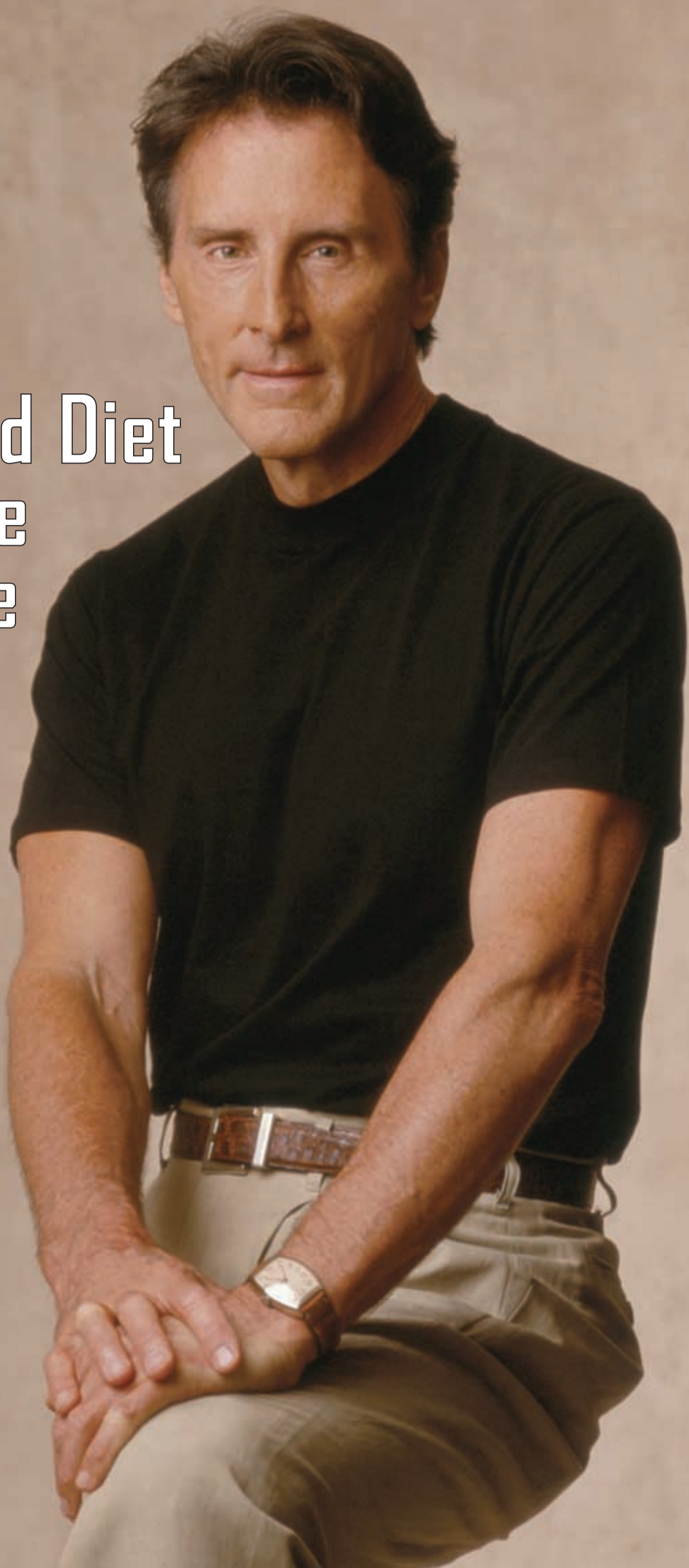


How a Raw Food Diet Can Save Your Life

By Gary Null

I own a health food store, Gary Null's Whole Food, on the Upper West Side. Recently I took a week to ask my customers about their buying habits and their health. The results were surprising. Less than 5 percent of my customers live healthy lives. They shop at the store for specific reasons. Some because it is kosher. Others because it is organic produce. Many simply want their children to eat healthier baby foods. Some people just like the prices, the fact it is 100 percent organic and because I have qualified nutritionists on staff to provide free advice.



But the real surprise is how few shop their regularly. Most are not vegetarian but they recognized the advantages of purchasing hormone free milk, fish and chicken. Almost all live very stressed lives and don't engage in any proven anti-stress program, such as yoga meditation, tai chi, journal writing, etc. They say it is very stressful living in New York City; it is expensive, crowded, dirty, noisy and not especially friendly. Nevertheless, the city is very important for their careers and to earn the money necessary so they can eventually move away into the country, where they feel they can have a better quality of life.

