

Natural Living Journal

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

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Finding Your Authentic Creative Expression

Soothing Indigestion & Heartburn

Understanding Acupuncture

What Every Teen Wants You to Know

Watching Eagle Pair Raise Their Eaglets

Let It Be

Organic Gardening Pest Control & Disease Management

Creativity Feeds Our Soul

Foot Orthotics and Your Spinal Health

Why Study With a Yoga Teacher?

Lesson of the Empty Cup

Protecting Your Joints

Creative Approach to Life

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FINDING YOUR AUTHENTIC CREATIVE EXPRESSION.

Immortalize Someone.

by Maya Griffin

As a creative, I think we all search to create something that is unique to our individual expression, something that is authentic to our being. I've always felt a restlessness from trying to find my own artistic style, something that is a pure expression from my soul. It is highly fulfilling when creative energy manifests through your being and creates a living, vibrant art piece, song, book, sculpture. It lives on its own and imbibes its own energy and life. Being the vessel for a creation is exhilarating, I would say magical. It is one of the most fulfilling, pure and exciting feelings I have ever felt and I wish for everyone to experience it!

I think the desire to find your own authentic expression is because those expressions are what move and inspire others. There is no greater fulfillment as an artist than to see your creations inspire, heal or motivate other people and authentic art is what moves people because it is alive. We constantly create, explore and imitate to find our own pulse from the creative life force. When I express from that place, I feel elated and blessed. It has been a long creative journey and I feel like my mountain portraits are just the beginning.

I grew up on a mountain and perhaps that is what inspired my immediate affinity for them. Something about their enormity and solidarity comforts me - feeling dwarfed and hidden in their forested embrace brings a quiet stillness in my being and makes me feel at ease. And so, throughout the last decade I started to sketch mountains on anything, with whatever spare or leftover time I had, whether it was while waiting on a bus, or flying on an airplane or simply at the end of the day to quiet my mind and center myself. At one point, while living in Paris, I used to draw little mountain sketches and leave them on trains, benches, or taped to poles to serve as small reminders to whomever found them of the groundedness and peacefulness of a mountain. They offered a quick moment to forget about the busy chaos of daily life.

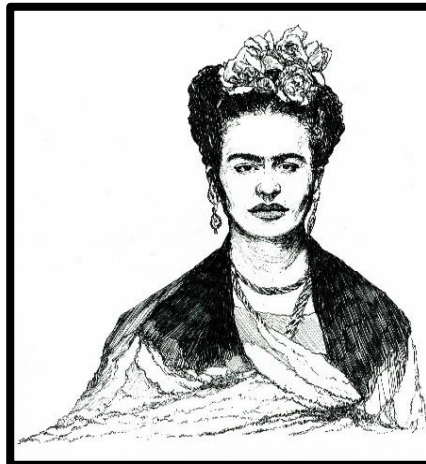


I explored many mediums and tried all sorts of techniques to exercise and expand my realm of possible skills for creativity to inspire me. It was frustrating for many years, and I also took breaks from creating at times. But I never stopped drawing and after almost eight years of sketching mountains I finally felt that shift. I was in love



Above: Mountain Drawing of Bob Marley, by Maya Griffin

with mountains, but I didn't think they would move other people as much as they moved me. I knew there was another layer to add to them to really relate and attract other people but I didn't know what, so I just kept drawing.



Above: Mountain Drawing of Frida Kahlo, by Maya Griffin. Frida Was a 20th Century Mexican Artist.

One day my partner, who had seen me obsessively draw mountains for three years at this point, mentioned "why don't you put my face in a mountain, like the presidents." What a thought, why not. And he was the first mountain portrait I drew. A week later my uncle passed away and I felt like it would be an honor to draw him in a mountain, almost like paying homage to his life while signifying his return back to the earth. Also, something about making him into a mountain made me feel like he would live forever as mountains do and maybe provide a comfort to my aunt. I drew him and sent copies to my family who missed him and the original to my aunt. Hearing her response was as moving to me as it was to her. Before I knew it, I started to draw a few other family members and then about a week after that, David Bowie passed away.

I found myself sketching him in a slow moment at work and when I heard the reactions from my friends that's when it dawned on me - I want to draw all the influential musicians and icons who have left an impression on our world. Something about combining their portrait with mountains made me feel like I was respecting their legacy, honoring their contribution to our world and also immortalizing their presence and essence that had moved and inspired so many people. My first collection was of musicians and I would listen to their music as I drew to imbibe their presence. Often it takes me one or two tries to get their likeness, some come right off the bat, and others still feel like I haven't completely caught their essence. (Continued on P. 7)

WHAT EVERY TEEN WANTS YOU TO KNOW

by Amber Worman, M.Ed., LPATA, LPCA

Teens, they may seem foreign or alien to us after the age of eleven or twelve. Often caregivers feel confused, lost, concerned, and sometimes downright fed up with the teenage child's behaviors. As adults we tend to forget and lose sight of what it was really like for us in that space and time as our lives and selves have shifted so much. For the sake of this article I want to bring some understanding and awareness to the experience of being an adolescent and help us all remember the very real and terrifying struggle. As a Holistic Health Art Therapist I work with teens who are struggling with depression, mood imbalances, behavioral concerns, bullying, and other issues.

Often as a therapist I get questions from caregivers, such as "What do I do with them, I just don't understand why they are acting like this?" Let's take a walk together and see if we can unpack what is going on inside the teenage brain. One view point I wish to discuss is psychoanalyst Erik Erikson's Eight Psychosocial Stages of Development. These stages go from infancy through late adulthood. The fifth stage of *Identity vs. Role Confusion* occurs during adolescence from about 12 to 18 years old. During this important transitional stage the teen is searching for a sense of self personal identity, and figuring out what role they play in society. This work for them ultimately must be done largely on their own in order to create a strong sense of self, independent from their caregivers. Sometimes we see this manifest as the pulling away and not wanting to talk as openly with caregivers in regard to what is going on with them. This is also the energy that feels combative and challenging to us adults. Role confusion occurs if teens cannot be sure about themselves or their place in society, leading to further struggles down the road.

The question remains then, how can we help and support them through this process? For the answer I interviewed a few teens to get their take and view on their needs. Several of the teens I talked to stated they often feel unheard and undervalued, as if they are not supposed to have their own opinions about situations or have any insights to share with us. One adolescent

girl stated, "I understand what is going on around me more than people realize I do. My parents often don't think I care about what is happening. We're not just kids who don't care. I'm human and I'm important, too, not just a kid." Other teens, including this intelligent girl, talked about not being allowed to freely express emotions and the struggle of not understanding or



knowing what emotions they are feeling. In my therapy practice I often see adults also struggle with emotional awareness and expression, so we must not forget that emotions can be difficult for all of us. Try to remember and/or imagine what it is like to not yet have the language for what you are experiencing.

Bringing all this awareness together about what is happening within the mind of your teen hopefully can help provide insight and further direction for you. The following are a few suggestions from the holistic viewpoint that I provide in my office to parents. Allow the teen to feel and express emotions while at the same time providing limits on behaviors and helping them to understand what they are experiencing. An example of this is the common irritability that teens experience. Irritability for teens can be several different underlying emotions such as depression, unprocessed anger, hormonal changes, etc. Here is the opportunity for the caregiver to sit with the irritability and teen (if they will allow your support) and spend some time trying to help them understand what are the emotions they are experiencing during this time? Providing space for the teen to make their own mistakes, within reason of course, is important to help create a strong sense of self. This helps them understand the natural world of consequences for their actions and is less focused on punishments. Also, giving positive reinforcement for when their behaviors are favorable helps them build feelings of self-worth and lessens feelings of shame. Therapy services can be supportive for both the teen and caregiver during this stressful time in life.



To conclude, let us not forget all the hormonal changes and growth occurring within their bodies. Teens when left to their own devices tend to eat unhealthy diets and don't get the nutrition they need. You can further support them and all your family by providing a whole foods diet (watching for excessive sugars, greasy and processed foods), multivitamins, and relaxing teas (Continued on p. 8)



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UNDERSTANDING ACUPUNCTURE

by Michele R. Sumpter, MSAc, LAc

Acupuncture can work with a wide variety of medical conditions including orthopedic pain – such as neck, low back, knee, hip, or elbow. It can also work with headaches, allergy and sinus problems, fibromyalgia, chronic fatigue, stress management, and hormonal imbalance such as menopausal hot flashes or menstrual symptoms like cramps or moodiness. All of these and more are ailments recognized by the World Health Organization to be appropriate for acupuncture treatment, and I have personally achieved very good results with them.

