

Natural Living Journal

Well-being for Body, Emotions, Mind, & Spirit

Vol. 5 Issue 2 READ FREE ON-LINE www.naturallivingjournal.com, March-April 2020



**Peace in Midst of
Unusual Events in World**

Healing Nature Walks

Regain Your Brain

Creativity is Being Alive

**Zhineng Qigong for Self
Healing**

**Being an Expression of
Pure Divine Love**

Platelet Rich Plasma

**Homeopathy for
Seasonal Allergies**

**My Path of Spiritual
Awakening**

Yoga Can Heal Emotions

Great Poet Rumi: Grief

Love & Loss: Special Pet

**Chiropractic Can Help
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Why Eat Organic?

Natural Foods

Design by Joyce Gerrish

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NATURE PILL: Ask Your Doc To Prescribe Nature Walks

by Nathan Lynch, Part of "New Thought" since 2006. He is a Unity of East Louisville Board of Trustee Member & Prayer Associate, & Web Master

"In every walk in nature one receives far more than he seeks." - John Muir

Intuitively I have always gravitated towards being outside. It seems to give back in so many ways. Be it a jog around the block or walking in nature, I've felt at peace when outside - out on the trail. Nature has always without fail recharged the physical, emotional and spiritual parts of myself. According to new studies, this may actually start to pay real world dividends.

According to a study done at the University of Michigan, and published by *Frontiers In Psychology*, it is suggested that taking 20 minutes to stroll in nature can reduce your stress hormone levels. During that study, nature was defined by the participants as anywhere they felt they were interacting with a natural setting. Living in a city even a small park, a patch of grass, or any area with trees can suffice.

During the walks, participants were not allowed to do aerobic exercise, use social media, internet, take phone calls, have conversations, or even read. Also, the "nature pill" had to be in daylight. Studies were controlled, which spelled the stats out plainly - - being out in nature even for short periods can do wonders. Being in nature is even better than those supplements that you buy at your corner pharmacy.

Here's more evidence that outdoors is the best prescription around. It's the best health plan you can buy because not only is nature free - - with a no cost nature Rx you need not take much of a dose to receive massive benefits. For instance, in May 2019, *Outside magazine* published an eye-opening article. It stated that a grassroots movement of physicians are prescribing time outdoors as the best possible cure for a growing list of ailments. That led to the following stats being revealed. You can call these...

The Rise of The Nature Pill Movement by The Numbers.

In 2006 there was one health insurance program that prescribed nature for fixing different forms of suffering. In 2019 that number



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grew to 19, all within 13 years! Not only that, major companies started jumping in the mix. REI for example, pledged \$1 million in October 2018 to fund the Nature for Health research initiative at the University of Washington. There were 1,200 nature prescriptions written by physicians in 2018 alone, in the Park Rx America app.

Nature will Nurture

Nature pills could be a low-cost solution to reduce the negative health impacts stemming from growing urbanization and indoor lifestyles dominated by screen viewing. As this world moves faster and faster, speeding up with more information and technology, life becomes an unending cycle of frenetic activity. More times than not this leads to more stress. The best thing we can do is slow down and just get outside. May we take time to recharge with the natural vibration of nature. When we meet ourselves alone in the woods, we invite in silence and can better listen to the inner calling. From this place we can magically instill our oneness with all creation.

So, let the nature pill do its work much like it was originally intended. It is there for us to heal ourselves. Get outside, move or not. Just get out and let down your defenses and become one with what you've always naturally desired. Maybe I'll meet you on the trail one day, and we'll both be better than before.

BIO - Nathan Lynch is a computer guru - specializing in web design, and online promotions. Nathan is also a Board member of Unity of East Louisville, believing that we are all one and that we are love.

PHOTO: (c) CanstockPhoto
Dasha Petrenko



CREATIVITY IS BEING ALIVE

By Leah Bomar, B.A., Life Coach

Creativity is an explosion of expression. It takes shape in the world around us materializing in many forms found in the human experience. From the obvious outward examples of art, music, and theatre to the quiet inward day dreams we don't always share with others. There is creativity in the way we cook our food, parent our kids, do our job. There are creative ways to express feelings, heal, and love. If you have always been a person who struggles with feeling creative or constantly feels like you are just untalented or 'bad' at traditional displays of creativity like doing arts and crafts, drawing, painting, or writing, here are ways to connect to your innate creativity we are all blessed with as humans.

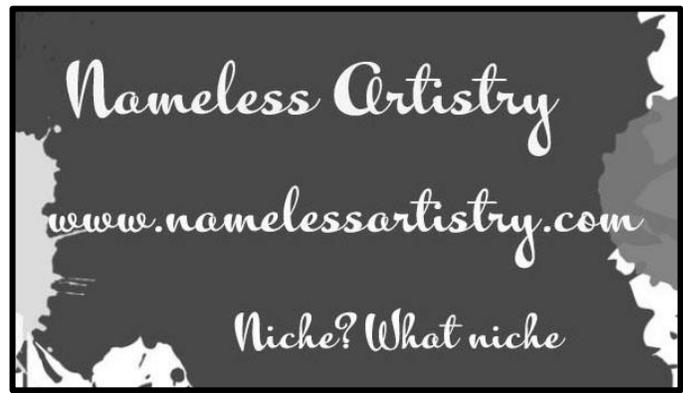
Make Something... Anything! You don't have to be an 'artist' to create. The fear of not doing something 'perfect' holds a lot of people back from even starting. Spoiler alert: there is no wrong way to make art! You can even remove the pressure and allow yourself to just make something, anything! Local artist Kathy Preher Reynolds uses her creativity as a way to calm the brain by doing something with her hands to release excess energy and stress.

Kathy told me, "Find a medium that speaks to you and let go! Once you let go of the fear of doing something right or perfect, you've crossed the hurdle of starting, so go ahead and finish. There are only happy mistakes in art expression. See where it goes. The most rewarding feeling is you didn't quit!" Kathy has spent her entire career in theatre working as a stage manager across the country and locally. She recently launched her own business NamelessArtistry.com where she can sell and display her most recent passions from sewing, painting, pottery, creating custom jewelry and wire wrapped trees.

She shared with me in a recent conversation, "Creativity is attached to emotions. Whatever need I want to fill at that moment dictates what I make. My favorite process is not knowing what will come out. Just starting a project and seeing where it goes." Kathy will be hosting classes soon to help others find and express their own creative power.

Try Something New! Opportunities to be creative are everywhere! Go outside your wheelhouse or previous experiences. This may come in the form of signing up for some sort of class you've always thought sounded interesting or fun. Macramé, one of those wine sipping and painting classes, terrarium building at Safai Coffee, or art lessons at a local art supply store like Preston Art Center.

HAVE FUN! Think like a kid! Satisfy your inner child by doing something totally 'childish.' Go to a Lego shop and build for a



few hours. Host or attend a "GlitterBomb" Tea Party for adults and play dress-up! There are several open gym/trampoline parks where adults can go now without a second glance to jump and bounce totally judgement free to their heart's content. These are all ways to be creative with your mind and body.

Creativity is often expressed with the movement of your body.

Who said exercise or working out has to be boring or feel like work? Get creative with your exercise routine. Enroll in belly dancing, adult ballet, or a Zumba class. Go walking, hiking, and exploring at all the different and beautiful parks around town (for free!). Rent or buy a bike or scooter and take a spin on a sunny day. The sidewalks are literally littered these days with electric scooters for rent. Make a list of things you really want to do but ego or negative thought patterns might have been holding you back from doing. Start having fun!

Creativity means being alive. You don't have to be with a professional to benefit from a little art therapy. Whatever feels good to you, start there. Visit LeahBomar.com for a list of creative expression ideas, upcoming classes, workshops,

and retreats.

BIO: LEAH BOMAR is an author, speaker and certified Therapeutic Art Coach. She graduated from University of Louisville with a degree in English. Leah taught elementary art. As a Super Mom of three children, she started a local Creative Co-op for Homeschoolers and taught middle school and electives at a local cottage program. Through her 'Glitter Bomb' Retreats, Dream Board Parties, and online Solution Creator Masterclass, she connects people who are ready to rediscover their own dreams and purpose while learning new techniques to turn overwhelm and everyday stressors into sources of JOY. Visit LeahBomar.com



Created by Kathy Preher Reynolds, NamelessArtistry.com

ZHINENG QIGONG FOR SELF HEALING

Susana Cota-Kerk

Zhineng Qigong is a self-healing practice which enhances physical, emotional and mental well-being. Like many people who are first attracted to Qigong I did it because I had a health condition. However, as I deepen in my practice, I begin to understand what true health is. So, what is true health? That is the balance and harmony with ourselves, with ourselves and others, ourselves and our community and our ourselves and the world. As you can see it is not only about having a healthy body, it is a lifestyle where you take care of yourself and everything that connects you with life as a human. This is a truly holistic approach.

