



MARCH - APRIL 2004

BioDiversity

THE WORLD DEPENDS ON IT. WE REPORT ON IT.

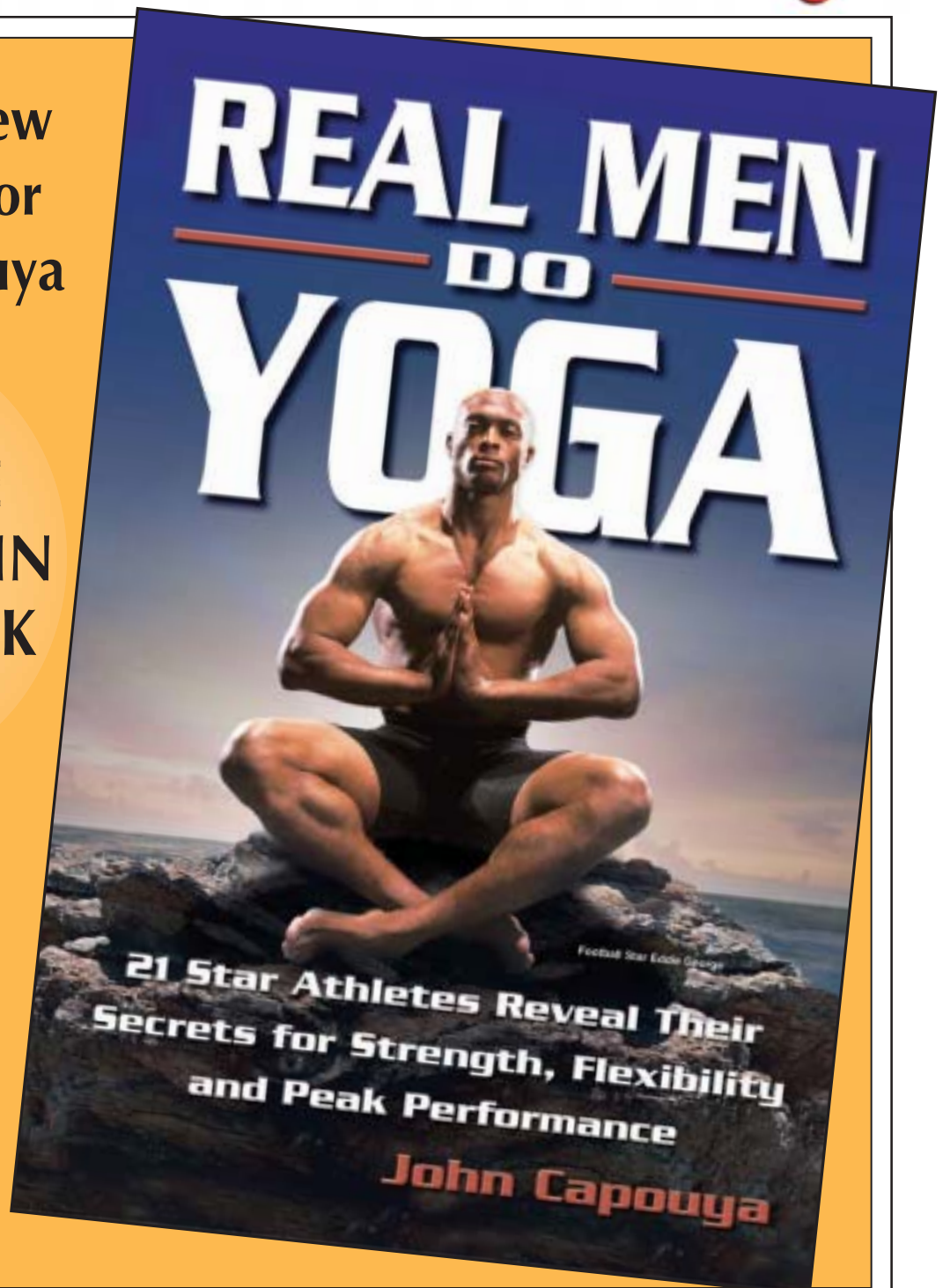
An Interview
with Author
John Capouya

PLUS
A GUIDE
TO YOGA IN
NEW YORK
CITY

The Many
Sides of Soy

Safeguarding
Threatened
Marine Habitat

Treating
AD/HD
Naturally





MIDAS WELL

INTERNATIONAL, LTD.

*When it comes to colon care,
we have the holistic touch*

Alternative Health Services... The Key to Wellness

FEATURING:

- Holistically Trained Colon Therapists
 - Toxygen Colonic Machine
 - Disposable, Speculum & Tubing
- Magnetized & Filtered Water, 4 or 5
- Stage Filtration including UV Filtration
- Colloidal Oxygen Therapies & Implants
also available

ALSO AVAILABLE:

- Ear Coning • Aromatherapy
- Clinical Hypnotherapy • Reflexology
- Eastern & Western Massage Therapies
- Acupuncture • Lymphatic Drainage
 - HIV & Cancer Support
 - Nutritional Consultation
- Weight Management • Body Sugaring
- Holistic & Living Food Workshops
 - Herbal Body Wraps

Colonics are a key to removing stagnant toxic materials. They are also helpful in cases of colitis, constipation and chronic fatigue syndrome. We apply polarity reflex release points and gentle abdominal massage during your session. Experience a gentle and complete cleansing Process with the finest in colonic irrigation hydrotherapy.

Midas Well International has enjoyed more than 27 years of history providing colonic care and alternative health services. Through time many great minds have had the dream of alternative wellness passed on to us.

Nancy (Nacim) Valdes, N.D., C.C.T. has been involved in the complimentary health care field for the past 23 years. She has a 15-year N.D. with emphasis on colon hydrotherapy and specializing in teaching and catering

living foods. She has done so for the past 21 years. In addition, Nacim is a licensed cosmetologist and a reflexology practitioner.

Now Open in Holland!

SPINNING CLASSES
PILATES CLASSES
COMING SOON! PERSONAL TRAINING CLASSES
REBOUNTING CLASSES

145 W. 28th St., Suite 9R, New York, NY 10001

212-279-0558

OPEN 7 DAYS

All Major Credit Cards Accepted

ACUPUNCTURE & QI GONG

Acupuncture and Qi Gong are both based on Qi (energy). If you realize your Qi and treat it well now, you may improve your health dramatically and relieve your pain rapidly.

I dare not forget that many years ago doctors poorly treated my family and I while sick and injured. Therefore, I absolutely commit 100% to your treatment and well being.

Acupuncture treats: Pain, Back Pain, Arthritis, Injury, Sciatica, PMS, Hair Loss, Fibroids, Cysts, Strengthen your Immune

System, Impotence, Stress, Depression, Addictions, Weight Loss, Allergies, Asthma, Fatigue, Insomnia, Migraines, Swelling, Edema.

Don't let your suffering go any further, call today at 800-860-4051



Dr. Warner Chen is a Qi Gong Grand Master, President of the American Acupuncture and Qi Gong Association. Dr. Chen is an experienced licensed acupuncturist. NYU Ph.D. and trained at Harvard Medical School.



390 5th Avenue, Suite 907 (Entrance on 36th Street), New York, N.Y. 10018

800-860-4051

Office Hours: Mon.-Fri: 10:00am – 7:00pm, Sat. 1:00pm – 4:00pm

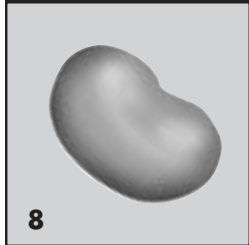
Most services are covered by insurance. Visa/Master Card/ American Express and Discover are accepted.

Table of Contents

Volume 2, Number 2
March-April 2004



6 The First Biodiversity Expo in Brooklyn



8 The Many Sides of Soy - History of Soy in the United States by Jenny Matthau

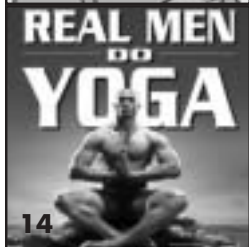
**10 Attention Deficit Hyperactivity Disorder -
Can We Be Open to Treating AD/HD Naturally?** by Donn J. Wiedershine, M.D.

14 Real Men Do Yoga, including some of America's Greatest Athletes

18 A Guide To Yoga In New York City



**26 New Seascape Initiative Stretches from Costa Rica to Ecuador
Safeguarding Threatened Marine Habitats**



**26 Nuevo Corredor Marino Protege Habitats Amenazados desde
Costa Rica hasta Ecuador**

**30 The Right Solution Wellness Company -
A Commitment to Wellness and Health**



32 House Calls with Dr. Patrick Fratellone
Q & A on matters straight from the Heart.





American Metabolic Institute

If You Were Diagnosed With Cancer



Geronimo Rubio, M.D.

Medical Director - La Mesa, Mexico

Licensed in the Republic of Mexico

*The Most Advanced Alternative Health Care System Today
On the Leading Edge of Excellence for the Treatment of Degenerative Diseases*

- ◆ Arteriosclerosis
- ◆ Arthritis
- ◆ Brain Virus
- ◆ Cancer
- ◆ Candida
- ◆ Epstein Barr Virus
- ◆ Heart Disease
- ◆ Heavy Metal Toxicity
- ◆ Hypoglycemia
- ◆ Leukemia
- ◆ Parasites
- ◆ Weight Loss

On the Leading Edge of Excellence for Therapies

- ◆ 7 Day Tissue Cleanse
- ◆ Blood and Urine Testing
- ◆ Bright Field Microbiology
- ◆ Chelation Therapy
- ◆ Chiropractic
- ◆ Colonics
- ◆ Counseling
- ◆ Dark Field Microbiology
- ◆ Dental Program
- ◆ Digestive Enzymes Program
- ◆ Educational Classes
- ◆ Electro Magnetic Therapy
- ◆ Growth Hormone Therapy
- ◆ Herbs
- ◆ Holistic Medicine
- ◆ Homeopathic Remedies
- ◆ Immunotherapy
- ◆ Iridology
- ◆ Kinesiology
- ◆ Massage
- ◆ Metabolic Nutritional Program
- ◆ Minerals, Vitamins, Amino Acids
- ◆ Non Toxic Medicine
- ◆ Oriental Medicine
- ◆ Orthodox Medicine
- ◆ pH Balancing
- ◆ Reflexology

All Provided in one Hospital Setting located in La Mesa, Mexico

1-800-388-1083

International Information Center

4252 Bonita Road, #174 • Bonita, California 91902

USA (619) 267-1107 / 800-388-1083 • Mexico 011-52-66-21-76-02 / 011-52-66-21-76-03 / 011-52-66-21-76-04

Internet: <http://www.amithealth.com> • email: amirubiofry@aol.com

THE CENTER FOR HOLISTIC UROLOGY



The Department of Urology
at Columbia-Presbyterian
Medical Center

www.holisticurology.com

Aaron E. Katz, M.D.
Director

16 East 60 Street
New York, NY 10022

For Consultation
and information call:
(212)305-0347

161 Fort Washington Avenue
Atchley Pavillion, 11th Floor
New York, NY 10032



Holistic Dentistry Dr. Lewis Gross, DDS www.holistic-dentists.com

Dr. Lewis Gross, Holistic Family Dentist, has been serving the downtown community for more than 25 years. His practice provides bio-compatible fillings which are mercury-free. New invention: X-rays that are virtually radiation-free.

Free Trial Teeth Bleaching with Rembrandt Whitening System (in coordination with regular fees for cleaning by dental hygienist.)

Services Include:

Implants	Massage Therapy available
Endodontist	Nutritional Counselor on staff
Removable Orthodontics	The new 2,000 sq. ft. office features the finest in state-of-the-art equipment.
Oral Surgeon	
Biofeedback	
Acupuncture	Children are welcome!

Dr. Lewis Gross
17 Park Place, NYC, NY 10038
212-732-2200
Se Habla Español

BioDiversity

Volume 2, Number 2

March-April 2004

Publisher

Jason S. Dubrow

Editor

Rosie Hernandez

Contributing Editors

Angela Boucher

Eyder Peralta

Margrett Yuhico

Contributors

Donn J. Wiedershine, M.D.

Patrick Fratellone, M.D.

Jenny Matthau

Art Director

Sue Amejjide

Advisory Board

Patrick Fratellone, M.D.

Lewis Gross, D.D.S.

James P.B. Lynch, D.C.

