

MASTERS OF HEALTH



HAPPY NEW YEAR 2024!



The
World
of
Frequencies

KARIN TAG

WE ARE NOT VICTIMS OF OUR GENETICS; WE ARE MASTERS OF OUR HEALTH

HEALTH IS A NEW LUXURY

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Quercetin – a flavonoid from fruits and vegetables, boosts the immune system.



Image on the background, artwork by George Lewis
Exuberance. Acrylic on Canvas 40 x 60 inches



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Robert F. Kennedy Jr.



Welcome to the JANUARY 2024 issue of MASTERS OF HEALTH MAGAZINE & HAPPY NEW YEAR!

A Note from the Editor

How fast this turbulent year passed. Astrological aspects predict 2024 will be a year of dramatic, life-changing events. So, brace yourself, prepare, and adapt. Also, get involved and stay [well informed](#). [Door to Freedom](#) and [Stand for Health Freedom](#) are excellent resources, as are all the other activist sites in [MOH](#). Be as vigilant as [Janus, the ancient Roman deity](#) January was named after. He presided over the beginnings and endings of conflicts and is depicted with two faces to look forward and backward to guard and protect in times of war and peace.

We are starting the New Year with a powerful insight on utilizing healthy sound frequencies to protect yourself and attract peace and happiness. Our feature for January is the talented Karin Tag, [GEP Minister for Peace and World Affairs](#). While at the [GEP 2023](#) in Kolkata, India, I experienced firsthand Karin's healing frequencies produced by her beautiful operatic voice and crystal bowl. Read about Karin's fascinating life journey and her gifts to the world. From a young explorer to a global humanitarian. From her establishment of the [Council of World Elders](#) to her lovely Crystal-Voice Frequency mission. Karin dedicates herself to developing new solutions for world peace and preserving ancient wisdom, knowledge, culture, and the environment.

Everything in the Universe is composed of frequencies. Improving the quality and balance of frequencies in our environment can restore health and bring peace globally. The application

of various sound frequencies is a powerful healing modality.

[Sharry Edwards](#), pioneer of [Vocal Profiling](#) and founding Director of [Sound Health Research Center](#), has been researching the fascinating science and math of voice frequencies for over 35 years.

Enjoy a glimpse into the [Global Energy Parliament 2023 \(GEP\)](#), with some photos in my article, [Enviro-Education](#) and [GEP 2024](#). Consider joining the [GEP](#).

Enjoy the FREE [Regeneration is Life](#) pdf booklet from Dr. Vandana Shiva's [Navdanya International](#) and [Regeneration International](#), and the FREE [Regenerative Festive Food Guide](#) pdf by Rachel's Farm. Share these gifts with your family and friends.

Take an [SSU](#) course on [Regenerative Health](#) from [Dr. Michelle Perro, MD, Pediatrician](#) or on [Regenerative Agriculture](#) from [Prof. André Lieu, D.Sc, BA Com., Grad Dip Ed.](#)

Articles from our master contributors will enrich your knowledge on vital topics. The exposés and solutions in this issue will motivate you. And, Steve's beautiful harp music will help calm you during a predicted challenging start to the New Year.

Lady Carla Davis, MPH
Exec. Editor,
Masters of Health Magazine

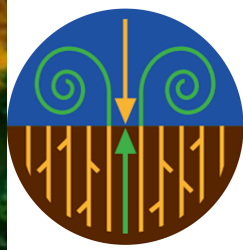
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and empower yourself and your loved ones. Share the knowledge.**

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#ReadOnline

#SpreadAwareness
#BeConsciousNow

#Healthiswealth
#Staymindfull



**REGENERATION
INTERNATIONAL**

REGENERATIVE AGRICULTURE
AS · A · CLIMATE · SOLUTION



***Let GMO-Free Food Be Your Medicine and
Let Medicine Be Your GMO-Free Food***

**USE OUR UPDATED GUIDE TO AVOID
CARRAGEENAN IN ORGANIC FOOD**

KARIN TAG



Author, Lecturer, and Singer
Founder and President of the Council of World Elders
Minister for Peace and Global Affairs of the
Global Energy Parliament
Royal Attaché of the Kingdom of
Hohoe Gbi Traditional Ghana

Karin Tag was born on February 17, 1969, in Frankfurt am Main, Germany. After finishing high school, she completed her vocational training as a geological preparateur at the internationally renowned Senckenberg Museum in Frankfurt am Main. Her tasks at the museum ranged from preparation of fossils to the supervision of archaeological sites in Germany.

After the early death of her mother, Karin Tag set out in search of the truth and studied many religions and cultures. This was followed by an intensive study of the biblical scriptures, the reconstruction of Solomon's temple, the writings of Pythagoras and the research of Aristotle. In 2012, she received the personal blessing of Pope Benedict XVI.

She was also very interested in Celtic, especially the Avalonian tradition, which she revived by founding the Avalonian School, where students learn the ancient rituals and traditions of the annual cycle.

Through her many travels she came into intensive contact with Hinduism, but also with shamanism, and experienced some important initiations from Inca shamans in Peru as well as shamans of Nepalese and European traditions. Through her close collaboration with the Mayan elder Hunbatz Men, she was initiated into the Mayan traditions. This was followed by teachings of Sufism and the Koran. In 2015, she undertook a pilgrimage to Mecca. For several years now, Karin Tag has been intensively studying the teachings of Buddha and networking with monks from various Buddhist schools around the world.

In 2009, she founded a private museum for ethnological cultural art and has received valuable exhibits from various ethnological groups for this purpose, including what is known as the "crystal library."

On a second educational and training path, Karin Tag launched a career as a soprano (opera singer). Her first success on the stage was in an oratorio performance at just 12 years of age. At age 33 she ended her career as a soprano when her two children were born. As a freelance artist, she now writes innovative music, influenced by musical styles from various international cultures. She has produced several CDs and gave numerous private concerts successfully, also in Christian churches. With her voice and a crystal singing bowl she gives healing sessions and concerts, so-called VoiceHealings.

Karin Tag began her spiritual career by training as a Reiki Master Teacher. She gave meditation courses and healing sessions. This was followed by a lifelong study of medicinal herbalism. Since 1995 she has been a full trance medium, connected with the Seraphim Angels. Training as a certified aromatherapist and certified mental coach round off her range of activities. In addition to her work as a medium, Karin Tag now supports many people as a coach and personal trainer with a specially developed mental training program.

With her Crystal Clear Mental Training, Karin Tag offers mental coaching for the areas of career and success, sport and exercise, stress management, mental training for artists and children and topics such as joie de vivre, motivation, love and happiness.

Karin Tag published her first book in 1994 followed by nine additional books. They revolve around topics such as spirituality, personal counseling, alternative healing methods, and fringe sciences. She has also published children books and poetry. Some books have been translated into other languages (5 different languages) and published in the respective countries.

In 2009, Karin Tag founded the Council of World Elders. It unites representatives of indigenous

The Council of World Elders now encompasses honorary members and 13 global advisors from Bansah, the King of Ghana and His Excellency Mozambique.

To honor Joaquim Chissano's achievements for justice in Africa he was awarded by the Council Parts of the award is a donation to encourage excellence, as well as a precious feather of cut ci

On an ethnological-political level, Karin Tag has engagement. She has received honors for further diversities. His Majesty King Bansah, King of Tradit work in Africa. Together with celebrities such as and star designer Harald Glöökler, Karin Tag leads Amazon Rainforest.

With the Head Office of the Council of World conferences dedicated to the development of ne and environmental education for all ethnic grou projects, she is committed to the preservation o establishment of schools and educational center

In 2010, she supported the Mongolian shaman ar trees in Mongolia. Since 2012 for example she s being built under the leadership of Lama Tshewan

This was followed by further humanitarian aid projects for earthquake victims in Nepal and Turkey as well as the construction of a bridge in Ghana. Her engagement is always religiously neutral. For two decades now she has been

supporting worldwide peace-building projects regardless of religious backgrounds.

Noelle





Council of World Elders

Healing the Earth for World Peace

Healings



The World of Frequencies

by Karin Tag

Author, Lecturer, and Singer

Founder and President of the Council of World Elders

Minister for Peace and Global Affairs of the GEP

Royal Attaché of the Kingdom of Hohoe Gbi Traditional Ghana

The world we live in is shrouded in emotional processes. During the encounter with our subconscious, this forces us to experience mindfulness and self-realization. On the journey to a new level of spiritual realization, many of us have personally experienced emotional confrontations with fear, anger, guilt, grief, or hopelessness. With the feeling of burnout or a frightening loss of control from the emotional and economic experiences triggered by the Corona crisis, people went into self-defense mode.

On the scientific basis of quantum physics, our lives and the materialization of reality are from their vibrational field of frequencies. Thus, people live in vibration with their emotions. How many of us realize this?

Currently, many are in the vortex of a perception of war and unrest, along with the emotional frequency of fear or anger about the global political situation. All these difficulties and manipulations create a frighteningly low level of life energy.

Sigmund Freud and C. Gustav Jung already divided the different levels of emotional consciousness into a scheme. Depending on the traumatic experience, certain stimuli from the outside world, triggered by different sensory perceptions, set off emotional patterns. This often drives the individual into self-defense, guilt, inferiority, fear, or anger mode. It happens unconsciously and in complete ignorance of the resulting consequences.

The respective frequencies of the emotions experienced can also be expressed nicely in life energy. For example, emotions such as shame, guilt, grief, fear, anger, and resentment have a low quality of life energy. On a scale of 0 - 1000, the measured value of life energy in a range of 20 - 125 is alarmingly low. The consequences of a constantly low-frequency range bring about illness and depression. People who dedicate themselves daily to the injustices of the world and the fight against external manipulation are often unaware that they are operating at a low level of life energy. In this self-defense mode, a change in world events seems almost hopeless. Fighting or protesting against something means being permanently drained and powerless at the levels of emotional anger in a life energy of approximately 150. Even if goals are just and understandable, a persistent frequency of stress means low life energy. Assisting these people with sound frequencies can help transcend them into a higher life energy frequency.

With the emotional field of acceptance (it is what it is), neutrality, love, joy, peace, willingness, and gratitude frequencies are unlocked. They reach a measured value of 350 - 700 life energy on the same scale. People who consciously work on themselves and observe their emotions with mindfulness not only lead a healthier and happier life, but they can also use these frequencies to manifest peace for our planet and help to free the earth and humanity from trauma. Optimism, forgiveness, life affirmation, and understanding can thrive in this vibration and allow happiness to grow in all things.

Dear Presidents, Prime Ministers, Kings, Queens, and Leaders of Planet Earth,

We are all inhabitants of planet Earth who desire a happy, peaceful life. Past centuries have shaped humanity into different cultures and religions. Various world events have traumatized humanity, embedding people in a self-defense mode without realizing it.

I'm calling on you to use your position to provide immediate help to overcome the suffering people are experiencing. Please recognize your responsibility for the children of this earth and make peace possible through education and knowledge about dealing with emotions, independent of any religion. Please introduce methods that teach awareness of consciousness.

Inspire others to create peace within themselves and view this task as your responsibility. Find your reward and place in history among leaders who had the courage to work for peace and overcome planetary suffering.

Peace is only possible when you recognize that de-escalation is possible by focusing on respect for different cultures and views, acceptance, and neutrality. Using education and techniques such as mediation, meditation, and sound therapy to elevate consciousness in a neutral, nonreligious way will enable humanity to live successfully, happily, and peacefully on Earth. Strive to make it happen.

As President of the Council of World Elders, Member of the Global Energy Parliament, Minister of Peace and Global Affairs, Royal Attaché of the Kingdom of Traditional Hohoe Ghana, and a loving mother of two fantastic children, I wish us all a suffering-free, happy, and peaceful life, and a healthy planet Earth.

With love for all beings,

Karin Tag
GEP Minister for Peace and Global Affairs



Qi Blanco:

**REWRITING THE RULES OF HEALING
AND STRENGTHENING THE BODY THROUGH THE
MYSTERIOUS 4TH PHASE OF WATER.**



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next step**

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They're just like, okay,



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MEDITATION
IS FOR YOU!**

Sinking  blowing





BIODIVERSITY IS HEALTH



At the the COP28 climate conference, Navdanya International presents its new illustrated booklet, **“Regeneration is Life: An agroecological paradigm to overtake the climate crisis”**. Humanity now stands at a crossroads of two visions for our future. One sees the greater consolidation of the industrial paradigm, leading us to a dystopian future, and the other sees the regeneration of our planet through agroecology, the protection of biodiversity, local economies and regenerative food cultures.

We have the chance to follow the path of regeneration by sowing the seeds of the future through participating in democratically shaping our food systems, and food cultures. **Download Pdf**

Illustrations by Chiara Vercesi <https://www.chiaravercesi.com/>
Digital Story by Friendly Farms <https://www.friendlyfarms.org.au/>

VANDANA

"Biodiversity is life.

Biodiversity weaves the web of life.

It is not corporate 'intellectual property'.

It is not a financial asset of those whose greed drives biodiversity extinction and loss."

— Dr Vandana Shiva



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Our **SSU/Regenerative Health (RH)**, 5-week Online Certificate Course provides the following information:

- **What is making our children sick: The state of our health and how we got here.**
- **An algorithm on how to move from dependency on pharmaceuticals towards food-based solutions to address health concerns and challenges**
- **Making our children well: A look at the microbiome**
- **Nutrition for Health Basics with practical solutions**
- **Homeopathy as a safe, effective, and affordable tool for managing acute and chronic health situations**
- **The Global Children's Environmental Health Bill of Rights**

Based on solid research, ancient wisdom, as well as clinical expertise, this course is filled with practical solutions to utilize with children, your own lives, and professionally.

Educator, physician, and pediatrician Dr. Michelle Perro, MD, is the co-author of the highly acclaimed book, *What's Making our Children Sick?*, and her second book, *Making our Children Well*, in the making.

Michelle Perro, MD, D.Hom

CEO: www.gmoscience.org

Founder: www.drnichelleperro.com

Co-Author: *What's Making our Children Sick?*

What's Making Our Children SICK?

How Industrial Food Is Causing an
Epidemic of Chronic Illness,
and What Parents (and Doctors)
Can Do About It

EXPLORING THE LINKS BETWEEN
GM FOODS, GLYPHOSATE, AND GUT HEALTH

Michelle Perro, MD *and*
Vincanne Adams, PhD



**LISTEN TO AN
AUDIOBOOK
SAMPLE!**

**The Perfect Storm of
Toxic Food, Sick
Kids, and the Limits
of Medicine**

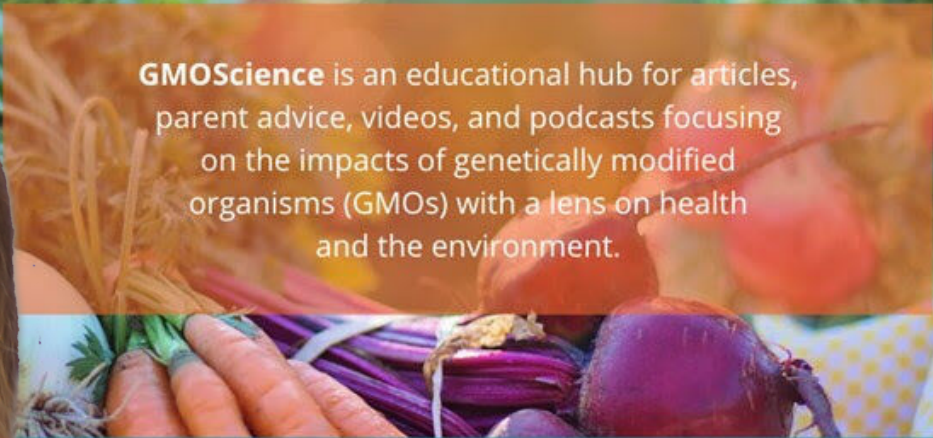
***Exploring the links
between GM foods,
glyphosate, and gut health***

With chronic disorders among American children reaching epidemic levels, hundreds of thousands of parents are desperately seeking solutions to their children's declining health, often with little medical guidance from the experts.

***What's Making Our
Children Sick?***

convincingly explains how agrochemical industrial production and genetic modification of foods is a culprit in this epidemic. Is it the only culprit?

No. Most chronic health disorders have multiple causes and require careful disentanglement and complex treatments. But what if toxicants in our foods are a major culprit, one that, if corrected, could lead to tangible results and increased health? Using patient accounts of their clinical experiences and new medical insights about pathogenesis of chronic pediatric disorders — taking us into gut dysfunction and the microbiome, as well as the politics of food science— this book connects the dots to explain our kids' ailing health.



GMOScience is an educational hub for articles, parent advice, videos, and podcasts focusing on the impacts of genetically modified organisms (GMOs) with a lens on health and the environment.

Michelle Perro, MD, is an acute and integrative primary care pediatrician. She leads GMOScience with a focus on regenerating health through organic food.

