What They Don’t Teach in Medical School
by Dr. John Gray

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DEPARTMENTS

PUBLISHER’S LETTER .......................................................... 6
NATURAL COOK ................................................................. 8
Tomatoes and Apples
Heirloom Tomato Panzanella
Apple & Smoked Gouda Salad
By Lissa DeAngelis

RETREATS REVIEWS .......................................................... 10
Ram Dass & Krishna Das
Sat Nam Yoga
Hay House

PRODUCT REVIEWS .......................................................... 12
Vibrant Health

BEST BETS ................................................................. 13
The Breathing Center

FEATURES

Anti-Aging, Energy, Well-Being, and Quality of Life ........ 15
By Nick Delgado, PhD

Tantris, Russell Simmons’ New Yoga Clothes Line ........ 17
An Interview By Mark Becker

What They Don’t Teach in Medical School:
Natural Solutions to Common Complaints .............. 19
By Dr. John Gray

Ozone/Oxygen Therapy Can Transform Your Life ........ 21
By Robert H. Sorge, ND, PhD

Cosmic Kundalini Meditation ........................................ 23
By Goswami Sunita Saraswati

NEWLIFE and Unitribe Connect:
The Merging of Generations ........................................ 25
By Anthony Finno and Mark Becker

PROFESSIONAL PROFILES

Acupuncture ................................................................. 27
Colon Therapy ............................................................. 27
Dentists ................................................................. 28
Doctors ................................................................. 28
Hypnotherapy ............................................................. 29
Metaphysical ............................................................. 30
Psychology & Therapy ................................................. 30

CLASSIFIEDS/CALENDAR ............................................. 29
Hello NEWLIFERS,

I hope your summer was an incredible one for you. The weather was perfect here on Long Beach...

This summer has definitely been a NEWLIFE for me. I moved the NEWLIFE offices back to Manhattan and am looking for city folk to work in the office or to hit the streets. Send your resumes to mark@newlifemag.com. Between the move and ending my two-year relationship, I am totally excited to be evolving to the next step.

One thing I have decided to create is bridging the gap between us baby boomers who are the NEW Agers and the inspiring creative youth who are the High Vibers. How I am doing this is by creating a huge space at the expo for Unitribe’s high vibers to present new creative talent in music, art and healing that has emerged from the twenty to forty year old generation in the city. This will definitely be a fresh new addition to the expo, which I know you will enjoy.

Another project I have created is the NEWLIFE CRUISE- the first Expo at sea that will take place from October 6-13 with many of your favorite speakers including Sean David Morton and Dannion Brinkley. We will be leaving out of Miami and having Mayan ceremonies with the only female Mayan Elder, Elizabeth Araujo, in temples in Cozumel, Mexico and Belize, Honduras as well as swimming with the Dolphins in the Grand Cayman Islands. This has been a dream of mine - to spend a week with our NEWLIFE community where we do not have to go home. Check it out at www.newlifecruise.com

I know you are going to enjoy this issue, which has an interview with the fantastic Russell Simmons who has developed a new, healthy yoga clothing line. This man never stops creating. And my old friend, John Gray of Men Are From Mars, Women Are From Venus fame, has not only written an informative article in this issue, he also agreed to keynote at the NEWLIFE EXPO in NYC at the Hotel New Yorker on October 19-21.

John has developed a nutritional line to raise the hormones of the male and female so that we can enjoy each other even more.

Another talent I have discovered and brought to the expo, Dr. Nick Delgado has written an exquisite article on anti-aging that you will want to read immediately. Don’t miss Nick at the expo. He will blow your mind.

So I hope you hang on and journey with me as we take you through this incredible issue of NEWLIFE, cruise with you on October 6 and Expo with you on October 19.

Please give your blessings and prayers to Shiquala for a speedy recovery,
And Remember......It’s a NEWLIFE !!!

Om Sholom

MARK BECKER
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“i have come that ye might have life more abundantly” John 10:10
Tomatoes and Apples

- Heirloom Tomato Panzanella
- Apple & Smoked Gouda salad

Tomatoes and apples are two of my favorite fruits during the end of summer and the beginning of fall. One is coming to an end and the other is gearing up for the rest of the year and beyond. It’s time to buy a box of tomatoes and make sauce and freeze it, enjoy luscious slices with fresh basil, bake tomatoes halves with herbs, bread crumbs and parmesan cheese. Meanwhile crunch on fresh apples, arrange an apple picking trip to enjoy the foliage as it begins and unfolds, and try a new assortment. Both tomatoes and apples are showing up with heirloom varieties — do not pass them up!