Dating back over three thousand years, acupuncture has been the primary health care system in China. It is also widespread in Asia, Europe, and now in the U.S. Acupuncturists are being utilized more and more in hospitals, rehab centers, doctors' offices and wellness centers throughout the U.S. Acupuncture is often used in conjunction with other treatment modalities including herbal medicine, massage therapy, chiropractic manipulation, and physical therapy -- to name a few. The healing effects of acupuncture and herbs are gentle and free of negative side effect.

Treatments last an average of forty five minutes, depending on the depth and severity of your condition. Using sterilized, single use, very fine needles, each meridian (stream of Qi or life force in the body) is accessed through acupuncture points at specific locations along the meridian. In cases of pain, the acupuncture causes the brain to release opiate-like hormones that have a powerful analgesic effect and induce a deep state of relaxation and healing.

Each point has a predictable effect upon the Qi life force of the meridian. Abnormal Qi flow results in disease; correcting this will allow your body to return to good health. Additionally, I am able to adjust my style and technique to those way of an acupuncture needle and the seemingly mysterious approach of tradition eastern medicine. I have great respect and value for the diversity of our beautiful community. Acupuncture addresses underlying imbalances in order to treat the root of the problem, not just the symptoms. Each point has a predictable outcome for use in properly treating.



In a private session, I listen carefully to you in an interview which provides vital clues to an overall pattern of health or disease, with particular observation of very subtle

signs and symptoms. Next, we talk about home care recommendations so you can optimize your progress and total health. My goal and that of eastern medicine, is to treat the "person first." This means the root of the disease is treated, not just the symptoms. Those who receive acupuncture often not only heal physically, but typically experience a new and profound state of peace; a sense of clarity and balance with heightened awareness.

Consider acupuncture and Oriental medicine as complimentary therapy to your current medical team -- such as during rehab therapy to increase the speed of healing, or in understanding why symptoms of an illness or injury appear. Diagnosis and proper prescribing are a very important part of medical care, but often times they are not promptly helpful with uncomfortable symptoms or uncomfortable side effects.

Acupuncture works best in a series of treatments and cumulatively -- we want to continue building on your progress.

In this world where we've become so dependent on email and texting, working with a group offers that human interaction that is slowly disappearing. We can accomplish just about anything today virtually without ever speaking to an actual person! People sometimes join my acupuncture groups because groups can be very instrumental in providing other benefits. Simply put, human beings are social creatures. While some people are more hermits and recluses, many of us love to be around other people. We love to

laugh, joke and have fun. I feel that is one of the greatest products of a group setting. Nothing brings people closer quite like being in a place with like-minded people who are also looking to improve upon their health and well-being. Participating in a group acupuncture setting can help you move forward, give you an opportunity to learn from and teach others, and help you develop a sense of camaraderie and community.

The far-reaching impact of this ancient, cost effective medical system for healing, wellness, and pain management could well (Continued on Page 13)



The small tube that the acupuncturist is holding is a tool to assist inserting the needle. The needles themselves are extremely thin. You can see a tiny needle in the side of the person's left calf and on the second to the outer toe of the right foot. Inserting the needle is virtually painless. Once it is in it is totally painless. There is a peaceful feeling caused by the opiate-like hormones released.

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LET IT BE

by Gerry Boylan, PhD.

Picture this, just a couple years after getting a degree in theology in Boston I listened to the Beatles sing about Mother Mary in their song "Let It Be." There was certainly no doubt in my mind about who Mother Mary was. My intellectual ego was terribly bruised when I discovered that Paul McCartney was writing about his mom. But there is a beauty to creative genius because it touches many levels, some conscious and some not. Of course, Mother Mary can be whoever anyone wants. What Paul did not know consciously was that when the Angel Gabriel announced to the Biblical Mother Mary that she was to be the mother of Jesus, she said, "I'll try. Let it be. Be it done unto me according to your word." Now that's a show stopper.

So what? - - nice piece of music and Biblical trivia. Beautiful song. Beautiful message. What does it have to do with us here and now? Well, here is the deal. The message is about surrender, which is the essential element in Spiritual growth and awareness. Nothing happens without surrender. If nothing changes, nothing changes. Do what you've always done, and you'll always get what you've always gotten. If you think the same thoughts, you'll get the same results. Simple. But how easily we forget. We are all a product of surrender, some dramatic, some not.

When I grieve, when I love, when I pray, when I cry, when I laugh - - I surrender. Surrender goes beyond thought and feeling because surrender is also a choice to act lovingly even if I don't feel that way. It is those times when I choose to go beyond my petty small limited individual self - - to love - - to be joyful - -to be giving - - to be grateful. Of course there is trust in surrender. You practice it all the time, even when you are walking across the street. If we never trusted, we wouldn't get out of bed. However, one of the real problems is that the ego doesn't trust anybody.

Let go of a limited vision of yourself, and allow who you truly are to shine forth !

So who or what is it that we are trusting? I remember years ago when imagery was first beginning to take hold in therapy. We used to do an imagery in our group called "Wise Person on the Mountain." We would ask all the participants to think up a question that they wanted an answer to. We asked them to make it an important question, something that was relevant to their lives right now - - something that they've been struggling with a little bit. So

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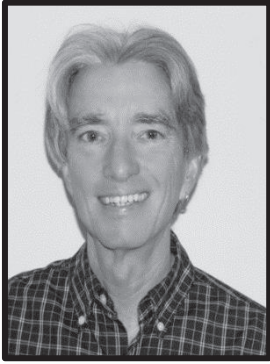
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after giving them the time to formulate a question, we would ask them to close their eyes. We would take them through this imagery of finding this mountain, and letting them know that at the top of the mountain there was going to be a wise person who was going to be able to answer their questions. So we would take them through the journey to the mountain, up the mountain and finally meeting this wise individual who maybe they might or might not recognize. And they could ask that important question that was so deeply embedded in their minds and get the answer. Then we would walk them back down the mountain, of course, and bring them back to an awareness of being in the room with the group, and have them stretch and open their eyes.

Inevitably as we would go around the group, people would discover that their question, as important and as complicated and difficult as it was, always got answered. And it got answered in a way that was very very satisfactory to everybody. It was amazing. And so everyone was really very content with all this until we asked them the question, who was it that answered your question? Then there would be this pause. They would look at one another and stop and think a little bit. Someone usually said that it was from the wise person on the mountain. Then I would say, "But where did that answer come from?" Again there would be this silent pause and then this look of amazement when people began to realize that it was a wisdom inside of themselves that answered that question. It was amazing just to see people come into or begin to come into the awareness that there is this strength, this wisdom, this courage inside themselves beyond what they might have ever thought or had ever imagined.

The simplest way that I can put it is that surrender is letting go of a limited vision of yourself and what has not been working - - to allow who you truly are to shine forth. To let go of our identification



with our little limited self which is often referred to as our ego consciousness, and to allow our true self and our oneness with God to come forth. To most of us, surrender seems like passivity. You surrender, right? You let it happen. You let it be. You let go of control, and you put it in God's hands. But, that is only true if you are here and God is out there some place. When I give it to God, I do let go. I step back. But, here is

where it gets tricky. If God is within me and I am a part of God then along with this passive principle of letting go there is allowing the power of God the Divine power within me to actively transform this energy of stuckness or sickness or whatever form of negativity I am thinking of into the energy of flow of movement and healing. Marianne Williamson said "Something amazing happens when we surrender and just love. We melt into another world, a realm of power already within us. The world changes when we change. The world softens when we soften. The world loves us when we choose to love the world

Surrender is opening to the truth of who you are, and opening to oneness with the unlimited Divine power within you. As I like to say so many times "The good news is you are not who you think you are." There was a time in my life when I was struggling with some pretty huge addictions. I came to a point when I knew what I was doing was killing me. So it was either stop doing or die. And I wanted to stop because I didn't want to die, and yet I didn't want to stop because I didn't know how. And even more significantly, I had no idea how.

It was frightening to surrender to what seemed like totally unknown territory. The only thing my soul knew how to do was to stand on the edge of that struggle and be willing to let the God Force within me take over. Of course, I didn't have those words back then. Standing in that dynamic tension the power of God took over. It was like a "road to Damascus experience" that was sudden and shocking. It was only after a time looking back that I became aware that surrender and willingness changed my life. I am so grateful. Everything good in my life today is the product of that surrender. I learned that you do not surrender with the mind. It is not an act of will, though willingness is a part of it. It is your willingness to hold that space. To stand as fearlessly and courageously as you can in that space and know that it is the Divine power within you that is being made manifest. Your ego has become an empty shell, an empty cup even for a split second and the awareness of God fills that space. You don't do this by force of will. It is not by stress or strain, like twisting the cap of a jar that is too tight. No, it is by choosing, by being willing to open, and by allowing the process to unfold. To draw on a phrase from the Twelve Step Programs, "Let Go, Let God."