Jenny Matthau

Victor Zurbel

Published by
Biodiversity, LLC
P.O. Box 153
Kensington Station
Brooklyn, N.Y. 11218
Email: biodiversity@pverizon.net
(718) 853-9344

Publisher's Liability. Biodiversity® does not warrant or guarantee any of the products or services advertised in this magazine. The opinions and suggestions of the authors contained herein, are for educational use only. Always consult a trained health professional on serious matters.

Biodiversity® All rights reserved. Reproduction without permission is strictly prohibited.

At last!

Real reversal of eye & vision problems with nutrition & integrative therapy



Dr. Benjamin Clarence Lane

Nutritional Optometrist

With 6 degrees from major universities, including 3 from Princeton and Columbia, Dr. Lane offers 27 years clinical and research experience in nutritional optometry. He is the widely reported researcher-author-optometric physician who discovered the importance of the trace-mineral chromium, the chromium-to-vanadium ratio, and the B-complex vitamin "folate" in the prevention and reversal of nearsightedness, the regulation of pressure inside the eye, the energy equations of eye focusing, and the enzymes that prevent and reverse floaters.

In 1991 Dr. Lane reported to the Retinal Vascular Disease session of the Association for Research in Vision & Ophthalmology the stunning differences in dietary and environmental risk factors between the three most common forms of macular degeneration. (By 1999: No more leakage threat! The leakage process customarily is stopped within two weeks **without laser or visudyne treatments!**)

Dr. Lane has lectured to the World Congress of Ophthalmologists at Sydney, Australia in April 2002, and recently in Moscow, Amsterdam, Copenhagen and Reykjavik. In November he chaired the Metababolic Ophthalmology Symposium and presented a major lecture on cataract reversal at the 12th Afro-Asian Congress of Ophthalmology in China, and two major lectures in June to the European Congress of Ophthalmology in Istanbul, Turkey.

Dr. Lane and his supportive staff will help you to SEE to your maximum potential and will help you stay focused for life.

Please call now to arrange a consultation or to schedule an appointment for your first preventive nutritional optometry exam!

Medicare & many insurance plans accepted.

Nutritional Optometry Associates

Call (212) 759-5270 or (973) 335-0111

Offices in Manhattan & New Jersey

NY Office, Galleria Bldg @ Park Ave., 115 E 57 th St.

Email: nutrioptom@aol.com Web site: www.nutrioptom.com

The First BioDiversity Expo

The premiere Biodiversity Expo event took place Saturday, January 31 and Sunday, February 1, at the New York Marriott at the Brooklyn Bridge. Biodiversity Expo is the first large-scale professional and consumer tradeshow pertaining to natural health and the environment to take place in Brooklyn. The Expo featured exhibitors representing a wide array of products and services from rainforest protection to health magnets, from herbal teas to organic foods, from exercise equipment to air and water purifiers, from acupuncture to massage therapies, and more. Exhibitors also had the opportunity to present lectures on various relevant topics to further educate attendees.

While the exhibitors represented companies from across the country, Biodiversity Expo provides a unique opportunity to New York City-based businesses involved in the ever-expanding area of integrative medicine to promote their products and services to a broad and diverse audience in a first-class exhibit space.

Biodiversity Expo was presented a Proclamation by Brooklyn Borough President Marty Markowitz declaring the weekend "Biodiversity Weekend in Brooklyn". Biodiversity plans to make the Expo an annual event at the Brooklyn Marriott (Next year March 5th and 6th 2005), and is also planning to take the event on the road to different cities in 2005. Visit the Biodiversity website at www.biodiversityllc.com for upcoming dates and other information. *Biodiversity Magazine*, distributed throughout the five boroughs in neighborhood outlets such as health food stores, food coops, banks, post offices, etc., is also available online at our website.

We at Biodiversity wish to thank all of our sponsors, exhibitors and lecturers for making this event possible. We wish to express our appreciation to the Brooklyn Chamber of Commerce for all of their help and support throughout the year. We give special thanks to Brooklyn Borough President Marty Markowitz and Council Member Yvette Clark for attending our first event, and to the Borough President's Chief of Staff Mr. Greg Atkins we also give huge thanks for his help, support and above all, friendship. We thank all our sponsors for their support including Health Plus, The New York Open Center, Redjellyfish.com, NAC Vitamins, Karen at E Magazine for her support and friendship, Kevin Rivers of The Right Solution (TRS) for his support and friendship as well, The whole gang at Urban



Stonyfield Farm.

Organic who provided yearlong support, and last but not least, Courier Life Publications for their yearlong support and friendship that we look forward to continuing. We also wish to thank the Brooklyn Marriott and, in particular, Mr. Javier Vargas, for all his efforts in catering to our needs. Mr. Vargas is a true gentleman who goes above and beyond the call of duty.

We look forward to working with more Health and Environmental conscious businesses to make Biodiversity Expo 2005 bigger and better. Businesses can get the word out on their product or service all year long by advertising in *Biodiversity Magazine*.

Here are some testimonials from exhibitors who just participated at the Biodiversity Expo:

WOW! THANK YOU JASON. The Biodiversity Expo at the Brooklyn Marriott was our first public event in the North East/New York Area promoting preventative/therapeutic wholefood nutrition. The place was so beautifully set up. We had a GREAT SUCCESS - thanks to your professionalism and experience in promoting public events. Our sales exceeded our expectation, the number of seminar attendees doubled our 2nd day and we had over 102 people showing interest in our product line - that's not to count those who requested information on our professional income opportunity. We look forward to a very long-

in Brooklyn

term business relationship with the Biodiversity Expo LLC.

PS: Your team was so professional and provided the much-needed daily support to ensure our success.

Kevin Rivers
Marketing Consultant
The Right Solution Company

Jason, I just want to thank you for hosting and doing the hard work of putting together an Expo for the larger New York, Health and Environment-Oriented community. It was a time of gathering for people of similar vision and values, who don't get a chance to mingle together often enough. Your thoughtfulness and consideration on so many levels creates an atmosphere of warmth and good will, which I think you handily achieved.

You are making a contribution to the community of people who want to establish a sustainable and wellness-based society, and I am grateful for your efforts. I hope you continue on with your vision because you are providing a much-needed service, and with kindness, love and good Feng-Shui. Thank you again.

Mitchell Jay Rabin, M.A., L.AC.
Psychotherapist, Energy Medicine Practitioner
Host & Producer, A Better World, abetterworld.net

Thanks for opening up the Brooklyn alternative health community via the Expo. We were pleased by your attention to details, your on-floor availability to help out, the vendor community and the general atmosphere the above created in the Marriott. We had a steady stream of interested attendees, which we are sure will be even better next year...see you then.

New York Center For Iridology

I have exhibited in up to 42 trade show per year in the past with various products. I was impressed with the quality and quantity of attendees and exhibitors you were able to draw for a 1st year show. This was the first public show we have exhibited our new Oral Chelation Product "Metal Flush" in our own booth. We had good sales and a lot of positive follow-up leads, Congratulations and thanks for the help.

Tim Wilson
President of Science Formulas Inc.

Jason, Thank you for inviting me to your expo at the Brooklyn Marriott. I had a wonderful and profitable time. I especially appreciate the opportunity to help spread light into the Brooklyn area, which as you



The Fratellone Group.

know needs exposure to alternative and holistic health. I also appreciate the way you continue to check by at the booth to see if our needs are met. Your attention to detail is second to none. That is rare these days. Let me know of any future plans for expos you have in the works. We will be there. Thank you again!

Richard L Boyd
Twilight Himalayan Salt Crystals
TwilightLamps.com

Dear Jason, On behalf of World Trade Center Healing Services/St. Vincent's Catholic Medical Centers please accept my sincere appreciation for your generosity in arranging for us to have a booth at the BioDiversity Exposition. What a great opportunity it was for us to outreach to the community re: our services and we also made some valuable contacts. Thank you again for your support.

Very truly yours,
Fran Furman, CSW

Hi Jason, Just wanted to say how nice it was to finally meet you on Sunday! Congratulations, too, on such a great event. Your hard work was apparent. Publishing a magazine and coordinating an event are no easy tasks. Yet, you seem to have done both smoothly and effortlessly. Thanks for including us from the very beginning. Please keep in touch and let me know if anything else pops up that we might be able to work on together. All the best to you!

Karen
E/The Environmental Magazine

The Many Sides of Soy (part 1)

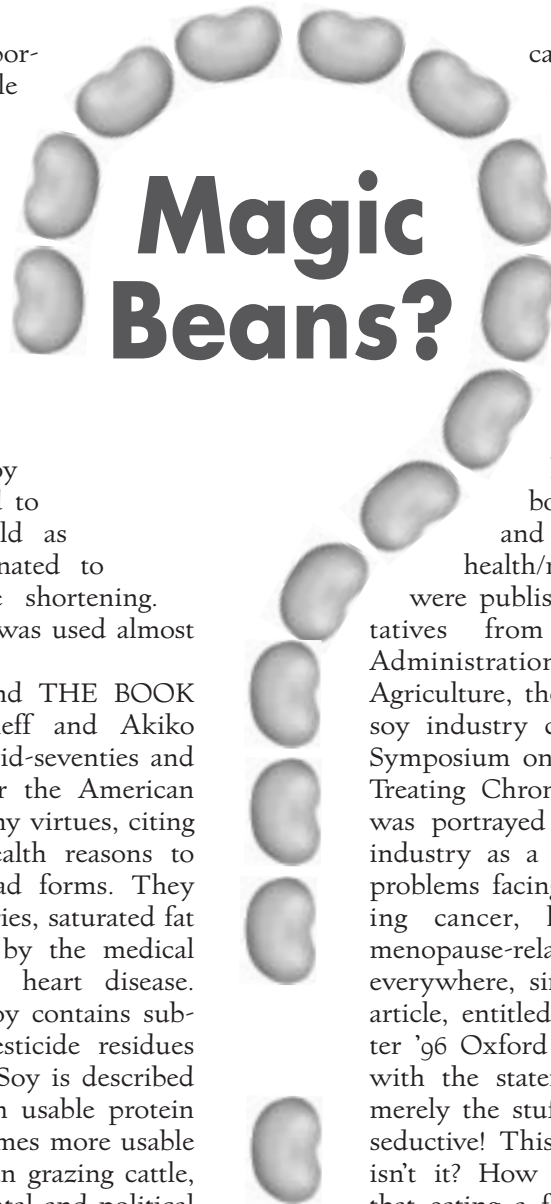
History of Soy in the United States

by Jenny Matthau

The soybean has been an important protein source for people in China for roughly 2000 years and in Japan for 1000 years. However, the same does not hold true for the other side of the world. In 1975, despite the fact that the U.S. was producing two thirds of the world's soybeans, most Americans were unfamiliar with soy products such as tofu, tempeh and miso. At this time, practically all the non-exported soy grown in this country was used to make highly processed oil, sold as cheap cooking oil or hydrogenated to make margarine and vegetable shortening. The resultant defatted soy meal was used almost entirely for animal feed.

THE BOOK OF TOFU and THE BOOK OF MISO by William Shurtleff and Akiko Aoyagi were published in the mid-seventies and did much to demystify soy for the American public. The authors extol its many virtues, citing political, environmental and health reasons to consume the bean in its myriad forms. They point out that soy is low in calories, saturated fat and cholesterol, all recognized by the medical community as contributors to heart disease. Being low on the food chain, soy contains substantially less herbicide and pesticide residues than animal sources of protein. Soy is described as relatively inexpensive, high in usable protein and able to produce almost 20 times more usable protein from an acre of land than grazing cattle, making it a superior environmental and political choice compared to beef and other livestock.

Tofu is touted for its low carbohydrate content, as well as its digestibility (crude fiber and water soluble carbohydrates are removed during processing). It also is a good source of calcium (provided it is coagulated with



calcium chloride nigari or calcium sulfate), iron, phosphorus, sodium, potassium, B vitamins and vitamin E. Miso contains probiotics which develop as a result of the fermentation process and aid digestion, while contributing to healthy intestinal flora. Yet soy was to remain an unfamiliar and unused food by the vast majority of Americans for the next two decades.