An heirloom or heritage tomato is an open-pollinated tomato that has not been hybridized. In recent years they have become more available and with their wide range of colors, stripes, and shapes are becoming the choice for many tomato eaters. According to tomato experts there are four categories that tomatoes are classified into:

- Family heirlooms
- Commercial heirlooms
- Mystery heirlooms
- Created heirlooms

Historical interest has started seed savers to increase the seeds on hand and now there are many heirlooms to be had on the open market both as seeds and ripe tomatoes. They do have a shorter shelf life and are less disease resistant than commercial tomatoes, yet I find they are often more flavorful, colorful, and juicy as well as having interesting shapes, a wide range of sizes, and some interesting and fun names. For example; Brandywine, Lollypop, Black Krim, Green Zebra (when ripe it’s green), Big Rainbow, Chocolate Cherry, Red Currant, and Three Sisters!

A bowl full of heirloom tomatoes is a colorful and fun choice for munching and snacking all day!

Apples are on the opposite spectrum for texture and crunch — yet no less appealing in varieties of colors and shape — although they will always be some sort of globe or round shape they will come in tiny, small, medium and large! And the colors are no less exciting! Apples can be grown from the desert to the sea; the trees have a remarkable life span, and are the most popular tree in home orchards. Local orchards offer varieties from mid July to late November with flavors that cannot be matched by supermarket apples. There are over 7000 varieties of apples that are grown worldwide. And Washington State grows over 50% of the apples consumed in the United States!

Apples are full of nutrients when eaten raw or cooked, and can be consumed in many scrumptious forms. For example:

- **APPSAUCE OR CANNING:** Use Golden Delicious, Rhode Island Greening, and Spartan. BAKING: Try Braeburn, Gala, Gravenstein, and Rome Beauty.
- **PIES AND COBBLERS:** Will be delicious made with Granny Smith, Jonagold, Macintosh, Northern Spy, Romes or Wines.

RAW: Every apple already mentioned is also delicious raw — so try some pieces when making any cooked form of them. Also look for Baldwin, Cortland, Criterion, Fuji, Lady Apple, Macoun, Newton Pippin, Red Delicious, Stayman, and York Imperial. Green markets and farm stands will have even more types that never make it to any commercial stores. The farmers can suggest if they are better raw or for cooking.

---

**Heirloom Tomato Panzanella**

4 SERVINGS

A Florentine salad of bread and tomatoes that is popular as tomatoes become vine ripened at the summer’s end. It can include chunks of stale or fresh bread, fresh herbs, and extra virgin olive oil dressing.

2. In a large bowl combine the tomato, onion, garlic, olive oil, basil, tarragon, salt and pepper.
3. Cut the bread into 1/2-inch squares. Melt the butter in a large skillet and add the bread cubes. Season with salt and pepper. Cook until the butter foams and the cubes have started to brown a little.
4. Toss into the tomato mixture. Allow to sit for 10 minutes before serving to soak up the flavors.
5. Line a large serving bowl or platter with the greens. Pour the tomato mixture over. Using a vegetable peeler, garnish with shavings of Parmesan cheese. Serve immediately.

**Apple & Smoked Gouda Salad**

4 SERVINGS

Try any favorite or an heirloom apple with a firm and tart nature. Crisp apples, crunchy nuts, and smoky cheese mixed with a mildly bitter frisee green and red radicchio.

1. Peel, seed and dice the tomatoes. Place in a sieve over a bowl to drain while prepping the ingredients.
2. In a blender, add shallots, oil, vinegars, salt, and pepper. Blend well. Taste for seasoning and adjust if needed.
3. Core, slice, and cut apples into julienne slices or matchsticks.
4. Toss into the tomato mixture. Allow to sit for 10 minutes before serving to soak up the flavors.
5. Line a large serving bowl or platter with the greens.

**BAKING:** Try Braeburn, Gala, Gravenstein, and Rome Beauty.

**PIES AND COBBLERS:** Will be delicious made with Granny Smith, Jonagold, Macintosh, Northern Spy, Romes or Wines.

**APPLESAUCE OR CANNING:** Use Golden Delicious, Rhode Island Greening, and Spartan.

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Sound like an ideal way to spend a week in paradise?

Maui, Krishna Das’ December destination of choice for the past five years to be with his long time guru-brother Ram Dass, is where they host the “Open Your Heart in Paradise” Retreat (5th Annual). They are joined by renowned Vipassana “loving kindness” meditation teachers/authors Sharon Salzberg and Mirabai Bush for morning meditations and dharma talks. Two daily yoga classes are led by Saraswati Markus and Julie Hale while morning QiGong moving meditation/afternoon oceanside nature walking meditations with Joyanna Cotter. Special Retreat Features include Hawaiian kahuna Lei’ohu Ryder and chanting Hanuman Chalisa’s with New York Chant’s Nina Rao.

You can learn more about this year’s “Open Your Heart in Paradise” Retreat, December 5-10 at www.ramdass.org. For more information and online registration please call 888-663-7770.

