

Whole Health Directory

Rio Grande Valley Wellness Networker



Western* Eastern * Holistic* Complimentary *Alternative *Spiritual

Health Practitioners

Body Workers

Natural Healing Centers &

Natural Food Stores

Healthy Restaurants

**Earth Friendly
Products & Services**

**Conference/ Expos/
Book A Presenter**

Energy Healers

Support Services:

**Advertisers
Sample Issue**





A Marketing Program for you The Whole Health Directory

Dear Advertiser,

The Whole Health Directory has created a Marketing Program to get the word out about your business both in print and online. This is a sample of the printed Directory we will produce at the end of June. Join the Whole Health Directory and receive the following benefits:

- 1) Your Advertisement will be in the Directory for 4 months and will be seen by people in Hidalgo County , Cameron County and Northern Mexico. The Whole Health Directory will be distributed in doctors offices, grocery stores, bookstores, cafes, coffee shops, spa, gift shops, tourist centers, Chamber of Commerce, Winter Texans Community Centers, fitness centers etc.**
- 2) Free listing on our Website Directory. Your listing on TexasHealers.com Directory stays up the entire time your print ad runs. Our website visitors have the option to request more information from your listing and requests are forwarded directly to you. Online listings include a hot link to your web page and e-mail.**
- 3) Free participation in our Practitioner Referral program . You will be provided with a questionnaire to tell us about your business education, specialties, your hours etc. and when the public calls looking for a product or service in your field, we will provide this information.**
- 4) The option to write for the Directory . Every issue of the Directory focuses on different health related issues. If you are a writer, you will have the opportunity to get an article published.**

If you would like more information on how to Join the Directory, give us a call at (956) 621-3520.

Dr. Roberta Dahl, Editor



The Whole Health Directory

Wellness Networker

Statement of Purpose

We offer The Whole Health Directory as a free wellness and green living resource directory for South Texas.

Our focus is a high quality affordable healthcare model that supports a holistic lifestyle: health and wellness, education, self-help, spirituality, and environmental awareness. We provide traditional, holistic, alternative, complimentary health and green living information, practitioner referrals, and self-help solutions.



It is our mission to make information available for individuals actively working to improve themselves and the planet. The Whole Health Directory is a resource of services, products, and ideas that support raising the consciousness of mankind to bring it into harmony with the Earth.

MAIL DELIVERY: We will mail you copy of the Wellness Networker for \$29.95 per year within U.S., outside

The Whole Health Directory

Your Community Directory to Valley Health Practitioners, Natural Healing & Green Businesses in South Texas . Summer 2010, Issue 1, Vol 1.
www.TexasHealers.com

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George M. Samano OBL.S.B.

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Dr. Roberta Dahl & Debbie Miller

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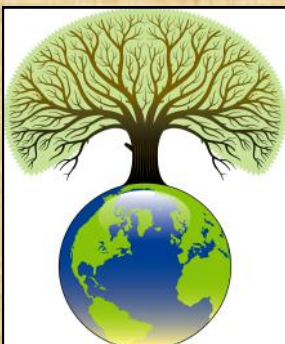


Our Staff would love to hear from you

Have a Article you want to publish...

Have some advice on how we can make the Wellness Networker better.

Contact Us and we'll post it on our website



The Whole Earth Directory

The Wellness Networker

15 East Saint Charles Brownsville, Texas 78520
Tel. (956) 621-3520 E-mail [gmsamano @ wildblue.net](mailto:gmsamano@wildblue.net)
[www. TexasHealers.com](http://www.TexasHealers.com)

Inside The Whole Health Directory

THE WHOLE HEALTH DIRECTORY

Your local guide to Health Practitioners, Health Centers, Spas, Fitness Centers, Natural and Earth Friendly Products, Healthy Restaurants /Food Stores, Personal Growth Workshops and Classes. The Whole Health Directory has created an on-line and printed resource to get the word out about alternative health practitioners, workshops, green products and services. In addition to the Directory Listings every Issue of the Directory features cutting edge editorials on a variety of subjects relating to Valley Health,



HOT NEW HEALING SERVICES OR GREEN PRODUCTS

This feature will look at new and unique green or health products and services being offered in Texas and Mexico. Every issue will spotlight businesses that are doing something different or going the extra mile to make the planet and your life better and healthier. We will be reviewing local and national books that are **HOT** off the press.



CONSUMER WATCHDOG

This is your Valley Consumer Advocate. We are looking at the corruption in business and government. From medical malpractice to insurance fraud. We are covering it. Got a beef... Given us a call. We will see what we can do.



GREEN LIVING & NETWORKER MARKETPLACE

This feature will spotlight Valley green energy products and earth friendly goods for the home. We offer hip, valuable information about organics, health, the environment and eco-consumer products and services. You will get simple, practical tips for living a healthier, greener life. We will be spotlighting local farmer's markets, organic food stores,



HERBAL OR NATURAL PRODUCTS AND SERVICES

This feature looks at Valley products and services to nourish, cleanse and heal with natural or herbal remedies. In addition, we will look at how local healers use these plants in combination with other therapeutic tools such as hydrotherapy or massage; or ingredients in teas or soups.



PAW POWER: ANIMAL HEALTH PRODUCTS

This series looks at how local businesses are making the lives of our furry family members healthier. From vets to trainers, animal rights to shelter animals. You'll find cutting edge Valley Pet Products and Services in this section. .



GUIDE FOR ENERGY THERAPIES

Research suggests most "disease" stem from blocked emotions and thoughts that deplete your physical energies and make you susceptible to illness. This feature shows you what local business and healers are doing to alleviate these imbalances by using color, sound, fragrance, crystals, flower and gemstone elixirs to restore the natural flow of energy and heal yourself. We will be looking at different strategies that local energy healers are using to improve their healing abilities.

Contents

- 8** **DIRECTORY**
- 16** **BOOK A PRESENTER**
- 17** **NETWORKER MARKETPLACE**

- HERBAL & NATURAL REMEDIES**
- 18** Heal Yourself of Fibromyalgia
- 20** Free from Addiction in Hours with Ibogaine Plant
- GUIDE TO ENERGY THERAPIES**
- 22** T'ai Chi Help ADHA & ADD
- 24** Benefits of Meditation
- HOT NEW HEALING METHODS**
- 26** St. Michael's Crystal Light Table
- 29** New Books—Curandero Conversations
- 32** Peru Prophecy
- CONSUMER WATCHDOG**
- 34** Aspartame Blues
- PAW POWER**
- 36** Natural Products to Kill Fleas and Ticks
- 37** Simple Solutions For Demodectic Mange
- 38** My Greatest Guru
- GREEN LIVING**
- 40** The Environment and the Definition of Sanity
- 41** The Genetically Modified GMO Debate

44 **DIRECTORY AD RATES**



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Feeling Good... The Whole Health Way



What is Holistic Healing? Holistic healing means that the treatment for imbalances comes from choosing to live a more balanced lifestyle. The difference between holistic healing and alternative medicine, complementary medicine, and integrative medicine is that physical health is not necessarily the main focus. Holistic or "holistic" healing addresses all parts of the individual, not just the physical aspect of a person where manifested illnesses are most apparent. Holistic healing is not intended to serve as a band-aid or a one time fix. It is an ongoing journey of discovery in search of more answers and

ultimately living better, being healthier, and striving for wholeness. Holistic healing is really a lifestyle approach. The holistic approach goes far beyond the Mind-Body connection of finding and maintaining wellness. Overall well-

ness and "wholeness" is highly valued. All parts of a person's life (physical healing, mental health and wellness, emotional well-being, and spiritual beliefs and values) are considered. Taking a holistic approach involves seeking the tools that will help us attract our desires and find personal power.



What is Spiritual Healing? Spiritual healing is a form of prayer, healing meditation, or laying on of hands that has been practiced in virtually every known culture. Prayers and rituals for healing and empowerment are part of most religions. Reports of folk healers are familiar in legend, the Bible, anthropological

studies of traditional cultures, the popular press, and more recently from Scientific research. Spiritual healing is defined as a systemic, purposeful intervention by one or more persons aiming to help another living being (person, animal, plant or other

living being) by means of focused intention, hand contact, or passes to improve their condition. Spiritual healing is brought about without the use of conventional energetic, mechanical or chemical interventions. Some healers attribute the Empowerment or healing to God, Christ, other "Higher Powers", universal forces, biological healing energies residing in the healer, psychokinetic (mind over matter), or self healing powers latent in the Client. Some examples of spiritual healing include: Reiki, Healing Touch, Energy Medicine, Polarity Therapy, Qigong, SHEN Therapy, Tai Chi, Orgone Therapy, and Shamanism. The term spiritual healing is sometimes replaced with intuitive healing, mental healing, psychic healing, faith healing, bio-energy healing, love energy, chi, Astral Light, Orgone energy, or Prana.

God heals and the Doctors take the Fee" Benjamin Franklin,



What is Complementary and Alternative Medicine (CAM) ? Alternative Medicine is defined as

Therapeutic practices which are not currently considered an integral part of conventional allopathic medical practice. They are usually defined as an unrelated group of non-orthodox therapeutic practices, often with explanatory systems that do not follow conventional biomedical explanations and non-orthodox therapeutic systems which have no satisfactory scientific

explanation for their effectiveness. Alternative therapies include, but are not limited to the following disciplines: folk medicine, herbal medicine, homeopathy, faith healing, chiropractic, acupuncture, naturopathy, massage, and energy healing. It is frequently grouped with **complementary medicine**, which generally refers to the same interventions when used in conjunction with mainstream techniques, under the umbrella term **complementary and alternative medicine**, or **CAM**. Some researchers in alterna-



Editor's Letter

Why We Created the Networker &

The idea of putting together an international resource for valid information on traditional, complimentary and alternative medicine (CAM) started in 2009 after some friends experienced a desperate search for reliable CAM information for cancer. One problem was that the South Texas and Northern Mexico CAM community was not connected through a centralized Internet or print directory.

We heard of CAM healing clinics in South Texas and Northern Mexico but could not find any information on them. Many Healers had gone out of business due to the high operating expenses and their inability to market and advertise their services effectively.

After having to rely on friends and relatives with no medical backgrounds, sales people at the health food stores and local healers which presented conflicting reports in many areas, the need for objective quality alternative health information was established. The Texas-Mexico Holistic Health Network went online in 2009. One year later, we developed the "Wellness Networker" and the "Whole Health Directory" to expand CAM services and increase public awareness and understanding about alternative health care practices .

Does CAM Work?

As we enter into 2012, we are in the process of reevaluating our fundamental ideas on the nature of human consciousness-its space/time/energy characteristics, how our thoughts manifest in the world and their relationship to the body. For example, there is extensive clinical data showing that by using mental techniques in conjunction with diet and exercise, coronary artery disease has been reversed. Group dynamic therapies, in which feelings are explored, have shown to correlated with the doubling of survival time of persons with breast cancer, when used with standard forms of therapy.