What is involved in the practice of Zhineng Qigong? This practice involves gentle movement and the focus of the mind inside the body, and then expanding out to the universe, connecting with the qi of nature. Alternating this focus of the mind each movement helps lead us into a deeper and deeper meditative state. During each practice we hold an intention (information) of a clear focus on a desired outcome. We connect with the Qi (energy), and we merge and transform with it. At the same time this allows us to enhance the power of our mind's intention.

Doesn't this seem like an advanced type of practice? It is not. Not only it is easy but also effective and safe. As a holistic practice, we are connected with everything that exists in the universe, inside and outside of us. During our practice, we train our minds to bring our focus inwardly, we organize our qi field to harmonize with the qi and we proceed with movements to expand out into the universe, and we kindly release back into the universe what we no longer need. In the beginning, we encourage the participants to focus the mind through simple movements. This helps our mind to expand, release, gather, merge and transform between our bodies and the universe. Although with this practice we don't focus on the breath we can use the following analogy. To sustain our lives we breath in oxygen, we merge and transform it in our lungs, and we release carbon dioxide. In Zhineng Qigong it is with our mind's intention and awareness we are inducing the qi. You see, qi is already imbedded in our mind, so where the mind goes the qi flows. This is how we focus inwardly to heal and enhance the quality of our lives as humans.

What does a movement practice look like in Zhineng Qigong? We usually start with a foundational practice called "Lift Qi Up Pour Qi Down". It is a standing position. Sometimes the arms are up, and sometimes they are at the side of the body in a straight line, and there is movement of the shoulder blades and some



ZHINENG QIGONG LOUISVILLE

contact@zqlou.org

Classes:

Clifton Unitarian Church
2231 Payne St. 40206

Wednesdays: 10-4: Open House
4- 5:30, Self-healing group 6- 7:30

Thursdays: 5:00- 6:30,
beginning March 19, 2020

Saturdays: 11- 12:30

squatting. We apply all the above meditation process with the mind and connect and balance our physical energy behind the area of the navel, with our emotional energy in the middle of the chest and with our mental energy in the center of the brain. It is fairly easy, and we always encourage the participants to do the movements on their own pace and ability.

Why do you connect with your mind using this motion of opening externally and closing internally? The motion of opening/expanding and closing /contracting is a very basic form of motion of life. Just like each cell in the body expands and contracts or our lungs expand and contract. This form of motion is seen everywhere in life. With our minds we can do the same by inducing the Qi to expand out -- open and contract, open and contract, open and contract. We help the participants train the mind to



open and close. To visualize this, we encouraged them to think of the blue sky. There are also other more specific movements involved but all of them help this process of expansion and contraction.

What are the benefits of this practice? It is easy, effective and safe. The movements are simple to remember and do not require any previous knowledge of Chinese acupuncture or medicine. Also, it can be done on your own and in a group. It is a healing art that can also enhance the skills of those who work with energy. I feel very fortunate to have learned this practice from a Chinese master who studied directly under the founder, Dr. Pang Ming who is currently active and doing research studies. I am also very grateful to be part of a group of certified instructors called Zhineng Qigong Louisville who have been involved in this practice for more than 15 years. Their support on an individual level and my education and teaching with them have made me see the larger picture of the meaning of true health in my life, my community and my world. There are many other aspects of the practice which we can't go into in this short article. We invite you to come to our classes and learn all about this life enhancing practice.

Photo: (c) Zhineng Qigong

BEING AN EXPRESSION OF PURE DIVINE LOVE **Gerry Boylan, Ph.D.**

Love is all we need. We came here on Earth to love, to be loved, and to be an expression of divine love. It is easy to get on automatic pilot where we are just sort of wandering through life, and then at the end of the week we may say, "Where was I? I did all the things I was supposed to be doing, but I wasn't really conscious about any of them. We may talk about that we want to be truly loving, and I certainly believe that myself with all my heart. If we are attempting to express higher love and we aren't really aware of who we are, then we tend to not really be able to be that because we are so locked into our agenda. I don't mean that in a judgmental way. I sometimes just become thoughtless and wrapped up in my own stuff. When I begin to define myself in terms of my own stuff, I don't really have room for another person -- and I probably don't even realize that's what I'm doing. It's not until something comes along, and sort of smacks me and I say "Oh, I could have been more loving about that. I could have seen this other person as an expression of pure love, and I could have seen myself that way. When you looked in the mirror this morning did you see yourself as an expression of divine love, or was it more about combing your hair and putting your makeup on?"

We can pay this idea lip service. "Oh, I know I'm a spiritual person, I know I'm an expression of God's Love. When was the last time that you experienced that? I'm not talking about experiencing that in an emotional way. Even though love is an emotion and a feeling, that is not what we're talking about here. Suppose I only love when I feel like being loving? What is that going to be like? What would it be like if the only time I go to work is when I feel like going to work? I wouldn't have a job very long. Right? What if I only love when I feel like loving? There may not be a lot of love going on in your interaction with other people.

The way Scott Peck put it, love is the ability to stretch oneself for one's own spiritual growth or the growth of another. When was the last time you were stretched? When was the last time you ran away from being stretched? When was the last time you were AWARE of being stretched? When was the last time you were called upon to be loving, even when you didn't feel like loving? That has happened to me with my grandkids. There are sometimes when I don't feel like loving them. Maybe I'm stuck in



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my own stuff, or maybe my perception is they're being stubborn or they're being obnoxious (or this or that) and I don't feel like loving them right then because they're not fitting into the framework I've created for them in my own mind. Why??? I can still choose to love them even if I don't feel like doing it right then. Oh-h-h-h!

My love and your love in our true essence goes beyond what you or I feel either about ourselves or somebody else. When we are a true expression of divine love, it is beyond the feeling state.

When our feelings go along with that it's wonderful. I love it! But that's not all that we're being called to do necessarily. We are called to go beyond that personality emotional stuff that we've create for ourselves. We are more than that. The only way that I can recognize you as being more than the personality level of love is when I recognize me as being more than that.

You are a unique expression of divine love. A while back there was a saying that if you can't love yourself you can't love anybody else. I got stuck on that one. At that time, I sort of perceived myself as not loving myself very much. Which was probably true! Somehow, I translated that in my mind into that I couldn't fully love someone else.

Personality level of loving myself is like looking in a mirror and thinking "Aren't I wonderful, how great I am." Spiritual love isn't that kind of love at all. It's about recognizing the divine truth of who I am. Not only do I give love, I AM LOVE. When was the last time you remembered that one? I'm not just my body, I'm not just my mind, I'm not just my emotions, I am spirit. I am pure divine love. You are pure divine love. That is the truth of what we are. That's what we are!

The brighter I can recognize my own light, the more I can begin to recognize yours. It wasn't a matter of black or white. It was more

a matter of degree, that the more I am willing to accept myself as a unique expression of divine love, the more I can see that in you. My willingness is kind of like the faucet that stipulates how much I am able to see you in your divine truth. If I use my emotions as being a way to calculate how loving I am, then my love for you is going to be limited all the time. Then I can only receive your love when I feel like receiving it.

How many times have you or I somehow (even in an unconscious way) been pulled out of the darkness by someone else's love? We might not have even known it. If you've ever been in a state of depression or feeling overwhelmed and you're just kind of slugging it through the best you can with the limited gifts you think you have - - either all of a sudden or gradually the fog sort of lifts and you begin to say, "Ah - h - h. I am a divine child of God. I knew that before even though I wasn't feeling it. I was disconnected from that truth. Now I begin to connect with that again. Where did that come from. Then I begin to think of all the many times in my life where I have been feeling kind of lost in self defeat or even despair and somehow or other some person was praying for me and held the light so I could begin to see it for myself again.