Recently at a health expo, not *NEWLIFE*, of course, I noticed how few people look healthy or seem happy. Now mind you, this is with a group of people who at least at some level try to enhance their health and well being. Compare that, however, with average Americans, who collectively will expend about \$2.5 trillion this year on healthcare. Today sixty percent of Americans are overweight. Sixty million suffer from one or more cardiovascular diseases. Forty million suffer from depression and anxiety. Twenty million from diabetes. An additional sixty-five percent suffer from insomnia and sleep disorders. And then there is the aging boomer population that puts so much energy and time into raising their families and mastering their careers, that they have not given any quality time to themselves and their health. Consequently, a pizza and cola suffice their hunger cravings. We are not just a fast food nation; we are falling down, dumbing down, and racing down throughout all of our institutions. That is the bad news.

The good news is that now that we are facing so many different crises—financial, political, educational, occupational and environmental—we must turn and face the perfect storms that we have created. When I am sitting across from a person with a terminal disease, I do not begin by giving them a long list of supplements. Rather I ask them, “If you could live your life over, what would you change?” Then I ask, “What do you have to live for? What do you feel grateful for?” I find that if a person has nothing worth living for then they do not live. For too long people have given up believing in their completeness, their capacity to grow, thrive, be creative, to learn from their mistakes, and awaken each day with a sense of joy and wonder at what they can do to make this day different than all the rest.

Next, I ask, “What can you do differently to change your life? Lets begin by reinventing your diet. Lets make it raw.” They look at me quizzically, puzzled. I then show them photographs of dishes I

have prepared. They look at them and say, “Wow, that is a good looking dish.” I respond that it is a raw food dish. The joy is in the creation, in using all of the flavors, textures, spices of natural foods. But the real difference is that this food will actually help your diseased body to improve and rejuvenate your cells. It floods your body with healing nutrients.

Then I take them to my store and provide them with samples of a coconut cherry cheese cake, a veggie burger or soup. Again, they are acting with disbelief. I show them a list of raw food restaurants they can visit, classes to take, and might give them about 100 recipes to try on their own. The first month is the most challenging. Then a lot of things happen. Their energy improves. Their digestion is enhanced. Local aches and pains diminish. They sleep soundly and are rested when they awake. They start to feel that spark of life increasing. They no longer place their focus on dying but on how to live.

By the second month, they are showing me how their diet is almost 100 percent raw and how they are starting to improvise on my recipes and create their own. It is at that point that I will suggest different supplements and positive protocols for developing mindfulness. I call this mindful living—living in the moment—surrendering fear in order to embrace love, joy and bliss.

So for me, a raw food diet is more than just an exotic experiment. It can literally be a lifesaver. Now the important issue is: how can this be introduced to the larger public? That is our challenge.

The average person thinks of a raw food diet as solely eating carrots and celery sticks. Even those in the health movement, such as the regular shoppers at my Whole Food health store on Broadway, stroll pass the raw foods section without being curious about what a raw food diet entails. However, for that small fraction of the health minded population, a raw food diet is the first step in body rejuvenation, cleansing and rebalancing the system, and empowering the cells to repair DNA damaged from normal life processes and environmental toxins.

A raw foods' presentation and diversity of taste is limited only by the imagination of the preparer. With more enzymes, antioxidants, phyto-nutrients and quality fibers than a regular vegetarian diet, it should be the standard of excellence. Virtually all of the 10s of 1000s of individuals I have counseled, by putting them on a raw food diet, have made remarkable improvements in health and often full recovery from diseases.

What is necessary is to dispel the prevailing myths that a raw food approach is insufficient in protein, taste, and is too difficult to prepare. In point of fact, you can make soups, entrées, side dishes, sauces and desserts only with raw foods, with the appearance, mouth-feel and satiety of a regular meal.

Join me at my keynote lecture on Saturday, June 14 at 3 PM for an in depth discussion and demonstration in raw foods. I will also be providing free photos and recipes of delicious gourmet meals, all of which are raw. You would never know that by the photo alone.

Gary Null holds a Ph.D. in human nutrition and public health science. He is an award-winning journalist and best-selling author. His most recent book is Power Aging. The Gary Null Show can be heard on the Internet at www.PRNcomm.net and on the Health Radio Network. For more information, visit www.garynull.com.

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WARNING

What Every Cancer Patient Need's To Know Before Starting CHEMOTHERAPY

Most men and women reading this article have a good command of the English

By Robert H. Sorge, N.D., Ph.D.
Doctor of Naturopathic Medicine
since 1964

(American) language. For the most part we understand each other. For example, if I were to ask you a simple question, such as, "What are my chances of seeing you tomorrow at twelve noon?" Most of us, both native and foreign-born people, could understand and communicate a reasonable response to the question.

