine. He has the only American patent ever granted with claims for retarding human aging – with his antioxidant formula ACF228. During this oxidation metabolism, an enormous amount of oxides of various kinds are formed, or free radicals – unbounded electrons. Fortunately for us humans, unlike other mammals – our dogs and cats – primates have evolved a defence mechanism. These are the repair enzymes like SOD (superoxide dismutase) and others that minimise the damage to our nuclear DNA. However, the mitochondria have their own DNA, which are not protected by these enzymes.

With intense aerobic exercise, the body is called upon to produce too much energy too fast. The nuclear DNA, usually protected by the natural enzymes, can be affected by this flood of free radicals. But the unprotected Mitochondria DNA, the source of our energy production, and when impaired the primary cause of cellular death, can sustain substantial damage. The ratio Lippman came up with is 8x, or eight times as many free radicals get formed by aerobic exercise.

Before you stock up on vitamins C, D, and E, with minimal benefit, let me tell another story. After Richard self-published his book, Staying 40, I edited another book. At one point, in an out-of-the-blue synchronicity, I told the author about Lippman’s research, and he referred me to Dr Patrick Flanagan’s Microhydrin. Flanagan was a maverick scientist, the guy who brought us the pyramid-shape food-storage craze in the 1980s, and who discovered a way to fuse hydrogen ions into silica for the most potent antioxidant imaginable.

He had worked with a Romanian scientist, Dr Henri Coanda, who had spent 60 years looking for “the fountain of youth,” going to villages in the high-mountains areas of the Himalayas and Andes where people lived disease-free into their 100s. It was from drinking the glacier water. Flanagan analysed the water samples and discovered vast amounts of hydrogen ions, which are also present in the waters of Lourdes, France. He then made his hydrogen-ion, silica-based product. One 500 mg capsule of his Microhydrin, later sold as “Hydrogen Boost,” has the antioxidant equivalent...
of 5,000 glasses of orange juice. I’ve been taking one or two a day for the last twelve years.

By taking a strong antioxidant like “Hydrogen Boost” or “Mega Hydrate,” its new product line, you can run a marathon and let the hydrogen ions gobble up the extra free radicals. And if taken daily, it could add thirty healthy years or more to your life. This claim is based on research by Richard’s hero, Dr Denham Harman – who was a jogger into his 80s until his knees gave out. He became fascinated with “the puzzle of aging,” and in 1968 published his anti-aging research in which by feeding mice a potent antioxidant, he produced a 45% increase in their lifespan.

Dr Lippman embraced Harman’s “Free Radical Theory of Aging,” also known as “The Mitochondrial Theory of Aging.” Since the mitochondria are our cells’ energy production centre, it holds the key to our biological clock of aging. Again, the death of a cell is often the result of loss or dysfunction of the cell’s mitochondria usually through free-radical damage. Harman’s theory of aging has been proven repeatedly in animal and human studies over the last sixty years. Richard’s research in the 1980s, for which he received that Nobel nomination, was part of the proof.

After my client recommended Flanagan’s “Hydrogen Boost,” I went to the health food store and bought a bottle. I took two 500 mg capsules in the late afternoon, which kept me up until four o’clock in the morning. The reason is that sugars and fats are broken down into fuel molecules from which hydrogen ions are obtained, which are essential to produce ATP from its precursor ADP – again the fuel the cells run on. And Flanagan’s Mega Hydrate provides trillions of hydrogen ions to accelerate energy production.

I wised up and started taking the capsules in the morning and kicked my early-morning coffee addiction – which years later, I resume, liking the taste of it. But, as my doctor will attest to, I’m incredibly healthy for someone my age. Customer reviews on Amazon claim miraculous results for Mega Hydrate, since most of the diseases of old age have a free-radical component. Note that Dr Harman, who no doubt took potent antioxidants all his adult life, died at the age of 98 from a short illness. You do the math.

► John Nelson’s A Guide to Energetic Healing looks at the dynamics of how every physical, emotional, or sexual exchange between humans creates energetic cords. For more info, see the ad on page 33.

JOHN NELSON is the sci-fi visionary fiction author of Starborn, Transformations, Matrix of the Gods, I, Human, New Mexican Standoff, and The Miracle of Anna. His nonfiction includes The Magic Mirror and the recent A Guide to Energetic Healing. He also the author of magazine articles about the dangers of high technology and its deleterious effect on consciousness. Nelson is a former editorial director in publishing and currently edits books at his Bookworks Ltd. www.johnnelsonbookworks.com
Ancestors are big business these days. We see endless ads for making family trees, finding your roots, tracing your DNA back. But this is all about genes, not spirituality. An exclusive focus on physical ancestry is missing the good stuff. This article is about the good stuff.

FINDING YOUR SPIRITUAL ROOTS

What is this spiritual dimension? Indigenous peoples know, having long treated the remembrance of ancestors as a deeply spiritual act. In fact, the Neanderthals, thought for centuries to be brutish knuckle-draggers, buried their deceased with tender loving care. In Siberia’s Buryatia today, people can still recite the names of their ancestors going back seven generations.