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Staying at Sat Nam Yoga Spa is not just serious work but also a lot of fun. There is a nice hiking trip planned in the near-by hill forest, ping-pong or swimming in the pool. In the evening they gather around the fire and talk or drum.

5-Day Detox, Juice Fasting & Yoga Retreat – September 8-12, arriving on Friday, September 7. Rejuvenate your body, Regenerate your liver &...
kidney and Renew your commitment to Health, Happiness and Holiness with fresh squeezed organic Juices, bitter Herbs, Raw Food, Meditation, Yoga and Pranayam.

Transformation through Astrology & Healing Your Shadow Side Workshop – September 29, 10am-12:30pm, with Rich Kiskiel. You will learn about the Shadow Core Issue, your Primary Fear, how you judge yourself. Also, you will learn how to see issues manifesting in your daily life and how you project your issues onto others; how to have relationships that are of equality & respect and how to rise above the level of your emotional wounds, so they cannot exist.

Couples Retreat – Columbus Day Weekend-October 6-8. Beautiful, Leaf Turning Time in the Catskills. You are invited for a Romantic Yoga Retreat for Couples and add another dimension to your relationship with your partner and work out all the imperfections. Laugh & Bond together, change the lenses in your looking glasses and discover a new way of being together.

For more information about the Sat Nam Yoga Spa, visit www.satnamyogaspa.com or call 845-866-3063.

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“I Can Do It Ignite” Weekend Conference in New York City
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Over-Breathing is Epidemic!

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Breathing patterns are the product of our lifestyle. When the lifestyle becomes unnatural, breathing patterns change. As a result, most modern people over-breathe. Hyperventilation becomes a major risk factor for asthma and any breathing difficulty, anxiety, enlarged adenoids, polyps, allergies, hypertension, heart diseases, chronic fatigue and many other health issues.

This discovery was made sixty years ago by renowned Russian scientist K.P. Buteyko M.D. He realized that breathing affects health more than eating and drinking. Why? Without food we can survive for weeks, without water - for days, without air - only a few minutes. Air is as powerful as nuclear energy; capable of destroying or restoring health very quickly.

Russian medical doctors and scientists conducted various trials over many years following this discovery. As a result, the Breathing Normalization method was developed. Its goal is complete health restoration through the reduction of air-consumption without any medication. Breathing Normalization specialists teach adults and children how to breathe less, which has a strong positive effect on people’s overall health: they reduce or eliminate symptoms of their diseases and become healthier, happier, calmer and more energetic. This method is available in the USA through BreathingCenter.com.

Breathing Center is the official representation of the patent holders of Dr. Buteyko’s method (Clinica Buteyko Moscow, Russia). Breathing Normalization specialists have been teaching the method online and in person since 2009. The New York Times even published an article about the miraculous results of this holistic treatment and the many lives saved by this method. BreathingCenter.com displays numerous testimonials of adults and children whose health was significantly improved by breathing reduction.

Do YOU over-breathe? Find out by visiting the Self-Test page at www.BreathingCenter.com. Breathing Center also offers free preliminary consultations: 800-520-3450. Remember: There is no health without healthy breathing!

Visit them at the NEWLIFE EXPO in New York City, October 19-21.
ANTI-AGING, EN
HEN PATIENTS AND CLIENTS start anti-aging therapy, they are usually first attracted to using anabolic therapy such as testosterone, thyroid, or growth hormone. Initially, patients feel good restoring these key hormones and believe that building up the body is as simple as just adding a few important hormones.

Understanding the Difference Between Synthetic Steroids and Natural Hormones

Steroids (correctly defined as those molecules produced by the body to build and restore) have an anabolic effect (building-up muscle), especially if intense weight training is included to stimulate muscular growth. The word Steroid has taken on a “street” meaning of synthetic, chemically different from molecules present in the body, and typically at excessive doses beyond what is safe or physiologically correct for the patient. Although steroids are chemically designed to build muscle tissue because they are less likely to turn into estrogens from natural aromatization, there is still a risk of abnormal metabolites forming in the body that may exert dangerous side effects.

Cortisol rapidly breaks down fatty tissue, enhances muscular size and strength, and is naturally released into the bloodstream after weight training. Obviously, excessive cortisol levels caused by stress and improper eating can be tested and corrected, and this is why it is important to have your cortisol levels measured. Balanced levels are good, but levels that are too low can show muscle breakdown or side effects that have ever been described regarding cortisone therapy while granting the energy releasing properties of natural cortisol.

Misunderstood and Overlooked Hormone Cortisol

Cortisol rapidly breaks down fatty tissue, enhances muscular size and strength, and is naturally released into the bloodstream after weight training. Obviously, excessive cortisol levels caused by stress and improper eating can be tested and corrected, and this is why it is important to have your cortisol levels measured. Balanced levels are good, but levels that are too low can show your adrenal glands are no longer able to produce enough cortisol to handle the stresses of aging. This decline might start because the patient is not getting enough sleep and/or rest during the day, or the exercise plan is beyond the patient’s ability.

