

the labrys speaks

FALL EQUINOX
september 10,002 | volume 8

an annual newsletter for wholistic healing
published by the associates for community education

the labrys speaks

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naet way to resist cancer

by joan margaret



The downside/upside of being a practitioner of Nambudripad Allergy Elimination Technique (NAET) is that in the course of treating a patient, I handle vials of substances to which I am myself allergic. I then suffer my own allergy symptoms. While testing patients, I usually touch a vial for only a short time, then put it away. And during the last decade, I have received treatments for most of my own allergens in my vials collection.

When I am treating a patient, she receives the treatment and I do not. She holds the vial for 15 minutes, during which time the vial is within my aura or electromagnetic field. I am being exposed to what may be my allergen. If I become aware of a reaction in my body or mind, I make a note to myself and later I'll test and treat myself with that item.

These glass vials used in NAET contain the energetic information of thousands of items collected from the environment we live in. The information has been transferred electronically to the water in the vial from a computer database. The technology to do this, first developed in Germany, hooks up the healing arts of homeopathy with those of chiropractic and Chinese medicine through NAET.

Every cell in the body has an electromagnetic field as well as a cellular form and function. All the cellular fields together produce the body's aura or electromagnetic field. When the body's field is in disharmony with other fields, the flow of chi in the acupuncture meridians is partially blocked and physical symptoms appear. By using muscle testing, the NAET practitioner looks for these disharmonies in a patient's field while in the presence of allergens. Mind you, these allergens may be inside the body whether or not exhibiting symptoms or they may be in the body's external environment.

The writers and publisher of the labrys speaks disclaim any association of these words with medical advice. The co-editors are a nutritionist and a chiropractor. We give nutritional and chiropractic advice in private sessions with clients. In this newsletter we publish words which help our Labrys Circle of friends take responsibility in making our own decisions about self-health care.

All parts of this newsletter may be copied freely. Please credit the labrys speaks and print our address.

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dying for a good night's sleep?

book review by *laura knoff*

every now and then we come across a book that explains how our bodies work in concert with nature. This book tells in layperson's terms much of why we are, as a nation, so sick. In *Lights Out*, Wiley describes how, by staying up late at night with the lights on, watching television, working on the computer, sleeping in a room with the TV plugged in, or even with blinking LEDs, we are causing depression, high blood pressure, diabetes, heart disease and cancer. She shows that the length of time we spend each day in the light determines how our bodies crave and metabolize food and which hormones and neurotransmitters are produced.

hormones & sleep

From the hormone serotonin our body produces melatonin, the most powerful antioxidant we have, but only in the dark. Melatonin quenches the fires of pollution. We need even more melatonin now than ever, and we are producing less and less. Melatonin also enhances the appetite suppressing effect of leptin.

When we don't produce enough melatonin, serotonin levels buildup. When serotonin levels are high, we crave carbohydrates and we have reduced impulse control. We cannot help but reach for the cookies, popcorn, and ice cream when we stay up late. Insulin and cortisol stay high due to our late night eating and the resulting excess blood sugar. This causes cortisol to be too low for you to wake up without an alarm and then deal well with day-to-day stress.

After we have been producing melatonin for three plus hours in the dark, our bodies start to produce the hormone prolactin, which besides promoting milk production also increases production of immune cells involved in cancer defense. Only humans and our pets (also bathed in artificial light) succumb to cancer. We need at least six hours of melatonin production to stay relatively healthy. Taking melatonin supplements only inhibits our bodies' own production of it and is therefore dangerous.

When we get 9 1/2 hours or less of sleep per night, our bodies think it is the middle of summer and we should eat to prepare for winter's lean time. In midsummer, a time of greater activity and the mating season, our carbohydrate cravings naturally increase. This is the time of year when carbohydrates are most available in the form of fruits and starchy vegetables. If these carbohydrate calories are not burned by activity, insulin is nature's way of sending excess calories to the cells to be stored as fat to get us through the lean winter. In nature,

lights out

*sleep, sugar
& survival*

by t.s. wiley
with bent formby

healing with prana

by sakhi

Prana is the Sanskrit word used to refer to 'lifeforce energy', the energy behind the dynamic state of living. Physics has finally demonstrated what many cultures have known all along, that we are all simply collections of energy. Together, we are all part of one Great Energy Field.