Bio: Gerry Boylan began his career as a teacher and retreat leader at St. Xavier High School where he taught Biology, Chemistry, and Religion. His undergraduate degree is from

Catholic University and he holds graduate degrees in Biology and Transpersonal Psychology, and a PhD in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services.

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Cont. from P.3. Finding Your Authentic Creative Expression

You learn a lot when drawing portraits, you discover that what makes someone recognizable isn't as simple as the shape of their attributes. In fact, I always start with their eyes, if I don't get the expression in their eyes right then I have to start over. It's often their expression, in some cases it's in their hair (Billy Idol, Tina Turner and Einstein are good examples). For others it's their body language like Johnny Cash and Al Green. For others it's their accessories, like Jim James' glasses, Bob Dylan's guitar, and Tupac's hat. And certain people, it's the look they give you, like MLK and Frida Kahlo. It's interesting to note in each person where lies their identity, what holds the key to making them recognizable.

Some people require clothing or hats to feel like themselves, such as Prince, Indiana Jones or Elton John. But when you get it right, they come alive, it's like breathing life into a drawing. Sometimes it's their smile, like Whitney Houston, Betty White or Maya Angelou. And other people, I draw as the character they are most remembered by such as Princess Leia or Willy Wonka. It is an honor to pay homage to inspiring people and honor people's loved ones with a living artistic memory.

Bio for Maya Grffin: I was born in a small town in Northern California and went to college at University of California in Santa Cruz to study Art and Physics. After returning home from a travel break in Europe, I ran a street art gallery for three years in San Francisco and then moved to Louisville. Here in Louisville I am a manager at Revelry Boutique Gallery where I also sell my own art & jewelry. I have created over 50 mountain portraits for sale as prints (under \$20 framed) on mayajoyintheworld.wordpress.com. If you would like an original commission of your favorite icon or loved one (\$50 for an 8x10 framed drawing), feel free to email me at mayajoygriffin@gmail.com. I hope to hear from you!

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LESSON OF THE EMPTY CUP

Contributed by Darrel Joy. The concept of the Empty Cup was told to Darrel by Tom Brown. Darrel elaborated on the concept with his own examples.

This is a part of the story I told at a story telling session with my Native American Pipe Group in Minnesota.

This story teaches the lesson of the "Empty Cup" a philosophy that I attempt to observe in every experience that I encounter.

If you take half a cup of polluted water, and add to it a half cup of pure, clear water -- what do you have? You have a full cup of polluted water! To make use of the pure water, you must first empty your cup -- to pour out the polluted water.

The same is true when you approach any new situation, whether it is a person, place, thing, or any other learning experience. You must first empty your cup of bias, prejudice, and expectation. We all have had life experiences, good and bad, and we carry the memory of those experiences with us everywhere we go. We meet new people and some small thing about them may remind us of someone else we once knew. You may say to yourself, "I like or don't

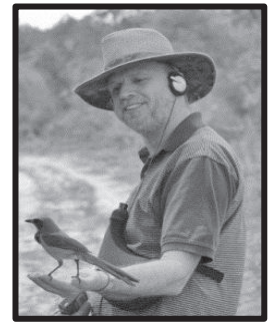


like them because they are just like so-and-so," or "I don't trust them" because of what someone else had done to you in the past. And so you never give those new people a chance to prove themselves.

Perhaps you take a class and the teacher reminds you of another teacher you once had, or their introductory remarks remind you of another class you once took, and you think to yourself "I already know this stuff. I don't need to listen. I won't bother wasting my time." And so you never learn what it was that person could teach you. Your expectations, your half cup of polluted water, caused an opportunity to be lost and became a full cup of polluted water.

One way to approach new information is to defer all judgment until later, after the entire story is told and all the facts are in. At that time, you can look at the potential usefulness of that information and give it a chance to make a difference in your life. Words shouldn't be taken on faith. New information must be tested in the wilderness of one's life. Let the experienced final results show you which parts are useful and which parts are not.

Another way to approach new things is to see each new day as a wondrous event. We see miracles every day. Eventually these miracles come to seem ordinary to us and we no longer pay any attention to them. We need to pay more attention to the glorious sunrises and sunsets., to the miracles of life that surround us, to our Earth Mother, and to the miracle that we call friendship. Let the experiences of each new day be an opportunity to see things from a new perspective like seeing them for the first time through the eyes of a small child. The key is in our attention. The key to paying attention is in emptying our cup!



Empty your cup to new ideas ...to new friends ...to new experiences. Open your heart and mind to the lessons that can change your life. Mitakuye Oyasin! That means "We are all related" in the Lakota language. (The Lakota are a subset of the Sioux.)

Note: See photo above of Darrel Joy with a wild Florida Scrub Jay. He was recording bird calls at the time and hence was wearing headphones.

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Cont. from P. 4. What Every Teen Wants You to Know

(such as chamomile, peppermint, rose, passionflower, and lemon balm) instead of sodas and sugary drinks. Creative expression through the arts, dance, movement, yoga, and exercise are also important for development and for helping them to cope with and understand their emotions better. As the caregiver, modeling great self-care and emotional expression can be helpful to teens as they learn by watching you. Ultimately, our teens need love and support, and also space to work through the transitions from adolescence to adulthood.

Bio: Amber Worman M.Ed., LPATA, LPCA is a Holistic Health Art Therapist. Phoenix Rising Wellness is where the therapeutic approach integrates her education in Western Psychotherapy while creating a beautiful blend of Eastern Medicine, Herbalism, Aromatherapy, and other healing practices for whole person-mind, body, and spirit. Amber Worman is a licensed Art Therapist, Certified Reiki practitioner, and an Herbalist.

WATCHING A BALD EAGLE PAIR RAISING THEIR EAGLETS *by Elsa Lichman*

Near the river, eagles are nesting and raising their young. The species was just about wiped out in the early 1960's by gunshot and the pesticide DDT, causing a terrible blight on our precious national symbol. But re-introduction efforts have yielded great results, and there are many nesting pairs throughout the country. The bird has gone from the 'endangered' list to the 'threatened' category, a significant improvement.

I am fortunate to be able follow one particular family over several years, and to observe them in all their glory, watch their magnificent ability to cope with vicissitudes. This pair are now raising two chicks in a nest in a tall pine. In my binoculars, I see the female feeding them. Nature and evolution have attempted to even the balance by having a female hatch first. Males tend to be more aggressive, so this evens the score, so to speak, as the second to hatch is smaller and less developed. Just now, as the mother feeds the older bird, the small one pokes its head in between! In general, sibling rivalry is kept to a minimum when prey is plentiful, however it does occur, and can prove fatal. Parents do not intervene.

Today is beastly hot and humid, and the female sits on a bare branch of a dead tree in full sun. Her eyes, piercing golden orbs, look ferocious, and her open beak reveals her pink tongue. She may be engaged in gular fluttering, similar to panting, to cool off, and her wings are pressed forward, allowing more air flow to reach her body. Her dark wings dip down, covering most of the white tail, creating a perfect heart shape. Once or twice she preens an inner wing feather and shakes out her whole body. She is still there when I leave.

The partner was seen by a runner; he tells me the massive bird was sitting on a low branch, just two feet above a cove in the river. Perhaps he was contemplating a dip, or just catching some breeze. I meet a birder who frequently walks here, and she tell me she is happy the eagles can again eat the fish in our rivers. It gives her hope for our planet.

Late in the day, the evening air turns cool, and I see a flash from the nest, flying low. The female is back on a naked tree, her three forward talons loosely dangling over a branch, the fourth, in the back, holding on. She is brilliant in that late afternoon light, against a blue sky. Every single feather is delineated, blown in the fresh breeze. She now preens at her leisure, stretches out one balled yellow foot to relax! The older eaglet stands tall in the nest, as a hawk flies over.

One day, I am alone, and have forgotten my binoculars. But she flies from the nest to a bushy tree near me! There she sits, preening luxuriously, a spa afternoon for a tired parent, perhaps. Suddenly, she flies low, right over my head, toward the cove. The male now sits on a tree within eyeshot of the nest. He stretches a black wing out and down, and it seems to go on forever. Both parents are within view of the nest, in close range. The weather turns, torrential rains arrive as I dash to my car, but the male



See parent eagle and chick in their nest in top photo. In bottom photo two healthy enthusiastic chicks in their nest are going through awkward gangly teenage stage. See how their feet are the size of adult eagle feet. At one stage their wings will be longer than adult wings to help them learn to fly.

remains, in the downpour, fully exposed, for a long time, unmoving. He seems to like it!

