

Life Dynamix's

WELLNESS MESSENGER

Spreading The Message Of Wellness For The Greater Good!

Spring 2009



DVD INSIDE

**James A. Ferrel MD, CNC
Talks About Plastic Food**

**Tips For The Non Toxic And
Eco Friendly Lifestyle**

**The Healthy Cooking Coach
Prepares A Tasty Recipe**

Beauty Without Cruelty

Fashion With Compassion

Wizards Of Wellness

Angels For The Animals

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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.

The Magic In A Challenge

Challenges live and breathe in a Beautiful World. If there were never hardships, the word appreciation could not exist. How would we know that a moment is indeed blissful without experiencing a challenging moment? Many wonders would be taken for granted if it were not for contrast. **If it weren't for challenges magic's luster would lose its shine!**

When hard work manifests into form, that feat means much more to us and the words "victory" and "accomplishment" have meaning.



Adversity can build an individual full of strength and success, or a life full of fear and disappointment. It is all up to the person what they choose to do with it. Many focus on the bad in a situation creating a mental environment where negative chemicals and emotions flourish. Looking for the good in life along with seeking solutions when challenges appear foster healthy mental chemicals and emotions.

Please join me on a sweeter journey and look for the magic in every challenge. **When the mind seeks solutions, beauty, or possibilities in the presence of challenges; it eventually FINDS some form of good. This process transforms the obstacle into a stepping-stone. These stepping-stones elevate our view so that we may see more of the magic and possibilities that life has to offer.** With daily cultivation, nourishment spiritually and mentally become a regular pattern while an exceptionally fruitful life emerges.

To Magic, Possibilities and a Beautiful World!

Your friend in wellness,

STEVEN FERREL

www.lifedynamix.com/community/Steven

**If it weren't for challenges magic's
luster would lose its shine!**



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.

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.



DVD

This episode features host Aubrey Aquino talking with Environmental Health Specialist Russel Olinsky.

Russel discusses ways to create a healthy home environment.

Other features include a segment with *The Healthy Eating Coach* Rachel Albert-Matesz creating a **healthy peanut sauce** and wellness strategies from

health experts for optimal mind, body, and spirit wellness.





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Plastic Food

You saw the warning first at lifedynamix.com

By James A. Ferrel M.D., CNC

The following article was posted in 2005 on Lifedynamix.com warning about the dangers of plastic food containment. Read it and the author's addendum to learn more.



Not only is it important what ingredients are in your food or water, but also how your food or drink is stored.

Are Plastic Food And Beverage Containers Safe?

Question: Have plastic food and beverage containers been proven safe?

Answer: No.

During the film's graduation party in THE GRADUATE, Mr. McGuire pulls Benjamin Braddock (Dustin Hoffman) aside to offer sage advice for his future. His future would be one word: "**plastics.**"

Of course, we all know Mr. McGuire's advice and prognostication was correct. Plastics can only be made by man by virtue of his finite wisdom, hence they are patentable. The profit in the manufacture of plastics has been huge. Plastics are everywhere. Plastic manufacturing now uses 4% of the world's oil production annually. Automobiles are now 9% plastic. It is of my special concern that more foods and beverages are being put into plastic containers. Plastics are ubiquitous now. They persist and accumulate in our ATLAS DRUGGED*, as their production greatly exceeds their chemical degradation rate. Harmful chemicals from plastics are now commonly found in groundwater, waterways, and drinking water.



While standing out in the summer heat in Phoenix, Arizona in 1981, my then girlfriend asked me what was causing the film to form on the inside of the windshield of her new Mazda 626. She said that she had to wipe it off every morning so she could see to drive to work. I didn't know then. I do now! It was phthalates, the chemical that was added to the plastic dash cover to soften it and prevent cracking. I'm sure by now most of the phthalate has evaporated into our atmosphere and the Mazda is in some junkyard with a cracked up dash.

Phthalates are EDC's (Endocrine Disrupting Chemicals.) They are chemicals found in recycle codes #1 through #6 plastics. Another EDC (Bisphenol A) is in recycle code #7 plastics. All of these types of plastic EDC's interfere with the function of sex hormones receptors. In THE GRADUATE Benjamin was quite a stud. I wonder if he's now taking one of the popular drugs to treat erectile dysfunction, a disorder that has become one of the many

epidemics in our new plastic world.

In 2003 a group of Croatian scientists reported that phthalates in plastics dissolved in various solutions. They used a variety of plastic items, including plastic food containers. After 10 days of sitting in distilled water, an average of 55.4 mg/ of phthalates from each kilogram of plastic "migrated" into the water. To a lesser degree the phthalates from plastics dissolved into acetic acid 3% (44.4 mg/kg) and 10% ethyl alcohol (32.3 mg/kg).

The Croatian study shows what Benjamin would suspect, if he took chemistry in college: Water is the universal solvent; and it dissolves even the primarily fat soluble phthalates. The more that you filter water to remove other toxic solutes, the more aggressive water becomes in its power to reach osmolar equilibrium by dissolving its non-inert containers. What is also obviously missing from the Croatians' controlled, static testing model are the temperature variations that the plastic bottled water product goes through to get from bottling point to the mouth of the consumer. Transport trucks probably reach a very high temperature in the non refrigerated cargo areas that carry the typical PETE (recycle code #1 plastic) bottled water in the summer. Heat facilitates the dissolution of phthalates into the water. Then the bottles may be stored for a much longer time than 10 days prior to consumption. Furthermore, freezing the containers produces micro-fissures in the interior surface of the plastic bottle container as the water expands, exponentially exposing more solute surface area. Traumatic handling or any motion of the package will further enhance diffusion. Applying the laws of physics, all of these factors clearly by extrapolation will increase the water dissolution of the plastic containers.

Fatty foods in plastic containers are even more problematic, as fats are absorbed differently and carry their phthalate solvents into our bodies more easily. Phthalates bioaccumulate because of their fat solubility. Phthalates concentrate in such fat organs in our bodies such as brains, prostates, testicles, ovaries, breasts and, unfortunately, breast milk. (The other

popular food alternatives for infants are worse.

Commercial baby formulas are loaded with the manmade phthalates.) I think the worst example of food containment in plastic is milk. All milk except non-fat milk contains fat. Cow milk itself represents a major source of the fats ingested by the public, especially children. Cattle concentrate these chemicals by bioaccumulation because EDC's from plastics are ubiquitous in water and most animal food sources. Meat and dairy products are therefore a major contributor to this group of human food chain derived toxins, regardless of their containment. It is now irresponsible to add more phthalates to the products by putting the milk products in plastic containers that add MORE EDC's. Cattle have intentionally been "fattened up" by adding hormones AND unintentionally "fattened up" more by the contamination of cattle food and water by EDC's. The combination of these chemicals passed on to the consumers in concentrated form in milk products will most likely exacerbate obesity in humans that consume them as well. Our current scientific knowledge and common sense screams for an end to consumer purchase of milk bottled in plastics. Until milk companies have their products quantitatively analyzed for these EDC's by competent independent laboratories, my strong recommendation is to avoid purchase and consumption of milk and dairy products contained in plastic.

Sadly, the Croatian authors' 2003 conclusions about the safety of plastics were: "These (exposure) levels would not present a hazard for human health, not even for a prolonged period of time." However, what was deemed acceptable levels of phthalates in 2003 now is recognized as "crystal clearly" too high.

Selective interpretations from the ACC (American Chemistry Council) lead to this erroneously high level being "set" for past toxicity standards. The ACC is an "industry group" advisor. It's much like the wolf guarding the henhouse. Thanks to the ACC efforts, control regulations placed upon this chemical class are minimal. An ongoing perpetuation of phthalate approval for use in virtually everything, including containment of

food, has resulted. In fact, the perpetuation of these mythological high safety standards has resulted in the majority of our food being wrapped or contained in plastics that leach EDC's into our foods.

The ACC's Phthalate Esters Panel is made up representatives from BASF, Eastman Chemical, Exxon-Mobil Chemical, Ferro, and Teknor Apex Corporations. After graduating, Benjamin could have gone to work for any of these companies To share the wealth that plastics manufacturing have reaped, instead of hanging around to sport Mrs. Robinson for the summer!

I love one of the rationalization examples the ACC makes on their PHTHALATES INFORMATION CENTER web page:

"Thanks to phthalates, your nail polish doesn't chip." I wonder if they are aware of the "unexplained" high rate of breast cancer in manicurists. I also wonder if they are aware that most breast tissues and breast cancers have sex hormone receptors that are acted upon by the EDC's found in plastics.

To further confuse the public, the ACC web page also redefines the PRECAUTIONARY PRINCIPLE which in its un-perverted definition simply is: A (chemical) should not be considered safe until it is proven safe. Environmentalists who are trying to unravel the cause-effect relationships of environment chemicals, to the otherwise unexplained epidemics of various diseases now affecting man as well as every species on our planet, encourage its application. The ACC's watered down version suggests that cost effective, fearless risks are worth taking.



This is the kind of NONSENSE that we must challenge!

See the old tobacco ad above. Hasn't history taught us anything about toxins?

Can the ACC keep up the phthalate safety illusion forever? The American Tobacco Association almost got away with it!

We now know that EDC's, like hormones themselves require very minute amounts to have physiologic impact. EDC's are active in parts per trillion! For example, the usual adult maintenance dose of levothyroxine, a drug to completely replace depleted natural thyroid hormone in hypothyroidism, is 1.6 micrograms/Kg/day. Why would I even think about saying that a dose in the milligrams (1000 times as much as a microgram) of a known EDC would be safe, especially for a child or developing fetus?

We now know that phthalates also work in synergy with chemicals in other classes to exert "more than additive" physiologic effects.

Previous experiments in rodents showed that high levels of phthalates interfere with testosterone during gestation resulting in birth defects of the genitalia, testicular cancer, and infertility in the rats.

The ACC inspired acceptable level of phthalate myth should be blown out of the water with a recent study completed by the University of Rochester School of Medicine and Dentistry. This study of 85 human infant boys reported in May 2005 showed that phthalate levels found normally in the general population adversely influenced sexual development.

The mothers of these infants had their urine quantitatively analyzed for metabolites of the phthalates. The phthalate exposure these children had correlated with genital abnormalities including smaller penis size and INCOMPLETE TESTICULAR DESENT, which is a condition that greatly increases the risk of testicular cancer if left untreated.

Solution 1 - Choose glass containers over plastic for purchase and storage of food and beverages Including milk and water. American children can consume several milligrams of phthalate Each day.

I wonder if THE GRADUATE'S Mr. Robinson noticed that most of the teenage girls now-days have bigger breasts than his seductive wife (gynecomastia), and that they begin thelarche (breast development) and menarche (menstruation) at a significantly younger age, or that many more have an endocrine pathology called PCOS (polycystic ovary syndrome). In my opinion, children's exposure to phthalates in their environment is the primary cause of recent increases of these phenomena.

The chances of a woman getting breast cancer in her lifetime has probably gone from a risk of less than 1 in 10 (10%) before THE GRADUATE was made to a 1 in about 7.5 (13.2 %) rate today.

The choice to avoid food chain plastics is a "no-brainer" when you understand how these chemicals persist and accumulate in our environment, and how they function in our bodies!

Solution 2 - Choose stainless steel containers over plastic for storage of food and beverages including water.

Unfortunately, we are past the point of no return with phthalates. Just like cigarettes I think we'll have to live as prisoners with their impact on future generations. The only defense we have at this time is to individually choose

to avoid them when we can, to mitigate their effects on our health.

Phthalates clearly act upon hormone receptors in both men and women. A concern is the potential phthalate impact on breast and other hormone sensitive tissue in human females, but phthalate's feminizing potential on males is more of a threat to all species on the planet.

Unlike Mr. McGuire, I think we can choose a better future by avoiding his "one word." We should start by trying to reduce plastics in our food chain exposures.