All of us absorb prana from the sun, the moon, air, ground, water and other beings, including those that are our food and those in our environment. This prana is a composite of all the realms we know as the spiritual, emotional, mental, physical and sensual worlds.

Prana, like our blood, moves through its own set of channels in our bodies. Pranic Healers call these channels 'nadis' (streams), also known as meridians to Chinese Healers. Chakras are prana centers in our bodies. Chakras absorb, digest and distribute our prana. They energize and control the proper functioning of our whole body. One's aura is a protective 'force field' that works to contain our prana, as well as expel toxins, wastes, germs and devitalized prana.

In an ideal state, devitalized prana would simply flow out of us, as fresh prana moves in, taking with it stale emotions, harmful thoughts and physical pains. However, as our environments fill up with more chemical toxins, toxic experiences and violence, as our societies move faster and louder, our prana, that essential life force, is no longer able to flow freely. We develop blockages in our nadis and chakras, leakages in our auras, leading to a build up of stale prana and a depletion of fresh prana. This manifests itself in our physical, mental, emotional, spiritual and sensual realms, often leading to dis-Ease in one or more of these states. This is why most dis-Eases can be detected much earlier using our auras, nadis and chakras, rather than just our physical body. This is also why the roots of dis-Ease may still be present and felt pranically long after the physical symptoms of dis-ease are removed.

As a Pranic Healer, I use one's auras, chakras and nadis to detect blockages. I gently release these blockages and help instill a more natural flow of fresh prana. I also strengthen one's auras helping them in their shielding, protective and cleansing functions. And I do most of this without even needing to touch one's physical body!

Our auras, those protective shields around our sun prana are the most intimate environments we know. We carry them with us wherever we go. Many of us spend hundreds, even thousands, of dollars on our outer environments, beautifying our homes, our yards, our offices without even thinking once about this, our closest environment, the auras. Unless dis-Ease calls us to attend to our health. Now is the time to take a more preventive view on the well being of our auras. Try these tips:

continued on page 11

thank you, gracias, danke...

hugs and kisses always and again for the many friends who have participated in the Labrys Healthcare Circle and the Labrys School of Self-Healing Arts for Women and Girls. Thank you for your generous donations to ACE, newsletter subscriptions and workshop attendance: Ann McIntosh, Ann Sigler, anonymous feminist, Barbara Massey, BJ Miller, Deb Paschke, Laura Knoff, Leigh Gronet, Jean Ann Flaherty, Jo Anne Gallo, Marlena Willis, Susan Timmerman. Hugs and kisses to readers and editors of pieces in this issue: Cassandra Bramucci, Diana Murrell, Jane Magid, Trena Machado.



hurrah and thanks to Kathryn Bader for design and layout of this newsletter. Kathryn is one of the singers on the new CD from VOICES: Lesbian Choral Ensemble, available for a listen at the Labrys office.

thank you to our illustrators: JB of Drago Designs, page 3; Charlotte Tall Mountain, page 9; Mari Perez, page 10; Mary Hopkins, our labrys and spine logo. Also gracias to our advertisers for their support.

gracias to Dana Reid for showing us your unusual, computer-enhanced photographs from your travels to Europe and Hawaii.

danke to Peni Hall for your gorgeous paintings, collages and drawings that have graced our Labrys walls.

thank you to Jane Magid for your beautiful photographs of nature and most especially the cave/labyrinth opening that welcomes us upon entering our suite. All these artists have shared their work for the enjoyment of those who come to Labrys. And it is offered for sale as well.

to those of you who have helped Harriette Butler, Joan's mother/friend, during her health crisis, **many hugs and kisses:** Aw/Sakhi, Anna von

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continued from page 3

Reiche (Kaiser Vallejo physical therapist), B Miller, Caitlin Cain, Caryn Goldman, LAc, Charlotte Tall Mountain, Debra Jacobs, Debra Paschke, Denah Griffiths, Devi Nampudripad, RN, DC, LAc, PhD, MD, Elizabeth Rosenberg, Ellen Smith, Evelyn Olivas, Evelyn and John Walden, JB, Jane Magid, Janet Kniveton, DC, Jeanette Sarno, Kelly Cornejo (Kaiser Richmond medical assistant), Laine Lawrence (Senior Legal Services), Laura Knoff, Lelia Gilkey, Lisa Riley, Mary-Jo Seymour (ombudswoman), Nona Hungate, Pat Hasson, Patricia Passon (certified financial advisor), Philippe Lavaud (private physical therapist), Pinole Senior Village administrators and caregivers, Priscella Camp (elder care attorney), Sandy Tate, Sarah Hilgers (Kaiser Richmond occupational therapist), Sonia Killam (Kaiser Vallejo occupational therapist), Susan Calico, Ziggy.