Tiny nesting birds of many species, such as mockingbirds, Baltimore orioles, blue jays, robins, and more, can be seen attacking a bald eagle perched in a tree, or chasing it in the air. One day our adult eagle parent sits quietly preening on the top of a spruce tree away from its nest in a white pine. A lone blue jay darts at it over and over again, relentlessly, for more than an hour, sometimes even making contact with its beak! At one point the jay's wing feathers brush the raptor's massive head. This jay bravely, incessantly, works to protect its own young family, to rid the area of danger, despite the eagle's powerful beak and knife-sharp talons. But the eagle, nonplussed, remains on its perch.

The eagles constantly refurbish the nest, bringing in branches, or moss, in between visits to carry prey to the hungry eaglets. One day I see an adult fly to a far tree, and hear a loud snap, as it breaks off a branch and carries it dangling in its talons until it reaches the nest



Dusk and night at the river can be spectacular as well. The sun sets at the horizon, the proverbial red (Continued on Page13)

WHY STUDY WITH A YOGA TEACHER?

by Sandy Brue

Some may ask why study with a yoga teacher? Why do yoga teachers themselves continue to take workshops and classes with their senior teachers? Here are several important reasons to consider. A solitary practice may cause a student or teacher to 'get stuck in a rut' and fall into error in their asana practice or in their thinking. Without contact with a teacher and yoga community students may lose their alertness and power of concentration. Group practice allows another pair of eyes to check the alignment of a pose and keeps the student from developing 'physical habits that make poses feel comfortable...but are not actually good for us.' Regular community practice brings us in contact with others striving for spiritual liberation. Interaction with others on our same path assists with developing the restraints and observances outlined by Patanjali. (Patanjali was a great sage in India about 1700 years ago who wrote the Yoga Sutra which is the guidebook of classical yoga.) A regular community yoga practice provides for spiritual, physical and emotional health.*

A serious mature student might experience the spiritual aspects of yoga after their first few classes. For many it takes time for the fruits of the practice to unfold. For me, it is taking a lifetime. When initially drawn to yoga, I believe students are seeking something beyond a physical practice. As a yoga teacher, before an introductory class I have often asked students what brought them to yoga? Sometimes they are simply looking for exercise but more often they express the need to find a way to relax or relieve stress. Those looking only for exercise find it



somewhere else while the serious yoga student develops a practice. I've often thought that these students are seeking, but can't really express what brought them along this path. The inward journey is private and personal not usually something found in a gym or workout facility. To make this journey in Western culture, a yoga studio is most suitable. It allows students to begin with asana (bodily positions) and find their way to yamas and niyamas - - which are recommended activities and habits for healthy living and spiritual enlightenment.

When the physical asana practice begins awaking something deeper, students realize that there is even more joy than what was discovered from practicing asana on the mat. Ashtanga yoga teacher David Garrigues was sixteen years old when a co-worker who studied yoga taught him Suryanamaskara A (Sun Salutation A). He loved the physical movement connected to his breath and continued to practice this one asana for some time before learning more about yoga. The Sun Salutations began his process of "understanding the body within and without".

Regardless of a students' awareness, in the presence of a knowledgeable instructor they begin to experience the first two limbs of yoga.

The first limb of Yoga, yama, deals with one's ethical standards and sense of integrity, focusing on our behavior and how we conduct ourselves in life. Niyama, the second limb, has to do with self-discipline and spiritual observances. The teacher may use spiritual readings, chanting, comments on yoga texts, or exhibit a yogic lifestyle that is observed by the students. Whether it is to emulate the teacher so that they can accomplish difficult poses or because something has been deeply touched, a student will begin to search.

* March 20, 2015 post by "Yoga for Healthy Aging."

Bio: Sandy Brue graduated from Yoga East's teacher training program in 2015 and now teaches yoga in Bayfield, Wisconsin.



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CREATIVE APPROACH TO LIFE

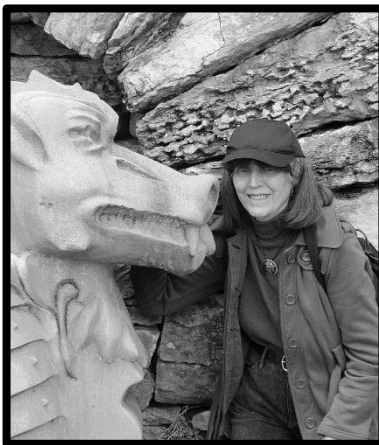
by Joyce C. Gerrish, M.A.

Life keeps us busy. Simply dealing with all the challenges that we encounter as we travel along our life path can be totally absorbing of our time and energy. Do this, do that, soothe this person, activate that person, finish this and expand that, and contact this list of people for a multitude of reasons. Sound familiar? I think that it may ring a bell with a lot of people. The question may be, "Is there time to enjoy creative endeavors?" The answer is yes. Here's why! Almost everything we do can be approached in a creative manner. A lot of tasks that may seem exceedingly cut and dried and boring can be transformed into an uplifting or enjoyable experience when approached creatively. It's a matter of allowing your imagination to flow into the situation and to frame it in an alternative possibly more interesting approach. If I'm doing something physical like walking, I sometimes just for fun like to think of creative solutions for local, national, or world issues. Now there's food for thought for a life time of creative thinking, for sure. For example, I envision staffed farms around the country where groups of homeless people or people who need work or people with other challenges such as addictions could go and be self-sufficient by farming and cooking and building cabins and more. They would be close to nature learning skills, eating healthy food, and building confidence. The farms would be guided by caring staff.

Creativity can come in as many forms as there are people to enjoy it. Creativity helps free up your mind and consciousness. Always doing something the same way keeps using the same neural pathways in the brain over and over. The higher consciousness can sort of go to sleep in such a situation because there is no space for it to express itself for enlarging the experience for the individual. There are people who half sleep through much of their life. Do you know any people who give you that feeling of being half asleep even though they may be quite intelligent? A gentle sense of humor is one sign that someone is alive to the nuances of life.

Approach each person wide awake to the potential majesty of his or her soul. Look for the spark of light in the eyes and speak to that sacred place within the person. Quietly relating to people in this manner lifts each interaction into a creative transformative moment, even if nothing unusual is said other than normal positive encouragement. This is creative living at its most essential core. Seek to leave people in a manner that gives them a sense of having been seen and heard positively if only for a moment.

You may wonder how all this relates to creativity. What does this have to do with paintings and sculpture in a museum or gallery -- or with an orchestra performing a symphony? What is creativity? It's O.K. for definitions to evolve and change, right? Creativity may



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manifest as a beautiful object or a lovely song, or it may manifest as a creative approach to life. A creative approach to life feels like a fresh breeze compared to a stuffy room. With a creative mind set, unique solutions may cross your mind when challenges arise. There is an ongoing awareness that there is more than one way to do something.

How does one nurture this creative approach to life? First of all, consider what creative activities you may already have in your life. Are you currently giving yourself some time to enjoy doing them (even a little time?), or are they sort of on the shelf? In this instance we are talking about things that you actively do, not passive activities such as watching a drama or listening to someone else perform music or sing. Passively enjoying someone else's creativity has its place, but keep in mind the tremendous value of you actively expressing your own inner vision in some way. How does that idea feel to you? Maybe it gives you a sense of exhilaration of a new adventure. Adventures don't need to involve traveling far away, they can unfold right in your own home or local community center.

Pause for a moment and consider what creative pursuit you would love to be doing more often, or stepping into for the first time, or enjoying again after a long dry spell. Write down what occurs to you, brain storm a little. Maybe write down several creative things that you'd like to be doing more of or trying for the first time. Let it be a pleasant experience to explore in your mind.

You are the gate keeper for the use of time in your life, even if it doesn't feel that way sometimes. An important part of being a gate keeper for the use of time is to remember that sometimes it is possible to transform a situation into something more nurturing and creative for yourself. When you wash dishes or cook or clean house or do yard work, it might be fun to sing. Maybe someone would like to sing with you, or sing with a CD or the radio. I love to do that! As another example, imagine you are going to an appointment for yourself or you are accompanying someone else to an appointment for them. There may be some time that you will be required to wait. How can you use that time creatively for your pleasure, rather than being bored? Of course it is possible to take a book or knitting are possibilities. What about writing a short

(Continued on Page 15)

SOOTHING INDIGESTION & HEARTBURN

by Dr. Lisa Tostado

Our digestive system is a key to our overall health. More recently, we have come to understand the relationship between our mental health and gut health. Our gut also produces neurotransmitters, and is referred to as our second brain. Furthermore, it houses trillions of bacteria, many our allies, keeping harmful pathogens from overgrowing. According to the research, as much as 70-80% of our immune system is in our gut. It is one of our primary defense systems and its balance is crucial to our well-being

Digestive issues, particularly heartburn and indigestion, have become so widespread that according to the American Gastroenterological Association, more than 60 million Americans experience heartburn at least once a month and 15 million suffer from it daily. So what exactly is heartburn? Heartburn is a symptom of acid reflux. Our stomach produces stomach acid, which consists of hydrochloric acid (HCL) at a pH of 1-3. Although an essential part of digestion, it becomes problematic when it gets into the esophagus. Symptoms include a burning-like sensation and discomfort in the throat and chest. If it persists, it is known as gastroesophageal reflux disorder (GERD), and can cause damage to the lining of the esophagus, increasing one's risk for esophageal cancer.