In particular, honouring the ancestors has always been a central practice of the spiritual specialists of these cultures – the shamans. As the world's most ancient spirituality, dating back at least 30,000 years, shamanism has a rich heritage of ancestral engagement. To uncover this tradition, I surveyed a wide range of studies about the spiritual ways of over 70 distinct indigenous cultures including, in particular, reports of the ancestral honouring practices of their shamans.

WHY THE OLD ONES MATTER

What if I told you that students who think about their ancestors just before an intelligence test score higher than those who don’t. It’s true. Several studies have documented this ancestor effect. So, if anybody asks you why you care so much about your ancestors, just tell them, “My kid is going to Oxford.”

But this is hardly the only way that the Old Ones help us – there are many more.

DESTINY GUIDANCE. Ancestors escort us on our destiny path. Think about it: We came from the metaphysical realm and are going back to it, and that’s exactly where the ancestors are residing, having already made the round-trip.

In fact, this escorting, according to some accounts, started even before conception when we selected our parents, and by implication our grandparents and so on up the line. We contracted prenatally with the gods to fulfil a life purpose, then chose our parents to do that, some of whom even met us spiritually before conception during “announcing dreams.”

Mounting evidence suggests we really did “choose this life,” parents and all.

Ancestors are knowledgeable about the realm of our current life, as well as that of our prenatal past and our postmortem future. They can help us understand ourselves - not only our experiences here in earth school but also our spiritual origin and destination. And since they, while walking their own paths, at times went astray, they know well the pitfalls, the crossroads, the dead ends, and so can offer us clear-eyed guidance.

In short, we and our ancestors are destiny-entangled. We have a collective destiny.

Africans, for example, say that the ancestors are eager to guide us. In the Zulu tradition, intimacy with the Old Ones prevents us from getting spiritually lost, enabling us to fulfil our purpose of serving the world. The Xhosa honour the ancestors to strengthen their intuition, which causes a remembering of their true calling, a kind of re-calling to the meaning of their lives. The Celts too asked the ancestors for that help. In Norse tradition, the ancestors serve as guides for everyday concerns.

The Q’ero people make offerings to ancestors who, they say, shape their destinies. Fijians too say that ancestors are useful life guides. A Mexican shaman will communicate with an ancestor of clients to get guidance for their paths.

Some near-death experiencers (NDErs) today report that ancestors meet them with the statement, “It’s not your time,” which indicates that the Old Ones are closely watching over the “allotted time” of their descendants on earth. Psychics report this watchfulness as well.

I put it this way: Keeping our ancestors in mind keeps us on the ball.

HEALING. Ancestors have a special interest in their descendants’ health. Native-American ancestors, for example, are said to bring fitness to descendants. Ancestors have been said to point you to...
Hotline to the ancestors - Chinese household shrine.

exactly the right surgeon in a dream, make exactly the right medicine fall off the pharmacy shelf in front of you, and so on. Hospital patients with mysterious maladies have gotten a diagnosis from an ancestor that later proves correct.

But just as often, it seems, people are diagnosed and healed by the ancestors of shamans - doing the job for their shaman-descendants. Quiché shamans, for instance, invoke their ancestors for healing clients. Gypsy ones journey to the spirit world to awaken their sleeping ancestors in order to merge with them, and then together they bring healing to sick and cursed clients. A real team effort.

WISDOM. Knowledge is cheap these days - just Google the question - but wisdom, aka knowledge derived, distilled, and synthesised from experience, is dear. The Old Ones have such wisdom and are willing to share it if we but ask. Bwiti practitioners in West Africa, for example, during psychedelic iboga ceremonies, commonly get advice from ancestral spirits. In a word, who better to consult than those who have "been here, done this"? Only a fool would write off that experience - and it's almost cost-free.

A connection with ancestors, especially remote ones, is useful for getting a wide-angled, philosophical view of life. They help us see the Big Picture, namely the general, the nomothetic, the forest - say, the spiritual meaning of our job. As modern people scurry around making mountains out of molehills, ancestors have a broader perspective that can calm the disquieted soul. When it comes to a trivial problem, for example, they'll just tell us, "This too will pass." They appreciate how rapidly and often things change. Fijians, for instance, say that from the ancestral viewpoint, whatever looks unfortunate may turn out to be fortunate after all. The ancestors keep their heads when everyone around them is losing theirs.

The ancestors can also give us wise advice about death. Arguably their most important counsel is getting us to realise our own mortality. They remind us, by necessity, of our own impending demise - an especially pertinent lesson in a death-denying culture. This is a very good thing because, according to researchers, a clear awareness of mortality raises self-esteem and sociality, among other things. Death - no longer a bummer thanks to the Old Ones?!

PROTECTION. To indigenous cultures, the ancestors shield us from harm. In Africa, for example, they are said to be especially eager to protect us. Southern Africans say they are protected by ancestral guardians. Vietnamese-American elders too say that their ancestors watch over their safety. Hawaiian ancestors are said to guide the canoes of their descendants to safety.

Ancestors are even reported rescuing descendants from the jaws of death. Many modern accounts say that the lives of descendants and their loved ones have been saved by ancestral intervention. Such stories go way back. A colourful tale of the Hmong says that the god of death is throwing down diseases from the sky, but the ancestors are weaving a broad cloth to catch the maladies before they reach the earth.