hugs and kisses to all of you and to those many here unnamed who are our patients and clients, facilitators and students in this Labrys community.

the lively Labrys mailing lists are confidential and will not be sold or given to any other group. The Lists Goddesses want to keep only those names of people who really want to receive the Labrys speaks. Tell us if you would rather not receive it; tell us if you want to continue receiving it. If you'd rather get a copy electronically, tell us your address, so that we can add you to our fe-mail list and take you off the bulk mail list. We are currently building a web site, where you'll be able to find articles from all eight years of past issues of the Labrys speaks. The suggested donation is \$2.50/issue, more if you can, less if you can't. ♥

We invite business wimmin whose work we personally know and appreciate to advertise in our newsletter. We hope in this way to share their wealth of skills and expertise with you.

chickens & cancer

by joan margaret

● In the 1950s a medical cancer researcher, Virginia Livingston-Wheeler, M. D., identified a pleomorphic (always changing shape) mycobacterium that she named Progenitor cripticides as the infectant found in all cancers and in human sperm. In immune-suppressed bodies, it parasitizes weak cells. For the microbiologists among us, it is a virus-like strain of Staphelococcus epidermis, of the same family as tuberculosis and leprocy.

She found that Progenitor cripticides easily travels between species through ingestion of infected animals as food. Her form of treatment was vaccine made from patients' own body fluids. Her government funding was cut, however, when the boys in power decided that surgery, radiation and chemotherapy were preferable to immunotherapy for research on cancer treatments.

A few years before her death in 1990, I had the honor of hearing Dr. Virginia speak in a community meeting in Los Angeles. She had decided that chickens, for two reasons, were the place to start cleaning up the food chain. She had found that they are the most highly infected of meats sold in the USA. And because chicken meat is the least expensive in the markets, to clean up the chicken industry would help poor people the most.

On her own initiative without government funding, she made a vaccine for chickens and got a California license for it, the anti-Mareks vaccine. A biomedical company that went belly-up made the vaccine commercially for only a few years.

I spoke with Douglas Alexander who was Dr. Livingston's medical assistant for 15 years and is now the vice president of the Livingston Foundation and Medical Center in San Diego. He says the California Department of Agriculture is very interested in pursuing production of the anti-Mareks vaccine because the vaccine currently being used by chicken farmers is a herpes virus that tends to spread herpes.

Now Mr. Alexander needs a laboratory that is certified in California to produce vaccines to use some starter stock from the Livingston Foundation, complete a simple test in order to get the anti-Mareks vaccine relicensed. Once it's up and running in California, they can apply to the federal level for licensure. Anyone interested in helping with this project may call Mr. Alexander at (619) 224-3515. The same phone number will put you in touch with the Livingston Medical Clinic.

When I tell people about Dr. Virginia's work, they understand why I ask all of us not to eat chicken, even free-range. Same story for chicken eggs. There is only one "captive farm" that uses the anti-Mareks vaccine, where the meat and eggs produced are totally free of cancer. The farm produces meat and eggs for use in the Livingston Medical Clinic only.

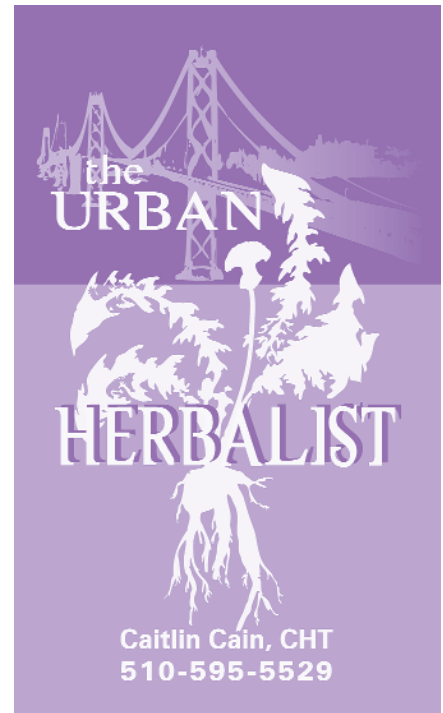
continued on page 10



beet and squash photo by jane magid, 2001

"I'm endlessly fascinated by the structural similarities of large- and small-scale organic forms. A lot of people look at my pictures and say, "what is that?" Some call my work abstract. I'm never exactly sure what they mean by that, because I always think a picture is just a picture of something — like a beet or a rock — the way I see it. But other people see other things because they're looking through the filter of their own experience. That's the beauty of art, communication, and being human.