Bottom line:

I would strongly advise consumers to purchase beverages and non-solid food

products packaged in glass rather than plastic if given the choice.

Addendum

April 10, 2009

For years I have been warning people about the dangers of plasticizers used in food containment

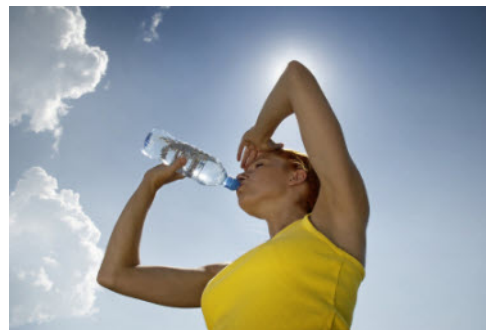
and the similar cover-up emanating from the plastics industry. To appreciate the problem, one needs only to appreciate the sudden, dramatic, and predictable morphology and disease profile changes that has occurred to our species in the last 30 years. Since debut of *The Graduate* we began suffering from epidemics, not of an infectious nature, but of our own making. Although we have not firmly established cause and effect relationships for these scary changes, they are certain to be due to changes in our environment. This is a time frame coincident with plastic food containment proliferation. Plasticizers must be placed on top of the suspect list because it has been established that they migrate from the food containers into our water. Furthermore they are clearly EDCs. It has long been well established that plasticizers have deleterious effects on animals tested. Finally, in the Sept. 17, 2008 issue of the

**Choose glass containers
over plastic for purchase
and storage of food
and beverages including
milk and water.**

prestigious medical journal *JAMA* the debacle is front and center. The issue's lead research study article by Iain A. Lang et al concludes that the plasticizer **Bisphenol-A (BPA)** may be associated with avoidable morbidity in the adult population they studied. Many prior studies had already shown BPA to be an endocrine disrupting toxin in animal testing, but the FDA seemed unimpressed. A same issue *JAMA* editorial by Doctors Frederick S. Vom Saal and John P. Myers echo the point I've made about the cover-up. "One factor that may be contributing to the refusal of regulatory agencies to take action on BPA in the face of overwhelming evidence of harm . . . is an aggressive disinformation campaign using techniques ('**manufactured doubt**') first developed by the lead, vinyl, and tobacco industries to challenge the reliability of findings published by independent scientists." I have seen this same strategy used to defend suspect food chain toxins such as MSG, aspartame, and trans fats. Now an unbiased study clearly shows significant adverse effects in humans.

The good news is that last month legislators from both the House and Senate introduced legislation to ban BPA from all food and beverage containers.

The **bad news** is first -- it should not have required an 'act of congress' to begin to protect the public. The FDA is in place and charged with the responsibility of protecting all food except for meat, poultry and some egg products, which are regulated by the U.S. Department of Agriculture. The FDA has a history of being politically and industry influenced. At times it seems to 'stack the deck' by forming advisory panels made up of experts with Financial ties to industry. These panels consider safety issues. Generally their approval recommendations are accepted. just recently the FDA has, to their credit, 'tightened up' conflict of interest restrictions for service on FDA advisory committees. However, the conflicts persist. Even after the 'tightening up', an advisor can have up to a \$50,000 financial interest in the companies affected by the committee's recommendations. In fairness to the FDA, they are understaffed for such



Dr. Ferrel recommends glass or stainless steel rather than plastic for bottled water.

a huge task. It seems reasonable that because their efforts are preventative and that prevention pays large dividends, they should be better funded and staffed. They should have the best equipment for detection of toxins or suspect toxins at every level of the food chain. Such equipment needs to provide rapid results and handle huge numbers of diverse specimens.

Secondly, the powerful forces resisting public protection still remain at work to promote the toxins that continue to poison the public. There is no guarantee that the legislation will pass despite overwhelming evidence of harm. These lobby groups are powerful and legislators have historically been proven vulnerable.

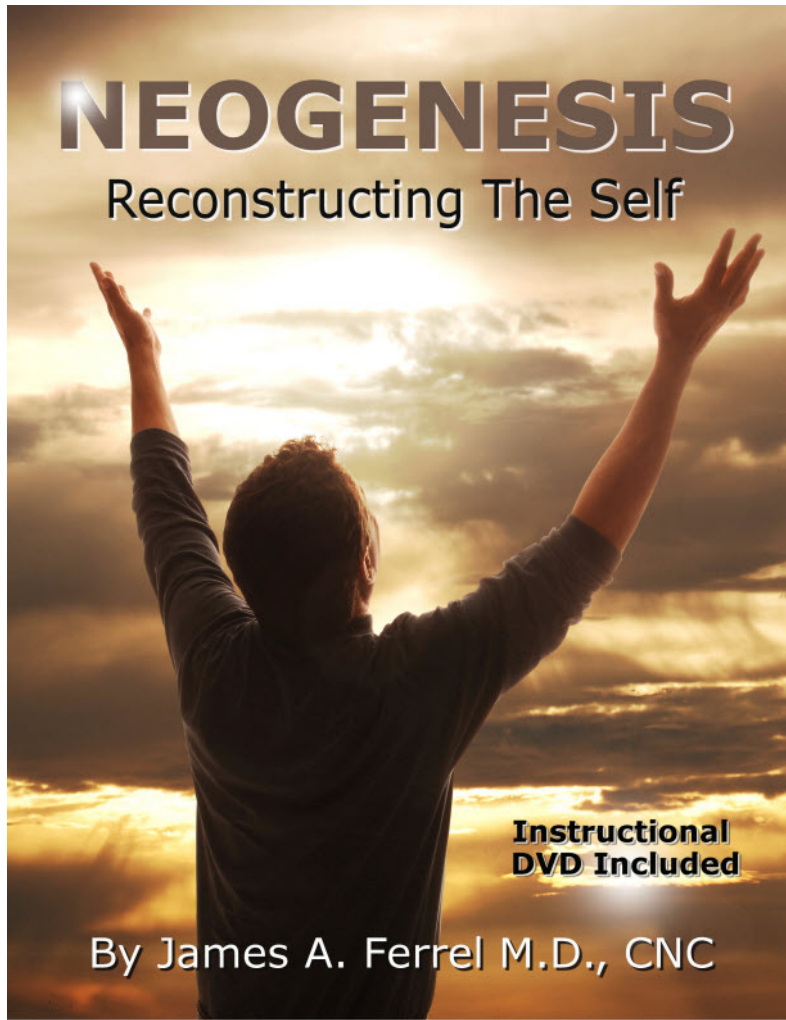
Thirdly, it is too little too late. Phthalates should similarly be banned until they are proven safe. The issue is clear: as a society we must begin to apply the *Precautionary Principle* instead of the currently used & reckless *GRAS Principle* (Generally Regarded As Safe – **until proven unsafe**). My advice remains the same (**select glass containment over plastic whenever possible**) with one additional proviso; read my new book **Neogenesis** to understand how to best survive and thrive in our increasingly toxic world. It can be viewed free at: www.lifedynamix.com/neogenesis.

Dr. Ferrel is a board certified family physician and a certified nutritional consultant who specializes in preventative and environmental medicine. He currently resides in Phoenix, Arizona.



www.lifedynamix.com/community/Jferrel

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



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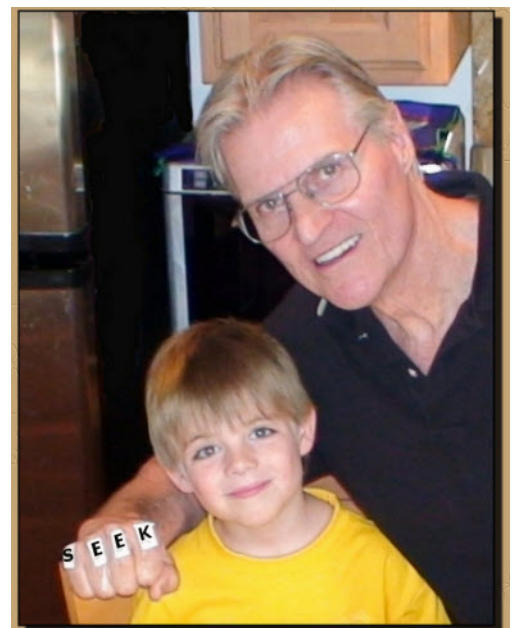
Neogenesis is a timely book with a companion DVD that helps the reader understand the factors influencing an alarming change currently evolving in the health profile of our Homo sapiens species.

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



Dr. Ferrel with his grandson Max

The Natural World - Our Duties For The Wellness Of All

Our Contribution to Emotional Maturity of the Natural World-Earth...Nature and People have something common and that is our COEXISTENCE. Alas, our most popular trends are as if our social habits do not want to quit just because we are not willing. We seem to strongly believe that others are going to think and feel for us. Do we have so much time, money and energy to think and feel concerned about others?

Even those, who possess all that they need, are more interested in multiplying what they have. We all know it is a degenerating process as more and more people are getting poorer.

Only a few possess the wealth and control over the earth, people and possessions and thus life and its resources. Will they donate it? If yes they would have done it already. To claim that they are the owners of the planet, they may prove anything, but does it really help anything, except temporarily. Where are we right now? It may appear a one way communication if we say that the rich people should donate. The poor may not donate either. This concept is for the services and the facilities that we get from nature. The poor concept that is usually taken as the conclusion of such topics differs at the point only if we do not bother about the topic and jump to what we already believe.

Our fears and doubts work in a stronger way than our faith and trust does. Should the rich donate money to the poor? No, if this is the only solution the concept of needy fails at once. Our duty towards nature is our need; not of nature. If a poor person fails to recognize it, the concept of duty fails at the same time, when we considered the failure of donating to needy.

We seem to discern too much between rich and poor, but how poor we, the humans are when we consider our wealth with nature, we have nothing, yaw, no ability to buy sun and moon, if we can buy that is not the true worth. We tend to follow the self-assumed value system that is creating a gap between our need and the creator of it. What does create need? You see nature creates need. When we



are hungry, nature has caused it. We depend on nature. Any disharmony may disturb our body and we may not feel any hunger and thus are sick.

Nature is our collective body, the body of food chain and the systems that run or function within all living and non living things. We depend on nature, but nature does not depend upon us. We exist because of nature. The movements of planets are not caused by humans. Even day and night on earth are not caused by us. We seem to have and feel pity and mercy for the plants, trees, birds, animals and others living and non-living ones. What a folly, yaw, what a folly. If there is no green world on earth, we the humans and the animals cannot exist.

So, we are surviving on the status of pity and mercy that we are dependent on the green world. The evolution of life does not depend on the successor, but on the ancestor. The plant in water, say fish can live without animal, but the animal cannot live without its ancestors, the trees. The decay of food chain gives importance to the lower level of life, not to the higher as the animals, the monkey and the man. We overwhelmed by our status at the top of the food chain makes us ignore it.

We say that a rich person may not understand the needs and thus the entire existence of poverty. The poverty and richness do not differ from the food chain of life, and thus is the social chain of life is the right concept of the people.

The nature faces the same, we all humans being at the top of the food chain behave as the rich people, the luxury of knowledge makes us slave of it, rather than master to use it as wisdom and common sense.

The natural maturity is similar to our social maturity because nature also needs the natural maturity, we may call it evolution and thus the development of the food chain, the very Right of the Natural World. This in totality is not just the Wellness Evolution of humans, but of the Entire Natural World. Thank you for your time!



www.lifedynamix.com/community/bhagouauty



Green Tip - Food Packaging

Take a look at your food inventory and see if there is some things that could be made from scratch or bought in bulk. This would help cut down on wasteful packaging and if enough people do it, companies might improve their packaging to be more eco-friendly. Before you buy something, visualize what was involved in getting the product to the store. Look at the packaging and materials used and see how far it came to get there.

Some examples:

☯ Juice concentrate uses less material than a 2 liter plastic container of juice.