Dr. Michelle Perro, MD, Pediatrician

Regenerative Health

www.GMOScience.org

As pediatric integrative clinicians, we are trained to examine children’s health trends, scrutinizing the nuances of our littlest ones’ health, and digging into the weeds with hopes to discover the root causes of what’s making our children sick. The fact that chronic diseases now affect more than half of American children should wake up everyone who cares for our most vulnerable.

My former column with the Townsend Letter (Pediatric Pearls) focused on case studies and promoting the integrative tool box for practitioners. However, the recognition that we are bandaging the problems by not identifying and treating the greater root causes supported the need for greater action.[1]

~~More Studies? There is no doubt that we’ve identified the major contributors of why our children’s~~

In 2014, a group of moms from Marin County, CA, worked together on a campaign to stop the spray of pesticides against the light brown apple moth that was to occur along the entire coast of California. We then banded together to shed light about genetically modified organisms (GMOs), their concomitant application of pesticides, and explore critical unbiased science as to their impacts on human and environmental health. GMOScience.org was then birthed by two MDs and an environmental lawyer, designed to counter the endless biased litany of pro-GMO literature flooding the internet.

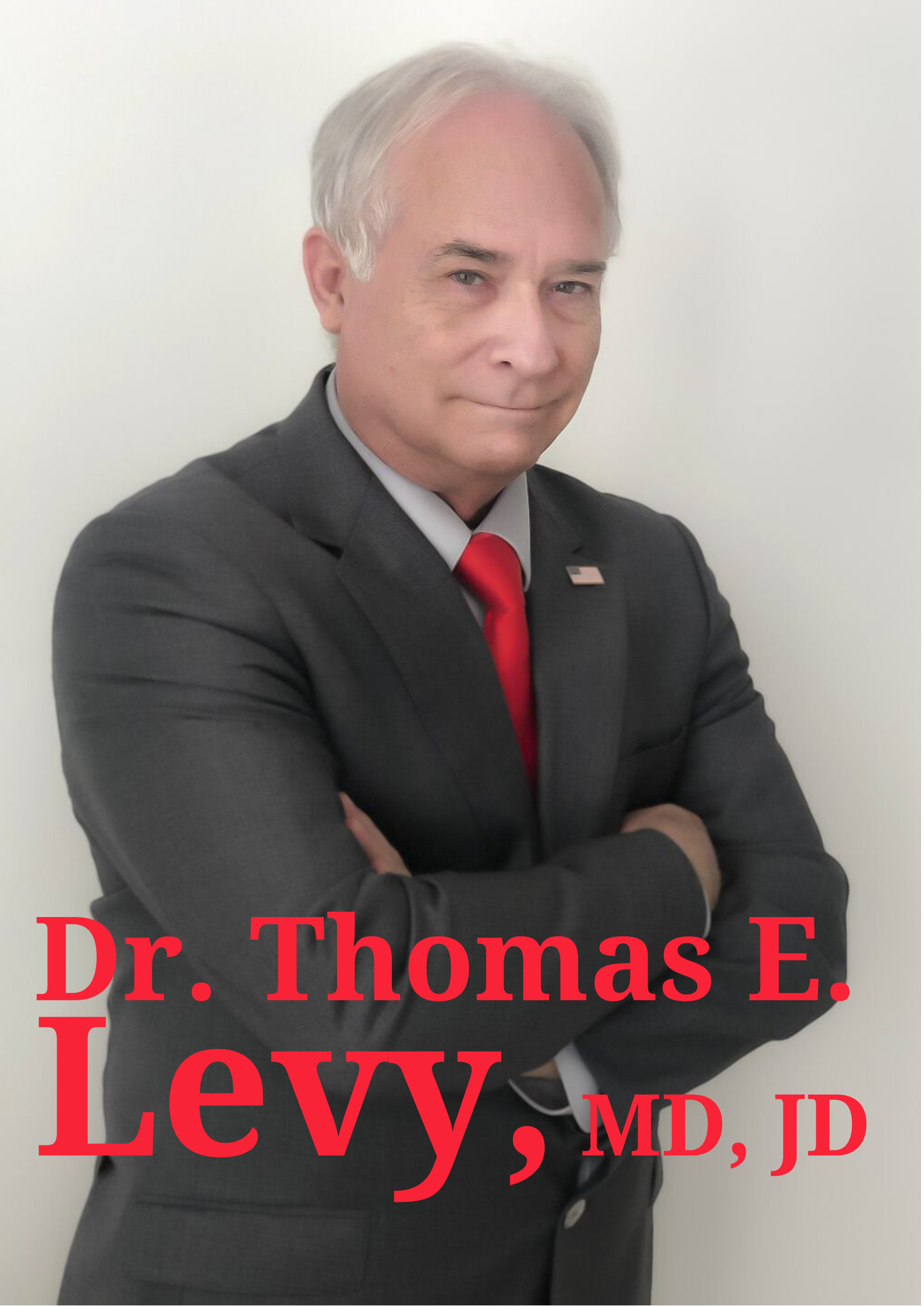
Resilience and flexing with the changing times since has promoted our growth and development to expand our focus and work towards other goals, such as the education of parents, specifically with an eye on the regeneration of our children’s health. Although we have tackled many relevant topics, our main focus has shifted to a solutions-based/food-as-nourishment/medicine/educational platform.

And we did stop the spray.

An Educational Inclusive Umbrella: The New GMOScience.org

I recognized that my four decades of work on behalf of our children was interrelated and needed





**Dr. Thomas E.
Levy, MD, JD**

Dr. Thomas E. Levy, MD is a board-certified cardiologist and a bar-certified attorney. After practicing adult cardiology for 15 years, he began to research the enormous toxicity associated with much dental work, as well as the pronounced ability of **properly-administered vitamin C to neutralize this toxicity.**

He has now written 13 books, with several addressing the wide-ranging properties of vitamin C in neutralizing all toxins and resolving most infections, as well as its vital role in the effective treatment of heart disease and cancer. Others address the important roles of dental toxicity and nutrition in disease and health.

Inducted into the ***Orthomolecular Medicine Hall of Fame*** in 2016, Dr. Levy continues to research the impact of the orthomolecular application of vitamin C and antioxidants in general on chronic degenerative diseases. His ongoing research involves documenting that all diseases are different forms and degrees of focal scurvy, arising from increased oxidative stress, especially intracellularly, and that they all benefit from protocols that optimize the antioxidant levels in the body.

His latest book, ***Rapid Virus Recovery***, is being given away to anyone who will download it, demonstrating that a proper protocol of hydrogen peroxide nebulization will reliably resolve COVID, often in its advanced stages, as a monotherapy. Other effective ways to eradicate the virus are discussed as well.

Instagram @drthomaslevy

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Website: www.peakenergy.com



TomLevyMD.com

Heart Failure or Therapy Failure? Toxins Cause Cardiomyopathy Part 2.

by Dr. Thomas E. Levy, MD, JD

COVID Spike Protein: Persistent spike protein (PSP) syndrome is seen when the COVID pathogen-related spike protein stays in the body following a COVID vaccination and/or because it was never completely eliminated following an unresolved COVID infection (chronic or long-haul COVID). [80-82] While the spike protein has been found throughout the body in autopsy studies on COVID patients, it appears to have a particular predilection for attacking the heart and its blood vessels. [83-88]

The spike protein inflicts damage in the heart and elsewhere in the body by multiple mechanisms. These mechanisms include:

- Facilitating COVID pathogen entry into cells (ACE2 receptor binding). [89-91]
- Overstimulation of the immune response by being chronically present, evolving into an autoimmune disease. [92-94]
- Attacking not only tissue and organ cells directly, but also the walls of the blood vessels and the platelets circulating in them, resulting in the increased formation of blood clots. [95,96]
- **Intrinsic toxicity** of both the complete spike protein as well as **fragments** of it. [97-99]
- The ability to enter the genome of the cell where it currently cannot reliably be eradicated, along with the seeming ability to be replicated indefinitely. [100]

Myocarditis, often evolving heart enlargement and heart failure, can result from the spike protein exposure following COVID vaccine(s) and/or from its persistence presence in chronic COVID. However, many cases of spike protein myocarditis, probably a substantial majority, are chronic, smoldering conditions that remain undiagnosed except when there is clear clinical evidence indicating its presence.

PSP syndrome routinely involves the heart, even when not readily apparent clinically. In fact, the spike protein has such a preference for heart muscle that chronic COVID or post-vaccination patients are unlikely to ever have spike protein or its pathological impact elsewhere in the body while sparing the heart. In autopsies of patients who died of COVID-19, either COVID-related viral RNA or evidence of myocardial inflammation was seen more than 80% of the time. [101] Another autopsy study revealed spike protein presence over 60% of the time. [102]

Clinically significant myocarditis secondary to PSP can often be missed and completely **unsuspected** clinically due to the patchy and limited nature of many cases of spike protein myocarditis. [103] In a case report, conduction system cells (AV node) of the heart were selectively inflamed, suggesting why even a minimal, undetected spike protein myocarditis can trigger lethal arrhythmias. [104] In another case report autopsy, the spike protein in the heart was most dominant in the AV node as well as in the pacemaker cells in the atrium. Scattered throughout the heart were **single** necrotic (dead) heart cells, adjacent to viable cells. [105] Another autopsy study also reported this single-cell death in COVID hearts. [106,107]

Unlike the other toxic cardiomyopathies, spike protein only rarely involves the whole heart, and the amount of heart muscle involvement can be very minimal. Nevertheless, sudden cardiac death (not from a heart attack due to "traditional" coronary atherosclerosis) is no longer uncommon, and it appears a substantial number of individuals around the world can be symptom-free and still be liable to life-threatening arrhythmias under conditions of stress, including

Much of this mitochondrial research has focused on defects in the electron transport chain (ETC) embedded in the membranes of the mitochondria. The ETC directly fuels the ATP synthase enzyme vital to the production of ATP at the end of that chain. The ETC has four main complexes, or steps, that work to optimally shuttle electrons to the terminal ATP-producing enzyme. [118,119] These complexes and their significant characteristics can be summarized and **simplified** as follows:

- Complex I: NAD (nicotinamide adenine dinucleotide) in its reduced form, NADH, starts the electron donation sequence.
- Complex II: FAD (flavin adenine dinucleotide) in its reduced form, FADH₂, continues the electron relay to ubiquinone (oxidized coenzyme Q10 [CoQ10]).
- Complex III: Ubiquinol (reduced CoQ10) relays the electrons to cytochrome c.
- Complex IV: Cytochrome c oxidase then receives the electrons where molecular oxygen is bound and reduced to water.
- ATP synthase (also known as complex V) is then activated to complete the ETC electron shuttling with the subsequent production of ATP.

Mitochondrial dysfunction is most successfully addressed when the substrates of the ETC (NAD, FAD, CoQ10) are either directly supplemented or the precursors needed for their synthesis are supplemented. Fueling the ETC not only produces more ATP, it also results in **less oxidative stress** being generated in the process by the ETC agents as mitochondrial function becomes more efficient and total cellular oxidation declines. [120,121] And when ATP can be increased and oxidative stress can be decreased, mitochondrial **healing** can take place. Such healing is suggested in a study that found cardiovascular mortality to **remain reduced** for eight years following the completion of a four-year period of supplementation with CoQ10 and selenium. [122]

Defects in the ETC have been specifically identified in heart failure and are always present. [123] In even the most advanced cases of heart failure, most affected hearts still have inflamed but viable heart cells that can be positively impacted with improved ATP production. Aside from the chelation therapies noted above, bolstering mitochondrial function has been a major physiological goal in the treatment of heart failure. [124] While heart disease can occur from inherited mitochondrial disorders, most cases of heart failure are due to diseased mitochondria **because of** the pathogens and accumulated toxins in the heart. [125]

Traditional medicine has no drugs which directly work to normalize mitochondrial dysfunction in heart failure patients. Instead, all the current prescription drugs work only to basically mobilize excess fluid accumulations and/or to lessen the workload (peripheral resistance) faced by the failing heart muscle. This is not to say that there is no place for these drugs, only that they should not be the only agents given to the patient. As with most prescription drugs, the therapeutic goal appears limited to symptom improvement while letting the underlying pathology continue to evolve. Traditional medicine is much better at diagnosing and naming medical conditions than at reversing or resolving them.

When targeted therapies capable of entering the ETC of the mitochondria and improving ATP production are utilized, the clinical response in heart failure is often dramatic. These include many of the patients considered to have terminal congestive cardiomyopathies and no possibility of improvement or significant long-term survival without heart transplantation.

CoQ10 is the most researched of these ETC-targeted therapies for cardiomyopathy, and its enormous benefits on cardiac function have been well-documented. The especially vital role of CoQ10 in supporting ATP production in the heart is reflected in its concentrations in different tissues in the body. Far more CoQ10 is found in the heart than is found in any of 12 other human tissues examined. Furthermore, the heart contained roughly twice as much CoQ10 as the kidneys, the organ/tissue in the study with the second highest CoQ10 concentrations. Non-cardiac muscle had only one-third of the CoQ10 as the heart muscle. [126]

As CoQ10 increases the energy production in all the cells in the body, it should not be surprising that studies have shown its benefits in a wide variety of diseases. Low levels have been documented in many medical conditions, along with evidence of its clear benefits when properly supplemented or administered. Such conditions include the following:

- Brain disorders, including Parkinson's disease and Alzheimer's disease, stroke, and depression [149-152]
- Autism [153]
- ADHD (Attention Deficit Hyperactivity Disorder) [154]
- Hypertension (high blood pressure) [155-158]
- Coronary artery disease (atherosclerosis) and acute myocardial infarction [159-162]
- Improved clinical outcome post-coronary bypass and post-coronary angioplasty [163,164]
- Atrial fibrillation [165]
- Asthma [166,167]
- Obesity [168]
- Fibromyalgia [169]
- Diabetes (improved glucose and lipid profile) [170]
- Multiorgan failure when genetically deficient [171]
- Improvement in chronic kidney disease [172]
- Chronic lung disease [173]
- Fatty liver disease [174]
- Chronically increased oxidative stress [175]
- Vertigo [176]
- Sepsis and any critical illness [177-179]
- Statin cardiomyopathy [180]
- Statin myopathy (skeletal) [181]
- Eye disease [182]

As CoQ10 is one of few vital antioxidants that is synthesized in the body, aging accounts for much of its deficiency in the body. Older people make less CoQ10, generally have less of it in their diet, and have other medical conditions excessively consuming it. The average 80-year-old has only about 50% of the cardiac CoQ10 content as the average 20-year-old. [183,184] But its importance in cardiac function is the same regardless of age. Just as deficient hormone levels need to be restored to optimize health in the aging patient, CoQ10 needs to be similarly addressed as well, as it is essential for the optimal health of all cells. [185]

Additional supplementation can specifically target complexes I, II, and IV in the mitochondrial ETC to help optimize ATP production. Not only will such supplementation be of benefit in all the cells of the body, the increased ATP demands of the heart make them especially suited to help support and improve the failing heart. [186]

NAD (nicotinamide adenine dinucleotide) is the primary substrate fueling complex I. The primary way to keep NAD levels high, in addition to directly supplementing NAD itself, is to take large amounts of its primary precursor for being synthesized in the body. This role is served by niacin (vitamin B3) and its vitamers (like niacinamide). [199] Levels of both NAD and ATP have been documented to be significantly depressed in cardiomyopathy biopsy specimens. [187] Like CoQ10, niacin significantly improves all cardiovascular conditions, not just cardiomyopathy. [188-198]

A severe niacin deficiency state has also been documented to be the root pathology in schizophrenia and other brain disorders, consistent with the high ATP requirements of the central nervous system for normal function. [199] Severe niacin deficiency results in pellagra, a life-threatening condition that is also associated with diminished heart contractility. [200-202] Riboflavin (vitamin B2) also plays a critical role in optimizing mitochondrial ATP production. It serves as a precursor, or building block, for FAD, the primary electron-transferring substrate in

Hair analysis can also be very useful in evaluating heavy metal content in the body and should be done along with the provoked urine challenge. For example, autistic children had significantly higher levels of mercury, lead, arsenic, antimony, and cadmium compared to controls. [229] In another study, DMSA was shown to be effective in increasing mercury and antimony excretion in children with autism spectrum disorders. [230]

Heavy metal chelation is still rarely done, although it should logically become part of the standard-of-care treatment protocols for *most medical conditions and diseases*, even in the absence testing for heavy metal accumulation.

Antimony bears some additional attention, as its levels inside IDCM hearts were stunningly elevated as well. [48] Generally given little attention, antimony is ***as toxic, or even more toxic, than arsenic***. [231] Finding IDCM heart muscle with 22,000 times the normal level of mercury and 12,000 times the normal levels of antimony must not be disregarded as a curiosity, but ***must be regarded as the major reason for the decreased heart function, and treated with that in mind***. Significant antimony exposure is difficult to avoid, as levels in the air and water continue to increase due to multiple sources, including the significant leaching of antimony from plastic containers. [232-235]

Until definitively established otherwise, an enlarged and poorly-contracting heart (advanced congestive cardiomyopathy) must be assumed to be secondary to mercury and antimony accumulation in the heart muscle.

