

New Beginnings! Newsletter

Designs by Brenda: <http://www.designsbybrenda.net>

Issue 1: Volume 2

Brenda Miller

May - June 2010

Hiya!

Bikram Yoga.

www.bydaustin.com two B.Y.D. locations in Austin

My co-worker talked me into doing this. After a year of talking about Bikram Yoga (BY), she finally wore me down, I said yes to make her happy. Figured I would go to one class, say I tried it, it wasn't for me, and not going ever again. Well, that was until I got there. A class is \$15, so for two it's \$30, right. They run a special for first-timers. For \$39, I would be allowed to go as many times as I liked within a 30-day period. Thought I would give it at least a week, which would be three classes for me--3 out of 7 is a week to me. I had been to yoga before and figured this wouldn't be tooooooo difficult. Wrong! I forgot to mention that I am way out of shape, round is a shape but not the best shape to be in. First of all, the room is 105-degrees, ugh. Yes, you will sweat without even doing any of the poses. I know because this is what happened to me. The 26 poses, that are done twice, were a lot more difficult than I had imagined, but that may be because I'm really not physically fit anymore. I was at one time, a long, long time ago. If I wasn't already sweating enough, doing the poses caused me to sweat even more, ewwww. I was sopping wet after the 90 minute class. Of course I couldn't do any of the poses correctly or even do some of the poses, except one. The Savasana or Dead Body Pose is the one I had no problem doing, lying down and being still. I would attempt a pose, lie down in savasana or just sit, then attempt another pose, sit down, etc. Most of my poses were either lying down (savasana) or sitting--this doesn't have a pose name, darn. But it's nice that the poses are done twice, as it gave me time to attempt to do it at least once. Well, some of them I didn't even bother getting up, ugh no way was my body going to do it. I was so exhausted when I got home. Took my bath, passed out on the bed.

The next morning, expecting to have all kinds of aches for what I did to myself the day before, I felt great! I have fibromyalgia/myofascial pain syndrome, plus I was in a really bad wreck 11 years ago, so I have all kinds of aches, pains, fatigue, blah, blah, blah. I noticed that even after just one class, my body, or mind, craved this yoga (the mind is a funny thing). I did some research, found out that through BY you will release the toxins stored in your body, you release any stress, and it is known to reverse the effects of diseases/syndromes/conditions in your body, such as

diabetes, high blood pressure, fibromyalgia, etc. I've been going for a little over a month now, about two to three times a week.

I don't crave sweets like I use to. I sleep better. I'm not stressed out. I don't have the aches and pains like I use to via fibromyalgia/myofascial pain syndrome, which for the past 15 years has caused me much pain, aggravation, and depression. From my wreck that happened 11 years ago, the tendons in my lower back and hips were messed up, the tendons are in big knots and this caused much HURT in this area of my body. I had tried everything over the years to relieve this lower back and hip pain through acupuncture, chiropractor, water aerobics, taking heavy-duty pain pills, etc., which some of the pain was relieved for a short time, but nothing really worked totally or for long.

After one month of Bikram, I no longer have the knots in my lower back and the other knots on my hips are much, much smaller. My tendons are going back to the way that they are supposed to be. I am now much more fluid in my movement, I can even touch my toes! I also have glass in one of my arms from the wreck. Yes, it's been there for 11 years. I've noticed that the glass is starting to move around from doing the poses, which causes sharp/stabbing pain when I raise my arm. But, both of my arms are firming up, not so jiggly now. As a matter of fact, my whole body is firming up, my clothes fit better, lost two dress sizes, yippee! Firming up my all-over jiggly parts.

So all in all, Bikram Yoga is the best thing that has happened to me. So thank you to my co-worker who wore me down and made me partake in this 90 minutes of torture (as BY is referred to), three-times a week, to having a more happy, pain-free life. If you can put up with the sweaty bodies and the aroma, which after a while you stop noticing both, Bikram Yoga is the way to better health. Your body, mind, and spirit will thank you for it.

Overview of Bikram Yoga: Classes are for 90 minutes, with a series of 26 poses, repeated twice. Two of the poses are breathing exercises, out with the old, in with the new. BY is conducted in 105°F (40.5°C) heat, with 29 - 40 percent humidity. Doing the poses in the heated temperature and humidity, enables you to stretch without causing harm to your muscles and tendons. It also will ensure that you are

ridding your body of toxins, cleansing your organs, tissue, lymph nodes, glands, etc. Just take it easy and enjoy the class, this is the main thing to do.