☯ Buying a large bag of coffee beans uses less material than plastic containers of ground coffee.



For Best Vehicle Fuel Economy

1. Keep tires properly inflated and wheel alignment correct.

(If the tires are under inflated or not pointing straight, the engine has to work harder to move the vehicle.)

2. Use the air conditioner only when necessary.

(The air conditioner also makes the engine work harder).

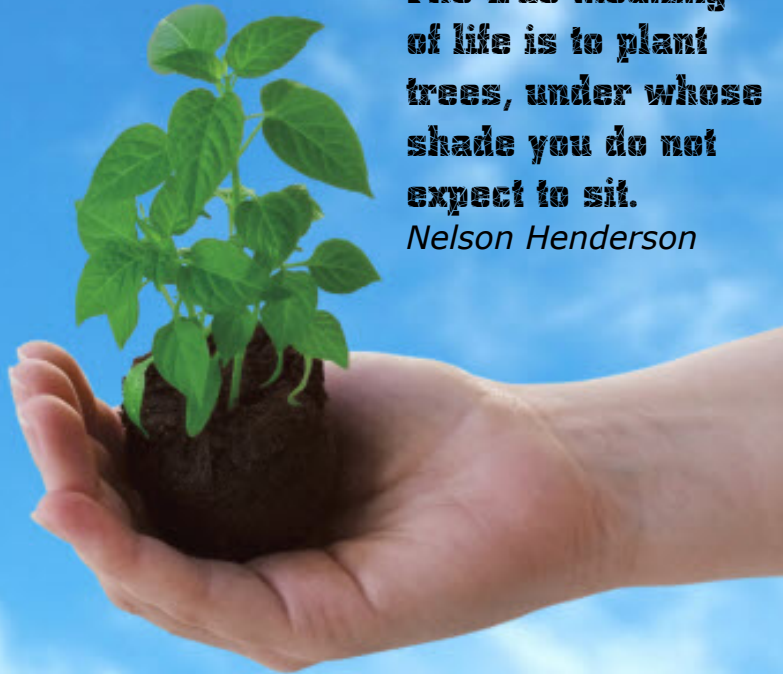
3. Keep a clean air filter and tune up the engine as needed.

4. Do not drive aggressively or pass unnecessarily.

5. Do not carry extra weight in the vehicle.

The true meaning of life is to plant trees, under whose shade you do not expect to sit.

Nelson Henderson



www.lifedynamix.com/community/Jasonlee

PEOPLE Daily Nasal Saline Irrigation

Many alternative health practitioners as well as some conventional medical doctors recommend nasal irrigation as part of our routine daily hygiene. They consider it to be as crucial for our over all well being as flossing our teeth.

The practice of nasal irrigation is an ancient one, also known as Neti and originating in India thousands of years ago. It is considered by Yoga practitioners as one of the six steps of body purification in preparation for performing Yoga.

Our nasal passages often become irritated, swollen and blocked due to pollution, chemicals, pollen, dust and other irritating substances. Anatomically, our nasal passage acts as a filter and if not functioning properly can be our gateway to infection and possibly disease.

If you are not familiar with nasal irrigation, your response is probably "Yuck, no way!". I know, because this was also my response and that of my family and friends. However, I work for a physician of Integrated Conventional and Alternative medicine and once I began observing his patients at follow up visits, praising the benefit they received from daily nasal irrigation, I decided to give it a try. I was astounded by how wonderful I felt after ward! Now, it is what I do first thing in the morning before brushing my teeth and the last thing I do before going to bed. I never miss. After the first few attempts, most people find it to be a soothing experience and appreciate the refreshed, clean feeling it induces.

There are many techniques for this purpose, from simple syringes and neti pots to irrigation machines. I was taught the simplest method of all and the one which I prefer - a kitchen bowl filled with saline solution.

Saline solution recipe:

Mix one to two heaping tsp. of non-iodized salt to 1 pint of warm water. Too cold is uncomfortable and too warm is irritating and may cause harm. I recommend adding one tsp. of baking soda initially to prevent burning (such as when swimming) and then slowly decrease the amount once you tolerate it well without discomfort.

Procedure:

You simply fill the bowl with warm saline solution, then dip your nose into the water and suck it up



into your nasal passage. It will run down the back of your throat (cleaning, cleaning, cleaning) and then you spit it out of your mouth. Exhale to clear your passages as necessary and then repeat until you feel refreshingly clean and can breathe easily. I find the bowl technique to be most efficient as it does not only clean your nasal passages as with the neti pot, but also your sinuses and throat. It is of course a matter of personal preference.

Once you have mastered the technique, nasal irrigation can be done in about three minutes every morning and night. According to Dr. Davidson of the University of San Diego, it can be performed every two hours as need when ill with cold or congestion and up to 10 times per day as tolerated.

I would recommend this for everyone, but especially anyone who suffers with nasal allergies, frequent colds and upper respiratory infections and asthma. If you are on any inhaled medications, it is beneficial to perform the nasal irrigation prior to your dose of medication.

Precautions:

Nasal irrigation should not be performed on people who have frequent nosebleeds; have recently had nasal surgery; or whose gag reflex is impaired, as fluid may enter the windpipe.



www.lifedynamix.com/community/jill



How To Kick The Sleeping Pill Habit



Question:

Hi, I am used to take sleeping pills for sleeping. The tablets I am using is ATIVAN (Lorazepam). Usually I use 1 full strip of 10 tablets at a time and some times I used 2 strips means in one day I take 20 tablets. Now I am sick of it kindly tell me how I can leave this horrible habit?

Response:

The following web url is to an e-Book with natural remedies for insomnia that you should find helpful:
www.lifedynamix.com/ebooks/insomnia.pdf

Weaning off drugs is something that may need to be done gradually. I will ask my father who is an innovative physician and author of the new wellness book [Neogenesis](#) if he may add some useful advice.



www.lifedynamix.com/community/Steven

With these type drugs it is important to gradually reduce the

dosage over time if you have been on them regularly for several months. In such a case your brain cells become up regulated for the drug. Stopping suddenly can cause severe withdrawal reactions including seizures.



www.lifedynamix.com/community/JFerrel

I have done extensive work with sleep issues for weight and emotional stress. Herbs work but some have side-effects as well like Valerian and the hormone Melatonin can promote vivid dreams. This is great if you want to learn lucid dreaming and are not prone to nightmares. If you are prone to nightmares this could be quite annoying and restless. Calcium Citrate is the best calcium to use for sleep and if taken before bed can help to promote sleeping through the night. This is a big benefit to people that use caffeine a lot.

Diet for sure is important and eating protein and fat before bed can assist you also in sleeping through the night. The e-Book link that was provided above seems to address a lot of things like exercise and remedies, but not sure if it really addressed a sleep regime.

Journal by the bed and a sleep routine is very important to many people. Sometimes we wake in the middle of the night remembering something. The journal will assist you in getting back to sleep. Simply write the thought down and allow yourself to go back to sleep. Also a journal of thoughts through the day will help you to better understand your emotional patterns to improve your sleep.

Schedule is important along with light. Stay on schedule and avoid naps unless you take them every day at a certain time. This will allow you to develop a better sleep routine. Stretching at night can also assist you in relieving tension to sleep better. I guess the real question is why are you not sleeping and then look at answers to change it. Energy at night, brain not willing to shut down, Restless muscles, Stress or what is the real issue here instead of looking at the current use of pills.
Michael



www.lifedynamix.com/community/DocMagi

Great topic. Seems that insomnia affects so many people including myself. I have tried many things to help fall asleep and I have found that the best thing that works for me is a Melatonin supplement. I only use the Melatonin occasionally though to avoid dependence. Also, i have tried tea with chamomile before bed, seems to help. If my inability to fall asleep is due to recurring thoughts or anxiety, I will do a short exercise or yoga and then meditate.



www.lifedynamix.com/community/JasonLee

What Possibility Thinking Can Do!



Our thoughts are our limitations. We do not see the possibilities because we do not allow our minds to imagine the impossible. To break these bonds that stop us from possibility thinking is not an easy task.

Before you jump to any conclusions, try to introspect as to where you are headed in life, what is your current state of mind, what is important to you and what conditions will create eternal state of happiness and contentment for you. This is part I of the exercise.

These questions are not easy and may take days to understand what your heart truly wants. Nobody has ever really understood what they want because everybody wants different things at different times. So it's important to focus on the most important. Patience is a virtue here. Once you have performed a reality check by answering the above questions, time to move onto the second part.

What would you do if you already had everything you always wanted passionately? Be contented and happy, right? Try to visualize the transformation in you in terms of the enthusiasm, the energy, the exuberance and the feeling that on you're on top of the world. Visualize the following changes in your attitude towards life:

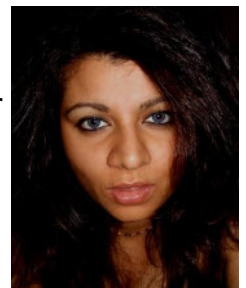
- ✓ A sense of satisfaction in life
- ✓ An easy going and helpful nature
- ✓ Freedom from stress
- ✓ A sense of achievement

- ✓ Derive a certain kind of pleasure
- ✓ Become confident
- ✓ Inspire and advice other people to have a goal.
- ✓ Focus on bigger better things
- ✓ Pay attention to things that were always postponed
- ✓ Readiness to take on new challenges

The part III of the exercise is to visualize the fact that you are happy with your new found success. You will want to sit back and relax. Enjoy your achievements and let the good feeling seep into your mind while you sip your favorite beer. If you are non-alcoholic, that's even better. Try fresh juice or Gatorade. Think of the limitations that were encompassing you and the troubled state of mind.

Now gently return to your present and take a deep breath in. You are relaxed and in your comfort zone which is a very good feeling. Slowly, resume normal activity. The concept of Possibility thinking is not new. It inspires us to have a general sense of direction and purpose in life. It allows us to think in a mega way and to rise above the general lot of people who are simply living their lives doing the same chores everyday.

It is very important to set goals and have dreams because that is the life-force of all beings. I was watching this program on Discovery channel about a deer who survived a number of attacks from a group of cheetahs at various times. His mother was a victim in trying to save its off-spring's life. He was destined to live. That deer moved on. He did not just live and but wanted to enjoy the better things of life. He knew he had to cross the river full of crocodiles to get to the greener pastures that was on the other side. And he did. What counts is your never say die attitude and your search for better things in life. So live it, feel it and sense it to get to it.



www.lifedynamix.com/community/Shiningstar

RECIPES



Poblano and Onion Hash Browns

Scattered, smothered, and peppered—in Waffle House speak, this means hash browns that are scattered on the grill (instead of cooked together like a potato pancake), smothered with diced onions, and peppered with jalapeños.

My version of "scattered, smothered, and peppered" means almost the same thing, but I like to get a little more creative with the peppers. Instead of using jalapeños, which are the Waffle House standard, my Sunday morning hash browns are made with a flavorful poblano pepper. To spice things up even more, I add a few dashes of chili powder and black pepper.

If you like very, very crispy hash browns, be sure not to stir the potatoes while they're cooking. Only flip them once, and you'll be more likely to achieve the crispy, golden-brown exterior that you're going for.

Also, depending on the size of your pan, it may be helpful to cook the hash browns in two batches. My preference is for hash browns that are well done, yet only slightly crispy, but to each their own.

I'd love to know: what is your favorite way to eat hash browns?

Poblano and Onion Hash Browns

2 medium baking potatoes, peeled and shredded

1/2 medium onion, diced
1 poblano pepper, diced
2 Tbsp. oil
1 Tbsp. chili powder, or to taste

Salt and pepper, to taste

•Soak the shredded potatoes in cold water for about 30 minutes. Drain and pat dry with paper towels, removing as much moisture as possible.