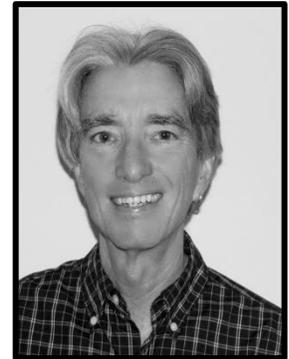
Somebody saw me as a unique expression or the divine. Someone saw me as being love, even though I couldn't see it in myself. They did that as long as they needed to until I was able to see it for myself. A while ago I was going through a really depressed time and it lasted a number of years. I went to see a couple of therapists, and they said they could give me some medication - - but my depression was coming more from my soul than from my emotions. You are just going to have to find some ways to deal with it. - - some ways to get through the dark. I said "O.K." I remember waking up one night and my wife had her hand on my back, and she was saying "I love you, I love you, Dear." I would like to tell you that everything changed at that moment. It didn't. Everything did change and yet nothing changed. I was the same depressed person struggling with the dark night of the soul that woke up the next morning - - and yet I was a very different person as well because I realized one thing that saved my life and continues to save my life. That as dark as it was in that particular place, there was a part of me that I had not recognized that was somehow still putting one foot in front of the other. That part of me that during the day was seeing clients who were hurting and was praying at night and holding my grandchild in love. Even when I didn't feel like I had anything to give, there was some part of me that was beyond my human understanding.

And so here we are. This is not about what you know. It's not about what you experience. It's about you knowing the truth about who you are in this moment. Because there is absolutely nothing else. You are created in the image of God (Bible: Genesis 1:27). You are an expression of divine love. There is no greater truth about you. Now you may forget that, but I will guarantee you this -

- if you are caught up in something, your spiritual essence will not forget that. You might misplace it for a while. You might get caught up in something that causes you to think you are something other than the truth of who you are. But there is always going to be a part of you that is continually anchored in that truth that is never going to forget.

My prayer for myself and for you is that whenever I fall into forgetfulness, whenever I wake up and remember that I have fallen into forgetfulness - - once I remember that I've fallen into forgetfulness about who I am and who you are - -, the first thing I will do is drop my judgement. The second thing I will do is ask myself, what does my higher spiritual self have to tell me in this moment? What does it have to remind me of? What is the truth I might have missed this last day? And listen to that. Not only is the universe calling. The love that you and I are is always speaking to us. It's just that sometimes we've forgotten to give ourselves the opportunity to listen.

So, listen to the beating of your heart. Listen to a flower unfolding. Listen to the snowflake land on the ground. Listen to the silence of your love for another being. Listen to the stillness and be aware not only of the love of God, and the love of other people toward you. Be aware that the truth of you is what you have always been looking for. The truth of you is what your heart has been seeking all of these years, all of these days, and all of the time. You are all of that and more than words can possibly express.



Thank you, Father-Mother-God, for reminding me of the truth of who I am. Help me hold that truth in light and grace. And if by chance I forget it, let me be gently reminded in a way that my soul will recognize the truth of who I am, the truth of who each person is, and the truth of us together.

BIO FOR REV. GERRY BOLAN, Ph.D. Gerry began his career as a teacher and retreat leader at Xavier High School where he taught Biology, Chemistry, and Religion. His undergraduate degree is from Catholic University and he has graduate degrees in Biology and Transpersonal Psychology, and a Ph.D. in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services.

Deep appreciation to Unity of Louisville for printing 200 of Natural Living Journal each issue

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PLATELET RICH PLASMA (PRP) ***Using Your Own Blood For Healing***

By Dr. Jill Hayes

Human blood contains four main components which are plasma, red blood cells, white blood cells, and platelets. Whole blood is 54.3% plasma, 45% red blood cells, 0.7% white blood cells, and the platelets are a very small percentage of whole blood. The red blood cells are also called erythrocytes and they distribute oxygen to the body. The white blood cells are also called leukocytes and they are part of the body's immune system. The plasma is mostly water with a small amount of dissolved proteins. The platelets are also called thrombocytes and their main function is to help with clotting.

In 2001, J. Choukroun introduced the idea of using certain components of the blood to enhance healing. A couple of tubes of blood is drawn from the arm and the tubes are immediately placed in a centrifuge which spins at specific forces for a set time depending on the procedure to be done. This causes the blood to separate into different components. The red blood cells sink to the bottom, the plasma floats to the top, and the platelets end up in a layer between the red blood cells and the plasma. The top layer containing the white blood cells and the platelets is named platelet rich plasma and is drawn out of the tube and used in the body. The immune cells and growth factors and powerful healing proteins in this portion of the blood enhance healing.

Since that time much research has been done and the technique has been perfected. Today I use this technology to heal bone defects in and around teeth and implants in the mouth, and I use it to enhance collagen formation and facial esthetics. The research done by Dr. Richard Miran has confirmed that special tubes with no additives is the best type of tubes to use. His research has also developed a newly designed centrifuge that spins the blood tubes in a horizontal position at precise forces and times which results in increased amounts of immune cells and growth factors that float to the top of the tube. If the plasma is drawn off the tube immediately it stays liquid for up to 15 minutes and can be used for collagen rejuvenation on the face. Microneedling is done with a dermapen which opens the pores of the skin and the platelet rich portion of the blood is massaged into the skin. This has been shown to reduce wrinkles, scars, lines, dark pigments, pore size and enhances skin texture. It can also be used to prevent hair loss by supporting the existing hair follicles. A topical numbing cream can be used on the face or scalp if desired to ease the sensation of the microneedling.

If the person has immune system problems the procedure can still be done using vitamin c or hyaluronic acid which can also enhance collagen rejuvenation. Each session takes about an



Dr. Jill Hayes

Periodontist and Naturopath

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hour and should be done once a month for three months then repeated in six months. Some people choose to do it monthly as part of their monthly facial. There needs to be time for the collagen to form, so more often is not recommended. Everyone notices results using the PRP.

To use this technique around bony defects in the mouth the area is decontaminated first with a laser that kills all the bacteria in the area and the teeth are cleaned. Then blood is drawn from the arm in both a red top tube and a white top tube and spun in the centrifuge. The red top tube causes the blood to clot. When the blood clots this is called platelet rich fibrin (PRF). The top part of the clot has the immune cells, platelet growth factors, and healing proteins. This top clotted portion is removed from the tube. Then the liquid portion of the white top tube is drawn out and added to the PRF from the red top tube and in just a few minutes firm "sticky bone" forms that can immediately be used around areas in the mouth that need healing. In most cases my patients claim very little post op discomfort. These procedures are simple, effective, and totally natural with no foreign

substances introduced into the body and give great results.

PRP is also being used in medicine for injured joints to help the regeneration process, and to help skin injuries heal in diabetics. It is being used by sports teams to enhance recovery. Research is being done in dentistry to help the nerve of the tooth regenerate in the hopes to avoid root canal treatment. These are exciting times for regenerative healing.



BIO: DR. JILL HAYES has a Naturopath Degree from Clayton College of Natural Health. She has been an advocate and distributor of infrared and other natural products since 1998. Dr. Hayes has been using the infrared Periolas and performing LANAP/LAR since 2010 and is also a certified instructor for the Institute for Advanced Laser Dentistry. She received her Dental Degree from the University of Louisville, and her Periodontal Specialty from the University of Kentucky. She currently works through Periodontal Care Center at 3409 Stony Spring Circle in Louisville, KY 40220. Email: j.hayes3409@gmail.com.

HOMEOPATHY for SEASONAL ALLERGIES

Dr. Victoria Snelling, DC, DHM

If you tend to experience seasonal allergies, you might notice the beginning symptoms starting already. Just look outside and you'll see the trees starting to bud, perennial bulbs are coming up and starting to show color from the blooms to come. In order to enjoy the spring season without the accompanying bother, let's look at what Homeopathy can offer you. About 10% of all Americans suffer from hay fever, an allergic condition that can cause runny nose, sneezing, and watery eyes. Asthma and chronic sinus infections may be related to these allergies as well. These allergies usually peak when particular plants are pollinating. In our region, that's a very long season.

In homeopathy there are many possible homeopathic treatments for hay fever. They are chosen based on various specific details of the person seeking treatment, and by looking at the total picture of that person's health, lifestyle and family history. There is also room in a homeopathic practice for the use of low potency acute care remedies that can offer relief for aggravating symptoms like seasonal allergies.