So what causes heartburn? According to Dr. Jonathan Wright, author of the book *Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux and GERD*, 90% of the people who suffer from indigestion have too little HCL, or low stomach acid. This is contrary to the popular belief that it is the result of too much stomach acid. The most prescribed drugs in the U.S. are for addressing heartburn. They work by reducing or neutralizing stomach acid. While these drugs may help temporarily soothe symptoms and provide relief, taken over the course of months to years, they may worsen digestion. Hypochloridia--low stomach acid, and achlorhydria-- no stomach acid, become more common as we age. According to one study, the prevalence as we grow older increases significantly, with only 4% of the population experiencing this at age twenty to as much as 75% after age sixty. Also, minerals such as zinc are essential for the production of stomach acid, yet mineral deficiencies exist widely in the U.S. due to our consumption of devitalized foods such as pizza, French fries, processed sugars and flours, degraded soils, depletions due to stress, toxins, and even certain

medications. Candida overgrowth in the gut can also lower stomach acid, as well as smoking, chewing too quickly, and an imbalanced nervous system (fight or flight mode vs. rest and digest).

Other root causes for heartburn include a weakening in the lower esophageal sphincter (LES), the muscle that connects the esophagus to the upper portion of the stomach. Normally, the LES only opens to allow food into the stomach. However, it may stay open even after food has entered the stomach allowing for backflow. There are several contributing factors to the sphincter sometimes staying open. In some cases, a portion of the stomach protrudes into the chest cavity through a small opening in the diaphragm, resulting in a hiatal hernia and a malfunction with the LES. Other factors include chewing too rapidly, overeating, tight fitting clothing, and tomato based foods.



If you or someone you love has acid reflux, here are four steps that can be taken to help overcome acid reflux for good. Please consult with your medical doctor if you are on medications and are looking to replace your drugs with a natural approach.

Step 1. Consume a GERD friendly Diet. Avoid common food triggers such as caffeine, chocolate, peppermint, spicy and tomato based foods, grains, hydrogenated oils and carbonated beverages like soda. Replace these with foods that are high in enzymes and easy to digest. This includes vegetables of all kinds, some low sugar fruits like berries, bone broth, fermented vegetables, and organic meats. A small salad consisting of bitter greens like arugula, chicory and dandelion enjoyed before your meal stimulates the digestive system by increasing the production of HCL. Similarly, bitter herbs such as gentian and horehound act as wonderful digestive tonics. They are sold in tablet or tincture form. I recommend a combination formula. Take these herbs before your meal and as recommended on the label. Bitters also stimulate appetite, increase the flow of bile and the rate of gastric emptying. (Continued on next page)

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(Continued from previous page)

Step 2. Lifestyle Changes. You should chew your food 20-30 times before swallowing. The act of chewing stimulates the production of stomach acid. You also want to be in a relaxed state before eating. When we engage our parasympathetic nervous system (rest and digest phase), this stimulates our digestive organs, gastric secretions, and directs blood flow to the G.I. We also stimulate peristalsis, the muscular contractions which moves food down the G.I. tract. Do not overeat or eat food 2-3 hours before bed, and make breakfast and lunch your heavier meals. Keep your head elevated with a pillow if necessary to prevent backflow.

Step 3: Supplement with Digestive Enzymes. When we are not able to digest our food sufficiently in the stomach, the food putrefies, produces its own acids and pressure, and undigested food subsequently backs up into the esophagus. Take 1-2 capsules before a meal. I recommend a broad spectrum enzyme that helps to digest proteins, carbohydrates and fats. If you are still experiencing indigestion, then I recommend the addition of a HCL/pepsin supplement to increase stomach acid levels. This will usually do the trick! Also consider supplementing with zinc, which helps to heal the acid producing parietal cells in the stomach.

Step 4: Drink Apple Cider Vinegar. This is one of the best natural home remedies for addressing heartburn and GERD. Apple cider vinegar contains enzymes that supports digestion. It also contains acetic acid, which makes it acidic, supporting the acidic environment of our stomach. Add 1 tablespoon to a small amount of water and drink just prior to your meal. You can also make your own salad dressing with apple cider vinegar, lemon and olive oil. Many people also enjoy the taste of a little apple cider vinegar over cooked vegetables along with a little olive oil (both added after the cooking). Be sure to get your apple cider vinegar raw, unfiltered, organic, and with "the mother."

If you continue to experience heartburn, consider seeking the guidance of a naturopath or functional medicine doctor who can do more detective work and figure out the root cause. Lab testing such as a comprehensive stool analysis and food sensitivity panels can be very helpful in figuring out what may be at the heart of your digestive issues.

Bio: Dr. Lisa Tostado, N.D. graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in the U.S. Inspired by the early pioneers in whole food nutrition, Dr. Tostado decided to complete the CCWFN program in 2016 with the International Foundation for Nutrition and Health. She has been a resident of Louisville, KY for the past 8 years. Currently she has two office spaces, one at the Rainbow Blossom Wellness Center at Springhurst, and one at Whole Health Associates, 3834 Taylorsville Rd., Ste. B1. If you would like digestive evaluation, or would like to know if you can benefit from Dr. Tostado's gut balancing program, contact her for free 15 minute consultation.

Editor's note: As always, consult your health care practitioner

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before making significant changes in your nutrition or health practices.

Continued from Understanding Acupuncture, Page 5

herald the medicine of the future! Those who receive acupuncture often not only heal physically but typically experience a new and profound state of peace, and a sense of clarity and balance with heightened awareness. So I encourage you to proceed with confidence to new possibilities for health and wellness. The staff at Athena Health and Wellness believe that wellness includes the health of mind, body, and spirit. We empower women through health education and services in an atmosphere that is approachable, caring, and professional.

Bio: Michele R. Sumpter, MSAc, Lac has been in active private practice for over thirteen years and has worked with a wide variety of medical conditions and age groups. She earned her Master of Science in Acupuncture degree from the Colorado School for Traditional Chinese Medicine in Denver, Colorado and is a board-certified acupuncturist by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). In 2006 she became one of the first twenty acupuncturists certified in Kentucky. Prior to her return to the Derby city, she was also an instructor at the Colorado School for Traditional Chinese Medicine. Group acupuncture is offered at a discounted rate of \$19 at Athena Health & Wellness.

Cont. from Watching Eagle Pair Raising Eaglets, P. 9

rubber ball of a sixties' tune. Two swans appear at the edge, one with its head in the water, foraging, the other sailing across the water with a black foot held high, like a rudder. As night begins to fall, there is a cooling breeze at last after the swelter, and the pair are white against the silver river, and then white on black in the night. Birds fly to roost. A large black dog, with its owner, sways its way to the bank to take a dip, through tall grass, which waves like a wheat field in the wind.

When we are mindful of our natural world, we reap great rewards, in mind, body and spirit.

Bio: Elsa Lichman is a nature writer and educator for the Waltham News Tribune in Massachusetts, as well as a published poet and adventure writer. Please contact her at elsalichman@comcast.net if you are seeking submissions to newspapers, journals, or books.

Foot Orthotics and Your Spinal Health: Who Knew?

Dr. Richard Reul

So why is a chiropractor so interested in feet? I had been wondering the same thing. Around 1994, shortly after graduating from chiropractic school, I enrolled in a certification program for extremity adjusting. Although chiropractic is specifically concerned with the spine and locating blockages in the nervous system flow called subluxations, nerves innervate every joint in our body. Shoulders, elbows, knees, fingers, feet, ankles, ribs and jaws can become misaligned irritating nerves and actually affecting the spinal system. We were taught how to locate skeletal misalignments through observation, case history, palpation, and muscle testing. I was really excited to sharpen my skills finding problems that might otherwise be overlooked. I learned that any extra-spinal problem has an impact on the whole body.