The body needs daylight much like all other living organisms. We must get sufficient daylight to be able to produce enough cortisol to handle the stresses of aging. This decline might start because the patient is not getting enough sleep and/or rest during the day, or the exercise plan is beyond the patient’s ability.

Hormone Lab Testing and Assessments

We suggest you obtain lab tests for 11 key hormones by saliva testing including cortisol at morning, noon, and afternoon. Also get 24-hour urine tests for testosterone, estradiol, cortisol and their metabolites. Take a history for questions associated with cortisol deficiencies and excess. These questions can be obtained for free by going to www.nickdelgado.com and clicking on Delgado Club to take the wellness survey for hormones to verify your need for any support, and which herbs will best help to maintain one’s optimum levels.

Nick Delgado PhD., CHT, directed the Nathan Pritikin Program for Longevity Research, guest speaker for Tony Robbins, Mastery University for seven years, 1992-98, is currently a Diplomat of the American Academy of Anti-Aging Medicine and he is a Certified Master Hypnotherapist, Time Line Therapist and NLP Practitioner. Dr. Nick Delgado has many articles at nickdelgado.com, Estroblocl.com and videos on YouTube. He will be at the NEWLIFE EXPO in New York City, October 19-21. Visit www.newlifexpo.com for information.
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An Interview By Mark Becker

Russell Simmons, Yogi and Entrepreneur has done it again. He has created Tantris, a new innovation in health yoga wear. I caught up with Russell to find out how yoga has inspired him on his ladder to success and happiness.

**When did you start practicing yoga and why?**
I started practicing yoga over 20 years ago when a friend of mine took me to a class. When we got there we were the only 2 guys in a room of pretty girls. After the class I felt alive and rejuvenated—I was immediately hooked.

**What role has yoga played in your life?**
Yoga is a very integral part of my life. I practice every day and make it a priority to meditate and read the scriptures.

**What type of yoga do you practice on a regular basis?**
I practice Jivamukti yoga regularly, but do all kinds. Sharon Gannon and David Life are the founders of Jivamukti Yoga School where I take class, but all of their teachers are highly trained.

**Do you feel yoga has changed your life?**
I think yoga has definitely changed my life for the better. I am not only a devoted yogi, but am also committed to a lifestyle of meditation, veganism, animal rights and environmental activism.

**How do you keep the yogi lifestyle with such a busy schedule and traveling so much?**
I make it a priority to practice every day. I meditate every morning and practice yoga at some point each day. My office always schedules me a time for yoga.

**What was your motivation behind starting Tantris?**
We wanted to bring fashion to yoga wear and really develop a collection that is specifically designed for yoga by people that love yoga.

**How is Tantris different from all of the other yoga lines on the market?**
Tantris is different than every other yoga line on the market because of a specific fabric that we have developed for Tantris called Trilux with the use of SeaCell technology. The fabric aids in blood flow, skin cell regeneration and more. It’s something we have really taken a lot of time to explore and develop.

**What do you feel has contributed to being on the pulse to create success in all areas of your life?**
Operating on a still mind is critical for everyone. The more we remember to work with a still mind the more creative and happy we become. This idea of yoga is center to any creativity whether we call it yoga or not. When the mind is still we operate at our best.

Tantris, Russell Simmons’ New Yoga Clothes Line
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Dana will be speaking about The Reconnection™ and Reconnective Healing® as introduced by Eric Pearl Friday at 7pm in Soho room.

Hear how you can heal yourself and others with this remarkable gift!

Dana will be available for appointments in Manhattan, October 14-25

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**Why Sexy People Stay Younger**

Studies show that sexy people with a purpose and friends live longer: Open your heart to love, social connections & intimacy. You can prolong the quality of your life by redirecting your thoughts and dreams. Our goal is to help you to focus on being healthy in mind and body. We will show you how to grow young and slim by improving your circulation and cellular health. We can show you how to prevent or combat:

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Come to see us at the Delgado Protocol booth to have your nitric oxide levels tested, oxidative stress, hormone profile and a suggested personalized plan. Natural herbs, diet; exercise and bio-identical hormones can reverse thin sagging skin, and a decline in sexual function. Go to www.nickdelgado.com and www.delgadoprotocol.com or call 866-319-0566.
WHAT THEY DON’T TEACH IN MEDICAL SCHOOLS:

Natural Solutions to Common Complaints

By Dr. John Gray

GOOD HEALTH IS JUST AS IMPORTANT AS GOOD RELATIONSHIPS.