When you chop an onion, your eyes often sting, water, and itch. These "symptoms" are very much like what some people experience with hay fever. This analogy can give you a hint about how a homeopathic remedy works - - by matching the symptoms that we need to resolve. A person with itchy, watery eyes and a drippy nose with burning discharge fits the description of the remedy **Allium cepa**, which is made from common red onion.



If you have a pressure-type headache with dizziness, a fluent nasal discharge, difficulty breathing, and much sneezing, then the symptom picture fits the homeopathic remedy **Euphorbium**. The remedy **Ambrosia**, from the ragweed plant, is best for allergy symptoms that include itchy eyes, watery burning eyes and a runny or stuffed-up feeling in the nose. This is my go-to remedy for fall rag weed allergies. Another remedy, **Pulsatilla**, fits allergy symptoms that are changeable, often with a profuse, yellowish discharge, and can feel better with fresh air. You might notice someone needing this remedy needs a little more attention or reassurance than usual. The homeopathic remedy **Silica** (not the supplement) is useful for seasonal allergies when someone feels chilly, the nose can feel constricted and sinuses can inflame with difficulty in draining. Silica matches someone who tends to be constipated and may have a tendency to sweaty feet. As you can see, finding your best remedy to help your symptoms relies not just on your allergy symptoms. We also consider temperament. Are we chilly or too warm, are we better or aggravated by open air, do we want company or do we just want to be alone to rest? A remedy that can fit not only your

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acute symptoms but also the bigger picture will be a better match and will result in the relief you're looking for.

Several well-designed double-blind placebo-controlled studies for hay fever have yielded positive results. Some studies have been done on classical homeopathic remedies, and some involved remedies made from plant pollens and other substances that can trigger allergic symptoms. This special form of homeopathy is known as isopathy. This type of remedy is often used for hay fever. Isopathy makes use of the precise substance that causes your symptom, and then diluting the

allergen to make a homeopathic remedy. For example, if you are allergic to cats, you could make a homeopathic remedy out of cat dander; if to ragweed, diluted ragweed pollen would be an appropriate isopathic remedy. This can be very useful with these bothersome symptoms. One of my favorites is made from our local pollen. I've recommended this for symptomatic relief for patients with seasonal allergies, along with constitutional care to heal and

resolve the tendency to have allergies.

If you'd like to learn more about how to use homeopathic remedies for you and your family, consider attending the monthly homeopathy study group. You should be able to find the remedies mentioned above at a local health food store or online. If you have difficulty finding them, feel free to contact me.

BIO: DR. VICTORIA SNELLING has a varied practice in homeopathy, functional medicine, chiropractic, nutritional genetics and CEASE detox therapy. She has been in practice in Louisville since 1988. Dr. Snelling leads the monthly Kent Society Homeopathy Study Group (you're invited!) and offers a quarterly schedule of one-day classes on natural health topics. She can be reached at www.DrSnelling.com or at 502-426-2033.

EDITOR'S NOTE: As always, be sure to consult your Health Care Provider before making a change in your health practices. Also, consider the unlikely possibility of the Coronavirus which as of 3/1/20 is very low in the Louisville area. PHOTO by Pixabay



MY PATH OF SPIRITUAL AWAKENING

By Sara Brian, R.N.

As many are aware or are beginning to notice, there is a spiritual awakening of major proportions occurring on the planet at this time. I've read about it here in this journal and others, heard many people talk about it in online forums, and have been experiencing it myself, even before I was aware of what was happening in my inner and outer worlds.

In 2014, I started to feel out of place in my life, and as though I was being called in another direction. The feeling was palpable, and although I tried to ignore it, I was unable. Such is the nature of things when the soul is directed on the Path in a way we can't easily define or possibly predict.

I moved, switched jobs, got divorced...and started devoting much of my time to the call within. It is said that Truth will be the "still, small voice" that will point you in the right direction of your soul's truth. When it hits, it is right on time. Although it may ask you to make challenging choices, it is an arrow in the right direction for the path that would be most in alignment with your soul/higher self/God/personal truth. That is, of course, the direction where your joy and peace reside.

Synchronicities began to occur to an almost ridiculous level. God, Love, the Angels, and my soul were speaking. I labored over decisions to let things go which were not on my path. I went on a retreat in the woods - - and standing in a grove of cedars I looked up at the trees and felt a visceral *pull* toward the treetops by way of my heart. Looking back at it now, I kind of chuckle because it was not unlike Sci-Fi renderings of the moment when a person is lifted up, up, and into a UFO - - heart chakra being *pulled* heavenward. Alas, words are inadequate to describe.

I went to an elderly nun for counsel in those woods. She had lived there alone for decades in bliss with God. Her eyes showed it. Brilliant, blazing-wise, kind eyes meeting my gaze as we sat, rocking chair to rocking chair, in that cabin surrounded in silence and green. I started crying and told her that I was being called elsewhere and I was so afraid to make a mistake. She looked at me with intense presence and told me, "The path *moves with you*, my dear."



She was one of a handful of healers and people of elevated insight who guided me on this sacred and scary path of my own awakening consciousness. These guides are essential because, as important as it is to understand where that still, small voice is taking us, it is maybe more important to address our own unresolved emotional material within the body which needs to be shed before moving forward. Since our traumas and unresolved

emotions reside *in the body*, it's necessary to find ways to release these emotions (which are energy-in-motion). The more I healed and released parts of myself that were irrelevant to this now moment, the freer I became to walk the Path of my soul's purpose. There are many ways to release stuck energy-in-motion in our bodies, but I've found tremendous release through energy healing techniques like Reike, Pranic Healing, and Craniosacral Therapy. In the hands of a skilled practitioner, true miracles genuinely occur. These miracles are my desire for myself and all of us as to be able to heal and shed layers of the trauma that is often an inherent part of human experience



PHOENIX, SYMBOL OF REBIRTH & AWAKENING (c) Canstock Photo keke8388

Choosing to walk the path of my awakening spirit has required the courage and faith to honor my own heart. Although not always easy, it has been the sweetest of surrender. The journey has enriched my nursing practice by giving me additional tools to assist people with their healing. I now feel lighter, more joyful and more in touch with the Divine.

BIO: SARA BRIAN has been a Registered Nurse in Louisville for the past 8 years, holds a BA in Psychology from the University of Louisville, and practices Pranic Healing, a type of energy healing.

PHOTO at Top: Pixabay 155022-4-1280

YOGA CAN HEAL EMOTIONS & AWAKEN ONE'S SPIRIT WHILE ENHANCING BODY

Holly Kennedy

Yoga is often translated as the union within oneself between the body, mind, and spirit. Here in the West, many people view them as three separate entities; however, practicing yoga with the intention of working out or nurturing the physical body will almost always have a positive and expansive effect on the mind / consciousness. When "conscious intention" is put toward spiritual growth and the yoga practitioner has been doing asanas (postures) along with pranayama (breath work) for purifying the nervous system and removing emotional energy blockages - - transformation will likely unfold naturally. There are obvious physical benefits to practicing yoga such as increased strength, flexibility, and balance - - but that is merely scratching the surface! Practicing yoga regularly can also reduce chronic pain from migraines, arthritis, fibromyalgia, carpal tunnel syndrome, back pain, etc. It can also boost metabolism and immunity, lower blood pressure, and help with insomnia.

Western science is now acknowledging the wisdom that many in the East have understood for several thousand years. They are starting to show concrete clues and proof about how and why yoga can improve health and keep sickness away. Of course, they are mainly focused on the physical body and aren't generally even acknowledging the subtle energy bodies - - which are the layers of vibrating energy beyond our obvious physical appearance, but it's a start!

Along with the physical benefits, practicing yoga also has positive effects on the mind - - which in turn affects the physical body as well as the spirit because they are all linked together as one. Having a regular yoga practice can increase alpha and theta brain waves which are beneficial to the immune system and help balance brain chemistry in favor of a happier mood. It has also been shown to increase the brain's gamma-aminobutyric (GABA) levels which can decrease depression and anxiety.

For many people, feeling healthier, stronger, more flexible and balanced is more than enough reward for their time spent on the mat, but there are others who want and choose to go deeper. It has been said that the way to spirit is through the nervous (and endocrine) system. In other words, our nervous system is the interface and connecting point between our physical and spiritual realities. It is also the most complex system of the human body and is active every moment of every day!

