

# WELLNESS MESSENGER

Winter 2009



DVD Inside



Messages From  
Beautiful British  
Columbia

The New Symbol  
Of Wellness

Fun At The New  
World Fair





A collage of images including butterflies, hands holding a globe with a tree, and a woman with a dog, all within a blue-bordered frame. The collage is held together by white tape corners. The central image shows a globe with a green tree growing from it, held by two hands. To the left, a butterfly is shown in flight. To the right, a hand holds a blue butterfly. Below the globe, a woman is shown smiling next to a small dog.

# WELLNESS

*For A Better World!*

**LIFE  
DYNAMIX™**

# Welcome

The Wellness Messenger is a quarterly wellness magazine that features articles, blogs, forum posts and other messages shared by the members of the community at [www.lifedynamix.com](http://www.lifedynamix.com).

The Wellness Messenger is dedicated to making a difference for a better world by helping people feel better and sharing the message of wellness. The more aspects of wellness a person implements the easier it is for them to access healthy energies. When people feel better they are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well. Healthy energies emitted from one individual have the potential to positively influence millions of others.

Please join us on our quest to make a difference and to spread the message of wellness for the greater good!

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. When we join together with other like minded individuals with similar passions what we build will be beautiful and brilliant for when we unite we can truly make a difference!

May this message help you to unite with this healing magic and explore the possibilities that your message has to offer.

Your friend in wellness,

STEVEN FERREL



[www.lifedynamix.com/community/Steven](http://www.lifedynamix.com/community/Steven)



DVD

This episode features wellness messages shared from the Life Dynamix Members who reside in Beautiful British Columbia.

Other features include a visit to the New World Fair in Pasadena California.





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Cover Model  
Mandy Bowes

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Steven Ferrel

Special thanks  
To the members  
of the  
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Lifedynamix.com  
that made this  
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*Life Dynamix Health and Wellness Disclaimer*

*This magazine is intended to help disperse wellness information in a supportive manner. It is not intended to replace the advise or counsel of your physician. If you have any serious health conditions be sure to consult with your physician before making any changes to your diet, physical activity or medications. If any information is contradictory to your doctors advice, we recommend getting a second opinion preferably from a naturopathic or integrative medicine physician.*





# Become A Certified Wellness Specialist!

- Would you like to become an expert in wellness?
- Would you like to empower your health choices, your friends, and clients?
- Would you like to earn a great income while helping others?

If so...  
the Life Dynamix Certified Wellness program maybe perfect for you!

## Special Offer - Tuition Free

Take this innovative online course for free when you join the Life Dynamix Wellness Community and generate activity points.

Visit [www.health-certification.com](http://www.health-certification.com) for more information on this amazing wellness opportunity.





# Wellness Messages From British Columbia

FEATURE DESTINATION



*Margie and Nathan enjoying a delightful Vancouver day*

Beautiful British Columbia is divine from the brilliant lakes and streams to the majestic waterfalls and wildlife. The following pages are filled with messages from the members of Life Dynamix who live in British Columbia. We photographed these members in Vancouver and Whistler Canada.



*Signs throughout British Columbia remind people of potential dangers associated with these magical landscapes.*







## **Bobbie-Rae**

[www.lifedynamix.com/community/Bobbi-Rae](http://www.lifedynamix.com/community/Bobbi-Rae)

### **About Me**

I've learned to never let one single aspect of my life define me but there are some guide lines I try and live my life by.....I guess you're going to have to just keep reading!

### **What I Do To Help The World**

Life shouldn't be about 'doing good', it should be about 'not doing bad'. I always ask myself, "is this going to be harmful to anyone?" When you eliminate hate from your life, goodness is what's left.

### **Wellness Tip That I'd Like To Share**

Everything in moderation and eat your damn vegetables! - Tried and True

*Bobbie-Rae sits in the Story Teller Chair in Whistler*

Wellness Messenger 8





**Life is a pure  
flame,  
and we live by an  
invisible sun  
within us.**

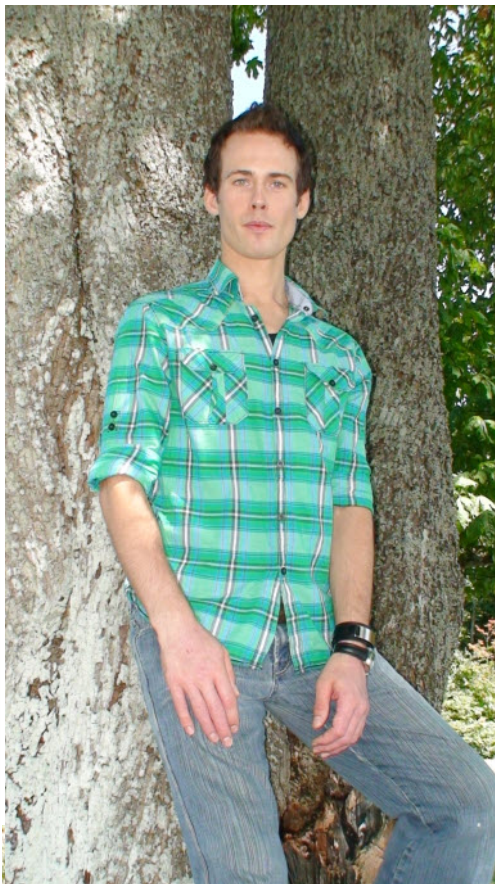
*Sir Thomas Brown*











## About Me

Down to earth, athletic, health conscious, musically inclined, fond of the arts.

## Likes

I enjoy spending time outdoors in natural surroundings, especially near the beach, traveling and enjoy a wide variety of various cuisines. I like music and especially playing it live. I like strumming away on my acoustic. I like hockey, quite a lot.



## Dislikes

Unhealthy food, rude people and environmental pollution.







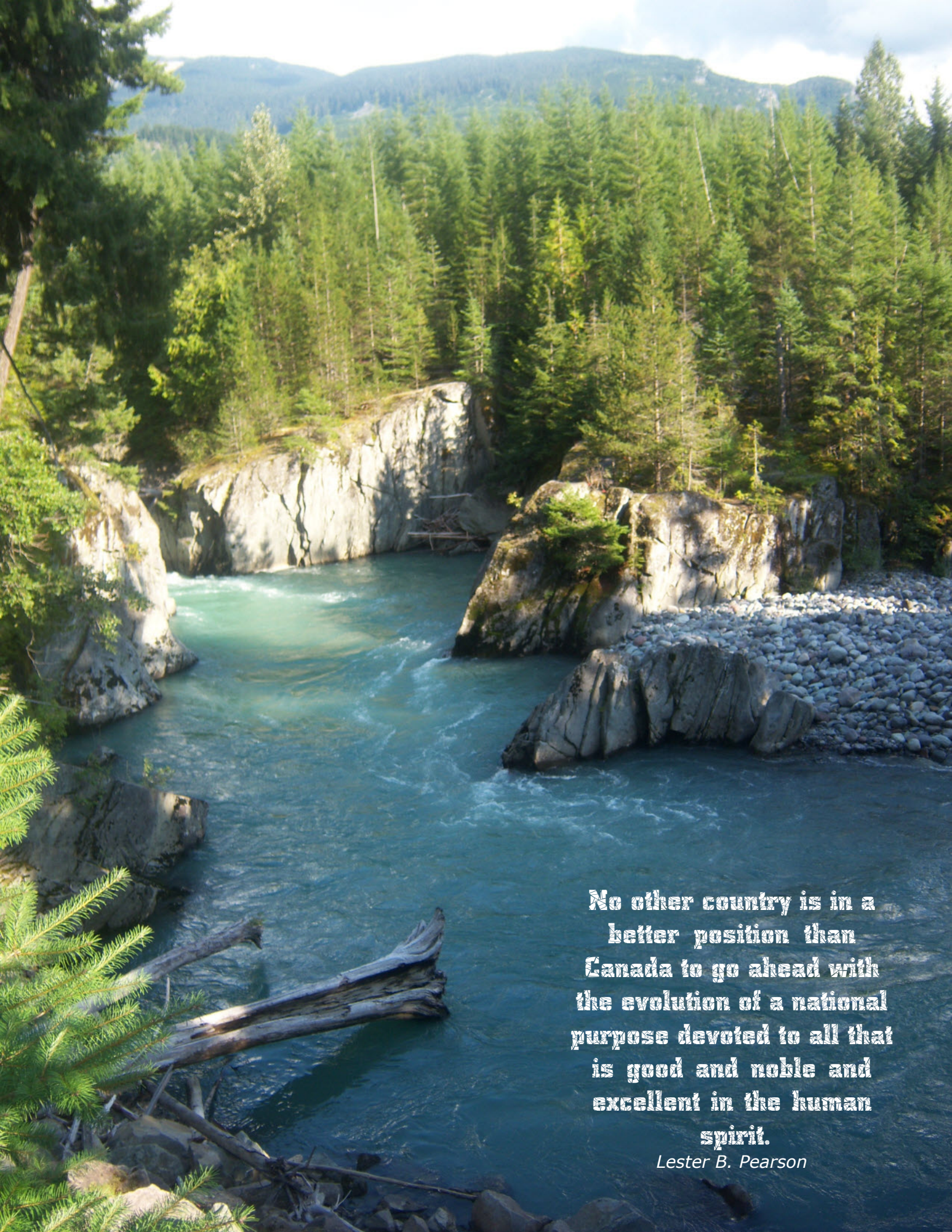
## Katie

[www.lifedynamix.com/community/KatieLynne](http://www.lifedynamix.com/community/KatieLynne)

I just moved to Vancouver from Edmonton Alberta. **I believe that wellness is sharing your wealth.**







**No other country is in a  
better position than  
Canada to go ahead with  
the evolution of a national  
purpose devoted to all that  
is good and noble and  
excellent in the human  
spirit.**

*Lester B. Pearson*





## Felisha

[www.lifedynamix.com/community/lucy2563](http://www.lifedynamix.com/community/lucy2563)

### Likes

Westy's  
Going to the spa  
Playing with my puppy

### Hobbies

Dance  
Walking my dog murphy.  
Going on life dynamix

### Movies

I love Twilight  
Moonlighting



*Felisha in Whistler Village*



*Whistler mountain is a popular ski destination*





## Ping

[www.lifedynamix.com/community/pingsplace](http://www.lifedynamix.com/community/pingsplace)

I am from Vancouver. I see the world in a positive way. With a positive attitude you can make your world a happier place to be!