In the years that followed publication of these ground breaking books, numerous scientific studies and articles suggesting a variety of health/medical benefits of soy consumption were published. In February of 1994, representatives from the U.S. Food and Drug Administration, the U.S. Department of Agriculture, the National Cancer Institute and the soy industry convened at the First International Symposium on the Role of Soy in Preventing and Treating Chronic Disease. During the 1990's, soy was portrayed by many researchers and the soy industry as a panacea for many common health problems facing the American population, including cancer, heart disease, osteoporosis, and menopause-related hot flashes. Articles sprang up everywhere, singing the praises of soy. One such article, entitled, "Soyprise!", appeared in the winter '96 Oxford Health Plans newsletter and began with the statement, "Magic beans are no longer merely the stuff of fairy tales." Magic beans- how seductive! This is just what we all want to hear, isn't it? How wonderfully comforting to believe that eating a few servings of soy will protect us from everything from unpleasant sensations to life-threatening illness! In 1999, the FDA announced that scientific studies have demonstrated that soy protein significantly lowers cholesterol and the risk of heart disease. By the end of the year they had granted companies

permission to make this claim on their labels provided that the food product is low in fat, saturated fat and cholesterol and contains at least 6.5 grams of soy protein per serving.

Capitalizing on preliminary scientific research, U.S. companies, including some corporate giants, began aggressively marketing soy products. As a result, Americans started buying soy in droves. By 1997, U.S. sales exploded, exceeding \$1 billion. Savvy Entrepreneurs wasted no time putting soy in practically everything in one of the following forms: soy lecithin (an emulsifier), refined soy oil (comprises more than 3/4's of U.S total vegetable fat and oils intake), hydrolyzed vegetable protein, soy protein isolates and textured vegetable protein (TVP). These substances are found in baked goods, energy bars, shakes and imitation dairy and meat products to name a few. Today, Tofu, tempeh, miso, shoyu, tamari and soy milk are no longer found only in health food stores. They have become part of American culinary culture.

As soy was gaining widespread popularity and acceptance, a counter-culture movement against soy was developing unbeknownst to most Americans. In the mid 1990's, articles warning about the health dangers of soy began appearing. They were authored by two articulate, well-credentialed advocates of natural, unprocessed, traditional foods. They cautioned that highly processed and unfermented soy products contain harmful enzyme inhibitors, mineral blockers, carcinogens and plant hormones that function as phyto-endocrine disrupters, capable of preventing ovulation, stimulating growth of cancer cells and inducing hypothyroidism. Data from human populations and both human and animal studies were used as evidence of these assertions. Human studies providing some support for these claims have subsequently been published. ■

Jenny Matthau is President of The Natural Gourmet Cookery School/ Institute for Food & Health. In addition, she serves as Director of The Natural Gourmet's Chef's Training Program, the only accredited culinary program of its kind. Copyright© 2004 by Jenny Matthau. All Rights Reserved.



Eda Ellis, DDS



DENTASPA

Preventative Oriented Dentistry
Treating the mouth as related
to the overall "whole" health
of the body.

Dr. Ellis is a preventative- oriented dentist who is particularly concerned with preserving natural teeth. In addition to her abilities in general dentistry, she excels in Endodontics (including a holistic approach to root canal therapy), Prosthodontics (fixed and removable replacements), Periodontics (treatment of gum disease) and Oral Surgery.

Dr. Ellis is skilled in the most current techniques in Cosmetic dentistry, she is also a member of the distinguished faculty of New York University College of Dentistry.

- Digital X-rays with 90% less radiation
- Bio-compatible mercury-free fillings
- Metal-free crowns and bridges
- Retreatment of previously failed root canals without surgery
- Gentle, friendly, relaxed atmosphere

Eda Ellis, DDS

30 Central Park South, Ste. 7A

New York, N.Y. 10019

212-753-1119

www.dentaspa.com; dentaspa@aol.com

Attention Deficit Hyperactivity Disorder

Can We Be Open to Treating AD/HD Naturally?

by Donn J. Wiedershine, M.D

Medication, mostly psychostimulants, are thought by doctors and families to be the primary way to treat AD/HD. We just put up with the possible side effects of the medication and try not to think about the long-term effects of such treatment on our children. Is there another, natural way to treat AD/HD?

Here on Staten Island AD/HD has been treated for years without drugs. This treatment program has evolved over time with clinical experience. There have been many dramatic results with the use of natural treatments for AD/HD—often after the first treatment. Over the last year and a half, all the children who came to Integrative Health System (IHS) for AD/HD treatment have received significant benefits. I would like to share one of these case studies with you.

A 13 year old boy diagnosed with ADHD when he was 6 was brought to IHS by his father in November of 2002. He was having problems with inattention, decreased short-term memory, impulsivity, anger, distractibility, and mental instability with disorganized and chaotic thinking. His parents were worried about having their son on Concerta for a long time (he had been on it for 4 years). The parents slowed down and then stopped the Concerta over the holidays in December of 2002.

Treatment then began with Auriculotherapy 3 times per week. This treatment consisted of 15 minutes of microcurrent stimulation of specific ear acupuncture points

with the StimPlusPro, a device that enables the practitioner to first hone in on the exact point and then deliver a mild, comfortable stimulation. Research at UCLA has shown that every part of the brain (and every organ and system of the body) has a corresponding point on the ear and that with the StimPlusPro you can deliver a powerful balancing effect on any part of the brain in need of being balanced. Auriculotherapy is very effective at treating all addictions (smoking, carbohydrate, drug, alcohol, work, sex, gambling, etc.), pain, and many other conditions besides AD/HD.

The boy was also given oral amino acids, nutritional supplements that support the Auriculotherapy in reestablishing the Brain Reward Cascade—the exact flow of chemicals in the brain that lead to dopamine and a sense of well-being. IHS also put him on sophisticated Ayur-Vedic herbal antioxidants that have been proven to be 1000 times more effective

in scavenging free radicals than any other natural or synthetic supplement (e.g. Vitamin C or Vitamin E). Free radicals are strongly implicated in the disturbance of the frontal cortex in AD/HD. And there were a few other dietary and behavioral recommendations, as well, that the parents were happy to implement for their son.

Both the boy and the parents noticed that the increased ability to focus, the decreased impulsivity, the decreased irritability, and the more organized way of thinking lasted about 4-5 days after an Auriculotherapy treat-

Why Drink Other Peoples Problems?

Listen To A Recording At 1-800-433-9553

Worldwide patents show John Ellis' home water machine is the first to permanently change water properties (They can be identified 100 years from now) with results that medical doctors can verify...We will send you the reports including how disease spreading home water treatment devices have been eliminated in a revolutionary new way! Instead of treating water with chlorine or purifiers (He has been an engineer for 50 years), all you need is water from his machine with no treatment at all and it lasts indefinitely (see below)!!

Even Distillers (without his medical grade equipment) recycle the disease markers from the waste of former users because they don't know how to remove disease from waste products! Scientists know they are there but they don't know how to remove them! That's why the purest bottled water, ordinary distilled, ozonated or purified water in spite of all the "Seals of Approval" goes bad and smells of other people's problems while developing a horrible smell in a hot tub without further treatment (Add water from his machine and it won't smell years later)! One state called, where they recycle toilet water into drinking water, to say they know John Ellis knows how to find disease marker in water but they can't do it and no lab knows how to do it!

As an example, one woman from S.D. said people all around her have MS in spite of using ordinary distillers, filters, reverse osmosis, ozonators and alkaline water machines for years because they are all pumping water from the same aquifer...it probably has the markers for MS!

Scientists know that electrons destroy free radicals that cause these diseases and world wide patents prove this home water machine is the only product that can 1) Remove disease markers of former users, 2) break down the bonds in water so it can go through a membrane and into the cells when ordinary water can't (90% of all men end up with urinary flow problems regardless of purity, 3) Open up the bond angle from 104 in ordinary water to 114 or more so it can take on nutrients and electrons that destroy free radicals (We will send you reports with the protocol they use and, 4) Circulating water in hot tubs, wells and cisterns using small amounts of water just one time has a catalytic effect with no "treatment" and it's going from sky high to zero...1 nursing mother should be interested in this!

Hot tubs won't smell years later and over 200 wells and cisterns (from bad to putrid) tested

"pure" with realistic tests on site (not lab tests) by amazed state inspectors even years later, doing this just once and using only 10 gallons of his water with no "treatment"...the answer to worldwide pollution! Only small amounts of his water can change whole aquifers using this technology!

When a doctor asked us if we could produce even higher electron levels to destroy free radicals, we built medical grade equipment into our machine from a company that has manufactured medical and scientific equipment for 70 years...our electron 3 Machine™.

Now you know why we ship on government credit cards to major hospitals and why the top doctors and scientists use these machines! Then, when they asked us if we could produce even higher electron levels, with the help of an invention from Corning™, we raised the electron levels an amazing 50% higher and that's the Electron 4 machine™...the best one we manufacture!

After manufacturing living water machines for 30 years we built 5 electron machines 6 years ago as experimental. A doctor was offered \$10,000 for one of the machines if they could have it immediately. Again, we will send you medical reports that show you why! Although we charge only a small fraction of that amount today, you will know why they said: "No price is too high!"

However, since the inventor is an engineer not a doctor: this information is for educational purposes only. It is not intended to diagnose, treat, cure or prevent disease. Statements contained herein have not been evaluated by the Food & Drug Administration. In all health situations, as was done in the medical reports we will send you, qualified professional should always be consulted.

For free info call: 845-754-8696

Fax the coupon to: 845-754-7866 OR

Visit our website at www.johnellis.com

WRITE FOR FREE INFORMATION



I understand the information you are providing is for educational purposes only. As stated above, this information is not intended to diagnose, treat, cure or prevent disease. In all health-related situations, qualified healthcare professionals should always be consulted.

Name _____

Address _____

City _____

State _____ Zip _____ ©2001 JE

CRYSTAL CLEAR

Dept. Bio - Westbrookville, NY 12785

Listen to a recording by calling toll-free 1-800-433-9553, or visit our website at www.johnellis.com

ment. Because of the clear improvements, the boy and the parents were very motivated to travel about 90 minutes each way to and from my office. After a few weeks, IHS decreased the Auriculotherapy to 2 times per week, and then in a few more weeks to 1 time per week.

The final stage of his AD/HD treatment was learning the Transcendental Meditation® (TM®) technique, an easy to learn, completely effortless and natural meditation technique. The course of instruction is completely standardized and the program is backed up with over 700 research studies. Not only is the TM technique the most effective stress reduction program available, but every single symptom of AD/HD has been shown in research to be addressed by 10-20 minutes of twice-a-day practice of the TM technique. The TM technique is also very different from other forms of meditation and relaxation both in its practice—there is no effort or trying involved and anyone from the age of 4 can practice it—and in the research backing up its effectiveness.

The National Institutes of Health in Bethesda have given \$18 to \$20 million in grants to study the effects of the TM technique on cardiovascular disease, specifically in reducing blood pressure in hypertensives. Many published meta-analyses have shown that the benefits of the TM technique far exceeded the benefits of other meditation and relaxation techniques. What is produced during the TM

technique is a state of restful alertness, where the body is deeply resting, often more deeply than deep sleep, but is more alert and awake than in the waking state. Brain wave coherence of a very high magnitude is produced, culturing the potential of the brain/mind, and deep stress is eliminated. One rule involved with the TM technique is that at least one parent must be practicing the technique for their child to learn. Clinical research here on Staten Island has shown that if you combine Auriculotherapy, amino acids, and the TM technique, the overall therapeutic effects are greatly enhanced on such conditions as AD/HD and addictions when compared to just using Auriculotherapy alone.

I noticed a sudden and very powerful effect of the TM technique on the boy—his mind became much more coherent and orderly, and he seemed immediately more confident with himself and more mature. A few days later he came back for a meditation check with his father. The boy reported an 80% improvement in each of 15

parameters because of the TM technique: decreased anger and irritability, increased ability to focus his attention, less distractible, calmer, more alert, more understanding, less impulsive, more organized, improved relationships (even with his brother), enjoying things in general more, clearer mentally, more powerful mentally, more patience, and more energy. His father was astonished with the results and agreed with all the improvements that his son reported.