When our nervous system is open and clear, we are able to experience the Divine Energy (also known as God). Oftentimes, we have minor or even major emotional energy blockages. These can be a result of intense experiences from the near or distant past such as sexual trauma or emotional / physical



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abuse. Blockages can also occur when emotions are repressed. For example, if someone is sad but doesn't cry or is angry but doesn't express the anger in a constructive way, those emotions are "stuffed down" and stored in the muscle tissue in many places in the body.

As we progress in our yoga practice and begin to incorporate more pranayama (breath work), we may experience a welling up of emotion at times either during or after our practice. When this happens, it is important to know yourself and what is comfortable for you. It's up to you to decide if you are able to completely allow

what needs to surface and let it go or if you might be better off with a more integrated approach that includes a therapist who will help process whatever is coming up. Combining yoga with therapy is now a common practice.

It is important to take things slowly, and it is recommended to have the guidance of an experienced teacher when practicing most forms of pranayama. It is just as unhealthy to push past our emotional edges as it is to push past our physical edges. There are poses that isolate common pockets/areas of pain that have accumulated. We need to be kind and careful with ourselves when we find these pockets of pain. Some have been accumulating our entire life, so there's no need to rush the process of healing and spiritual transformation. We will all get there in our own time and in our own way; and once we are "there", we will continue to grow and change and expand...for eternity. Namaste

BIO: Holly Kennedy is a certified yoga teacher with a Bachelor's Degree in Interpersonal Communication. She is available to teach private and group lessons, and she is dedicated to helping find the best style of yoga and movement for each individual regardless of injuries or mobility. 502-314-5142, hollyjkennedy@yahoo.com



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EMBRACING THE DIVINE QUALITIES OF GOD IN ONE'S HEART, SOUL, AND LIFE -- AND MOVING FORWARD!

By Joyce C. Gerrish, M.A.

Let Joy lift your heart,
and Love warm your soul.
May Forgiveness help you
release any entangled knots from the past,
and Healing dissolve
any remaining shadows of fear or doubt
that may be holding you back.
Let Clarity show the way forward,
and help you open to the Purpose burning in
your heart.
Let true Power give you the strength to rise
to your full stature
and claim your rightful place within the whole.
May Freedom inspire you to unfurl your wings
and fly,
while Transformation gives you fearless courage
to actualize your vision.
Allow Devotion to give you the steadfast desire
to serve and help lift the sons and daughters
of God --
and may Wisdom guide you always in the paths
of righteousness.
Pray for Abundance to support your work
for the good of God's family of Earth,
and rejoice as the blessings of Harmony
help ease any trying moments along the way.
May the balm of Peace soothe your soul.
Praise God as Grace holds you steady on your way,
and thrill as Illumination floods your being with
radiant Divine Light.
Welcome home to the ever more glowing
beautiful Truth of your Being!



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Sunday, April 26, 2020	10:00 AM ~ 6:00 PM
Saturday, July 11, 2020	10:00 AM ~ 6:00 PM
Sunday, July 12, 2020	10:00 AM ~ 6:00 PM
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MANY YEARS -- CREATING BLESSINGS & JOY.



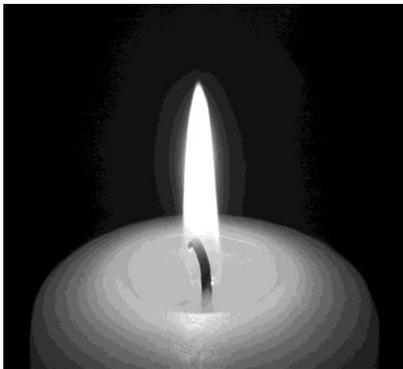
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**WISDOM & REFLECTION
SERIES Part III
The Great 13th Century Spiritual Poet
RUMI'S INSIGHTS ON GRIEF**

Karen Schellinger, ATR-BC, LPAT, LPCC

“When the light returns to its source, it takes nothing of what it has illuminated.” - Rumi

Often when the spirit leaves the body, grief arises. Rumi is telling us we all have a light within. Returned to the source... every life illuminated by another remains. When my mother's light returned to source she took nothing of what she illuminated. I know this because I am the illumination of her light.



In grief our focus turns to the garden of pain of who or what was lost. The pain hurts so deeply it as if the pain is physical. The heart feels broken for a very long time. Choosing to shift our focus on the illumination rather than the loss the

pain begins to transmute into gratitude for having come into contact with the light in the first place. More time passes and we embrace the blessing of the illuminated light.

“What hurts you blesses you.” – Rumi

I do feel blessed to have known my mother, of course there are times in my life when I felt hurt by her. Transmuted I feel blessed to have been a part of her life, to have known her at all. Grief not only relates to the loss of another human being, we can grieve friends that have moved to a different city, a changing life, tragedy, accidents, many things where death is not the result. Hurt may awaken us to blessings if we remain open.

**“Death has nothing to do with going away. The sun sets. The moon sets. But they are not gone.”
– Rumi**

There is one defining point in time where a growing baby will no longer believe the toy is gone when hidden behind the back. The baby will not see the toy yet it knows the toy continues to exist. Is Rumi providing us a truth? Physicists believe everything is energy and cannot be destroyed, is this what Rumi is referring to? Even though the body dies the energy or spirit is not gone yet continues to illuminate to open our hearts.

Karen Schellinger, LPAT, LPCC, LLC

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**If you are at peace, you are living in the present.
Lao Tzu**

“Grief can become your garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom.” – Rumi

What does it mean when you keep your heart open? As grief presents with pain it may be difficult to keep your heart open, Rumi is telling us to keep the heart open through everything. To transmute grief into a garden of compassion illuminated by the light now returned to source. It is possible, love and wisdom are the guides, openness while tending to the garden. Seeds planted, weeds pulled, compassion blooming...

“Loves greatest gift is its ability to make everything it touches sacred.” – Rumi

Rumi is providing a path... illuminated by love, the heart of compassion, a gift, a blessing, an open heart...



BIO: Karen Schellinger is in Private Practice, accepting adults only. Karen is licensed as an Art Therapist and a Clinical Counselor. Her approach is non-judgmental and compassionate while practicing awareness of present moment. Karen provides her clients with real life practices to transmute suffering. Karen is a Veteran, Author and Fiber Artist. Schellingerkaren@gmail.com,

PHOTO left. Canstock Photo/ Irochka
PHOTO right. Canstock Photo / Pixilbliss

Editor's Note: Various religions and peoples around world are comforted with belief of Reincarnation and/or Heaven.



LOVE AND LOSS

by Elsa Lichman, MSW, LICSW

When I adopted my dove as a tiny young bird, I did not know what to expect. Her parents, ring-necked turtle doves, were in tones of gray and brown with a dark ring at the neck. She was pure white with red eyes and feet, a genetic variation. Hence, the name Nupi - - the white dove a symbol for peace, and a brand-new bird. It was love at first sight. When I brought her home, her antics really surprised me. I pictured a rather calm demeanor in her new surroundings. But she was curious, going from the dresser to the dry sink in the bedroom, overturning and examining objects, then flying to the top of my parakeet's cage. When he was out too, she followed him everywhere, even trying to land on cards stuck in the dresser mirror as he did. But she was way too heavy! I must say, she adored him from the beginning, but he remained wary of this intruder on the roof of his cage!

I had no idea a dove could be cuddled and held. At her first visit to my wonderful bird vet, the doctor picked her up and held her, stroking and kissing her. She was her first friend. I had always had parakeets and spent a good deal of time getting them used to me and my fingers.

As in a human family, two offspring are exponentially more than one, with the pair having their own relationship changing the dynamic. After I lost my wonderful parakeet, I got another little gray one, and had him in isolation for 10 days, awaiting test results. He was easy to tame and train until he finally met her. He was a cautious bird but would follow her to the ends of the earth; or wait and watch and go to one of her haunts very timidly but excitedly, to check out what appealed to her at that spot. He decided she was the real bird, not me.