Does CAM work? This is the question I have carefully examined over the last 29 years. My own beliefs have shifted since I began my research. I set out to clarify whether alternative healing might be effective. I read studies in parapsychology, placebo effects, affirmations, hypnosis, biofeedback and other methods by which people cured themselves. After reviewing numerous research studies and having my own personal healing experiences, I am convinced that this type of healing is effective and is a potent therapy.

As a social scientist I have braved my colleague's skepticism, disapproval and sanctions against alternative and spiritual healing. I have the absolute respect for my fellow scientists who have chosen to explore and validate the subject. Those of us who have chosen to accept alternative healing as a valid healing path ...are merely tolerated by much of the medical establishment and frequently rejected out of hand. All scientists risk their professional standing in research methods by exploring this new frontier to help deal with physical, emotional, and mental illness. We are modern day "Galileo's" ... We dare to question the assumptions that have encased the Newtonian scientific community over the past decade. We dare to suggest that the mind and spirit are an integrated part of the body and have a large effect on the body's ability to heal.

Although not threatened with burning at the stake, my path has lead to inquisition and ostracism by my peers in the research community, curtailment of research funds and termination of employment. I have come to trust my inner guidance and I hope this magazine may serve to open eyes and ears and the hearts to the many paths that lead to the healing of the body, mind and spirit.



Namaste" (The Christ within me... Salutes the Christ with you)
Dr. Robyn Dahl , Editor In Chief robryndahl@wildblue.com



Whole Health Directory

Valley Health Practitioners, Workshops, Services & Green Businesses

HEALTH PRACTITIONERS

Categories

- [Acupuncture](#)
- [Addiction Cessation](#)
- [Allergy Elimination](#)
- [Anti-aging](#)
- [Aromatherapy](#)
- [Art Therapy](#)
- [Ayurvedic Physicians and Practitioners](#)
- [Bioenergetics](#)
- [Biofeedback](#)
- [Birthing](#)
- [Bruno Groening Healing Circle](#)
- [Cancer Care and Services](#)
- [Cardiac Care](#)
- [Celiac Disease Care](#)
- [Children's Health Care](#)
- [Chinese Medicine - Herbalists](#)
- [Coaching - Life Coaching](#)
- [Colon Health Care](#)
- [Cooking Services](#)
- [Counseling Services](#)
- [Dentistry](#)
- [Dermatology](#)
- [Detoxification](#)
- [Ear Candling](#)
- [Eating Disorders](#)
- [Electromagnetic Field Therapy \(EMF\)](#)
- [Environmental Medicine](#)
- [Fertility](#)
- [Food Allergy Testing and Counseling](#)
- [Gynecology](#)
- [Holistic Health Physicians](#)
- [Holistic Health Practitioners & Counselors](#)
- [Holographic Repatterning](#)
- [Homeopathic Practitioners](#)
- [Hormone Replacement Therapy](#)
- [Hypnotherapy & Past Life Regression](#)
- [Immune Disorder Practitioners](#)
- [Iridology](#)
- [IV Therapy](#)
- [Lymphatic Drainage](#)
- [Medical Intuitive](#)
- [Men's Health Care](#)
- [Midwives](#)
- [Mind Body Medicine](#)
- [Nail Care-Non Toxic](#)
- [Naturopaths](#)



- [Oxygen Therapy](#)
- [Pain Management](#)
- [Palmistry/Hand Analysis](#)
- [Physical Therapy](#)
- [Physicians](#)
- [Pre-Natal and Post-Natal Care](#)
- [Pregnancy Services](#)
- [Psychiatry](#)
- [Psychic/Intuitive Practitioners](#)
- [Psychologists](#)
- [Psychotherapy-Holistic](#)
- [Shamanic Healing](#)
- [Shiatsu](#)
- [Skincare](#)
- [Sleep Disorder](#)
- [Smoking Cessation](#)
- [Spiritual Organizations](#)
- [Stress Management](#)
- [Veterinarians](#)
- [Vision Improvement and Therapy](#)
- [Water Therapy](#)

BODY WORK

- [Weight Management](#)
- [Women's Health Care](#)
- [Applied Kinesiology](#)
- [Chiropractors](#)
- [Craniosacral Therapy](#)
- [Deep Emotional Release Body Work](#)
- [Exercise and Movement Therapy](#)
- [Health and Fitness Clubs](#)
- [Massage](#)
- [Personal Trainers](#)



- [Pilates Instruction](#)
- [Reflexology](#)
- [Rolfing](#)
- [Child Birth Education](#)
- [Cooking Classes](#)
- [Healthy Lifestyle Education](#)
- [Hindu Studies](#)
- [Holistic Health Centers](#)
- [Homopathic Studies](#)
- [Leisure Learning](#)
- [Meditation](#)
- [Psychic Studies](#)
- [Reiki Studies](#)
- [Retreats and Retreat Centers](#)
- [Schools and Education Centers](#)
- [Spas](#)





Get message out and increase your store front traffic.

Take a print ad and get a FREE Listing in our website Directory www.TexasHealers.com

NATURAL FOOD STORES

- [Farmers' Market & Farms](#)
- [Fish & Seafood](#)
- [Food Cooperatives](#)
- [Health Food Stores](#)
- [Organic Produce](#)
- [U Pick It](#)



HEALTHY RESAURANTS

- [Gluten -Free](#)
- [Healthy Life Style](#)
- [Juice Bars](#)
- [Kosher](#)
- [Living Foods](#)
- [Macrobiotics](#)
- [Organic](#)
- [Pet Friendly](#)
- [Smoothies](#)
- [Vegan](#)
- [Vegetarian](#)



NATURAL PRODUCTS

- [Air Purification Systems](#)
- [Beauty Products](#)
- [Bed and Bedding](#)
- [Books](#)
- [Bookstores](#)
- [Clothing](#)
- [Cotton- Organic](#)
- [Crystals, Gemstones & Jewelry](#)
- [Educational Products](#)
- [Environmental Products](#)
- [Gift Stores](#)
- [Hair Products](#)
- [Herb Stores](#)
- [Home Furnishing](#)
- [Homopathic Remedies](#)
- [Massage/Bodywork Tables](#)
- [Metaphysical Stores](#)
- [Natural Remedies](#)
- [Oils\(Essential\) & Incense](#)
- [Paint](#)
- [Pet Care Products & Services](#)
- [Shoes](#)
- [Toys](#)



ENVIRONMENTALLY CONSCIOUS

- [Animal Rights](#)
- [Architecture](#)
- [Bed & Breakfast](#)
- [Business Services](#)
- [Community Supported Agriculture \(CSA\)](#)
- [Construction Materials & Services](#)
- [Energy Alternatives](#)
- [Environmental Organizations](#)
- [Environmental Services](#)
- [Investing](#)
- [Landscaping](#)
- [Pesticide Alternative Services](#)
- [Pet Care Services](#)
- [Publications](#)
- [Real Estate For Rent](#)
- [Real Estate for Sale](#)
- [Recycling](#)



- [Solar Energy](#)
- [Travel and Adventure](#)
- [Websites](#)

- [Upcoming Events](#)
- [Book A Presenter](#)



ENERGY & VIBRATIONAL HEALING

- [Astrology](#)
- [Breathwork](#)
- [Chakra & Aura Analysis](#)
- [Crystal Therapy](#)
- [Core Energetic Therapy](#)
- [DNA Activation](#)
- [Energy Healing and Balancing](#)
- [Intention Circles](#)
- [Feng Shui](#)
- [Flower Essence Therapy](#)
- [Music, Sound & Vibrational Therapy](#)
- [Numerology](#)
- [Polarity Therapy](#)



The Whole Health Directory

Health Practitioners

Body Work

Healing Centers and Classes

Natural Food Stores

Natural Products

Environmentally Conscious

Conferences & Expos

Energy & Vibrational Healing

Physicians



Dr. Diego Sanchez
Specialties
General & Cosmetic Dentistry

DR. DIEGO SANCHEZ DENTIST
CMI

Dr. Diego Sanchez has been practicing general & cosmetic dentistry with his wife ,Dr. Maria del Pilar Celya, for over 22 years. Dr. Diego Sanchez attended dental school at the Universidad Autonoma Metropolitana in Mexico City and completed a post –graduate specialty program in Orthodontics in Mexico City. Dr. Sanchez is board certified by the Asociacion Dental Mexicana and has added qualifications in endoperiodontics and advanced cosmetic dentistry. Dr. Sanchez offers a smile make-over through one or more cosmetic dentistry procedures such as dental ve-



Dr. Luz Maria Mendez
Specialties

DR. LUZ MARIA MENDEZ
CMI

Dr. Luz Maria Mendez, board certified in general and family medicine has been treating patients in Matamoros for over 25 years. She attended medical school at the UAT school of medicine in Matamoros and completes her residency in family practice at the IMSS. Dr. Mendez practice focuses on preventative care including well-women exams and executive check-ups. She provides pre-natal counseling for expectant mothers and offers family planning sessions.

Looking for a Holistic Practitioner?

Check out the **Wellness Networker's**

Free Referral Service

Call our office for help finding specific holistic practitioners in Texas or Mexico from Physicians to Meditation Teachers
(956) 621-3520

Or visit us online: www.TexasHealers.com



Physicians



Dr. Mario Montelongo
Specialties
Surgery, Gastrointestinal Surgery

DR. MARIO MONTELONGO
CMI

Dr. Montelongo is one of the pioneers of advanced laparoscopic procedures in the Matamoros area. He has trained hundreds of medical students and treated thousands of patients over the last 26 years. Dr. Montelongo is committed to assisting individuals lose weight and improve their overall health with minimally invasive weight loss surgery. Laparoscopic bariatric surgery, sleeve gastrectomy and Lap Band procedures provide many benefits including limiting the incidence of diabetes, vascular disease and orthopedic problems. Dr. Montelongo is the medical director for Hospital Centro Medico International and founding member of the Diabesity Surgical Associate Physician Group Practice



Dr. Francisco Gutierrez Lara
Specialties
Surgery, Trauma & Orthopedic

DR. FRANCISCO GUTERREZ LARA
CMI

Dr. Francisco Gutierrez Lara is an orthopedic surgeon specializing in knee and shoulder arthroscopic surgery over the last 20 years. His patients range from professional athlete with sports related injury to the grandfather with arthritis who needs a shoulder replacement. Dr. Gutierrez Lara's main focus for patients is to restore mobility and restore quality of life. Dr. Lara is member of the Academy of Ambulatory Foot and Ankle Surgery and has a special interest in correcting "hammertoe" deformities utilizing minimally invasive procedures as taught by the world renowned Dr. Stephen Isham from Coeur d'Alene Idaho.

OPPORTUNITY KNOCKS...