With orthodox drug medical doctors we have a completely different set of circumstances. You may have noticed few of them speak the American language. They have a gobbledygoop language all of their own that is impossible for middle class America to clearly understand. Worst of all it may even be designed so we don't understand.

For example: Prior to agreeing to begin the most toxic, dangerous, life sapping, medical treatment known to mankind, known as chemotherapy, most intelligent people usually ask, "Doctor, if I start on chemotherapy what are my chances?" This is certainly a reasonable question communicated in the American language. Under the circumstances the question deserves a clear, cogent, unambivalent answer in the language that we speak.

It is my opinion that one of the rudest things a person can do when they understand the American language is to speak to you in a foreign tongue. This is exactly what the orthodox drug medicine profession has gotten away with for 100 years. It is dangerous to life's decisions and even life itself. It's time we the people put an end to it.

When a cancer patient asks, "What are my chances, doctor?", they are asking, "Am I going to beat this? Am I going to live? Am I going to be O.K.?" You will soon see that the doctor's answer to this question is in a totally different language. Millions of our parents, friends and loved ones have died excruciating deaths in pain and

misery with zero quality of life during the last months of their lives as a result of what I believe is a sin. I know this word is not polit-

ically correct but God's word is clear: "Thou shall not witness falsely against (to) your neighbor." (Deuteronomy 5:20) In short: Thou shall not lie or deceive.

Response Rates

When discussing the success of chemotherapy the patient wants to know about their survival. When the doctor says our success rates have been 95%, he/she is not talking about the same thing you are talking about. He/She is talking about response rates. It is imperative that you are clear in this absolute fact. Response rates have nothing to do with survival rates. They are not the same. You are talking in one language and the doctor is talking in another.

Exactly what do you mean by, "response rate?" The response rate is a measurement of how much a tumor or tumor metastasis decreased in size or how much a tumor marker declined.

Is there any relationship between the decreased size of a tumor (tumor marker) and survival? This is the question that tens of millions of our dead relatives, parents, friends and loved ones should have asked. You may be surprised and even shocked at the facts.

What Do Response Rates Mean To The Cancer Patient?

As shocking as it may seem they mean absolutely nothing! There is no scientific connection between response rates and survival rates. This fact was reported in the Medical Journal Cancer, January 1979 issue 43(1):41-5.

It is a scientific fact that tumor responses with chemotherapy for solid cancers often have no relationship whatsoever to an increase in survival. Tumor response rates have been devious, disingenuous, worthless meas-

urements from the get go for cancer patients. It is simply a mindless way of keeping score. In short: meaningless to the real world.

As sad as it may seem doctors are basing their communication to their patients on an unscientific deceptive and useless measurement. Chemotherapy success is based on reducing the tumor 50% or more for six weeks or more. That justifies chemoing (poisoning) a person, even though in most cases the tumor marker increases again sometimes even larger than before.

A History Lesson on Response Rates

On March 11, 1951, Sydney Farber, M.D., professor of pathology at Harvard Medical School developed a series of charts based on 238 patients treated from November 1847 to March 1951. He reported in the Medical Journal, "Hematology" in January 1952, that the response rate with children with Leukemia was at the time an impressive 54.6%. The problem was that only 19 survived. There was no connection between response rates and survival rates. We have known this for over 60 years. Still the games go on.

E. Clarence Rice, M.D., Director of Children's Hospital in Washington, D.C. questioned why the autopsies of treated children revealed liver damage. It seems that few doctors in the last 50 years have had the courage to ask, "Exactly what does this chemotherapy do?" "Does it make sense to take a sick, debilitated person and saturate them with one of the most toxic substances known to medicine and expect them to get better?" Few have the guts to ask, "What are the alternatives?"

If doctors read their own journals they may be surprised to learn that, "watchful waiting" (the medical term for doing nothing) is almost as effective as chemotherapy when we use survival time rather than response rates as a criteria. What about quality of life? Shouldn't that be taken into consideration?

Cancer Progress – Medical Fact or Fable?

What the drug establishment gets away with never ceases to amaze me. They have conditioned us into believing that we've made great progress medically in the war on cancer. Most people believe this but what are the facts? What is the plain truth?