Speaking of ancestral life-saving, NDErs too report first-hand encounters with protective Old Ones in the spirit realm where they unexpectedly find themselves. In some reports the NDER's grandparents say they are watching over and protecting them.

Shamans often honour ancestors in ceremonies specifically for security during their work. Quiché shamans invoke the ancestors for protection. In the Norse tradition, ancestors are asked to do likewise. Same for the Fijians, Koreans, and Nepalese. Guarani shamans use their ancestors to protect their clients from White People.

The Hawaiian and other traditions relate that our ancestors like to give us advance warning about looming dangers, including imminent death. This is unsurprising since reports reveal that they can tell us about a variety of future events, which are later verified. A favourite way of warning us is through dreams, or what I call "snooze alarms." For example, ancestral dreams that warn a descendant not to take a scheduled airline flight are fairly common and are confirmed by subsequent crashes. One woman, for example, was reportedly cautioned by her deceased grandmother in a dream in 2005 not to fly to London; the next day, terrorist bombings occurred in the city.
CONFLICT-RESOLUTION. Ancestors can help a family or wider blood-grouping restore a sense of community. We often imagine our remote ancestors, during their lives on earth, engaged in singing, drumming, dream sharing, storytelling, healing, and praying with fellow community members. Kumbaya romanticism, right? Not so fast. To indigenous people, social solidarity has always been worth every effort, and the ancestors have served as key allies for ensuring it. For example, in Fiji the ancestors are often used to resolve community conflicts and crises. Ancestors, as a sociologist might put it, foster in-group cohesion.

Little wonder—a community that honours the ancestors promotes a common humanity, whereas ignoring them allows for social fragmentation. As modern research has pointed out, honouring the Old Ones does, in fact, promote group solidarity, kinship values, and family loyalty. So much for naïve romanticism. It’s called evidence.

RESILIENCE. Want to score high on a “Getting through Life Test”? If we look at the adversaries our ancestors overcame, we gain confidence about facing our own. No matter what we are experiencing in our lives today, they have likely already “been there, done that” and can serve as models of resilience.

In the face of looming global crises, they may also want to tell us: “Learn from our mistakes—even if we didn’t!”

THE EVERYDAY SACRED. Ancestors can help us recover that old-time familiarity with the world of spirits. According to Guarani shamans, modern people have forgotten how to talk to God. As I like to put it, without the ancestors we have a “hole in the soul.” The Old Ones, in contrast, led lives replete with spiritual happenings—magic. The sacred was woven into everyday life. These ancestors felt their spirituality on a minute-by-minute basis, not just on special holydays, and so can help us recover a continual awareness of the other side, which after all is right next door—and where we’re all headed anyway.

OTHER SERVICES. Many other kinds of blessings are reported. In the Hawaiian tradition, artisans who pray to an ancestor known for special skill at their craft, say canoe build-

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CO-EVOLUTION

These, then, are the ways our ancestors serve us. But do the Old Ones have needs of their own that we might fulfill? Many indigenous cultures say so, proposing that it is not only we who are spiritually evolving but that the ancestors are too and we are a key part of their growth. The afterlife, then, is not a static state but a dynamic process. The ancestors grow as we grow, and as we grow we get to bring them along. We don’t travel through life in a private car, we’re on a passenger train.

Many mediums agree. Our prayers, they say, send the Old Ones energy to help them on their journeys on the other side. African shamans also claim that offering positive energy to ancestors helps their afterlife evolution. By letting the ancestors help us, we are helping them evolve to a higher realm, for the soul only progresses to that realm by helping those residing in a lower one. By helping us, the ancestors’ soul will also grow. The ancestors, in short, are evolving—growing spiritually—just as we are. We are all co-progressing—we are co-evolutionists.

In Japanese shamanism, for example, deceased spirits evolve in the afterlife by receiving tribute from their descendants and in turn will help their descendants evolve in their earthly lives. The ancient Greeks felt that the Old Ones were aided by efforts on their behalf. A Chinese shaman may hold a special ceremony to alleviate the sufferings of the participants’ ancestors, so as to lift those Old Ones to a higher realm in their afterlives. To Vodou practitioners, if we ask the ancestors for help, they’ll do positive things for us, which enables them to evolve spiritually in the afterlife. Helping us, that is, helps themselves.

In short, we and the ancestors co-evolve into higher spiritual realms—or not. Hell is being stuck. We need each other to move along. We are soul family, watching out for each other. The ancestors are our spiritual family—far more than just a biological one. Together we form a transgenerational team.

You can learn a whole lot more by reading David Kowalewski’s new book Dances with Ancestors: The Shaman’s Guide to Engaging the Old Ones, available from all good bookstores.

DAVID KOWALEWSKI has been practising shamanism for 25 years. His reports have appeared in many journals, and his work has been translated into several languages. He is a graduate of the Foundation for Shamanic Studies’ Three-Year Program in Advanced Shamanic Initiation at the Institute of Noetic Sciences. His latest book is Dances with Ancestors: The Shaman’s Guide to Engaging the Old Ones.
How to Find a Genuinely Gifted Psychic
From Fakes to the Mediocre to the Truly Gifted

By Mary Ann Bohrer

Not all people who call themselves “psychics” have amazing intuitive abilities. There are psychics and mediums with little or no ability, many who have some ability, and those who are truly gifted. In my new book, The Gift Within Us: Intuition, Spirituality and the Power of Our Own Inner Voice (Waterside Productions, 2020), I feature profile chapters with 33 highly gifted intuitives from the US and around the world. While researching my book I also had readings from individuals who professed to be psychic but who were either only mildly gifted, or completely inaccurate and not gifted at all.