Need Sales Representatives to sell advertisements for the Whole Health Directory and Wellness Networker . Sales Territory: Cameron County, Hidalgo County and Mexico, Bor-

Call (956)621-3520

Healthy Dining & Food Stores



Natural Products



HariBol Wholesale Incense Company

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- HEM
- SAI FLORA
- NAG CHAMPA

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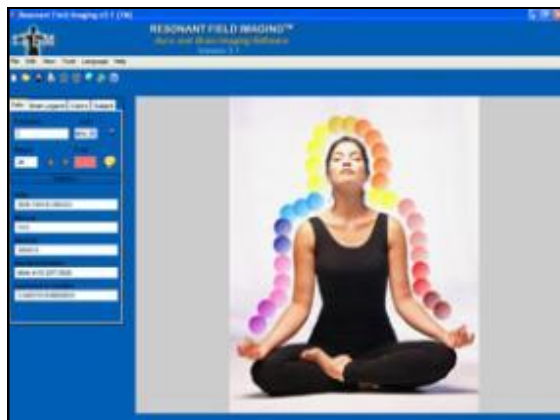
Call Texas Healers Medical Tours (956)621-3523

Energy & Vibrational Healing



St. Michael's Retreat Center : Vibrational Therapy

Dr. Roberta Dahl is a certified Energy Healer and an Ordained Healing Minister. She uses Light and Sound Healing, and partners with her clients to heal physical and/or emotional pain and trauma by removing energy blocks. Light and Sound Healing allows an individual to get in touch with her/his essence to achieve radiant health and inner peace and bring balance to the vital force energy centers called chakras. Healings are done both in person or by phone and are equally powerful



DNA Activation & Aura Readings (956) 621-3520 956) 671-3520

15 E. St. Charles Street, Brownsville Texas
www.TexasHealers.com

Offering Mind-Body-Spirit DNA Activation,
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Chakra Balancing
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Spiritual Organizations



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Earth Vortex Healing Circles*
Bruno Groening Healing Circles
Earth Vortex Power Walking * Nature Meditations
Monthly Intention Circles * Holy Spirit Healings

For more information : www.texashealers.com

Animal Wellness & Services



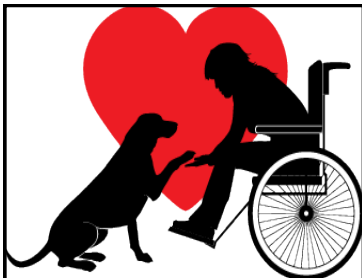
INTERNATIONAL ANIMAL CLINIC
0281

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Medico Veterinario Zootecnista

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For more information: www.brownsvilledogtrainer.com

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- Reflexology,
- Reiki,
- Qigong Classes, & Shaman Cleansing



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Natural Healing Centers & Classes



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- Professional Certification
- Teacher Training Program



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Increase Memory, Improved Health

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SECOND WEDNESDAY OF THE MONTH

6:00 P.M. TO 7:00 P.M. COST: \$10 a session

15 EAST ST. CHARLES STREET, BROWNSVILLE, TX



Tai Chi Classes

A moving meditation that brings balance to the body's energy and facilitates healing while inducing profound relaxation

Treat yourself to a session today

Dr. Roberta Dahl & George Samano, Obl.S.B. Practitioner

45 minute sessions \$15.00

Call (956) 621-3520

FREE CLASSES FOR SENIORS



Book a Presenter

The Wellness Networker will connect you with dynamic speakers on topics related to holistic and alternative health and wellness. It is our mission to provide the most comprehensive guide for speakers on the topics of Body, Mind and Spirit enrichment and health.

Whether you are looking for a keynote speaker, a speaker for your conference or for your group meetings, Alternative health networker has a wide range of speakers that can meet your needs. Below are some dynamic speakers who would love to present at your next conference.

Douglas McKee Brownsville, Tx

Douglas McKee CRNA, author of *Mental Mechanics: A Repair Manual*, has discovered the key to really decreasing stress and emotional pain in our lives.

“Imagine what you would be doing if you could regain all that energy you are currently wasting in worry and stress.”

“We think just like we add, one bit of information at a time. It may happen very rapidly, but the process can be interrupted and we can avoid the negative emotions it normally would have produced. Not only can we avoid the negative emotions, we can be making much better decisions than ever before.”

The techniques are not difficult. All of us already do them thousands of times a day. The secret lies in how our brain creates habits. We all have a lot of very good habits that work and we all created those habits the same way.

Douglas has identified the ten ways we are thinking whenever we are successful. It doesn't matter if the processes are used in our individual life, relationships, family, or business, the same techniques apply. Successful thinking techniques yield quicker, more accurate, and better decisions with less stress and fewer negative emotions.

In the business world, this means higher productivity. Studies show it decreases costs due to absenteeism. It can also decrease the costs of presenteeism due to stress (the worker shows up for work but their productivity is impaired).

Let Douglas share with you how to think like a pro in all the areas of your lives. “We all would like to be wise because we would make the very best choices. Well, Wisdom isn't something we need to wait to get old to develop. It is a thinking process we can begin to learn today and start enjoying a life with more happiness, peace, and contentment.”

To find out more, or to download the poster with the ten “C.O.O.L.” thinking habits, please visit www.douglasmckee.com. The poster is under the link on the left titled “Free Tools.”

Contact him by email at doug@douglasmckee.com





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HEAL YOURSELF OF FIBROMYALGIA by D.M. Miller



Twelve years ago thanks to a car accident, I acquired Fibromyalgia. At first the symptoms were attributed to the extensive injuries to include a closed head injury and the array of drugs I was on. In time the medical world contributed all my bizarre symptoms as psychosomatic. By this time I truly thought I was going insane. It was not until the chiropractor I worked for told me one day she thought I had Fibromyalgia. It was such a relief to put a name to it and know I was not crazy.

Much to my dismay there was very little at the time written on Fibromyalgia and what was out there was very technical. Being a Certified Aroma Therapist and having a background in organic chemistry I began experimenting with natural essential oils. Once I understood the underlying pathology of Fibromyalgia it was possible to blend essential oils to rid myself of the pain. The following is basically the cliff notes of what my research turned up.

Fibromyalgia, pronounced fey-bro-my-AI-gee-ah, is especially confusing and often misunderstood, once thought to be "All In The Head". This all in the head ideology is partially correct for

Fibromyalgia is a bio-chemical imbalance which affects the brain and eventually the entire body.

Two chemicals that have been found to be altered are substance P, which initiates pain signal after injury, and Serotonin, which tones down the intensity of pain signals. Substance P, a transmitter for pain, is found in elevated quantities, while Serotonin is found in decreased quantities. In other words, the chemicals within your body allowing you to feel pain are produced in massive amounts while the chemicals that help you to deal with pain are nearly non-existing. Decreased levels of Serotonin may also be a factor in the sleep disruption problems commonly experienced by Fibromyalgia sufferers. One's body rejuvenates during deep level sleep. Being unable to achieve deep level sleeps does not allow for this rejuvenation process, which in turn triggers Fibromyalgia symptoms, the symptoms disrupts the sleep pattern and the cycle spins on.....

In many ways Fibromyalgia resembles Chronic Fatigue Syndrome as well as poisoning from Aspartame or MSG. Factors that may aggravate the symptoms of Fibromyalgia are changes in weather, cold or drafty environments, hormonal fluctuations, stress, depression, anxiety, diet and over or lack of exertion.

The symptoms can be controlled and in most instances eliminated with proper diet, exercise, products and sleep habits. For instance the dye in yellow cheese can trigger symptoms as well as inactivity and lack of sleep. At first exercise will make you feel worse, but in time your body will adjust and you will feel and look better for the effort. Choose activities such as yoga, tai chi, and swimming for they have zero impact on joints. You will find combining products rich in healing, rejuvenating essential oils with massage to be of great benefit. Essential oils possess the ability to heal, relieve pain, rejuvenate cells, and much more. Massage increases blood flow which in turn speeds up the healing process, combining massage and essential oils allow for ultimate sense of well-being.

If you are a healthcare practitioner or massage therapist, our massage oils designed for spa use along with protocols for usage can help increase your bottom line.

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Natural Essential Oil Blends For
Fibromyalgia, Stress Migraines, Anxiety and more...

Renewal Oils

D.M. Miller, Certified Aroma Therapist



Using traditional products for pain relief will not work for long on a Fibromyalgia sufferer. The Fibromyalgia brain picks up on the toxins that create the pain you feel. Traditional medication for pain are no more than a temporary fix for they are neuro-blockers and the Fibro brain will eventually read through this temporary fix picking up on the toxins. Natural essential oils assist the body in re-absorbing the toxins creating the pain back into the system in such a way that they may be eliminated naturally through sweat and urine. Combining massage with products rich in natural essential oils helps to drain the lymphatic system where the body may be storing toxins that trigger Fibromyalgia symptoms.

Finding products for Fibromyalgia that work and have zero side affects is very difficult, this is what encouraged me to open my company, "Renewal Oils", the first product that was offered on my website was for Fibromyalgia and was based on the formula created for myself. For more information on Fibromyalgia visit me at my website, www.Renewal.com. Keep in mind that with the proper diet, exercise and products you too can live a more Fibromyalgia free life.

Renewal is a aromatherapy company promoting holistic health by using essential oils. Our products are formulated by the company's founder Debbie Miller, Certified Aroma Therapist. Ms. Miller blends natural, safe and effective remedies based on the latest scientific research and indigenous healing practices, with over 20 years of healing experience.



D.M. Miller, Certified Aroma Therapist

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The drug is Ibogaine. Ibogaine is an alkaloid derived from the root of the African plant (tabernanthe iboga). It is a hallucinogenic substance used in the initiation ceremonies of the Gabonese Bwiti society. It is illegal in the USA and Belgium. Some studies have shown that Ibogaine not only helps a person to give up drugs but eliminates the withdrawal symptoms by giving the person intensive 30 or so hours of 'therapy'.

During the drug experience the person gets to the root of problem: identifies and removes the emotional reasons why they took to drugs in the first place. Once the root problem is gone, the desire to take drugs again also goes. Some people who have taken Ibogaine reported an increased feeling of responsibility for their life. One can't make generalizations about the drug, however, as different people have different experiences. And it doesn't work for everyone.

This is excerpt from an article by Simon Witter which appeared in the London Times:

"The three main players in the world of human ibogaine treatment are Howard Lotsof, Dr Deborah Mash and Eric Taub. Lotsof, the man responsible for the new interest in ibogaine, occasionally treats people in a 7-day hospital program in Panama at a cost varying from \$8,000- \$20,000, while University of Miami neuro-pathologist Dr Deborah Mash has established a competing 14-day program in St Kitts (\$10,000). Devout ibogaine advocate Eric Taub used to treat people on a boat in international waters. He now has clinics in Costa Rica and Italy (\$2,200), and is the source of most satisfied experience reports."