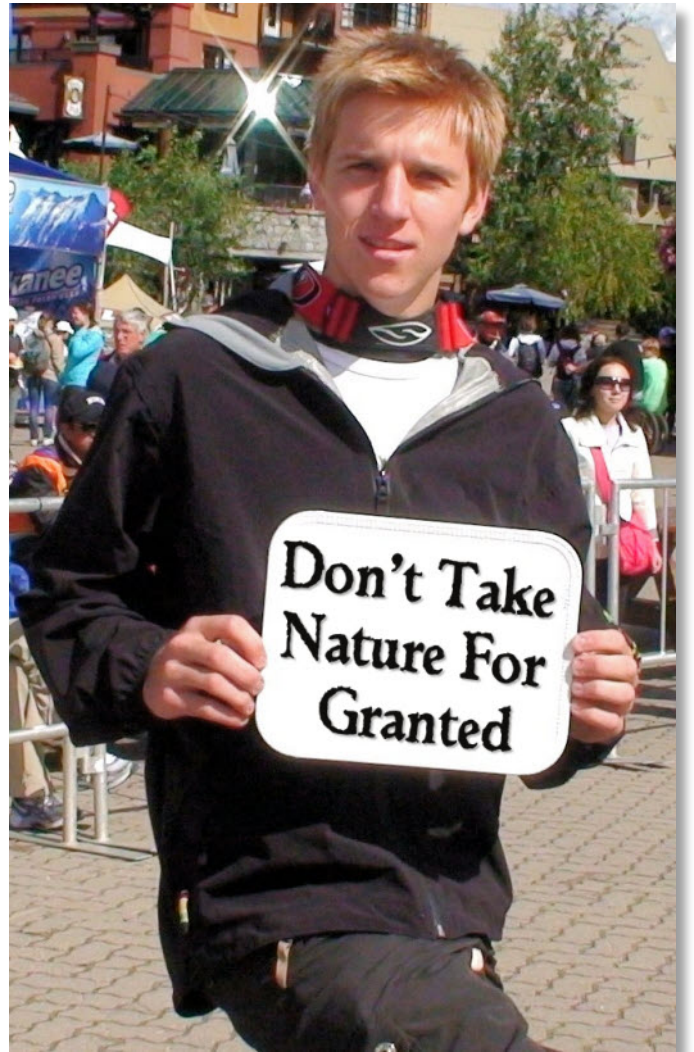


## Ryan

[www.lifedynamix.com/community/waffle\\_town](http://www.lifedynamix.com/community/waffle_town)

### Likes

mountain biking  
skiing  
swimming  
outdoor exploration  
nature





# Nathan

[www.lifedynamix.com/community/congo96](http://www.lifedynamix.com/community/congo96)

## About Me

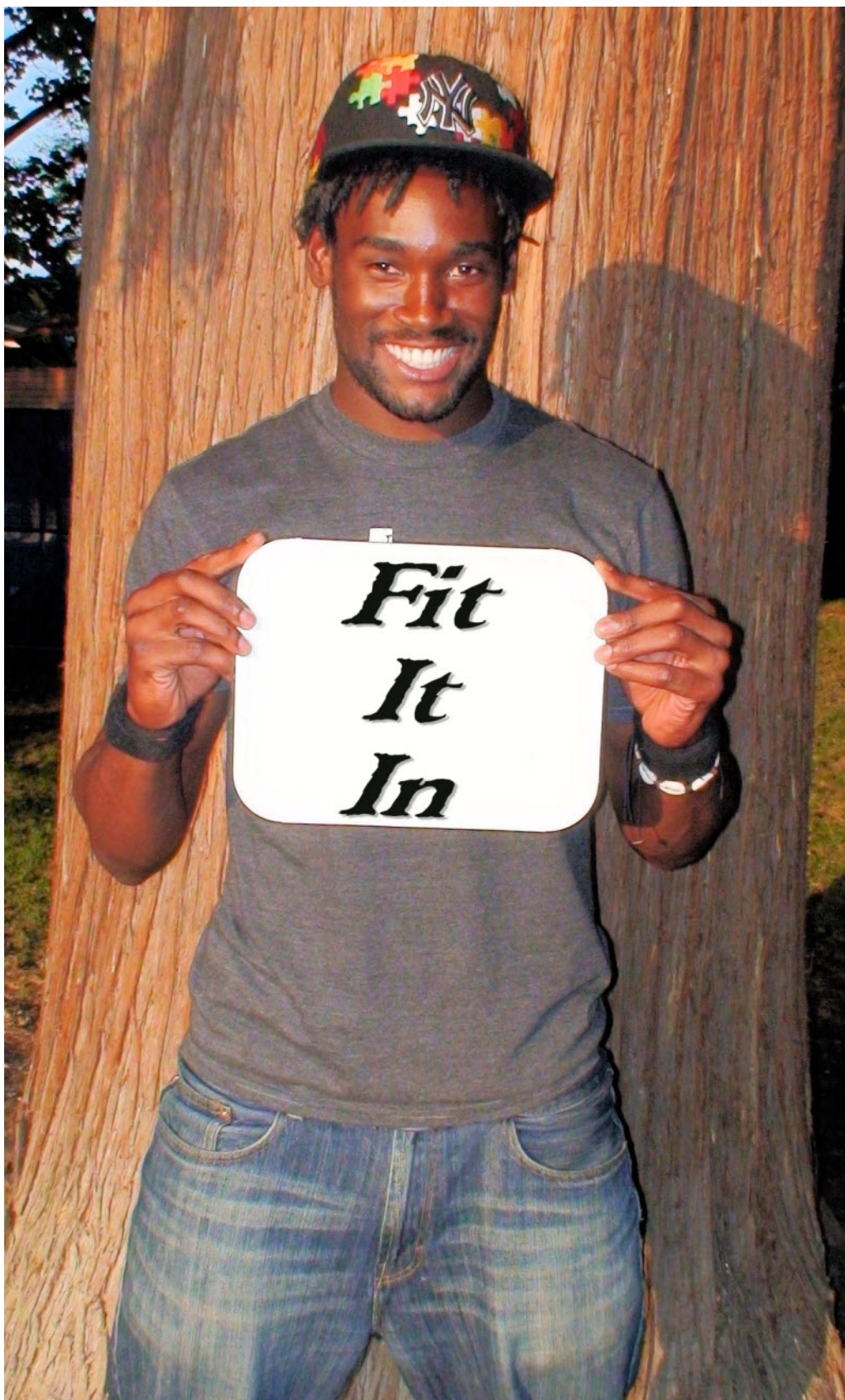
I'm a student athlete for the University of British Columbia in Vancouver Canada where I play football and study psychology. Life aspirations include completing post graduate school in Law or Psychology, and eventually becoming a business owner. I've traveled a lot throughout my childhood and plan on traveling a lot more before it is all said and done. I currently model and act part time as a way to make some extra cash, meet some cool people and explore different opportunities. I love all the experiences life has to offer and aim to live life to the fullest all whilst working towards my goals and taking care of my health. Carpe diem y'all!

## What I Do To Help The World

Always try to put myself in other peoples shoes and treat them fairly.

## Wellness Tip That I'd Like To Share

Fit it in. Your body is a long term investment. With your body like with many other things success is never final!





Life's a voyage  
that's homeward  
bound.

Herman Melville











**"The future belongs to  
those who believe in  
the beauty of their  
dreams.**

*Eleanor Roosevelt*



## Crystal Rose

[www.lifedynamix.com/community/crystal-rose](http://www.lifedynamix.com/community/crystal-rose)

2008 Freeskiing World tour Champion. She is an avid downhill mountain biker. She is also a girly girl at heart. She is passionate about being outside, being active and always good at finding a nice new purse. Passions in different forms.





# Caroline

[www.lifedynamix.com/community/Whistlerite](http://www.lifedynamix.com/community/Whistlerite)

## About Me

Committed Whistlerite - AMAZING place! LOVE outdoors - hiking, skiing, good times with good friends. Founder of Community Network Development Tool: [www.thecitizensmedia.com](http://www.thecitizensmedia.com)

## Likes

Philosophy, people, love n laughter, outdoors, well-being

## Alive

(A Poem By Caroline)

*It wasn't a waste of time after all - because what was has now become a part of you - see how much you have learned... and learned well!*

*See, then, how much more you can reap from lessons yet to be taught - understanding truly an infinite possibility.*

*So the potential is there never to rest, for within each lesson, the deeper your understanding, the more effective becomes your living; the flow of creation itself. You fulfil reason, filled with life, moved by the spirits gently nurturing your journey.*

*The Spirit your teacher; your journey their medium. The lessons learned immortal within your soul.*

*You are on a journey of discovery - an infinite realm of possibility. Rejoice in your living - you are Alive!*







## **Joffrey**

[www.lifedynamix.com/community/wikkekid](http://www.lifedynamix.com/community/wikkekid)

### **About Me**

I am considered by some to be a renaissance man, but considered by most to be bad at spelling. I like to listen to as well as tell stories and my passion in life is music.

### **Likes**

Art forms of all kinds

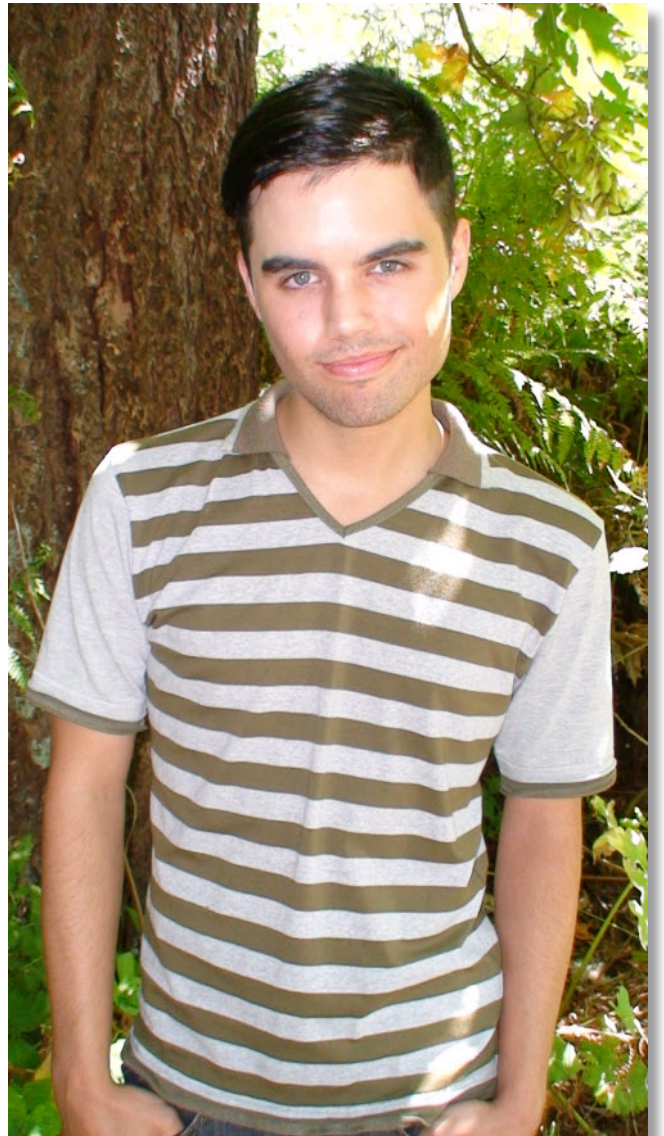
### **What I Do To Help The World**

Listen and give relatable and wise advice.