As a marriage counselor and coach I am witness to the most common challenges that couples face in attempting to create a lifetime of love. The insights within *Men Are From Mars and Women Are From Venus* go along way towards helping men and women understand and support each other but good communication skills alone are not always enough. For better relationships we also need to be healthy. If you are tired, depressed, not sleeping well or in pain, then certainly romantic feelings become a thing of the past. No one can be nice when they have a toothache. This simple observation reveals the profound connection between the quality of our health and our relationships. Just as improved health supports better relationships, better relationships also improve our health.

At medical conferences, I routinely point out to doctors that the number one contributor to health is positive relationships. This often comes as a surprise and certainly not something they learn in medical school. An abundance of statistics consistently reveal that happily married couples as opposed to singles and unhappily married couples have fewer heart attacks, have less cancer, less diabetes and live longer.

Without a doubt, having better relationships is the most important medicine you can take to sustain ideal health. But on the other hand, being healthy provides the necessary support to sustain a loving relationship.

In medical school doctors are taught to identify the sickness and prescribe a drug. They learn very little about how to be healthy or sustain successful relationships. Drugs sometimes save lives but they also have negative side effects. This not only makes us more vulnerable to other health challenges, but it can directly restrict our ability to sustain positive relationships as well. Ideally, drugs should be used as a last resort while 90% of our health plan should be drug free. For this reason, the health care crisis in America is caused by our dependence on doctors and their drugs. With an understanding of natural solutions that have been around for thousands of years, drugs are not needed to treat common complaints like low energy, weight gain, allergies, hormonal imbalance, mood swings, poor sleep, indigestion, lack of focus, ADD and ADHD, procrastination, low motivation, memory loss, decreased libido, PMS, vaginal dryness, muscle and joint pain, the lack of passion in life and/or our relationships and a host of others. By using drugs, even over the counter drugs, to treat these common complaints our bodies and relationships are weakened making us more vulnerable to bigger and more costly health challenges like cancer, dia-
by handling the easy stuff (common complaints) without doctors and drugs, we can protect ourselves from the big stuff (cancer, heart disease, dementia, etc.). New research regarding the brain differences and the different hormonal systems in men and women reveal how specific nutritional supplements combined with gender specific relationship and self nurturing skills can stimulate the hormones and brain chemical of health, happiness and increased energy. In my healing center in California, for ten years I witnessed how natural solutions coupled with gender specific relationship skills could solve our common health complaints without drugs. By addressing these common complaints without prescribed drugs, not only do we feel better but our relationships have the potential to dramatically improve. I freely list these natural solutions to common health complaints at my website: MarsVenus.com.

Most people have not even considered that taking prescribed drugs (even for the small stuff) can weaken their relationships which in turn make you more vulnerable to more disease. For example, if you are feeling depressed or anxious, a drug may numb your pain but it does nothing to help you correct the cause of your problem. It can even prevent you from feeling your natural motivation to get the emotional support you need. In a variety of ways and pathways, our common health complaints are all expressions of two major conditions: Our lack of education to identify and support unmet gender specific emotional needs and our lack of education to identify and support unmet gender specific nutritional needs.

Ultimately the cause of all our common complaints is higher stress levels. Researchers around the world all agree, chronic stress levels in our body provide a basis for any and all disease to take hold. An easy and quick solution for lowering our stress reaction is specific nutritional support combined with gender smart relationship skills. Extra nutritional support is needed because stress depletes the body very quickly of essential nutrients. When a car engine is running faster it uses fuel faster. When we are stressed we need both extra nutrient and extra emotional support. How to identify what we need and where to get it requires education. Extra relationship support is required because the very hormones that lower stress in both men and women are directly stimulated by the way we relate to ourselves and others.

The number one hormone that lowers stress in a woman’s body is Oxytocin. This hormone can only be stimulated when a woman sets up a situation where she feels emotional supported. On the other hand, the hormone testosterone is needed in men to maintain low stress levels. To lower our stress response in our bodies it is essential for women to understand their female hormones and learn how to stimulate them. Simply taking drugs to sleep or hormones to feel better is a far cry from learning why you are so stressed in the first place. By learning to identify how certain behaviors like getting a massage or going shopping for shoes (when you are not in a hurry) can stimulate higher oxytocin levels, woman can discover a host of ways to handle all our common complaints.

The number one hormone that lowers stress levels in a man’s body is Testosterone. Men need to make thirty times more testosterone than women or they are not only tired and grumpy but their risk of heart disease increases. Learning to increase testosterone in men is very easy without having to take dangerous testosterone pellets, injections and creams. In most cases, using natural herbs and discovering gender specific behaviors to stimulate the production of testosterone can correct the condition in a few weeks with no side effects.

What they don’t teach in Medical School is how to be healthy and happy without the use of drugs. By refusing drugs and taking responsibility for our health, a wealth of new possibilities can become available to you. We are designed to be healthy and happy and it is within our reach if we commit ourselves to increasing our knowledge. At MarsVenus.com we are happy to share more what we have learned for creating health bodies and positive relationships. You can find a host of natural solutions for common complaints.