<http://www.bikramyoga.com/>

Readings, healings, spiritual classes, etc. provided by Intuitive Healers: Denise Rodgers & Katherine Skaggs

SOPHIA Readings & Teachings

Shamanic Healing Sessions

Workshops, Ceremonial Circles, Soul Portraits

Body & Spirit Self-Empowerment 6-wk Program

Intuitive Readings from the Inner Levels

Readings/Sessions/Classes are

Spiritual/Intuitive Health Analyses

Past Life Reading

Past Life Crossing-Of-Paths

Spiritual Guide Reading/Conversation

Body & Spirit Self-Empowerment 6-wk Program

To make reservations for a reading/session/class, contact:

Denise Rodgers At Drodgers520@Aol.Com

To find out more, visit **Denise's** websites:

www.Mindbodypotential.Com and

www.Thedreamlady.Com or **Katherine's** website:

www.Katherineskaggs.Com

Are you drinking enough water/fluids?

Water helps to keep your liver and kidneys cleansed of toxins and to excrete hormones efficiently. If certain hormones are out of balance, our body feels and is out of balance. These hormones are estrogen, progesterone, testosterone, DHEA, and cortisol. This simple formula is an easy way to see if you are taking in the correct amount of water. Drink an ounce of water for every two pounds that you weigh: If you weigh 128lbs, you should drink 64 ounces or 8 cups a day. *Formula: $128 \div 2 = 64oz$; $64 \div 8 = 8$.* Eight (8) cups of water would be what you would need to drink if you weighed 128lbs.

Aspartame has been Renamed and is Now Being Marketed as a Natural Sweetener

Filed Under Food Toxins, Future of Food

by Drew Kaplan

Artificial sweeteners especially aspartame has gotten a bad rap over the years, most likely due to studies showing they cause cancer. But not to worry Ajinomoto the company that makes Aspartame has changed the name to AminoSweet. It has the same toxic ingredients but a nice new sounding name. And if you or your child happens to be allergic to Aspartame, well don't take it personally it's just business.

Despite the evidence gained over the years showing that aspartame is a dangerous toxin, it has remained on the global market. It continues to gain approval for use in new types of food despite evidence showing that it causes

neurological brain damage, cancerous tumors, and endocrine disruption, among other things.

Most consumers are oblivious to the fact that Aspartame was invented as a drug but upon discovery of its' sweet taste was magically transformed from a drug to a food additive. HFA wants to warn our readers to beware of a wolf dressed up in sheep's clothing or in this case Aspartame dressed up as Aminosweet.

Over 25 years ago, aspartame was first introduced into the European food supply. Today, it is an everyday component of most diet beverages, sugar-free desserts, and chewing gums in countries worldwide. But the tides have been turning as the general public is waking up to the truth about artificial sweeteners, like aspartame, and the harm they cause to health. The latest aspartame marketing scheme is a desperate effort to indoctrinate the public into accepting the chemical sweetener as natural and safe, despite evidence to the contrary.

The details of aspartame's history are lengthy, but the point remains that the carcinogen was illegitimately approved as a food additive through heavy-handed prodding by a powerful corporation with its own interests in mind. Practically all drugs and food additives are approved by the FDA not because science shows they are safe but because companies essentially lobby the FDA with monetary payoffs and complete the agency's multi-million dollar approval process.

Changing aspartame's name to something that is "appealing and memorable," in Ajinomoto's own words, may hoodwink some but hopefully most will reject this clever marketing tactic as nothing more than a desperate attempt to preserve the company's multi-billion dollar cash cow. Do not be deceived.

To read more about this, visit:

<http://blogs.healthfreedomalliance.org/blog/2010/02/15/a-aspartame-has-been-renamed-and-is-now-being-marketed-as-a-natural-sweetener/> and/or

http://www.naturalnews.com/028151_aspartame_sweeteners.html

'Good Fats' Always Good

February 9, 2010

Alliance for Natural Health http://www.anh-usa.org/new_site/

On January 19, 2010, the British Journal of Nutrition published a study that concluded that increased intakes of fats — whether from saturated, monounsaturated or polyunsaturated fats—might increase the risk of prostate cancer. Medical researchers who surveyed 512 men with prostate cancer and 838 healthy controls noted that men with the highest average-intake of total fat had an increase of 153 percent in prostate cancer compared with men with the lowest average-intake of total fat.