You and I can live our lives with love in mind, and hugs. Lots and lots of hugs.











**The whole of life is but a  
moment of time. It is our  
duty, therefore to use it,  
not to misuse it.**

*Plutarch*





*Lokah Samasta Sukhino Bhavantu - May All Beings Everywhere Be Happy and Free*

## **Mandy**

[www.lifedynamix.com/community/mandy\\_bowes](http://www.lifedynamix.com/community/mandy_bowes)

I am 29 years old and for as long as I can remember I have always had a passion for fitness and nutrition. In fact, when I was in the third grade, I begged my mom for Tony Little's work out video's for my birthday. For most 9 year old girls Barbie's probably would have been the norm, for me however Tony Little's lower body reduction and Tony Little's flat abs forever were exactly what I wanted and exactly what I got.

I am currently an Pilates instructor at The Core (in Whistler) teaching 3 days a week, soon to be teaching 5-6 classes a week starting this fall. Although I am already a certified instructor I am constantly taking workshops and seminars, and reading books to further my knowledge and improve my technique and teaching skills.

I am also in the process of becoming a personal trainer through BCRPA. I have 2 more certifications left to complete. Once those are completed one of my goals would be to use the knowledge I have gained from those certifications and practicum to train for fitness competitions, I think that would be so


much fun! Another goal would be to complete Yoga teacher training, I'd actually like to do a few to have a really well rounded practice. I'm pretty new to Yoga as I've only been attending classes since October 2008 but, I love it! Talk about cleaning out the closet! I'm lucky to have 2 really talented instructors that always manage to leave myself and the rest of their students feeling totally blissed out!

In the future my main goals would be to incorporate a balanced living of the mind, body and spirit. I hope to live mainly off a natural whole food diet and teach a combination of both Pilates and Yoga class's daily basis. I would also love to Personal Train individuals, preferably obese people so I have the opportunity to really make a difference in people's lives. Having that sort of career really gives me the opportunity to create my own schedule which I'm hoping will allow me the time and freedom to start volunteering at WAG (a non profit animal organization). I'd like to do this while at the same time train for those fitness competitions I spoke of earlier.









**You are today where your  
thoughts have brought you;  
you will be tomorrow where  
your thoughts take you.**

*James Allen*





## Becky

[www.lifedynamix.com/community/Becky](http://www.lifedynamix.com/community/Becky)

I am from Mexico and I have been living in Vancouver for 13 years. I like to recycle. It only takes you a few minutes to recycle. It doesn't take long and you can save the environment.







## Mel

[www.lifedynamix.com/community/mels](http://www.lifedynamix.com/community/mels)

I live in Whistler. I live here for the lifestyle. It's all about the mountains, snowboarding in the winter and mountain biking in the summer it keeps me sane.



## Meghan

[www.lifedynamix.com/community/Megs](http://www.lifedynamix.com/community/Megs)

I live in Pemberton and to contribute to wellness and a better world I work from home. I do not drive my car very much and that helps the environment. I try to shop locally as much as I can and live a balanced life, by taking breaks from my computer and walk my dog and enjoy where I live.





# Stephanie

[www.lifedynamix.com/community/trixxy](http://www.lifedynamix.com/community/trixxy)



## About Me


I try to be a great person. I have a BIG heart.

## Likes

Laughing, being on top of the world... like being on cloud nice.

## What I Do To Help The World

I do the Pay it forward theory. Try to show others that we all should treat each other the way we liked to be treated. I am environmental friendly.  
Think Green

A photograph of a woman with long, dark, wavy hair, wearing a bright red long-sleeved shirt with buttons. She is smiling and looking towards the camera. She is holding a large, vibrant green leaf in her right hand. The background is dark and out of focus, suggesting an outdoor setting at night or in low light.

**One way to get  
the most out of  
life is to look  
upon it as an  
adventure.**

*William Feather*







# Scarlett

[www.lifedynamix.com/community/scarlettbruns](http://www.lifedynamix.com/community/scarlettbruns)



I live in beautiful Vancouver British Columbia. I want to tell you not to forget to Love as much as you live, laugh as much as you breathe, and dance.







*Scarlett in Stanely Park with Vancouver city in the background.*



# Margie

[www.lifedynamix.com/community/FitRealityChick](http://www.lifedynamix.com/community/FitRealityChick)

## About Me

I'm devoted to helping people Live in the body they Love! If there is one thing that I learned from losing eighty pounds myself is that there is so much more to it than just loosing weight, and goals whether it is fitness, loosing weight, whatever it is... it all starts with your mind and your heart. Be kind to yourself and live in the body you love. Live a vibrant life!

Margie has her own health site

[www.vibelife.ca](http://www.vibelife.ca)








## Naomi Devine

[www.lifedynamix.com/community/Naomi-Devine](http://www.lifedynamix.com/community/Naomi-Devine)

Naomi is a sustainability and climate change specialist, BCSEA Director, B.C. Climate Action Team member, Whistler's Sustainability Coordinator, Co-Founder of Common Energy. 



*Shannon Falls located in Squamish is the third largest waterfall in the world.*



## *Pampered The Eco Chic Way*

While in Whistler I had to experience Eco Chic Spa. Eco Chic Spa is a boutique spa in the heart of Whistler village that is dedicated to the environment, your wellness and beauty. They pride themselves in only using and selling non toxic spa products. Eco Chic Spa opened in its doors in February 2009.



**Erin Hughes** the owner operator has been a licensed esthetician since 1997. She has worked in the large hotel spas of Whistler since 1999. Her vision was to bring natural non toxic spa services and products to both the locals and tourists of Whistler BC. With the 2010 Winter Olympics coming to Whistler Erin and the staff of Eco Chic Spa will be very busy.

I decided to start off my spa day with the Seaweed Hydrating Wrap. I was able to choose my own blend of essential oil for my treatment. That was probably the hardest decision I had all day. They all smelled so delightful, after much smelling and thought I chose a blend of Sandalwood and sweet orange essential oil. Erin told me that the Sandalwood would create a calming and harmonizing effect, while reducing tension, the Sweet Orange essential oil calms down the mind, bringing happiness and delight.

After filling out a spa medical form and enjoying two cups of Organic Local tea I was led into the treatment room. My treatment room had a lovely vintage blue armchair and a steam shower.

I was instructed to lay face down on the massage bed and under the towel. Erin came back in with a Sea Salt exfoliation mixed with my special blend of essential oils. She then proceeded to exfoliate me toe to neck with nice firm circular massage movements. My skin never felt so good. She then turned the shower on and left the room so I could rinse the exfoliant off and climb back on the bed as instructed. I was then covered in the Seaweed toe to neck and cocooned up in special heat blankets and plastic. Erin educated me the whole time on the origin of the products. My Hydrating Seaweed was from the coast of BC. It had been in the ocean just 30 days previous. I was really happy that Erin did not leave the room the whole time I was in the wrap. She put a lavender eye mask on me and massaged a deep conditioning hair treatment into my hair. I barley felt myself drift off, but the next thing I knew I was gently being woken up. Erin had prepared the steam bath with my special blend of essential oils and got me a big glass of lemon water. She kept the infra red heat lamp on as she unwrapped me and then left the room. She had warned me that the air would





feel chilly on my body after being cocooned up.

I hopped into the aromatherapy steam bath. I have had a steam at the health club but I have never had my own steam with aromatherapy in it. I am in

Heaven. It feels amazing after later asking how much a steam bath/shower unit costs I think I will just come back to Eco Chic Spa.

After I had steamed and rinsed the rest of the Seaweed off I climbed back on the massage bed and my massage therapist Jodie came in. I was so relaxed that I had to warn Jodie that I would fall asleep. She reassured me that most people do and if I wanted her to go lighter or deeper with her pressure just to let her know. Jodie gave me a 60 minute customized massage with



my essential oil. She worked out all of the tension that I had built up in my shoulders. She told me it was probably from working on the computer. I then put on the softest bathrobe I have ever seen. It was a special

spa robe from Turkey that got softer with every wash.

At Eco Chic Spa they do their own laundry so they can be sure the detergents are natural.

After a much needed trip to their lovely bathroom I was brought into the pedicure room. Jodie brought a large stainless steel basin to soak my feet in. She told me that the stainless steel was the safest to clean it also keeps the water hot longer. I was soaked in a mixture of Rosemary and Pine which felt amazing on my feet.

All of the lotions, scrubs and polishes they use for their pedicures are toxin free. Erin told me that after having clients that were pregnant or who had been throughout Chemo Therapy request non toxic nail polish that she started educating herself on product ingredients and could not believe the amount of scary chemicals that were in professional spa products. They use Spa Ritual Nail Polish which is vegan nail care that is DSP, Formaldehyde and Toluene Free.

I had an amazing day at Eco Chic Spa. My whole body feels amazing and I am very happy I got to experience a Toxin free spa day. I am converted I am eagerly awaiting my next Eco Chic Spa experience. Until then I am going to ask a lot more questions on products, and spa treatments to make sure they are toxin free.





# A Food Journal

## How It Can Be Used To Benefit Health

By James A. Ferrel M.D., CNC

**Question:** What is a food journal and how can it be used to benefit health?

**Answer:** A food journal is a chronological record of eating associated events and conditions with observed responses and other associated results.