John Gray will be appearing at the NEWLIFE EXPO, October 19-21 in New York City. Visit www.newlifeexpo.com for information.
CIENTISTS UNCOVERED ANCIENT FOSSILS from the time of the Noahian Flood era, they tell us that they contained 52% oxygen. Prior to the Industrial Revolution, oxygen levels still exceeded 30%. Today even in the most oxygen rich places on our globe, such as the high mountains, deserts and beaches along the shore line removed from industry, pollutants and people, our oxygen is at best, 20 to 22%. In short: Atmospheric oxygen levels have continued to decrease over time.

In our large cities, oxygen levels can drop drastically, as low as 8 to 14%. The significance to this is that in areas with the lowest oxygen, physical and mental disease is the highest. There is a direct relationship between oxygen and levels of health.

The rejection of scientific truth motivated Dr. Otto Warberg to work day and night for 20 years to prove irrefutably that hypoxia was the primary cause of 100% of all cancers. What is Hypoxia? Hypoxia is basically a deficiency of oxygen at the cellular level. Let there be no doubt, cancer is a very complex disease. There are many secondary causes as well as nutritional, environmental, mental, emotional, spiritual, and congenital contributions, but the bottom, line cause in all cancers, without exception, is oxygen deficiency at the cellular level.

Dr. Otto Warberg won the Nobel Prize for Medicine, for the whole world, in 1931. He proved his hypothesis scientifically. In the last 100 years, his thesis has remained unimpeachable. Dr. Warberg won his 2nd Nobel Prize in 1950.

After receiving his Nobel Prize for Medicine in 1931, a press conference took place. Dr. Warberg was asked, “Now that you’ve proven the cause of 100% of all cancers, should cancer research continue?” Dr. Warberg’s answer was, “You have the cause of 100% of all cancers proven before your eyes. The proof is absolute. For what reason would you want to continue costly, useless and mindless research. This would only get us off track and cause confusion. It would be like doing research to reinvent the wheel.”

OXYGEN IS THE NUMBER ONE NUTRITIONAL DEFICIENCY IN AMERICA

We are all oxygen deficient at the cell level, because our soil is deficient, our water is deficient, our food is deficient, the air we breathe is deficient. Remember, we are what we eat, breathe and drink. Oxygen levels were designed to be at 52% of the air we breathe. This is no longer the case.

If something as essential as oxygen is taken from us, everything in life goes downhill fast. What we call chronic disease, illness, and plagues are all related to cellular oxygen deficiency. Cellular biology tells us that healthy cells maintain an acid/alkaline Ph balance of 7.35 to 7.45. When our blood Ph drops below 7.35, the degenerative/sickness process has begun. When your blood Ph drops under 7.35, oxygen begins to become depleted. Our blood goes into a state of metabolic acidosis. This is the environment necessary for all disease. All dis-
ease starts with an acid blood because acid depletes oxygen.

**WHAT SETS US UP FOR SICKNESS?**

When your cells are overloaded with metabolic toxins from devitalized foods and your cells are deficient in oxygen, the organs of your body don’t have the energy to repair and they don’t have the energy to move toxic waste out of the body. Pain results when the oxygen levels leave your cells and are replaced with toxins. Another problem with decreased oxygen is that infection bugs begin to have lunch on your sick/toxic cells when your oxygen levels are low.

Who are the healthiest people in the world? Where do we find them? We find them on athletic fields, health clubs, and fitness centers. What is the common denominator? Oxygen. Their blood and cell level is saturated with oxygen.

**OZONE, THE SUPER ANTIOXIDANT – SUPER DETOXIFIER – SUPER HEALER**

We know that we cannot live without oxygen. Optimal health is related to oxygen but ozone is amazing. What is ozone? Ozone is basically a super oxygen. The molecular structure of oxygen is (O2), ozone is (O-3) which means it contains an extra oxygen electron, making it a super oxygen for therapeutic purposes.

How does ozone work? It works like a claw pulling out of the body the harmful viruses, bacteria, metabolic and environmental pollutants, heavy metals like mercury, lead, cadmium, pathogens, evil invaders, fungi, parasites, microorganisms and candida effectively treating hundreds of conditions by addressing their bottom line root cause.

Ozone therapy has effectively addressed chronic fatigue syndrome, Lyme’s disease, eczema, acne, arthritic conditions, hepatitis and immune disorders. Ozone should be administered on every cancer patient at the earliest state possible, regardless of whatever treatment plan is elected. Remember every cancer patient 100% of the time is hypoxic. They desperately need oxidative therapies.