She always had an open expression in that red eye, loving and tolerant. He, on the other hand, did not like change or any intrusion, and could object vociferously if challenged. When she began to mature rather rapidly, she would stand next to him and do a mating dance usually performed by the males of the species. She would raise her body up, inhaling a twangy rubber-band sound, then bow way down and coooooo very loudly. He would stand bewildered. Then when she began to lay eggs and sit in a basket I made up for her, she would terrorize him if he tried to approach that haven on the bed. She would jump out, puff herself up, spread her wings, and jump after him to chase him away from her two eggs. I told him, "It is difficult living with girls." She nested for a good part of her life, although the eggs were not fertilized and would not hatch. She would go into 'the zone,' just content to sit.

When I was living in an interim apartment, she was exposed to ant poison, became sick immediately, and developed chronic leukemia. She had regular blood tests, a bone marrow biopsy at her regular veterinary clinic, and a PET scan in Rhode Island which was a good distance away. She tolerated all this with good grace and poise, never holding a grudge against those who were working with her. Her prescription was natural green tea extract put into her water, and she tolerated the strong taste well.

Once her WBC numbers shot up to 100,000 which was possibly lethal. A friend took me to the healing service at our

exquisite Mission church in Boston. I was blessed by the priest. When I returned quite soon to the vet, her number had zoomed down to a normal 10,000. They were amazed, and after that often asked if I had gone to the



Nupi cozy under covers, E. Lichman

service. She was in no pain and had no symptoms. The disease was a silent killer, so she enjoyed her life. I was the one to suffer, as I worried about her numbers which often fluctuated on testing.

As she aged, she developed arthritis, and had laser treatments at the rehabilitation center at my vet's. She was sweet and co-operative, and the staff there fell in love with her as well. The years passed, and often one of them would say, "She should have been gone a long time ago! She's still with us!"

My friends and family adored her, and she was especially close to my mother, who took her in whenever I was away. She had a number of vocalizations, from a soft cooooo, to an unusual hearty laugh, to a sound of deep pleasure. After her laying days were done, she would sit on top of her cage and preen in the

sunshine. She would spread out her wings and lift one high to absorb sunlight on her underwing. She spent more time with me, just resting on my chest and following my mood. I called her my heart. She slept when I slept, became active when I awoke, and if I turned in the night, she made that subtle pleasure sound from her cage.

The typical age span for a dove is 12 to 14 years, but she just carried on. If her arthritis kept her from doing what she wanted to do, she accepted it with equanimity. If she were able to get to her mirror or another goal, she would laugh, pleased with herself. If only humans could be so

gracious!

At the beginning of March, she had a sudden downturn, and I struggled to keep her safe, comfortable, and not agitated, which was a 24/7 occupation. Before she passed, she was unable to stand or walk, hold her head up, or open her eyes. After, I held her on my chest, and suddenly, her wings were in place at her sides, her head up, with an alert expression in her open eyes. A friend came over and took pictures, saying that this was the way she wanted me to remember her. At the end, she had died in my hands, a very difficult moment, but alone with me, in her own home.

Very saddened by this loss, her vet wrote to me later, about Nupi's amazing age of 23! She said this bird was one of the reasons she had gone into veterinary practice in the first place, 40 years ago. Love comes in all forms, and I was privileged to spend a good part of my life with this inspirational being. She leaves a big hole on this plane, but her spirit stays with me. I think that she and my mother have re-connected in the afterlife after a long separation, a comforting thought.

BIO: Elsa Lichman is a retired social worker who now writes for her local newspaper. Her Nature in the City column appears regularly, often discussing her adventures in viewing wildlife. She studies voice and performs. Contact her at elsalichman@comcast.net.



Little Bird listens on phone



Blossoming Joy: Cultivating A Purposeful Life: A Women's Retreat



Life can be full of stressors and obligations. As women, we can get so caught up in caring for others that we lose

sight of our own dreams, hopes, and intentions. We may long for those days when we were full of energy and exuberance about what our futures might hold.

The Blossoming Joy retreat will provide you with the opportunity to reflect with on your own intentions and focus on creating a purposeful path for your life. During this retreat, you will be provided a safe space within a community of women to re-connect with your inner power and strength, re-invest in yourself and create a meaningful intention toward your life's purpose.

Spring is a time for renewal and growth. Now is the time to plant the seeds for your own personal renewal and care. The Blossoming Joy retreat will be held on May 15th-17th at the beautiful Nazareth Retreat Center in Bardstown, KY. Spots are limited. Please go to www.kimberlylafollette.com/retreats for details and registration. (Photo: Pixabay 19830)

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BANANA BREAD RECIPE WITH HONEY ** BY BARBARA BOSLER**

2/3 cup honey (coat measuring cup with oil to keep honey from sticking to it)

1/2 cup oil

3 eggs beaten

3 ripe bananas mashed (yellow skin with black stripes)

1/4 teaspoon salt

1 teaspoon vanilla extract

2 cups whole wheat pastry flour or unbleached flour

1 teaspoon baking soda (continued in column to right)

BEAT together the honey & oil, then add the beaten eggs. Add mashed bananas, salt & vanilla. Mix well. **MIX** together the flour & baking soda. Gradually blend flour mixture into wet ingredients until smooth. **POUR** the batter into a greased & floured large loaf pan (approx. 8 1/2" x 4 1/2" x 2 1/2"). **BAKE** in a preheated 350-degree oven for 45 to 60 minutes. Lower oven temperature if browning too quickly. To see if the bread is done, test by inserting wooden toothpick in the bread center. If it comes out clean your bread is done. I enjoy this sweet bread with a cup of tea and a friend. I assure you, you're not going to miss the sugar. Happy cooking! P.S. I use organic ingredients. Also, honey offers nutritive and healing properties !

REGAIN YOUR BRAIN. Overview of Series of 12 Interviews with Doctors on Alzheimer's, Sept. 2019 by Lynda J. Wells, PhD, CNS, LdN

"THERE IS NO SILVER BULLET, BUT PLENTY OF SILVER BUCKSHOT" DR. DAVID PERLMUTTER

Alzheimer's starts in the brain in the hippocampus, two little seahorse shaped areas the size of your thumb. There are stem cells in the hippocampus that can make 700 new neurons per day, which is very exciting, and we can encourage them or kill them with our lifestyles. Fewer neurons equal dementia.

SOME THINGS THAT ACCELERATE THE DEATH OF NEURONS ARE:

1. Mold in our homes that create toxins. We would want to call a mold expert to help us get rid of the mold. Install a dehumidifier in your home; mold thrives in a space with humidity above 50%.
2. Other toxins, from plastics, food additives, alcohol, amphetamines, cocaine, toxic metals.
3. Underlying infections are a major cause. Parasites from pets, Lyme disease, Herpes, parasitic infections from traveling.
4. Type 3 diabetes of the brain. Type 2 diabetes increases the risk of Alzheimer's by 50 %.
5. A decrease in hormones decreases memory. Testosterone and estrogen increase memory. Women who go through early menopause have twice the Alzheimer's risk.
6. Some other neuron killers are aging, genetic predisposition (the apo e4 gene, the mthfr genetic snip), inflammation, decreased blood flow to the brain, breaches to the blood brain barrier, gut dysbiosis, radiation, chemotherapy, and more.

DO WE HAVE A SECOND CHANCE? The hormone called brain derived neurotrophic factor, BDNF, gives us a second chance. BDNF stimulates and controls growth of new neurons from neural stem cells. It supports differentiation, maturation, and survival of neurons in the nervous system, and shows a neuroprotective effect under adverse conditions,

WAYS TO INCREASE BDNF. "Every day you need to ask yourself for every little habit. "Is this good for my brain?" Dr. Daniel Amen

EXERCISE. One of the ways to increase BDNF is to do aerobic exercise and resistance exercises, so dance, walk, cycle, swim to your heart's content. If you can't exercise much, start small with a walk to the mailbox or to the next house and back. You can always do a little bit more than you are doing now.

SUPPLEMENTS. B vitamins, vitamin D (the amount needed can be determined by blood testing) turmeric, alpha-lipoic acid, CoQ10, probiotics (at least 10-15 strains), prebiotics, Sage officinalis, omega- 3s.

DIET. Since an Alzheimer's brain does not utilize sugar very well, be sure to include coconut oil or the medium chain triglycerides, MCT, extracted from coconut oil, building up to 3-5 tbsp. per day, and decrease carbs in the diet. People sleep better when they take MCT, and energy is increased in the brain. Google the foods that cause inflammation and stay away from them. Eat lots of fresh vegetables, & no sugar or processed foods.