Must we conclude that a diet rich in a balance of Omega 3 and Omega 6 fatty acids (good fats) has the same effect as a diet laden with trans/hydrogenated fats?

While admitting that the carbohydrates in a French-fries-and-soda combo are not identical to the carbohydrates in steamed broccoli, medicine has been slow to acknowledge that not all fats are the same. Total fat-consumption is important; but men at risk of prostate cancer would be wise to educate themselves about their intake of the essential fatty acids and the balance of Omega 3 and Omega 6 in their diet, and to eliminate all “bad fats.” Demonizing fat is not a wise message for practitioners to give their patients wishing to prevent prostate cancer. Essential Fatty Acids (EFA) are the “good fats.”

Reform FDA

Alliance for Natural Health http://www.anh-usa.org/new_site/

ANH's Mission: We believe that the FDA is a broken agency that needs a complete reform and restructuring. *As presently run, it:*

- Obstructs medical science and innovation;
- Forbids and censors the communication of legitimate, peer reviewed scientific research;
- Protects entrenched medical monopolies, which pay its bills and hire its employees;
- Interferes with the rights of consumers to learn about good science (especially relating to food and supplements) that could prolong and save lives and promote health;
- And unnecessarily drives up the cost of healthcare to the point where employers can no longer afford to hire and the entire American economy is threatened.

What is needed under these circumstances is not incremental reform, but complete reform, a thorough overhaul of every part of the FDA. The purpose of <http://reformfda.org> is to persuade the American public and Congress that a total reform of the FDA is absolutely necessary in order to rebuild the American healthcare system and make it once again the envy of the world.

Does the Medical Industry Have a Fundamental Lack of Integrity? Alliance for Natural Health http://www.anh-usa.org/new_site/ November 30, 2008

Two recent articles—one in the New York Times, the other in the Wall Street Journal—speak to a crisis of integrity in the medical industry that has led insiders like Dr. Jerome Kassirer of Yale and Tufts to muse that some of their colleagues appear to act as “paid prostitutes for the drug industry.”

The Times article discussed a Colorado company that drug and medical device makers paid to oversee patient

safety during clinical trials, prompting a Congressional hearing on whether such companies adequately supervise medical trials. The hearing follows incidents in recent years in which patients have died during clinical trials or companies have submitted fraudulent data to the FDA to get new medical products approved. During this period, the oversight of clinical trial safety has shifted from academic medical institutions to commercial firms like company in question.

The company was snared when undercover federal investigators created a sham medical study to see how closely firms evaluate the studies they are paid to review. This company approved a trial, involving a make-believe surgical product and researchers who did not exist. There was testimony at the Congressional hearing that some companies “shop for an accommodating oversight board” when their research is questioned by more stringent reviewers.

The Wall Street Journal article reported that the Alliance for Human Research Protection has protested the “unprofessional and intimidating” tactics from the editor-in-chief and executive deputy editor of the Journal of the American Medical Association. An academic questioned the lack of acknowledgement by JAMA of the financial relationship between a drug company and a study’s author.

We would expect the FDA to be outraged over these claims, since they are sworn to protect Americans’ health. Yet the FDA appears to only mind the interests of the companies whose fees add to their coffers. Medical device makers and pharmaceutical companies have their eye on the bottom line, but the FDA is supposed to balance these vested interests. The time to reform the FDA from the ground up is NOW

CieAura Transparent Holographic Chips

Karen Slafter, tattoo artist and my friend, promotes CieAura Transparent Holographic Chips. She has seen a reduction in overall pain, and increase in energy. One of her friends uses the chip to aid with sleep, says it really, really works, the best thing ever, and without having to take prescription or OTC drugs which cause mild to severe side effects, and addiction. The pain chip is great for migraines, chronic pain, isolated pain, arthritis, etc. These chips are also infused with Reiki Energy Healing. Go to <http://kali1313.cieaura.com/> for more info and to purchase. *Note:* CieAura Transparent Holographic Chips restore balance, allowing our body's defenses to perform at their peak abilities and give the body renewed energy and stamina. In doing so, the best medicine for the body, the body’s own natural immune system, is working at capacity.