I remember that the last section of this extremity adjusting course dealt with lower extremities and gait analysis and feet. When the instructor got to the feet, he taught us about two dynamics that can cause problems. He talked about foot over pronation and supination. Very simply put, foot pronation occurs when the foot and ankle over rotates inward. Foot supination is when the foot and ankle over rotates outward. You can look up images of these dynamics on the internet. He started to talk about foot orthotics, which are inserts that are custom-made to correct these disadvantageous dynamics. I remember sitting back in my chair with my arms crossed in a closed posture. I was thinking...."I'm a chiropractor. I adjust the spine to help the body remove nerve interference. If you have a problem with your feet, go to a podiatrist!"

He enlisted a volunteer who had a problem with foot pronation. While the patient was lying prone, he tested the strength of the gluteus maximus or buttocks muscle. He determined that he had an L5 subluxation. L5 is the lowest lumbar vertebrae. He adjusted L5. The muscle immediately got strong. He instructed the patient to take a short walk. When he came back, the instructor tested the gluteus maximus muscle again. He lost the strength. Then the instructor looked at his feet and inserted wedges in his shoes to correct the foot pronation. He readjusted L5. The muscle strength returned. He took the same walk. When the muscle strength was retested, it held strong.



A light bulb went off in my head. I was cast for my first pair of foot orthotics. I didn't know that I had a problem with my feet. I was playing basketball once a week at the time. After playing basketball there was a recovery time in terms of muscle soreness, etc. My recovery time was cut in half with orthotics. My ability to run improved tremendously.



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Ever since then I have been fitting my patients with custom-made foot orthotics. Our feet are extremely important. Every step we take transmits forces from our feet to our ankles, knees, hips, back, neck and jaw. The average person takes about 5000 steps a day. If you have a Fitbit device you're shooting for 10,000 steps. If you multiply 5000 times 365 days a year times 60 or 70 years you're dealing with a lot of impact that the body has to absorb. If your feet are translating improper or imbalanced forces, the rest of your body has to adapt the best it can.



These photos show front and back view of feet that are over pronated. 95% of the population over pronates. Orthotics help reduce or eliminate foot pain and enhance total health.



How many people today are having knee and hip replacements, or back or neck surgeries, or even TMJ problems? In my opinion, foot dynamics have contributed to the degenerative process in many, if not most cases. Now, of course, a history of injuries or genetics can be a major contributor that leads to a surgical situation. But what about micro trauma? ...small insults to the smooth mechanics of the musculoskeletal frame?

Now I've mentioned that there are two major categories of foot dynamics: pronation and supination. **Ninety-five percent of the population over pronates.**

Some signs of foot pronation:

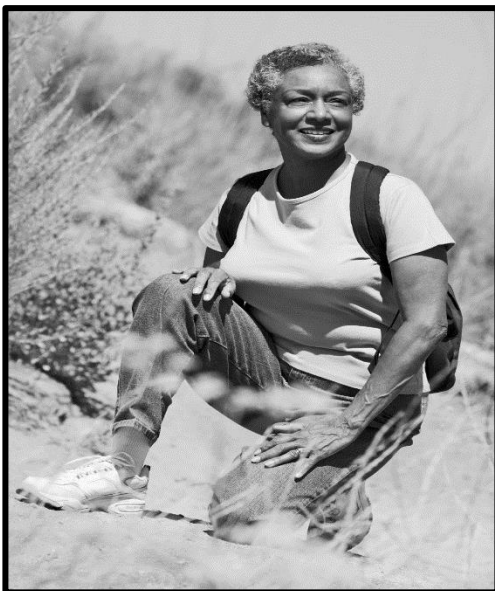
- Wear on the outside of the heel of your shoe. People who pronate tend to strike on the outside of their heel first when walking, and then their foot rolls inward.
- Forward head carriage
- Foot flare...One or both feet flare out (The side that flares out most pronates more)
- Callouses on the side of your big toe
- Bunions
- Plantar fasciitis (People with high arches are especially prone to this due to the stretching of the plantar fascia when standing because of lack of support)
- Knock-kneed
- Medial knee pain (Over pronation makes one more susceptible to medial knee injuries)

- Scoliosis (There may be a connection between imbalanced forces being translated from the feet)
- Chronic low back pain or even TMJ problems

Some signs of foot supination

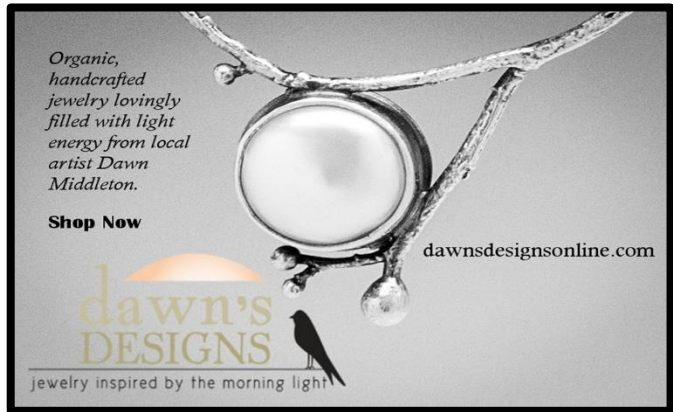
- **Obvious rolling out of the foot causing wear on the whole** outside edge of the shoe
- A tendency to ankle sprains
- More susceptible to shin splints, stress fractures of the metatarsals, calcaneus (heel bone) and tibia

Casting of the feet is very important. In my office, the patient's feet are cast in a non-weight-bearing position with the ankle placed in a neutral position. This preserves the angles at which the feet strike the ground. We have two different feet, different sizes, arches and angles that affect impact. If you stand on something, you are casting where the feet land in their overpronated or supinated position. Generic orthotics provide the



same support for each foot. They don't address the subtle differences between each foot. Getting your feet evaluated can save you a lot of pain and problems down the road. Even if damage has already been done, foot orthotics can slow further degeneration and provide relief. My patients have a much better chance of holding their adjustments and getting quicker results with chiropractic care when their feet have the right support. The reality is that most people will never experience the benefits of custom-made orthotics because they are unaware of how much their feet can affect their body. We do the best we can with the body that we have. But, with foot orthotics, it could be a lot better!

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. Dr. Reul has been a speaker at many community events. He participates in health fairs doing posture, stress and headache screenings. He is a member of the Kentucky Chiropractic Society, and the Jeffersontown and St. Matthews Chambers of Commerce. For more information on Dr. Reul's practice, visit www.reulchiropractic.com



Editor's True Life Experience with Shoe Support.:

At age thirty two my feet went from wearing high heels or sandals daily without pain -- to extreme pain and barely able to walk. I did not know what lay ahead. I learned that if I gave my feet strong support I could still take a long walk daily and enjoy being physically active totally pain free. Without excellent support, my feet are in serious pain within about an hour. It's a choice. I chose excellent support for my feet long ago, and I walk in comfort.

Continued from Page 11. Creative Approach to Life.

story? That might be fun. You don't have to publish it unless you want to. Maybe you could share it with a few friends on your e-mail contact list or Facebook. You could take a sketch book and sketch. Your life could be enriched in these ways. These simple approaches don't really take any extra time, and they can strengthen your "creativity muscle." Have fun and don't judge yourself or set unrealistically high standards for yourself. Be your own best friend and allow yourself to enjoy creative activities. It nurtures your mind, emotions, and body. Creativity nurtures your soul. It can be the source of needed solutions for your life and for the planet.

Bio: Joyce C. Gerrish, M.A., 35 years heart centered Spiritual Holistic Counselor/Life Coach & Energy Healer. Master's Degree in Human Development, Graduate of National Institute of Whole Health, Reiki Master Teacher/Practitioner. Publisher/Editor of "Natural Living Journal," author of book, "Secrets of Wisdom, Awaken to the Miracle of You." Offering classes in Meditation, Natural Healing, and Spiritual Growth. www.joycegerrish.com. Sliding scale fee. 812-566-1799, Louisville Office.



PROTECTING YOUR JOINTS *by Kelly Riska, OTR/L, RYT*

Many people are affected by joint pain due to some form of Arthritis including Auto Immune Disorders such as Rheumatoid Arthritis, Fibromyalgia, and Lupus. Statistics show that nearly half of the people over sixty five have Osteoarthritis, a type of wear and tear in the cartilage of the joint. Symptoms include joint pain, stiffness, tenderness, redness, increased heat, swelling, and limited range of motion.

Protecting joints is very important for people with Arthritis to reduce stress on the joints and decrease pain.

As an Occupational Therapist, I have been trained in the principles of joint protection techniques. Following these principles will help to maintain a higher level of joint function and help conserve the amount of energy used for daily activities.