**THE AMAZING SAFETY RECORD OF OZONE AND OXIDATIVE THERAPY WORLDWIDE**

Unlike the drug world of Big Pharma and the orthodox drug medicine profession, there are no downside risks, after effects or side effects. A study in Germany tracked over 40 million treatments, without a single adverse effect. The side effect reported by the patients was hair, nails and skin improvement, increased energy, sleep improvement, requiring less sleep, blood pressure normalization resulting from blood cells becoming more flexible and much easier blood flow, improved circulation which can help prevent crippling strokes and sudden heart attack, improved brain function, depression, anxiety, brain fog, nervousness and fatigue.

Unfortunately for the drugsters, ozone is unpatentable. So what does Big Pharm do? They knock it. They even go so far as to imply that there is some type of danger using ozone; such as an embolism, in spite of the fact that no such danger has ever occurred, not a single case in 150 years. The only substance that could be considered safer than ozone is water.

What is the plain truth? Ozone is more effective than antibiotics with no harmful side effects. Ozone has been used safely, effectively and inexpensively in medical practices throughout the world for over 150 years. It is 100% safe. It is not a new treatment.

Ozone is such a powerful, cleansing, detoxifying and purifying agent that it has been used in 150 European cities for over a century replacing toxic chemicals in their sewerage purification plants. Ozone is so powerful, if you can imagine this, it is able to convert raw sewage into crystal clear drinking water. For a moment just stop to think of the possibilities it has for health, healing and high optimal wellness.

Dr. Robert Sorge will be appearing at the NEWLIFE EXPO in New York City, October 19-21. Visit www.newlifeexpo for information.

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8. Exercise induced oxygen saturation therapy
9. Jad Bed Ozone lung detoxification therapy
10. Super bath with hydroswirl foot reflexology treatment
11. Drinking ozone water
12. Ozone bagging of diabetic ulcerations
Do you want the ultimate evolutionary mechanism in human beings? Can you complete your spiritual path without this awakening? No spiritual discipline is more misunderstood than kundalini, yet the kundalini remains the most powerful means of spiritual evolution known to humanity. It can also be found encoded into religious and mystical systems throughout the world, if one but has the proper keys.

Kundalini shakti, also referred to as serpentine wisdom, is the most high sacred spiritual science. It takes spirituality from the mental level to the experiential level. Practiced properly, it empowers the aspirant to dissolve its personality ego, develop the body of light, and consciously complete its earthly existence. As one acquires the keys of serpent wisdom, the portal of the universe opens and the aspirant attains complete mastery in this lifetime.

Kundalini takes advantage of the powerful sexual life force to tremendously accelerate spiritual growth. Sexual energy is the energy of creation, the most powerful primal energy. This same energy that is used to create a baby is used to create galaxies. If used consciously, it can create dramatic change in a seeker’s life.

Kundalini mixes the primal masculine and female life forces and moves them through the body’s psychic energy channels to create the desired effect. Kundalini shakti brings the experience of higher consciousness. It places the power and responsibility for spiritual growth directly in your hands. There is a tantric saying, “He who realizes the truth of the body will come to know the truth of the universe.” Serpent wisdom allows you to experience these truths systematically.

As kundalini is aroused, the student contains and expands that energy, circulating energy. As this purifying life force moves through your body, it expels the psychic debris accumulated over lifetimes of conditioning, much the same as a long-unused, high-pressure water hose expels debris when its valve is opened. Any repressed material surfaces powerfully now, opening and clearing the chakras and the 72,000 energy channels (nadis). This kundalini can flow smoothly and powerfully in the brain and activate the corpus callosum, allowing both hemispheres of the brain to work simultaneously. This is known metaphorically as opening the crown chakra or the thousand-petal lotus and brings the U3 peak experience (Ultimate Universal Unity) cosmic consciousness. No more guessing games. No more relying on the words of others. “You have cosmic bliss.” Serpent wisdom is the truth behind each religion; each path of self-actualization and enlightenment, the mysticism of the Sufis, the yoga Chi Kung system of the Taoists, the Quodoushka of the Native Americans, the Quabalah of the Hebrews, Christianity of...
the Westerners, the Egyptian Rosicrucians, or the Tantras of India and Tibet. The truths and techniques are in every culture and on every continent, couched in symbolism and metaphor.

The reasons for the secrecy surrounding these teachings are twofold. First: The practices are extremely powerful. They contain such power that you can clear your karma, break the wheel of samskara (the cycle of birth and death), and complete your spiritual evolution on Earth during this lifetime. This much power can be dangerous in the hands of the unprepared, just as car keys are dangerous in the hands of a toddler.

Second: Because these techniques bring enlightenment and freedom, those who would keep humanity in bondage have sought to stamp out this knowledge. These secrets have been quietly preserved through millennia of darkness, taught only to the initiated few, passed from generation to generation abiding against the day when they could be practiced openly again. That day has finally come!