DECREASE THE STRESS RESPONSE TO DIFFICULT SITUATIONS. The stress response increases the hormone cortisol. which increases leaky gut, increases inflammation, changes the bacterial diversity, and is toxic to the memory center, Gratitude is one of the best antidotes to stress as is restorative sleep. Yoga, meditation, tai chi and other spiritual growth practices help to make us calmer and less reactive (i.e., less stressed).

DETOX. You can clear out **toxic metals** either with oral supplements or Intravenously.

MENTAL HEALTH. Getting rid of the ANTS, automatic negative thoughts. First become aware of them, observe them, interrupt them. Try arguing with them. Tell them to shut up. They will always be there, but we can effectively turn the volume down on them.

Lead a balanced life, work, rest, exercise, play every day. Play brain games as well. Deep breathe. Go to the sauna regularly.

SUNLIGHT The human being thrives on sunlight. If you can't get out, open a window.

SLEEP. Be sure to get 7-8 hours of sleep a night, so the brain can clean and wash itself. One and one half hours before bedtime, turn off all THE BLUE LIGHTS, THE CELL PHONE, COMPUTER, ELECTRONICS

THERAPIES that were mentioned by different doctors are transcranial negative stimulation, neurofeedback, audio visual stimulation (lights and headphones). The brain can be stimulated by stimulating the tongue and a noisy brain can be resynchronized.

Cold laser light increases DNA production, increases energy production from the mitochondria, and decreases inflammation.

Hyperbaric oxygen treatments increase memory and concentration, sleep, conversation, appetite, and improves brain metabolism.

If you are over 45, you might like to get a cognoscopy which is a thorough screening, including blood tests, genetic tests, mental status exams, and an MRI.

SINCE THIS SHORT ARTICLE CAN ONLY SKIM THE SURFACE, YOU MIGHT LIKE TO READ INTERVIEWEES' BOOKS AND/ OR WEBSITES OR BUY DIGITAL ACCESS TO THE INTERVIEWS AT REGAINYOURBRAIN.AWAKENINGFROMALZHEIMERS.COM
Magnificent Mind at Any Age, Dr. Daniel Amen. The End of Alzheimers , Dr. Dale Bredesen. The Power of When: Discover Your Chronotype--and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More, Dr. Michael Breus. The Brain's Way of Healing, Dr. Norman Doidge. The Complete Guide to Brain Health Supplements, Dr. Lee Euler. The Telomerase Revolution, Dr. Michael Fossel. Square One: A Simple Guide to a Balanced Life, Dr. Joseph Maroon. The Complete Book of Ketones, Dr. Mary Newport. Brain Wash, Dr. David Perlmutter. BrainHealthandResearch.com, Dr. Mary Kay Ross. Awakening from Alzheimers: How America's Most Innovative Doctors are Reversing Alzheimer's, Dementia, and Memory Loss, Peggy Sarlin, free lance writer and the interviewer. What You Must Know About MEMORY LOSS and How You Can Stop It, Dr. Pamela Wartian Smith. Beating Sugar Addiction, Dr. Jacob Teitelbaum. *** Consult your health care practitioner before making any changes.

HOW CHIROPRACTIC CAN HELP NEURODEGENERATIVE DISORDERS, Dr. Richard Reul

How can chiropractic care help people with Neurodegenerative Disorders (Parkinson's, Multiple Sclerosis, Alzheimer's, ALS etc.)? NDD's are typically idiopathic in origin, meaning that in many cases, it is difficult to associate a definitive cause for onset. For sure there can be genetic, environmental, and lifestyle factors that can contribute to onset. Regardless of causative factors, the reality is that many people are affected by these progressive disorders.

Our nervous systems are bombarded with varying degrees of stress (physical, chemical and emotional). Our nervous system is designed to respond to whatever stress comes our way. When the stress situation or trauma has passed, our nervous system generally recognizes it, and lets go of the response to that stress or trauma. The nervous system resets, recognizing a more neutral set of circumstances. Sometimes the nervous system can be overwhelmed by stress or trauma and cannot fully reset, leaving the response of muscle tightness or tension stuck. This response to a situation leaves the nervous system compromised. It becomes less able to respond to future stressful situations. People tend to accrue layers of muscle tension as it becomes less flexible and more compromised. Most people live with muscle tightness, tension that is a result of responses to phantom or past events from which the nervous system has not recovered. Most people are unaware that they are compromised because they don't have symptoms. Chiropractic adjustments can help the nervous system reboot, helping the nervous system let go of responses that were appropriate in the past, but are not currently. Chiropractic care can rid of "cobwebs" in the nervous system. When the body is less encumbered by responses that are no longer needed, clarity and function improve.

Just think of the stresses that a person with NDD's have. Think of the emotional stress of worrying about an uncertain future and a progressive loss of independence and control. Think of the chemical stress when medications are introduced into the patient's treatment plan. Then of the physical stress of muscle tone changes, difficulty walking, standing, changing positions, compensating for unsteadiness. People with NDD's can have nervous systems that are overwhelmed in a concentrated way.





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The accumulation of responses to current and past stresses can keep their nervous systems overwhelmed. Having a nervous system that is overwhelmed can exacerbate or accelerate the progression of disease, affecting basic functions.

Chiropractic adjustments on a regular basis can help reduce tension, help decrease the protective responses that are no longer necessary. They can help get rid of "cobwebs" in the nervous system, that can help improve function and perhaps slow the downward spiraling of the patient's condition.

Chiropractic does not treat or pretend to cure any condition, be it an NDD or otherwise. However, it can help anyone by bringing more ease into the nervous system. By clearing out the "cobwebs" in the nervous system, a chiropractor can help a person attain a higher level of function and wellness. Why not consider a chiropractor as a part of your healing team?

BIO: DR. REUL has been in practice in Louisville since 1993. He holds a BA in psychology from St. John's University

(Jamaica, NY), a Master of Theological studies from Catholic Theological Union (Chicago, IL), and a Doctor of Chiropractic Degree from Life College School of Chiropractic. He participates in health fairs doing posture, stress and headache screenings. For more information on Dr. Reul's practice www.reulchiropractic.com

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NOTE: As always consult your health care practitioner before making any significant changes in your health care.

YOU ARE WHAT YOU EAT ***Enhance Health with Organic*** ***Foods. by Joyce Freville, Ph.D.***

We all know that eating organic food is beneficial, and the way our food is grown or raised impacts our mental and emotional health as well as the environment. According to a study by Cornell University, organic farming not only uses an average of 30 percent less fossil energy but also conserves more water in the soil, induces less erosion, maintains soil quality and conserves more biological resources than conventional farming does.

Organic foods often have more beneficial nutrients, such as antioxidants, than their conventionally grown counterparts and people with allergies to foods, chemicals, or preservatives often find their symptoms lessen or go away when they eat only organic foods. In addition, organic fruits and vegetables contain fewer pesticides and are often fresher because they don't contain preservatives that make it last longer. Without preservatives, organically grown foods tend to be rushed to the consumers as rapidly as possible while really fresh before the foods wilt.

Organic does not only apply to vegetables and fruit, it applies to animals as well. Organically raised animals are not given antibiotics, growth hormones, or fed animal byproducts. Feeding livestock animal byproducts increases the risk of mad cow disease. On organic farms, the preventive use of antibiotics and growth hormones are restricted, and animals are given more space to roam in natural conditions, which lowers their risk for infections. These techniques have been found to improve animal health, prevent disease, and minimize antibiotic resistance. Organic methods provide attentive care that promotes the health and meets the behavioral needs of livestock.

Furthermore, organic meat and milk are richer in certain nutrients. Results of a 2016 European study show that levels of certain nutrients, including omega-3 fatty acids, were up to 50 percent higher in organic meat and milk than in conventionally raised versions. Moreover, many believe factory farming is a cruel and inhumane practice of breeding and raising large numbers of animals in unnatural and often very restrictive conditions.

Although, US authorities believe that current limits on the amount of pesticides in non-organic produce are adequate to ensure that it is perfectly safe, those limits are based on animal studies, looking at the effect of one pesticide at a time. In fact, long-term birth studies in the U.S. suggest that pesticides are harming children's brains. Studies show that women's exposure to pesticides during pregnancy, measured through urine samples, was associated with negative impacts on their children's IQ and neurobehavioral development, as well as with attention deficit hyperactivity disorder (ADHD) diagnoses. One study used magnetic resonance imaging to look at structural brain growth and found that the gray matter was thinner in children whose mothers were exposed to chemicals that are used widely in pesticides.