Things you can recycle:

Athletic shoes: One World Running will send still-wearable shoes to athletes in need in Africa, Latin America, and Haiti: www.oneworldrunning.com. Nike's Reuse-a-shoe program turns old shoes into playground and athletic flooring: www.nikereuseashoe.com

Batteries: Contact Battery Solutions at www.batteryrecycling.com. Battery recycle kit, holds 12lbs of batteries, which would be an average year's worth for a household or small business. It cost \$34.99, put your used batteries into the box, ship back to this company when full, this cost also includes the shipping (so it is no extra cost, but check to make sure when ordering the kit). <http://www.batteryrecycling.com/new+iRecycle+kits>

Recycle fluorescent bulbs at Home Depot, this is a free service.

Cell Phone: Collective Good will refurbish your cell phone and sell it to someone in a developing country:

www.collectivegood.com. Call to Protect reprograms cell phones to dial 911 and gives them to domestic violence victims:

www.donateaphone.com. Go to www.greenamericatoday.org to find out more about recycling and saving the environment.

Happenings in the Austin Area - May through June

The 6th Annual

Blanco Lavender Festival

June 11th — 13th, 2010

Visit beautiful Blanco in the heart of the Texas Hill Country for the sixth annual Blanco Lavender Festival. A Lavender Market will be held on the grounds of the Old Blanco County Courthouse featuring arts and crafts and local lavender products. Tour many of the local lavender farms where you will experience the beauty of lavender in the fields and the unique vision of each farmer. Visit website for more info: <http://www.blancolavenderfest.com/>

Welcome to Texas Lavender.

At Texas Lavender they believe each day should fill your heart with joy. Lavender provides a natural way to alleviate the stresses of our busy lives and allows us to focus on the beauty that surrounds us. Texas Lavender store is located in Webberville, Texas (East of Austin off FM 969)

<http://texaslavender.com/>

The Herb Bar, Saturday classes

200 W. Mary, Austin 78704

<http://theherbbar.com/entrance.html>

May 1st: Stamina and Vitality in Sexual Practice
Drawing from a variety of Chinese historical and other sources, we'll discuss the inherent power and regeneration that is accessible through mindful sexual practice. Men will learn about anti-aging and pleasure prolonging practices. Women will learn about deepening the connection to untapped levels of excitation and regeneration. Appropriate for all, this information has application in infertility, erectile dysfunction, low libido, and the simple joy of body self-awareness. Enjoy yourself whilst ensuring your longevity. Jeffrey Zurlo, L.Ac. - Creekside Whole Health Center Austin, TX

May 8th: The Healing Aspects of Tai Chi & Chi Kung. Tai Chi and Chi Kung are excellent exercise, yet they have more in common with brushing and flossing your teeth. Stress builds up in your energy (acupuncture) meridians like plaque builds up on your teeth. With a daily

practice you begin to move toward radiant health by clearing energy

blockages that eventually cause illness. This is preventive medicine at it's best! Wear comfortable clothing and flat shoes. (Class outdoors)

Marjorie Jackson, Tai Chi Instructor

www.AustinTaiChi.com

May 15th: Balance Your Hormones Naturally

This lecture will educate participants about natural alternatives to problems related to hormone imbalance and menopause. It will cover the role of stress, environmental toxins and artificial hormones, as well as nutrition in treating and preventing hormone imbalance. Herbal alternatives will also be discussed.

Nicole Lentfer, L.Ac., The Foundation for Wellness Professionals

May 29rd: Activating Your 12-Strand DNA through Integrated Energy Therapy (IET)

Learn what the 12-strand DNA is and how to activate it in order to bring you into alignment with your soul's mission. It explains how accessing your morphogenetic field allows energy and information to move freely through your physical, emotional, mental and spiritual body. It also raises your vibrational frequency and allows you to clear genetic, emotional, karmic, and soul patterns and replace it with Unconditional Love. Learn how Integrated Energy Therapy (IET) can help you in all aspects of your life.

Anne Marie Pizarro, RN, BSN and Master Instructor of integrated Energy Therapy (IET)

June 5th: Beating the Heat with Ayurveda!

Summer in Texas is just plain hot! Through food, breathwork, herbs, and lifestyle changes Ayurveda can play a powerful role in helping us eliminate these problems before they begin, or help us cope when they do develop. During your time together, Kerry will provide you with the basic principles of Ayurveda and some tips to help beat the summer heat through a variety of effective natural solutions. Kerry Meath, Certified Ayurvedic health Educator, NAMA, Certified Yoga Instructor

Saturday classes cont'd...