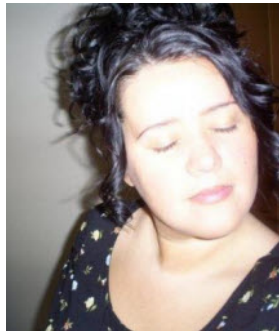
•In a large bowl, combine the shredded potatoes, onion, and poblano pepper and stir.

•Place a large, heavy skillet over medium-high heat and add the oil. Once hot, add the potato mixture, sprinkle with half the chili powder and cook until the bottom begins to brown (about 5 to 7 minutes).

•Flip over, or stir, the hash browns. Add the remaining chili powder and cook for an additional 5 to 7 minutes. Once desired

crispiness is achieved, season with salt and pepper, if desired, and serve.

Makes 4 servings



www.lifedynamix.com/community/Dreamma



Apple Pear Cobbler

Insides:

3-4 Granny Smith Apples
3-4 Firm pears (go with the popular green kinds)

Cinnamon
Ground Cloves
Ground Allspice
Sugar

Peel and core apples and pears one at a time and slice not too thinly into greased (with Earth Balance) 9X12 baking dish (casserole style is perfect) Once all are done sprinkle with about a tablespoon or so of sugar, a tablespoon or so of cinnamon, and a teaspoon or so of the cloves

and allspice. Mix it all together. I go by smell and add more of what seems missing spice wise. I find a little more is better here. I probably used more of each, but I go by what looked and smelled right to my senses.

Crust:

2 cups flour
1 cup Earth Balance Vegan Margarine
2 cups Sugar
Cinnamon

Melt Butter in a huge skillet over med heat, mix in flour, sugar, and cinnamon (approximately a half a tablespoon or more for taste on your part). This will seem moist and like a large amount of crust, but I have found this amount makes for a good crust on top of the fruit mixture. So once it is wet and a little bubbly spread mixture on top of fruit.

Place casserole dish on top of a cookie sheet to catch any over spill of liquid while cooking, place in a preheated 350 degree oven for 40-50 minutes. Don't allow crust to brown too much so start looking at it around 40 minutes. It still cooks a little once it is removed from the oven so go with the shortest amount of time and when the crust looks golden

and the filling looks softer and bubbly.



www.lifedynamix.com/community/Jasonlee



Alola

With my heart on my sleeve, I traveled across the sea.
Only to find beauty, unlike any ever known to me.
All alone on my own, as I walked down the beach.
The silence of my stroll, was broken by a seed.

From above came a sign, A rare moment in time.
Two paths collided, as a few rare stars aligned.
On the sand below, awaited a beautiful find.
A free coconut from a tree and it was all mine.

Not ready to leave it, We became intertwined.
All alone on my own, how could I leave it behind?
Alola became her name and she glistened & shined.
But our destiny and fate, had other plans in mind.

As our adventures occurred and beautiful was discovered.
Occasional absurd words were observed from the others.
Jealously and resent seem to surround so many of us.
Thus we often forgot to love and respect one another.

In an uncertain blur, I became separated from her.
How could this occur, after only a few glasses of liquor?
Exploring the beach, trees and everywhere we once were.
I dropped to my knee's in prayer and left paradise without her.



As always~Syrno

www.lifedynamix.com/community/Syrno

Grace!

Grace is the faceless face,
That maintains Creation and each species and race.
Grace enhances Creation and upholds its preservation.

Simplicity is ONE of its traits,
From there it complexity and duality creates.

Grace born from stillness adheres to no less.
Than what it has come to bless.

Namely Existence as it APPEAR to be,
Till we are called to see,
That under every created form and tree,
Grace and Stillness are brewed in the same cup of tea.

Ulla



www.lifedynamix.com/community/Beyond_Poetry

Unity Of Opposites

There are flowers hiding in the secret recesses of my soul
Without them I wouldn't be complete and whole
Fed by joy and tears, happiness and fears,
In my encounter with pain, I emerge to live again.

I now rise to face the world again with a pure heart
Trembling yet steadfast to make a fresh start
I hold in my soul the flowers that made me whole
To strengthen me and encourage me to finish my goal.

From the pain of my center, I have survived to remember
How life is a blessing, how to treasure every encounter
From my sore and tender heart, a great lesson to all I now impart
That joy and sadness, love and hate, light and darkness,
You and I, are one and not apart!



www.lifedynamix.com/community/Bodhi



WELLNESS

For A Better World!

LIFE
DYNAMIX™

The Game Of Life

Imagine yourself playing a video game in which you have to experience certain things in order to reveal greater awareness to get to the next level. As you go on in the game, you learn that when you have certain experiences, you gain more energy and there are other experiences that make you weaker, therefore you remain at the same level, sometimes you may even fall into lower levels. You choose to be enthusiastic about the game because you are always learning, even the things you don't

want to experience teach you that you are moving away from where you want to be. As you play the game, you take some time in between to calm the mind. Consequently you develop an understanding of what are the experiences that make you stronger and receive greater

awareness, and you move away from the ones that take away your energy and with it the ability to see things clearly. Since you understand that it's only a game, you place all your attention into having fun. Once you get to a certain level, you realize that by assisting others to experience greater levels, you gain double the energy and the awareness that comes with it. So you find yourself creating a balance between experiencing greater levels and assisting others as well. Finally you reach a level in which you understand that the experiences you are having, you are the one creating them and that by assisting others to increase their awareness, is the only way



to create greater ones for yourself. Although this game has Infinite levels, there is ONE thing that was, is and will forever remain the same. Since everything is energy, You, Others, the EXPERIENCES and everything included in the game, are ONE with WHAT created the game. Maybe the purpose of life is to play and have fun, no matter what you are experiencing. Maybe that is the key that opens the door to discovering your purpose in life. If you knew without a doubt that you are part of THAT

which is INFINITE CREATION and therefore, by definition, you inherit within yourself everything you need to create your life to be exactly they way you want it to be... would you be playing and having fun right now? If you have any other answer than YES, quickly

get connected with whatever you believe is your higher power or reach out to people that are having fun living consciously, before you forget how to play completely. Please don't talk yourself out of reaching out, remember, we are having fun, because we KNOW that in order to continue playing the game, we are here to assist YOU.

Darsana



www.lifedynamix.com/community/CelebrandoVida

TRAVEL

You Can Checkout Any Time You Like, But You Can Never Leave

India, as one of my companion travelers told me, is like Hotel California, “you can checkout any time you like, but you can never leave!” I was trying to find words I could use to summarize my trip, until I finally realized this journey can not be concluded, since it’s still evolving in my heart, mind and spirit. The final destination—Rishikesh—was the one that threw me to the next level of being. Just being there, by the Ganges River, surrounded by the most powerful-breathhtaking mountains, and taking daily yoga classes was all I needed to elevate my spirit. I planned to find an ashram in Rishikesh to spend the last days of the trip, but on the same note, I was able to accept that this may not happen and trusted I’ll do just fine even if I don’t find one. I also knew that if I don’t find a spiritual guide, it is a sign for me to rely on my own inner wisdom as a source of guidance. Rishikesh’s environment provided all I wished for in order to relax and connect, except that I was still searching for a place to practice meditation. I tried to do it on my own, on the roof of the Bhandari Swiss Cottage Hotel where I was staying at, but was constantly distracted by travelers and opportunities that came by or crossed my path. The hotel roof provided a panoramic view of the flowing Ganges River and the mountains in the background, creating the most serene grounds for meditation. In the back of my mind I wished to find an ashram, and waited for a sign. In the meantime, I travelled in Rishikesh, went on a day trip to the mountains, saw the Himalayas, visited very holy temples, hiked to waterfalls, walked by Ram Jula and Laxman Jula; the two bridges over the Ganges River that connect the two parts of the city, watched the Arati-evening ceremonies, and wandered in the



marketplace. One morning, after taking my yoga class with a very unique yogi master, he approached me and asked if I like to read. “Sure!” I replied, and he handed me a book called: Living with the Himalayan Masters by Swami Rama. I rushed back to the lovely garden restaurant at the Swiss Cottage to have my breakfast, and anxiously started reading the book. As I went deeper and deeper into the book, I connected to it in ways that were beyond my conscious awareness. Somehow I related to the stories as if I was once there myself, living with the masters of the Himalayas. I felt a deep connection to Swami Rama, and wasn’t even sure if he was still alive, however, at this point I was determined to find out if he has an ashram somewhere in Rishikesh. I later discovered that he hasn’t died (as they describe it in India), but rather left his body in 1996. As I kept reading the book, unable to put it down and amazed by this encounter, a business card popped out of the book, with the following information: “Swami Rama Sadhaka Grama The Center of Spiritual Seekers” followed by its address in Rishikesh!!! The following day I went back to my yoga teacher, and asked him if he knew where it was. Sure enough, after spending 3 years in this ashram, he was delighted to show me the way there. A few days later, I came to spend the last days of my journey at the Village of Spiritual Seekers. Knowing that my time was very limited, the universe arranged an intensive course to provide me with everything needed to prepare me for my return, and

for the continuation of the newly acquired practices and skills. I got one on one lessons to teach me the diaphragmatic breathing, and proper sitting posture for meditation as well as new meditation techniques. I was even initiated and got my mantra. Coincidentally, on the same week I stayed there, there was a Yoga Teacher Training Program going on, and in the evenings I was inspired by enlightened speakers. The one that left a strong mark was Wolfgang Bischoff from Germany who was one of Swami Rama's disciples. He addressed some of the issues I was dealing with in my personal and professional life and through his words I became clearer on certain issues. However this was not yet the highlight of my experience compared to the following day's surprise that awaited me. Everyone at the ashram was telling me about a guest expert hatha yoga instructor named Ashu (Ashutosh). The next day at 4:30 PM, right after the Chai tea break, I was in my yoga clothes, my mat and among 40 other people at the main hall, ready to take Ashu's class. All I can say is that Ashutosh was the reason for my visit to the ashram! For the first time in my life, yoga brought me back home. All my life I was taking yoga classes in a constant search for the right yoga, and since I never found the exact one, I settled with a few that helped me with the physical aspect, however, very little with the body-mind connection. Most instructors either neglected to allow some quiet moments during the practice (trying to explain or correct the poses), or concentrated on the physical aspect of the practice, but on a deeper level, I didn't get what I was searching for. And though I didn't know exactly what it was, I was certainly aware that it wasn't it! As soon as I heard Ashutosh's voice, my soul just melted! He combined the poses with the breathing, and instructed us to do the asanas on our own, followed by our own breathing-pace. His class worked on all

levels of being (body-mind-soul) in such an instant-direct way that no words could ever describe the experience. The class, which was scheduled to take 1 ½ hours, was extended almost naturally to 3 full hours. He took us to another journey, one in which there was no concept of time or space, but only the existence of a pure consciousness. My last days went by very quick, and yet I got all the time I needed to process my trip and get ready to go back home. I knew that after such a profound experience it wouldn't be easy going back to my normal routine, and I had to prepare myself for the return... Going on a trip such as this one, on my own, at the age of 42, was the greatest gift I could possibly give myself. This was a self discovery journey, and a major lesson on following my heart. I was a free spirit for 5 weeks, and the universe provided all I needed whenever and wherever I was. Abundance presented itself to me in the most precious form and gratitude filled my heart each and every moment of the day. I discovered the gift of non-attachment to people or places and yet felt connected like never before! Now, it's the time to take all I've learned back home and live my life as I did on my journey: full of love and joy, faith and exploration, abundance and gratitude, and as a free spirit! These attributes will remain the guidelines to my new path as I keep traveling on my life's journey. Many thanks to you, India, for this generous gift, and though I checked out a week ago, I will never leave... Namaste!



www.lifedynamix.com/community/zivi

Victims Challenged To Let Go Of Their Anger



If you walk down any crowded city street, you will unfortunately be walking among many victims of crimes. You will also be walking among many victims of perfectly legal but devastating attacks – from verbally abusive lovers, from backstabbing co-workers, from overly critical parents, from dishonest service providers, and more. If we expand the definition of victim to include anyone who has been physically, sexually, emotionally, mentally, spiritually, or financially attacked, then you too have probably been victimized at some point in your life. (Please note: I am not comparing the severity or injustice of one attack over another, only the feeling of being victimized).