The primary advantage of eating organic plants and animals is reducing consumption of pesticides, fertilizers, genetically modified organisms, antibiotics and growth hormones. Genetically



Modified Organisms (GMOs) or genetically engineered (GE) foods are plants whose DNA has been altered in ways that cannot occur in nature or in traditional crossbreeding, most commonly in order to grow attractive foods in spite of the pesticides. The chemicals pumped into the animals are transferred to humans when they eat them. As previously described, these chemicals put humans at some health risks.

The Environmental Protection Agency (EPA) recommends the following ways to reduce consuming pesticides. Eat organic plants and animals when possible. Wash and scrub all fresh fruits and vegetables thoroughly under running water. Running water has an abrasive effect that soaking does not have. This will help remove bacteria and traces of chemicals from the surface of fruits and vegetables and dirt from crevices. Since not all pesticide residues can be removed by washing, peel fruits and vegetables when possible to reduce dirt, bacteria, and pesticides. Discard outer leaves of leafy vegetables. Trim fat from meat and skin from poultry and fish because some pesticides residues collect in fat. Please keep in mind that when pesticides are sprayed on the plants it also lands on the soil. Those pesticides laying on the soil get absorbed into rainwater and/or irrigation water and are drawn up into the inside of the plants. There is no way to reduce the pesticides in the interior of the plants.

I highly recommend that you read "How Not to Die" by Dr. Michael Greger. It is an excellent book that shows what you should eat to prevent the top 15 causes of death. In the meantime, help stop the cruelty to animals and our environment and eat organic plants and animals when possible. After all, you are what you eat.

BIO: Dr. Joyce Freville earned a doctorate in Human Services with a specialization in Health Care Administration from Capella University. In addition, she earned an MBA from Webster University, a BS in Accounting from Arizona State University, and is certified in Health Care Compliance and Health Privacy Compliance. She has been in healthcare reimbursement, finance and compliance for over 35 years. She is a retired Command Sergeant Major in the U.S. Army.

1 Lang, Susan S., Cornell University News Service, July 25, 2005. Organic Farming Uses Less Energy for Same Yields. Retrieved 2/3/20 from <https://www.resilienceorg/stories/2005-07-25/organic-farming-uses-less-energy-same-yields/>



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PEACE IN THE MIDST OF UNUSUAL EVENTS IN THE WORLD

by Joyce C. Gerrish, M.A.

This is a special and unusual time on planet Earth. Some of the challenges going on now won't last forever. We need to be strong and keep our consciousness high in order to come through this period and grow and thrive through it. There are climate change challenges around the world. The elections are adding drama to life. Now we have the Coronavirus to think about. - - And we all have our individual challenges and joys. Many people feel that their inner spiritual life is awakening and intensifying. This may be bringing up and shifting around old emotions to be experienced and healed and let go of. It may seem a lot to handle. We need to be strong and stable. We can do it. May we keep our consciousness filled with peace and love and light and courage. We can beam that out to others like a light house. Let's take time to meditate, pray, listen to peaceful music, read inspiring books, do yoga or tai chi, express our feelings creatively, walk in nature. We have these tools and more.

We're all aware that the Coronavirus is spreading in many countries. At this time (3/1/20) we don't know to what extent it may spread in the United States of America. Hopefully it will be minimal. Official guidance as to how to protect ourselves from the virus is evolving. Certainly, we can check online at CDC.com which is the website for the Center for Disease Control, Medline Plus, and WebMD, and numerous other websites have information on this.

One important question is how does one know if someone has a normal flu or cold or allergy, and not the Coronaviirus? We don't want to be panicking unnecessarily. Sources seem to agree that the Corona may cause sore throat, fever, dry cough, headache. Most cases are not severe. If there is shortness of breath or difficulty breathing, then medical care is needed directly. Most sources say that if the nose is runny, it is not the Coronavirus. (Though not all sources I've seen say that.) It seems reasonable to live as healthfully as possible in order to not be as vulnerable to viruses and germs in general.

What is a reasonable approach? Each person will, of course, make their own decisions. What seems clear is to wash one's hands often and avoid touching surfaces unnecessarily. We can disinfect surfaces in our surroundings to some extent. Do we touch people less? Do we not shake



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hands? Something a lot of us do is to use the disinfectant wipes to clean the cart handles at stores. If there aren't any disinfectant wipes available, I use hand sanitizer that I carry in my purse - - and apply it with a tissue. Sometimes doors can be opened with an elbow. Wherever I am, I use my own pens that I carry with me rather than pens that are offered to sign things or for writing as needed. Because I am an energy healer and very sensitive, I can feel germs and viruses - - and pens are loaded.

Of major importance all the time (not just now) is to not touch our eyes, nostrils, or mouth unless our hands are just washed. I watch people touching and rubbing their eyes so often. It is easy to do, but can really get germs inside our body.

What we can wisely do now is to build up our immunity to help protect our self however this situation evolves. Apparently, people with low immunity are more likely to get the Corona Virus and to have a more serious case. As you've probably heard, more than 98% of people who get infected do heal and get well. What can one do to increase immunity? Live a healthy lifestyle. Get enough sleep. Exercise - - outside if possible. Eat lots of fresh vegetables. If possible, lower consumption of sugar, sweet snacks, fast foods, processed foods, carbonated soft drinks, excess coffee. They tend to lower immunity. One can do natural healing techniques for oneself. If you don't know any natural healing techniques, there are many videos online. My book, "Secrets of Wisdom" teaches Hand and Foot Reflexology and other self-healing techniques (about \$4.00 for the e-book on Amazon). Also, it might be worth checking into what herbs support immunity.

I have just touched on a few things to consider to help us thrive in the period ahead. You probably have numerous additional ideas. We will probably all learn more in the weeks and months ahead. Hopefully the Coronaviirus won't move into this Louisville area - - and will hopefully stay very low in

the United States in general. Something else of importance at this time is for all of us to stay very calm and not get overly stressed. Stress lowers immunity and certainly lowers our enjoyment of life.

If you ever feel uneasy by the world or local news, visualize yourself in a ball of light often. Consider not tuning into the news overly often if it upsets you. Silently say a short prayer or psalm frequently. This might be the 23 Psalm, or the Lord's Prayer, or other prayer calling on the Divine, or silently say a positive affirmation such as "I am Divinely Blessed and Protected." Send the feeling of roots deep into the earth for stability. Become aware of your breath and stay in touch with your breath as it flows in and out at a relaxed pace. Focus in your chest, in your heart. Count your blessings. As you breathe in your nose, visualize you are breathing in a peaceful pastel color such as gold or pink. Breathe in the feeling of love, and breathe out the feeling of love to the people around you. Consider letting all the above paragraph become an ongoing habit. Take any commonsense actions that are prudent for you to take for your ongoing well-being. Common sense is very important.

You might wish to listen to one of the free meditation audios on my website www.joycegerrish.com. Click the navigator button for "Songs & Meditations," then scroll down to #7 Peace (or one of the other numbers). Listen to or sing along with the gentle song I composed and sang for peace. The song words are right there. Listen to the audio meditation for peace, or to some of the other audio meditations and inspirational songs there. Meditate for a while every day. This can help raise your consciousness above the mass mind which might be filled with worry or stress or distrust. It can help lift your mind into ongoing peace and courage. Drink calming herb tea, there are many delightful flavors to enjoy. All of the above discussion will help stabilize your nerves, help keep your body strong, mind alert, and your heart filled with love and joy. May peace and blessings be with you always.

BIO: JOYCE GERRISH is a Holistic Intuitive Spiritual Life Coach, Emotional Therapist, and Transformational Energy Healer. She specializes in very effective telephone sessions.



She has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. She is a highly attuned and sensitive guide for Higher Meditation and Spiritual Awareness. She has extensive training and decades of experience as a practitioner and teacher of numerous natural healing modalities including Reiki, Reflexology, and Meridian

Activation. She is author of the book "Secrets of Wisdom - - Awaken to the Miracle of You" and is Publisher- Editor of the Natural Living Journal. Louisville Office. Sliding scale reasonable fee. 812-566-1799, www.joycegerrish.com

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