Ken Alper MD, assistant professor of psychiatry and neurology at New York University, has no problem with the spacer descriptions of the ibogaine experience: "I crossed the threshold of belief," he says, "when I saw a young man go down to Panama on 70mg of methadone a day, and come back on nothing. And he was comfortable. Pharmacologically, I don't know any other substance that can do that." ... (end of London Times quotes) To learn more about Eric Taub's work go to this website to read an interview: <http://www.ibeginagain.org/interview.htm> During this interview Eric states:

"This is a psychoactive that will never hit the streets because it's not a recreational experience. It's a profoundly arduous experience that takes a lot of courage and a lot of work to wade through."

In the beginning of Taub's research with this drug (Taub's operates clinics in Italy), he first decided to run his clinics in Mexico. Taub explains why he went to Mexico:

"Well, my next act was to see if I could find a port of entry in another country since it's illegal in only two countries in the world, one being the United States and the other Belgium. I went to Mexico with idea of interesting some doctors who did become interested. They were going to be writing up a proposal to be presented to their medical college who would in turn write up a proposal to their FDA to see if I could then fly to Africa and bring a batch of plants in to be used for a pilot study in Mexico. Well that was proceeding pretty successfully and after about 4 or 5 weeks I just happened to mention to these doctors that from what I understand ibogaine has about a seventy percent success rate

When they found out that was the case they were immediately taken aback and they said, "I'm sorry, we can't help you because we need to be able to maintain a comfort zone around our family and friends, and if it had a much lesser success rate then maybe we would be more comfortable about helping you out, but we don't really feel that we're capable of jeopardizing ourselves and our families and threatening certain individuals, particularly drug lords that use our highways, to meander up to the United States." And they suggested that I go to a more autonomous country, perhaps Costa Rica or another country in Central America, that wouldn't be so close to the powers that be in the United States. ...

They were afraid of the threat that this may ensue from drug lords that might feel threatened by having a clinic available in their area that could have such a profound effect on alleviating drug abuse, especially if it were to catch on and get the attention of the American government."

A strong aftercare therapy program is something all ibogaine patients stress as being a vital component of treatment. "The long term successes of ibogaine have been compromised," according to Ken Alper, "by the lack of a systematic plan before and after the experience. Ibogaine just buys you a window of time. It doesn't substitute for therapy. It's like a near death experience - white light, a torrent of information that allows you to review your life and unstring associations from their obsessions. But how you interpret that is crucial."

All the research involving this drug is not positive. Please read the warning: <http://www.ibogaine.co.uk/index.htm>: "There is an inherent level of risk with ibogaine treatment. Several people are known to have died during treatment, and there may in truth be many more, given that ibogaine is frequently administered in surroundings where people may be reluctant to contact the authorities in the event of something going wrong. Despite much speculation, some of it from medical professionals, there is simply nowhere near enough data to draw any realistic conclusions as to why these deaths have occurred. Taking too much of the drug; using stepped doses, (i.e.: half a gram followed by another later on); being excessively thin; or suffering from liver or heart problems have all been suggested as dangers. But the truth is - no one really knows why people sometimes die when taking ibogaine. No deaths have occurred in clinical settings, as far as the writer is aware."

From the available research, it is obvious that there need to be more studies before a concrete conclusion can be made on the effectiveness of the drug on addiction. This article is only meant to make people aware of the existence of Ibogaine, not to provide all the information necessary.

For Further Information visit:

10 Years of Therapy in One Night at <http://books.guardian.co.uk/departments/healthmindandbody/story/0,6000,1045038,00.html>

Ibogaine.co.uk www.ibogaine.co.uk/index.htm

Ibogaine E-Groups: www.egroups.com/group/ibogaine

The Ibogaine Dossier: www.ibogaine.desk.nl/bookshop.html

About Ibogaine www.ibogain.se/cmsms/index.php?page=english

Ibogaine Research www.ibogaine-research.org/Ibogaine-Research-Project/IbogaineNetscape.htm

Wikipedia (Note: Wiki is not a very reliable source of information for anything controversial - Wikipedia is controlled just like the mainstream media is controlled). en.wikipedia.org/wiki/Ibogaine

IBOGAINE CLINICS

Mexico, 23 Minutes South of San Diego, Ibogaine Association. <http://ibogaine-therapy.net/>

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NATURAL HEALING REMEDIES:

T'ai Chi Benefits for ADHD & ADD by Dr. R.E. Dahl

ADD and ADHD is a growing problem not only with children, but adults as well. Attention deficit hyperactivity disorder (ADHD) is the most commonly diagnosed psychiatric disorder of children, afflicting about 35% in the U.S. ADHD, often treated by drugs such as Ritalin, oral antihypertensive or antidepressants, is characterized by inattention, impulsivity and hyperactivity. However, the medical and educational community have begun to express concern about the sheer numbers of young children being diagnosed as ADHD and administered **drug therapy**.



While these medications can at times be effective if carefully monitored, side effects are possible, and most of these drugs should not be (though sometimes are) given to children under age six because of risk of toxicity or lack of dosage information due to inadequate testing for adverse drug reactions in this population. Twenty percent of ADHD children do not respond to the first stimulant drug tried, or have a negative reaction to it.

Alternatives to Drug Therapy

Recently researchers have explored Holistic and Alternative approaches to deal with ADHD and ADD. For example, Clinicians using homeopathy for ADHD have reported good results, but objective evidence has been lacking. Likewise, a double blind, placebo-controlled study of 43 children with ADHD shows that homeopathy can be effective in treating the disorder. In 1998 a Touch Research Institute (TRI) study showed that massage was effective in increasing focus, improving mood, reducing fidgeting and lowering hyperactivity in adolescents with ADHD.

T'ai Chi for ADHD and ADD

More recently TRI examined whether Tai Chi, the Chinese martial art of slow-moving, meditative exercise, would have similar effects. During and after five weeks of tai chi lessons, adolescents with Attention Deficit Hyperactivity Disorder (ADHD) showed less anxiety, daydreaming, inappropriate emotions and hyperactivity, according to a study by TRI. T'ai Chi may be a wonderful adjunct therapy for treating ADHD because it augments many of the mood management techniques recommended for ADHD sufferers.

A University of Miami School of Medicine study shows T'ai Chi is a powerful therapy for ADHD and ADD. **The children participating in the study saw a drop in ADD symptoms,** and an enhanced ability to focus, concentrate, and perform tasks. Adolescents with ADHD (Attention Deficit and Hyperactivity Disorder) displayed less anxiety, daydreaming behaviors, inappropriate emotions and hyperactivity, and greater improved conduct, after a five week, two day per week class. T'ai Chi meets many of the criteria for mood management techniques recommended for ADD

Drs. Edward M. Hallowell, M.D., and John J. Ratey, M.D., experts on the management of ADD wrote, **"Exercise is positively one of the best treatments for ADD. It helps work off excess energy and ag-**

Tune in to "Natural Healing Remedies" in the [Whole Health Directory](#). We will mail your copy for \$29.95 a year call (956) 621-3520

**The slow mindful movements of T'ai Chi have much to offer
people who suffer from ADD & ADHD.
The following table explains why**

What Experts Suggest for ADD & ADHD	WHAT T'ai Chi Offers
Make time for recharging batteries. Do an activity that is calm and restful, such as meditation	T'ai Chi is a moving meditation. It is done very slowly and calmly. Research shows this exercise gives a person more energy & vitality.
Daily exercise that is easy and available. Activities that relieve negative moods	T'ai Chi is easy, requires no preparation, and is a mood elevator
Learn to observe emotional ups and downs and learn to sit with the negative emotions until they pass. Learn strategies to help relieve bad moods	T'ai Chi is a tool for self-observation of feelings and for letting negative emotions go.
Use "time outs" when you are upset or over stimulated.	Tai Chi can be performed anywhere giving the person a break from the stress.
Stop the thinking that everything MUST BE FINISHED QUICKLY. Learn to enjoy the process.	T'ai Chi is focused on letting go of outcome and learning to enjoy the process.
Learn not to over focus or hyper focus or obsess over some problem .	T'ai Chi teaches the practice of letting go of mental, physical, emotions stress with each exhale.

Robyn Dahl, Ph.D. and George M. Samano, Obl.S.B. were trained at the University of Incarnate Word, Spirituality and Arts Center of the Sisters of Charity in San Antonio. Dahl and Samano are practitioners of Tai Chi Chih. In addition, Samano studied for three years under the Grandmaster Jung in Houston. Jung coached the U.S. team in the fourth, fifth and sixth World Kung Fu Tournaments and has attained recognition worldwide. Dahl and Samano have been very fortunate to have had other classes with various Masters throughout the years of Illumination. Over the years, Dahl and Samano have conducted classes at UTB/TSC's Employee Wellness Program, Brownsville Independent School District Homeless Youth Program, Brownsville Medical Center's Premiere Plus Wellness



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Benefits of Meditation

By Dr. R.E. Dahl

The **benefits of meditation** are numerous. Research indicates meditation can bring about feelings of confidence and self control, increased concentration, better relationships and reduced stress levels to name just a few. By practicing regular meditation, you can have extensive health benefits. You will start to notice some changes within yourself fairly quickly; others will take more time. It is worth keeping a diary, so that, after some experience of meditating you can look back on how you have changed.

Discovering your own inner voice will not only give you better health, but it will improve your mind and allow you to focus more on daily mental tasks. Meditation does not mean 'zoning out'. In fact, if you meditate daily your mind will become much sharper and quicker. The ability to concentrate is hugely enhanced, so that tasks take less time and feel easier to accomplish. When you decide to do something, you will be able to just do it, instead of wasting time agonizing about it.

Benefits of Meditation

Improved health Confidence and self controlImproved Concentration

Inner certainty...Ability to Focus and work efficiently

Ability to let go of negative emotions such as anger and paranoia

Improved posture and greater enjoyment of the physical ... Better personal relationships

On a purely physiological level, meditation has been subject to many scientific studies since the 1960s. These have shown that among its benefits are lower blood pressure, alleviation of some pain, increased levels of the sleep hormone melatonin and lower stress levels. It also seems to help people trying to quit smoking or taking hard drugs. Some doctors have prescribed meditation for insomniacs, chronic pain sufferers and heart patients, with good results. Research suggest practitioners develop a feeling of greater emotional equilibrium. The Buddhists, report that one of the results of meditation will be a feeling of compassion.