I’ve discovered that there are basically three different levels of intuitive ability: 1. Genuinely gifted psychics and mediums who see their gift as a responsibility and who care about the well-being of their clients. 2. Well-meaning people who call themselves “psychic” and may care about their clients, but have limited ability. 3. Some psychic hotlines, individuals and businesses who prey on people who are distraught or confused about their lives and are seeking help.

THE FAKES, POSEURS AND SCAM ARTISTS

Unfortunately, there are some groups and individuals who claim to offer intuitive wisdom but are exploiting people for the money. Some of these fakes include certain psychic hotlines and other services. These hotlines employ hundreds of “psychic advisors” who are paid a percentage of the clients’ fees – usually between $1 and $10 per minute. These people are not hired based on any intuitive ability but on how good they are on the phone and how long they can stretch out a “reading” and keep a client on the phone.

Some of these hotlines even provide their employees with a handbook which gives pointers on how to draw their callers out, how to sound empathetic, how to keep clients on the phone line, and how to provide them with generic answers to their questions – often with a positive outcome. While the majority of the readers on these psychic hotlines are probably not truly gifted, I’m sure that there are some who do have some psychic ability but don’t know how to market themselves on their own. Many readers on these phone lines complain that they, too, are being exploited because they receive low pay for their work.

The formula is clear: the longer the phone call, the more money the hotline makes. Although some of these hotlines may have genuine psychics, others are simply money-making ventures that give the word “psychic” a bad name. Although some of these hotlines may have genuine psychics, others are simply money-making ventures that give the word “psychic” a bad name. It’s important to distinguish between groups that exist to help the client from those that only seek to prosper by exploiting clients. To sum up, if you’re not satisfied with your reading from one of these services, go to a local psychic, or ask a friend for a recommendation.

WELL-MEANING BUT MEDIOCRE PSYCHICS

While out-and-out fakes do exist, there is another group of psychics who are actually well-meaning but who have a fairly limited amount of psychic ability. Just as there are many people who can sing, very few sing like Frank Sinatra. Similarly, there are a great number of people who call themselves psychics who are not highly gifted. They may be coming from the right place but are often inaccurate because they’re picking up their clients’ hopes and dreams – which reside in their Earthly aura – rather than deriving true information from their guides, or what many psychics call the pure Source.

Again, these intuitives are not fakes, but they’re doing their clients a major disservice by telling them what they want to hear, rather than what is actually going to happen. A good way to tell if a psychic is simply picking up something in a client’s consciousness, or if they’re getting a pure message, is to see if the message is something that you may not want to hear.

For example, many years ago, when I was living in Pittsburgh, I received a job offer from Ketchum How to Find a Genuinely Gifted Psychic From Fakes to the Mediocre to the Truly Gifted

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Ot all people who call themselves “psychics” have amazing intuitive abilities. There are psychics and mediums with little or no ability, many who have some ability, and those who are truly gifted. In my new book, The Gift Within Us: Intuition, Spirituality and the Power of Our Own Inner Voice (Waterside Productions, 2020), I feature profile chapters with 33 highly gifted intuitives from the US and around the world. While researching my book I also had readings from individuals who professed to be psychic but who were either only mildly gifted, or completely inaccurate and not gifted at all.

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For example, many years ago, when I was living in Pittsburgh, I received a job offer from Ketchum.
PR, a major Pittsburgh-based PR firm. They wanted to hire me as an account supervisor in their New York City office. I didn’t know if I should take the job, so I contacted the only psychic I knew at the time, Nancy Myers. I had met Nancy in the green room of a local TV talk show just before Halloween. We were both going to be on the show as guests – I was going to promote a local event called “Fright Night” that was taking place at Phipps Conservatory. Nancy was going to be interviewed about her psychic abilities – a perfect topic for Halloween.

When I got the job offer to move to New York City from Pittsburgh, I was frightened. I didn’t really want to move to New York – it was a big, expensive city and hours away from my home, my boyfriend and my family. So I called Nancy and scheduled a 30-minute reading – my first psychic reading ever.

On the appointed day, I went to Nancy’s house to get my reading. I didn’t know what to expect. I was nervous but excited. Nancy took me into her home office, sat me in a chair and proceeded with the reading. Of course, the burning question on my mind was whether I should take the job at the PR firm, or not staying in New York for years to come. Even though I desperately wanted to hear that I could just work in the New York office for a few months, Nancy looked me straight in the eye and said, “You’re going to be in New York for several years – no turning back now.” I was devastated. Nancy remembers my negative reaction to this day!

If Nancy had only been reading my hopes and dreams – my Earthly aura – she would have seen me moving back to Pittsburgh in short order, not staying in New York for years to come. Even though I desperately wanted to hear that my one-year plan would work, Nancy told me the truth as she heard it from her guides – not what I wanted to hear. As it turned out, I did take the job in New York, and I ended up living in New York for twelve years, working at top PR firms and gaining valuable national and international experience.