As discussed at length above, the evidence indicates that cardiomyopathies can be assumed to have significant heavy metal accumulation and/or ongoing low-grade chronic inflammation. Also, toxin presence in the form of spike protein accumulation will be encountered with increasing frequency in this continuing COVID pandemic.

Regardless of any test results, all cardiomyopathy patients should be taking one or more chelating, or toxin-mobilizing, agents. Furthermore, follow-up blood, urine, and/or hair testing should be done to establish that toxins are being mobilized because of the chelator administration. When testing clearly indicates high levels of one or more heavy metals in the heart, potent prescription chelation administration is often advisable, especially when heart failure is advanced. Such agents include, but are not limited to, the following: [236]

- EDTA (orally, intravenously; calcium disodium EDTA best choice)
- DMSA (orally; especially good for mercury and antimony) [237,238]
- DMPS (intravenously-very potent, can cause substantial detox symptoms)
- Dimercaprol (British anti-Lewisite [BAL]) [239]
- Penicillamine
- Deferoxamine
- Trientine (especially copper)

Important nutrient chelators or toxin mobilizers:

- Organic acids, including alpha lipoic acid, citric acid, and ascorbic acid [240-243]
- NAC (N-acetylcysteine)
- Glycine
- IP6 (inositol hexaphosphate)
- Carnitine [244]
- As much of a wide variety of antioxidants as is feasible, including bioflavonoids, amino acids, and any supplement or food with a ***high organosulfur content***. [245] Most chelators, including the prescription agents, are synthetic amino acid derivatives. [246]

Cellular Energy Production: All cardiomyopathies have deficient to severely deficient mitochondrial production of ATP. While a broad spectrum of quality supplements is always beneficial for any disease or medical condition, specific supplementation with a sufficient dosage

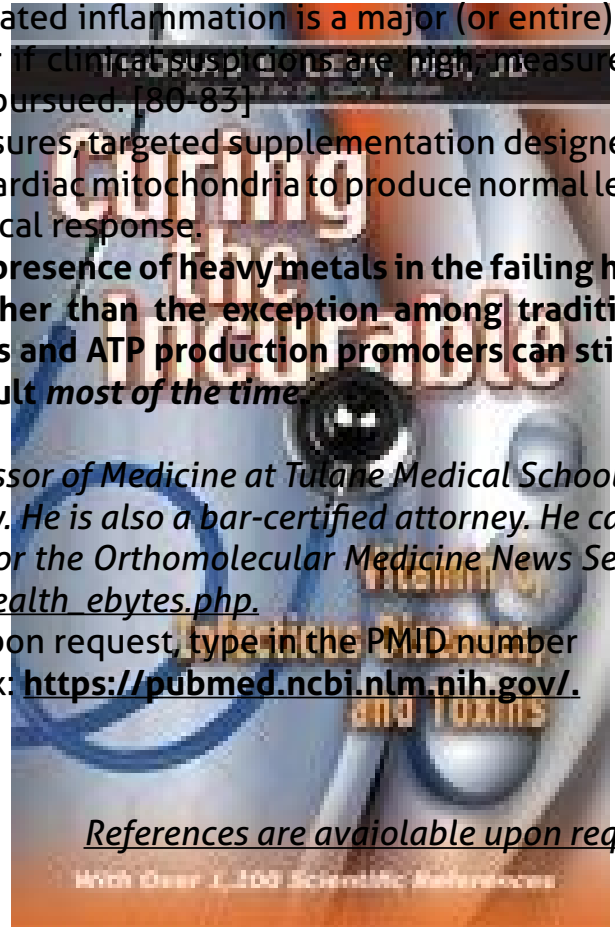
Depending on the patient history and laboratory findings, the clinician needs to decide whether chronic COVID with low-grade spike protein-mediated inflammation is a major (or entire) part of the pathology involved. If this is confirmed, or if clinical suspicions are high, measures to eradicate the spike protein should be vigorously pursued. [80-83]

In addition to the heavy metal/toxin removal measures, targeted supplementation designed to directly support and heal the failing ability of the cardiac mitochondria to produce normal levels of ATP is **essential** for an optimal cardiac and clinical response.

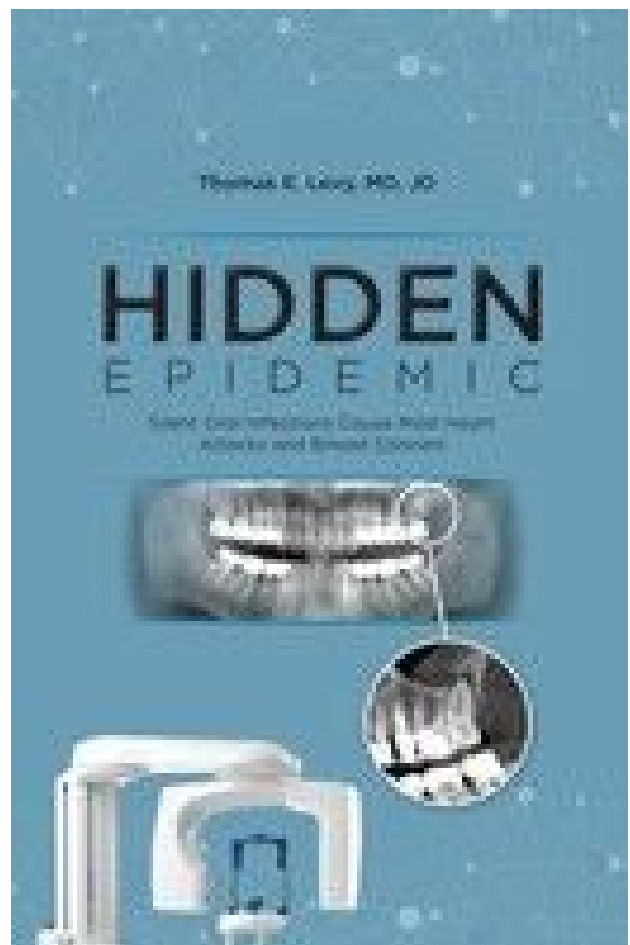
Even if there is refusal to acknowledge the likely presence of heavy metals in the failing heart muscle, which will continue to be the rule rather than the exception among traditional cardiologists, non-prescription nutrient chelators and ATP production promoters can still be taken as desired, and substantial benefit will result most of the time.

Thomas E. Levy, MD, JD is a former Assistant Professor of Medicine at Tulane Medical School and a past Fellow of the American College of Cardiology. He is also a bar-certified attorney. He can be reached at televymd@yahoo.com. All his articles for the Orthomolecular Medicine News Service can be accessed at https://www.tomlevymd.com/health_ebytes.php.

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References are available upon request.



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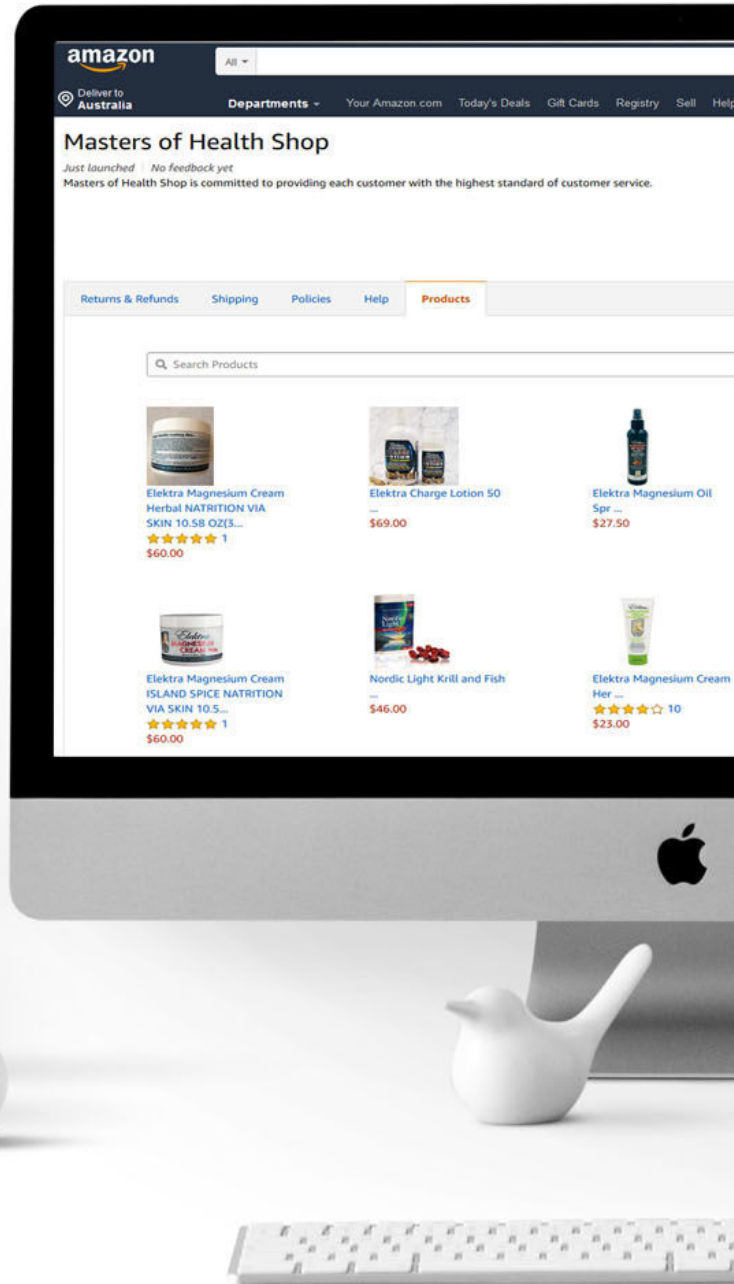
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Thomas E. Levy, MD, JD

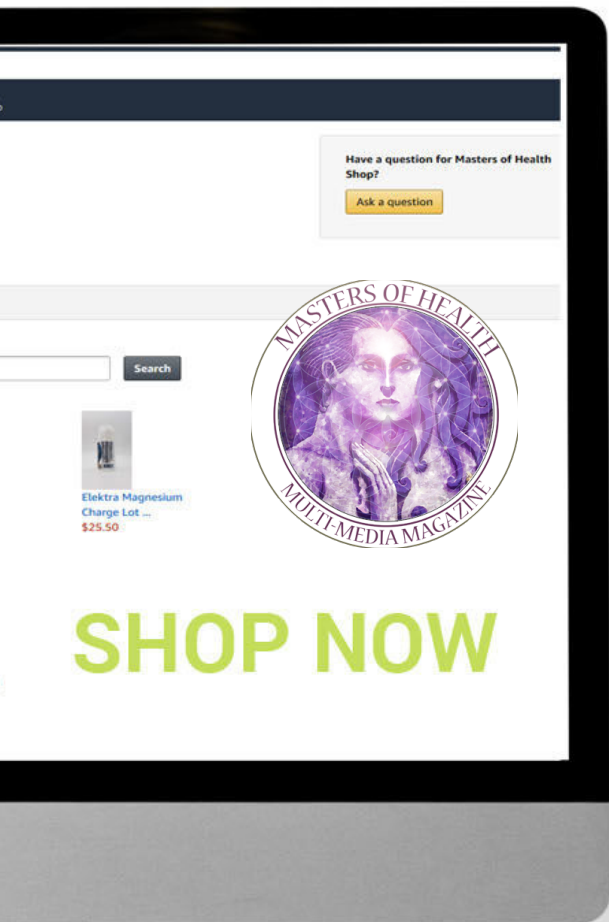
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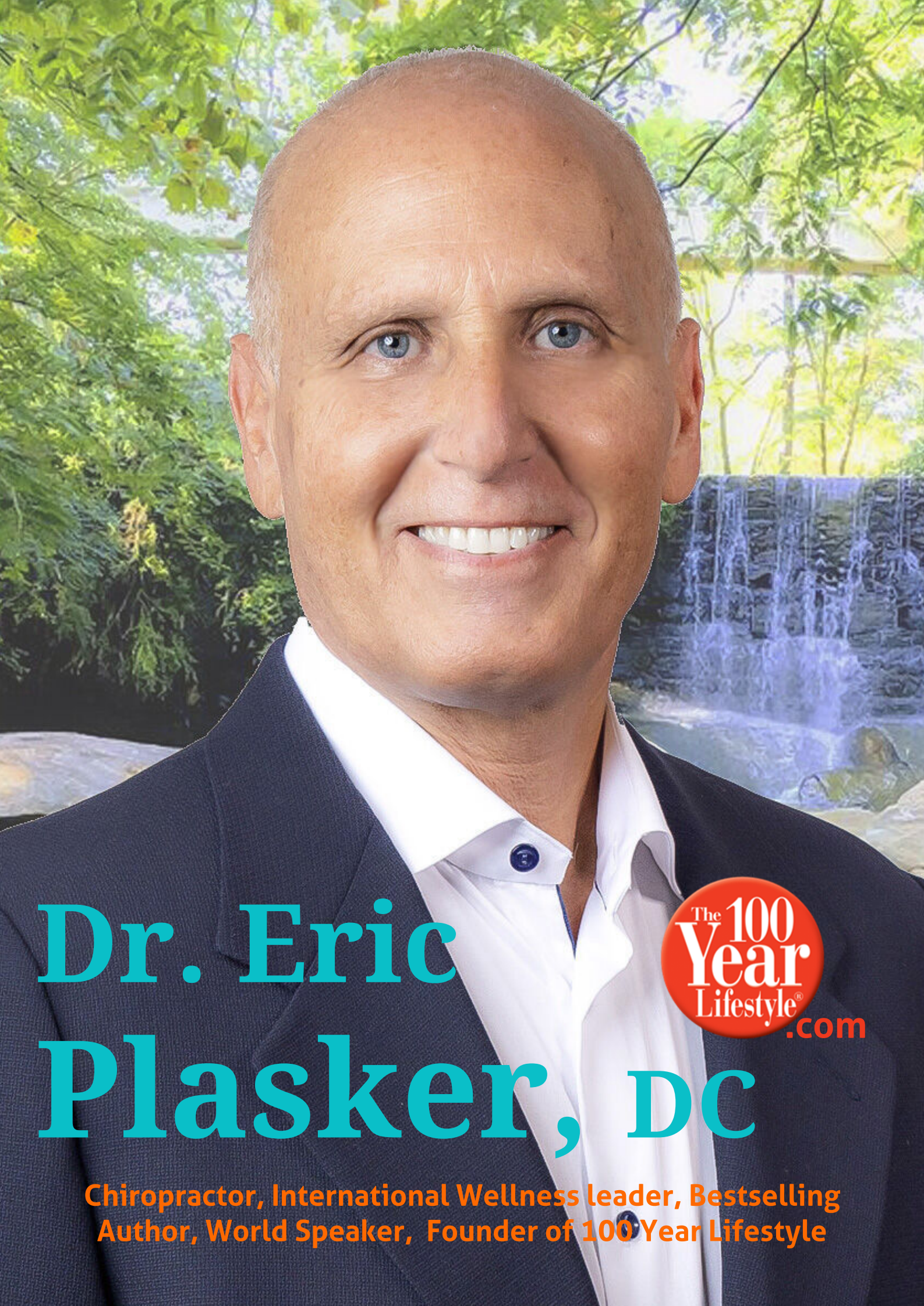
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Chiropractor, International Wellness leader, Bestselling Author, World Speaker, Founder of 100 Year Lifestyle

Dr. Eric Plasker is a **Bestselling Author**, **Creator of The 100 Year Lifestyle®**, **International Speaker**, **Chiropractor**, **Human Potential and Longevity Leader for Decades**.

Dr. Eric Plasker is the international bestselling author and creator of **The 100 Year Lifestyle**. He has been a practicing chiropractor since 1986, after graduating from Life Chiropractic College, now **Life University**.

With a primary focus on human performance, family care, and longevity potential, he has been a leader in the wellness and chiropractic industries for decades.

Dr. Plasker has trained over 10,000 doctors and traveled the world delivering practitioner Continuing Education training. He has empowered these doctors who now base their practice on the timeless truth that everyone deserves to be healthy and express their full potential from the time they are born through their last breath of life. He calls this living 100:100, at 100% for 100 years.

Additionally, Dr. Plasker enjoys bringing holistic consciousness to the masses, and speaks to **companies, communities, and organizations** on human potential, leadership, personal and cultural change, as well as the principles of The 100 Year Lifestyle. His fresh, innovative message is always cutting edge and relevant.

He has mastered the art of caring for high performance athletes by taking care of World Champions Division 1 Collegiate teams – and everyone in between. He loves educating athletes and everyday people about the body's innate intelligence, natural healing, and optimizing function through every phase of life.

Dr. Plasker has received many professional acknowledgements including the Distinguished Alumnus Award from Life University, the Presidential Award from the **California Chiropractic Association**, and the Literary Achievement Award from the **International Chiropractors Association** to name a few. He is currently serving on the **Chiropractic Future Strategic Plan Committee**.

