

AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

NEWLIFE

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JANUARY-FEBRUARY 2007

Laugh and
Live Longer

Treating
Diabetes
Holistically

Hypothyroidism

Book Reviews

DVD Reviews

Product Reviews

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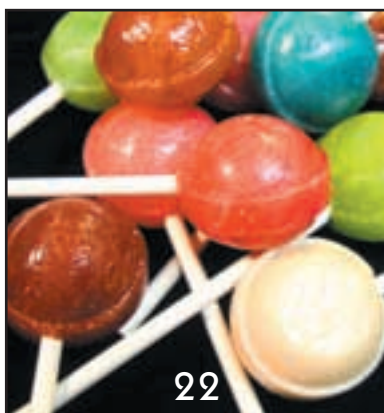
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Letter from the Publisher



Happy New Year NEWLIFERS,

My wish for all of you is that 2007 becomes the best year of your life. My New Year's resolution is to provide you with the latest cutting edge information in *NEWLIFE* magazine and *New York Yoga* magazine in order to help my wish come true.

After 19 years, *NEWLIFE* magazine has become New York's only true holistic health, alternative medicine magazine.

A current national poll exclaimed that "improving health" is the primary resolution which American's are making this year. Exercise, weight loss and anti-aging will become the hottest health issue for 2007.

I predict that more Americans will be turning to yoga for their exercise regimen to reduce their weight and regain their youth.

The yoga philosophy teaches moderation, something most of us have forgotten about.

This issue of *NEWLIFE* has two articles on weight loss to help you on your way to better health.

Dr. Robert Sorge and Dr. Christopher Calapai grace our pages this issue on two important topics: Hypothyroidism and Diabetes. It is important to read these articles to see if you might have either of these two under diagnosed diseases.

After reading Dr. Alpert's article you will definitely understand why you always feel better as you begin a New Year. The reason is that we always end the previous year with Santa's Ho, Ho, Ho. His jolliness shows us that "laughter is the best medicine."

I applaud Mayor Bloomberg for making New York City the first non-trans fat city. The big corporations did it again. They knew that trans fats were detrimental to our health. They also knew that it clogged our arteries, yet they were more concerned with their profits than with our health. The only reason companies like Dunkin' Donuts, Krispy Kreme and the rest will be eliminating trans fats is because the government is ordering them to do so. Otherwise, there is no way they would voluntarily do it. I suggest that you never buy one of their products ever again. They lost my trust and my dollars and hopefully they have lost yours.

So NEWLIFERS, I hope to see you at the next NEWLIFE EXPO held at the Hotel New Yorker on March 30-April 1.

And remember....It's a NEWLIFE!!!

Om Shalom

Mark Becker

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