June 12th: Energy Healing is Medicine for the Spirit
In today's world of high stress and over-medication, there is a simple remedy for all who seek it. Jacque Smith, energy practitioner, energy healing teacher, and founder of Restorative Therapy, introduces simple steps for cultivating this powerful healing modality. Learn ways to balance the natural, healthy flow of energy through your body to maintain physical and emotional health, and spiritual clarity. A brief demonstration follows the talk.
Jacque Smith, Certified Wellness Coach

June 19th: Treat Yourself Well: Custom Formulation. What do you do when you don't know what to do? Where do you find what has been recommended to you for ailments and good health? Custom formulations is

often the answer! Enjoy sample teas and extracts while visiting with local herbalist and custom formulator Trina Shore Sims.

Trina Shore Sims, ABC, AHG, HIS-II,
www.greenstarherbs.com

June 26th: Heart to Heart Healing Ritual
Lucretia will be discussing her book, Peace and Healing for the World using Altars. We will be participating in a HEART TO HEART RITUAL (a way of sending peace and healing into the world). Her co-author, Gaila, passed shortly after the book was conceived, and the ritual was given to Lucretia after Gaila's passing. The power of the ritual can change your life and all those with whom you come in contact. Lucretia Jones, author, self empowerment facilitator, artist

Ongoing events around Austin, TX

<http://www.austinmetro.com/activities.html>

Wild About Music

<http://www.wildaboutmusic.com/>

Time: Open Daily, Tickets: \$ No Cover

The World's first art & Gift gallery dedicated to music-themed works

Wild About Music Gallery, Austin, Info:(512) 708-1700

Women & Their Work

<http://www.womenandtheirwork.org/>

Time: Mon-Fri, 9a-5p/Sat.12p-4p, Cost: Free

A state wide nonprofit contemporary art organization, presents visual art, theater, film, dance.

Women and their Works, 1710 Lavaca, Austin, Info:(512) 477-1064

Austin Farmers' Market, Wednesdays at The Triangle

<http://www.austinfarmersmarket.org/>

Time: 3:00pm - 7:00pm, Cost: Free

The only mid-week farmers' market in Austin, The Wednesday Austin Farmers' Market, a project of Sustainable Food Center, begins running winter hours, 3:00 - 7:00 pm October - March. Hours will return to 4:00 - 8:00 pm). In addition to the downtown Saturday market, it is now a year-round market due to increased customer demand. The Wednesday market will continue at Triangle Park, 4600 Guadalupe (46th Street at Triangle Avenue between Lamar and Guadalupe). Visitors can enjoy the great variety of vegetables, fruits, herbs, cheeses, eggs, meats, breads, honey, flowers, prepared foods, drinks and artisan crafts. Free parking and free admission to the market.

The Triangle, 4600 Guadalupe (46th Street at Triangle Avenue between Lamar and Guadalupe), Austin. Info:(512) 236-0074.

Gruene Market Days

<http://www.gruenemarketdays.com/>

Time: (Saturday Only) exc. June, July, August,

Time: 8:00am, Cost: Free

Arts & Crafts, flea market, fun, food and music, 3rd weekend each month through August.

Gruene Town Square, Gruene, Info:(830) 629-6441

Kyle Market Days

<http://www.cityofkyle.com/kylemarketdays.php>

(First Saturday, April - November)

Time: 9:00am - 2:00pm, Cost: Free

Bring your family and experience all that is Kyle! Kyle Market Days features an Organic Farmer's Market, Artists & Craftsmen and FREE Live Music by local artists! Stimulate your senses with shopping for the whole family, take a walk through downtown Kyle, enjoy the fabulous local eateries, or bring your chairs and relax as you listen to FREE live music atop the Train Depot Deck!

Downtown Kyle, 100 N. Front St., Kyle. Info. (512) 268-4220

Renaissance Market, aka 23rd Street Artist Market

<http://www.austinartistsmarket.com/>

Time: Daily (weekends best), Cost: free

All art and crafts works are original(no mass produced or imports) 23rd Street at Guadalupe, Austin, Info:(512) 397-1454

Barton Creek Farmers Market

<http://www.bartoncreekfarmersmarket.org/>

***Note: formerly known as -- Sunset Valley Farmers Market at the Burger Center**

Time: Saturdays, 9:00am - 1:00pm, Cost: Free

Large active produce market w/Flowers, Herbs, Baked Goods, Arts & Crafts, Live Music & more.