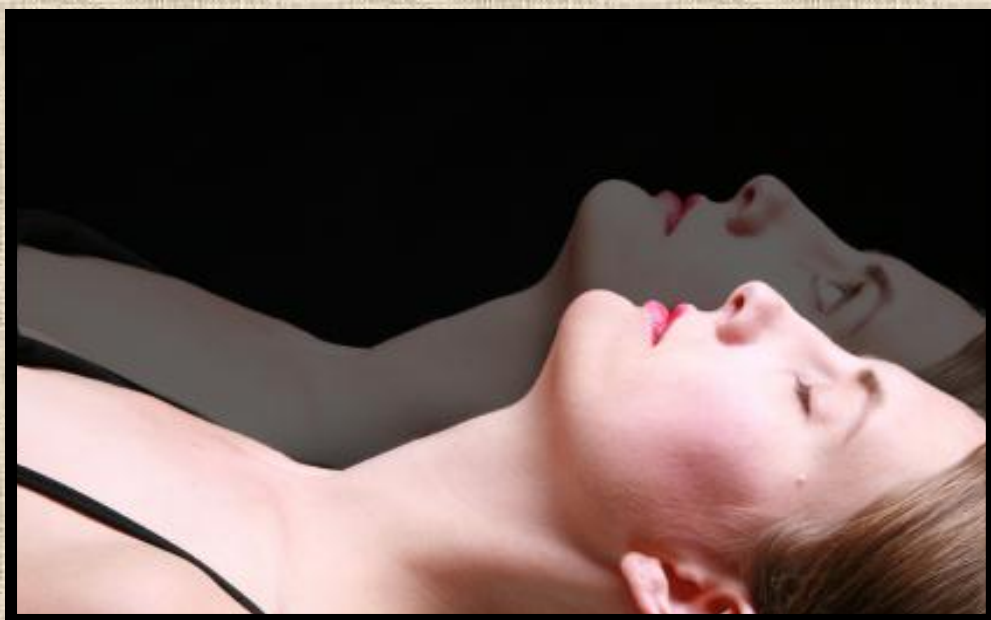
You may experience the positive benefits of meditation for yourself at :

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Hot New Healing Method:



By San Kat Mochan das

What is the Crystal Light Table?

St. Michael's Crystal Light Table Therapy is a holistic form of treatment, seeking to promote or reestablish physical, mental and emotional well-being. It can benefit almost anyone, ranging from people affected by specific conditions to those with more general or diffuse complaints. Crystal Light Table involves the application of colored light beamed through quartz crystals onto the "chakras" or energy centers of the body. The therapy clears, balances and energizes the chakras, promoting healing, health and well-being. This new alternative healing stress relief method, uses new ground breaking light technology to focus specific therapeutic color on each chakra meridian within the body. Color light therapy effectively boosts the body's own natural healing ability by targeting the critical Endocrine and Immune Systems. Research has shown that colors can dramatically affect your health, inner harmony and even your emotions. Color is a living Energy. Crystals are a primary source of natural healing energy, due to their symmetrical molecular structure and their effect on the chromatic composition of light. The crystalline structure contained within them is very pure in its formation.

The Crystal Light Table comprises of 16 quartz Lemurian crystals, which are suspended and positioned over the eight main chakra points of the body. They radiate a programmed frequency of color and energy to the respective chakras to cleanse and balance the energies. The specific color associated with each chakra is amplified as the light passes through the crystal point, activating it and radiating the energy to the person. This helps to clear any energy blocks, bringing the chakras into balance.

This form of healing was first introduced as "The Crystal Light Bed" by John of God from Abadania Brazil. Each of the John of God quartz crystals had been cut to a specific frequency and blessed by John of God. This healer from Brazil allows a specific group of highly evolved spirits or "entities" to take over his body and perform miraculous healings while he is completely unconscious of what is happening. These healings can and do occur on many levels - spiritual, mental, emotional and/or physical. It is re-

The John of God crystal bed has 7 vogel crystals suspended approximately 12 inches above the client lying on a massage table. Each crystal is aligned above one of the seven human energy centers or chakras. Colored lights, chosen to match the chakra colors, radiate light and energy through the crystals to each respective chakra, and shine on and off in certain rhythms to cleanse, balance, align and raise your frequency. The individual receiving the session rests face up with eyes closed, bathing in the energy.

Why we use Lemurian Crystals?

George Samano and Dr. R.E. Dahl developed the St. Michael's Crystal Light Table under the direction of two Church of the Divine Spirit Board members that traveled to Brazil to work with John of God. However, we have chosen to use natural, uncut Lemurian crystals in our St. Michael's Crystal Light Table.

Lemurian crystals carry healing qualities and energy, both of which are innate to crystals generally and particular to these specific crystals. These crystals came from Diamantina, Brazil. When one works with them in healing practices they infuse the client with the pure vibrational energy of divine love. Lemurian crystals have been programmed with the consciousness of life force energy of Atlantian and Lemurian Ascended Masters. These two civilizations have contracted to help heal the earth at this time. The crystals are helpful in cauterizing wounds that allow energy leaks and assist in healing individuals who are overly sensitive to the emotions of others or who have been energetically traumatized by negative environments. Lemurian Crystals evoke feelings of peace and serenity. You may experience insights and release of specific personal issues and memories. You may have feelings of warmth, movement, tingling and expansion.

What Does a Typical Session Look Like?

A typical session will start with a brief period of consultation between practitioner and client, after which the client lies fully clothed on a treatment couch. Above the client are seven powerful Lemurian Crystals which are aligned with the client's seven major chakras (energy wheels). Once an intent for the session is verbalized by the client, the facilitators connects on a deep spiritual level with the crystals and begins the session.

There will typically be a short energy healing session. After this the crystal lights will be activated and the client will lie quietly for approximately 20 minutes. Lights (both colored and white) are then pulsed through the crystals at various speeds, gently illuminating and bathing the client in a beautiful crystal light bath. While the body is bathed in this light from above, the body is simultaneously being massaged acoustically with sound.

In conjunction with the color therapy, special DNA music is played during the session. This allows vibrational frequencies of healing music to bath the body and promote a deep, healing meditation. While the beautiful colored lights are bathing your body and chakras with brilliant color and the healing sound therapy is working its magic, you'll enjoy a session of relaxing, rejuvenating and refreshing healing touch from a Reiki Master Teacher. This experience provides deep stress relief and healing.

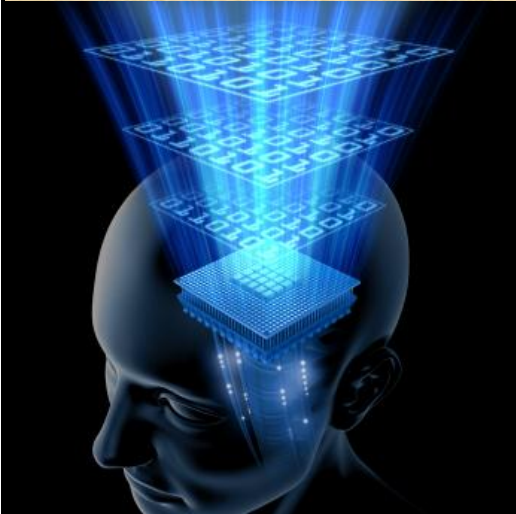
This new healing method offers a unique sensory experience. The combination of these powerful crystals, color, light and sound creates a truly unique space for you to experience the Divine and connect with the wisdom of your Higher Self! It is here, while being bathed in the rainbow of crystal light, that one may experience and remember what it's like to be Home. This work is deep, powerful, multidimensional and ancient. Do you dare to remember?

Tune in "Crystal Healing Information" in every Whole Health Directory. We will mail Directories for only \$29.95 per year call (956) 621-3520

(Conti. St. Michael's Crystal Light Table)

As with many of Subtle Energy Therapies, no claims can be made that any disease states can be cured. However there are many, many reports of healings occurring. Healing can occur on many different levels, spiritual, mental, emotional, and physical.

The crystal bed also can help open the connection with the Healing Angels, Guardians and Guides Clients who have had "St. Michael's Crystal Light Tables " sessions have reported some of the following benefits and improvements in:



- Pain and Headaches –Sleep Issues
- Chronic Health Conditions –Energy Balance
- Spiritual Growth-
- Emotional Blockages
- Stress and Anxiety
- Overall Well-Being

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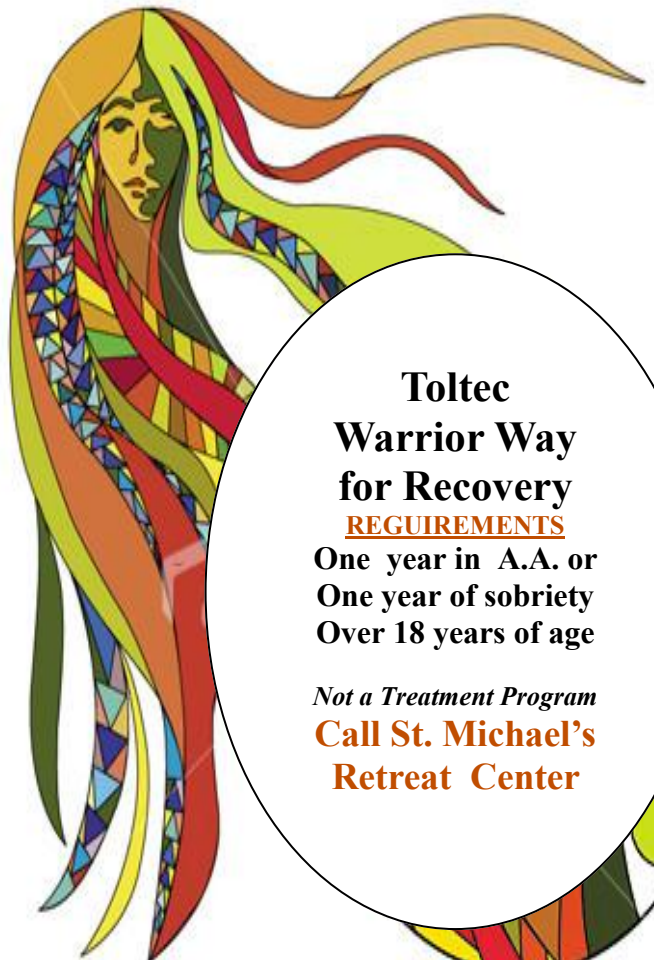


The Intention Community is a body of people who come together to put forth their hearts desires in the form of intentions, share experiences of successful manifestations of their intentions and to help each other become more powerful creators. This

Community is open to anyone who is interested in stepping up to their role as creators of the world around them. The Intention Community is Free: There are no dues to pay, no memberships to join and no leadership positions to occupy. This Community is designed to provide you with a unique format for coming together with your friends and neighbors, in order to change your life for the better.

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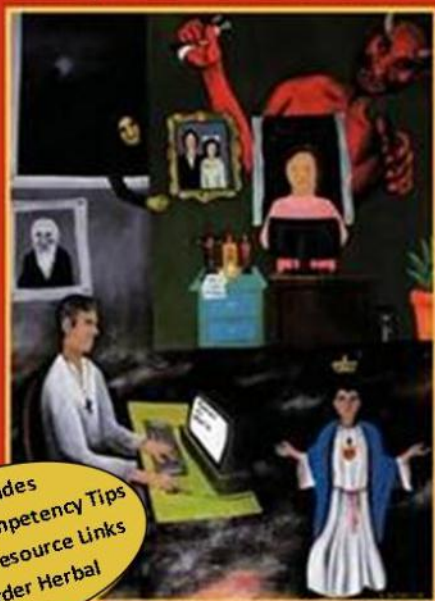
Below is an excerpt from the new book by Antonio Zaveleta and Alberto Salinas Jr. that helps us to understand the Latino and curandero religious healing heritage.