If you would like to see more of my work, I would be happy to offer you a private showing. I sell my prints matted and framed or matted only. Call me at 510-233-3607, or send fe-mail to jmagid@mindspring.com." — *jane magid*



wish list for ACE

we need wimmin with creative ideas and passion for our mission and for fund raising to contact us about becoming members of the ACE board of directors; wimmin of color and lesbians are especially encouraged to join us.

the labrys speaks newsletter can always use volunteers as proofreaders and for the bulk mail parties. Call the office a few weeks before the Fall Equinox to volunteer for these important tasks.

we enormously appreciate tax-deductible donations, however large or small. Consider sending us a donation to help pay the printing and bulk mail expenses for the newsletter. Make your check payable to ACE. ♥

An NAET treatment teaches the body's electromagnetic field that the chi or meridian energy can flow unimpeded in the presence of an allergen. Because the treatment keeps the meridians open for 15 minutes, the experience of the body's field is benign. Each treatment is an electromagnetic learning experience.

a case of melanoma

I was working intensely last spring with a 58-year-old patient who has a family herstory of cancer. Two or three times in prior years I had treated her using cancer vials, although she'd had neither symptoms nor diagnosis. After an annual skin exam at Kaiser Permanente, she was diagnosed with three melanomas.

During our next NAET session I was able to identify an additional melanoma and one other problem spot, by using a tiny magnet and muscle testing while she held the cancer vials. We identified areas the Kaiser doctor had not identified visually, which were confirmed by additional biopsy testing at the Kaiser lab. Because of the early detection, each of the spots was still small, 1/3 to 2/3 the size of a pencil eraser, flat and smooth. A limited, local surgery was enough treatment by Kaiser's standards.

I treated her several times to allow her electromagnetic field to be fully in harmony with cancer energy. When field energies of both the patient and the allergen are in harmony,

the body is able to heal the physical effects of the previous discordance between the two fields, in this case my patient and her allergen, cancer.

Following one such intense 45-minute session with my patient, I was so exhausted, I felt like falling on the ground. Though my mind was also wiped out, I registered the fact that I was reacting to the cancer vials.

some personal herstory

In 1977 my own, usually normal PAP smear results showed a pre-cancerous condition of my cervix. I asked my Kaiser doctor why I had this condition and what I could do to prevent it reoccurring. He got angry at my questions, insulted me by implying that I'm stupid to ask and took a painful biopsy without my informed consent.

I chose to fire my Kaiser doctor and quit my 30-year Kaiser membership. I was living in Berkeley within a growing natural healing movement, where I took classes in Touch for Health, first aid with homeopathy and introduction to herbs.

In 1980, when the PAP test result was outright cancer, I was in the care of a wonderful homeopath, Maesimund Panos, M.D., in rural Ohio. As well as treating me with classical homeopathy, she gave me PAP tests every three months, until the fateful one from which she diagnosed cancer of the cervix. A month later three male doctors at an oncology clinic in Cleveland examined me including a second

PAP and a biopsy. They found not a trace of cancer.

Their explanation was that my homeopath's diagnosis was incorrect. But between the two examinations I had taken a homeopathic remedy, *carcinocin*, and was cured. The first lab sent my cervical sample to the second lab and it was confirmed that within a month, my test had changed from cancer to no cancer.

Even more amazing were the healthy changes I felt in myself over the next year. I felt my physical and emotional strength return and was able to begin taking pre-med courses in preparation for attending chiropractic college. All subsequent PAP smears showed no cancer, and I was on my way to understanding my electromagnetic anatomy.

my first naet ovular

When in 1991, as a new chiropractor, I took my first seminar/ovular with Dr. Devi Nambudripad, there were five doctors in the class. I mentioned my having been diagnosed with cervical cancer and cured of it with homeopathy. She placed in my hand a cancer vial labeled Mixed CA.