Barton Creek Square mall parking lot, North East corner, Austin. Info:(512) 280-1976

Wimberley Market Days

<http://www.visitwimberley.com/marketdays/index.shtml>

First weekend of each month

Time: 8a-5p, Cost: Free Hand crafted items, food, music, antiques, fun for all

Wimberley, Texas

The Austin Zoo

<http://www.austinzoo.org/>

Time: Daily: 10am-6pm, Cost: \$4.00/\$5.00 adult

Petting Zoo, Field Trips, Special Events, 60 species & 200 animals. Spend the afternoon strolling through the exhibits of more than 100 rescued animals housed at the Zoo. Austin Zoo, 1087 Rawhide Trail, Austin, Info: (512) 288-3246

Hippie Hollow

http://www.co.travis.tx.us/tnr/parks/hippie_hollow.asp

Time: until 10:00pm, Cost: Free

Austin's throwback to the 60's, clothing optional swimming, adults only. Lake Travis, Austin, Info:(512) 473-9437

Hot Air Balloon Trip

<http://www.austinaeronauts.com/>

Hot Air Ballons have graced the skies since 1783.

Treat yourself to the thrill of flight, or give this unforgettable gift. Austin Aeronauts, 1700 Elmhurst, Austin. Info: (512) 440-1492 or (800) 444-3257

Congress Ave Bridge, Bats Roost

Time: 30 minutes before sundown, free event, daily.

Home of the largest urban Mexican Free-Tailed bat in North America. Viewing area at The Austin American Statesman Parking lot, 305 S. Congress, Austin

Austin Ghost Tours

Tickets: \$15.00 per person

Promenade through the streets of old Austin while listening to ghost stories about what once was and what continues on in the spirit world. Private Tours Available, Call For Reservations. Austin Ghost Tours, 617 Congress Ave, Austin, Info: (512) 443-3688

Interesting Articles That I Found

States Move to Ban BPA, FDA Stays Silent

States are moving to ban the chemical BPA from food and drink containers, primarily those meant for infants and toddlers, because of health concerns. A dozen states are considering restrictions this year on bisphenol A, an estrogen-like chemical used to harden plastics in products such as bottles and cups. It is also in the linings of metal cans, including infant formula, to help them withstand high sterilization temperatures.

The Food and Drug Administration, which previously called BPA safe, announced last month that, in light of new studies, it has "some concerns" about the chemical's potential effects on brain development of fetuses, infants and children. It did not say BPA is unsafe.

"This announcement has added momentum to the efforts to restrict the uses of this dangerous chemical once and for all," says Rep. Ed Markey, D-Mass., author of a pending bill to ban BPA from food and drink containers. Sen. Dianne Feinstein, D-Calif., has a similar proposal in the Senate.

Activists, including the Environmental Working Group and the Natural Resources Defense Council, cite studies that link BPA to breast cancer, heart disease, diabetes and other health problems. Bans are "not

necessary," says Steve Hentges, a BPA specialist at the American Chemistry Council, which opposes the bans. He says research shows BPA is safe.

"It's a ripe state issue," says Adam Schafer, executive director of the non-profit National Caucus of Environmental Legislators, because BPA is not federally regulated. He says more parents are concerned and major retailers have stopped selling baby bottles with BPA. To read more, visit:

<http://snardfarker.ning.com/profiles/blogs/states-move-to-ban-bpa-fda> or

<http://blogs.healthfreedomalliance.org/blog/2010/02/23/states-move-to-ban-bpa-fda-stays-silent/>

* Plastic containers have triangular recycling codes on the bottom. Some numbered 3 and 7 may contain BPA. Those numbered 1, 2, 4, 5 and 6 very likely do not.

* Do not put warm or hot liquids into BPA containers.

* Do not use them if scratched.

* Most baby bottles are BPA-free because of voluntary changes by major manufacturers. Pacifiers and toys use materials without BPA.

Do Our Organs Have Memories?

Transplant patients sometimes take on part of their donors' personalities.

Glenda lost her husband, David, in a car crash. She made his organs available for transplant. A few years later, as part of a study by neuropsychologist Paul Pearsall, she met the young Spanish-speaking man who had received her late husband's heart. Filled with emotion, Glenda asked if she could lay her hand on his chest. "I love you, David," she said. "Everything's copacetic."