Some survivors of an attack understandably experience intense fear, nightmares, and even flashbacks of the event. The best person to help work through these kinds of experiences is usually a skilled mental health professional.

Other survivors of an attack experience a different, equally understandable emotion: rage.

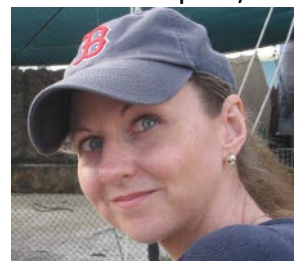
Long-held rage can lead to serious physical health problems. Anger that is pent up inside us for too long can elevate our risk of heart attack and stroke. And emotionally, it can

create distance between us and our loved ones. Therefore, we are putting ourselves at risk of being re-victimized all over again if we continue to see the with anger after an attack.

You cannot go back in time to prevent an attack. You cannot go back in time and change anything at all. Your only choice is what you want to do now.

The spiritual Teachings encourage us to respond with the greatest weapon we have: our own minds. We can choose to consciously, courageously drop our anger. We can choose to step out of the shadows and back into the light.

The spiritual Teachings are not asking us to forget the past; we can still learn from it. We can still take steps to protect ourselves from future attacks. We can still prosecute an attacker, if a crime was committed, to help ensure that no one else gets hurt. But the healthiest emotional response for our spirit, for our relationships, and for our physical health is not rage or an unquenchable thirst for revenge. It is finding the courage to let go of the anger.



www.lifedynamix.com/community/DrDeb

BUSINESS

Maintaining A Healthy Work Environment In Stressful And Uncertain Times

The current economic crisis is creating a tidal wave of stress and uncertainty that impacts the lives of people in numerous ways. Within organizations, budget cuts may mean reducing staff, reorganizing work or eliminating programs, products or services. In people's personal lives, there are fewer dollars to pay for food, health care, tuition and other expenses of daily living. For people approaching retirement, there is fear and anxiety as they look at their dwindling retirement accounts. People react to stress and uncertainty in different ways. For most of us, high levels of stress and chronic stress can adversely impact personal health and well-being, and erode both quality of life and productivity in organizations. Stress can also provoke us to act in ways that we would normally not. To maintain healthy work environments as well as a balance between work and our personal lives, focus on the following strategies: Acknowledge the reality of the environment. As difficult as it might be, face up to the facts and learn as much as you can about changes that are impending. If you are a leader, communicate information in a proactive, transparent and timely manner. Become aware of how you deal with stress. People respond in different ways but it is common for people to be reactive, fearful, angry, discouraged and threatened. Monitor your reactions to stress and take the time to think through how you choose to respond to a situation. An interaction with a colleague, an email or meeting can trigger in us a reactive response that we may later regret. Breathe and take time to thoughtfully and consciously respond. Don't succumb to being a victim. Lots of change that is occurring is beyond any one person's control. It is easy (and not very productive) to point fingers and find blame. Focus on what is within your sphere of control and influence – even if it is only in how you choose to respond to what is happening in your



environment. Be proactive – consider what you can do rather than dwell on what you are unable to change. Keeping informed is one very healthy action step to take. Avoid unproductive hallway conversations that foster negativity and fuel rumors. Learn new skills, including how to manage and reduce stress. During times of organizational change and transition, take stock of your skills and abilities and identify other ways in which they may be useful to the organization. Be flexible in assignments. Take advantage of any programs or resources that your organization offers, such as new skill training and stress reduction programs. Make sure to build time in for yourself and your family or friends. Most workplaces will continue to experience “VUCA” (volatile, uncertain, chaotic and ambiguous) in response to the uncertain times. Setting aside time to spend with family or friends, or doing something special for yourself, is an important personal survival strategy. This doesn't have to be a long period of time – maybe an hour for a walk, or coffee with a friend.



www.lifedynamix.com/community/Leeg

**There is no psychiatrist in the world
like a puppy licking your face.**

Ben Williams



Prevent Clawing, Scratching Without De-Clawing

Scratching is part of every cat's natural behavior and provides a number of necessary functions. The function that is likely most apparent to you as a cat caregiver is the visual marking of territory, which may not seem important in your home, but in the wild this provides important information to other animals in the area. Aside from visual marking, your cat's paws contain scent glands that are also used to mark their territory by depositing their scent where they scratch.

Scratching also removes the dead outer sheaths from the claws and is a therapeutic activity providing relaxation and stretching; therefore, aside from marking territory, scratching is necessary for your cat's health and wellness.

Here is a url to an article on how to prevent scratching without de-clawing your cat (which is painful and incredibly inhumane): www.associatedcontent.com/article/1041962/how_to_prevent_clawing_scratching_without.html?cat=7



www.lifedynamix.com/community/AimeeJo

Over the years I have had more than my share of cats. I had a cat refuge for awhile. What I've found that works wonders is to let the cat know that you are the king cat. If they start to aim for trouble, or into a direction that they might get hurt, simply give a nice little hisssss. When Mom cat hisses - all underlings listen.



www.lifedynamix.com/community/Catherine

I have an older cat and she is always neddning. Its something I have yet to break her of. She is strictly a house cat. I've tried to get her outside and she will only go if I'm holding her. I



was blessed with her about 4 yrs ago. She at that point had never been outside, been on a glass table (which was funny the first time). I have a cat hotel type thing and a scratching pole for her, but she still insist on using my couches !! :) Any suggestions on how to break her in a kind manner?



www.lifedynamix.com/community/KellieC

That's actually great that she is a house cat. It's much safer for cats to be indoor kitties and lots of shelters won't even adopt to folks who are going to let them outside. So, your kitty has the right idea!

As for the kneading, you will never break her of it. It is a natural (and necessary behavior) that all cats do to some extent. The key is to try to get her to do it on things that she won't damage or that you don't mind having scratched up. No matter how many pretty, tall, short, cardboard, sisal, carpet, etc. etc. scratching posts and pads we get them, they might still like the couches =) Just like we find a favorite place to sit or something like that, they find their favorite places and textures for kneading.

There are a few factors involved in what they choose to scratch on, so looking at those might help you. First, look at where you have her food, water, litter box and bed. Those are popular areas for scratching (since part of its purpose is marking territory and that's her territory). If she is scratching near any of those areas, then that is where you will want to place appropriate scratching opportunities.

Next, check her claws to make sure they aren't too long and that they look healthy. If they are too long, that will promote more scratching - and will cause more damage.

As for your couches, you have a couple of options. You can put double sided tape over the areas where she is scratching. She won't like the texture and it will deter her from scratching there. Place an appropriate scratching opportunity as close as possible to the couch so that she will see it when she notices that her favorite scratching spot is not as fun anymore.

As for scratching posts, she will decide what she likes and what she will ignore. So, you will just have to try different ones out until you find one she likes. Then, stick with that one or something really similar. For example, it doesn't matter what other scratching opportunities that I get for my cat - I have, or have had, a scratching post with carpet, a scratching post with sisal, a hanging carpet pad, a hanging sisal mat, a sisal mat that is part of a bed, a piece of a tree, rectangle cardboard scratchers and so on, and he refuses to use anything but his favorite round cardboard scratcher. If you do go with a scratching post, it will need to be pretty tall - it needs to allow her to stretch out completely - as this is part of the purpose of kneading as well.

Lastly, if all else fails, you can purchase little caps that go on her nails to prevent damage to your furniture. But, if you do this you will definitely need to keep her indoors all the time since this will limit her defenses and her ability to escape from danger up a tree.

Hope this helps!



www.lifedynamix.com/community/AimeeJo



At the shelter I work at, we give out a diagram to new cat owners to show how to trim the nails with clippers so the kitties are so apt to pull at furniture to remove shedding nails. This seems to help people from getting the cats de-clawed. its very painful for the cats as the first "knuckle" is actually removed to prevent re-growth. It would be like removing your own finger tip to the first knuckle. Please use preventive measures for kitties!



www.lifedynamix.com/community/Mistic



Energy And Pets

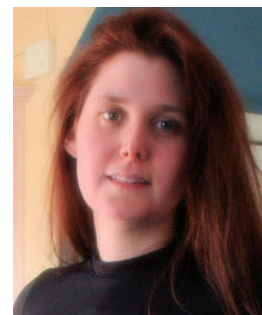
Energy healing is such a vast topic; it is hard to know where to begin. I think to begin; it should be made aware that all living things are made of energy. We... meaning humans, animals, plants, trees, water, the earth, all nature and everything imaginable come from a universal energy which inter-connects everything and everyone. For this reason, I believe no life is worth less then any other. Energy never dies, it only changes form....to me this is religion. As beings of energy, we have the capacity to create any circumstance which we intend to create. We move energy with our minds and we all have the ability to do this....it is apart of our natural make-up as beings of energy.

Everyone can send out healing energy through their hands. This is why a hug or rub can be quite comforting.

When we pet or cuddle our pets or an animal, their pleasure is in more than just the physical massaging effect. They are experiencing our love and attention as a healing and nourishing energy.

This step can be taken further when our pet or an animal is in need, by sending loving thoughts and healing energy through them by touch.

Animals are simple and are more open to receive energy then humans thus making it easier for them to receive healing energy.



www.lifedynamix.com/community/lotusblossom

**Even after all this time
the sun never says to
the earth "You Owe Me."**

**Look what happens with
a love like that, it lights
up the whole sky!**

Hafiz





WIZARDS OF WELLNESS

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

Guy Dauncey **A Servent For A Beautiful Earth**

Steven Ferrel

When did you first realize that you had a passion For a healthy planet?