He and his wife Lisa have been married 34 years and raised their family the 100 Year Lifestyle way. All three of their children are now practicing chiropractors. Dr. Plasker still **practices in Marietta, GA**.

A featured guest on traditional media, social media, and podcast interviews worldwide, Dr. Plasker is available to the media and for speaking engagements by contacting **info@100yearlifestyle.com**.

A Prescription Drug Solution

by Dr. Eric Plasker, DC

The high cost of prescription drugs is often in the news and a major issue on many levels. Therefore, individuals, families, communities, and politicians are searching for answers as the cost of drugs and health care skyrocket and people keep getting sicker. Thus, a prescription drug solution is vital.

The solution to this crisis goes way beyond the high cost of medications. In truth, the bigger problem is that we have become a drug-dependent culture and this needs to change right now.

Mind Control to Form Dependency

Big Pharma has bought control of our minds and our chemistry. Thus, leading us to believe that we need drugs to be healthy and survive. As a society we believe that there is a pill for every ill and that feelings are more important than function. Consequently, this type of thinking has put us in a crisis that needs immediate attention.

In truth, medications don't eliminate the underlying cause of disease. They mask the symptoms and, in many cases, especially with long-term use, cause diseases and conditions that are far worse than what they were originally designed to treat.

People may need medication for life-threatening emergencies or chronic diseases. The problem is that the "pill for every ill mentality" has become a brainwashing and addiction. This mentality has created an over-the-counter and prescription drugs dependency with untested, dangerous long-term effects.

None of these drugs were tested for an extended use that is in alignment with our life expectancy potential.

Incredible Power Within

To be healthy, people need to become aware of and begin to nurture the incredible power within. People need to start taking responsibility for their decisions. By doing so, they can make the most of every day and express their highest possible health for a lifetime.

As a practicing chiropractor for over 30 years, I am always inspired when our patients, who thought they needed prescription drugs to survive, begin chiropractic care and experience their body's natural healing ability. Many of them eliminate their need for medication. In fact, recent research shows that those who receive chiropractic care have a 64% lower chance of receiving an opioid prescription compared to those not receiving chiropractic care. In America, the statistics show 136 deaths per day from opioids.

Misinformation and Addiction

Falsified research, lack of quality control, and overprescribing are causing unacceptable and unprecedented collateral damage. In many cases, more harm than good.

Symptoms are our body's way of telling us that there is an interference present, that something within our system is out of balance. Unless we remove the interference, we are not really healing. We are instead managing conditions with unnecessary prescription medications alongside a cascade of side effects.

Overprescribing has led to overmedication and an opioid crisis. We have an epidemic of innocent opioid addicts who got hooked because they followed the standard of care, and the side effect was a life sentence of addiction.

· The opioid epidemic has put more children into foster care. According to the Child Welfare

Honor Your Body

It is the responsibility of each individual to learn about and honor their body's innate intelligence and care for themselves proactively, without medications. Then, it should be the goal to stop taking drugs as quickly as possible, except in cases of a life-threatening emergency.

Additionally:

- Drug advertising to the public needs to cease. This will lower the prescription drug company costs, put the care back on the physicians, increase the effectiveness and skills of doctors to doctor, and dramatically lower costs for everyone.
- There needs to be more drug company accountability and liability.
- We need to demand robust and reliable science research into the harm being done by vaccines and vaccine schedules.
- Blocking, censoring of, and attacks against alternative health options, information, and practitioners need to stop.

Real answers are simple, safe, much less expensive and available to everyone. There is a huge movement sweeping across the country in preventative care and more people are waking up.

- Lifestyle changes can prevent many conditions and reduce or eliminate the need for drugs.
- Eating a nutrient-dense diet with intermittent fasting can extend lifespan and may reverse disease. Exercise is the most underrated antidepressant and powerful medicine for disease control as well as reversing disease.
- Presently, a single new drug brought to market comes with a cost of as much as \$2 billion. According to the FDA, it takes approximately 12 years for an experimental drug to progress from bench to market.

Drug-Free Healthcare

Health and nutritional coaches are popping up everywhere to provide solutions for consumers hungry for this lifestyle.

Health-conscious individuals, parents, and athletes are utilizing chiropractic care as their first choice for health care.

Licensed and drug-free, yet trained to refer to medical providers, when necessary, Chiropractors work to optimize the function of your nervous system. They also work to eliminate nerve, lifestyle, and environmental interference that can limit your health through dis-ease, before a disease has a chance to develop.

Chiropractic care is so much more than back and neck pain management but going to your chiropractor first for pain will yield so many more unimaginable health benefits.

It's time to take your mind back and start thinking more independently. Start thinking about reducing your real and perceived need for medications. Talk to your current primary care doctor or find a new one. Get the answers that support your long-term well-being.

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Dr. Eric Plasker, DC

REGENERATIVE AGRICULTURE



Dr. André Leu
D.Sc., BA Com., Grad Dip Ed

**International Director Regeneration International
Ambassador IFOAM - Organics International
Author | Educator | Musician**



With Dr. André Leu D.Sc., BA Com., Grad Dip Ed.
 International Director, Regeneration International
 Ambassador, JAM – Organics International
 Author, *Growing Life*, *Poisoning Our Children*,
The Myths of Safe Pesticides



Dr. André Leu is a practicing farmer and the International Director of **Regeneration International**. This organization promotes food, farming, and land-use systems that regenerate the health of the planet and people.

Regeneration International has more than 370 partners in 70 countries and works with numerous agricultural systems such as agroecology, organic, permaculture, ecological agriculture, holistic grazing, biological agriculture, organic agriculture, and agroforestry.

André is the Author of *Growing Life* (2021), *Poisoning our Children* (2018), and *The Myths of Safe Pesticides* (2014).

His work appears in television, magazines, universities, institutions, NGOs, and worldwide workshops, including the United Nations.

André and his wife, Julia, own and manage an organic tropical fruit farm in Daintree, Australia.



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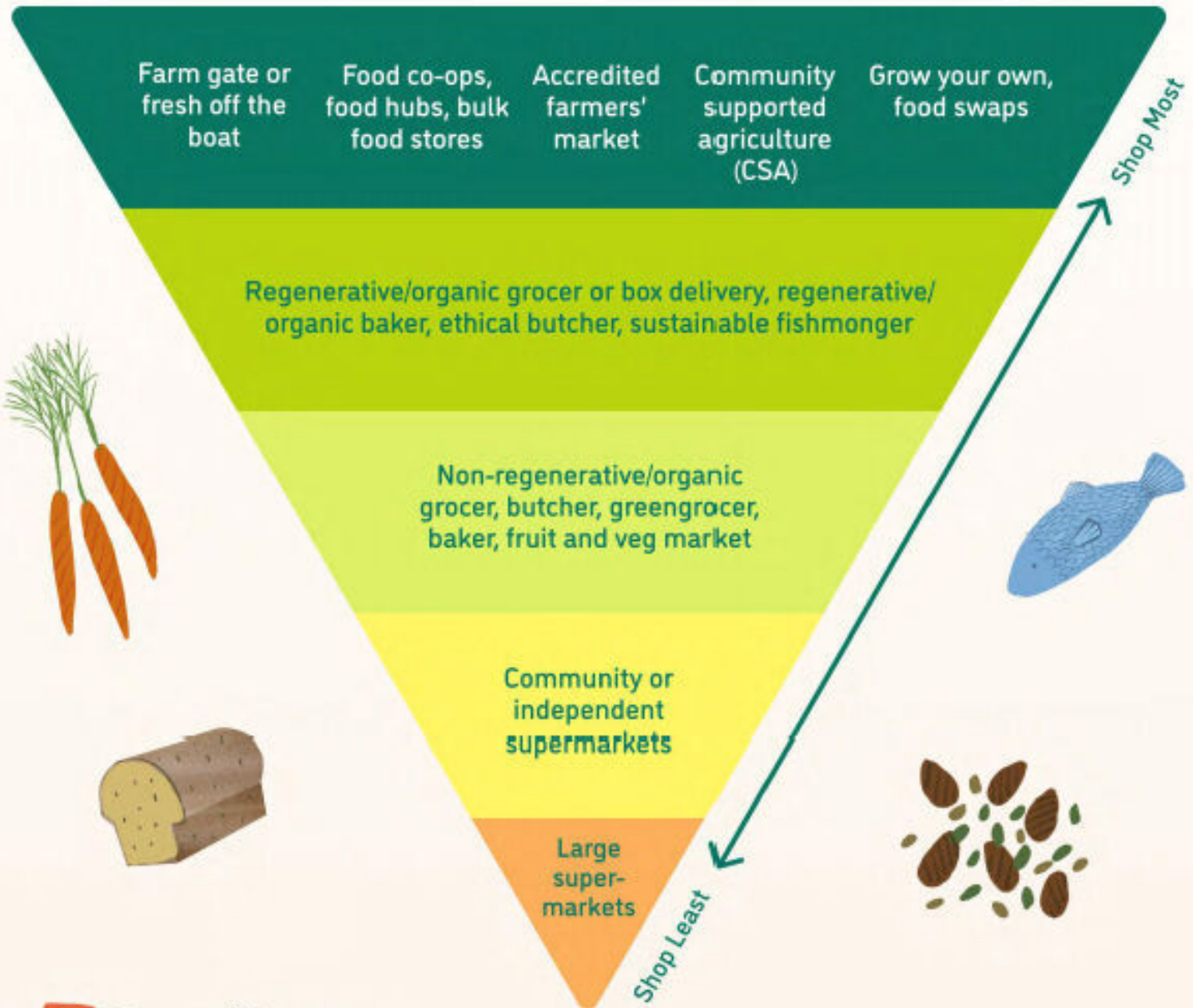
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Named **"Person of the Year"** by **Masters of Health Magazine**, Jeffrey Smith wrote the world's bestselling book on GMOs, directed 5 documentaries, delivered 1000 lectures and 1000 interviews in 45 countries, trained 1500 speakers, and organized over 10,000 grassroots advocates in 25 years of service.

He has consulted elected officials and world leaders on every continent, been quoted in *The New York Times*, *Washington Post*, and *Time Magazine*, and regularly appears on major broadcast media, including *The Doctors*, the *Dr. Oz Show*, *BBC*, and *Fox News*. His 2021 award-winning short film, *Don't Let the Gene Out of the Bottle*, (www.ProtectNatureNow.com) shows how gene-edited microbes pose an existential threat that must be urgently addressed by governments around the world. As founding Executive Director of the Institute for Responsible Technology, Smith is spearheading a new global movement —Protect Nature Now—which has alerted more than 2,000 elected officials about this unprecedented danger from new genetic engineering technologies.

Protect Nature Now also supports allied organizations in the USA, Canada, UK, EU, and Australia, with a grant program to enhance outreach to lawmakers and the media.

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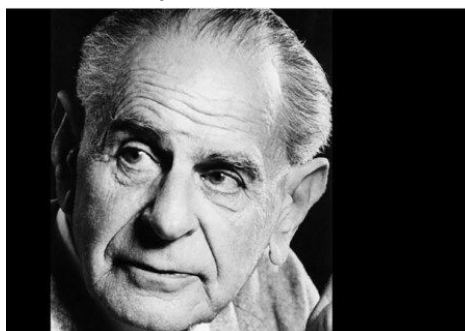
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ABOUT PRINCIPIA SCIENTIFIC INTERNATIONAL (PSI)

Principia Scientific International (PSI) was founded in 2010 and is legally registered in the UK as a non-profit company publishing and promoting non-political, cutting-edge science. It puts special focus on promoting transparency and truth, as per the traditional scientific method extolled by **Karl Popper**. (See Pict. Below)



This expanding organization was originally conceived by 22 international climate experts and authors who joined forces over a decade ago to write the climate science bestseller, **'Slaying the Sky Dragon: Death of the Greenhouse Gas Theory.'**

Today PSI has over 6.500 international members and runs an increasingly **popular website** with around 50,000 visitors each day. During 2020, this free-to-join body has been gaining a whole new legion of followers due to uncovering false science behind the COVID-19 pandemic. Our members feel a moral duty

to preserve the traditional methods of open scientific inquiry free from persecution, ridicule, and censure.

Most members are science graduates and/or in **STEM professions** and assist with original content and peer reviewing articles and submissions to ensure high quality content.

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Activist, Author

Founding Executive Director of

MOMS ACROSS AMERICA

ZEN HONEYCUTT

Zen L. Honeycutt is—first and foremost—a mom. She is also an activist, speaker, author, founding executive director of Moms Across America, and co-creator of Mothers Across the World with Dr. Vandana Shiva.

While heading Moms Across America, Zen initiated the first testing for glyphosate in tap water, breast milk, and urine and spearheaded the non-profit's successful petition to Costco to remove Roundup from their shelves.

Happy to speak to anyone interested in better health for all, she has been featured on ABC, CNN, The Dr. Oz Show, the Wall Street Journal, CSPAN, Fox News, Reuter's, Huffington Post, and many other media outlets.

Her documentary, ***Communities Rising***, highlights efforts across our nation to transform the food supply, and she is the author of ***UNSTOPPABLE: TRANSFORMING SICKNESS AND STRUGGLE INTO TRIUMPH, EMPOWERMENT, AND A CELEBRATION OF COMMUNITY.***

FOR YEARS, ZEN HAS BEEN MOTIVATING GROUPS AROUND THE GLOBE TO TAKE ACTION TO IMPROVE THEIR QUALITY OF LIFE, HEALTH, AND FOOD.

SPEAKING TOURS HAVE TAKEN HER TO AUSTRALIA, NEW ZEALAND, JAPAN,



SWITZERLAND, CHINA, MAUI, FRANCE, THE HAGUE, AND ACROSS MAINLAND AMERICA.

KNOWN FOR BEING ***UNSTOPPABLE***, ZEN MAKES A PRACTICE OF GOING HEAD-TO-HEAD WITH GOVERNMENT AGENCIES, BIG CORPORATIONS, AND ANYONE WHO BELIEVES THAT THINGS SIMPLY ARE THE WAY THEY ARE AND THAT IT'S IMPOSSIBLE TO CREATE CHANGE.

SHE HAS IT ON GOOD AUTHORITY—HER MOTHER—THAT WE ARE ALL AMAZING. AND SHE KNOWS FROM EXPERIENCE THAT ANYTHING IS POSSIBLE. HER OWN STORY IS PROOF OF HER BELIEFS.

FORMERLY OF CONNECTICUT AND NEW YORK CITY, ZEN CURRENTLY RESIDES IN SOUTHERN CALIFORNIA WITH HER HUSBAND AND THREE SONS.

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**Our motto is "Empowered Moms,
Healthy Kids."**



Marker of DNA damage seen in men applying Roundup and other glyphosate-based herbicides

*New paper is "critical step forward in filling knowledge gaps of glyphosate carcinogenicity in humans".
Report: Claire Robinson*

A new paper from the US National Institutes of Health reports indications of DNA damage among men applying Roundup and other glyphosate-based herbicides. DNA damage is concerning because it can lead to cancer. A commentary on the new paper published in the same issue of the journal, titled Important new evidence for glyphosate hazard assessment, calls it "a critical step forward in filling knowledge gaps of glyphosate carcinogenicity in humans".

The study's authors, Vicky C. Chang et al, were inspired to conduct their study because although mechanistic studies in human cells and animals support the genotoxic effects of glyphosate, "evidence in human populations is scarce". They analysed the blood, urine and mouth cells of licensed pesticide applicators in Iowa and North Carolina. They found links between lifetime occupational use and a marker of DNA damage known as mosaic loss of chromosome Y (mLOY). mLOY is a chromosomal alteration that is commonly detected in the blood cells of adult men, especially ageing men. It has been associated with blood cancers such as lymphoma, myeloma, and leukemia, as well as with Alzheimer's disease.

Results from the study suggest that greater lifetime glyphosate use was associated with higher prevalence of mLOY affecting at least 10% of cells. Associations were strongest among applicators aged 70 years or over, those who were never smokers, and those who were not obese. Particularly compelling is that the authors observed a dose-response relationship, with higher odds of mLOY as total lifetime days of glyphosate use increased.

The authors state that their findings on mLOY provide new insights into the biological mechanisms through which glyphosate may contribute to genomic instability, which is another key characteristic of carcinogens, beyond the mechanisms of direct DNA damage (genotoxicity) and oxidative stress (an imbalance in the body that can damage organs and result in cancer). The International Agency for Research on Cancer (IARC) classified glyphosate as a probable carcinogen based on "strong" evidence that it causes genotoxicity and oxidative stress.

As the commentary on the new paper says, "This work provides important mechanistic support for genotoxicity of glyphosate in an observational, population-based context."

The new study:

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Hilary Boynton,

founder of **School of Lunch (SOL)**, is a mother of five who refused to accept the quality of food her children were being served during school lunch.

She began a relentless mission to change the status quo, and eventually took over the lunch program at her local school in Topanga CA. She worked with local farmers and food producers to create an affordable nutrient dense meal program that was based on the foundation of ancestral ways of eating.

The results were astounding. It all stemmed from what she calls a Regen-Living lifestyle, where we strive for a symbiotic relationship between our bodies and our external environment.