It is now 7 months since he learned the technique and his father reports that he now comes home from school and does his homework immediately, something he never did before, does his TM regularly without any encouragement, is much more independent and mature, and is much more focused. The father reports that his son's behavior and awareness continue to improve, his hyperactivity is completely gone (his son is much calmer and more relaxed), he is more in control of himself, and

his thinking and behavior are much more orderly and organized. One benefit that has become very clear to the father is that his son is much more on top of things—he gets himself ready all by himself (e.g. in the morning) and will remember all by himself details and things that need to be done while himself involved with dozens of other responsibilities while he reminds his father to do something that is quite important. In addition, the

father reports that his son is more productive now. Last year, before his son started the Integrative Health System program, he and his wife would receive calls weekly from his son's teachers about homework not being done and low grades. Now, they have not received a single call. ■



Donn J. Wiedershine, M.D., C.Ad. graduated from the University of Missouri Medical School in 1981 and after training in psychiatry and general medicine, he traveled the world for 13 years learning natural medicine from some of the great masters. He is a Certified Addictionologist (C.Ad.), a Certified Teacher of the Transcendental Meditation technique, a licensed medical doctor, and Founder of the Integrative Health System. Call Dr. Wiedershine at (718) 556-3718 if you have questions.

®Transcendental Meditation and TM are registered trademarks, licensed to Maharishi Vedic Education Development Corporation and used under sublicense or with permission.

Heal and Grow

*Transformative Psychotherapy
For Adults from Alcoholic Families*

Attend the Life-Changing 6-week
Lecture Course:

KNOWLEDGE is POWER
What makes an ACoA

(ACoA = adult-child of alcoholics
& other narcissists)

Topics

1. ABANDONMENT – not getting your needs met
2. SELF-HATE – blaming yourself for your pain
3. BOUNDARIES – where do you end & others begin?
4. PAIN & COMFORT – the agony & the ecstasy
5. THE 3 A's – awareness, acceptance & action
6. INNER CHILD – your essence & your memories



Donna M. Torbico
Psychotherapist

- \$180
- some audience participation
- brief group exercises
- free outlines
- easy to understand
- bring tape recorder
- bring a friend
- ALL are welcome

NEXT SERIES: September, 2004

For more info, CALL 212-580-9631

Holistic Dentistry

General Dentistry
Cosmetic Dentistry
Bonding
Acupuncture

Mercury Vapor Testing
Biocompatibility Testing
Crowns, Bridges, Inlays
Temporomandibular Joint Therapy

Repairing teeth properly is very important, but maintaining them and preventing further breakdown of teeth and gums is my primary aim. Routine dentistry is performed in my office using specific nutritional and stress relieving suggestions. Both local and systemic causes of dental diseases are determined, and corrective measures are recommended.

Toxic chemicals like mercury, found in silver fillings, and nickel and aluminum found in dentures and crowns are avoided. Dental X-rays are strictly minimized and previous X-rays are welcome.

Oral habits such as thumb-sucking, bruxism (grinding the teeth at night), tongue thrusting and other swallowing problems are routinely treated. If untreated, these may result in orthodontic relapses or periodontal treatment failures.

I practice general dentistry, and the following dental related therapies are available in my office: acupuncture, mercury vapor analysis, dental electrical testing, myofunctional therapy, biocompatibility testing, and temporomandibular joint therapy.

Stephen R. Goldberg, D.D.S.

- 1600 Avenue M • Brooklyn, NY 11230, 718-339-5066
- 177 Prince Street • New York, NY 10012, 212-505-5055



URBAN ORGANIC

A Home Delivery Service of Organic Produce & Groceries

Save Time – Save Money – Save the Planet

Half Off First Delivery

718-499-4321

www.urbanorganic.com

Proud Sponsor of Biodiversity Expo



YES REAL MEN

Including Some

With its revolutionary approach to yoga and innovative, male-oriented instruction, *Real Men Do Yoga* will be the definitive guide for both novice and veteran men who are discovering the innumerable physical and mental benefits of yoga.

Satisfying the male fascination with sports and admiration for athletes are interviews with more than twenty pros, all of whom are enthusiastic yoga practitioners: football's Eddie George, Shannon Sharpe and Amani Toomer; baseball pitchers Barry Zito (2002 Cy Young Award winner) and Al Leiter, star hockey goalie Sean Burke and NBA superstar Kevin Garnett as well as pro golfers and tennis players.

Photos of sports stars doing yoga, such as football greats Dan Marino and Chris Carter, drive home a powerful message. Each chapter offers a combination of stretches and strength-builders that target and benefit specific areas:

- Conquering back pain (which afflicts an estimated 10 million men)
- Improving sports performance including yoga for golf, running, basketball, tennis and more
- Increasing flexibility in the upper body, spine and lower body
- Building muscle strength
- Improving sexual performance

In a sea of yoga books aimed at women, *Real Men Do*

Yoga is an easily accessible, “non-New Agey” guidebook that takes something mysterious to American men and offers a reassuringly effective and practical guide that they’ll actually use.

Author Highlights

John Capouya is an award-winning journalist and yoga enthusiast. He was the health and medicine editor for *Newsweek*; the editor of the “Sunday Styles” section for the *New York Times*; the editor for *Pro Magazine*; and is now the deputy editor of *SmartMoney Magazine*.

INTERVIEW

Yoga’s obviously become hugely popular with American women over the past few years. But as you say in your book, men have been slower to “get with the yoga program.” Why do you think that is?

Yoga’s had a serious image problem in this country – at least as far as men are concerned. In fact, that’s really why I decided to write this book. I looked at all the yoga books in the stores and saw nothing but women in leotards on every cover, all looking very contemplative and serene – and feminine. But I knew from my yoga practice that a) yoga isn’t just a sit-around-and-contemplate kind of thing and that b) more men are trying it –

“To perform as an athlete, you need to be strong and flexible, and that's what yoga gives you. Plus it calms you down, which I really need out there on the mound.”

—Barry Zito, pitcher, Oakland Athletics, winner of 2002 Cy Young Award.

DO YOGA

of America's Greatest Athletes!

and loving it. So I wanted to put something out there that said to men: “Hey, this isn't just a chick thing, it's a guy thing, too. It's serious exercise, and the men who do it swear by it. So why not give yoga a try?”

Aside from yoga not seeming like a real workout to many men, is there a spiritual or religious part of it that may have turned guys off?

Very much so. The way yoga's been marketed and embraced here has been as an alternative lifestyle, part of the New Age, “a way of life.” And that version of yoga comes bundled with certain values and rituals – Buddhism, chanting, incense, using Sanskrit words all over the place – that you must adopt in order to practice. But as more and more mainstream guys have found out, that just isn't so. Yoga isn't some Eastern religion – though some people still think it is. At its heart, it's a fantastic exercise system, with or without some philosophical underpinnings. And you can take those parts or leave 'em. In the first few pages of my book I promise my male readers: “No incense, no chanting, no gurus.” You can incorporate those kinds of things into your yoga practice, but you don't have to. And the way I teach it – the way I believe most men want to approach yoga – we don't go there. We're in it to improve our bodies, sharpen our minds and be as healthy as we can be, not

to change our ways of life. Our ways of life are fine, thank you. And we don't need any gurus.

Like I said, I think a lot of what's turned guys off has been packaging, not what's in the true yoga package. Even the little things. For example, most teachers refer to it as a series of “poses.” But guys don't want to pose – that's for models and ballerinas. So I just call 'em positions or moves or stances. It's minor, but I want men to be comfortable, so I use language like that – and a lot of sports terminology that they can relate to.

You say more men are taking up yoga—how many and who are they? A brand-new Harris poll indicates that of the 15 million Americans doing yoga, some 3 million, or one out of five, are men. And those numbers are growing very rapidly. Almost all the yoga teachers I interviewed told me there are more men in their classes than ever before.

As for who these men are, that's one of the big surprises and most important messages of the book: The guys doing yoga aren't just the guys that you think do yoga. You know, the sensitive guy type that stereotypes say are yoga practitioners. The drawstring pants crowd. What I found is that all kinds of guys are doing yoga, including men whose profiles don't fit the supposed mold. In my book I quote firemen, contractors, a guy who runs a pizza restaurant in Ohio, along with Wall Street guys,

lawyers, musicians, a lobbyist, an architect – you know, regular American guys. That's the message as well as the title of my book: Real Men Do Yoga.

Your book makes it clear that some of these Real Men doing yoga are professional athletes. You feature over 20 of them with their quotes and photos. Who are they and why are these super jocks working out with yoga?

I was amazed to find out just how many of America's top athletes are practicing yoga. They're in every sport and at the very top of the pro games. (Some top college football and basketball teams are now adding yoga to their training as well.) What the athletes tell me is, they love yoga because it prevents injuries and can also improve their skill levels—through greater flexibility, better balance, etc.

For example, on the cover of Real Men Do Yoga you'll see running back Eddie George of the NFL's Tennessee Titans. He's a huge star – he won the Heisman Trophy when he was in college – and he was one of the first players I found to take up yoga; he's been practicing for over five years now. I also have interviews with the great NFL tight end, Shannon Sharpe – he'll be in the Hall of Fame – and Giants receiver Amani Toomer, as well as a couple of 300-pound linemen, who have very different athletic challenges.

From major league baseball, readers hear from Barry Zito, the great pitcher on the Oakland A's who won the American League Cy Young Award last year. He's a big believer in both the mental and physical benefits of yoga. Pitcher Al Leiter of the New York Mets is another serious practitioner; Phillies catcher Mike Lieberthal...lots of baseball players do it for the flexibility.

In hockey, Phoenix Coyotes goaltender Sean Burke is very articulate about how yoga's helped him. He's an All-Star player and he gives yoga a lot of the credit for his success. And I offer interviews with NBA stars such as Kevin Garnett, who says he does yogic breathing and focusing exercises before every game, his teammate Wally Sczerbiak, and Kerry Kittles of the New Jersey Nets. Plus, there are tennis pros who practice and PGA golfers, including David Duval and Ty Tryon and J.L. Lewis, who do yoga as well.

I think once guys hear from these great athletes –

men they admire – how enthusiastic they are about yoga and what benefits their practice has given them, they'll be a lot more inclined to give yoga a try.

Pro athletes are usually considered to be among the most macho guys out there, and they don't have the reputation of being particularly New Age-y, either. How the heck did they get into yoga?

They didn't get the memo, I guess, about how yoga is so "feminine." Or, more seriously, they had their own important reasons to look past the stereotypes and really see what yoga has to offer. Look, these guys' bodies are worth millions of dollars, and they want to train them and maintain them in the best ways possible. A

longer career and a more productive career means a lot more money and personal satisfaction. So if something works, they don't care what anyone else thinks about it – they're gonna do it. Besides, no one's going to tell these huge athletes that they're wusses for doing yoga, right?

Actually, a couple of the pro athletes told me that their teammates thought their doing yoga was weird at first, but they don't care. They know their bodies and they know what works. And in fact, some whole teams, including the Tennessee Titans, have now taken up yoga after one or more players had good experiences with it.

Most men that might use your book are not pro-caliber athletes. What's in it for them?

Everything. Regular guys can get everything a pro athlete gets out of yoga and even more, since most amateurs, or weekend warriors, aren't in the kind of shape and don't have the kinds of flexibility, strength and balance that pro athletes have.

First off, most men know they really need better flexibility, especially in our lower bodies. Our hamstrings are tight, our hips are tight. This can lead to lower back pain, which millions of men suffer from. All the lower-body stretching in yoga is great for that – a lot of guys who have taken up yoga have done it for that reason – as well as for the tightness that, say, running produces, along with most of the other sports and workout activities that men like to do. Tennis, for example, can really hammer your lower back and tighten the legs.

In the upper body, yoga stretching really helps men

Who are they and why are these super jocks working out with yoga?

counteract two things we do a lot of: sitting hunched over a computer. These things – plus driving a car, reaching forward to the steering wheel – are all chest tighteners. And yoga opens the chest back up. That in turn restores proper alignment, prevents displacement or impingement injuries, and, with the improved flexibility in the lower body and back, really improves your posture. An enormous number of guys who practice tell me: “I’m taller, or at least I feel taller, because I’m standing up straighter now.”

Besides flexibility, what other benefits are there, especially for men?

Strength. Guys are often very surprised – even guys who work out – to find that yoga actually makes them stronger. Not bulked up, like from lifting weights, but with better muscle endurance or tensile strength. That comes from holding these yoga positions longer than you think you can (or want to) – it can get pretty tough. Eddie George tells me that yoga’s made him stronger in his upper body – and if you look at his arms and chest on the book cover, you can see that he was awfully strong to begin with.

America’s top athletes say yoga is absolutely the best exercise for men and a fantastic tool for achieving peak performance – in sports and in life!

“To perform as an athlete, you need to be strong and flexible, and that’s what yoga gives you. Plus it calms you down, which I really need out there on the mound.”