Guy Dauncey

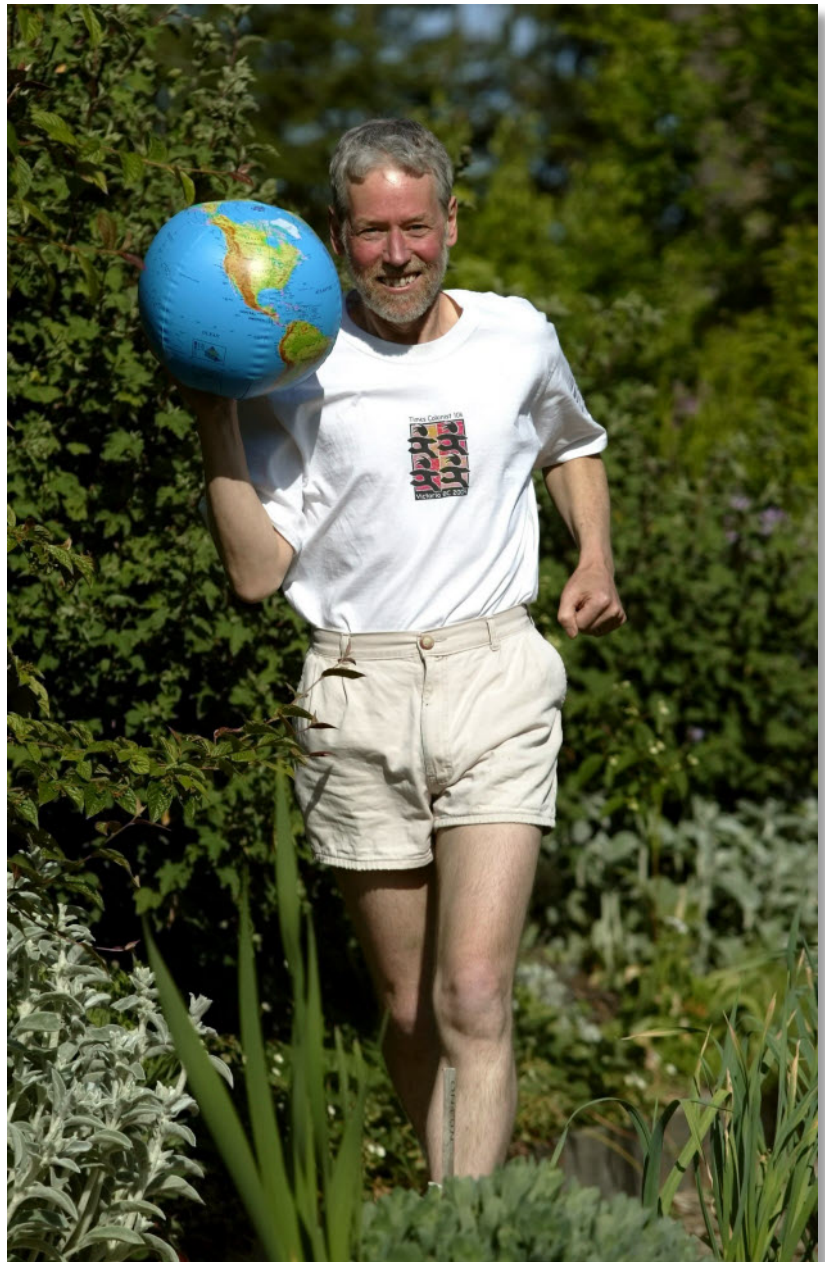
I realized that I had a passion for a beautiful earth soon after I left school when I was eighteen years of age. Then I realized that the whole of the Universe was an amazing unity and I knew at an instinctual level that this unity was not just a material and biological unity, however, a spiritual one as well. So all my life I have worked to help realize the potential of our being here on this planet in terms as our ability to cooperate, to live in harmony with nature and to fulfill our highest potential as humans. My recent work is environmentally because the climate change is so serious that if we don't change our ways and eliminate our carbon footprint that we may not have a planet to live on. Otherwise I'm fully enamored of the amazing potential we have as humans to live in a different way.

Steven Ferrel

What was your first major step in becoming a messenger of environmental wellness?

Guy Dauncey

It is not so much environmental wellness, rather planetary wellness. My first step was to ask the question why is it that humans seem to live in a world of relative conflict and confusion whereas nature does not. And in asking that question I then went to the University to study sociology. I have



Guy Dauncey

been enamored with the principles of Evolution and evolutionary theory because it shows the unity of all nature...the five fingers that we have are the same five claws that cats and other predators have and the same eyes that we have are the same eyes that an owl has. We share this same biological evolution.

Steven Ferrel

Why do we have a tail bone?

Guy Dauncey

Exactly, I always loved the process of Evolution, but, I always knew that there was a spiritual component as well. I came across the work of Teilhard de Chardin, the catholic paleontologist, and then I spent a year traveling in India during my degree and then I went overland with the Gandhi movement and I spent three months living in Pondicherry, India and discovered that Sri Aurobindo had asked the same questions as Teilhard de Chardin. They both concluded that evolution was a co evolution of the physical form and the inner spiritual consciousness. The greater the complexity of matter the greater its ability to hold consciousness and therefore have increased contact with the spiritual realms. This empowered me with the belief that I was really on the right track. There was a great unfolding that was happening at an evolutionary level which I now call Syntropy as a balancing principle for entropy which purely reflects what is happening in the material level.

Steven Ferrel

Can you share with us one of your proud moments...a point in time that you were aware that your efforts are making a difference?

Guy Dauncey

I've always picked up small initiatives...I've found things...I created the Victoria Car Share Cooperative. I formed the B.C. Sustainable Energy Association. I created my newsletter called Eco News. I do a lot of writing. Throughout my life I have had a steady flow of people say that that they find my work inspiring, that it's positive, that it gives them hope, that it uplifts them. I do not dwell on the negatives. I think that the biggest mistake that we make in trying to make a difference in the world is to dwell on the negative and blame people. However bad the corporations are, however greedy the banks are, and however corrupt the Bush administration may have been; whenever we dwell on the negative we lose our ability to be creative, we lose our ability to contribute to the



I think that the biggest mistake that we make in trying to make a difference in the world is to dwell on the negative and blame people. However bad the corporations are, however greedy the banks are, and however corrupt the Bush administration may have been; whenever we dwell on the negative we lose our ability to be creative, we lose our ability to contribute to the new flow of ideas and impulses that need to regenerate our planet.

new flow of ideas and impulses that need to regenerate our planet. I have many moments because I am 100% committed to this with my life...I've been self employed for thirty five years now and do not have any other work apart from this. I live with the knowing that I working as a channel of service to make a difference on the planet.

Steven Ferrel

Your book "The Climate Challenge: 101 Solutions to Global Warming" discusses solutions for global warming can you share with us a few that you feel would be extremely important?

Guy Dauncey

I first wrote this book in the year 2000 with the title "Stormy Weather: 101 Solutions to Global Warming" which is available now in bookshops and on my website earthfuture.com. What I am doing now is completely updating the book to a 100% new text so I am writing a brand book. We have to visualize and then realize a future in which all of our buildings are zero carbon and very efficient, all of our vehicles are electric and plug in hybrid electric. All of our electricity comes from wind, solar, solar thermal, tidal energy, and geo thermal. All of our farming is organic, all of our grasslands are changed the way they manage animals so the animals are building the grasslands instead of destroying them and all of our forests are managed as close as possible to old growth rhythms and we eliminate waste and become a zero waste community in which we extract all of the energy back from the waste stream. This is the big picture level of what needs to happen. The reality is that we literally have transformed the way we live in the last 100 years. None of the things such as airplanes, telephone, cars, faxes, I-pods, computers existed 100 years ago. So we have the ability to re transform



the planet. And the speed at which we communicate we should be able to do it in 20 -30 years instead of 100 years. We need to move to a new energy model of 2.0 instead of 1.0 for our energy and eliminate fossil fuels entirely.

We can work at this at the individual level by reducing our carbon footprint by eating less meat, by traveling less in fossil fuel vehicles...cycling more. We can do it at the city level and fortunately there are a lot of cities doing this in North America. We can do it at the country level, we can do it in businesses, churches, and we need to do it globally. Everyone needs to participate in this huge and exiting transformation!

Steven Ferrel

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

Guy Dauncey

For myself that I was a beacon of hope, that they found themselves re inspired, that they found meaning and purpose in their lives...that the work that I and others helped create gave them a sense of purpose about the direction that our planet is heading in. Humans are not a

terrible disaster, a cancer on the planet or anything negative like that, rather a creative and harmonious partner that in one generation turned things around and redirected the planet into a place of beauty and love which future generations of children can feel excited about rather than afraid about. That I was one of many people that helped with that huge turnaround.

Steven Ferrel

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

Guy Dauncey

Be positive ...don't allow negativity, Cynicism and blame to colonize your mind, because not only will it make you ill, it will make you bad company for other people, it will make you depressed and probably die sooner. So **be positive and always open your spirit to the Universe everyday and say here I am, how can I serve**, what new challenge can you give me, I'm yours, I'm yours, I'm yours!

You can visit Guy's web site at www.earthfuture.com where you can follow up with a lot more interesting news.



Ethan Smith Is Building An Ark For The Animals



Animal Welfare Advocate & Author Ethan Smith

Steven Ferrel

When did you first realize that you had a connection with animals?

Ethan Smith

At a very young age - maybe 5 or 6. My family lived far from civilization, electricity, TV. I was surrounded by Nature. Life pulsed through those woods. Animals, birds, insects, and all animate life already seemed to be plugged into something so much bigger than me. I yearned for a deeper connection. I wanted to merge with Life.

Steven Ferrel

What was your first major step in becoming a messenger of environmental wellness?

Ethan Smith

Many years ago, I was driving by a fur store where a fairly hostile crowd of animal welfare advocates was confronting an equally hostile group of store management and supporters. I felt rage well up inside me, and I screamed obscenities at the store managers. I was so

loud that everyone stopped and stared at my vehicle. Suddenly embarrassed and not knowing what to do, I sped away. At that moment, I knew that if I was to become an advocate for a more compassionate society, I would need to develop a less hostile approach.

It took a long time, but in 2004 I completed my first book "Softly On This Earth: Joining Those Who Are Healing The Planet." That book, with its message of hope from 30 very inspirational people, was my first major step along this path.

Steven Ferrel

May I ask what important steps that a person who is passionate about helping animals can take?

Ethan Smith

First, read "Building an Ark." It has over a hundred ways to take action and thousands of resources to look through. Second, get informed about your consumption. This is much



Roscoe was rescued as a calf and now lives at Animal Acres farm animal sanctuary near Los Angeles.

more important than anyone realizes. The more resources we waste, the more animals and their environment suffer. The farther food and other goods travel to reach you, the more animals will likely suffer as a result. Keep it local. Know where your food, clothing, and other goods come from - how it was made. This is critical to our health, to the health of all other species, and to the future of life on Earth.

Steven Ferrel

Can you share with us one of your proud moments...a point in time that you were aware that your efforts are making a difference?

Ethan Smith

When I did a Google search on my book and came across a report written by a young student who had been deeply inspired by the Ark. Nothing is as gratifying to me as seeing the next generation taking my ideas and caring them farther. That is how we just might make it.

Steven Ferrel

Your book "Building an Ark: 101 Solutions to Animal Suffering" discusses solutions for helping animals can you share with us a few that you feel are extremely important?

Ethan Smith

Solution 5:

Switch to a Meatless Diet

This solution holds the answer to hunger around the world.

Solution 19:

Practice Nonviolent Activism

This solution holds the answer to ending violence everywhere.

Solution 36:

Fish Sustainably

The oceans are in huge trouble. They are a vast cradle of life that is being depleted much

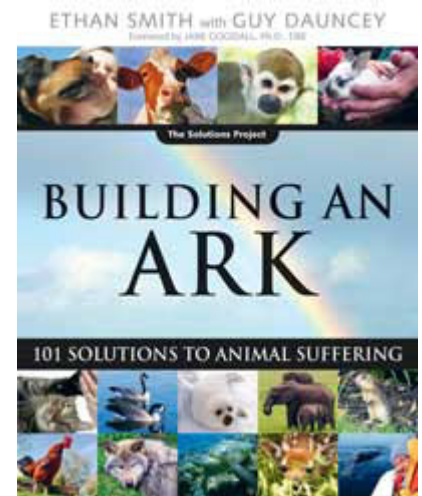
**"Wellness of the soul, wellness of the body,
and wellness of the Earth are inseparable."**



Ethan with his daughter Sitka

Ethan Smith

Wellness of the soul, wellness of the body, and wellness of the Earth are inseparable. No matter how hard we try to pretend otherwise, the truth of this cycle just keeps coming back around to us - whether we choose to recognize it or not.



*Ethans book
Building An
Ark - 101
Solutions
To Animal
Suffering is
available at:*

www.earthfuture.com/ark

more quickly than most people realize. This is extremely serious and affects all life on Earth.

Steven Ferrel

What compels you to do what you do?

Ethan Smith

An enduring reverence for Life, and the belief that humans - creative, intelligent, resourceful humans - can reach a critical mass of awareness in my lifetime.

Steven Ferrel

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

Ethan Smith

That I lived fully and gratefully, passing along my love and enthusiasm to my daughter, so that her generation might be the first to never lose their reverence for Life.

Steven Ferrel

May I ask what your primary message of wellness for the world is?



www.lifedynamix.com/community/Ethan



Energizing Salt Glo

In my opinion the best way to start Spring off is with a cleansing full body exfoliation. Here is how to do a Spa quality Detoxifying and Energizing Salt Glo in the comfort of your bathroom. A Salt Glo is a spa term for an all over body exfoliation that will leave your entire skin silky and smooth.