"This is the time for us to seize the opportunity to reset our internal selves in order to create balance with our external environment.

We must let our hearts guide us to do what we know to be fundamentally right; for our children, our community, and ourselves."

- Hilary

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Hosted by two passionate real food
mamas... Hilary Boynton
& Rita Ross

school
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NEIGHBORHOOD FOOD NETWORK

On April 18, 2022, Moms Across America launched a new Neighborhood Food Network pilot program. The invitation to participate in this new initiative was shared on the Monday night Moms Connect Call with the preview of the www.NeighborhoodFoodNetwork.com website.

"We are thrilled to share this new initiative. It is time for our health and prosperity not to be dictated by decisions made on Wall Street but by our street. This hyper-local focus on going door to door just on your street and meeting your neighbors to strategize, organize, and mobilize to secure food safety will have far-reaching effects in the future. The challenges we face will be greatly quelled by fostering an environment of preparedness, health, and community," said Zen Honeycutt, initiator of the program.

This initiative focuses solely on food and community building and is in the developmental process. "We are seeking and are open to new partners. We will be connecting with them this year as we expand our resources.

We hope to hear from our supporters about who best supported them in learning to grow and preserve food," said Anne Temple, program manager.

This program, which participants are invited to initiate on their block, will create a parallel food system, one street at a time, where people can grow their food, connect with local small farmers, be prepared in times of crisis, and be independent of the current food system.

The Neighborhood Food Network will foster food independence, stronger communities, improved health, decreased violence, and increased survival rates during a crisis. We will accomplish this together by collaborating with our neighbors, starting by supporting the facilitators of the initiative locally, the participants in the pilot program, and on weekly coaching calls to ensure food access for all.

PREPARE FOR THE WORST EXPECT THE BEST

Crisis or not, the program will be fostering communities that are connected, compassionate, and thriving. The initiators invite participants to expect that the BEST in people will rise up in the worst of times if an environment of community and partnership is fostered.

The Neighborhood Food Network invites you to be a facilitator on your street, download the flyer this Earth Day weekend, and invite your neighbors on your street to a meeting within the

PULVERIZE®

ALTERNATIVE to Glyphosate



pulverize verb

pul•ver•ize | p l - v - r ī z

Definition of pulverize
transitive verb

- 1: to reduce (as by crushing, beating or grinding) to very small particles
- 2: annihilate, demolish

So, is this product organic?

You can use Pulverize for organic gardening...but it doesn't say it on the label. How weird is that?! Actually, it's part of our marketing strategy.

Too many people doubt the effectiveness of organic weed killers due to years of ineffective products souring users' experience.

So we've deliberately left that information off the product in the hopes that we can bring customers to organics after seeing how effective our product is first. But again, it is approved for organic gardening.

SHOP HERE

Cloudy Hands



TOTAL WORKOUT



This book is not a Tai Chi Manual. It is a resource outlining both the physical and spiritual aspects of this art, intended to motivate the reader to practice and experience it for themselves.

Teodor Ardeleanu

The **(Ki)Train** Method

Masters of Energy



The Mind communicates with the Body through life force energy known as Ki. Use the Ki Train Method to give your body the power and energy to take you wherever you want to go.

Teodor Ardeleanu

Tai Chi

The Path Towards Self-Healing



WHAT ARE MAGNESIUM DEFICIENCY SYMPTOMS?

Watch the video below to find out...





THE WESTON A. PRICE FOUNDATION®
for **Wise Traditions** IN FOOD, FARMING AND THE HEALING ARTS

The Weston A. Price Foundation (WAPF) is your source for accurate information on nutrition and health, always aiming to provide the scientific validation of traditional foodways.

People seeking health today often condemn certain food groups -- such as grains, dairy foods, meat, salt, fat, sauces, sweets and nightshade vegetables -- but the WAPF diet is inclusive, not exclusive.

We show you how to include all these nourishing traditional foods in your diet through wise choices and proper preparation techniques. The result is vibrant health for every age of life, including the next generation.

Welcome Message from Sally Fallon Morell, MA





The Real



Dr. Judy A. Mikovits, Ph.D.

The Mystery of the Physician Within

GLOBALTEK MD
 TELEMEDICINE FOR THE PEOPLE BY THE PEOPLE
 NO CO- PAYS
 FAST EASY AFFORDABLE
 DONT WAIT -JOIN NOW



SUPPORT THIS VETERAN OWNED AND OPERATED COMPANY

- No Waiting Rooms
- No Co- Pays
- Treat Over 50 Non- Emergency Conditions
- Speak to a doctor within Minutes
- Prescriptions Ready for Pickup
- Covers Everyone in your household
- Integrative Medicine

\$29.95 PER MONTH
ONLY \$9.95
 FOR FIRST MONTH



Dr Judy Mikovits
 Board of Directors

USE PROMO CODE:
DrJudy

I am happy to announce that I have joined the board of directors of **GlobalTekMD**.

GlobalTekMD is a national affordable healthcare solution with convenient access to a non-emergency network 24/7/365 of telemedicine, telehealth services, tele therapists, and tele doctors for only \$29.95 a month.

Use the service for only \$9.95 the first month with **discount code DrJudy**.

"Fear and Ignorance are the Problems; Knowledge and Hope is the Remedy" — Ty & Charlene Bollinger



The TRUTH About VACCINES
 PRESENTS
REMEDY

EPISODE 1	7/26	THE ROCKY ROAD to COVID
EPISODE 2	7/27	BUSTING MYTHS & DOGMA
EPISODE 3	7/28	SCIENCE or RELIGION?
EPISODE 4	7/29	VACCINE RISKS vs REWARDS
EPISODE 5	7/30	OVERCOMING FEAR & COERCION
EPISODE 6	7/31	EXPOSING PIMPS & PUSHERS
EPISODE 7	8/1	MEDICAL ROULETTE
EPISODE 8	8/2	VACCINATION ≠ IMMUNIZATION



alliance for natural health

USA

FEDS CLUELESS ON FRANKENSOIL

ANH-USA

The laws and policies governing the use of genetically engineered (GE) soil microbes are confusing, outdated, and desperately inadequate given the potential risks to humans and the environment. We need to demand better of our lawmakers.

ACTION ALERT!

A few weeks ago, we **reported** on the next big thing in the agrichemical industry: the use of GE microbes for soil application. This practice can have far-reaching and potentially disastrous consequences for all life on this planet, yet runaway development of this strand of biotech is set to position GE soil microbes as a mainstay of industrial agriculture—unless public and political opinion stands in the way. If matters worsen, the laws on the books are entirely insufficient to manage these risks. We need lawmakers to recognize the scale of the dangers involved and to act accordingly.

We should note at the outset that the entire federal government's approach to regulating GE products is fundamentally flawed. Simply put, the **federal framework** for dealing with GE products focuses on the *final product* rather than the *process* used to develop that product. This means that there is no comprehensive system to assess and manage risks specifically related to how GE products are made. Whether they are plants, animals, or pesticides, GE products are shoehorned into whatever regulations correspond to the product when in reality the risks are far different than other products in those categories.

These inadequacies are all too apparent when it comes to GE soil microbes. If the GE microbe is for use in a pesticide, it is regulated under the **Federal Insecticide, Fungicide, and Rodenticide Act (FIFRA)**. There are no specific regulations for GE microbes under this law. As **EPA states**, GE microbial pesticides are regulated using "essentially the same data requirements used for naturally occurring microb pesticides." FIFRA requires manufacturers of GE microbial pesticides to "register" the product with the EPA. To gain registration, manufacturers **must submit data** pertaining to the identity, composition, potential adverse effects, and environmental fate of each pesticide.

This all sounds good, but the bar to register a product under FIFRA is actually quite low. Companies **must only be able to show** that the pesticide according to specifications "will not generally cause unreasonable adverse effects on the environment," which, in the agency's definition, includes human health. This is madness because the risks posed by GE microbes and non-GE microbial pesticide cannot be compared, and there is no onus on the applicant to unequivocally prove long-term environmental safety.

“A BOLD AND HEROIC WORK [THAT] WILL
STAND SHOULDER TO SHOULDER WITH
RACHEL CARSON’S *SILENT SPRING*.”

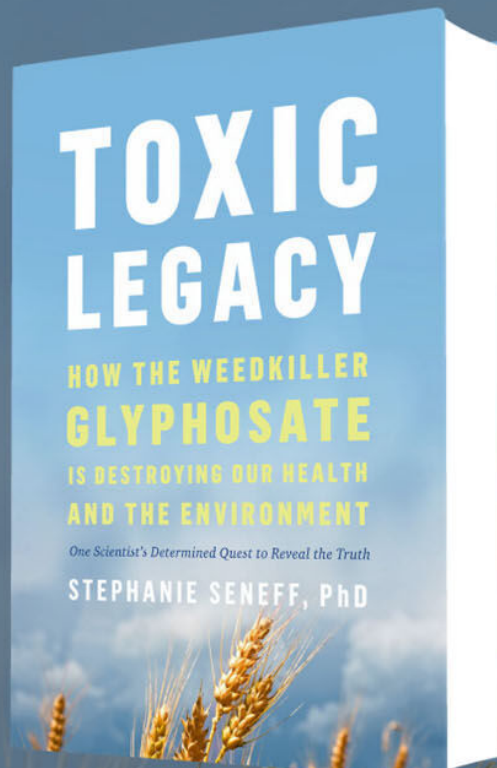
—David Perlmutter, MD, #1 *New York Times* bestselling author

“[This] is a book for every
citizen who seeks to
regenerate the health of
the planet and people.”

—Vandana Shiva

“Dr. Seneff’s work will
change the way we all
think about food.”

—Dr. Mark Hyman



“This is a must-read
book to help you
comprehend one of
the most significant
toxic threats unleashed
on the world.”

—Dr. Mercola

“A game-changer that
we would be foolish
to ignore.”

—Kirkus Reviews (starred)

TOXIC LEGACY

From an MIT scientist, an exposé of the world’s most common
weedkiller and its role in skyrocketing rates of chronic disease

HOW THE WEEDKILLER GLYPHOSATE IS DESTROYING OUR HEALTH AND THE ENVIRONMENT

The Silent Spring of our time



Stephanie Seneff, PhD

ABOUT THE BOOK

Glyphosate is the active ingredient in Roundup, the most commonly used weedkiller in the world. Nearly 300 million pounds of glyphosate-based herbicide are sprayed on farms—and food—every year.

In *Toxic Legacy*, MIT senior research scientist **Stephanie Seneff, PhD** presents stunning evidence based on countless published, peer-reviewed studies that glyphosate plays a major role in skyrocketing rates of chronic diseases, including cancer, gut dysbiosis, non-alcoholic fatty liver disease, autism, infertility, and more.

Praise for
TOXIC LEGACY

“Dr. Seneff’s work will change the way we all think about food.”

—Mark Hyman, MD, New York Times bestselling author

“Unquestionably, one of the most important books of our time.”

—David Perlmutter, MD, New York Times bestselling author

“Anyone who wants to understand a root cause of the massive epidemics of chronic diseases we are experiencing . . . can find the answers in Toxic Legacy.”

—Don M. Huber, professor emeritus, Purdue University

“Not only is this a book for governments who want to ban glyphosate, it is a book for every citizen who seeks to regenerate the health of the planet and people.”

—Vandana Shiva, director, Navdanya

“Stephanie Seneff is one of the most important, original, and brilliant scientific researchers of our time.”

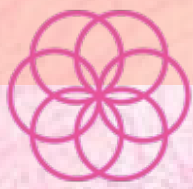
—Jennifer Margulis, PhD, award-winning journalist and author

“Glyphosate is the DDT of the twenty-first century, and Toxic Legacy is essential reading for everyone who cares about food and health.”

—Ronnie Cummins, director, Organic Consumers Association

“Monsanto made a special project of discrediting and destroying scientists, advocates, and reformers who exposed its corrupt cover-up. Among the most prominent of these was heroic MIT researcher Dr. Stephanie Seneff.”

—Robert F. Kennedy, Jr.



Nourishing Basics

Lady Carla Davis, MPH

Specializing in Nutrition



Lady Carla Davis, MPH, is a Nutrition Consultant and Writer with over 45 years of experience. She earned a Master's of Public Health in Nutrition and a Master's Certification in Reiki and Feng Shui. Lady Davis also studied with various notable professionals, including her late husband, Sir Thomas Davis, MD, KBE, the late Dr. Bernard Jensen, and Dr. Reza Chowdhury.

Her early studies included ballet and music at The Juilliard School of Music and Dance in NYC and Polynesian dance in Hawaii. She also worked as a model and designer in the fashion industry. Her subsequent education, training, and work experience entailed international travel in the airline/travel industry, property development and resort/business management, and consulting in the art and film industries.

For over two decades, she (as Carla Cassata) maintained a private Nutrition/Iridology practice in Maui, Hawaii and Boca Raton, Florida, where she also designed tropical gardens. In addition, she served on the Nutrition Advisory Board for *Let's Live* magazine and as the Healthcare Board Member for the South Palm Beach Chapter of the National Organization for Women.

In the Pacific region, Lady Davis worked with her late husband, Sir Tom Davis, MD, KBE, in

ENVIRO-EDUCATION

by **Lady Carla Davis, MPH**

Specializing in Nutrition

GEP Minister for Environment

Presented at the GEP 2023, Kolkata, India

The recent Global Energy Parliament 2023, hosted by His Holiness Jagadguru Swami Isa and His Excellency, Governor Dr. C.V. Ananda Bose, at the Raj Bhavan in Kolkata, West Bengal, was stupendously memorable in every way.

It was heart-warming to see my GEP family again (since 2010) and meet new GEP members. I experienced Kolkata, India's first capital during the British occupation, the magnificent historical Raj Bhavan, the Indian museum, the largest museum in Asia, and the Victoria Memorial. It was well worth the grueling 25-hour journey.

While at the GEP, I had two inspiring meetings with Governor Dr. Bose and his wife, First Lady Lakshmi. We discussed the current work the Governor is doing, his love for the people and Indian culture, today's challenges, the GEP and the Education for Total Consciousness program, and visions.

The Prime Minister and West Bengal are fortunate to have a Governor with such a high consciousness, immense wisdom and knowledge, cultural understanding, and the ability to communicate, resolve problems, and improve living standards. It is no wonder he is so highly respected and much loved.

I also met with Prof. Rajeswari, Director at the Centre for Research and Development for the NVKSD College of Education's International Seminar on Excellence in Education, in Tamil Nadu, India. Dr. Rajeswari invited me to send a recorded speech for their Seminar on 15-16 December. Below is what I relayed in my recorded speech.

The Vision, Mission, Values, and Objectives of the NVKSD College of Education are impressive. They are very similar to those of South Seas University, where I am the CEO. Thus, we have a lot in common. We are uniquely different from other institutes of higher learning because of these valuable attributes.

I am also impressed that part of this school's Mission is to preserve Indian culture, which is unlike any other and goes back thousands of years.

Culture should always be valued and protected along with the knowledge and wisdom of the elders, including women. At the same time, we need to learn from other cultures and respect their differences.

Health is Wealth

Health is the ultimate wealth as it provides longevity and contributes to wisdom, none of which all the money in the world can buy. Value your health. Your inner and outer environments are inseparable. A healthy outer environment begins with a healthy inner environment. The media, TV, film, music, and social media are powerful tools. Use them wisely. Instead of polluting your bodies and minds with them, use them for skill enhancement and nourishment.

Mind and Body

Powerful corporations are trying to hijack our bodies and control our minds for financial gain. Be selective about what you expose your mind to and feed your body with. Children are particularly vulnerable. Think for yourself and let Nature guide you. I always apply three simple criteria to everything I do:

- 1. Is it conducive to good health?**
- 2. Is it environmentally friendly?**
- 3. Is it pleasing to the eye?**

Education

Education is a powerful catalyst for inner and outer environmental conservation. As humanity grapples with escalating environmental challenges and failing health, education is paramount in fostering awareness, driving behavioral change, and empowering each generation to become stewards of a healthier planet and populace. Never accept censorship of expressions of thought or denial of alternative health options. Neither should medical procedures be mandated. One size does not fit everyone. Freedom to speak, a good debate, and alternative options produce a better understanding, truth, and a more peaceful, healthier outcome.

Environmental Consciousness

Education informs and helps shape perceptions, beliefs, and actions about our inner and outer environments and human physiology. Integrating environmental and holistic health studies into curricula at all levels equips individuals with a fundamental understanding of ecological systems, biodiversity, resource management, and a healthy society. This foundational knowledge elevates consciousness, empathy, happiness, and a deeper connection to Nature, the ultimate source of knowledge and wisdom.

Sustainable Practices

An educated populace with total consciousness is pivotal in cultivating sustainable practices for mitigating environmental degradation, developing skills, and creating beauty. Education empowers individuals to adopt eco-friendly behaviors, such as waste reduction, energy conservation, organic, regenerative agriculture, and responsible consumption. As Dr. Vandana Shiva said, "In Nature's economy, the currency is not money- it is life."