—Barry Zito, pitcher, Oakland Athletics, winner of 2002 Cy Young Award.

“I’m living proof that yoga prevents injuries. It’s been a great weapon in my arsenal.”

—Eddie George, All-Pro NFL running back

“I’ve been doing yoga since 1995 and I do yoga exercises before every NBA game. It helps me center myself and focus my energy so I can go out and perform my best on the court.”

—Kevin Garnett, NBA superstar

“Yoga saved my career. I was in tremendous pain and looking at back surgery. Through yoga I avoided surgery and I never had back pain again.”

—Justin Gimelstob, ATP tennis pro



Integrative Cardiology and Medicine

Patrick Fratellone, M.D.
Director

Our practice specializes in:

- Heart disease – Treatment and Prevention
- Metabolic disorders – Diabetes and Prevention
- Hormonal Issues
- Heavy Metal Intoxication
- Preventative Treatment for a variety of diseases

24 West 57th Street • Suite 701
New York, New York 10019

T: 212 977 9870 F: 212 977 9816

www.thefratellonegroup.com

A GUIDE TO YOGA IN NEW YORK CITY

- Aimee Tanon - Auburndale - offers private and group yoga instruction.
- Albany Kripalu Yoga Center - Colonie, Albany - Offering classes and workshops in Kripalu, Iyengar, and Ashtanga yoga. Special classes for children and pregnancy. Other locations throughout the capital district.
- Amanda Chase Margolies - Brooklyn - Teacher schedules private and group sessions and promotes the accessibility of yoga for all.
- Amrita Yoga Center - Manhattan, near Union Square - Classes and workshops for all levels in a variety of styles including Vinyasa, Iyengar, Anusara, Restorative, and Astanga Yoga.
- Amy Priya Yoga - New York City - Amy teaches Ashtanga and Vinyasa yoga classes for all levels. Includes tips for practice, prayers, glossary and schedule.
- Ananda Ashram - Monroe - The spiritual retreat and educational center of the Yoga Society of New York. Offers day to week long stays as well as individual classes.
- Ashtanga of New Paltz - Ashtanga, Vinyasa and Iyengar yoga classes. Includes schedule, pricing and contact information.
- Ashtanga Yoga Shala - New York City - Studio provides schedule, teacher credentials and background information for classes in Ashtanga as taught by Sri K Pattabhi Jois.
- Atmananda Yoga & Holistic Center - New York City - Studio offers all levels of yoga instruction, including teacher training. Other services include ayurvedic and holistic healing.
- Baby Om - New York City - Yoga for mothers and babies. Designed to give postpartum mothers a challenging workout while enhancing the natural bond between mother and baby. Also offers prenatal classes.
- Be Yoga - New York City, Irvington - Classes with a mix of over fifteen different styles of yoga. Offers information on workshops, teacher training, locations, and schedules.
- Beautifully Fit - New York City - Personal training in Ashtanga Vinyasa style yoga taught by Anita Goa.
- Bedford Yoga - Studio focuses on Iyengar style yoga. Includes articles, information on classes, teachers and Everything Yoga book.
- Bhava Yoga Center - New York City - Present yoga as an art, science and practice not a religion. Includes class descriptions, pricing, location, and instructor biographies.
- Bikram Yoga Brooklyn - Yoga instruction includes heat and 26 poses. Schedules, pricing, directions and explanation of each of the poses.

■ Bikram Yoga Chelsea - New York City - teaches 90 minute hot yoga classes including 26 postures. Schedules, rates and information about Bikram.

■ Bikram Yoga East - New York City and Rockville Centre - associated with the Bikram yoga college of India. Classes in Hatha yoga.

■ Bikram Yoga Larchmont - Schedule and fees for daily classes and a guide for new students.

■ Bikram Yoga NYC - New York City - Studio teaches Bikram-style Yoga - Hot-Yoga. Answers to common questions, schedules, locations, and staff information.

■ Bikram Yoga Ossining - Schedule and fees for daily classes, information about Bikram, and a guide for new students.

■ Bikram Yoga Union Square - New York City - Information on schedule, pricing, and staff. Detailed question and answer on Bikram yoga and practice.

■ Bikram Yoga Westchester - Elmsford - spa provides information on their Bikram yoga classes held in a heated studio, Thai Yoga, Pilates mat classes, Reiki and Shiatsu treatments.

■ BikramYoga RVC - Rockville Center - Information on studio and daily bikram yoga classes.

■ Birchwood Center - Nyack - offers yoga classes in group or private sessions and massage therapy. Schedules, pricing, and frequently asked questions.

■ Blue Sky Yoga - New York City, Bridgehampton, Amagansett, Sag Harbor - Lois Nesbitt offers retreats, workshops and group or private instruction in a variety of yoga styles.

■ Body, Breath, & Spirit Yoga Studio - Corning, Alfred - Classes include beginners, children, advanced, restorative and gentle. Site includes daily thoughts and class information.

Train for a Natural Foods Culinary Career

Cooking Naturally

Start Our Unique Chef's Training Program

Specializing in Health Supportive, Mostly Vegetarian Cuisine

Full-Time or Part-Time Schedules For Busy People

Outstanding Job Placement

Student Loan Available

Fully Accredited by ACCET

Recreational Classes thru Natural Gourmet Institute for Food & Health

Come to Our Friday Night Dinner

Enjoy A Four Course, Beautifully Plated, Flavor-Filled

Gourmet Vegetarian Meal Made With High-Quality

Ingredients, Prepared By Chef Instructors And Students Of
Our Chef's Training Program.

Prix Fixe: \$29.50 (Tax $\frac{1}{2}$ included) BYOB 6:30 p.m. Seating
Reservations Necessary (Suggested One Week In Advance)

Call For Brochure!

48 W. 21st Street, 2nd Floor,
New York, NY 10010

212-627-COOK (2665)



**The Natural Gourmet
Cookery School**

Annemarie Colbin Founder

www.naturalgourmetschool.com

A GUIDE TO YOGA IN NEW YORK CITY CONTINUED

- **Breathing Room Yoga** - Brooklyn, Park Slope - Carol Hutchinson teaches Kripalu yoga to group classes.
- **Buffalo Yoga** - Group classes based on the Ashtanga Vinyasa Yoga tradition.
- **The Center for Body Mind Awareness** - Albany - Studio offers yoga and meditation instruction. Site includes schedules, description, location and pictures.
- **Custom Yoga** - New York City - Chloe McCaul personalizes one-on-one yoga sessions for each person's unique needs.
- **DansKinetics with Wendy Bonadio** - Queens, Hewlett - Classes in Kripalu DansKinetics (Yoga Dance). Information about DansKinetics, Wendy, and a complete class schedule.
- **Dharma Yoga Center** - New York City - offers asana and pranyama classes. Site lists schedule, general information and a yoga chart of 908 poses.
- **Dhyani Inc.** - New York City - private instruction to reach life goals and attain transformation to the highest potential including yoga instruction, Reiki, and spiritual counseling.
- **Down to Earth Yoga** - Auburn - studio offers classes in Hatha, power and gentle yoga. Weekly meditation, study group and private classes available. Also includes online store and suggested books and cd's.
- **The Energy Center** - Brooklyn - Courses and workshops available for all ages and all levels. Information on schedules, courses, teachers and location. Includes a mailing list.
- **Essential Yoga** - Larchmont - studio teaches Kripalu and Viniyoga styles of yoga. Includes information on teachers and schedules.
- **Evolutionary Yoga** - New York City - Kevin Kortan offers private lessons where yoga postures and breathing exercises are selectively chosen and developed to meet your specific needs.
- **Free To Be Yoga** - New York City - Yoga for kids and beginning adults. Private instruction in your home.
- **Fusion Yoga** - New York City, Brooklyn, Monroe - Marianne O'Brien teaches group and private yoga sessions at your location or her location.
- **Go Yoga** - Brooklyn - Vinyasa Hatha Yoga based instruction combined with the essence of Ashtanga, Iyengar and Jivamukti styles. Daily classes, workshops, meditation and Kirtan.
- **Goodson Parker Wellness Center** - New York City - Center offers Hatha yoga, pilates, acupuncture, massage, herbal supplements and other services. Offers online purchases.
- **Grace Welch** - Islandia, Long Island and Manhattan, New York - Sivananda-trained certified yoga teacher, with ongoing classes and workshops for all levels.
- **Happy Buddha Fitness** - Bay Shore - Private and corporate sessions in yoga, pilates and meditation.
- **The Hard & The Soft Astanga Yoga Institute** - New York City - offers yoga classes, workshops, vacations and teacher training. Includes information on yoga, class schedules and healthful tips. Online store features Power Yoga books, videos, and audio recordings.
- **Hatha Yoga at Aikido Of Westchester** - White Plains - Diane Graziosa teaches Hatha yoga classes for advanced, beginner, and intermediate levels.
- **Healing Play** - New York City - Narani O' Shaughnessy leads yoga classes, and offers healing, counseling and workshop services.
- **heathersfeather** - Malverne - Center offers yoga and polarity classes, retreats, teacher training, meditation, energetic listening certificate.
- **Hudson Valley Yoga Center** - Rhinebeck - offers asana classes seven days a week. Site lists current schedule and special events.

- Hudson Yoga - Croton-on-Hudson - Classes based on the Iyengar method. Site includes general information on the studio and classes.
- Inner Light Yoga Center - Long Island, Sayville - instruction in Hatha yoga, holistic health and meditation. Lists schedules, teachers and fees.
- Inner Spirit Yoga Center - East Northport, Long Island - Classes in Kali Ray Tri Yoga, Meditation, Reflexology and Bellydancing. Kids Yoga, workshops, and spiritual events also available.
- Integral Yoga Institute - New York City - Offers classes, workshops and retreats in Hatha Yoga, stress management, deep relaxation and meditation.
- Jai Ma Yoga Center - New Paltz - Hatha yoga classes incorporating meditation and pranayama techniques. Schedules, descriptions, fees and instructor information.
- Jaya Yoga Center - Brooklyn - Classes in Hatha Yoga. Includes schedule and class descriptions.
- Jivamukti Yoga Center - New York City - offers classes for a variety of levels. Site contains schedules, pricing, information on yoga and a guide with pictures to postures and asanas.
- Joyous Life Energy Center - New York City - Instruction in a variety of yoga styles. Also includes Pilates and Tai Chi classes.
- Jyothi Larson - New York City - Jyothi Larson specializes in pre and post natal Yoga classes for groups or individuals. Schedule and fees information.
- Karuna - New Paltz and Brooklyn - classes for ayurvedic treatments, yoga lessons, and meditation practice run by Frank Jude.
- Kevin Gardiner - New York City - Classes, workshops and retreats in the Iyengar tradition.



Edgar Cayce's A.R.E. of New York Holistic Center

Workshops, Courses and Study Groups in:

- Spiritual Development
- Psychic Empowerment
- Meditation
- Edgar Cayce Remedies
- Astrology, Tarot & Qabbala
- Reiki Certification
- Dreams
- Pangu Shengong QiGong

Holistic Health & Wellness Services:

Cayce-Reilly Massage, Chiropractic,
Acupuncture, Reiki, More

Metaphysical Bookstore and Library

150 W. 28th St., Suite 1001

212- 691-7690

www.arenyc.org

Water Revitalization Ltd.



ORIGINAL
GRANDER
TECHNOLOGY

With the amazing Original Grandeur Technology
you will experience the energy, purity, freshness
and taste of a waterfall in your glass.

Nothing Else Compares!