You will need the following:

- ☯ Sea Salt
- ☯ Rosemary Essential Oil
~stimulating qualities that will relieve emotional exhaustion and mental fatigue.
- ☯ Lemon Grass Essential Oil
~relives stress/exhaustion and refreshes and uplifts the mind.
- ☯ Juniper Berry Essential Oil
~clears the mind and relives anxiety, stress and symptoms of jet lag.
- ☯ Cold Pressed Sunflower, Grape seed or Almond Oil

Directions:

1. Mix 6 drops of each essential oil onto 1 cup of dry sea salt.
2. Pour the cold pressed oil into the salt mixture while constantly stirring.
3. You want to have a clumpy consistency that is a little on the dry side.



4. you will want to put a towel down on The floor or exfoliate your body in the shower.

5. Apply the mixture to the entire body with broad sweeping movements. Its quite nice to do a bit of a friction massage.

6. Follow with a hot shower and a hydrating body lotion.

7. Make sure you drink lots of water (with fresh lemon) to flush the toxins that will be released during this treatment.

Enjoy :)



www.lifedynamix.com/community/spagirlerin

Why Not Peace

From üba, come a collection of stylized T shirts carrying a timely message of "why not peace". Available in the six official languages of the United Nations (English, Chinese, French, Russian, Spanish and Arabic), these T shirts are a perfect way to spread a message of peace and possibility, with style!

The limited edition T shirts for men and women look good, with a fit constructed by an MIT Engineer, and feel good, available in a custom black cotton-modal-spandex fabric. The Ts are priced at \$35 with 50% of profits contributed to peace efforts based on the votes of customers (each customer gets a "shareholder vote"), and the remaining profits contributed to the [why not peace] project.

üba is a newly established social endeavor based in San Francisco, consisting of the üba foundation, a public charity which recently launched the [why not peace] initiative, and üba wear, a clothing company which develops limited edition collections of peace-themed apparel, while channeling its profits to non-profit organizations promoting peace in the U.S. and worldwide.

Info on the [why not peace] initiative, which uses a wide range of creative works as a microphone for young American combat veterans to share their perspectives on the realities of war and the potential for peace:

www.whynotpeace.com



Why not peace t-shirt in French.



Why not peace t-shirt in English.

Peace is not the product of terror or fear. Peace is not the silence of cemeteries. Peace is not the silent result of violent repression. Peace is the generous, tranquil contribution of all to the good of all.

Peace is dynamism. Peace is generosity. It is right and it is duty.
Oscar Romero



Sable in 70's style wrap around skirt in woven hemp, with over the shoulder one-strap top, in stretchy hemp/cotton blend.



Amber in hemp & organic blend yoga wear set.

Eco Sweet

In 2004, eco-fashion pioneer Mira Fannin started Sweet Skins Clothing in her garage in Eugene Oregon. With designs that are accessible and wearable by women of all shapes, sizes and color, the label has been picked up by green boutiques all across North America.

Growing up, Mira showed an interest in sewing and clothing design; picking up the art from her mother, she started hand making dolls and their clothing. Soon she began creating her own styles, by dissecting thrift-store merchandise to her tastes. From a tender age, her family traveled throughout Southeast Asia, settling in Thailand for the majority of her childhood. This was the perfect experience for the young designer to discover a love of Asian art and the tribal design that adds a global appeal to her pieces.

After returning to the US at age 13, Mira became a hard worker, helping to hold together a broken family and honing her skills as an artist, while selling her designs anywhere she could. Mira moved to Eugene Oregon where she became hip to the green movement and things began falling into place. "Sweet Skins" is the offspring of Mira's eye for design and dedication to a healthier planet.

As she continues to evolve as an artist and the Sweet Skins line grows in size, the driving force behind Mira's work remains an uncompromising commitment to social responsibility. She explains, "We want to be a role model for future companies and for young people from diverse backgrounds."

Sweet Skins has grown into a business that is both ecologically sound and ethically run, using the latest and greatest in ecologically sound fibers and conscious clothing manufacturing; fabrics like eco-fleece, hemp, organic cottons and wool for their low impact processing and superior texture and quality. Dyes are low impact and everything from fabric scraps to paper products are recycled or reused. Clothing is designed and constructed in a converted garage studio sew shop by a handful of diverse women living in non-industrial Eugene Oregon. As business continues to grow, Sweet Skins is committed to maintaining strong roots to the community, the health of the planet and to pave the road for a new more conscious business model.

sweetskins.com



Amber in hemp knit slip dress, with Sable in black woven hemp party dress.



Sable in navy hemp and organic cotton blend tunic dress.



Sable in stretchy hemp one-strap top with Sweet Skins hemp logo panties.

Fashionable Green Tees

Green Tee Clothing Co. is a premier producer of fashionable 'green' tees. Thru this medium, they hope to promote an eco-conscious lifestyle and raise environmental awareness. They realize that, in simple terms, the best way to help out the environment would be to produce nothing at all. However, they can minimize the negative effect of their production through the use of sustainable fabrics such as 100% organic cotton and bamboo, recycled material, and water-based inks. They donate proceeds to conservation organizations and take steps to counter their carbon footprint. They believe that their message can have a REAL impact!

greentee.net



Shark Tooth T-shirt



Scissor Bird T-shirt



Bull T-shirt

These T-shirts are made of 100% cotton and utilize water based inks.

ANGELS FOR THE ANIMALS

Life Behind Bars

This is an issue that is so close to my heart...Animals, God's loving creatures should not be used in experiments...Really think about this for a minute, put yourself there. Can you imagine? Living locked inside a cage or a room, without any control over any aspect of your life at all? Not being able to choose what, when or how you eat? Having no choice how you spend you time, or even when you sleep? It's a life with no-choice on anything! Just sitting there, anticipating what kind of pain or suffering you will endure next...

Can you imagine what must go through these poor animals' minds...? Think about spending your whole entire life like this. Every single day! All alone. If you do happen to get a mate or companionship, you don't get to pick the one you want...You have done nothing wrong to deserve this. Your only vice being the fact that you are an animal without a voice! Maybe your a puppy, kitten, monkey, mouse, or even a rat. You are anything but human. This is a life of a laboratory animal!

This just breaks my heart. Life in a laboratory is pure misery for the animals. It is a cold, uncaring and a horribly abusive and cruel life. Imagine looking through steel bars every day. Hoping for maybe a little love...This loneliness goes on for many years for a lot animals, never being able to act in any kind of normal behavior. I just can't even imagine living that kind of a life, can you? That part in itself is pure hell.

Then comes the experiments to make it even worse! Think about it... How would you like to be experimented on? Your body and organs used for whatever another person wanted....To be infected with diseases, tumors, blinded, made to suffer seizures. Being force-fed chemicals with tubes, wires put into your brain, breaking your bones, tied down with repeated experiments done on your body... Have you ever watched any of Peta's videos of some of the findings of abuse in these labs? ...I don't know what is wrong with people. I just can't believe how cruel people can be. What really makes me upset is how much some of them enjoy it, hurting the animals.. Think about it, chemicals



put on your body to see how your body will react, if it is toxic or not? Then after what ever it is they did to you, then they throw you back into a cage with out any pain killers or loving care, you are just a thing! You mean nothing to anyone, they just use you...for experiments.

These poor animals never know what is going to happen next, they can only imagine what lies ahead. What kind of painful procedure are they going to experience next? Their only knowledge gathered from the screams and cries of fellow animals. Imagine the fear that consumes them. I'm sure these animals wish they would just die, so they can be out of this pain. I know I would. Can you imagine living a life like this? I can't.

These animals need our help! YOUR help! Million animals are experimented on and killed in laboratories in the U.S. every year and this is paid for by you, the American taxpayer and consumer.

The organization-PETA has a very active campaign to stop animal testing. Go to: www.Peta.com for more information, also visit: www.StopAnimalTests.com

Most people think, what can I do? I can't make a difference... one person CAN make a difference...YOU can make a difference. A few individuals can add up to millions, when all put together... Please if you don't know about the animal abuse in labs...learn more and help stop the abuse...Once you really realize what is going on...You will want to help! If you have a heart you won't be able to help yourself! Make yourself watch some videos.. People have to see the horror sometimes to become passionate enough to help! Open your eyes! You know it is not right! And you can make a difference. You can live without some things for the sake of the animals!

To mention a few things you can do:
Tell others: make people aware of what you have learned, a lot of people do not even know or have ever thought about the animals in labs...Purchase only cruelty-free products, products will say on the label - **Not Tested on Animals.**

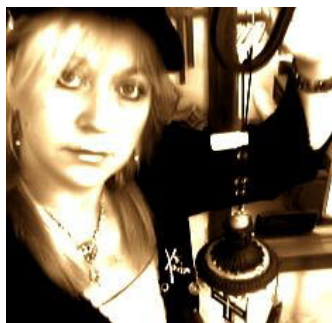
If it doesn't say it- don't buy it. It's that simple!

Do not donate to any charities that fund animal experiments...I have a list of them in my group, they are also listed on peta's website.

Go to peta's site for more information.. Please read PETA's fact sheet on alternatives to animal testing and learn how you can help animals who are used for experimentation. Peta's site shares many ways that you can help the animals.....Even small changes in your life help, like maybe buying a different shampoo and conditioner, perfume, etc...! We don't have to test on them!

Next issue

Animals are not for our Entertainment
.....The Circus
Lynne



www.AngelsfortheAnimals.com
Voices for the ones who cannot speak!

Ask the experimenters why they experiment on animals, and the answer is: "Because the animals are like us." Ask the experimenters why it is morally okay to experiment on animals, and the answer is: "Because the animals are not like us." Animal experimentation rests on a logical contradiction.
~Charles R. Magel



**God loved the birds and invented trees.
Man loved the birds and invented cages.**
~Jacques Deval, *Afin de vivre bel et bien*

We have enslaved the rest of the animal creation, and have treated our distant cousins in fur and feathers so badly that beyond doubt, if they were able to formulate a religion, they would depict the Devil in human form.
~William Ralph Inge, *Outspoken Essays*, 1922

The question is not, "Can they reason?" nor, "Can they talk?" but rather, "Can they suffer?"
~Jeremy Bentham

All beings seek for happiness; so let your compassion extend itself to all.
~Mahavamsa



NON TOXIC STYLE

Spring Cleaning - Is Your Home Toxin Free?

Are You Still cleaning with toxic cleaning products?

Did you know that most cleaning products are made with poisonous chemicals, that are polluting our planet, contributing to global warming, and making us sick!! The average cleaner is made with hundreds of toxic chemicals. Some cleaners can be deadly to our bodies and have been linked to major health problems. Clean and Green products are becoming more popular. Make sure you check the label, just because it says organic or natural does not mean that it is...Read your labels!

You can also make your own all-natural cleaning products at home. It's not as hard as you may think, and it actually may cost less. There are tons of books out there with all kinds of all natural non-toxic cleaning recipes in them. I have listed a few below. And I will be posting more of them in my group as time goes on.

Common Hazardous Ingredients in Cleaning Products:

Acetone, Aerosol products, Ammonia, Bleach, Diethanolamine, D-limonene, Ethoxylated nonyl phenol, Formaldehyde, Fragrance, Methylene chloride, Monoethanolamine, Morpholine, Naphthalene, Paradichlorobenzene, Phosphoric acid, Sodium dichloroisocyanurate dehydrate, Sodium hypochlorite (bleach), Sodium Lauryl Sulfate, Toluene, Turpentine, Xylene, and there are hundreds more...

A good tip - If you don't know what it is? Simply, don't use it!



Toxic Free Cleaning - A few ideas:

There are all kinds of simple, easy and affordable ways using basic home ingredients, which can be used to clean, disinfect and deodorize your home!

Here are a few simple ideas:

Baking soda: Great scouring powder, absorbs odors from the air. When turned into a paste it can polish your silver. For animal urine, alternate sprinkling baking soda, with distilled white vinegar. Let sit for a couple of hours, and then sweep up.