“Curanderismo in the 21st century is an eclectic collection of beliefs, practices and traditions; including but not limited to the belief in the Nino Fidencio. Fidencismo is a branch of curanderismo which channels the spirit of Fidencio. Only the spiritist branch of curanderismo channel spirits while the majority of curanderismo heals on the physical level with the use of prayer and material items such as medicinal plants. There is no single way or more correct practice of curanderismo than any other. Curanderos and curanderas are self-styled practitioners. They remind us of our familial and cultural traditions, regional or national variations, personal abilities and available healing materials and methods. Since the curandero, who is the focus of this work, is a material or spirit trance medium of El Nino Fidencio, our journey begins there. In the tradition of curanderismo, the ability to channel spirits is considered to be a gift from God. The gift of healings are discussed in 1 Corinthians 12:9 “to another faith by the same Spirit, to another, gifts of healing by that one Spirit” .

The 190 stories and petitions contained within this book have been selected from more than 7,000 available. They are from people across the United States and Mexico, just like you, and are for the most part published as they were received by the curandero. The stories in this book were chosen to represent the broad spectrum of the human condition and to reveal to you the vast diversity of the

CURANDERO CONVERSATIONS

El Nino Fidencio, Shamanism and
Healing Traditions of the Borderlands



Includes
Cultural Competency Tips
Internet Resource Links
A Border Herbal

ANTONIO ZAVALETA
and
ALBERTO SALINAS JR.

INTRODUCTION BY JAMIE SAMS

AN IMPORTANT NEW BOOK NOW AVAILABLE!

Table Of Contents

Introduction by Jaime Sams

Part 1- Latina Spiritual Testimonial

Part 2 - Haling the Spirit: Life as a Spiritual Journey

Part 3- Curanderismo: The Healing Arts and Sciences

Part 4 - Curanderismo: Healing the Body's Aches and Pains

Part 5- Curanderismo: Healing the Frailties of the Mind

Part 6- Healing the Heart: Cheating Husbands and the Other Women

Part 7- Healing the Workplace: The Trecherous World Beyond the Home

Part 8- Healing Injustices; In and Out of Jail

Part 9- Healing the Evil Around Us; Witches, Spirits & Demon Possession

Part 10- Giving Thanks: Prayers Answered and Miracles Received

Appendix - Cultural Competency

Appendix II- Important Internet Resource Links

Appendix III- A Border

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Sacred Path :Peru Prophecy's for the Future

The Prophecy of the Condor and the Eagle

“The Prophecy of the Condor and Eagle says that the condor and the eagle will have the opportunity to reunite and fly together in the same sky, along the same path. If the condor and eagle accept this opportunity, they will create a most remarkable offspring, unlike any seen before.

The Prophecy of the Condor and Eagle can be taken at many levels — the standard interpretation is that it foretells the sharing of indigenous knowledge with the technologies of science, the balancing of yin and yang, and the bridging of northern and southern cultures. The eagle represents the modern, technological world, and the people of the eagle have developed the intellect at the expense of the heart. They have developed technology to an extraordinary level, bringing them material wealth beyond their wildest dreams. But they also find themselves spiritually impoverished to their peril.

The people of the condor represent the indigenous people of the world living close to the land, with the heart and wisdom that come from being attuned to the natural world. They live from their heart and through their senses, and have an unparalleled depth of spirituality and wisdom that is an expression of their profound connection to nature. These people are spiritually rich but materially impoverished. The forces of the developed world now threaten their environment that they depend on for their material and spiritual sustenance. They must understand and develop some of the intellectual skills of the eagle.

According to the prophecy of the eagle and condor, we are at the beginning of the "Fifth Pachacuti", a time of partnership, love and healing, and a transition out of an era of conflict and turmoil into more sustainable and earth-honoring ways. It will be a time of great transition. However, most powerful is the message it offers about consciousness: it says that we have entered a time when we can benefit from the many diverse ways of seeing ourselves and the world, and that we can use these as a springboard to

The Whirling Rainbow Prophecy

“The Whirling Rainbow Prophecy is the promise of peace among all Nations and all people. The Rainbow Race stresses equality and opposes the idea of a superior race that would control or conquer other races. The Rainbow Race brings peace through the understanding that all races are one. The unity of all colors and all creeds working together for the good of the whole, is the idea that is embodied in the Whirling Rainbow. When all pathways to wholeness are respected by all cultures, the prophecy of the Whirling Rainbow will be completed.

The prophecy of the Whirling Rainbow is very specific. When the Time of the White Buffalo approaches, the third generation of the White Eyes' children will grow their hair and speak of love as the healer of the Children of the Earth. These children will seek new ways of understanding themselves and others. They will wear feathers and beads and paint their faces. They will seek the Elders of the Red Race and drink of their wisdom. These white-eyed children will be a sign that the Ancestors are returning in white bodies, but they are Red on the inside. They will learn to walk the Earth Mother in balance again and reform the idea of the white chiefs. These children will be tested as they were when they were Red ancestors by unnatural substances like firewater to see if they can remain on the Sacred Path.

The Whirling Rainbow will appear in the form of a full Rainbow Circle. This rare, natural phenomenon was named by Native Americans as 'Sun Dogs'. Many Sun Dogs will be seen around the time of the White Buffalo, which will be the Sky Language sign that the Secret and Sacred Teachings are to be shared with all races. Enough Children of Earth will be awakened to carry the responsibility of the teach-

From the Sacred Valley

Cusco Perú



THE CONDOR'S PRAYER

*This is an important time for Pachamama, Mother Earth.
Now, more than ever, she needs our love and to be healed.
We come from Peru to share the prayer of the south, the prayer of
the condor.*

*Through different ceremonies and traditional rituals from the Andes
of Peru*

*We will be doing healing work, for ourselves and for the Earth.
In uniting the spirit of the south with the spirit of the north,
We transcend concepts of 'boundary', we create connection,
We honor the prophecy of the eagle and the condor flying as one.*

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Aspartame Blues

by D.M. Miller

While having a conversation with a group of friends the subject of Aspartame came up. The information that was shared was a little hard to swallow. We went straight to a trusty computer to research the FDA public records, what we found buried deep in their archives was quite horrifying and we truly did not want to swallow it. Aspartame is a neurotoxin and is sold under the names of Nutra Sweet, Equal and Spoonful. It is a brain drug that stimulates your brain so you think that the food you are eating tastes sweet. It will make you crave carbohydrates. You will not loose weight using this product, but quite the opposite. At 86 degrees it breaks down to:

- > **40% Aspartic Acid, which kills brain cells**
- > **50 % Phenylalanine and**
- > **10% Methanol, or wood alcohol**

Wood alcohol in itself can make you blind. Now keep in mind that your stomach is 98.6 degrees. Aspartic Acid is an "excitotoxin" in the brain and literally excites neurons to death, **killing brain cells and causing other nerve damage**. Methanol breaks down into **formic acid and formaldehyde** in the body. Formaldehyde in itself is a deadly neurotoxin. The recommended limit of consumption for methanol is 7.8 mg. daily. A one-liter beverage sweetened with aspartame contains about 56 mg. of methanol. People consuming large amounts of this product may be consuming as much as 250 mg. of methanol daily or 32 times the EPA limit.

Methanol testing on animals does not reflect accurately the dangers to humans. Due to the lack of a couple of enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. Methanol in natural products, such as fruit juice, never appears alone, ethanol is always present and usually in much higher amounts. Ethanol is an antidote for methanol toxicity in humans.

Phenylalanine is an essential amino acid that must be obtained through diet. It does however pose a health risk to people who have phenylketonuria (PKU), a rare condition in which the body cannot process phenylalanine. Symptoms of Aspartame poisoning are: Migraine attacks * . Vertigo * Numbness * Chemical sensitivities * Seizure * Problems speaking, such as jumbled words.* Loss of Bladder control * Nausea * Depression * Anxiety * Stiffness and joint pain * Fatigue * Staggering walk like you are drunk * Vision problems * Droopy eyelid * Irregular/uneven pupil dilation * Temper explosions. Sound familiar?

Aspartame poisoning produces the exact same symptoms as that of **Fibromyalgia**. This could cause a false positive diagnosis for Fibromyalgia. In a Fibromyalgia sufferer, it will intensify the symptoms. The methanol toxicity mimics among other conditions, **Systemic Lupus and Multiple Sclerosis**. People are being diagnosed with both of these afflictions in error. Where neither of them are a death sentence, methanol toxicity is! If you are using Aspartame (Nutra Sweet, Equal, Spoonful) and you suffer from Fibrom-

joint pain , depression anxiety attacks, slurred speech, blurred vision, memory loss, you probably have **Aspartame Disease Poisoning** .

Systemic Lupus has become almost as rampant as Fibromyalgia and Multiple Sclerosis, especially with Diet Soda drinkers. The victim usually does not know that the Aspartame is the culprit. One continues to use aspartame, aggravating the Lupus to such a degree that it may become life threatening. Patients have however become asymptomatic once taken off diet sodas.

Is this reversible? Yes, **stop drinking diet sodas** and keep an eye out for any food labels with Aspartame on them.. Keep in mind Diet Sodas are not diet products. The Congressional Record states that it makes you crave carbohydrates and will make you FAT. The formaldehyde, which makes you crave those carbs, stores in the fat cells, particularly in the hips and thighs and liver. Once in the liver it is there to stay.. Aspartame is especially dangerous for diabetics. It drives the blood sugar out of control. Diabetics may suffer acute memory loss due to fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Aspartame passes the blood brain barrier and deteriorates the neurons of the brain, causing in diabetics (as well as in persons not suffering from diabetes) various kinds of brain damage, seizures, depression, manic depression, panic attacks, rage and violence. Doesn't that make you want to reach for that next diet soda!

Aspartame can cause birth defects and mental retardation if large amounts are consumed at the time of conception and early pregnancy. Aspartame accounted for more than 75% of all adverse reactions reported to the FDA's Adverse Reaction Monitoring System (ARMS). In spite of this, on June 27, 1996, without public notice, the FDA removed all restriction from Aspartame, allowing it to be used in everything, including all heated and baked goods. Unfortunately, most baked goods are not required to list aspartame on the label. In spite of all the reports, the industry, stands by their initial findings that aspartame poses no health risk. Why is this product on our shelves? Glad you asked. For this answer you will need to address the FDA, but more than likely it has something to do with the 2.4 billion dollars in yearly sales of aspartame and the companies that produce aspartame. Be aware that aspartame can be hiding in your prescription and over the counter medication. In some medications it is used to sweeten cough syrups, throat lozenges, cough drops and the coating on pills.