The journal construction depends on the situation and intention. If one suspects a cause and affect relationship between how someone they are journaling feels or behaves in relationship to their diet, the journal helps to clarify this by analysis. For example, in an asthmatic or atopic child (has tendency for asthma, atopic dermatitis, or hay fever symptoms), it's a must to perform a food journal based analysis. Food allergy testing, by blood or skin tests, is far from accurate, either in specificity or sensitivity. Observations by an educated parent or journalist using a food journal can more easily, safely, inexpensively, and accurately uncover food allergies in this child. There are over 170 foods that have been documented to cause allergic reactions. These reactions can manifest in anything from innocuous skin hives to recurring ear infections, to difficulty thinking and behaving (encephalopathy) to difficulty breathing (asthma), to difficulty maintaining blood pressure etc. (potentially deadly anaphylaxis).

Once determined, those foods, which the



*A food journal is helpful for achieving optimal health*

child's immune system recognizes as foreign, can be eliminated from the child's diet, and the child's symptoms and health improved. In emergent cases, those foods that most commonly cause allergic responses can be eliminated before journaling is initiated. These foods include the "big eight"

### **The Big 8**

- Cow milk
- Soy
- Peanuts
- Egg (protein only-not the yolk)
- Wheat
- Shellfish
- Tree nuts
- Fruits.

The vast majority of food allergies are caused by these "big eight" foods.

### **Second 8**

- Sesame seeds
- Sunflower seeds
- Cottonseed (meal not oil)



Poppy seeds  
Mollusks  
Beans (except green beans)  
Peas,  
Lentils

The 2nd Eight may also warrant elimination, depending on the severity of the situation.

Next, using a food journal, new foods can be rotated in with assessment of each new food introduced. After analysis one can create menus of healthy, complementary foods for optimal nutrition for the journaled patient.

An appropriate journal in the case of such an atopic child case would record events such as Dr. Doris Rapp's Big Five, in relationship to timing of foods individually introduced. Such a journal would contain Doctor Rapp's columns for food introduction:

**1. How does my child feel, behave, and remember before and after introduction?**

**2. How does my child look before and after introduction?**

**3. Is there any handwriting or drawing changes before and after introduction?**

**4. Is there asthma or breathing problem before and after and how is it changed?**

**5. Is there a change in the pulse rate or rhythm before and after?**

A journal to evaluate food used for prevention or intervention for depression or fatigue would be different. It would contain more patient subjective information that correlates temporally with specific food or other chemical introduction or exposure.

A food journal constructed for prevention of obesity might include a all inclusive account of each item put into the mouth, all information leading to the identification of eating triggers, and other obesity related issues. Motivation, peer pressure, mood all may be relevant. Their inclusion may allow for analysis that permits more effective intervention strategies.

A food journal intended to improve nutrition for a coma patient would be quite different. It would include monitoring of serum and urine objective findings as well as other observations to help develop proper feedings.

Food journals can be used both for prevention and intervention in the Prescription for Nutritional Healing.

*Dr. Ferrel is a board certified family physician and a certified nutritional consultant who specializes in preventative and environmental medicine.*



[www.lifedynamix.com/community/Jferrel](http://www.lifedynamix.com/community/Jferrel)

An advertisement for Eco Chic Spa Whistler. The top part features the logo 'eco chic' in a stylized green font with a leaf icon, and 'SPA - WHISTLER' below it. A green banner contains the text: 'At Eco Chic Spa we are dedicated to your wellness and beauty. We use only the most natural &amp; effective products available today.' Below this is a collage of three images: a person's hands being treated, a spa treatment with flowers, and a bowl of food. The bottom section is a green box with white text listing services: 'Manicure &amp; Pedicure', 'Facials &amp; Specialty Masks', 'Massage &amp; Aromatherapy Steam', 'Body Wraps &amp; Exfoliation', 'Makeup Application', and 'Waxing &amp; Tinting'. At the bottom, the phone number '604-905-7747' is displayed in green, followed by the website 'www.ecospawhistler.com' and the address '#208 - 4368 Main Street, Market Pavilion - 2nd Level (Above &amp; to the right of 7-11)'.



## Living Better- Living Green: Lifestyle Choices and Your Health

By Adam Curren

We're exposed to thousands of chemicals everyday in our Environment, Food and Water. These harmful chemicals wreak havoc on the immune system and brain and if exposure to these dangerous toxins aren't reduced, we'll continue to see an increase in acute and degenerative

disease. This article will highlight key areas in our lives that are exposed to numerous chemicals which have negative effects on our health. We'll also identify a few ways that we can begin living better now.

Illness can be traced to one or more of 3 sources; Diet, Genetics or Environment. If the body is constantly dealing with toxins from many sources, there'll be times when the body can no longer fulfill all its other major functions, leading to premature aging and disease. Ever growing research links brain disease like Alzheimer's, Parkinson's, Depression and Autism with environmental toxins, chemicals and altered fats in our food supply.

**Diet: The problem:** There are over 3,000 chemicals added to our food supply today with another 1,000 introduced each year. Some of these include: Aspartame, Chlordane, Fluoride, Dioxins, Pesticides as well as many foods being genetically engineered. Many times these chemicals cause immediate effects such as: Headache, Nausea, Dizziness and Fatigue; but more often build up in our bodies causing long term effects such as: Cancer, Immune System Depression, Muscle and Vision Problems and Reproductive Disorders. Americans can experience up to 70 daily exposures of a class of toxic chemicals known as persistent organic pollutants (POPs).

**A Solution:** Avoiding all of these chemicals is almost impossible, but there are a few things we can do to reduce our exposure. Choose organic foods and avoid processed and artificial additives. Take the time to learn how to shop smart; buy store brands and



shop the coupons. Your eating habits will likely have to change, but you'll find that organic actually tastes better.

These toxins store up in our bodies at the cellular level and will eventually cause poor health conditions if not eliminated. One thing we can do for this issue is to cleanse the body of toxins on a regular basis. Replace your Aluminum cooking pans with stainless steel; many studies have linked Aluminum to Alzheimer's. Eat more fruits and vegetables and try to limit your consumption of canned foods. The fresh fruits and vegetables will help kill free radicals in your body, which build up from toxins. When we begin feeding our body living – clean foods, we'll begin to feel a difference in our overall health and vitality.

**Environment: The Problem:** Some of the chemicals we're exposed to in our environment include: Asbestos, Chlorine, Formaldehyde, Heavy Metals, Lead, Phthalates and VOCs'. According to the EPA, indoor air is 2-5 times more polluted than outdoor air; due to the large presence of VOC toxins in household products such as: Drinking Water, Carpet, Paints, Deodorants, Cleaning Fluids, Cosmetics, and Air Fresheners. Metals like Arsenic, Mercury, Lead, Aluminum and Cadmium, which are prevalent in many areas of our environment, can accumulate in soft tissues of the body. These heavy metals are found in our Drinking Water, Fish, Vaccines, Pesticides, Antiperspirant, Building Materials and Dental Fillings. Add electromagnetic pollution, irradiation, ultra pasteurization, fluorescent lights and toxic additives like MSG and



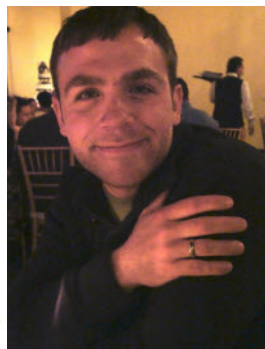
Aspartame to the equation, and we arrive at the explanation for rising rates of acute and degenerative disease.

**A Solution:** Household cleaners and products: Begin replacing toxic household cleaners in your home; there are safe, effective and natural alternatives that cost the same and can be found at most major retailers or by searching online. Use natural brands of toiletries, including shampoo, toothpaste, antiperspirants and cosmetics.

Cigarette smoke - first and second hand: If you smoke, odds are you're aware of the health risks. If you're not willing to do what it takes to quit, at least reduce the exposure of second hand smoke to other people by not smoking indoors.

Pesticides: Avoid using them in your home and garden. It's likely that you've consumed enough pesticide this week through your food, that you'd be able to keep the bugs away with your saliva alone. Again, many natural alternatives can be found at major retailers or online.

**Conclusion:** Due to the exposure of numerous chemicals from multiple sources, doctors are often unable to diagnose or properly diagnose the symptoms related to ingesting and breathing in these toxins. There's not much we can do to avoid all of the chemicals that we're exposed to everyday, besides move to Fiji and live in an underground bunker. However, there are measures we can take to reduce some of our exposure. Supplementing your diet with a highly soluble Vitamin C will do wonders for your immune system. If we can begin taking initiative into our own health and begin to apply the tips shared today, we'll be on our way to a healthier life.



## Determined To Make A Difference

*By Laura Corby*



Learning and teaching about autism is my passion! There are very few things I can do that bring me as much satisfaction. The more I learn about this topic, the more I am driven to seek out additional information to fill in the multitude of deficiencies I know I have in my knowledge bank. It's a never ending saga! The more I learn, the more I realize I don't know anything, and just when I'm excited about some new skill I've acquired, it changes.

UGH!! For someone with OCD, like me, this is a rather frustrating cycle! Yet I'm determined to make a difference in the field of autism spectrum disorders (ASD's), especially in Asperger's Syndrome (AS), as it seems to be more complicated and misunderstood than the rest.

I have spent a great deal of time reading about and researching ASD's, but what I have started becoming much better at is listening. A very difficult skill for me, yet an incredibly necessary one that I am determined to conquer! Listening to parents, teachers, doctors, therapists, and the individuals themselves with autism spectrum disorder's. I have always said for years that I don't think like others do. I have always been very "off" in the way I looked at things, but I am now finding this to my advantage when it comes to helping those with ASD's. What I have always thought was common sense, doesn't

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necessarily seem to be common sense to others. Apparently, I have a rather different view of many things, that seems quite second nature to me, but arriving at those same conclusions isn't always such a snap for everyone! I've decided to test some of my thoughts and theories, and interestingly enough, they seem to be working quite well!

No, I don't have the Ph.D. or M.D. behind my name and I don't have the clout of being a well respected, published author on the subject at hand, at least not yet anyway! What I do have though are many of the very same issues we are trying desperately to treat in these kids. I was misdiagnosed as Bi-Polar in my teens with a later diagnosis of ADHD to accompany that. After years of psychotropic medications that not only didn't usually work, but often made me worse, I had to wonder about the accuracy of the diagnosis. Interestingly enough, my young daughter was diagnosed with exactly the same thing, and placed on medications at seven years old, before I knew any better! Shortly afterwards, my son was diagnosed with full-blown, nonverbal autism and our lives were never the same. After doing quite a bit of research to help my son, and realizing this was much more than just a behavioral disorder, a parent asked me to help her child with Asperger's Syndrome. I had no idea what that was, but she told me it was an ASD, so I was intrigued and decided to do a little digging.