Distilled White Vinegar: Used for tons of reasons, removes grease, wax dirt, freshen surfaces. Vinegar kills 99% of bacteria, 82% of mold and 80% of germs (viruses). Also good on taking stains out of fabrics. Vinegar has a scent when wet, but after it dries it leaves no odor....Spring is coming-spray vinegar on poison ivy to kill it.

Essential Oils: I only use Young Living Therapeutic Grade A Essential Oils. I want to make sure they are pure and not altered. There are hundreds of ways to use essential oils. All the way from health, to adding to your homemade cleaning products. Are you still burning candles? **TOXINS!!!!** Defuse essential oils in your home, they smell wonderful and may benefit your health as well.

Multi-purpose cleaning: I use a product called thieves for my multi-purpose cleaning for my whole house. It kills harmful bacteria and germs along with mold that may be in your home. I also defuse it in my home. There are also products you can make yourself.

Vinegar is one of them and you can use it all by itself. I like to add essential oils to my homemade cleaning products ...gives everything a nice smell and can be beneficial to your health, as long as you are using 100% pure oils.

Hydrogen peroxide: Use as an alternative to bleach

A Few Homemade Cleaners:

Wood polish: this works great. ¼ cup olive oil, ¼ cup white distilled vinegar, and a few drops of your favorite essential oil (I use lemon). It works wonderful! And it is totally toxin free!

Windows: Two cups white distilled vinegar to 2 cups of water; drop 20 drops of your favorite essential oil... thieves also works great as a glass cleaner.

Mold: If you discover mold in your house, first find the source of moisture and stop it. Wear gloves and a facemask, since mold spores can be inhaled and make you really sick! Use a non-ammonia detergent and hot water to scrub mold off of non-porous surfaces. You can also use a paste of baking soda and thieves (kills black mold). Don't rinse. If mold is still present pre-treat the area with hydrogen peroxide or you can use thieves cleaner.

(DO NOT USE BLEACH)

Silver Jewelry Cleaner: Juice of one or two lemons, soak the silver in the lemon juice. Rinse well and polish dry.

Gold Jewelry Cleaner: two tablespoons baking soda, enough water for paste, rub this paste on gold with a sponge or cloth. Rinse and polish dry with a soft cloth.

This is just a bit of information, for more information contact me here at the wellness community. If you would like information on something in particular I would be happy to try and help.



Recommended Books:

These are all books I have on my shelf...I am sure there are other good ones out there.

Clean & Green:

485 ways to clean, polish, disinfect, deodorize, launder, remove stains – even wax your car without harming yourself or the environment.
by Annie Berthold-Bond

The Complete Book of Essential Oils and Aromatherapy:

Over 600 Natural, Non-Toxic and Fragrant Recipes to Create Health - Beauty - a Safe Home Environment.
by Valerie Ann Worwood

Making Natural Liquid Soaps: Herbal Shower Gels / Conditioning Shampoos / Moisturizing Hand Soaps.
by Catherine Failor

Not Just a Pretty Face:

The Ugly Side of the Beauty Industry
by Stacy Malkan

Beauty to Die For:

The Cosmetic Consequence
by Judi Vance

A Consumer's Dictionary of Cosmetic Ingredients:

Complete Information about the Harmful and Desirable Ingredients Found in Cosmetics and Cosmeceuticals.
by Ruth Winter

Gorgeously Green:

8 Simple Steps To An Earth-Friendly Life by Sophie Uliano and Julia Roberts

Healing Oils Of The Bible:

Based On Both Science And Scripture by David Stewart

If you have some time visit my group

www.Non-ToxicStyle.com

Chemicals are everywhere, they are in the air we breathe, our land, our food, our personal care products, cleaning products. We can't get away from all of it. But we can cut down on some of the exposure in our own homes that we absorb into our skin, eat and breathe. There are some things we CAN CHANGE! Think about our future generations, our babies. Something has to change. Start thinking "Clean and Green and Toxin Free!" Let's help make this world a safer place. Start today!



Lynne

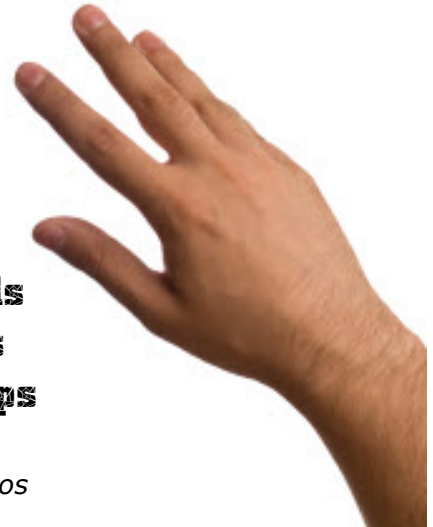
www.lifedynamix.com/community/Lynne

Lynne@www.NonToxicStyle.com



Dare to reach out your hand into the darkness, to pull another hand into the light.

Norman B. Rice



No man stands so straight as when he stoops to help a boy.

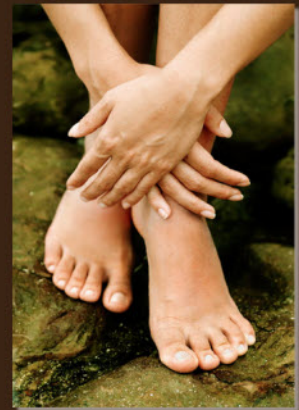
Knights of Pythagoras

eco chic
SPA • WHISTLER



At Eco Chic Spa we are dedicated to your wellness and beauty.

We use only the most natural and effective products available today.



Whistler British Columbia, Canada | p: 604-905-7747
4368 Main Street, Whistler, BC Canada, VON 1B4
www.ecospawhistler.com

Join The Celebration At The New World Fair!

May 16-17, 2009 in Pasadena California

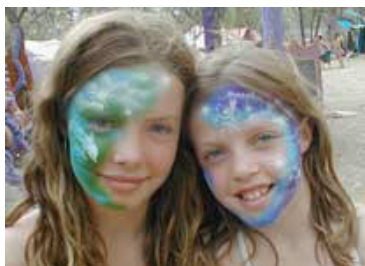
The 3rd Annual **New World Fair**, the exciting healthy lifestyle, earth-friendly and conscious living celebration, returns to the **Pasadena Convention Center Saturday and Sunday May 16-17**. In addition to great exhibits, speakers and workshops, it also features fun interactive activities and marvelous stage entertainment. This year's fair is one of the first big events in the brand new \$150 million Pasadena Convention Center.

In the Center Lobby, visitors are invited to play in the 100-piece drum circle sponsored by Remo Drum Company and facilitated by **Christine Stevens**, the well-known founder of **UpBeat Drum Circles**. No prior musical experience necessary!



Christine Stevens leading the rhythm

Or guests can have a go at hopping around on **Kangoo Jumps**. It's easy and fun! Inside the Exhibit Hall, fairgoers can experience the inspirational power of walking a labyrinth, join a yoga class, try stone balancing or create patterns in a Zen sand tray. Visitors young and old can also get their faces airbrush-painted by the artist who actually invented it.



Pop rock female duo Jayla

Continuous entertainment on the New World Stage includes: the celebrated reggae group **Lamour & The Mystik Band**; pop rock female duo **Jayla** singing songs from their latest CD, Faithfully Alive; popular jazz guitarist **Dirk K**; The **Westside Belly Dancers**; and **Paul Cash** with his environmental magic show. Fair attendees can also enjoy environmental and inspirational feature and short films.

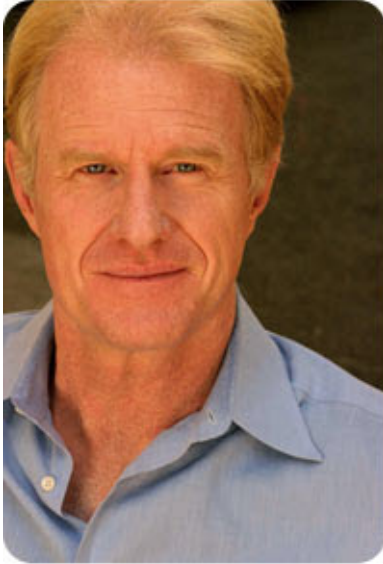


Walking a labyrinth

The biggest attraction of the event is its 225 exhibitors who have come to Pasadena from across the nation. strolling through the fair, visitors can sample organic foods and beverages, learn about the latest in natural health care, shop for jewelry, clothing and green-living and fair trade products, receive a massage, have a psychic reading, or get a henna tattoo.

Attendees can choose from more than 70 lectures and workshops presented continually in four rooms. Among the featured speakers are **Ed Begley, Jr.**, the actor and environmentalist telling us how to "Take Action Yourself," Dr. **Tony O'Donnell** speaking on "Super Foods That Heal, and

James A. Ferrel M.D., CNC talking about "The Toxic Brain - What Is It All About?" Special workshops include "What is Your Animal Thinking?" by famed animal communicator **Candi Cane Cooper**, and "The Art of Joyful Living" with popular English author **Kim Vincent**.



*Actor and environmentalist
Ed Begley, Jr.*

Fair visitors can also feast on delicious vegetarian and non-vegetarian food. Tickets for the entire weekend are only \$10.



A variety of delicious and healthy food samples are available throughout this fun filled weekend.



Jumping with the help of Kangoo Jumps

More information on the fair can be found at
www.newworldfair.org

New World Fair May 16-17, 2009
*Pasadena Convention Center Entrance:
300 E. Green Street,
directly across from Paseo Colorado*
*Hours: Saturday 10am – 8pm, Sunday
10am - 6pm Admission: \$10 for the weekend.*
*For more information, call 805-462-9700
or visit www.newworldfair.org*



COMMUNITY NEWS

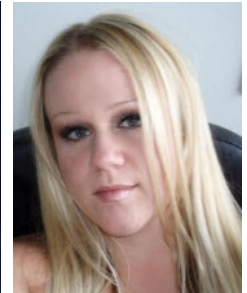
This section features the latest news from the Life Dynamix Wellness Community at

www.lifedynamix.com/community

Popular community member **Lynne Farkas** is re-opening Amazing Grace Gifts located in Imlay City, Mi. The store carries gift items, pictures, bibles, books, cards, music, and jewelry. The new store location is scheduled to open June 1st and promote Clean, Green, Compassionate, and Toxin Free lifestyles. She plans on having a Clean and Green section with many non toxic products. Lynne is looking for personal care and clean living products if anyone has any suggestions. "My belief is that God gave us everything we need to stay healthy on this planet. We don't need man made toxins," said Lynne.



Lynne Farkas



Charity Thompson

www.lifedynamix.com/community/peacebewithin

Charity Thompson is a member of Angels On Earth Healing Ministries, founded by **Cynthia Harris**. The Angels On Earth Healing Ministries is a charitable non profit association, with the purpose of healing and unity within the community. They are currently preparing to publish their first cook book to raise much needed funds for their community out reach programs. Therefore, the Angels On Earth is reaching out and asking for those who would like, to contribute their favorite recipes, (all types welcome). To submit recipes, inquire about sponsorship opportunities, or for more information regarding volunteer opportunities please send an email to:

cookbook@theangelsearth.org or visit their website at www.theangelsearth.org for more information.

Popular Community Video

This is an amazing video showing the courage and love of one dog for another. The dog risks its life for another.



www.lifedynamix.com/community/videos/id_317/title_hero-dog

Featured New Site

www.True-Rest.com



Nick Janicki's new web site and business showcase an innovative rest and relaxation system. This system utilizes state of the art flotation Tanks for optimal rest and rejuvenation of the mind and body. Clients enter pod like tanks and float brilliantly on top of 25 cm of salt water. This delightful wellness experience promotes calm, improves sleep and relives stress.



www.lifedynamix.com/community/nickj

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