By all means... please respect your own pain! This is a basic principle. Do not ignore pain as this is your body's response signal warning you that something is not right! Pain should not persist for more than two hours after an activity or exercise. So when performing daily activities, simply adjust your activity level to your pain level.



Use proper body mechanics like bending your knees when lifting or reaching down into a low cabinet. Observe your own posture in standing and sitting. Many of us tend to slouch due to gravity and/or chronically contracted muscles that are working overtime! Learn to strengthen core and back muscles through exercise or yoga. And maintain good posture while performing daily life tasks to place less stress on your joints and preserve joint function.

Think about using the largest joints and muscles possible to perform a task such as using both arms to lift and carrying an object. Try putting your purse over your forearm rather than carrying it with your hand which places stress on finger joints. Or even better, use a purse with a long strap and place it diagonally across the body. And in my opinion, a purse need not weigh more than three pounds or look like a suitcase!!

Moving is the "name of the game" I always say. Meaning that our bodies are designed to move, and especially when having some form of Arthritis. The body must change positions frequently in order for the energy and fluids within to circulate properly. Staying in one position for too long will cause joint stiffness and pain. Learning to move more slowly and with mindful awareness when starting to feel stiff will help lubricate and preserve joints. This includes performing gentle range of motion exercises for each joint in the body.

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In today's world the word SLOW has a negative connotation. It seems we are bombarded with the need to increase the speed of everything we do. Unfortunately, this is the part of our demise and the cause of our Dis – ease. It's imperative that we learn to slow ourselves down and learn to listen to our inner nature. Balance is the Key to Life! Learning to balance our daily activities with rest and relaxation. It's all about pacing ourselves and

learning when our bodies have had enough and not pushing past our own limitations. This means you may have to stop an activity in the middle in order to rest. Let your body be your guide, it's your greatest teacher and it knows what it needs even if it takes a little longer to finish something. A general rule is, for every twenty minutes of activity rest for five minutes.

By all means, please do not do any activities that could potentially hurt your joints - - such as using excessive pressure on the smaller joints of the

hands or bearing too much weight on the wrists. Instead, use a can opener or rubber grip to open jars. When standing, spread feet apart and bend the knees ever so often. Then when you get tired of standing, sit in a chair and finish your activity. Use a tall stool to sit at the sink and wash dishes or fix a meal. Sit at the table and fold laundry. Use a long handled reacher or picker upper to help extend your reach. Purchase a raised toilet seat or bath chair for ease and safety in the bathroom.

The goal of joint protection techniques is to reduce stress on the joints by using them more efficiently thereby decreasing pain. Avoid repetitive motions and those with excessive resistance. Take your time and plan ahead before doing your daily activities and/or work. I have seen and worked with numerous people who
(Continued on next page)

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Cont. from Previous Page. Protecting Your Joints

have Arthritis. Occupational Therapists demonstrate and teach clients how to apply these principles to daily tasks improving the quality and vitality of daily living.

Kelly Riska is an experienced Occupational Therapist, treating adults with various physical conditions. She incorporates Holistic modalities such as Yoga, Craniosacral, and Reiki to enhance and balance energies within the body. Areas of expertise: pain management, stress reduction, and body awareness. Providing individualized assessment and treatment for the highest level of well-being.

REIKI ENERGY HEALING TRAINING
by ***Joyce Gerrish, M.A.***

Enhance your life and your healing capacity with Reiki Energy Healing! Reiki means vital healing life energy in Japanese. All people, plants, and animals have vital life energy within and around them. Scientists are calling this life energy the electromagnetic energy field around and within a person and all living things. The more vital life energy people have flowing within and around themselves, the healthier they tend to be and the more uplifted and clear they feel. With practice, it is a normal human capacity to be able to transmit some of this life energy through one's hands. This process does not deplete one's own energy, but actually increases it. Reiki training significantly enhances this capacity to transmit healing energy to other people or for one's self for feeling very good. Reiki enhances one's spirituality but is not associated with any religion.

REIKI I. At this level you become empowered to transmit Reiki healing energy through your hands to yourself or to anyone who needs it and wishes it. You learn hand placements for a Reiki session for yourself or others. This attunement initiates a process of positive development in which you begin to be more aware of how you use your energy. This new awareness tends to have positive effects on one's mental, emotional, and spiritual life, as well as beneficial effects on the physical body. As one regularly practices Reiki, one may notice helpful changes in habits, moods, and attitudes. Many people say that they are more relaxed, yet at the same time they have more energy.

REIKI II. This level increases the power and effectiveness of your

Continued from Page 19. Organic Gardening.

themselves to eat to get healthier. They want nutritious food that is free of pesticides. We all want to live longer and be healthy, active and, happy. Organic gardening can be a wonderful way to feel in harmony with the rhythms of nature, get good exercise, feel more peaceful, and grow truly nurturing food.

Bio: Vance Roberts is the Operations Director at New Earth Organics and Hydroponics and a consulting partner for a KDA approved, industrial hemp project with KyHempGanics. He and his wife live on seven acres and grow blueberries, blackberries, fruit and nut trees, and of course plenty of vegetables.

sharing of the energy. There is a real difference in the quantity and quality of energy when you step up to Reiki II. This helps to increase the strength and focus of Reiki energy to promote mental and emotional and physical healing within oneself and for others.. Reiki II may be used to support a program of positive changes such as quitting smoking, encouraging healthy eating habits, and improving relationships.

REIKI III. This level is an additional superb Spiritual expansion for oneself, and a wonderful enhancement to one's Reiki energy healing sessions for others.

REIKI IV. Usually this training is taken after a person has had extensive experience with the previous levels. It includes the process of becoming a Reiki Teacher/Master and being empowered to train others.

I feel that Reiki Energy Healing and Natural Healing and Meditation in general are extraordinarily valuable. There is a tremendous need today for people to support their health to counterbalance our fast-food culture, pollution, and the high stress level in many workplaces and in life in general. Each level of Reiki that one takes tends to bring change in one's life. It actually raises the vibrational rate of a person's consciousness and aura and physical body. As this new higher energy fills your life, it can usher in beneficial clarity and confidence. It also helps to clear old emotional energy blockages. It can help us step into a new and more expansive period of our life. For information contact: 502/572-4871, www.joycegerrish.com, Slide Scale Fee.

ORGANIC GARDENING PEST CONTROL & DISEASE MANAGEMENT

By Vance Roberts

New Earth Organics and Hydroponics has been around since 1988 teaching people how to grow plants. A lot of people are concerned about what they spray on their plants because they are consuming these vegetables. They don't want chemical pesticides being transferred to the fruits and vegetables that they eat. Over the years we have had the opportunity to learn about a lot of the products "out there" - - and to find out what works and what doesn't. There are a number of dependable products that we recommend to customers year-in and year-out. One is Spinosad a naturally occurring bacteria. It only affects plants. If you spray it early in the morning it won't even affect bees. Any of the caterpillars, gypsy moths, loopers, spider mites, tent caterpillars, thrips, and many other pests - - once they eat the plant material with this on it they die of fatal indigestion. So it's not a chemical, it doesn't leach in the soil, it doesn't leach into your fruits or vegetables. It's just a naturally occurring bacteria harnessed to be used for plant pests.

A product for all your larva state moths is called Caterpillar Killer. A related one is Monterey BT which is short for Bacillus Thuringiensis. There are specific strains of that bacteria that target larva state insects. To be effective, the caterpillars need to eat the plant it is sprayed on. If you can cut off the caterpillar's life cycle, you can keep it from maturing into an egg-laying adult. With organic pest control it is all about breaking the breeding cycle because any time an insect has abundant food it reproduces exponentially. So if you can break the cycle and reduce the number of egg laying adults, you reduce your pest problem immensely.

Another thing that people use is insect killing soap which is a horticultural soap. Many people over the years have even used dish soap. When you spray it on the bugs and it gets into their lungs it foams up and they will suffocate - - and it's just soap. You can use a regular sprayer and put a quarter teaspoon of dish soap in a quart of water. The insect killing soap that we sell is by Safer Brand. It uses potassium salts and fatty acids. It is an ORMI listed product. (OMRI stands for Organic Materials Review Institute which reviews what materials can be used in products certified as organic.) In the heat of the day, the bugs tend to stay hidden out of the sunlight where they are less vulnerable to predators. With

the caterpillars, people often see the damage to their garden as holes in the leaves, but they seldom see the insect itself. The caterpillars are usually more active at night when they aren't as likely to be preyed on by birds and other animals. So for spraying with the soap, early morning, late afternoon, or evening are the best time. Also, in the heat of the day you don't want to be spraying liquids on your plant leaves because water holds heat better than a leaf structure does. With the soap sprays you want to spray it on the bugs themselves if possible. If you are spraying the plants quite heavily, the leaf may still be damp when the insects come by and that can work, also. If you have a large garden you might choose to use a pot sprayer with a wand so that you can get up under the leaf where insects usually hide.