The more I researched, the more I began to realize that my daughter and I did NOT have Bi-Polar, rather we had a co morbid condition of Asperger's Syndrome and ADHD. Now this made sense! The more I read, the more I was absolutely convinced of this and when I finally approached my psychiatrist about the question at hand, he fully agreed. WOW! For the first time in our lives, we were actually beginning to

understand WHY we were a bit different and recognizing that was OK!

Looking back over the span of my life up until this time, so many things that had never made sense before, made absolute sense now. The sensory issues, impulsivity, suicidal fixation, anxiety, depression, OCD, paranoia, I lied constantly, hated confrontation, was over articulate but had great difficulty finding my words when in stressful situations, had low muscle tone, poor coordination, was extremely literal, had racing thoughts, obsession with how others perceived me, and difficulty processing information unless it was presented in a visual AND auditory fashion, not easily picking up on things the way others seemed to, and much more. I had difficulty keeping jobs. I was the annoying person who had to know everything about whatever it was I was doing, so I constantly asked questions about details that most didn't even notice. I had to be the best at what I did, was bossy, didn't always understand what should have been easy instructions, I always thought I had a better way of doing things, and of course, rules applied to everyone, but not me! I was special! UGH! These were just the tip of the iceberg, but very clear and present symptoms that most would not necessarily see, unless they were around for extended periods of time and knew me very well, as I was a great pretender and could hold it together for fairly reasonable periods of time, only to fall apart once I got into my safe environment. I looked good to the average passer by, but never made it through school, couldn't maintain relationships, changed jobs as often as I changed my underwear, was perfectionistic to a fault, and had self esteem that was in the toilet and continuing to go down rapidly! I was a mess. Having children desperately in need of my help forced me to make some decisions that were WAY outside of my comfort zone, and in the



process of helping them, I was helping myself unaware!

I continue to amaze myself when I consider what we are able to accomplish when the lives of our kids are at stake. The rules all change and what was once unthought of, had to be scaled and conquered. It was just not optional. As I became healthier, I began to notice things in the lives of others with ASD's that I realized I used to do, but no longer did. This is when learning to listen became a skill I knew I had to acquire! It's kind of interesting, as I never

noticed any of these issues while I was in the midst of the throws of AS and ADHD, but now that I seemed to be on the other side of some of this, it stood out like a sore thumb. I found myself constantly saying, "Oh wow, I used to do that." I never realized what it looked like from the other side and that it was so obviously dysfunctional. I had always thought I had everyone fooled. NOT! As I started working with more and more individuals with AS, I realized I was seeing things in a perspective most other professionals were not catching. Many of these higher functioning individuals with AS could TOTALLY SNOW the psychiatrists and psychologists, yet they couldn't get things past my radar. You know the old saying, "You can't BS a BSer!" and that's where I found myself a large percentage of the time when dealing with AS issues. The kids and adults I was working with loved me



and hated me! They loved me and often told me I was the first and only person who ever truly understood them. I began to realize even some of the best counselors and psych's just didn't think like we did, and now matter how much they "understood" about AS, they would truly never understand why we did some of the things we did, as they didn't live it everyday. For that matter, most of the parents who lived in that environment 24/7 still couldn't understand how we ticked. They were befriended for the first time by someone who truly understood why they did what they did and what drove those behaviors. In the same breath, they hated the accountability I held them to, as they could no longer snow the counselor! What they could normally pull off in the form of excuses or quasi-logical reasoning didn't fly with me for one second, and I called them on it every time. Hence the love/hate relationship. Funny though, they kept coming back for more!

Then there were the outsiders, who looked at me now and said there was no possible way I was ever AS! We all have these symptoms at one time or another, they would say. YES, that is correct, but the difference is in intensity and frequency, and do they interfere with your ability to live a productive and independent life? They obviously were not familiar with my childhood, teen, and early adult years, that I would not wish on my worst enemy! Yet I suppose it is hard to understand this kind of progress from the outside looking in, as



it really is quite uncommon. I was way too high functioning and my articulation was outstanding, which was rare even for someone with AS who had recovered.

Now, why in the world I would want to claim that diagnosis if I didn't have to is beyond me, but I decided to ignore the naysayers and keep moving forward, as I began to impact so many lives that mainstream medical and psychiatric had never seemed to be able to touch. I'm so glad I did! My fight with AS became doing everything I could to insure NO ONE would ever have to live through what I had in my earlier years. Not if I had anything to say or do about it anyway! Call me crazy, and believe me you won't be the first, but I can honestly say I truly believe God allowed me to experience so much of what I did in my early life, so I could get well and help others experiencing the same things find health for themselves.

It's been an incredibly difficult journey for me on the road to health, but the things I have learned along the way have molded me into a completely different being. Thank goodness! It's a passion for me, as I said earlier. Now I want to help others with AS set out on this journey to health. I realize now there are very few who have the patience, understanding and ability to teach those with AS in an effective manner, and let's face it, it's all about outcomes, isn't it? All the greatest teaching in the world doesn't amount to a hill of beans if it can't be effectively implemented by those who are being taught! What I hope to do over the next few posts is start to explore the AS mind set and some of the issues that commonly drive us, whether for better or worse! It's not personal and our issues and behaviors are not our purposeful attempts at driving anyone to the edge of a cliff, contrary to popular belief! ASD's are medical conditions that cause neurological problems that result in behavioral outcomes. Understanding these disorders

in perspective, from the medical, neurological, behavioral, and emotional standpoints in absolutely critical. It requires a global view, that often goes unseen. Pieces of dysfunction and individual characteristics or symptoms are often noted, yet who is drawing all these things together to look at the global view? It's something we have to start looking at if we are to make progress with individuals who have AS.

My hope is that I can let you inside my brain, though a scary prospect, to see things the way we perceive things. Perhaps if you better understand how we think and why we respond the way we do to stimuli, it will help you to change the way you respond, or even better, have you proactively engaging these issues so that you don't have to respond!

Prevention is the name of the game in ASD's, and if you understand how we process and think, you can be a few steps ahead of us to help avert what could otherwise be a major problem. And while we are calm, cool and collected, rather than raging, you can learn to appropriately teach us the skills to be successful in future environments we could not navigate before. Prevention, preparation, appropriate training and implementation of those learned skills are how we learn best.

I hope in the coming posts, as we start to investigate specific issues, you will see that and understand the why's, so we can move on to the place we need to be to start learning how to overcome AS! I'm looking forward to it! Laura :)



[www.lifedynamix.com/community/help4autism](http://www.lifedynamix.com/community/help4autism)



# Healing psoriasis in 8 weeks

By Deepa Khare



I have lived with it for 14 years, what about you? I finally found the secret to making it disappear forever. That's true...you can do it too. Just follow these simple lifestyle changes in your everyday routine and start the healing process. It works like magic.

There are three main aspects to healing your body and that means having complete control over your

mind (thoughts, meditation)  
body (food, exercise, personal hygiene)  
soul (self realization, inner well being)

## 1. The MIND

The mind is a powerful tool, when it comes to healing your body. Constant positive self affirmations, reciting mantras, and saying prayers makes our belief system strong and allows the mind to 5 R's.

**Relax: your nerves**

**Resist: temptations**

**Recuperate: energy levels**

**Regularize: body's functions**

**Reduce: stress**

Remember, you are in this world to enjoy good things, live a happy life and make the most of it.

## 2. The BODY

How you take care of your body depends on a lot of things but let's concentrate on food, exercise and personal hygiene.

Food should be home cooked and preferably made by you so you can control what ingredients are going into your dish. I prefer home cooked food any day as it's fun to try new recipes and get creative. In the long run, it's a very healthy habit. I specially control the use of salt and only add it after the meal is ready to be served. The idea is to keep it as natural as you can without too much of seasoning.

Have a big bowl of soup for starters. Soup made of corn, beans, carrots and green bell pepper is a great appetizer. You may also try finding soup recipes online. Soups before a big meal also help to lose weight and optimize the digestion process.

I drink a liter of water one and half hour later of every heavy meal. This is a great way to keep my body hydrated and also wash off/dilute acids and make my body alkaline. A few drops of fresh lemon juice added to the water makes a big difference. After you have curbed on your salt intake completely, your next challenge is to control your sugar consumption. Cut down on all soda drinks, ice creams, chocolates, muffins and cakes. Remember anything that looks good and is mouth watering may not be good for you.

Sugar is very damaging to our body. One...it causes ageing by shooting up the sugar levels in the body and two, it's fattening and gets stored in the body unless it's expended by the body through some kind of physical exercise and three, it makes the body acidic.

Since we will be relying on home cooked



food for these eight weeks, make sure you fore go all invitations to party, eating out at restaurants, take home pizza's, burgers and those delicious KFC's that you are all addicted to.

Stay away from all kinds of processed, bottled, canned foods that contain preservatives including those yummy sauces, cheese toppings and salad dressings. Okay, now that I have walked you this far of what not to eat, let's talk about what you can eat.

You can eat anything that has been freshly made from raw foods, is home cooked and vegetarian. Spinach, carrots, cabbage, cauliflower, green bell peppers to name some of the wonderful vegetables that are available easily all round the year. Avoid all kinds of meats. Fish if poached or baked is alright to eat.

Coffee/tea intake has to be cut down to two cups in a day if you are addicted to it. Make sure you drink a liter of water right after you have had tea or coffee. Water is a great way to keep the body alkaline at all times.

Alcohols are a no-no strictly.

#### Exercise

Why should you exercise your body?

It not only helps you burn fat but also helps in keeping your body fit. Try aerobics, stretches, yoga, weights or else just take a stroll with your dog. It's up to you.

#### Personal hygiene

Cleansing your body in a proper way is important. The shower water should not be too hot or too cold, it should be just warm enough so that you can comfortably take a shower with it. What you use on your body should be gentle and natural without any chemical surfactants. That irritates the skin and causes it to itch more. Freshly

squeezed and diluted lemon juice is a great face and body cleanser. The bottom line is look for products that are free from heavy perfume.

You have to make sure you hydrate your skin with a good moisturizer (hypo-allergenic). Minimize the use of excessive perfumes and body sprays that are packed with chemicals. Anything that's natural and gentle can be used over the body. Avoid direct contact with surface cleaners, washing liquids, soaps and other house cleaning products. Always use a set of gloves while handling these chemical products.