If you get readings from psychics who tell you that you’ll end up with your ex-boyfriend, you’ll get that impossible job in a great firm, or some other prediction that you know in your gut is not correct, write the prediction down and keep track of it. Chances are that your life will go in another direction, that these predictions don’t happen, and that you were read by a well-meaning, but mediocre psychic.

**TRULY GIFTED PSYCHICS AND MEDIUMS**

When you hear the word “psychic,” it’s natural to lump anyone with that title into the same category. That’s a mistake. Like any other talent, the percentage of people who are amazingly gifted is small. How do you find highly gifted psychics and mediums?

The best way is through word of mouth. Talk to your friends and find out if any of them have had a valid experience with a psychic or medium. By going through trusted friends who have had an accurate reading with a genuine intuitive, you have the best chance of finding someone who is very good and who is coming from the right place.

If you don’t have any friends who’ve been to psychics, you can contact your local metaphorical or new age bookstore or shop. Chances are, the people who own and operate these businesses are connected to genuine psychics and mediums in your local community, and they know who is the “real deal.” After all, they have a vested interest in knowing who’s truly gifted in your community, so they are a good resource when searching for local intuitives.

Certainly do your research, but be careful when doing research on the internet. When you type in the words “Best Psychics” in a search engine, typically a list of psychic hotlines and services will come up, followed by a list of psychics in your area who may have paid a fee to be listed on a specific site. However, I’ve learned that most gifted intuitives get their business through positive word of mouth from other satisfied clients.

Ask your friends and talk to local new age or spiritual bookstores. It is possible to find highly gifted psychics and mediums, but it can take some work. Positive word of mouth is the best indicator of who will give you a good reading, so you can also ask an intuitive if he or she has recommendations or testimonials to share with you. If you do not feel comfortable with one psychic, choose another.

When I was researching my book, *The Gift Within Us*, I found 33 highly gifted psychics and mediums from the US and around the world, mostly from recommendations from the scientists and psi researchers I interviewed, but also from the gifted people themselves. I have shared the contact information for each of these incredibly gifted individuals in my book so that everyone can contact them and experience a great reading. In fact, this is one of the reasons that I wrote my book. So please feel free to get in touch with these intuitives if you like – each one is not only highly gifted, but they also have high integrity and genuinely care about the people that they read.

Mary’s new book has received glowing reviews from Gary E. Schwartz, PhD, James Van Praagh and Dean Radin, PhD. *The Gift Within Us: Intuition, Spirituality and the Power of Our Own Inner Voice* is available from all good bookstores, online and physical, or go to www.maryannbohrer.com.

**MARY ANN BOHRER** is a PR professional, communication specialist and intuition advocate who has interviewed some of the most gifted intuitives in the world. She has also interviewed top scientists, psi researchers, academicians and even a Catholic Archbishop regarding the topic of intuition, and shares her findings in *The Gift Within Us* – that each and every one of us – regardless of religious affiliation, or whether they identify as religious at all – has access to this amazing and life-changing gift, simply by listening to our own inner voice. For more information, visit www.maryannbohrer.com.
I grew up as the daughter of a mortician. As a child, I never thought of my father’s job as different or odd. Actually, I never really thought about it at all. My mother stayed home to raise my five siblings and me, while my father spent his days working in the funeral home.

For some, a funeral home can be an uncomfortable place, but for me it was a second home. I spent every Saturday there after piano lessons. It was my father’s office. It was a normal part of life – just like riding in the hearse. For some, a hearse represents dread and sorrow; for me it was our family car, which could easily tote around six children.

Later on, I learned my upbringing wasn’t all that conventional. Most kids didn’t talk about death and dying at the dinner table alongside the usual topics of school, grades and boyfriends. It wasn’t until high school when I noticed a difference in the way my friends thought about death.

I personally never thought of death as something scary, icky or weird. I certainly didn’t perceive my father working with death as something scary, icky or weird. I believed then (and now) that death is simply part of our life path. It is not to be feared as much as embraced.

Even as a child, intuitively knew that any professional who assisted the loved ones left behind during their loved one’s journey of “going home” must be a person with a gift. My father has that gift, and he chose to share it with others. I found my own version of this gift.

As an energy practitioner, spiritual healer, and hospice volunteer, I have had the opportunity to use my gift and spend numerous hours with people during what I feel is one of the most profound energetic and spiritual experiences ever – their death. I have witnessed firsthand, through the use of my psychic abilities and knowledge of our human energy systems, their incredible journey back to spirit. I want to share firsthand what I see and offer a new way to look at death using psychic sight. When we look at death only with our human eyes, we are often consumed by fear and sadness. But when we understand how to use psychic sight, we can move through the process in love and spirit.

My hospice patients are so loving and giving of themselves. They are my teachers. Their homes and hospital rooms are my classrooms. I’m blessed they allow me to share such a personal, spiritual time and space, and I feel it is time to finally share what I have learned to help people through their own personal journey, whether they are the patient, the family member, the loved one, the friend or the medical staff.