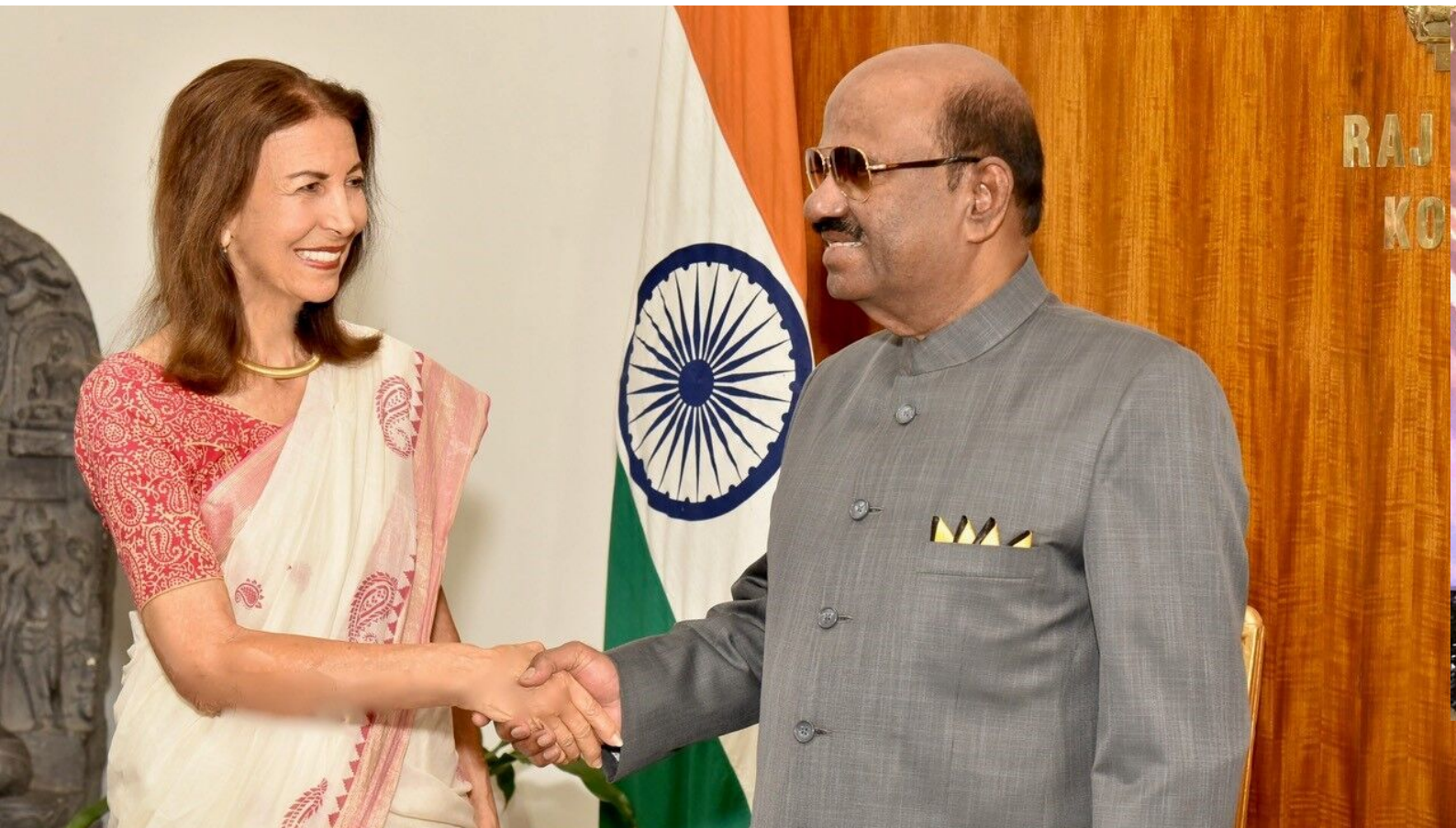
Policy and Advocacy

Comprehensive education empowers individuals to critically analyze inner and outer environmental policies, advocate for legislative changes, and participate in activism. A free,

GEP 2023, Kolkata, W. Bengal, India 29-30 November



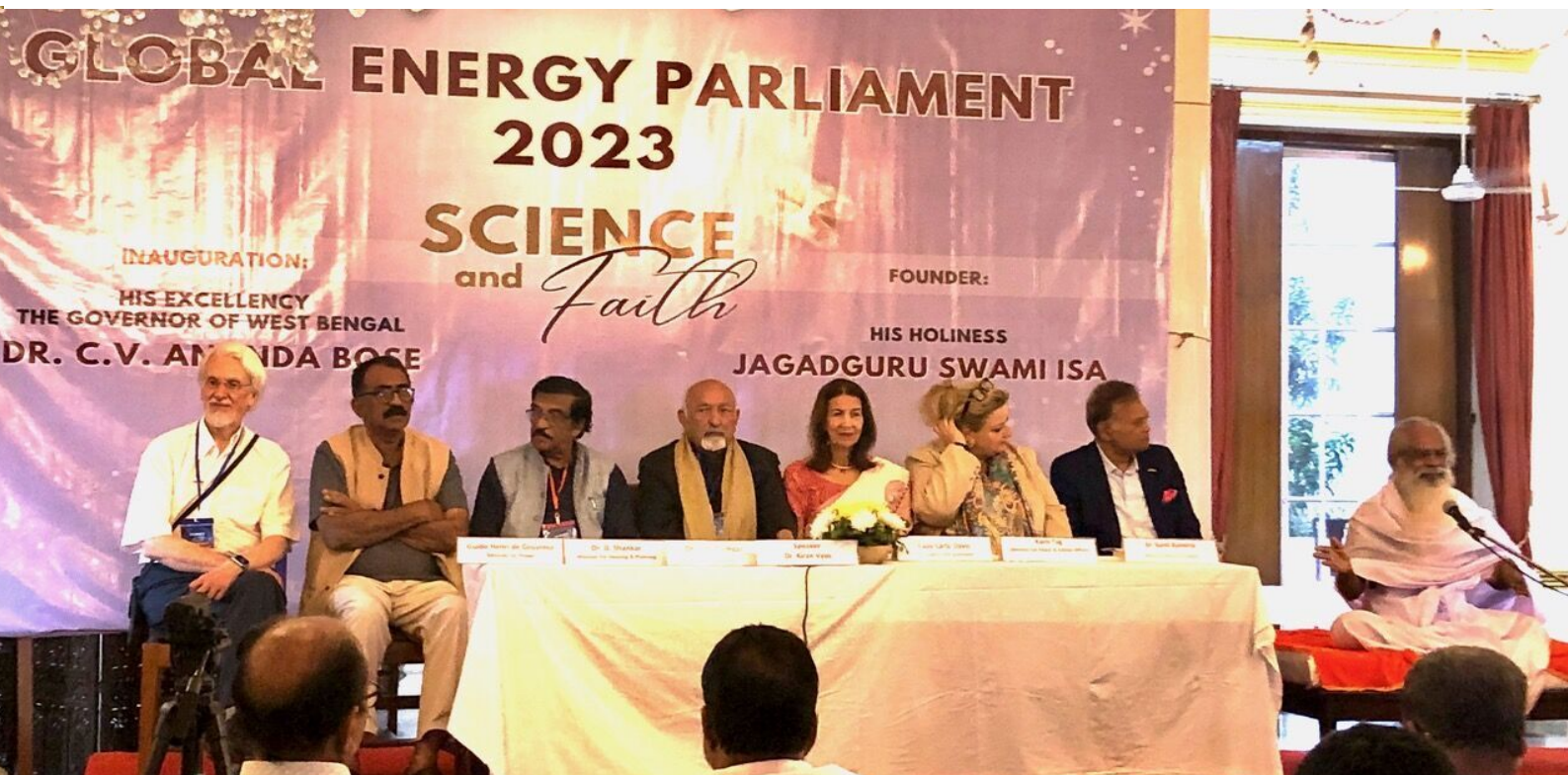
An impressive Opening Ceremony on the steps of the Raj Bhavan, 29 Nov 2023. We sat below the steps where there was a bag pipe band, cultural performers, military, and a crowd behind us. Security everywhere.



Lady Carla Davis and His Excellency Gov. Dr. C.V. Ananda Bose, Governor of W. Bengal, India, Raj Bhavan, Kolkata, India (Who I have known for many years through my work with the GEP)



Draping (honor) of fine cloth and gifts (books) presented to Lady Carla Davis by His Excellency Governor Dr. C.V. Ananda Bose and his wife First Lady Lakshmi, at the Raj Bhavan, Kolkata, W. Bengal India, 29 Nov 2023.



Dr. Guido-Henri de Couvreur, VP of the Club of Rome; Prof. G. Shankar, GEP Minister for Housing & Founder of Habitat Technology Group; Dr. M.R. Thampan, GEP Sec.; Dr. Kiran Vyas, GEP Speaker; Lady Carla Davis, GEP Minister for Environment; Karin Tag, GEP Minister for Peace & Global Affairs, President KOWE; Sunil Kanoria, Hon. Consul General of Spain; HH Jagadguru Swami Isa, Founder of the GEP; Raj Bhavan, Kolkata, W. Bengal, India 30 Nov 2023



GEP Ministers, Members, HH Swami Isa, & Prof. at the Raj Bhavan, Kolkata, W. Bengal India, 30 Nov 2023.

Photos below from GEP 2017

His Excellency, Dr. C.V. Ananda Bose, Governor of West Bengal

It was through the Global Energy Parliament and communicated with Dr. C.V. Ananda Bose, a man of great devotion for his family, support and leadership. He is a Representative, along with other GEP work,

When I read his book "*Silence Sounds Good*," I was struck by his person. He is not only a man of ideas, his life adds to his brilliance.

In addition to being highly competent and refined and humble. Plus, he is a treasury of knowledge in politics, and Indian culture. Over the years, he has been a great inspiration to all those who are fortunate to know him.

Undoubtedly, Dr. Bose is one of India's finest leaders with attention to detail and class. The impact of his efforts, and well organized expertise on a global scale.

Dr. Bose is a leader among leaders who has achieved much with!

I am honored to be among one of his many friends and colleagues.



H.E. C.V. Ananda Bose, Governor of West Bengal &

Lady Carla Davis, GEP Minister for Environment
GEP 10

Lady Carla Davis, MPH

Cabinet Minister for Environment, Global Energy Parliament

www.global-energy-parliament.net

Health Educator, Writer, Editor, Business/Political Consultant, Peace Ambassador

www.NourishingBasics.com

South Seas University Executive www.SouthSeasUniversity.com

Exec. Editor, Masters of Health Magazine www.MastersOfHealthMag.com

Spouse of the late Sir Thomas Davis, MD, KBE, Prime Minister of the Cook Islands

REVIEW for "*Silence Sounds Good*" 9 Jan 2018



Hotel Staff; V.K. Prasad, Vivanta Taj Hotel Gen. Mgr; Lady Carla Davis, GEP Minister for Environment; H.E. Dr. C.V. Ananda Bose, Dr. Former Speaker, Governor of W. Bengal; Dr. M.R. Thampan, GEP Sec.; Mira Purn, GEP PA, Dr. Christoph Dumas, GEP Minister for Science & Research; Ajith Venniyoor, 7 Dec 2017

Global Energy Parliament Press Release

GEP Speaker CV Ananda Bose named Governor

18 November 2022

The Hon. Speaker of the Global Energy Parliament, Dr. C.V. Ananda Bose, has been appointed as the new Governor of West Bengal by the President of India.

Dr. Bose has been a key supporter of the activities of the Isa Viswa Prajnana Trust for more than 20 years, and the Speaker of GEP since its inception in 2010. He has chaired sessions of the GEP at Geneva, Madrid, Chiang Mai, and numerous times at Thiruvananthapuram and online. His able leadership and oratory brilliance make the GEP sessions enlightening and refreshing for all. Dr. Bose has represented the Isa Viswa Prajnana Trust at the United Nations, where it holds Consultative Status. He has addressed the General Assembly and the Economic and Social Council to promote IVPT's concepts of Education for Total Consciousness and energy balance. He was responsible for the inauguration of the Delhi Chapter of the GEP at the residence of the President of India, and for organizing many other activities to promote the IVPT and GEP. Author of 32 books in English, Malayalam and Hindi, Dr. Bose has also published many articles about the teachings of Swami Isa and Education for Total Consciousness. A retired civil servant and expert in Habitat, Dr. Bose has received the Global Best Practice Award by the United Nations for his work. He has headed numerous committees and commissions for the Government, and also represented India at CERN during his time at the Department of Atomic Energy. Earlier, Dr. Bose was the district collector of Kollam district in Kerala, where he was well loved by the people. Recipient of the prestigious Jawaharlal Nehru Fellowship, Dr. Bose is also the first ever Fellow of the Lal Bahadur Shastri National Academy of Administration, Mussoorie.

The Global Energy Parliament conveys hearty congratulations to our Hon. Speaker!



PEARL NOURISHING MOISTURIZER



Beautifies the skin by providing moisture and proteins, which enhance elasticity and minimize fine lines and wrinkles for a smooth, youthful appearance. It is specially formulated with pearl powder and a blend of Chinese herbs in an oil-free fruit base. It spreads well and can be applied under make-up. NO harmful chemicals, ingredients, or animal testing are used with this uniquely natural product.

DIRECTIONS: After cleansing, apply a small amount on the face and spread in a circular motion.

Ingredients: Fruit base, Pearl Powder, hong hua, ginseng, bohe, luhu, haunquin, baihua.

US\$35.00 + Postage
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THE GLOBAL ENERGY PARLIAMENT



The **Global Energy Parliament (GEP)** is an international body of scientists, academics, leaders, professionals, artists, and citizens striving to ensure a self-sustaining, peaceful existence for human beings and the world we live in. The GEP provides scientific recommendations, strategies, and solutions through parliamentary sessions, research projects, education, and community activities. <http://global-energy-parliament.net>

**WHAT DOES IT MEAN TO BE HUMAN
IN THE DIGITAL AGE?**

WHAT IS THE NATURE OF THE UNIVERSE?

WHAT CAN WE DO TO CREATE A BETTER WORLD?

GEP MEMBERSHIP IS OPEN TO ALL CITIZENS OF THE WORLD



ISA VISWA VIDYALAYAM

Enrolling for the 2023-24 School Year

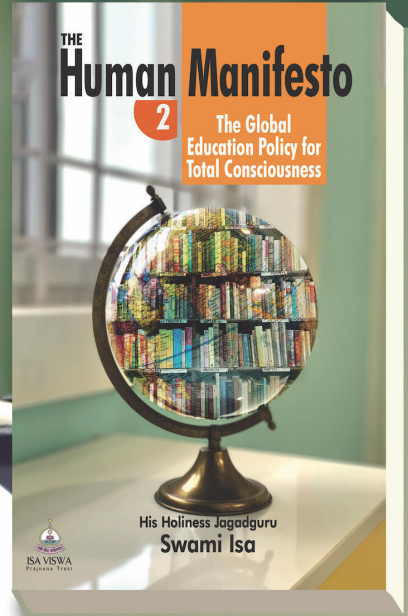
25
years
1998-2023



The Human Manifesto

A Global Education Policy for Total Consciousness

by His Holiness Swami Isa



ISA VISWA Prajnana Trust Published by the Isa Viswa Prajnana Trust www.ivpt.org

Global Energy Parliament - How We Are Empowering 'Humane' Beings





Organic
Consumers
Association

Organic Bytes

Edited by Ronnie Cummins and Alexis Baden-Mayer



Ronnie Cummins, 1946-2023

Rest In Power

On April 27, 2023, Ronnie Cummins, co-founder (with his wife Rose Welch) of the Organic Consumers Association, passed away.

We continue to be inspired and guided by Ronnie. We always will. It is a great comfort to read his words and watch recordings of him speaking and singing and playing guitar. We love the quote chosen by Think Regeneration in their remembrance. It's from the Acres U.S.A. conference in 2017, when Ronnie was on a panel with Vandana Shiva and André Leu. Fred Walters asked them, "How, in the face of all you see, do you stay positive and happy?" Ronnie answered:

"I don't feel the least bit tired, you know. But, I think there's a... I think there's an inner planetary force out there that, when you get opened up to it, you get this strength, and it makes you smile all the time. And I believe that we have... we can tap into this force and that will make us invincible. You know, it's hard to always feel that force—that solidarity, that compassion, that whatever it is—I don't know exactly what it is, but most of the time it's there. And this is a big universe—we don't understand what's going on, totally. We don't understand where it came from, or where it's going, or everything in it, but I think it's worthwhile trying to cultivate personal health. You know, mental and physical, and getting out in nature, and being in contact with beauty and the sacredness of it all, and maybe the sacred herbs, too. I mean, I've always been a believer in the sacred herbs, but that's why I'm a happy guy, and I'm going to stay like that until...