### 3. The SOUL

Do some soul searching everyday. Think of yourself as a part of God and love yourself. Establish a spiritual connection between yourself and the supreme power, the one and only that runs this entire universe and takes care of us.

Let go of all your worries, problems and let Him show you the way and see how your life changes. Know that if you are genuine and truthful, and ask anything through prayers, it gets answered. Smile always and be happy.

Some suggestions:

Always maintain a case history file and don't change doctors frequently. Instead ask your doctor to change the medication. Sometimes it's a matter of trial and error. A great book that you can read on Psoriasis is by Dr John. O.A. Pagano called "Healing Psoriasis The Natural Alternative." Here he mentions about the leaky gut syndrome that is the cause for psoriasis.



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# The New Symbol of Wellness



## Messages Within The LD Symbol

*The three tips of the triangle represent 3 levels deep of 3 wellness concepts. The first level represents Living Life To The Fullest... Discovering Your Brilliance... and Uniting For The Greater Good. The second level is Compassion for People, Animals, and the Planet while the third level is Empowerment of the Mind, Body, and Spirit.*

*The L and D represent Life Dynamix. Life Dynamix is a wellness network that empowers people through life enhancement concepts to embrace their life's potential. Our vision at Life Dynamix is of a planet where we all prosper in one another's brilliance.*

*Please join our quest to make a difference by joining the community at Life Dynamix. Together we will make this beautiful world a better place!*





## Joe Peace...Spreading A Magical Message



### **Steven Ferrel**

How did you get started being a messenger of wellness?

### **Joe Peace**

I love clay and have a passion to use my art to make the world a better place. April 23 1991, a little after lunch, the idea came to me: I'll make "A Peace Chain" and I'll make it the rest of my life. It took the form of ceramic pendants, each with a unique design and a word for peace in one of many languages. Over the past 18 years I've handmade and distributed 455,000 pieces.

My art is meant to be shared. I offer a piece to everyone I meet. I distribute pieces at events and through my website. I have supported the project

entirely on the small donations received in exchange for the pendants. It continues to grow and evolve.

### **Steven Ferrel**

When your time on this planet is over ... what would you like people to remember about you?

### **Joe Peace**

For being a reminder that everything is connected. That the love I created inspired more love... a peace chain reaction.

### **Steven Ferrel**

Since this magazine is called the Wellness Messenger...may I ask what your primary message of wellness for the world is?

*This section is dedicated to the true magicians of wellness. The world is a better place because of these passionate people.*



**Joe Peace**

Make your life your art. Even small acts can have profound effects. I see this all of the time when I give someone a peace piece. People open up to small acts of kindness. Seeing this brings me peace of mind . I'm finding peace, piece by piece. What is most important is between each clay piece, all of us! You are the connection. Make people happy, it might make you happy!



**Steven Ferrel**

Please you share something others may find interesting about you.

**Joe Peace**

Being in nature has taught me to see the Interconnectedness of all things. A few years before I started the peace chain I became a vegetarian to lessen my impact on the planet. The physical demands of making art inspire a daily practice of yoga and meditation. These practices help to keep my wrists and back loose, my body healthy, and my mind centered. They reflect in my art.

**Pax - Latin**  
**Paix - French**  
**Amani - Swahili**  
**Frieden - German**  
**Fred - Swedish**  
**Paz - Spanish**

# Peace In A Variety of Languages

Visit [www.peacechain.com](http://www.peacechain.com) for more information



[www.lifedynamix.com/community/Joepiece](http://www.lifedynamix.com/community/Joepiece)



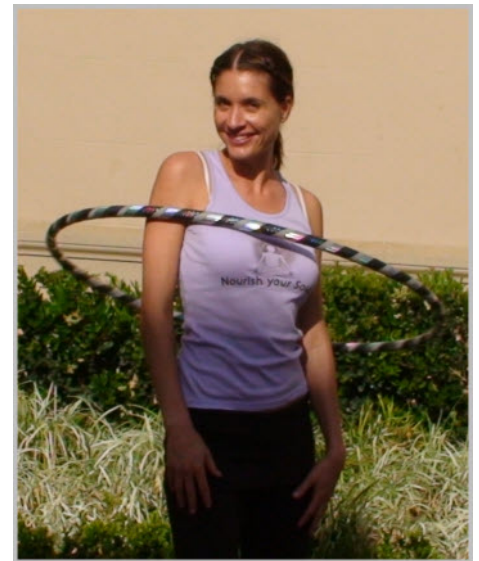


# Featured Event

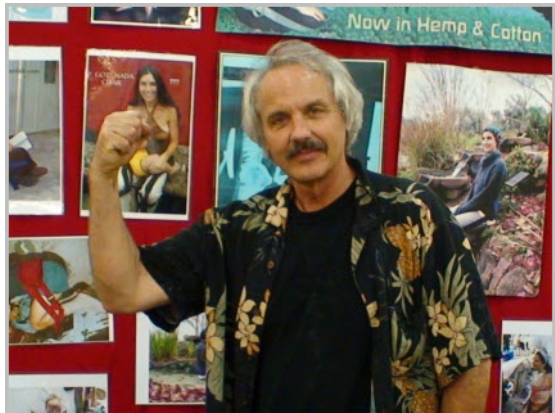
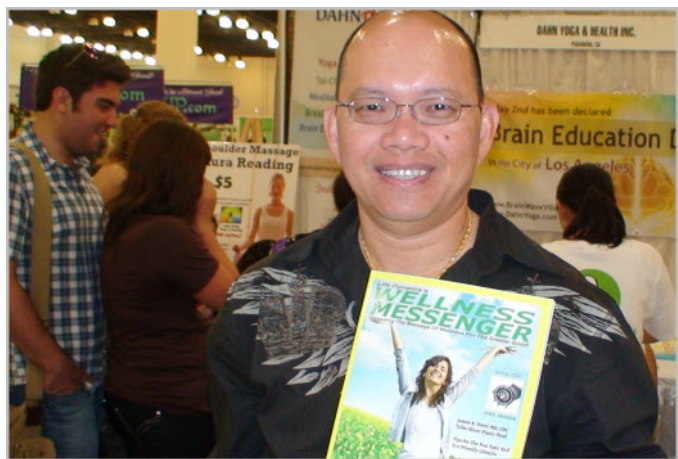
## Healthy Vibes At The New World Fair

The New World Fair showcased a delightful wellness event in California's brand new \$150 million Pasadena Convention Center.

Visitors played in a unifying 100-piece drum circle, listened to blissful music and watched inspirational feature and short films. Thousands attended, hundreds exhibited and over 70 dynamic speakers shared their messages of wellness.

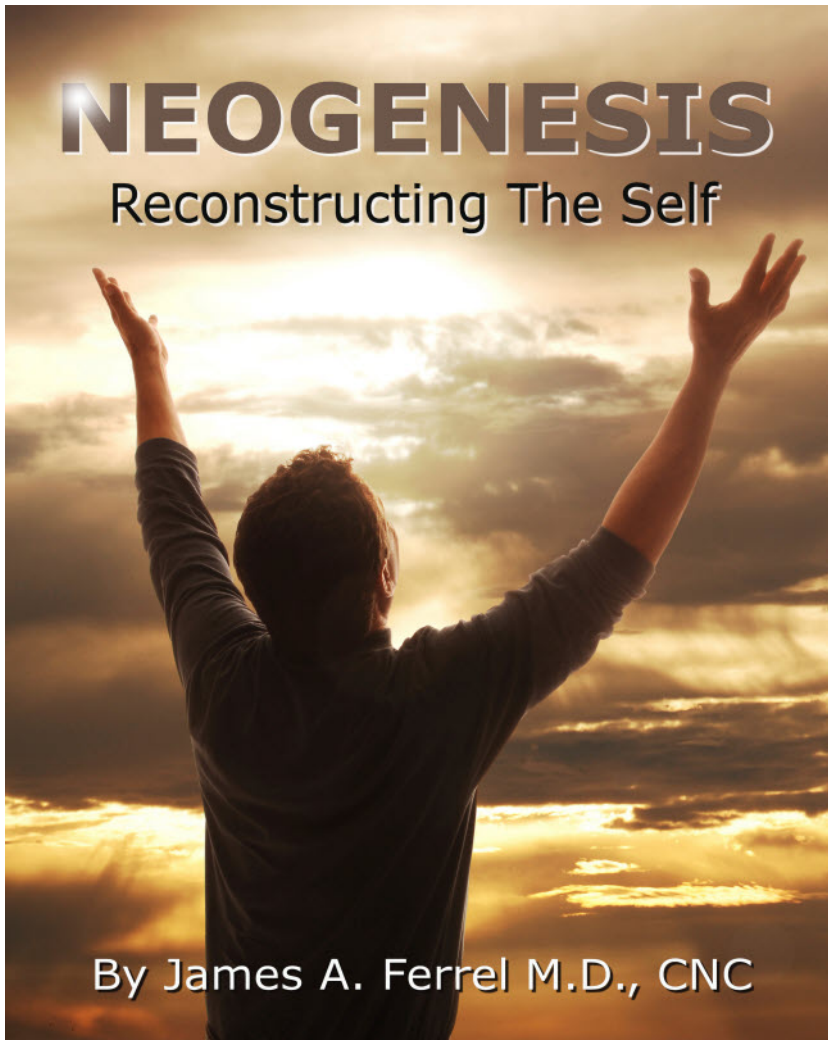








# James A. Ferrel M.D., CNC's Gift To The World!



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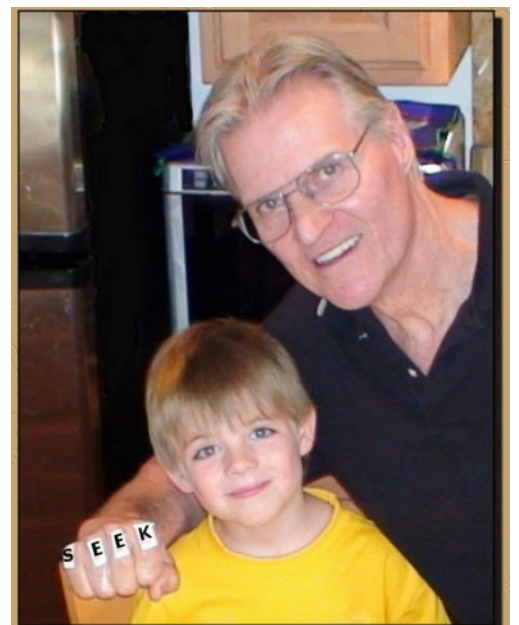
**Neogenesis** is a timely book with a companion DVD that helps the reader understand the factors influencing an alarming change currently evolving in the health profile of our Homo sapiens species.