Death of a loved one can be life-altering and devastating, yet we humans can find a different way to experience death. We can understand that death does not have to be something to be feared. Death can be seen as an eternal part of the wonderful experience called Life Itself.

This is one of the reasons I wrote An Energy Healer’s Book of Dying: For Caregivers and Those in Transition – to help see death by use of energetic psychic eyes, from the perspective of an intuitive energy healer to expand vision and understanding of what is happening energetically during each stage of the death process. The book’s subtitle reads “For Caregivers and Those in Transition” and is dedicated to anyone who is experiencing the process of death in any manner, whether it is someone in the
midst of their own personal journey, a family member or friend assisting a loved one, a volunteer offering their time and service or a medical staff member whose life work is to help others in this grand transformation of energy. In doing so, I hope to counter any fear or angst normally associated with the process of death and bring solace, awareness and empowerment to those experiencing or witnessing a return to spirit.

I want to help others talk about and experience death with freedom. Replacing undue sadness by expanding old thought-forms. Finding new insights and knowledge.

I want people to find a different way to not feel compelled to cling to life when they are suffering and dying because they’ll truly know that there is nothing but life.

I want people to know that we are never alone in life or in death.

My book takes readers step-by-step through the nine energetic levels of dying offering psychic insight into what is happening at each level energetically, what to watch for in each stage and specific ways in which we can support our loved ones through their transition back to spirit.

Shedding light on one of the great mysteries of existence, this information is presented as a compact yet comforting guide to support you through the emotional, exhausting time of losing a loved one to death; and offers helpful approaches for moving through the grief process using healing strategies and actual hospice case studies.

THE NINE STAGES OF DEATH

These transitions are outlined only as a model of a typical death experience. Each person’s process is an individual journey; some move through the stages in a methodical manner, while others create their own unique version.

FIRST LEVEL OF TRANSITION

1st Dimension of Light / Root Chakra / Auric Etheric Body

Shuts down the consciousness of “all we experience” as the BODY of Mother Earth Energies and Planet Consciousness

FIRST LEVEL SUMMARY

• It is a fearful period for many and can be confusing.
• Loss of material items may create a sense of panic.
• This is a time to be fully present for the dying person.
• Share unconditional love to assist family, friend, or medical attendant by working physically, emotionally, mentally, and spiritually.
• Assist your loved one with verbal or telepathic conversation or prayer.
• This is the beginning stage of the death process in energy and usually takes a number of hours to transition.

SECOND LEVEL OF TRANSITION

2nd Dimension of Light / Sacral Chakra / Auric Emotional Body

Shuts down the consciousness of “all we experience” as the MIND of Mother Earth Energies and Planet Consciousness

SECOND LEVEL SUMMARY

• There is an emotional release of Earth-bound relationships.
• Emotional blocks for the person can include unresolved issues with family, friends, and loved ones.
• They may be harbouring fear of encountering a deceased relative or friend.
• They may have fear of encountering God, heaven, or hell.
• There is an ego-related release, causing a pull-effect to the energies within the room.
• It is key to assist the dying person with unconditional sharing of divine love.

THIRD LEVEL OF TRANSITION

3rd Dimension of Light / Solar Plexus Chakra / Auric Mental Body

Shuts down the consciousness of “all we experience” as the BODY of Human Form Energies

THIRD LEVEL SUMMARY

• This is the beginning of letting go of all physical realities of time and physical laws.
• The dying person may physically appear to be struggling; this is the templates releasing - from an energy standpoint, it is a calm release even though it might not look as such.
• Breathing patterns may become jerky, gurgling, and unsettling to witness.
• The dying person encounters their contrasting dual power sources – the ME of human EGO and the WE of collective spirit.
• Begins mottling: feet, hands, and sometimes arms begin to turn blackish-blue and blotchy because robust energy centres or chakras are closing.
• Body has web-effect: discolouration of white-ish splotches because very light yellowish lines of auric mental energy body grid are dissolving.
• The energy in the room may be somewhat heavy.

Continued on page 68...
Harnessing the advances of the new paradigm of medicine – which focuses on the regenerative abilities of the body rather than symptom management – Elisa Lottor, Ph.D., HMD, explains how each of us can turn on the body’s self-healing abilities, prevent illness before it starts, and reverse the aging process to live longer, healthier, and happier lives.

Beginning with a focus on the foods we eat, the author reveals how many diseases and symptoms of aging are the result of inflammation in the body, caused by poor diet and a lack of crucial nutrients. She explains the top foods to avoid, such as refined sugar, and the best nutrient-rich foods to include, along with easy and delicious recipes. Showing how regenerative medicine treats the roots of aging and disease, preventing them before they start, she details the regenerative properties of the liver complex, explaining the best ways to detox, and reveals how to restore optimal microbe balance in your gut. Dr. Lottor explores the regenerative properties of adaptogens, herbs, and nutriceuticals, the unobtrusive healing practices of energy medicine, the importance of hormone balance, and the concept of living water. She also underscores sleep as a core regenerative therapy.

Looking at the most cutting-edge research in the rapidly emerging field of regenerative medicine, Dr. Lottor examines the potential of stem cell therapies for regeneration of joints and organs as well as for lengthening our DNA’s telomeres, the shrinkage of which is now considered a chief cause of aging. She also looks at the science of gene expression – epigenetics – and how DNA can be used as both a health predictor and a tool for preventing inherited diseases. Dr. Lottor offers each of us the necessary tools and information to reverse aging and participate in your own wellness.