All the information on aspartame for this section was obtained from government reports readily available over the inter-net. I strongly suggest that you do a little research of your own on this subject, you will be shocked. Don't replace one toxic sweetener with another! Also avoid using products such as Neotame and sucralose, which are sold under the name of Splenda, acesulfame-k, sold under the names of Sunette, Sweet-n-safe, and Sweet One. If you are diabetic, consult your Medical Professional before choosing any sweetener substitute. A little footnote on Splenda, yes it is sugar products as advertised, but, do you know how it is made? Sugar is injected with bacteria, which in turn eats and digests the sugar, the excrements from these bacteria are sold to the public as "Substitute Sweetener". Yuck. The following are suggestions for sweetener substitutes:

- **Sucanat** ; it is still a sugar, but contains small amounts of vitamins and mineral which help reduce some of the negative effects found in long term use of white sugar.
- **Barley Malt**; beware in using this product if you are sensitive to MSG. MSG is often hidden in the "Malt" part of processed foods.
- **Stevia**; made from a South American plant called Stevia, it is 300 times sweeter than sugar and used in very small amounts.
- **Fruit Juice**
- **Honey**
- **Rice syrup or Yinnie syrup**
- **Licorice Root**: do not use as a primary sweetener for it may cause water retention. It is best used in small amounts, especially in herbal tea.
- **Amasake**; it is made from brown rice and Koji. The Koji is what breaks down the brown rice



Paw Power: Purr-fect Health

What Natural Products Kill Fleas & Ticks

by Janis Silveri

I was looking for a natural way to stop a tick infestation in a dog rescue when I discovered diatomaceous earth (DE). Apparently, DE does a lot more than just kill ticks. Freshwater DE, also called diatomite or fossil flour, has many uses from killing cockroaches to improving human digestion. The value of this affordable, effective product is almost too good to be true. What is DE? Diatomaceous (die-uh-toe-may-shus) earth isn't dirt or earth but a white powder. It consists of the broken up shells of microscopic single-celled algae called diatoms. Freshwater DE comes in different grades: **Pool Filter** Grade and **Food** Grade. All of the uses recommended in this article are for **Food Grade** DE only.

DE has many uses and is 100% safe for the environment. It is used in commercial grain storage as a means of natural, poison-free, insect control. Dust DE around the outside of your house to form an insect barrier to keep insects out. Repeat the dusting after a rainstorm. DE can also be used as a dewormer killing parasites in animals and humans. Diatomite can be used as a growing medium in hydroponic or in potted plants. It has been employed as a primary ingredient in cat litter. Sprinkle DE in litter boxes to increase absorption.

How does DE kill hard-shelled insects, like cockroaches and ants? By physical, not chemical, action puncturing the insect's exoskeleton and absorbing its body fluids, thus posing no harm to warm-blooded animals. Sprinkling DE on a fire ant hill will kill them within 72 hours. Use DE on plants as an insecticide but be careful how you distribute it. Unfortunately, it also kills good insects, like bees and ladybugs, so do not get DE on the flowers. DE won't hurt earthworms.

For your companion animals, livestock and chickens, DE is effective against both internal and external parasites. Sprinkle DE on your pets and in their bedding but don't get in their eyes. For external parasites, it only kills the adults and must be applied every day for 2 weeks until all stages of the animals have matured. Dosing and additional information can be found on: wolfcreekranh1.tripod.com/defaq.html

Although this article explains some uses for diatomaceous earth, please read more on line to find appropriate usage for you, your animals, and plants. Food grade DE can be found in plant nurseries and agricultural feed supply stores. The smaller the bags, the more costly and shipping costs are high. DE usually sells for \$3-4/lb. As a fundraiser for homeless animals, I sell DE: 2lbs = \$5.00, 4 lbs. = \$8.00, 10 lbs. = \$16.00. Please email me at jasilveri@aol.com to place your order.



Boost your child's immune and keep away asthma by getting a pet dog.

Joachim Heinrich of the Institute of Epidemiology at the Heimholtz Centre in Munich, Germany, studied of over 3,000 children whose health was monitored from birth until they reach the age of six. Test results revealed that children who live with dogs had a lower risk of becoming sensitized to



Paw Power: Ulti-MUTT Animal Health

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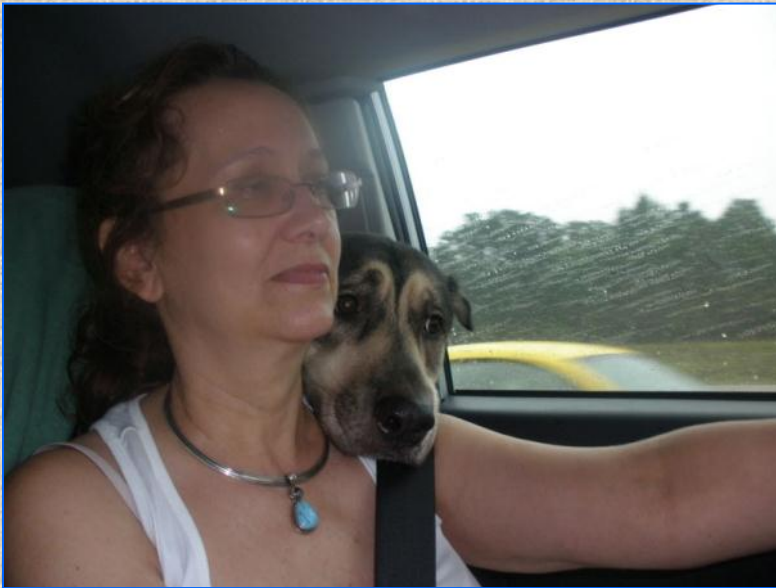
for demodectic mange

By D. M. Miller & Dobie

Thank God for Ivomec.

About a year ago I took my dog Dobie to the vet for what I thought to be a very bad allergy. To my dismay it turned out to be **demodectic mange**.

The vet informed me the dip was so dangerous to handle that the application could kill my dog and it was important to not allow it to come in contact with myself. She went on to tell me that I would have to bring him in once a week for 6-8 weeks at a cost of \$360 each visit and there was no



guarantee the treatment would work or that he would even live through it. In addition the treatment would wipe out his already compromised immune system requiring an additional \$ 2,000 in treatments, again with no guarantee it would work.

She walked out of the exam room leaving me to ponder if I could afford the treatment or just have him put to sleep, I was devastated. After walking out and closing the door behind her, I could hear her high fiving the staff and giving each other kudos for another big sale. I blew my nose, took Dobie and left.

The breeder Dobie came from suggested that I use 1cc. per day of 1% dilution Ivomec (a cattle wormer) for 30 days and he would be cured. A trip to the local tractor supply store and one \$35.00 bottle of 1% dilution Ivomec later Dobie was cured. The best part was all that was required was to put it in his food, no injections.



After the 2nd dose he stopped itching, by the 5th his appetite was back, within two weeks all the swelling and redness was gone and his hair was growing back, 4 weeks and he was cured. So simple!

By the way, Ivomectin (Ivomec) is the active ingredient in most products for prevention of Heartworm. A once a month dose takes care of heartworms as well.

To the left is a picture of a puppy with demodectic mange .

Warning: This product should not be used with herding breeds :sheltie, collie, border collie and sheep dogs etc.



Paw Power

My Greatest Guru

By George Samano, Obl.S.B.

I never thought of animals as being equal in consciousness to humans... until I became friends with Sabra and joined the wolf pack. It is thru the eyes and heart of a wolf that I came to understand what unconditional love is. If unconditional love is God, than the wolf knows God and walks with God, everyday of their lives.

By living, sleeping, playing and working with the wolf pack I realized how inadequate my concept of love, friendship and community really was.

Sabra loved me in a way I always dreamed my soul mate would love me. It was unconditional. No matter how grumpy I was or what horrible thing I had done that day she was there for me. Everyday she greeted me with those amber eyes that said I was the most wonderful person she knew. Her compassion and love touched me at the core of my being.

Sabra was the Alpha female, Queen of the Pack. All the other wolfs would pay homage to her. They would crawl on their bellies until they were right in front of her. Then they would give her loving kisses of respect and honor. In return, she would kiss them back. Wolves have this mouthing custom; they greet each other by licking inside the mouth. It is like they are French kissing each other. It is amazing to watch. The genuine care, love and respect for each other is apparent.

It has not always been easy living with the wolf pack. Daily they exhibited the critical thinking skills of at least a 7 year old. They can open doors, plot revenge, throw temper tantrums, engage in gang warfare, steal your tools and put them away for safe keeping . For example, one day Robyn and I arrived home to notice the back door open. I thought to myself who would dare be brave or crazy enough to break in with 19 Wolves in the Yard. As I entered the house I notice empty food cartons scattered everywhere and there they were... The whole pack having a grand old party...Taking all the food out of refrigerator and also the freezer... I could not help myself but laugh at the sight of this Grand Wolf Pack Party ... I could not even bring myself to be angry.....For when they saw us, they brought us food .to share with them....together we had a Grand Feast ...I will remember this forever .



Recently my beloved Sabra past to the other side. She died of cancer. One day...I notice a lump on Sabra breast...I took her to the Vet...he took x-rays and blood samples....and told me the sad news, that Sabra had cancer. It had spread thru out her body. The Vet said that since her immune system was strong we should consider doing Chemo. I had talked to several people...who had pets with cancer. The pet owners, who had done Chemo and Surgery, reported they would not go that path again.

They would let their pet go peacefully into the night. Robyn and I did not want Sabra to suffer. We did not believe in the current approach to cancer. In the future...Doctors may look back at Chemotherapy as being as primitive a treatment as using leeches was in the dark ages.

I told the Vet that I needed to look at other alternatives and brought Sabra home. I remember, she was so happy to leave the Vet's office and to get back in the car. Sabra loved to sit in the front seat...look at all the cars speeding around her. All you had to say to her is ... "Lets Go Bye Bye"...she would get so excited...that she would almost knock you down

In the end we did what we could to make her last days more comfortable. We put her on special food to strengthen her immune system and make her body more alkaline, we did Reiki Healing daily, sent Christ consciousness healing energy to her, and fed her glucose tablets when she stopped eating. But God's plan for her was set in motion....the divine spirit was calling her home. I could not bring myself to put her to sleep. No matter how bad she was feeling on that day, she always had a smile and a kiss for me. For days she would not eat....then I would buy either roasted chicken from HEB or smoked turkey from Rudy's and she would be up running again. But the cancer kept eating away at her...she was getting thinner and thinner. During In her last days...she began to have mild seizures. I know Sabra was a reincarnated spiritual master on the road to ascension. During the last days, she would lay at our 7 feet Temple Statue of Shiva. Day in and day out, she would be at Shiva feet as if she was preparing for the cross over. On the day of her death, she kissed my hand as if to say "Good Bye" and she looked at me... I felt as she was telling me...it 's OK... I am going Home...I will be their for you ... protecting you ... when it is your time to take the Great Journey back to GOD. She proceeded to walk to our temple Statue of Buddha, took a few deep breaths and died at Buddha's feet. This was very appropriate since Buddha message was that all creatures are created equal and have the right to life, liberty and the pursuit of happiness.