The author shares his wisdom from over 35 years as a Physician in his personal quest to mitigate the modern health challenges associated with this destructive process.

- ▶ **Would you like to empower your health choices?**
- ▶ **Would you like to become an expert in wellness?**
- ▶ **Would you like to read the most innovative health book of the decade?**

If so...**Neogenesis** is the perfect book for you!

**It emphasizes the small lifestyle changes that make a big difference.**



*Dr. Ferrel with his grandson Max*



# Element EcoWear Earth's Favorite Clothing

**Fashion With Compassion**

Element EcoWear specializes in earth-friendly clothing, including a wide range of fashionable styles for men and women, and customizable graphic eco-tees. Clothing lines include fair trade organic cotton, soy, and bamboo shirts, jeans, sweaters, shorts, and more. For customized tees, more than 300 modern, retro, and vintage graphics can be printed on a total of 12 men's and women's t-shirt styles in 20 colors.

The Element EcoWear website is designed to make shopping both enjoyable and informative. Every page of the website integrates art and photographs that celebrate our planet, and the diverse and unique spirit of its people. One section of the site shares in-depth information about conventional and earth-conscious fabrics, and product details for each garment include its manufacturer's conservation and fair trade programs.



*Brianna is wearing the reversible yoga camisole and capri pants*

As a member of One Percent for the Planet, Element EcoWear donates 1% of its retail sales to charities, or 5% of its net profits if that amount is greater.

Element EcoWear's founder, Dallas Fairbanks, is a scientist, artist, and author, who has practiced a lifelong commitment to caring for life on earth. She created Element EcoWear to further that

commitment every day. Her goal is to create a beautiful website that inspires and informs, while giving people an easy and enjoyable way to benefit both themselves and the planet. As Element EcoWear's expands, she will continue to find new ways to benefit people, animals, and the earth—proving that a corporation's ethics and success need not be mutually exclusive.



*Amanda and Brianna wear the Classic Feather and tailored tees with Everything jeans*



*Amanda, Brianna, and Christy wearing the reversible yoga camis and capris and matching v tee*





*Christy, Brianna, and Amanda are wearing the Century sweater with Everything jeans*



*Amanda, Christy, and Brianna wearing the Classic Feather Athletic and tailored tees*





# Protecting Your Written Words For Free

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## ANGELS FOR THE ANIMALS Raccoons As Pets? A Definite NO!

By Lynne Farkas

Raccoons are one of the most fascinating, intelligent and skillful of the wild animals. They can adapt to almost any habitat. Native, to North and South America. They are found in the deserts, on the seashores, in the country and in the cities. They are Beautiful creatures of nature ~ not to be kept! But to be Free!

Baby raccoons are so cute cuddly, and so much fun. They will steal your heart in a moment. Although raccoons are cute and adorable as babies, when they grow up they are very unpredictable. One minute friendly as can be and the next they can rip you apart. Even not meaning too! Raccoons are my most favorite of all animals, I love them. They are all different, all have different personalities, different food likes and dislikes and they love their babies as we love our own. Mothers will protect their babies with her life! Just as us humans would do. They love just as we do!

A lot of people like to try and keep baby raccoons as pets, this just does not work. Sure there are a few success stories out there, but in most cases it does not work! Please don't try to be one of those people that think they can make it work; even though you might be. It's not worth the chance if it doesn't work. It's not fair to the raccoon. And even if it did work out, the raccoon is still better Free! They miss out on so much of what their life should be like when kept as a pet. It kills their spirit!

But with raccoons, the first 6 months with them is wonderful, maybe even the first year. Raccoons get mean and vicious during mating season. This lasts almost 4-5 months every year, starting in January. Then after that they sometimes will become friendly again. But in order to even make this possible. You have to spend 3-4 hours a day, with a raccoon every day, for them to even hopefully stay friendly. Plus they

have to have the freedom of your home, and be able to go outside as well. You have to compare it to like having a two year old for as long as they live.

The oldest in captivity that I know of was Remo at 18 years old. He was one of the two success stories I have heard of.

You can't put a collar or a harness on them to take them for a walk because they will take them right off! They are not a dog and aren't made to be taken for walk on a leash. Remember they have hands. They open doors, cupboards; they have a blast in the kitchen. They don't like babysitters either! You can't go on trips. They will be really mad at you if you leave for any amount of time. A mad raccoon is no fun! The person taking care of them when you leave, is also in danger of being seriously bitten. They do not make a good family pet. From what I have seen, they will bond with one person.

They are not very friendly with the rest of the family, after that bond takes place and they get about 1 to 1 ½ years old. Especially during mating season, it gets worse the older they get. It doesn't bet better.

They cannot be kept in a cage, they go crazy. Even during mating season, during this time you can't trust them at all. They will bite and attack you; sometimes you won't even see it coming. They will be so lovable, and then all of a sudden their mood will change. I don't even think they know why they do it, it's just their nature. In the wild it's ok, but with a human it can be very dangerous.

I've seen people try and keep raccoons in a small cage, this gets me so upset. They go insane, they can't handle it. They sit in the cage and just make circles with their body. This is a sign of the animal losing its mind. So, if you have one and you are doing this- please set it free. The raccoon may still have a chance, unless it now winter. Then





get it to a rehabber right now, someone who knows what to do. Any pet that is kept in a cage is not a really a pet!

Raccoons are meant to be free, for us to enjoy from a distance. No matter how much we love or want to keep them. A lot of times after you save one. If you live in the right area, like woods or forests. After release, you will still see them. They remember home and stop by and visit, they remember who feeds them; sometimes even hang around for a while. Sometimes years....But they have to have the choice! It's not your choice to make, it is theirs.

People will get them as babies. Then when they turn mean (during mating season) they will just go drop them off somewhere.

Usually this is in the middle of winter. The raccoon will usually get sick when this happens and die. They are usually too out of shape and over-weight and cannot out-run or out-climb another wild animal. Raccoons love to over eat! They cannot be just turned out into the cold. They have to be released 3- 4 months before cold weather hits so they can find a home for the winter. They do not hibernate in the winter but sleep most of the time. (Raccoons in the wild move 3-4 miles a day, climbing and staying in shape. Kept in captivity they cannot get this kind of exercise)

If you find a baby raccoon please get it to a rehabber or a **wild animal rescue center**. I have found that the animal shelters & animal control just kill them. At least where I live. They just consider them a nuisance. You have to contact a **wild animal rescue center or a licensed rehabber**. Most states it is illegal to have them as pets or to even help them. Get them to someone that knows how take care of them and release them properly. If you can't find anyone and you choose to help the baby or babies, you must release them into the wild after about 16 or 24 weeks of age. Release them in the spring, summer or early fall,



never winter. If you have more then one baby do not separate them. They will have a better chance of survival if released together. Do not spread them amongst your friends.

When you start feeding them- DO NOT GIVE THEM MILK! They should be on kitten milk replacement formula. There is no nutrition in regular milk! You must feed them food that grows naturally in your climate when they get old enough to eat, you can give them extra goodies too. Just don't over do it. But it is important for them to learn of the food that grows in your climate.

Do not keep them in your house the whole time you are doing this. You do not want them to be afraid of the outdoors.

Now, this is when it gets hard, you've feed the baby or babies from a bottle, fell in love with them...taught them how to eat, climb trees, etc...Now you have to let go.....And -there are no if, ands, buts, about it! *For more information on what to do if you find a baby raccoon go to [www.raccoonworld.com](http://www.raccoonworld.com). I just found this site and it has a lot of good information on everything to do and how with raccoons!*

Now, you have done your job and have gotten them off to a good start. You are an Angel for helping them. Now you have to let nature take its course, no matter how hard it is. It's easy to fall in love with them and want to keep them. Especially, if you have only one. They will seem like the perfect and coolest pet, but that will all change as they get older. They get mean and they can't stop themselves. No matter how much they love you or you love them. You can't usually change it.

Keeping a raccoon is not the right thing to do. They are not ours to keep! They are not for our entertainment! They belong in the wild, and you can't take the wild out of a raccoon, no matter how hard you try or how much you love it. I don't care what



anyone says. This, is what I know from experience. You will ruin the raccoon's life if you try and keep it as a pet. Please take my advise on this one. I know what I am talking about.

If you love them, set them free! A short time of freedom is better then a lifetime in a cage! Think about it! What would you want? And **No** it is not different for a wild animal. They are not like a dog or cat, which rely on humans. Raccoons are wild creatures like a fox, tiger, possum, etc... They don't depend on humans. Who can fend for themselves. They are all meant to be free to explore God's Beautiful wilderness he created for them.

A lot of baby raccoons lose the mothers and we end up having to care for them. The death rate among raccoons is high. They only live two to eight years due to unforeseen accidents. A lot of them are hit by cars. This happens because when a raccoon sees danger, it freezes thinking its not go-

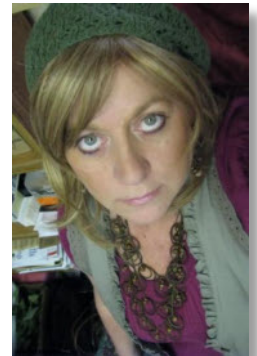
ing to be seen. Unfortunately this does not work as far as on-coming cars. Others of course attacked by other animals, which is normal in the life of a wild animal. Way too many are hunted, trapped and skinned alive, this is the most tragic among their deaths. For the horrible fur trade.

If you ever get time watch the fur trade video in my group here in the community "Angels for the Animals." After viewing this video, I would hope it would stop you from ever buying anything made out of fur again.

If you can even handle watching it...I couldn't watch the whole video.

This would help with the death of many raccoons.

Lynne Farkas



# Amazing Grace Gifts & Earthly Blessings

*I am the Vine, You are the Branches. John 15:5*

Non-denominational - Christian Based Gift & Book Store,  
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*If you have an item that you make such as jewelry, gifts, cards, etc..  
or a non-toxic natural products, I am always looking for new lines for my store.*  
Lynne Farkas / Owner



# NON TOXIC STYLE *With Patricia Pitt*

## Aromatherapy

Imagine, trees lush and green, tall as the sky above, flowers of all colors, sizes, shapes and species the smell of sweet perfume as you walk past them. Imagine, the ground covered with every living green plant possible, soft as velvet as your feet touch them while you walk. Imagine, knowing that God made each and every living tree, plant and flower with His love, for us to use for our well being. For us to live in peace and harmony, to "smell" the essence of their being. Well, this was how life was meant to be for each of us. This was the "Garden of Eden," filled with the aroma's that would saturate our entire well being.