This is what the new age is all about. The new age isn’t about some kind of new truth beamed to humanity. It means the ancient truths can be lived again and that humanity can use these truths to create the Satya Yuga (Golden Age of Enlightenment).

Hari Om Tat Hung. The highest truth hasn’t changed. (Bear in mind that one of the highest truths is change.) The highest essence of the created universe is still what it was even before humanity was created.

The light coming to this planet has increased in intensity and vibration, providing unprecedented opportunity for spiritual seekers to pass through the veils of consciousness with ease and grace. Elevated consciousness is the only hope for humanity. The higher you raise your consciousness through cosmic kundalini process, the more light you anchor on Earth, and the easier it is for others to do the same.

When I was initiated into Babaji’s Tantric Kriya Yoga, Taoist Alchemy, and Tibetan Tummo Yoga decades ago, I acquired a core that I know to be valid, and will gladly share this knowledge with any sincere seeker.

As mentioned before, it is time for these ancient wisdom teachings with modern technology to be revealed. My life is dedicated to sharing these teachings with any true seeker on the path of self awareness, those who are ready to take full responsibility for their lives, let go of their beliefs and ideals, and accept only what they find through subjective and objective exploration.

Most of us had to go through the sixties to loosen up, through the seventies to introspect and work through our neuroses, and through the eighties and nineties to get our financial world together. Now, the current has turned. The 2000’s will be the time when cosmic kundalini path comes into its own. However, I must warn you: once you begin to use the techniques your life will never be the same.

Once you have begun to evolve and grow, you can’t go back to your old unaware self. As the layers of the many illusions inevitably dissolve, many spiritual seekers find themselves in the unenviable position of the man in the motion picture “The Matrix” asking, “Why oh why didn’t I take the blue pill??” (Warning: some of the illusions you will find most painful to part with are the ones you have been conditioned to accept as spiritual truth.) When you forbear, you will come out on the other side free of illusion and realize, “He who realizes the truth of the body will come to know the truth of the universe,” and ready to partake and share in the absolute truth. It is toward fulfilling this destiny that I reach out to you.

Goswami Sunyata Saraswati has devoted over 50 years to the study and practice of Hindu, Taoist, Tibetan, and Egyptian Tantra systems. In India, Swami Satyananda Saraswati gave Sunyata his name and the title of Goswami, and appointed him lineage holder of “Babaji’s Tantric Kriya Yoga”. Goswami Sunyata is a Master teacher of the healing arts from India, China, and Tibet, specializing in Vajra Tummo Raku Kei (reiki) advanced healing arts.

He will be teaching Cosmic Kundalini Meditation at the NEWLIFE EXPO in New York City on Saturday October 20. To pre-register, call 516-897-0900.
THE NEW AGE MOVEMENT known for drawing on both Eastern and Western spiritual and metaphysical traditions has over the last fifty years developed a spirituality without limitation or confining dogmas. This holistic worldview highlights a unity consciousness which grows evermore today.

The Internet has greatly facilitated the sharing of ideas and practices thus influencing an expansion of consciousness that feels and looks different. Anthony Finno, Executive Producer of Unitribe, defines the 20-40 year old wellness demographic as the “High Vibe Generation”.

Just as former generations have been inspired, these new adults transition into adolescence dreaming about the possibility that the world can really change. This is empowering a generation of healers and artists to challenge social convention and practice a new behaviour. These behaviours are reminiscent of any social movement however, they are for the first time in history a digital phenomenon. The increased speed of creation and destruction in the world is an everyday reality born in the hearts and minds of today’s youth.

The elusive yet apparent disconnect between generations may be as simple as a classic teacher and student relationship. The wisdom that comes with age always seeks to instill time tested methods while the innovative spirit of our youth intuitively rejects them. The process of personal and commu-
nity transformation in these distinct generations may appear different however, they are much closer than far apart. They share a common bond: that simple and sustainable is a lifestyle. “We have so much to learn from our parents just as we have much to share with them”, says Anthony. “The power of deeply integrating these generations will not only bring about personal healing, it will also provide a dearly needed service in the world today”.

On October 19-21 at the New Yorker Hotel, for it’s Twenty Second Annual NEWLIFE EXPO, NEWLIFE will be opening up a separate space to showcase UNITRIBE and give NEWLIFERS a chance to experience this High Vibe generation (and visa versa) which Mark Becker, Publisher of NEWLIFE Magazine and the producer of the EXPO, refers to as the “New” New Age. Join these organizations as they journey with you to a cleansed mind, body and spirit with vendors, classes and other events that seem almost infinite.

UNITRIBE, a community-based event production organization, will integrate with NEWLIFE’s programming and provide services and products for those attending with live music & performances, interactive ceremony, amazing DJs, dancing, cultural splendor, interactive installations, community celebration, high vibe cuisine, artist ashram, healing, free holistic products, fashion, activations and more.

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