I realized that Sabra was not just a dog, she was my friend, who shared my spiritual path and taught me one of the most important spiritual secrets. She taught me about unconditional love. If God is



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Green Living

The Environment and the Definition of Sanity

By Gayle King , Falling Water Realty & development



First let's define insanity, Albert Einstein (1879-1955) defined it this way "[Insanity: doing the same thing over and over again and expecting different results.](#)" Now let's apply it to global warming and the environment. If we don't change how we are living our lives, we will each contribute to ruining the world we live in and that of future generations. It is like the recession, everyone says we are headed that way, and then when we are in the middle of it, everyone is saying, "wait a minute I didn't think it was going to be this bad, I could have participated more in the political process, saved more, spent less, and on,". We have all contributed in some way to the recession. What does green living have to do with the recession? If we conserve our resources by not wasting them we can save billions of dollars from not importing as much oil. We must reduce, reuse and recycle.

The best resource the United States has is its people. We have always come together in times of crisis. The great thing is, we individually, CAN make a difference, and the sooner we all contribute to conservation the sooner we will come out of this economic crisis. How do we contribute? It starts at home when you wake up in the morning and turning the water off when you brush your teeth. Pretty simple, start changing those habits, we are NOT OLD DOGS that can't learn new tricks. Do you know how many times I had to sprint back to the car in 100 degree heat to get my reusable grocery bags? Trust me, I learned to take them with me when I got out of the car. Brownsville now has banned the plastic bags, McAllen is not far behind. Every subscriber to this magazine will get a free reusable grocery bag while supplies last, courtesy of Falling Water at Bentsen Lakes.

Get involved in your community! Brownsville needs to have a recycling facility, help your city get moving in the right direction. There are green festivals, organic farmer markets, so many organizations that need a helping hand. McAllen citizens can get involved through the McAllen Chamber of Commerce, Green Living Committee, Nancy Millar 682-2871 **HERE ARE SOME NEW TRICKS FOR OLD DOGS AND NEW DOGS TO SAVE MONEY AND THE ENVIRONMENT:**

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Adding R-3- insulation to attic	\$49-65 /sf	20% savings per year
Change Windows to Low E-glass	\$	15% savings per year
Tankless instant water heaters	\$600 plus	30-70% savings per year
Water faucet lifetime guaranty	\$89	32% less water per year
Seal & Insulate cracks	\$4.98 per tube	20% energy savings per year
Seal Windows with Titanium film	\$45.97 per role	Blocks 99% UV rays (4'X15')
Water efficient toilet	\$98 -\$128	Saves 10, 000 gallons of water a year
Energy Star Appliances	\$350 -\$1,700	Reduces water & energy 30 % - 50%
Energy Saving light bulbs	\$1.72 ea.	Last 10 times longer than regular bulbs
Energy Star High Efficiency A/C	Depending on size	Saves up to 60% on energy bills

The Genetically Modified (GM) Seed Debate

WHAT DOES THAT HAVE TO DO WITH YOU?



So why should you read this article? You aren't a farmer (or maybe you are). What are genetically modified seeds? These are seeds that are genetically modified in labs to produce herbicide tolerant and insect resistant species of seeds. Some of these varieties of GM seeds are genetically engineered to produce sterile seeds (ie corn seeds) so that the farmer is obligated to purchase seeds every year, he cannot grow seeds from his own crops to plant.

What is happening here and in the world as a result of these hybrid GM seeds? The simplified version is that the ecology of life is a natural balance, if you eradicate the Boll Worm which eats the cotton, what happens to the insect that eats the Boll Worm? Boll Worms will evolve to become resistant to the engineered toxin in the seed that was supposed to eradicate them and then a new more toxic pesticide will have to be invented. The toxins called Bacillus thuringiensis (BT) that are in the cotton seed are made into what you dry off with, sleep on and wear. We are surrounded by toxins, we ingest them with GM produce, we wear them, we breathe them.

What caught my attention to this problem was an article in the ECO Textile News talking about the tragic deaths of thousands of Indian farmers who committed suicide after their harvest failed after using these Cotton GM seeds. I talked to a local farmer and asked how this could happen. He said the same thing happened to him several years ago. Half of his crop did not yield. He complained to the seed company and they told him that it was his fault. He has been in the farming business for generations, he knows how to farm. We got into a long discussion and it really frightened me. I have my own personal experience with the zucchini seeds that I purchased for my organic garden. My plants were beautiful. I used organic compost that I got at the Recycling Center and I used organic fertilizer. My zucchini had flowers and they fell off. I never had one squash. I gave some seeds to my mother as well and the same thing happened to her. I called my farmer friend and that is when he told me what happened to him, on a big scale.

Corn and soy beans have also been genetically altered. What happens when there is a blight or insects become resistant and wipe out all the crops or the seeds fail to germinate, or they germinate but are sterile which is what happened in India? We grow 50% of the world production in wheat. Wheat is complicated to genetically alter, but they are working on it. What happens if we fail to provide 50% of wheat to the world?

The world seed market is controlled by one company, Monsanto. They dictate, period. All the mistakes they make and bad decisions, affect every single one of us. No one is stepping in to defend the farmers of this world. All the seeds that get planted, cross pollinate and affect all the crops around it. The mistakes grow exponentially. It is a proven FACT that dissemination of best farming practices, including organic fertilization and using a holistic combination of traditional and innovative technologies increase yields dramatically and decrease pests and blights. We are controlled by the seed and insecticide companies which create a vicious and costly cycle to working the earth the way nature intended.

About Gayle King

She is a Broker and Principal of Falling Water Realty, LLC. and has been in real estate for the past 18 years. Her

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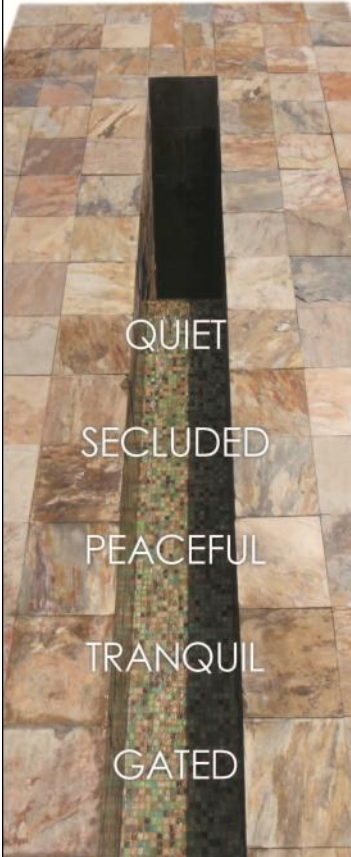
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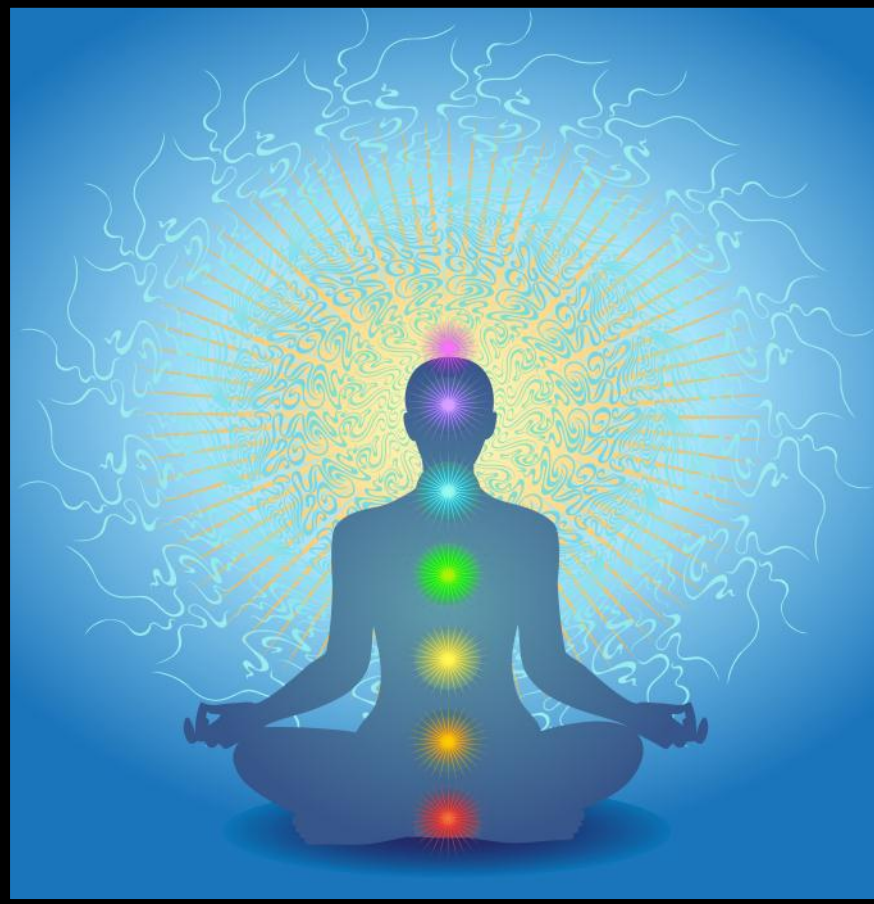
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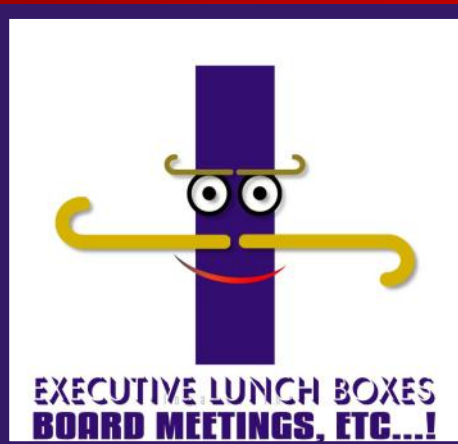
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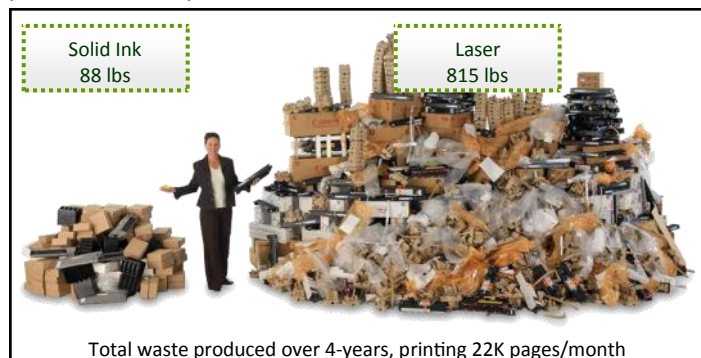
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