For more information call Toll Free 888-333-6616
or visit www.granderwater.com

- Kundalini Yoga East - New York City - Classes designed for all fitness levels. Includes general information about the studio's services.
- Laughing Lotus Yoga Center - New York City, Greenwich Village - Classes for all levels, including prenatal and teacher training. Schedules, pricing, video and photo gallery and mailing list.
- Life In Motion - New York City, Brooklyn - Classes in yoga, pilates, energy healing, and body strength for all ages. Description of the eight limbs.
- Managing Wellness - Saranac Lake - Beckie O'Neill provides beginning through advanced Hatha yoga classes. Also offers work site training, retreats and tapes or cd's.
- Mang Oh Studio - New York City (east side midtown) - Features daily yoga, pilates, tai chi and other fitness classes for all levels.
- Mommy Yoga - New York City - Private or semi-private prenatal yoga instruction in your home or at your office.
- Morningside Yoga - Syracuse - classes in a Hatha yoga style and teacher training. Schedule of classes held in several locations, essays, philosophy, and director's resume.
- Nataraja Yoga Dance - New York City - Tevis Rose teaches Anusara-based Yoga classes for groups or one-on-one.
- New York Spirit: Yoga Guide - A directory of yoga teachers and centers throughout New York State.
- New York Yoga - Manhattan, upper east side - Online live yoga classes. Also offers in studio instruction.
- Next Generation Yoga - New York City - Hatha Yoga classes for kids teach children of all ages and abilities in a non-competitive and fun environment.
- Om Shakti Yoga - New York City - Ashtanga and Sivananda style yoga classes. Includes general information on the classes with an explanation and pictures of Asanas.
- OM Yoga Center - New York City - Center offers asana classes in the vinyasa style of hatha yoga. Includes schedules, pricing, guide to asanas, archive of poses and an email news subscription.
- Parashakti Vidya Gurukul - Parashakti Vidya Gurukul is a nonprofit Gurukul dedicated to teaching Ancient Wisdom to those interested.
- Peak Performance Strategies - New York City - Private or group yoga, tai chi and life coaching classes.
- Phoenix Rising Yoga Therapy - New York City, west side Manhattan - Dana Peterson offers therapy sessions where the body is used as a port to deeper levels of awareness.
- Posture In Motion - Chappaqua - Sue Collinson offers Hatha yoga classes combining Iyengar and Viniyoga styles.
- Practice Yoga - New York City, upper west side of Manhattan - studio offers yoga classes in a variety of styles. Online schedules, class reservation and purchase.
- Prana Mandir - New York City (East Side) - Yoga Studio for Kundalini, Vinyasa and Anusara Yoga classes. Vegetarian cooking classes, continuing teacher training, kirtan, and special events.
- The Prana Studio - New York City, near Bryant Park - teaches practice of Ashtanga Yoga. Site includes schedule, newsletters and store of yoga related merchandise.
- Prema Yoga - Carmel - instruction for individuals or groups. Class descriptions, photo galleries, and a biography.
- Prenatal Yoga Center - New York City - Specializing in prenatal, postnatal, mommy and me yoga, pilates and music for babies. Workshops and lectures are offered for expectant parents.

-
- Rasa Yoga - New York City - teaches Rasa Yoga, rooted in Ayurveda. Site includes class schedule and descriptions.
 - Ravi Singh - Conducts Yoga classes and teachers' training program in New York.
 - Ravi Singh Yoga - New York City - information on classes and schedules. Also offers teacher instruction, books, videos and links to other resources.
 - Ray Greenberg, New Paltz - Classes at various levels, local yoga links and other yoga resources.
 - Reflections Yoga - New York City - Offers home or office personalized yoga instruction and organizes group yoga retreats to international destinations.
 - River Cloud School of Yoga - Lake Katrine - offers yoga instruction with a focus on Hatha, Raja and Bhakti.
 - Rivertown Center for Yoga and Health - Dobbs Ferry - center offers group classes, retreats, workshops, private sessions and teacher training for all levels. Includes special classes for men, women and teens.
 - Santosa Yoga and Birth - New York City - Kristin Sasser offers private or group classes in Hatha Yoga. Special instruction for pregnant women.
 - Santosha Yoga Center - Ithaca - Classes based in the Astanga/Vinyasa flow method and influenced by Iyengar for beginners to advanced.
 - Shakti Yoga Center - Staten Island - offers general information and schedule of yoga classes.
 - Shambhala Yoga & Dance Center - Brooklyn - Classes in yoga, and African, Salsa and Belly dancing. Also offers retreats, massage and corporate programs.
 - ShantiSpace for Yoga and Healing Arts - New York City, Manhattan and Brooklyn - offers yoga classes, private sessions, workshops, retreats and yoga at work.
 - Shiva Yoga Shala - New York City - Astanga Yoga Studio offering mysore, group classes and teacher training with Director Sri Manju Jois, son of Sri K. Pattabhi Jois.
 - Shree Yoga Studios - Chestnut Ridge, Upper Saddle River - Anusara Yoga classes for all levels.
 - Sonic Yoga - New York City - studio offers classes and retreats in Vinyasa style yoga. Site includes general information and videos and gear for purchase.
 - Stretch - New York City - Classes on yoga, pilates and gyrotonic. Includes schedules and pricing.
 - Sunrise Yoga Center - Ithaca - offers a diverse set of classes including Svaroopaa Yoga and Hatha Yoga.
 - Teach Yoga - Richmond Hill and Bellerose Queens, Northport Long Island - three centers for yoga classes and teacher training.
 - Thomas Michael Amelio - New York City - Private and group sessions in Hatha and Kripalu yoga, meditation, and mantra chanting.
 - Transform Yoga - Westhampton Beach - center offers classes for all levels, workshops and retreats.
 - Ujjayi Mountain Yoga Retreat - Catskills region in upstate New York - Wholistic yoga retreat with yoga classes, organic meals, hiking and meditation.
 - Urban Yoga - Saratoga Springs, Glens Falls - Power Yoga classes for all levels and information on the practice.
 - Valentino Yoga - New York City - Emil and Mario Valentino teach yoga in a way to achieve maximum flexibility and muscle strength.

- Virayoga - New York City - offers Anusara yoga instruction in classes, workshops, retreats and teacher training. Site contains general information and links.
- Washington Park Yoga - Albany - Teaches Ashtanga and Kripalu Yoga. Includes schedule, class descriptions, pictures of poses and yoga links.
- Wild Spirit Yoga - New York City - Amy Ippoliti offers classes with a blend of Anusara and Vinyasa yoga. Also offers workshops, retreats and teacher training.
- World Yoga Center - New York City, upper west side - offers classes, workshops, retreats, private lessons, and teacher training in Anusara Yoga.
- Yoga and Wellness Center - Rochester, Perinton - information on classes, instructors and seminars. Offer group and private instruction.
- Yoga at Hayground - Bridgehampton - Offers wide range of classes and workshops for students of all levels. Site gives explanation on all the types of yoga.
- Yoga Betsy - Olean - Betsy Afton offers hatha style yoga classes. Site includes general information about the service.
- Yoga Beyond Measure - Hudson, Spencertown, Valatie - Includes general information on schedule, cost and locations of Svaroopaa yoga classes.
- Yoga by the Sound - Setauket - Mary Harrington offers group classes or private instruction. Includes step-by-step instructions on a few poses.
- Yoga Center of Brooklyn - Offers Hatha yoga classes in Vinyasa style. Workshop description, schedule, and studio background provided.
- Yoga Connection Tribeca - New York City - Bikram and Vinyasa yoga in a clean, serene lower Manhattan loft space. Website includes schedule, class descriptions, events, reading list.
- Yoga Discovery - Armonk - yoga program incorporates breathing, postures and mediation. General information about studio and classes.
- Yoga for All - New York City - center offers classes and retreats focusing on Hatha and Raja Yoga. Pictures and practice guidelines for headstands.
- Yoga For Maternity - New York City - Instruction in prenatal Yoga. Private lessons in your home or group lessons at Beth Israel Medical Center.
- Yoga for Well-Being - Goshen - offers private and group sessions, workshops, retreats, and books in the Viniyoga tradition.
- Yoga Haven - Tuckahoe - offers beginning to advanced level, prenatal, postnatal, teacher training and classes for kids.
- Yoga in New York - Queens, Manhattan - Yoga and meditation courses using the Ananda Marga Yoga method. Offer private and group sessions.
- Yoga in Tribeca - - New York City - hatha yoga classes for all levels, specializing in smaller classes.
- Yoga Jillian - New York City - Hatha yoga group classes, private instruction, workshops, retreats, and teacher training. Some sessions offered close to the city in Hoboken, NJ. Resources for meditation and other practices.
- Yoga Ma Studio - East Aurora - Studio offers practice in the Sivananda style of Hatha Yoga. General information about classes and location.
- Yoga Mandali - New York City - offers Anusara style hatha yoga classes, workshops, and Sanskrit classes.
- Yoga Moments - Islip - Hatha yoga, pilates and meditation classes.

-
- Yoga Mountain - New City, White Plains - incorporates many styles of yoga into Hatha-based classes. Group, private and teacher instruction.
 - Yoga People - Brooklyn Heights - studio offers a variety of classes and workshops including specific classes for beginners, kids and teachers.
 - The Yoga Room - Astoria - Offers vinyasa yoga and hot yoga classes for all levels.
 - Yoga Society of Rochester - A non-profit educational organization dedicated to the study, practice and teaching of diverse approaches to yoga, meditation, and related disciplines.
 - Yoga Studio - Offering Hatha Yoga classes and workshops in the West Village. Information on schedule, content, and fees.
 - Yoga studio: Brooklyn - Conduct Yoga classes for intermediate students and beginners. Information on schedule, services, and prices.
 - Yoga with Jason Brown - Manhattan, Brooklyn - Offers private and group instruction. Site contains schedule, locations and an article on instructors philosophy.
 - Yoga Zone - Old Brookville - offers yoga classes and an extensive online store of yoga merchandise.
 - Yoga-a-go-go - New York City - Ashtanga yoga for individuals, couples, groups or corporate classes. Includes resources links.
 - Yogababy - New York City - An exercise to help mothers and fathers bond with their baby. Offering a book and classes.
 - The YogaHut - Rockville Centre - Prenatal, postnatal yoga, kids and mommy/daddy with child yoga classes.
 - YogaKids of Port Washington - Teaches children various yoga poses and breathing exercises, in a fun, playful, interactive, non-competitive environment.
 - Yogaleeds - New Your City - Rick Leeds offers private yoga sessions and massage.
 - YogaRoom and Wellness Center - Malta - Information on classes, instructors, and the practice of yoga. Center offers group or private instruction, and free sample classes.
 - YogaSamadhi - Crompond - Classes in the practice of traditional Hatha, Raja and Kundalini Yoga. Includes schedule, sutras, links and articles.
 - YogiEd - Guilderland, Colonie, Catskill, Hudson - Ed a certified Kripalu yoga teacher offers group classes, and a corporate stress reduction program.
 - Yogilates - New York City - Classes incorporate elements of hatha yoga and pilates-based exercises. Instructor training, workshops.
 - Yorkville Yoga Break - New York City - Norma Colón describes simple poses for the work place. Also includes class schedule, links, and articles.
 - Yum Yoga - New York City, SoHo, Brooklyn - A multidisciplinary yoga studio offers information on class schedules, locations and instructors. ■

New Seascape Initiative

Stretches from Costa Rica to Ecuador Safeguarding Threatened Marine Habitats

Nuevo Corredor Marino Protege Habitats Amenazados desde Costa Rica hasta Ecuador

Partners to invest \$3.1 mln in marine initiative that encompasses five protected areas & safeguards threatened species in Costa Rica, Panama, Colombia & Ecuador. SAN JOSE, COSTA RICA

In one of the most ambitious marine conservation initiatives in the western hemisphere, four Latin American nations, the UNESCO World Heritage Centre, the United Nations Foundation (UN Foundation), Conservation International (CI) and others are consolidating a marine protected area that stretches from Costa Rica to Ecuador and helps safeguard some of the world's richest marine habitats and dozens of endangered species.

The project, known as the Eastern Tropical Pacific Seascape, covers 211 million hectares (521 million acres) and extends from Costa Rica's Cocos Island National Park to Ecuador's Galapagos Island National Park and Marine Reserve. Along the way, the Seascape helps link marine protected areas in Panama and Colombia, safeguards an important migratory route for the Endangered blue whale (*Balaenoptera musculus*) and protects one of the last remaining nesting grounds in the Eastern Pacific of the Critically Endangered leatherback turtle (*Dermochelys coriacea*).

Under the agreement, the UN Foundation will invest \$1.567 million in the Seascape. CI and their Global



Green Sea Turtle in the Galapagos

Socios invertirán \$3.1 millones en iniciativa marina que cubre cinco áreas protegidas y ampara especies amenazadas en Costa Rica, Panamá, Colombia y Ecuador. SAN JOSE, COSTA RICA - 23 de febrero de 2004

En una de las iniciativas de conservación marina más ambiciosas del hemisferio occidental, cuatro naciones latinoamericanas, la Fundación de las Naciones Unidas, El Centro del Patrimonio Mundial de la UNESCO, Conservación Internacional (CI) y otros socios, están

consolidando un área marina protegida que se extiende desde Costa Rica hasta Ecuador y ampara algunos de los habitats marinos más ricos del mundo y docenas de especies en peligro de extinción.

