

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

# NEW LIFE

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JULY-AUGUST 2006

## Summer Cleansing



**Yoga In The Raw**  
**Top Five Immune Therapies**  
**Eating To Ease Arthritis Pain**

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# NEWLIFE

July-August 2006

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# Letter From The Publisher



## **Happy Summer NEWLIFERS,**

I hope you are enjoying this season of relaxation. As this issue's cover suggests-it's summertime and the living is easy.....so sit down, relax and enjoy this issue of *NEWLIFE*.

The theme of this issue is "cleansing." Even if you faithfully did your "spring cleaning," summertime is the season to make your cleaning complete.

Dr. Sorge's article on colon cleansing is a must to read. If you have never heard of a colonic or have never taken a colonic or haven't had one recently, I guarantee that you will run to your nearest colonic therapist after reading this article. The best analogy I can give you is this: Even though you are constantly flushing your toilet bowl, you still have to take a brush and scrub the residue that was missed. Think of your colon as your "toilet bowl" and the colonic as the "brush."

Our "Yoga In The Raw" article by Michael Stein and Angela Stark demonstrates that the best diet for cleansing is the raw-food diet and why more yogis and yoginis are becoming raw foodists.

Deborah King's article on "Spiritual Summer Cleaning," will give you seven ways to heal your mind, emotions and spirit this summer.

Dr. Alpert gives us five of the top immune therapies to help you to turn your health around this summer.

Sorah Dubitsky's article, "From Love To Lust talks about the master cleanse, the cleansing of marriage.

As usual Dr. Shari Lieberman's nutrition column and Lissa DeAngelis's column on healthy cooking will tickle your fancy.

When we don't cleanse our body, one of the results is arthritis pain. Inevitably, toxins, pinched nerves, energy blockages, and mineral deposits end up in the joints. Jennifer Grossman gives you eight foods to eat to ease your joint pain.

Talking about cleansing, the best way that I found to cleanse my mind, body and spirit is by practicing yoga. I am proud to announce that I am finally coming out with New York Yoga Magazine, which is dedicated to helping you cleanse your being in every issue. If you don't see New York Yoga Magazine in your health food store or yoga center, please ask for it.

I hope to see you at the next *NEWLIFE EXPO* in NYC on October 20-22.

And Remember.....It's a *NEWLIFE*!!!!

Om Shalom

Mark Becker

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