Another natural product that's been around for a long time is neem oil. Neem oil has been used in agriculture and medicines for 3000 years that we know of. In the Middle East and Africa when

the locusts would come through and eat almost every piece of vegetation - the people noticed that even when there was nothing else left for the insects to eat, they would not eat the neem tree. So they put things together. The active ingredient in the neem oil is from the neem nut. It will break up the reproductive cycle if it doesn't outright kill the insects. It makes them and their eggs sterile. It is also an anti-feedant. So even if you didn't kill the insects, they would be eating less and not reproducing - - which is a good

thing. The neem oil comes in a concentrate. You would dilute it. Since it is oil you'll want to add a quarter or a half teaspoon of dish soap to your water in a gallon sprayer. Every thirty or forty seconds you should keep shaking up your bottle because you want all this dispersed. It is safe to spray on everything. The roots and leaves of the neem plant are used in medicine for people. It's been a natural remedy for a couple thousand years.

Another substance that has been used successfully in gardening for many decades is the pyrethrins. Pyrethrins is an extract from a strain of chrysanthemum flowers. The reason that this one is so popular is because if you spray it in the morning or evening, it will have no effect on pollinating bees but it will kill most insects that eat the vegetables and it degrades with air and light. If you follow the directions on the sprays, you can spray it on your vegetables in the morning and eat your vegetables in the afternoon. So it's really popular in gardening.

There are also a number of new products that have come out in the last five or six years that are based on essential oils and citric acid. Citric acid actually dissolves the exoskeleton of many



bugs. That renders them defenseless and can outright kill them. It may also dissolve egg casings, and it is just citric acid. Citric acid is Vitamin C and it is used in all sorts of food products that we consume already. It comes as a concentrate.

As long as the temperature allows the insects to keep breeding and keep eating, you have the potential for bug problems. They usually don't slow down until it gets cool, and they don't stop until they have gone dormant.

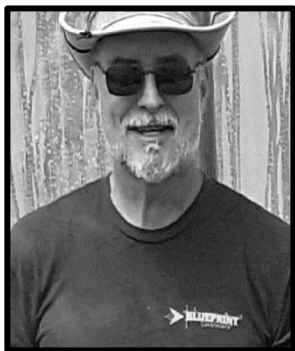
Over many years of trial and error and having products used by thousands of customers, we stock our shelves according to what has worked well in our environment in this area. There are a number of products that blend some of those things. There are products that have pyrethrins, neem oil, and maybe sulfur for fungus control. But those first ones discussed above are some of the main ones. From there different brands will blend things so that for disease management and pest control - - you can just buy one bottle and get a few things. Safer Brand has a blended product called "Three-in-One" which has the insecticidal soap and the sulfur in the same bottle. A company called Bonide has a product called Bon-Neem which has pyrethrins and neem oil in it.

Organic gardening involves ongoing pest management and being proactive. When you are gardening organically, you are always getting ready for what is coming. Even when fertilizing your plants, you fertilize a season ahead of when the plants are going to need it. It is a balancing act and it takes work, which is why organic products tend to cost somewhat more when you buy them. But they also have better nutritional content and they don't have the pesticide residues. A lot of your large conventional non-organic farms have been farming their land so long that that the minerals and trace elements that are needed to keep us healthy are no longer even in the dirt. So the only way that they can even grow plants is to use chemical nutrients that have only a portion of what a plant needs. The organic farmers, on the other hand, are always putting natural fertilizers, enriching substances, and compost back into the soil. Even with the Amish farmers one of their practices is that every seven years they let a field lie fallow to help it regenerate. They also rotate their crops with different crops that help restore the soil. Legumes are nitrogen fixing and help restore nitrogen to the soil. The next year maybe corn will be planted which needs that nitrogen.

The first level of disease control for fungus are the products that have copper or sulfur. Usually all those products are OMRI

listed because they are just natural minerals. These products help control mildew and rust on roses - - and blight on tomatoes plants.

Another product that has been found to be really effective against funguses and blight is a newer product called Green Cure. It is also OMRI listed and



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the active ingredient is potassium bicarbonate which is related to baking soda. Baking soda has been used in gardening forever. When you spray it on your plants and it gets on the surface of the leaf, if you do have mold there it dehydrates the mold spore so it can't replicate. People can use baking soda for this purpose. It's not quite as effective - but it will help if you have an emergency and nothing else is available. You make it into a liquid and dilute it enough so you can spray it. A lot of farmers over the years have also used powdered milk. That will really help knock back the spores, too. You're trying to get it to the point that it's not replicating so fast. A lot of the time, disease control is just a management issue. You may never be 100% pest free or disease free, but you don't want to lose your garden. Often preventative maintenance will save you a large battle down the road. The idea is to keep your garden pruned of diseased leaves and branches and get them out of your yard. Then wash your hands before you come back into the garden, because you don't want to be bringing that disease back in.

Air flow is also important. If you have vegetation on your tomatoes and peppers that are so densely packed that air doesn't flow well, then bugs will feel protected in that area, and mold can flourish. Periodically prune back plants where the vegetation is getting too thick, especially the tomato plants. So prune away.

A product that we've sold for decades now is "Take Down Garden Spray." It's used a lot for fruit and nut trees. In addition to having the pyrethrins, one of the other ingredients is canola oil. If you spray early in the season, you end the problem before it starts. The pyrethrins kills the insects and the canola oil is a sufficant. It will suffocate the eggs. Insect eggs need to breathe before they can hatch. With a fruit tree you'll probably need to step up to a bigger sprayer. We have one gallon, two, or three gallon, or even backpack sprayers with really long wands on them. They also have a nozzle so it can be adjusted to a stream. It's good to wear some eye protection and maybe gloves. The pests on fruit tree lay their eggs earlier in the year, and they are just waiting for the temperature to get where they can hatch. I'll discuss more gardening solutions such as diatomaceous earth and "frequency water" in a future article.

People are concerned. They are wanting their food to not come from a laboratory with artificial ingredients. So many people are having health issues. They are wanting their children and (Continued on Page 17)



CREATIVITY FEEDS OUR SOUL

WHEN WE EXPRESS OUR FEELINGS IN SOME CREATIVE WAY, IT REACHES AND FEEDS A DEEP PLACE WITHIN OUR HEART AND SOUL. IT IS VERY IMPORTANT THAT WE GIVE THAT PART OF OUR SELF THE OPPORTUNITY TO EXPRESS HOW WE FEEL ABOUT LIFE WITH ITS MANY OPPORTUNITIES AND CHALLENGES. IF WE HOLD BACK THOSE FEELINGS AND DREAMS, A PART OF US MAY BEGIN TO SHUT DOWN. IF WE DON'T ALLOW THEMSELVES TO EXPRESS CREATIVELY, WE MAY BEGIN TO DOUBT OURSELVES AND OUR TRUE VALUE. WE MAY BEGIN TO BELIEVE THAT WHAT WE FEEL ISN'T OF GREAT IMPORTANCE. WHAT WE FEEL AND BELIEVE IS OF TREMENDOUS IMPORTANCE TO US FOR OUR ONGOING DEVELOPMENT AND GROWTH. WE DON'T NEED TO BE A COPY OF ANYONE ELSE. WE ARE EACH AN ORIGINAL OF OUR OWN ESSENCE. EXPRESSING OUR ESSENCE ALLOWS US TO GROW AND EXPAND. HOW WE CHOOSE TO EXPRESS OURSELVES CREATIVELY IS UP TO US. THERE ARE MANY FORMS OF CREATIVITY AS WE WELL KNOW. THERE ARE DRAWING OR PAINTING, FOR SURE, AND CREATIVE PHOTOGRAPHY. WE CAN JOIN A CHOIR OR CHORUS, OR LEARN TO PLAY THE PIANO OR GUITAR. WE CAN EXPRESS OURSELVES IN COMMUNITY THEATRE. WE CAN DANCE OUR FEELINGS, KEEP A JOURNAL, OR WRITE STORIES. THOSE ARE JUST A FEW IDEAS, CERTAINLY. WE CAN BUILD THINGS OUT OF WOOD, SHAPE CLAY, OR CREATE A BEAUTIFUL GARDEN. THE SKY IS THE LIMIT. MAY WE BELIEVE IN OURSELVES AND EXPRESS OUR SOUL!!

By Joyce C. Gerrish, M.A., www.joycegerrish.com, Life Coach