Today, man has polluted our environment with their toxic chemicals. We now smell chemicals, gases, and fuels of all kinds. The very air we breathe is full of unknown and minute particles infiltrating our bodies, most of which cannot be seen with the naked eye. Our soils have been depleted of all the important and natural minerals that were meant to give us the nutrients we need to keep us healthy. If this isn't bad enough, the very society we live in and that we should trust has put hidden toxins in our water, food, plastics and medicines. All of this has been done for what purpose? Monetary gain, control, power, greed, recognition? Possibly all of the above. The result of all these pollutants has caused us to become a sick nation, a sickly world.

We are now faced with the fear question of, "what if?" What if I get sick or I have no medical insurance? What if my husband, wife, child or loved one gets sick? What will I do?

The answer is: What can and will I do to help protect myself, my family



and loved ones from the dangers of these pollutants. There are many ways and easy life style adjustments that will keep you healthy, happy and replace your fears of the unknown, with the known, that will bring you the confidence that everything will be alright. This is the reason for the article I am writing. To inform you of the natural awareness of "Aromatherapy."

If we have to smell anything, let's start by smelling the natural essence's that God intended us to smell from the very beginning. Right now you are probably asking yourself, "what is aromatherapy?" Let me start by stating that aromatherapy is "smell." When we smell something, it will either be pleasant to us or unpleasant. Either way, that scent we smell will be remembered. Let me use the following scenario as an example most of us can relate too. As children, we go to school for 6 or more hours per day, away from the security of our homes. It is a cold, wet, winters day. As a child it was a long hard day, kids were picking on you, the test you took wasn't the best grade you expected to get after all the time you spent studying. You just couldn't wait to get home. As you walk in the door to home, the first thing you sense is the smell of homemade vegetable soup that mom had made. All of a sudden, you feel the love, comfort and security of home. The harshness of the day



familiar smell from long before. How would the smell of homemade vegetable soup have this effect on you?

Aromatherapy is all about smells and scents. When we smell an aroma, the aromatic molecules go through our nose, the olfactory bulb, into the Limbic System that influences the emotional center of the brain. This is why certain smells bring back good memories. The scent of a rose may be the sweetest smell to someone, while that same rose may bother another.

Aromatherapy has been used for hundreds of years. The Garden of Eden was filled with aromas. These aromas came from plants. These plants are alive with oils. These oils are the life source of the plant. The plants oils keep the plant from harm, cuts and bugs. The oils of a plant protect that plant. When a plant has become injured, the oils of the plant, pool to the area of distress and heal the plant back to health. These same oils can give us the same benefit of well being. The oils from these plants are called therapeutic essential oils. They are an oil of aroma and therapy. They help us when our bodies are in distress, just as a plants body may be affected by distress. Therapeutic essential oils can help our bodies with stress, depression, sadness, hopelessness, our emotions in a whole and they can help our bodies and our cells rejuvenate themselves to a better well being of health. They can protect our cells and may reverse damage that has been done to our cells by the environment we live in.

When we smell an essential oil, the molecules, which are thousands of them, affect every cell of our body within seconds. When we place essential oils on our skin, every cell of our body receives the health benefits of these oils. Plant oils are food. They metabolize within our bodies as a food. We excrete what our bodies don't use through our urine, feces and perspiration. Although these oils are food, they are also very potent. They are seven

times more powerful than the plant itself. This is why the use of essential oils

should most of the time be diluted with a carrier oil such as olive, almond or vegetable oil. The therapeutic benefits of essential oils are remarkable and endless. However, it is very important to use only therapeutic grade essential oils to receive the health benefits. Therapeutic grade means: the oils are free from all pesticides, and adulterations. They are pure in every aspect and are distilled properly with the right temperatures and no additives.

In closing, I would like to stress that knowledge is health and wealth. Man has used oils for centuries, modern man has taken the benefits of plant substances and because he is unable to patent these substances, has then created "synthetic" forms of plant life to give people in the forms of pills and injections, which in time will harm the natural state of our bodies and cells. It is important to do your research. It is important to always use therapeutic oils for the greatest benefit of our well being and health. Do your homework and only seek the best. We can help our bodies and stay healthy with God's given plants and His word. Pray for the wisdom and knowledge from God. Here's to your health.

In Faith, Hope and Love,

Patricia  
The Fragrant Life



[www.lifedynamix.com/community/thefragrantlife](http://www.lifedynamix.com/community/thefragrantlife)

**Goodwill**



Coming Soon!

## Twitter and Facebook Integration



Soon LD members will connect to Twitter and Facebook from their Life Dynamix account. These new features will allow members to update their Twitter and Facebook profiles while logged into Life Dynamix. This integration gives Life Dynamix instant access to these fast growing social networks.



## Live Web Radio Show

Life Dynamix is looking into solutions to broadcast a weekly radio show over the Internet waves. A group of Life Dynamix members will speak live with one another regarding the latest wellness topics. Other members can listen and utilize the live chat window to include their messages into the conversations.

## Member Sites

The following are some fine sites from members at Life Dynamix.

**Humans, Animal Kingdom, Green World and the Natural World Rights-A Call and Appeal for Duty**  
<http://keepgoinginlife.blogspot.com>

**Margie uses her personal trainer and life coaching skills to help people to live a vibrant life.**  
[www.vibelife.ca](http://www.vibelife.ca)

**A conscious home based business**  
[www.realpurposemoney.com](http://www.realpurposemoney.com)

# COMMUNITY NEWS

**Jennifer Lynne Clarke** left her physical body on September 5th due to a swimming accident. Many remember our compassionate friend as **Lotusblossom**.



Jennifer Lynne Clarke  
Birth 2-07-72 -Passing 9-05-09

Jennifer enjoyed gardening, genealogy, writing, cooking and making jewelry. She loved animals and would rescue them keeping them as pets. She was a very gentle person who enjoyed spending time with her family especially her children.

*In lieu of flowers memorial contributions may be made to Adopt A Pet Foundation P.O. Box 6384 Freehold, NJ 07728.*

## Mom

*The sun may shine, the rain may fall  
But your love was constant through it all*

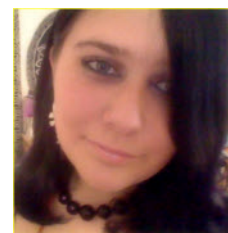
*You helped me and I helped you  
Together there was nothing we couldn't get through*

*By a cruel twist of fate we were torn apart  
But from my heart you will never depart*

*A smile like yours is hard to forget  
I will remember it and live with no regrets*

*You will always be a part of me as I go through life  
Living each day and following your advice*

*I'll have fun like you told me too  
And I will live each day remembering you  
Elizabeth  
(Jennifer's Daughter)*



[www.lifedynamix.com/community/Helmider](http://www.lifedynamix.com/community/Helmider)



# Two Kindred Souls

(For Jennifer Lynne)

With the sweetness of a heart  
Love can conquer the pain  
Mere words can tear apart  
Or even mend broken seams

From the soul of a touch  
Arises the love from within  
Even the darkest nights  
Can be illuminated again

From the thick and thin  
To the early dawn of light  
Our love will survive  
Through the dents I ignite

I still feel you as I write  
My soul is still whole  
We will be together again  
No matter where you go

We're two kindred souls  
I loved you more then u know  
Now that you're gone  
I'd rather be all alone

Our forever never came  
Time moved to slow  
If I could hold you again  
I promise I will never let go!  
As Always~Syrno

Jenny wasn't a human being on a spiritual journey, But rather a spiritual being on a human journey.



[www.lifedynamix.com/community/Syrno](http://www.lifedynamix.com/community/Syrno)

## Vote For The Next Cover!

Life Dynamix is filming in Arizona for the Spring edition of the Wellness Messenger magazine. This issue features Messages From Arizona. The Community at Life Dynamix determines which

photograph appears on the cover with their votes.

Voting for these and other cover possibilities starts in February!





# 1st Graduate Honored

Life Dynamix is delighted to announce **Jason Lee Cline** as the first person to successfully pass the Wellness Specialist certification course. Jason lives near Seattle, Washington USA. He is extremely passionate about learning, helping others and taking care of his future self. Friends describe Jason as energetic, natural, free thinking and hard working. He lives life to the fullest and enjoys the process. His favorite activities are: mountaineering, skydiving, hiking, camping, DJing and spending time with his family. He is a proud father of three children which is a main reason that he has taken steps to educate himself live a healthy lifestyle.



Around ten years ago, I started my never-ending quest towards better living. I paid closer attention to what I was eating. My diet consisted mostly of high fat, high calorie food that I thought tasted good and was convenient. I began by choosing lower fat foods and substituting red meat. After a few months of healthier eating, I began to see results. At first, it was difficult to not have those convenience foods that I enjoyed so much. It made me understand why so many people get stuck in that trap of unhealthy eating. After some time, it became apparent that my method of a gradual diet change could work for me. The re-training of

my interpretations of 'taste' eventually made the fresher, lower fat and zero cholesterol food taste better. My adaptive strategy led me to the simple, efficient and nutritious way of veganism. Continuous improvements in my food intake, a variety of exercise and improved mental awareness have brought me to the best health of my life at age thirty four.



According to Jason, "There once was a time when my health and wellness was never even considered. I was out of shape, lacking energy and had chronic heartburn. It was obvious that I needed to make some changes. I started listening to my body and became more observant to the ailments of our society. Some important questions that came to mind are:

- ✓ *Why does it seem like I am always tired and often sick?*
- ✓ *Am I bound to follow the unhealthy habits that many of my ancestors did?*
- ✓ *Does my world reality just happen to me? Or... can I create the environment that supports healthy and happy living?*

There is some work to do and there is much healing needed in the world right now. We have to spread the message of wellness to the people out there starving for this important information. I believe that it is essential to our survival that the precious children of the world see a good example if our species is going to move in a healthy direction. It is up to all of us to spread the word. **Peace and Love to Everyone!"**

[www.lifedynamix.com/community/jasonlee](http://www.lifedynamix.com/community/jasonlee)