ANCIENT WISDOM FOR MODERN HEALTH

By MARK BUNN

In this book you will learn how to:

★ regularly experience your natural state of happiness, vitality and flow
★ nourish the most important factor in your lifelong health – your emotional health
★ understand ‘food intelligence’ to make healthy eating as simple as A, B, C
★ transform your exercise from ‘no pain no gain’ into a mind, body and spirit high
★ lose weight naturally (as proven by cultures who have remained healthy and slim for thousands of years) in ways that have absolutely nothing to do with counting calories, analysing fats or doing difficult exercise
★ eliminate mental lethargy and reduce depression
★ reduce your risk of cancer, heart disease, diabetes, osteoporosis, autoimmune disease, and bounce out of bed each morning feeling light, clear and energised
★ maintain a healthy weight, enjoy sound sleep and delay the ageing process by understanding Nature’s cycles
★ enliven your inner spiritual source to improve every area of your life
★ make staying healthy and happy SIMPLE (not complicated like modern-day health advice)

If you want to remain youthful in mind, body and soul, experience more contentment and joy in life, and make good health simpler, this book will show you how.
Insight

Fourth Level of Transition

4th Dimension of Light / Heart Chakra or Bridge / Auric Astral Body
Final Release of “all we create” as the MIND of Human Form Energies

Fourth Level Summary

• Releases all thoughts and ideas that have worked to formulate and manifest the human body.
• Bridges the physical plane to the spiritual plane.
• Can be a very confusing time for those holding vigil for the dying person.
• Seems to be almost a revitalisation of the body.
• A flurry of activity or burst of energy, can be puzzling.
• A soft glow emanating from the dying person’s face and body.

Seventh Level of Transition

7th Dimension of Light / Crown Chakra / Auric Ketheric Template
Final Release of “all we experience” as the BODY of Celestial Soul Energies

Seventh Level Summary

• Now releases ALL shape and form.
• Releases all harmonics of creation itself.
• The dying person moves from the sixth level quickly and uneventfully through the seventh level.

Eighth Level of Transition

Final Release of “all we create” as the MIND of Celestial Soul Energies

Eighth Level Summary

• Physical body of the person has most likely taken its last human breath.
• Spirit is still at work to move to and through the next level.
• Next levels of movement are combined and very quick.

Ninth Level of Transition

Final Release of “all we create” and experience as the MIND and the BODY

Ninth Level Summary

• The person is “gone,” but Spirit is still in transition.
• Now working in infinite love and light residing in all dimensions.

Sixth Level of Transition

6th Dimension of Light / The Third-Eye Chakra or Brow / Auric Celestial Body
Final Release of “all we create” as the MIND of Universe Energies

Sixth Level Summary

• Releasing language of life, light, and the knowledge of form and structure.
• There may be a soft glow emanating from the dying person’s face and body.

Seventh Level of Transition

7th Dimension of Light / Crown Chakra / Auric Ketheric Template
Final Release of “all we experience” as the BODY of Celestial Soul Energies

Seventh Level Summary

• Now releases ALL shape and form.
• Releases all harmonics of creation itself.
• The dying person moves from the sixth level quickly and uneventfully through the seventh level.

Eighth Level of Transition

Final Release of “all we create” as the MIND of Celestial Soul Energies

Eighth Level Summary

• Physical body of the person has most likely taken its last human breath.
• Spirit is still at work to move to and through the next level.
• Next levels of movement are combined and very quick.

Ninth Level of Transition

Final Release of “all we create” and experience as the MIND and the BODY

Ninth Level Summary

• The person is “gone,” but Spirit is still in transition.
• Now working in infinite love and light residing in all dimensions.

All vertical veils of the dimensions now fade.
• The person is in the state of “crossing over” into the white light.

In An Energy Healer’s Book of Dying, each Stage or Level of Transition includes a section called “What I Psychically See at this Level” to assist those that are not able to tap into psychic sight or knowledge and is detailed to assist those holding vigil to know what their dying loved one may be experiencing. Here is an example:

What I Psychically See at the Ninth Level: During this time, I psychically see the final stages of the Spirit helpers and the white light fully merging with the person. It is the final steps of the transmuting of human energy fully returning to Source energy. I also can feel the celestial soul energy of the person moving into the light and crossing over into the light feels somewhat like a very slight and subtle sensation of an up and over movement. It is a smooth but distinct knowing they moved beyond the veil. My own physical body sometimes is overwhelmed with an incredible sensation of love that causes me to shed tears of joy. It is an honour to be allowed to witness this miracle of transmutation back to Source.

I wrote An Energy Healer’s Book of Dying to help others replace fear of death with new knowledge. To encourage willing participation in hospice and the transition back to Source. It will give power back to those who own it. It will affirm miracles.

You can obtain a copy of Suzanne’s new book An Energy Healer’s Book of Dying: For Caregivers and Those in Transition from New Dawn. To order, see page 71.