<Laughter>

"You know, I mean, I'm going to die at some point, but hopefully not before we've won. But, I actually think I'm going to come back in some form. I'm not sure what it is, but I'm going to come back to enjoy the fruits of my labor and all of our labor, so I look forward to seeing you in any of those forms."

...We Found Out What's In Synthetic "Milk"

On October 27, 2023, news broke of the first-ever full-spectrum molecular analysis of synthetic milk.

Before this date, we knew the "milk" was made from "precision fermentation" and that it involved yeast and fungal cells genetically engineered to produce "whey protein".

But we didn't actually know what was in the "milk" until Dr. John Fagan did a full spectrum molecular analysis to detect and quantify every molecular species it contained.

The news was shocking. A "milk" product marketed as "dairy-identical" contained fungicide, quinic acid, normorphine, hesperidin, convallatoxin, and 92 additional small molecules literally unknown to science.

"Basically there are 92 compounds identified in synbio milk that are not named by scientists,"

...We Confirmed Apeel Isn't Allowed in Organic



On May 26, 2023, after you had sent them thousands of emails, the Organic Materials Review Institute (OMRI), finally had an answer for the question, "What was a mysterious fruit coating backed by Bill Gates and the World Economic Forum that makes out-of-date fruit appear fresh, doing on certified USDA Organic fruit?"

The Organic Materials Review Institute (OMRI) said it never approved Organipeel as a fruit coating, only for post-harvest handling, so the use on organic fruit was out of compliance.

[<<Read More>>](#)

SAVE ORGANIC STANDARDS

Study shows Consumer 's demand for organic products is increasing, more farmers cultivate organically, more land is certified organic, and 178 countries report organic farming



WHAT IS THE BIOMAT? AN EFFECTIVE SELF-CARE



Far infrared energy and negative ion therapy are known to perfectly compliment many health and wellness treatment styles.

HOW DOES THE BIOMAT WORK?

The Biomat® uses a combination of fabrics and amethyst stones to generate energy which is transferred to the body as penetrating far infrared heat. It essentially transforms a regular electrical current into invisible warming light energy using 17 layers of specially designed fabric:

UNIQUE INNOVATION IN BIO TECHNOLOGY

The Biomat's 17 layers consist of:

- 1 Surface material: Silicon urethane with cotton
- 2 Waterproof layer
- 3 Amethyst layer for transferring natural infrared rays
- 4 Hyron cotton layer for thermal insulation
- 5 TOCA layer for natural negative ions
- 6 Nano Copper fabric layer
- 7 Quantum Energy layer (peach and grape seeds)
- 8 Copper fabric layer for electromagnetic interception
- 9 Carbon fiber layer for electromagnetic interception
- 10 Fiberglass layer
- 11 Thermal preservation layer
- 12 Silicon and Teflon reverse currency heating layer with EMF interception
- 13 Nonwoven fabric layer
- 14 Aluminum layer for reflection of infrared rays
- 15 Nonwoven fabric layer for heat preservation
- 16 Thermal protection layer
- 17 Bottom material: High quality cotton with brass pattern



THE BIOMAT

BIOMATS.COM

THE TOOL FOR MODERN LIFE



THE BENEFITS OF THE BIOMAT INCLUDE:

Temporary relief of:

- Minor muscle pain
- Minor joint pain
- Joint pain associated with arthritis
- Muscle Spasms/Minor Sprains
- Minor Strains /Minor muscular back pain

Biomat users also enjoy:

- Relaxation of muscles
- Temporary increase of local circulation
- Improved sleep

The Biomats generates negative ions that give you all these benefits, anywhere you use it.

**ORDER TODAY. FREE SHIPPING
LET THE BIOMAT HELP MELT YOUR STRESS AWAY!**

Biomats is a registered FDA medical device making it suitable for hospitals and therapeutic environments. It is easy to use and safe to operate.

Steve Rees

Introducing
Calming Harp



BENEFITS OF HARP MUSIC

- Improve blood pressure
- The Mozart effect
- Enhance child development
- Assist with pain management
- Help soothe and calm the soul
- Fights against depression
- Aid in surgical recovery
- Induce sleep and relaxation
- Increase performance & concentration

HOW MUSIC CALMS

by Steve Rees, Ret. RN, Harpist

This morning, I received an email from a listener to my YouTube channel that inspired me for this article. Over the years I have had many people comment on the calming effects of the harp music that I offer on my channel: Calming Harp

This message was especially noteworthy as the contrast between "with the music" and "without the music" was so remarkable. It was also clear that there was no opportunity for conscious influence as the person was "not rousable." The effects were purely physiological. I will share the email with you and then look at some research that helps explain this wonderful effect.

"Dear Steve,

I wrote on your YouTube channel under David Harp and Psalms (almost 3 hours of harp music) back in June regarding how this really blessed my family when my father was dying. Prior to your music playing, my father was barely conscious and not rousable but very agitated. It was very distressing for everyone to watch. Almost immediately when I started playing your music he settled right down and became relaxed. Whilst the music played, he relaxed and when it stopped, he became agitated again. It was such a blessing that I was able to play your music for him so that it was peaceful at the end. I thank YHWH (God) for your music during this difficult time."



I will take some information from an article published in *Medical News Today*:
<https://www.medicalnewstoday.com/articles/music-therapy>

This article looks at the discipline of music therapy and the different ways it affects the mind and body of the listener. Music therapy is now being used in many different settings including mental health, Alzheimer's units, senior care centers, nurseries, birthing centers – and many other applications.

In dealing with anxiety, the article states, "*Many studies suggest that music therapy can reduce feelings of anxiety, including in people with cancer, those undergoing surgery, and individuals going into intensive care units. Some studies also suggest that music can reduce blood pressure and the heartbeat, which can have a direct impact on how stressed a person feels.*

There is also evidence to suggest that those undergoing music therapy experience reduced anxiety immediately after the session, which indicates that music therapy could be a convenient way to reduce symptoms quickly.

Music affects the amount of stress hormones, such as adrenaline and cortisol, that the body releases, and reducing these hormones can help relieve symptoms of anxiety."

It was also noted in the article that music therapy offers a non-verbal pathway to reach a person who may not be able to verbalize. The brain processes the sounds of the music without the need for verbal cues.

Quoting again, "*The way that music affects the brain is very complex. All aspects of music — including pitch, tempo, and melody — are processed by different areas of the brain.*

For instance, the cerebellum processes rhythm, the frontal lobes decode the emotional signals created by the music, and a small portion of the right temporal lobe helps understand pitch. The reward center of the brain, called the nucleus accumbens, can even produce strong physical signs of pleasure, such as goosebumps when it hears powerful music."

It is important to note that **it does not necessarily require** a Certified Music Therapist to achieve these benefits. If one is available, that is all the better. But many times, one is not available and that should not stop a family from using recorded music to realize some of these benefits. The family referred to in the email was using music that was available on the internet.

The key here is that there is a wonderful effect that music can offer in helping an agitated person to calm down. I even have people tell me frequently that they use it to calm their children down so they will go to sleep for a nap or keep them calmer during a road trip in the car.

Others tell me they use it for their pets. One person told me that as soon as the music started, their family dog went over by the speaker and laid down to go to sleep. Another testimony was of a woman who used my music while she milked her goats to keep them from kicking over the milk bucket.

Other articles I have written have shown that the rhythm of the music helps to "entrain" the heart into a slower pace and bring the blood pressure down. The slower pace helps the whole body and its functions to slow as well. My sister keeps a CD in her car that she calls her "go to CD" for whenever she feels herself ramping up with anxiety.



Psalm 51. from CD "Frequency of Cleansing"



Calming the soul with beautiful harp music

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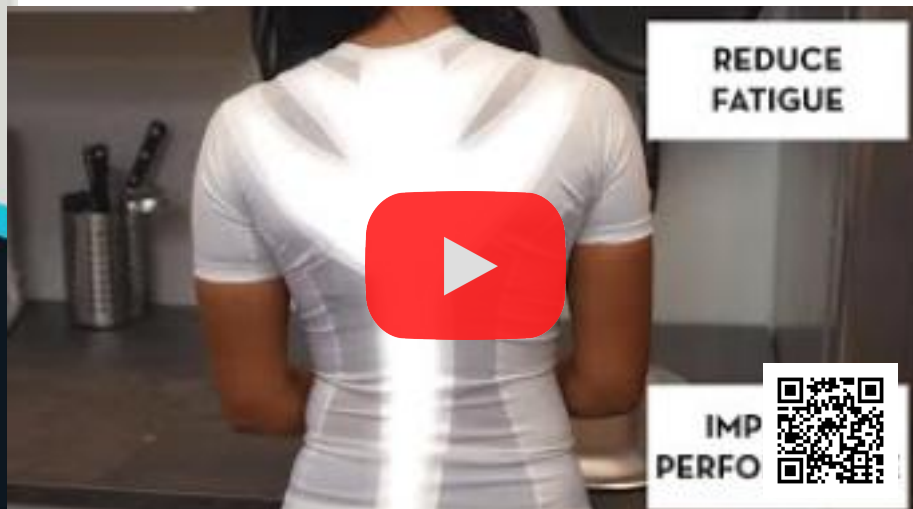
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NeuroBand Technology can be used to

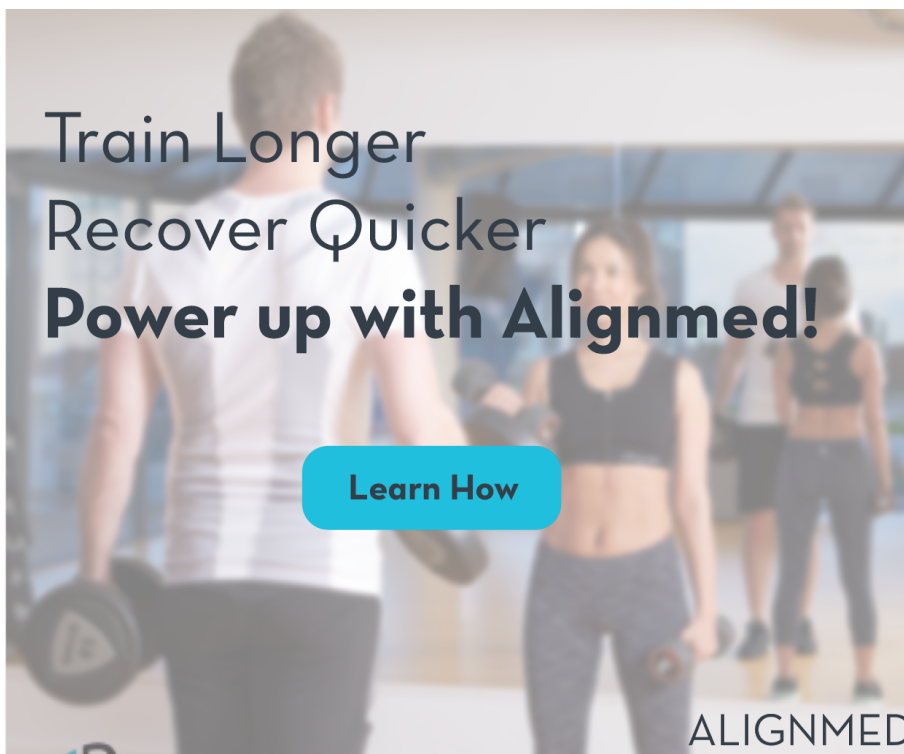
retrain poor postures due to habitual movement behaviors brought about by prolonged sitting, texting, computer use or athletic injury. **The technology is supported by unprecedented research, clinical experience, and over 500,000 people to date** who have used Evidence Based Apparel as an option, or adjunct to traditional therapies such as prescription drugs, physical therapy and surgical intervention.

Numerous medical research facilities have published evaluations and case studies of Aligned products. We work closely with the Keck School of Medicine at USC, The Steadman Philippon Research Institute in Vail, Colorado and the Kerlan Jobe Sports Institute of Los Angeles (to name a few) in efforts to support our research and findings and to further our advancements.

Please click [HERE](#) to view the **STUDIES**.



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AS SEEN ON...



U.S. Department of Health and Human Services
Food and Drug Administration



Sharry Edwards, M.Ed. has been acknowledged as the pioneer of Vocal profiling by The Duke Encyclopedia of New Medicine, 2006 and the *Alternative Medicine: a Definitive Guide*, 2002.

She is the founding Director of Sound Health Research Center which has been located in SE Ohio since 1982.

Sharry Edwards™ was named *Scientist of the Year* in 2001 for her work in BioAcoustic Biology by *The International Association of New Science*.

Sharry Edwards™ is the pioneer in the study of *Human BioAcoustic Biology*. Her 35 years of research are being used at the Institute of BioAcoustic Biology in Albany, OH.

Sharry Edwards™ work is now included in *The Duke University Encyclopedia of New Medicine*, by Leonard A. Wisneski and *The Scientific Basis of Integrative Medicine*, by Lucy Anderson.

The effects of *BioAcoustic Biology*, now accepted by these prestigious medical encyclopedias, have unlimited health and wellness potential.

Sharry

EDWARDS, MEd

Pioneer of Vocal profiling

Establishing the New YOU!

*Looking forward to days of rejuvenation,
planning and moving on*

Sharry Edwards, MEd

Color association = Blue

Astrological association = Capricorn

Music association = Note of A

I've learned that your body replaces each cell every seven years. With such a regenerating future in mind, people who make new year's resolutions often want to create a better version of themselves through observing better health habits. They endeavor to take better care of themselves, but they have been betrayed by the system that they believed would first and foremost do them no harm. How can we improve when we are being betrayed by those who we trusted to be our partners in reaching for optimal wellness practices?

There are many dedicated, yet often scorned medical providers who are struggling to undo damage put upon us by "the appropriate standard of care". One such MD angel is Dr. Amy Yasko who has dedicated her life's work toward creating a "Roadmap to Health" for optimal form and function.

Dr. Yasko wants everyone to Feel Good (her book) through Nutrigenomics, a system of genome and diet interactions that influence the health and wellbeing of living systems. Her Roadmap illustrates a pathway to identify interruption of the interactions between biochemical and genetic sequences of life. She has created a map that can be used to test humans for faults.

Over the years this column has brought information and research to the forefront of public awareness pertaining to the examination of vocal frequencies as a holographic representation of brain activity and hence the metabolism of the speaker. In an attempt to support best health efforts for optimal health affirmation for the new year. We have created a public self-examination screening opportunity,

This map plus additional information pertaining to the Methylation Cycles of the body has been used to create a software program that can be used to individually and mathematically to ascertain methylation faults via Vocal frequency analysis.

BioAcoustically Speaking

SoundHealthOptions.com

***Accelerating human healing through Vocal
Mapping: our future depends on its acceptance.***



Go to SoundHealthPortal.com.

Follow instructions on landing page to create an individualized vocal analysis. Use this map to determine which faults may be engaging your health status. Use your report output to mark the items that are listed.

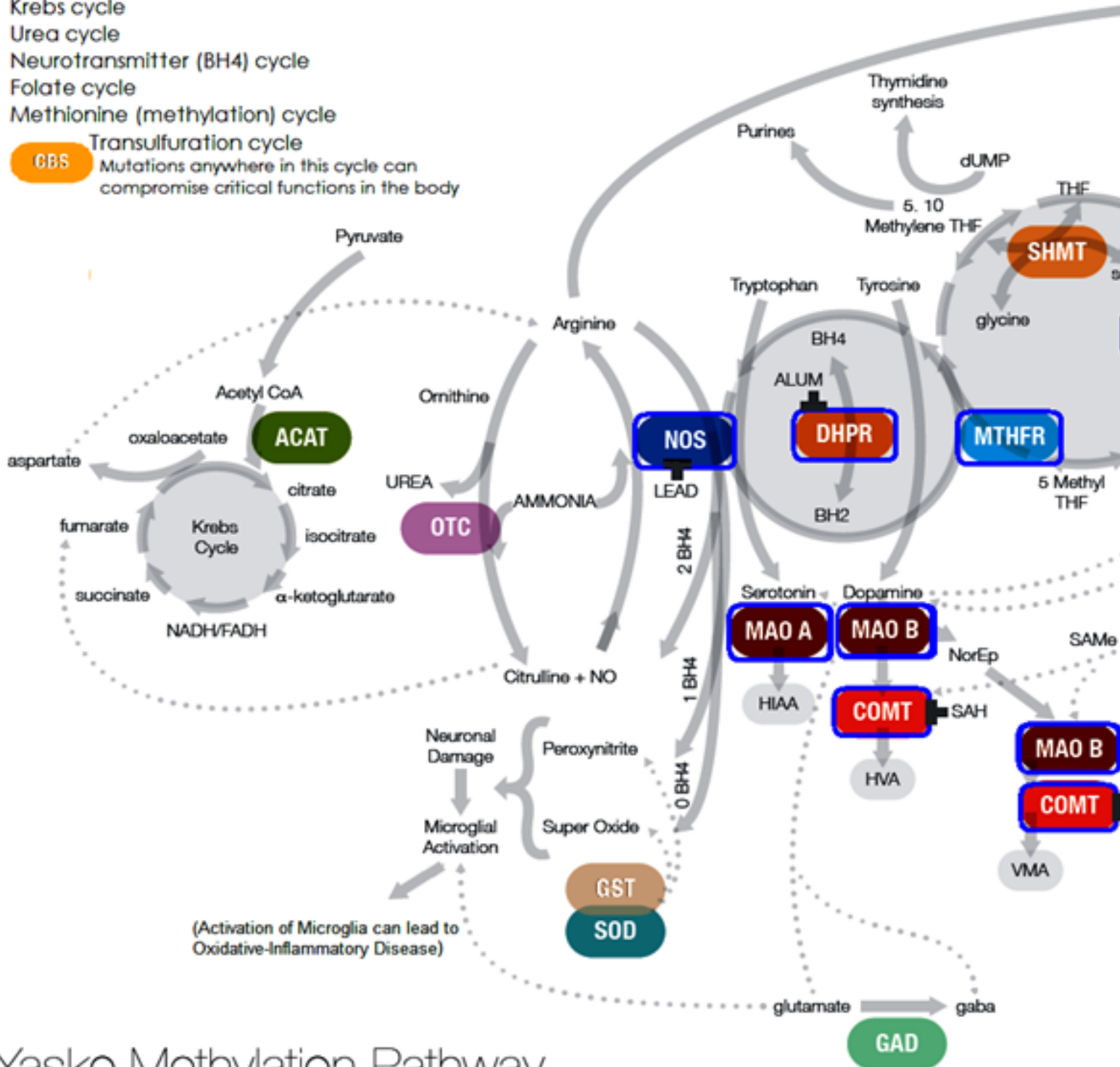
Check the internet for a Yasko practitioners near you. Share your map or use their web site to move forward – www.DrAmyYasko.com.