At the turn of the last century in 1900, less than 1% of the population got cancer. As more toxic drugs and junk foods were added

to our lives, cancer slowly increased to 20% of our population. In 1971, President Nixon declared war on cancer. Since then two trillion dollars has been blown down a rat hole on toxic drug treatments and worthless drug research. What has been the result? Cancer rates have skyrocketed to 42% of our nation. The more toxic our drugs, foods and environment the more we drop like flies from cancer. It is estimated that our cancer rate will exceed 50% in the next decade. Does this sound like medical progress to you?

Gambia is a third world country. I was there. There are few doctors, antibiotics, hospitals, zero birth control drugs, no junk foods or fast foods, no Primpro or Provera. What do you think the breast cancer rates are? Would you believe only one woman in 500,000 gets breast cancer?

Compare that to our doctor glutted, drug

TEN ACTION STEPS

- **Clearly understand there is no connection between tumor response and survival rates.**
- **Unless and until we deal with the cause of cancer there will be no real cure for cancer. Two trillion dollars in worthless cancer treatments and research has established that fact.**
- **Chemotherapy is basically a poisoning therapy. It has never been proven to cure cancer scientifically.**
- **It is possible to have a tumor response rate from chemotherapy and still die, as is the case most of the time.**
- **Watchful waiting (doing nothing) has proven itself to be almost as effective as chemotherapy. (I don't recommend doing nothing.)**
- **The best treatment for cancer is prevention. This means an aggressive, high level, wellness program.**
- **To prevent cancer it is imperative that you change your lifestyle.**
- **Cancer prevention starts by having your alternative medical doctor (not your orthodox drug doctor) evaluate you nutritionally, metabolically and hormonally. This must include cellular oxygen levels, toxicity levels and fitness levels.**
- **Oxidative therapy, detoxification and nutritional saturation should be automatic.**
- **Pray daily. Our nation is in bad shape. We all need God's help.**

and junk food saturated country where one woman in eight gets breast cancer and it will soon be one in six. Is this medical progress? Is this winning the war on cancer or is this a medical disaster and abject defeat?

What Is the Primary Cause of 100% of All Cancers?

There are many secondary causes of cancer, including environmental pollutants, heavy metals toxicity, auto-intoxication, excess body fat, trauma, over eating, nutritional deficiency, stress, anxiety, etc. but only one primary cause of all cancer. That is Hypoxia. What is hypoxia? It is a deficiency of oxygen especially at the cellular level.

We've known this since 1910 when D. Otto Warburg's work was reported in a European Medical Journal. Dr. Warburg was one of the most outstanding scientists of the 20th century. He won the Nobel Prize for Science and Medicine in 1931 for his discovery of the cause of cancer. He won the Nobel Prize again in 1950.

His name is not mentioned in a single medical textbook because he disagreed with chemotherapy. When the press asked him in 1931, "if we should continue with cancer research", his answer was, "What for? I've spent 40 years of my life proving the cause of cancer. Further research would not only be unnecessary and counterproductive it would tend to cloud and confuse the issue of cause and effect." This is exactly what the Pharmaceutical/Medical establishment did not want to hear.

In the last 100 years, Dr. Warburg's thesis has never been refuted but two billion dollars in scientific, unproven, toxic, deadly, mindless treatments and research has been blown down an unaccountable rat hole.

If there is one thing every doctor in America should be recommending to every patient for the prevention and treatment of cancer it is to change one's lifestyle and diet. They should be told to saturate the body with natural food supplements and to infuse ozone into the body. What is ozone? It is a super oxygen. What does that have to do with cancer? Cancer cells cannot live in an oxygen rich environment.

Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of AbundaLife Medical Nutrition testing clinic in Asbury Park, NJ. Dr. Sorge will be lecturing at the NEWLIFE Expo in October. He can be contacted at 732-775-7575 or email at abundalife@abundalife.com.

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The Spiciness of Spices

Indian Saffron Vegetables with Yogurt Sauce

Maple-Cinnamon Stove-Top Granola

A wonderful way to add flavor to any dish is to add spices. A spice is defined as a dried seed, fruit, root, or bark used in small quantities for the purpose of flavoring a dish. They can be mild and sweet tasting, or hot with a bite. Other uses of spices can be for cosmetics, as medicine, as preservatives, in perfume, as a food item.

In cooking, spices are distinguished from herbs, which are the leafy green plant parts also used for flavoring, in both dry and fresh forms. Spices however are almost always dried and usually ground into a powder or grated. Small seeds such as dill,

fennel, and mustard seeds are used both whole and as a powder.