El proyecto, conocido como el Corredor Marino Pacífico Oriental Tropical, cubre 211 millones de hectáreas y se extiende desde el Parque Nacional Isla del Coco en Costa Rica hasta el Parque Nacional y Reserva Marina Galápagos en el Ecuador. El Corredor también vincula áreas marinas protegidas de Panamá y Colombia, protege una ruta migratoria importante para la amenazada ballena azul (*Balaenoptera musculus*) y protege una de las últimas áreas de anidación que quedan en el Pacífico americano para la tortuga baula (*Dermochelys coriacea*), una especie críticamente amenazada.

Según este acuerdo, La Fundación de las Naciones Unidas invertirá \$1.567 millones de dólares en el Corredor

Conservation Fund (GCF) will match that amount with the support of a \$1.2 million donation from the Gordon and Betty Moore Foundation. The four nations that share the Seascope and dozens of partner organizations are expected to put additional millions into the project, which is being led by UNESCO's World Heritage Centre.

The announcement was made today during the opening of the 24th Annual Meeting of the International Sea Turtle Society in San Jose, Costa Rica. The event has drawn more than 1,000 experts from 70 nations, making it the world's largest gathering of marine turtle researchers.

"Healthy seas are being threatened by rampant commercial fishing, coastal development and a flood of waste and pollutants," said Conservation International's Chairman of the Board and CEO Peter Seligmann. "It will take international cooperation to keep our oceans healthy and productive. We owe these four nations, Costa Rica, Colombia, Ecuador and Panama our thanks and support for working together to conserve one of the planet's most precious resources."

The Seascope initiative is part of a broader, \$15-million agreement between CI, the UN Foundation and the UNESCO World Heritage Centre to conserve current and proposed Natural World Heritage Sites, like Costa Rica's Cocos Island National Park and Marine Reserve, Ecuador's

Marino. Conservación Internacional (CI) y su Fondo Global para la Conservación (GCF) igualarán esta cantidad gracias a una donación de \$1.2 millones de la Fundación Gordon y Betty Moore. Las cuatro naciones que comparten el Corredor Marino, y docenas de organizaciones ambientales y otros socios, contribuirán varios millones de dólares adicionales para este proyecto que es organizado por el Centro del Patrimonio Mundial de la UNESCO.

El anuncio se hizo durante la apertura del XXIV Encuentro Anual de la Sociedad Internacional de Tortugas Marinas, en San José, Costa Rica. El evento ha congregado a más de 1.000 expertos de 70 naciones.

"La salud de los mares está siendo amenazada por la pesca comercial rampante, el desarrollo de la costa y por toneladas de basura y contaminantes", dijo Peter Seligmann, el Director de la Junta Directiva de CI. "Para mantener nuestro océano saludable y productivo necesitamos de la cooperación internacional. Debemos a estas cuatro naciones, Costa Rica, Colombia, Ecuador y Panamá, nuestro agradecimiento y apoyo por trabajar juntas para la conservación de uno de los recursos más preciados de nuestro planeta."

La iniciativa del Corredor Marino es parte de un plan a largo plazo entre CI, la Fundación de las Naciones Unidas y el Centro del Patrimonio Mundial de la UNESCO para invertir \$15 millones para conservar sitios designados Patrimonio Mundial Natural. Entre ellos esta el Parque



Holistic Dentistry
Dr. Lewis Gross, DDS
www.holistic-dentists.com

Dr. Lewis Gross, Holistic Family Dentist, has been serving the downtown community for more than 25 years. His practice provides bio-compatible fillings which are mercury-free. New invention: X-rays that are virtually radiation-free.

Free Trial Teeth Bleaching with Rembrandt Whitening System (in coordination with regular fees for cleaning by dental hygienist.)

Services Include:

- | | |
|------------------------|---|
| Implants | Massage Therapy available |
| Endodontist | Nutritional Counselor on staff |
| Removable Orthodontics | The new 2,000 sq. ft. office features the finest in state-of-the-art equipment. |
| Oral Surgeon | |
| Biofeedback | |
| Acupuncture | Children are welcome! |

Dr. Lewis Gross
 17 Park Place, NYC, NY 10038
212-732-2200
 Se Habla Español

THE CENTER
FOR HOLISTIC UROLOGY



The Department of Urology
at Columbia-Presbyterian
Medical Center

www.holisticurology.com

Aaron E. Katz, M.D.
 Director

16 East 60 Street
 New York, NY 10022

For Consultation
 and information call:
 (212)305-0347

161 Fort Washington Avenue
 Atchley Pavillion, 11th Floor
 New York, NY 10032

Galapagos Islands National Park and Marine Reserve, and Colombia's proposed site, Malpelo National Park.

"This alliance to protect the world's 149 Natural World Heritage Sites gives us the ability to make strategic investments that maximize the likelihood of salvaging these unique and delicate habitats," said Timothy Wirth, President of the UN Foundation. "This Seascope initiative is vitally important to the health of our ocean and we certainly hope it becomes a model for marine conservation around the world."

The initiative comes amid mounting evidence that the ocean is under duress. According to a recent study in *Nature*, 90 percent of large, predatory fish populations - including tuna and marlin - have disappeared. In addition, 75 percent of all commercial fish populations have either collapsed or are approaching collapse. Despite these trends, marine conservation lags far behind terrestrial initiatives. While about 12 percent of the Earth's surface is currently protected, less than 1 percent of the ocean enjoys some form of protection.

One of the marine species that has been hardest hit is the leatherback turtle, which has seen its populations decline in the Eastern Pacific by more than 97 percent in the last two decades. The Seascope addresses the threat by incorporating Costa Rica's Baulas de Guanacaste National Park and its surrounding waters - one of the leatherback's last nesting grounds on the American Pacific.

"The leatherback turtle is a species that has been around longer than the dinosaur, but unless we take immediate and determined steps to change our current fishing practices and our consumption habits, we will see it disappear within our lifetime," said International Sea Turtle Society President, and CI Vice President Roderic Mast. "The Seascope will help give these magnificent creatures the protection and recognition they so urgently need."

Among the treasures the Seascope will encompass are the Galapagos, home to hundreds of unique and vulnerable species found nowhere else on the planet and as



A leatherback hatchling.

Nacional Isla del Coco en Costa Rica, el Parque Nacional y Reserva Marina de las Islas Galápagos en Ecuador y el Parque Nacional Malpelo en Colombia que es un sitio propuesto.

"Esta alianza para proteger las 149 áreas en el mundo que se consideran Patrimonio Mundial Natural nos provee la posibilidad de llevar a cabo inversiones estratégicas para maximizar la probabilidad de salvar estos habitats únicos y frágiles", dijo Timothy

Wirth, Presidente de la Fundación de las Naciones Unidas. "Esta iniciativa del Corredor Marino es de vital importancia para la salud de nuestro océano y verdaderamente esperamos que se convierta en un modelo para la conservación marina alrededor del mundo".

La iniciativa llega en un momento donde es cada vez más evidente que la vida marítima se encuentran en grave peligro. Según un reciente estudio publicado en la revista científica *Nature*, un 90 por ciento de las poblaciones de peces depredadores grandes - incluyendo al atún y al pez espada - han desaparecido en los últimos años. Además, un 75 por ciento de las poblaciones de peces comerciales ya han colapsado o se encuentran a punto de desaparecer. A pesar de estos patrones, la conservación marina se encuentra sumamente atrasada en comparación con la terrestre. Mientras un 12 % de la superficie de la tierra se encuentra actualmente protegida, menos del 1% del océano tiene algún tipo de protección.

Una de las especies marinas más afectada es la tortuga baula, cuya población en las últimas dos décadas ha disminuido en más de un 97% en el Pacífico americano. El Corredor Marino enfrenta esta amenaza al abarcar el Parque Nacional Baulas de Guanacaste en Costa Rica y sus aguas alrededores. El parque es una de las últimas áreas de anidación para esta tortuga en el Pacífico americano.

"La tortuga baula es una especie que predata a los dinosaurios, pero si no tomamos acciones inmediatas para cambiar drásticamente los métodos de pesca que se utilizan y nuestros hábitos de consumo, la veremos desaparecer durante nuestras vidas". Dijo Roderic Mast, Presidente de la Sociedad Internacional de Tortugas Marinas y vicepresidente de Conservación Internacional. "El Corredor ayudará a lograr

many as 750,000 seabirds, 22 species of reptiles and six species of mammals. Cocos Island is equally rich, with more than 230 plant species, 360 insect species and 85 bird species. The Seascape also encompasses Coiba Island National Park in Panama and Gorgona National Park in Colombia.

The United Nations Foundation promotes a more peaceful, prosperous, and just world through the support of the United Nations and its Charter. Through our grantmaking and by building new and innovative public-private partnerships, the United Nations Foundation acts to meet the most pressing health, humanitarian, socioeconomic, and environmental challenges of the 21st century. For more information visit: www.unfoundation.org.

UNESCO's World Heritage Centre is the secretariat to the World Heritage Convention, signed by 178 countries. The purpose of the convention is to identify sites of outstanding universal value and help conserve them for the benefit of future generations. For more information visit: www.whc.unesco.org.

Conservation International (CI) applies innovations in science, economics, policy and community participation to protect the Earth's richest regions of plant and animal diversity in the hotspots, major tropical wilderness areas and key marine ecosystems. With headquarters in Washington, D.C., CI works in almost 40 countries on four continents.

For more information visit www.conservation.org.

Conservation International (CI) applies innovations in science, economics, policy and community participation to protect the Earth's richest regions of plant and animal diversity in the hotspots, major tropical wilderness areas and key marine ecosystems. With headquarters in Washington, D.C., CI works in almost 40 countries on four continents. For more information about CI's programs, visit www.conservation.org. ■

This article was reprinted with permission from www.conservation.org



An adult leatherback turtle.

la protección y el reconocimiento que necesitan estas magníficas criaturas”.

Uno de los tesoros naturales que se encuentra en este corredor marino son las islas Galápagos, que albergan cientos de especies únicas y sumamente vulnerables que no se encuentran en ningún otro lugar del mundo. Allí existen alrededor de 750,000 aves marinas, 22 especies de reptiles y seis especies de mamíferos. Las Islas Cocos son igualmente ricas en variedades de especies endémicas,

ya que cuentan con 230 especies de plantas, 360 especies de insectos y 85 especies de aves. El Corredor Marino también incluye al Parque Nacional de las Islas Coiba en Panamá y el Parque Nacional Gorgona en Colombia.

La Fundación de las Naciones Unidas promueve un mundo más pacífico, próspero y justo a través del apoyo de las Naciones Unidas y sus Capítulos. A través del otorgamiento de préstamos y al construir nuevas e innovadoras sociedades público - privadas, la Fundación de las Naciones Unidas actúa para meet los retos mas apremiantes del siglo XXI tales como los asuntos humanitarios, de salud, socioeconómicos y ambientales. Para más información visite: www.unfoundation.org

El Centro del Patrimonio Mundial de la UNESCO es el secretariado de la Convención sobre el Patrimonio Mundial, firmada por 178 países. El propósito de la convención es identificar los lugares que tengan un valor universal sobresaliente y ayudar a conservarlos para el beneficio de las generaciones futuras. Para más información visite: www.whc.unesco.org

Conservación Internacional (CI) aplica innovaciones en la ciencia, economía, política y participación comunitaria para proteger las regiones más ricas del planeta en términos de diversidad de plantas y animales en los hotspots, las más importantes áreas de tropical wilderness y ecosistemas marinos claves. Con sede en Washington DC, CI trabaja in alrededor de 40 países en cuatro continentes.

Para más información sobre CI, visite www.conservation.org. ■

Escrito con permiso para www.conservation.org

The Right Solution Company

A Commitment to Wellness & Health

The Right Solution is an eight-year-old publicly traded wellness company committed to providing the right health solutions for today's marketplace:

INTERNAL CLEANSING:

(Cleanses toxic build-up accumulation from the daily consumption of bad foods, lack of fiber and the onslaught of environmental pollutants)

NEW LIFE Program - Old toxins and poisonous fecal matter in the colon causes sickness and disease. Sickness doesn't just happen in one day. It happens over a period of time, as these toxins build up we call the symptoms disease. The #1 Cancer for men and women is colon / rectal cancer. This tri-formula program literally rejuvenates the entire intestinal tract - helps to cleanse, detoxify and regulate day-to-day maintenance.