The young man's mother, also present, was startled. "My son uses that word now," she said. "He never said it before his heart transplant. I don't know that word; it doesn't exist in Spanish. But it was the first thing he said after the operation."

Her son appeared to have changed in other ways too. Before, he had been a health-conscious vegetarian; now he craved meat and greasy food. He had loved heavy metal music; now he played nothing but fifties rock 'n' roll. Glenda's husband had been an ardent meat-lover and played in a rock 'n' roll band. Does the heart have a memory? Is part of an organ donor's personality also transferred to the recipient in a transplant?

Yes, contends Pearsall in his book *The Heart's Code*, which provides other remarkable examples of transplanted hearts with memories.

An 8-year-old girl received the heart of a 10-year-old girl who had been murdered. The recipient ended up at a psychiatrist's office, plagued by nightmares about her donor's murderer. She said she knew who the man was. After a few sessions, the psychiatrist decided to notify the police. Following the girl's instructions, they tracked down the murderer. The man was convicted on evidence she had provided the first clues about: the time, the weapon, the place, the clothes he wore, what his victim told him. Everything the girl said turned out to be true.

Pearsall's book is based on 73 heart-transplant cases in which parts of the donors' personalities appear to have been transferred to the recipients. Pearsall argues that the brain is not the only centre of human intelligence. The heart, he says, carries equal importance. He posits that the body is made up of cells that transmit "information." Cells communicate this information to each other electromagnetically. Thus a transplanted organ can continue to broadcast old information, something like amputees' experience of pain in lost limbs. Phenomena like these suggest cells have memories.

Critics deny the existence of proof that memories can be transplanted along with organs, and fear such assertions will cause donor numbers to fall. Some non-believers attribute personality changes in transplant recipients to the heavy drugs they must take to prevent organ rejection.

But what should we make of the documented story of an 8-year-old Jewish boy who died in a car wreck? His death was the salvation of a 3-year-old Arab girl with a dangerous heart condition. As soon as the girl woke up

from the anaesthesia after surgery, she asked by name for a type of Jewish candy she could not have known existed.

Pearsall's book raises fascinating questions that shake the foundations of science.

<http://www.care2.com/greenliving/do-our-organs-have-memories.html> or <http://blogs.healthfreedomalliance.org/blog/2010/02/23/do-our-organs-have-memories/>

Coffee: The New Health Food?

By Sid Kirchheimer

<http://blogs.healthfreedomalliance.org/blog/2010/02/24/coffee-the-new-health-food/>

Want a drug that could lower your risk of diabetes, Parkinson's disease, and colon cancer? That could lift your mood and treat headaches? That could lower your risk of cavities? If it sounds too good to be true, think again.

Coffee, the much maligned but undoubtedly beloved beverage, just made headlines for possibly cutting the risk of the latest disease epidemic, type 2 diabetes. And the real news seems to be that the more you drink, the better.

Reducing Disease Risk: After analyzing data on 126,000 people for as long as 18 years, Harvard researchers calculate that compared with not partaking in America's favorite morning drink, downing one to three cups of caffeinated coffee daily can reduce diabetes risk by single digits. But having six cups or more each day slashed men's risk by 54% and women's by 30% over java avoiders.

Though the scientists give the customary "more research is needed" before they recommend you do overtime at Starbuck's to specifically prevent diabetes, their findings are very similar to those in a less-publicized Dutch study. And perhaps more importantly, it's the latest of hundreds of studies suggesting that coffee may be something of a health food — especially in higher amounts.

In recent decades, some 19,000 studies have been done examining coffee's impact on health. And for the most part, their results are as pleasing as a gulp of freshly brewed Breakfast Blend for the 108 million Americans who routinely enjoy this traditionally morning — and increasingly daylong — ritual. In practical terms, regular coffee drinkers include the majority of U.S. adults and a growing number of children.

"Overall, the research shows that coffee is far more healthful than it is harmful," says Tomas DePaulis, PhD, research scientist at Vanderbilt University's Institute for Coffee Studies, which conducts its own medical research and tracks coffee studies from around the world. "For most people, very little bad comes from drinking it, but a lot of good."

There's also some evidence that coffee may help manage asthma and even control attacks when

medication is unavailable, stop a headache, boost mood, and even prevent cavities. To read more:

<http://men.webmd.com/features/coffee-new-health-food?print=true>

Many blessings being sent your way!
Until next time...

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