TURMERIC

Turmeric or yellow ginger, the base ingredient in curry has medicinal properties as well as preserving ones. The volatile oil in turmeric provides anti-inflammatory protection. The yellow-orange pigment of turmeric which is known as curcumin has medicinal effects that are comparable to many over-the-counter drugs and prescriptions without the side-effects (ulcer formation, decreased white blood cell count, intestinal bleeding, stomach upset) without toxicity. It provides protection and healing properties for Rheumatoid Arthritis, Inflammatory Bowel Diseases (IBD) such as Chron's and ulcerative colitis, cancer protective,

Turmeric is an excellent source of the minerals iron, manganese, and potassium, of vitamin B6, and contains dietary fiber. To get the most medicinal punch from your turmeric be sure to choose it as a single spice rather than as a prepared curry blend. The amount of turmeric (and thus curcumin) is often minimal in blends.

CINNAMON

Cinnamon, the inner bark of a tropical evergreen tree which has between 50 and 250 species. The two key species are Cinnamomum cassia and Cinnamomum zeylanicum, or "true cinnamon." Also known as Ceylon cinnamon, it has a lighter, sweeter, and more delicate flavor than cassia. Often marked as cinnamon, cassia can be rather disappointing if cooking or baking with it and expecting the taste of cinnamon.

These two important and tasty spices are easy to include in most recipes. Try some of the suggestions that follow.

NOTE: Substitute 1 ripe tomato, chopped or 2 tablespoons pasta sauce.

INDIAN SAFFRON VEGETABLES WITH YOGURT SAUCE

4 SERVINGS

Turmeric was traditionally called Indian saffron since its deep yellow-orange

color is similar to that of the prized saffron. It has been used throughout history as a condiment, healing remedy and textile dye.

- 1 onion, quartered
- 2 carrots, cut in large chunks
- 2 red potatoes, quartered
- 4 cloves garlic, peeled
- 1 red pepper, seeded & quartered
- 1/2 cauliflower
- 1 cup yogurt, organic preferred
- 1/2 teaspoon turmeric
- Salt & pepper to taste
- Fresh parsley or cilantro

1. In a medium pot add 1/2-inch water. Bring to a boil covered. Layer the vegetables in the order listed. Return to a boil, lower flame and steam 10 minutes or until the potatoes are soft when inserted with a fork.

2. In a small bowl mix the yogurt, turmeric, salt, and pepper.

3. Using a slotted spoon remove the cooked vegetables to a serving bowl. Pour the yogurt sauce over and garnish with parsley or cilantro.

MORE TURMERIC IDEAS

- Add turmeric to egg salad to enhance the color and add curcumin.
- Brown rice salad with raisins, cashews, celery and grated carrot, seasoned with turmeric, cumin and cinnamon.
- Lentils, green, brown, or red with turmeric and vegetables for a hearty soup or stew base.
- Add turmeric to salad dressings to give an orange-yellow glow.
- Sauté vegetables such as sweet potatoes, onions and garlic with olive oil, salt and turmeric.

MAPLE-CINNAMON STOVE-TOP GRANOLA

A unique and delicious way to make a family favorite! It will be hard to go



turmeric

back to store-bought after making this recipe

- 2 tablespoons ghee or clarified butter, organic preferred
- 5 cups rolled oats
- 2 tablespoons ground cinnamon
- 1/3 cup butter, organic preferred (SEE NOTE)
- 1/2 cup real maple syrup
- 1 tablespoon molasses
- 1/2 cup walnuts, coarsely chopped
- 1/2 cup dried cherries, currants and raisins

In a large stockpot, melt the ghee over medium heat. Add the oats and cinnamon to the pot stirring well. Cook until lightly



cinnamon

toasted, stirring constantly, 3 to 4 minutes. Pour the oats out onto a large baking sheet.

Add the butter to the pot. When the butter has melted, stir in the maple syrup and molasses. When the mixture starts to simmer, return the oats to the pot and continue to cook. Stir until coated and hot. For crispier granola, cook a few additional minutes.

Remove from the heat and mix in the walnuts and dry fruit. Pour mixture onto a large cookie sheet and allow to cool. The

granola will harden as it cools. When cool, transfer to an airtight container and store at room temperature.

Serve as a cereal, a yogurt topping, with poached fruit or as a trail mix snack. Additional nuts, coconut, seeds and/or dry

fruit can be added, if desired.

NOTE: Use salted butter or add a pinch of salt to the butter-maple mixture.

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Lissa De Angelis, MS, CCP is co-author of Recipes for Changes – Gourmet Wholefood Cooking for Health and Vitality at Menopause.

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