Suzanne Worthley is an energy healing practitioner and intuitive who has focused on death and dying for 20 years. She has played a vital role in partnership with families and hospice teams, helping the dying have a peaceful transition, and helping families and caregivers understand what is happening energetically during the death process. She lives in White Bear Lake, Minnesota, USA. Website: www.sworthley.com.
It’s much easier to talk about the weather, sports, and celebrities than your fear of mortality. Unfortunately, the more time you spend pretending that ultimate truths don’t exist, the more time you waste not being your authentic self and getting the most out of every precious second.

Time, not money, is your most valuable asset. Allow the list below to ignite the spark of motivation you need to make better use of the time you have on this planet.

Sometimes we need to head into the storm to appreciate the light and have a renewed passion for the beauty of life.

Here are 20 brutal truths that every single person needs to hear.

1. **You’re going to die and you have no idea when.**
   Stop pretending that you’re invincible. Acknowledge the fact of your own mortality, and then start structuring your life in a more meaningful way.

2. **Everyone you love is going to die, and you don’t know when.**
   This truth may be saddening at first, but it also gives you permission to make amends with past difficulties and re-establish meaningful relationships with important figures in your life.

3. **Your material wealth won’t make you a better or happier person.**
   Even if you’re one of the lucky ones to achieve your materialistic dreams, money only amplifies that which was already present.

4. **Your obsession with finding happiness is what prevents its attainment.**
   Happiness is always present in your life – it’s just a matter of connecting to it and allowing it to flow through you that’s challenging.

5. **Donating money does less than donating time.**
   Giving your time is a way to change your perception and create a memory for yourself and others that will last forever.

6. **You can’t make everyone happy, and if you try, you’ll lose yourself.**
   Stop trying to please, and start respecting your values, principles, and autonomy.
You can’t be perfect and holding yourself to unrealistic standards creates suffering.

Many perfectionists have relentless inner critics that are full of so much rage and self-hate that it tears them apart inside. Fight back against that negative voice, amplify your intuition, and start challenging your unrealistic standards.

Your thoughts are less important than your feelings and your feelings need acknowledgment.

Intellectually thinking through your problems isn’t as helpful as expressing the feelings that create your difficulties in the first place.

Your actions speak louder than your words, so you need to hold yourself accountable.

Be responsible and take actions that increase positivity and love.

Your achievements and successes won’t matter on your death bed.

When your time has come to transition from this reality, you won’t be thinking about that raise; you’ll be thinking about the relationships you’ve made – so start acting accordingly.

Your talent means nothing without consistent effort and practice.

Some of the most talented people in the world never move out from their parent’s basement.

Now is the only time that matters, so stop wasting it by ruminating on the past or planning the future.

You can’t control the past, and you can’t predict the future, and trying to do so only removes you from the one thing you can control – the present.

Nobody cares how difficult your life is, and you are the author of your life’s story.

Stop looking for people to give you sympathy and start creating the life story you want to read.

Your words are more important than your thoughts, so start inspiring people.

Words have the power to oppress, hurt, and shame, but they also have the power to liberate and inspire – start using them more wisely.

Investing in yourself isn’t selfish. It’s the most worthwhile thing you can do.

You have to put on your own gas mask to save the person sitting right next to you.

It’s not what happens, it’s how you react that matters.

Train yourself to respond in a way that leads to better outcomes.

You need to improve your relationships to have lasting happiness.

Relationships have a greater impact on your wellbeing and happiness than your income or your occupation, so make sure you give your relationship the attention and work it deserves.

Pleasure is temporary and fleeting, so stop chasing fireworks & start building a constellation.

Don’t settle for an ego boost right now when you can delay gratification and experience deeper fulfillment.

Your ambition means nothing without execution – it’s time to put in the work.

If you want to change the world, then go out there and do it!

Time is your most valuable asset - you need to prioritise how you spend it.

You have the power and responsibility to decide what you do with the time you have, so choose wisely.

Dr. Matthew Jones is a licensed therapist, startup hiring expert, and creator of The Depth-Oriented Coaching Method. With two Masters degrees and one Doctorate in Clinical Psychology from The Chicago School of Professional Psychology, Matthew frequently speaks on the importance of aligning three core components to become your most authentic self: who you think you are, what you are not aware of in yourself, and how you present yourself to others. His written work has appeared in Inc Magazine, The Huffington Post, TIME, Business Insider, Thought Catalog, The Observer, and more. For more information, please visit www.drmatthewjones.com.
GOOD SUGAR, BAD SUGAR: HOW TO POWER YOUR BODY AND BRAIN WITH HEALTHY ENERGY by Christopher Vasey, N.D. – A guide to replacing bad sugars in your diet with good sugars for physical, emotional, and mental healing and more energy. Explains how to easily replace bad sugars, including white sugar and artificial sweeteners, with good sugars. Explores the difference between fast sugars and slow sugars and the regulating role of proteins to slow down the body’s use of fast sugars and slow sugars and the regulating role of proteins to slow down the body’s use of good sugars. Explores the difference between white sugar and artificial sweeteners, with how to easily replace bad sugars, including hypoglycemia, diabetes, obesity, cavities, thickened blood, acid-alkaline imbalances, hyperactivity of glands, mood swings, phobias, depression, and delusional states. 176 pages, paperback, $23.00

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