*New Life Corrective Formula A - Provides both cleansing and healing to the entire gastrointestinal system. It stimulates peristalsis. It halts putrefaction - disinfects, soothes and heals the mucous membrane lining of the entire digestive tract. This herbal formula also helps improve digestion, relieves gas, increases the flow of bile, destroys *Candida albicans* overgrowth, promotes healthy intestinal flora and destroys/expels intestinal parasites.

*New Life Detox Formula B - This formula is an excellent purifier and a gentle intestinal vacuum. It will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals and over 2,000 known drug residues. It is an excellent remedy for any inflammation or irritation in the stomach and intestines. This formula is helpful in irritable bowel syndrome, diverticular disease and hemorrhoids.

*New Life Maintenance Formula C - This formula restores and maintains regularity. The natural complex of fibers promotes proper daily elimination because of its bulking effect in the colon while speeding up transit time of fecal matter through the large intestine. This complex helps control parasite and *Candida* infestations. Tastes great in juice & with daily use, guarantees long-term intestinal health.

DETOX TEA Delicious Tasting Tea! - Supports the natural filtering power of the kidneys, by filtering blood and removing toxins and metabolic byproducts from the body. Helps toxins leave the body due to its diuretic action. This natural blend of 10 healing herbs can also help relieve body aches associated with detoxification symptoms (headaches & flu-like aches or pains).

PREVENTATIVE & THERAPEUTIC WHOLEFOOD NUTRITION:

(*High Potency Blend - Organic Veggies, Fruits/Peels, Herbs, Grains, Nuts, Seeds, Grasses from land and sea)

Recent studies reveal that prevention through health maintenance is the key to enjoying a healthier lifestyle. Whole food nutrition feeds the body at the cellular level. Healthy cells cre-

ate healthy tissues, healthy tissues create healthy organs and healthy organs create a healthy body. Whole food nutrition is the key, the answer, and the solution to creating a long healthy life. Enjoy the Power of Highly Concentrated Wholefood Nutrition by TRS.

MASTER FORMULA - Whole food nutrition with organically grown amaranth, brown rice, spirulina, flaxseed, millet and more. Special herbs and other natural ingredients have been added to feed select glands and organs that are constantly under attack by today's environment. Supports detoxifying, healing and repairing when chronic illness is involved.

SUPERFOOD - A perfect balanced blend of 100% organically grown "SuperFoods." As the richest whole food source on the planet, it's loaded with naturally occurring vitamins, minerals, amino acids and essential trace nutrients from land and sea. Contains spirulina, chlorella, alfalfa, barley, wheat grasses, purple dulse seaweed, beetroot, spinach leaf & more. Sustains energy levels and provides thyroid support - the foundation of any health program. Provides 2-5 times the vitamins and minerals you need for an entire day.

HORMONE BALANCERS:

(Carefully formulated by Health Professionals to address the special needs of woman)

FEMME - The most powerful herbal hormone balancer for women ever formulated. Used for PMS, menstrual, fertility, menopausal complaints and helps to eliminate bloating and water retention. Increases circulation, creating a better feedback mechanism for the endocrine system by balancing and helping to self-regulate hormone production.

YMOTION - This wild yam cream contains specific herbs that play an important role in hormonal balance. It has the potential to relieve PMS and menopausal symptoms, including irritability, hot flashes, water retention, mood swings and help protect against breast cancer, fibro cysts, and endometriosis. Aids in increasing bone density and reduces the risk for developing osteoporosis. Supports thyroid hormone actions and helps use fat for energy.

Other products:

BodyGard w/Lactoferrin & Natural Immunity - activates & maximizes immunity by rebuilding your immune system's IQ.
Penta Conc. - Lowers bad & raises good cholesterol, reduces high blood pressure.

FulvicFactor - high potency adaptagen & antioxidant.

LifeTonic - herbal energizer, balances & rebuilds the body and nervous system.

To Place an Order or To Schedule A Health & Wealth Workshop as a Fundraiser: Kevin Rivers - ID#124646901 (877) 513-0201. The Right Solution Company

FOOD FROM FARM TO TABLE

JOY PIERSON
NUTRITIONIST



BART T. POTENZA
PROPRIETOR

1307 THIRD AVENUE AT 75TH ST. NEW YORK CITY 10021
TEL (212)472 0970 FAX (212)472 7169 WWW.CANDLECAFE.COM

HumanHealing.com

Health Information & Tools To Empower You

- Diet, exercise and alternative health news
 - Health books & magazines, 40-50%+ off
 - Healing, new age & nutritional products
 - Health articles, tips, inspirational stories
- Visit HumanHealing.com For This & More!

Benefit From the "Healthiest Food in the World"

Delicious as a snack or meal replacement.
Great Networking Opportunity With
Long-Term Residual Income.

1-800-369-5735

Midas Well International

Rooms/Suites to rent on an hourly,
weekly, monthly basis.
Acupuncturists, massage therapists,
and other professionals.

Chelsea location.
28th Street between 6th & 7th Ave.
212-279-0558

New York City Audubon
and The Nature Conservancy-New York
present

BIRDING AT THE MET

FREE Lecture and Slideshow

6pm Wednesday, March 10th at The
Lighthouse Auditorium

Imagine going birding in Manhattan and seeing bald eagles, cedar waxwings, European kingfishers, griffin vultures, African gray parrots, scarlet ibises, and ivory-billed woodpeckers all in the same day? No, it's not peak migration day in Central Park, but any day at the Metropolitan Museum of Art where intrepid birders can spot countless species amidst the Manets, Goyas and Breugels.

New York City Audubon's free monthly program, in association with The Nature Conservancy, will host nature writers Margaret Mittelbach and Michael Crewdson who will discuss their recent expedition to the Met with binoculars and bird guides (which they chronicled for The New York Times). This lofty event will take place on Wednesday, March 10th, at 6pm at the Lighthouse, 111 East 59th Street, between Lexington and Park Avenues near subway station at 59th St. and Lexington.

Join us for an evening where the worlds of birding and art flock together!

First come, first served. Subway: Take the 4, 5, 6, N, R, or W to 59th. Street.

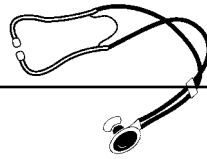
Their exploring party was led by the contemporary artist Mark Dion, a serious birder who has more than 500 real-life species on his life list. Mr. Dion will be on hand to recount his adventures birding in art museums around the world and show slides of his most spectacular sightings—including a rare Islamic miniature of the extinct dodo!

As an extra treat, Met curator Kevin Avery will lead a slide show expedition through the museum revealing exquisite species like black-eared fairy hummingbirds and resplendent quetzals in paintings and sculptures from the American Wing.

New York City Audubon serves to defend and improve the quality of green spaces and the environment in New York City for both wildlife and human beings through education, advocacy, studying wildlife and cooperation with other conservation organizations.

For further information, contact:
E.J. McAdams, Executive Director, at New York City Audubon, (212) 691-7483 or go to www.nycas.org.

HOUSE CALLS



by Patrick Fratellone, MD



Dr. Fratellone is the Executive Medical Director of the Fratellone Group for Integrative Cardiology and Medicine. He is an attending cardiologist at St. Lukes-Roosevelt Hospitals. Previously he was the Chief of Medicine and Director of Cardiology for the Atkins Center in New York City with Robert Atkins, MD. Biodiversity will be featuring Dr. Fratellone's Question & Answer column in every issue. We encourage you to send in your question.

Question *I had an abnormal stress test recently. My cardiologist wants me to have an angiogram (catherization). Is there a non invasive technique to determine the percentage of my blocked arteries?*
John H., Wading River, NY

Answer Until recently there was not. Now available is the CT angiogram of your coronary arteries which is a non invasive technique to determine the type of plaque and percentage of stenosis. This technique does not involve catheters being passed from the groin to the heart. I utilize this technique to evaluate blockage in my patients

Question *After eating carbohydrates which I know I shouldn't have I feel palpitations three hours later. Is my sugar binges related to my heart skipping a beat?*
Mary M., Tomas River, NJ

Answer An unstable blood sugar is a cause of palpitations and even arrhythmias (abnormal heart rates) after ingesting refined carbohydrates, your blood sugar increases. If you have an unstable blood sugar, about 3 - 4 hours later you have a sharp decrease in your blood sugar. This decrease in blood sugar triggers the adrenal glands to secrete epinephrine (adrenaline) which speeds up the heart thus causing palpitations. You should have a 5 hour Glucose Tolerance Test.

Question *I want to know what supplements you recommend for arthritis?*
Paul F., Brooklyn, NY

Answer First, the Practice would find out the cause of your arthritis and its origin. There are many supplements as cetyl myrostoleate (400 - 600mg over 30 - 45 days), sea cucumber 1,000-2000 mg / day, bromelain 600mg, and MSM up to 12 grams / day There are other herbs that also may be beneficial.

Question *I have been diagnosed with Parkinson's Disease. I have read a lot of information on the Michael J Fox Parkinson Foundation website. What would you recommend for a patient with Parkinson's disease.*
Jane B., Bronx, NY

Answer There are studies that indicate that high doses of coenzyme Q₁₀ have decreased the progression of the disease, however these dosages are high in the range of 1400-2000mg/ day Other supplements to boost the immune system are glutathione (which we administer intravenously), oral essential fatty acids, and high doses of antioxidants as vitamin C which we also administer intravenously.

Question *In the summer my 10 year old son gets multiple insect bites. Are there any remedies you can suggest for the swelling?*
Mary Jean N., Riverdale, NY

Answer Certain herbs are licorice root (Glycyrrhiza glabra) are used to decrease inflammation. In addition equal parts of coneflower, cleavers, oat straw, red clover, elder and marigold can be used. This is often used as a tea as well as tinctures can be used.

BioDiversity Expo

120 Exhibits • 80 Lectures
Natural Health & the Environment



Sat. March 5, 2005 &
Sun. March 6, 2005

Air Purifiers
Alternative Medicine
Anti-Aging
Aromatherapy
Biodiversity
Chiropractic Care
Cookware
Diabetic Prevention
& Reversal
Ecology

Environmental
Products
Fitness
Full Spectrum Lighting
Herbal Remedies
Holistic Online
Resources
Integrative Cardiology
Iridology

Juicing Therapy
Magnet Therapy
Natural Cancer Care
& Prevention
Nutrition
Rainforest Protection
Skin Care
Vitamins &
Supplements

New York Marriott at the Brooklyn Bridge, 333 Adams Street, Brooklyn, N.Y. 11201

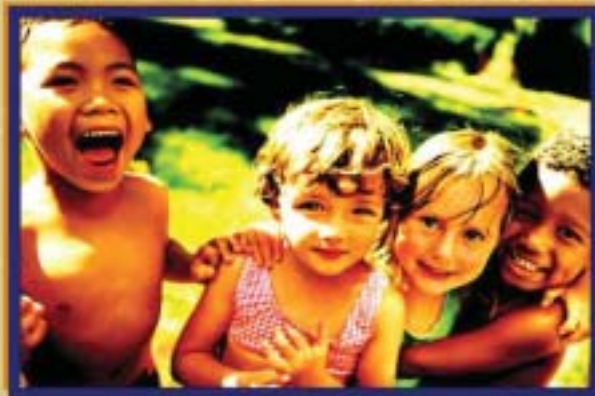
www.biodiversityllc.com

If you would like to have a free program guide emailed to you, email us at biodiversity@verizon.net

Or, to receive on in the mail, call us at 718-853-9344

Exhibitors: reserve your space now! Call 718-853-9344

**IN THE FIGHT TO SAVE
ENDANGERED SPECIES
WE THOUGHT WE'D BETTER
INCLUDE OUR OWN.**



EARTHJUSTICE

Because the earth needs a good lawyer

Sure, there are laws on the books designed to protect our children and communities from pollution. But those laws are useless if they're not enforced.

That's where Earthjustice comes in. We're a nonprofit law firm that works through the courts to protect natural resources, wildlife, and public health. Since 1971, Earthjustice has protected millions of acres of land, hundreds of species, and dozens of communities. All without charge.

Visit our website and see what we're doing to keep the environment safe for all types of wild creatures. Including the screaming, tag-playing ones in your own backyard.

www.earthjustice.org
800-584-6460