The “Getting Started” page is especially helpful.

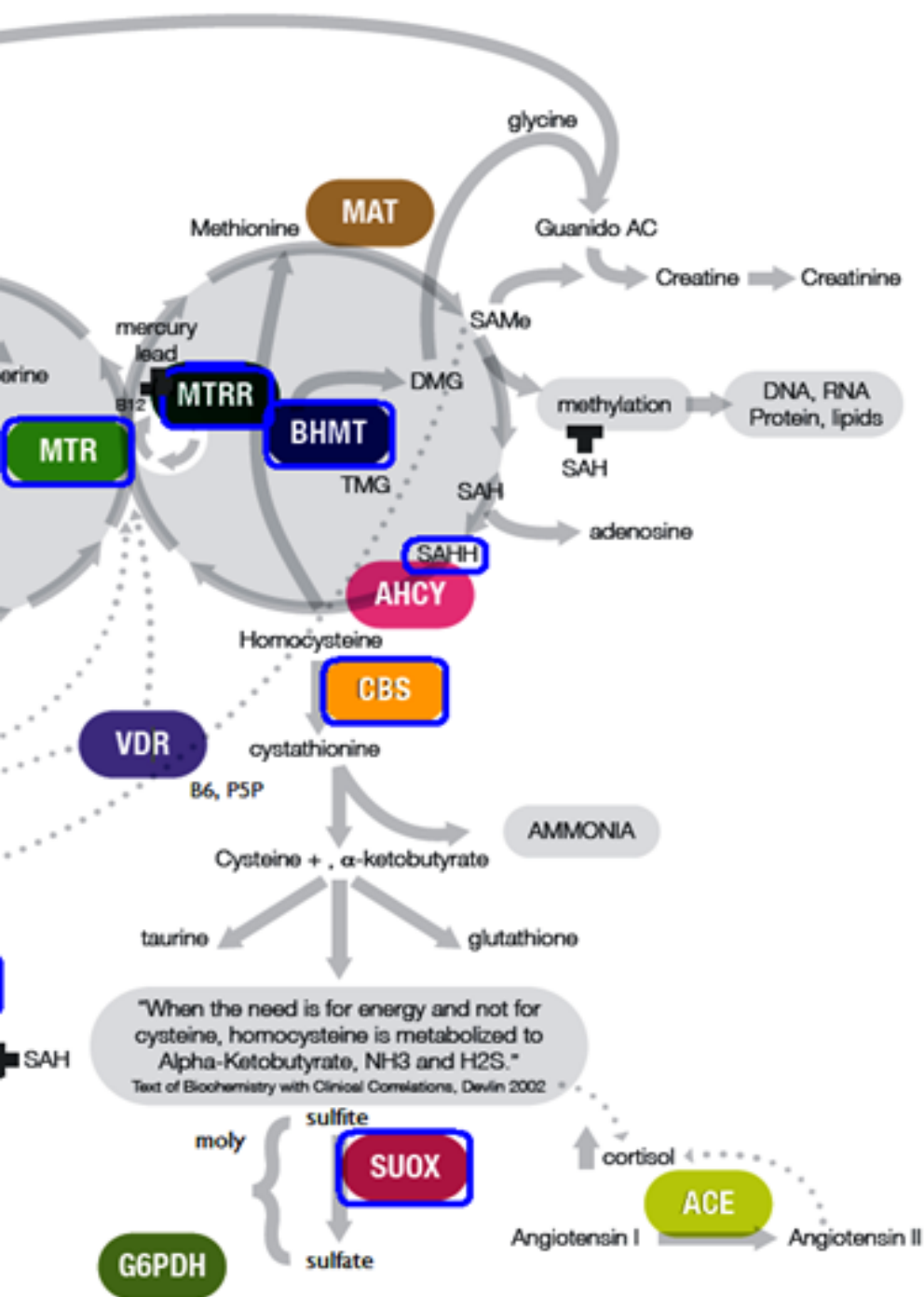
Methylation Pathway Cycles (from left to right)

- Krebs cycle
- Urea cycle
- Neurotransmitter (BH4) cycle
- Folate cycle
- Methionine (methylation) cycle
- Transsulfuration cycle

GBS Mutations anywhere in this cycle can compromise critical functions in the body



Yasko Methylation Pathway



The month of January is often seen as a time of renewal and planning for the future. Particularly January 2024 seems to be involved with iron, thyroid and clotting frequencies which in turn help to energize us.

Vitamin D Receptors, B5, manganese (insulin related and leptin (weight issues) are particularly vulnerable this month.

Additional information for all of January:

Manganese is an essential trace element that is naturally present in many foods and available as a dietary supplement. Manganese is a cofactor for many enzymes, including manganese superoxide dismutase, arginase, and pyruvate carboxylase. Through the action of these enzymes, manganese is involved in amino acid, cholesterol, glucose, and carbohydrate metabolism; reactive oxygen species scavenging; bone formation; reproduction; and immune response. Manganese also plays a role in blood clotting and hemostasis in conjunction with vitamin K. Manganese is absorbed in the small intestine through an active transport system and, possibly, through diffusion when intakes are high. After absorption, some manganese remains free, but most is bound to transferrin, albumin, and plasma alpha-2-macroglobulin. Manganese is taken up by the liver and other tissues, but the mechanism of this process is not well understood

Pantothenic acid (also known as vitamin **B5**) is an essential nutrient that is naturally present in some foods, added to others, and available as a dietary supplement. The main function of this water-soluble B vitamin is in the synthesis of coenzyme A (CoA) and acyl carrier protein. CoA is essential for fatty acid synthesis and degradation, transfer of acetyl and acyl groups, and a multitude of other anabolic and catabolic processes [3,4]. Acyl carrier protein's main role is in fatty acid synthesis.

Particularly people who have taken Statins to lower cholesterol (Atorvastatin, Crestor...) may have B5 in stress.

SOUND HEALTH KEYNOTES FOR JANUARY 2024

December 31 -January 6

Potassium is the most important frequency correlation that will be active for the next week. It is an important electrolyte and mineral that helps maintain the fluid and acid/alkaline balances for the body. Potassium supports muscle strength, heart rhythm, cell communication and digestion. Symptoms of low potassium can include scalloped edges on the tongue against the teeth, abdominal weakness, muscle aches and cramps, a feeling of weakness in the ankles is often present. An irregular heartbeat and edema can be signs of potassium imbalance. For people using our nanoVoice program to evaluate potassium levels, check the balance between D# and A. If you suspect a potassium issue, check with your wellness provider, or have your blood pressure monitored. For some people who have low potassium, there may be swelling

a flare-up.

Histamine (allergy associated) will start its climb toward allergy levels starting this week. Leptin becomes stressed around now (weight and appetite associated). High decreases appetite and increases metabolic rate. Leptin can be monitored online through Ultimate Diet software found at SoundHealthPortal.com – SERVICES

Muscle in stress this week: temporalis – associated with headaches

January 21-27

The frequencies associated with digestive enzymes continue to be stressed. Here is one of my favorites: Gastrophase by Tango – can be purchased from your local health food store or online.

Herpes frequencies are resumed this week. The internet suggests that lysine may be in stress if a Herpes outbreak occurs. Lysine is an essential amino acid found in meat fish, dairy and eggs and is reported to prevent the herpes virus from growing.

Campho Phenique, an antiseptic gel, is reported to relieve the pain from a Herpes outbreak. It is a common item in the first aid section of many drug stores.

The larynx (voice box) is an [organ](#) in the top of the [neck](#) involved in breathing, producing sound and protecting the [trachea](#) against food aspiration. People with ALS and Parkinson's have particular issues with this muscle.

Other muscles in stress this week: deltoid, great toe, diaphragm, deltoid, lens of the eye. Inflammatory indicators (C-reactive protein and gluten proteins) continue to be active. Blood clotting issues continue via fibrinogen.

The Gene for Retinitis pigmentosa is active for the next 10 days or so.

Magnesium Citrate and carnosine will be active until the end of the month.

FROM Wikipedia: Carnosine helps reduce the rate of formation of [advanced glycation end-products](#) (substances that can be a factor in the development or worsening of many [degenerative diseases](#), such as [diabetes](#), [atherosclerosis](#), [chronic kidney failure](#), and [Alzheimer's disease](#)[11]), and ultimately reducing development of atherosclerotic plaque build-up.

Carnosine is also considered as a [neuroprotector](#), appearing to reduce the [telomere](#) shortening rate. Carnosine may also slow aging through its anti-glycating properties (chronic glycolysis is speculated to accelerate aging).

Medication active this week: anything that contains acetaminophen (Tylenol, paracetamol) and acyclovir (an antiviral medication used to treat Herpes)

January 28-February 3

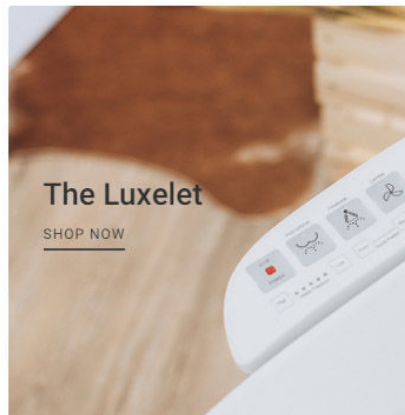
You may have the urge to switch to red wine this week as ingredients in grape skins come into play.

You may also tend to smoke more as the sulfur content of cigarettes becomes active. Sometimes when people take sulfur supplements their urge to smoke decreases.

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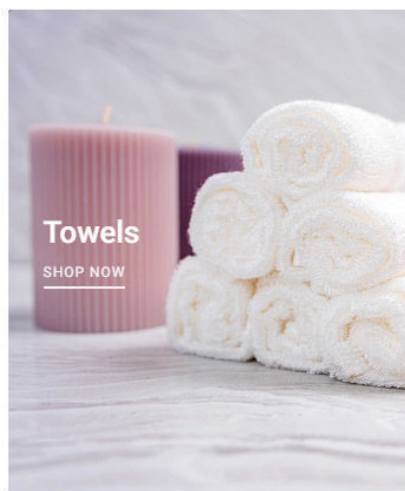


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AVAILABLE ON AMAZON

Professor Serge Jurasunas

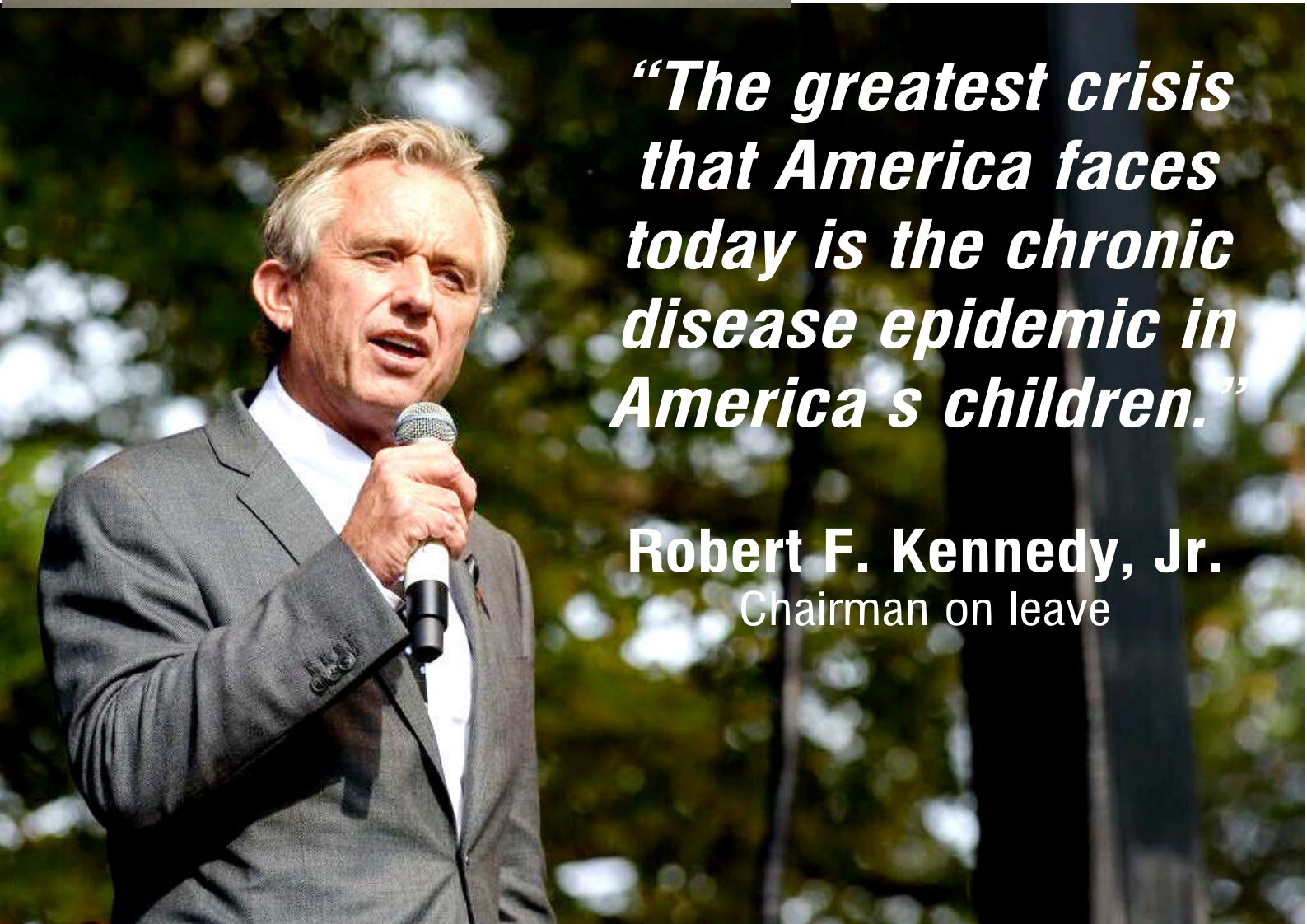
Foreword by Leigh Erin Connealy, M.D.

Children's Health Defense



We are excited to announce that the CHD bus is heading to a community near you. The 42-foot bus will travel across the continental U.S. over the next year. The #CHDBUS tour aims to gather stories from people injured or who have died as a result of vaccinations, including but not limited to COVID-19 shots or hospital protocols.

[<<Read More>>](#)



“The greatest crisis that America faces today is the chronic disease epidemic in America’s children.”

Robert F. Kennedy, Jr.
Chairman on leave

THE DEFENDER NEWS

Exclusive: 'They Euthanized Him' — Widow Recounts Husband's Fatal COVID Protocol Treatment

Prepping for 'Disease X': Gates-Backed Group Funds Needle-Free mRNA Vaccine 'Wafer' Technology

The Tragedy of Matthew Perry and America's Profound Addiction to Drugs

House Set to Grill Fauci Next Month — Will He Come Clean About COVID Origins?

Use of Drugs to Restrain Kids in Mental Health Facilities Jumps 141%

Fired New York City Workers: 'We Deserve Our Jobs Back'

Keeling Over on the Soccer Field: Is It 'Long COVID' — or the Vaccines?

Judge Refuses to Hear Expert Testimony on Tylenol Link to Autism, ADHD

Court Pauses CHD Lawsuit, Gives FDA Until April 2025 to Hand Over Analysis of COVID Vaccine Injuries

Rise in Uterine Cancer Linked to Pesticide Exposure

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