Using muscle testing she demonstrated my dramatic weakening from its energy. Even when she continued muscle testing me while another doctor walked the vial to a distance of about 15 feet, I still weakened. However I did not weaken at 16 feet.

She instructed me to treat myself for each of the top ten basic nutrients, one at a time. The basic nutrient vials are egg mix, calcium mix, vitamin C mix, B complex, sugar mix, iron mix, vitamin A mix, mineral mix, salt and chlorides. Only when I was no longer allergic to the basic nutrients, I was to treat myself with Mixed CA, which I did a few months later.

Nine months ago I added to my work a very special vial of Dr. Devi's invention, body brain formula (bbf). The bbf vial amplifies the message of the main vial, thereby allowing the practitioner to find previously hidden allergy reactions. I now add it to every test and treatment for every patient.

Though I'd been treated 11 years ago and several times since then with the Mixed CA vial alone, I was now exposing myself to cancer vials plus bbf. It was this combination that caused my symptoms of exhaustion after working with the cancer vials in the melanoma case.

mysteries unravel

For the last year I have often visited hospitals and assisted living facilities, caring for my mother/friend as she recovers from a stroke. Increasingly, I'd found myself exhausted after only a few hours with her. While leaving I felt I was running for my life. It would take days to recover my energy, so that I was only able to visit her once a week. But when we would go out of the facility together even for three hours, I was not exhausted.

Also, prior to the stroke she received NAET treatments from me weekly at the Labrys Healthcare Circle office. But since she moved to her current residence, I have been unable to treat her. I would bring my tools, kits of vials and an activator, however upon entering her room I would feel weak and confused. It was Debra Paschke, Labrys office goddess, who figured out this part of the mystery. At the assisted living facility, I was being exposed to my allergen: the cancer of some of the residents and workers.

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Laura Knoff, B.Sc.
Certified Nutrition Consultant

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HERBAL MEDICINE

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*come join us,
Associates
for Community
Education (ACE)*

ACE's mission is to promote and inspire wimmin to use our natural healing abilities and to demonstrate that we are our own healers. We care for our health and restore function to our bodies, minds and spirits so that we may live to our highest potential. Our goals are:

1. *to create a school and publications that will educate us about our health, to relearn the healing arts of our grandmothers, to nurture and care for ourselves and each other.*
2. *to regain and maintain wholeness and balance using the body's wisdom so that we may better protect ourselves from traumas, toxins and poisons in our lives.*
3. *to celebrate our wimmin and girl selves both as students and teachers through sharing knowledge, healing arts and ritual.*
4. *to provide a safe and welcoming environment for all wimmin and girls, including older wimmin, wimmin of all cultures, wimmin of all sexual orientations, wimmin in recovery, differently-abled wimmin and limited-income wimmin.*
5. *to encourage participation in all aspects of ACE, including planning, staffing and leadership.*

dying for a good night's sleep? *continued from page 2*

summer's bounty is brief and is followed by winter's short cold days, reduced food supply and hibernation.

We no longer live a natural life. We stay up and active in simulated daylight all year, eating too many carbohydrates, making lots of insulin and storing fat. Because sleep deprivation is a stressor, it wears down our adrenal glands. We are literally burning the candle at both ends. When we ignore the day/night rhythms of the planet, we try to fool Mother Nature. Nature is not amused.

what is the answer?

If we are relatively healthy now, we can stay healthy by making sure we get 9 1/2 hours of sleep each night in total darkness during the summer and more in the winter. We can do this by using low-wattage light bulbs and then going to bed when it is dark out soon after sunset.

Eat a low carbohydrate, high protein diet from October until May. Also eliminate all fake foods (sugar, white bread, pasta, margarine, Equal™, Splenda™, olestra, etc.). If we have diabetes, depression, heart disease, unwanted weight, cancer or other health problems, we need 14 hours of quiet darkness, even if we are not asleep, to get well. Wiley realizes that this could cut into our social lives, but so will a debilitating disease.

Lights Out combines important research from biochemistry, endocrinology, psychology, physics, physiology, sociology and history. It contains nearly 100 pages of endnotes and a 7-page bibliography. I strongly encourage you to read this book — in the daylight hours, of course. ♥

tidbits

by laura knoff

finally the word is out about the dangers of trans fatty acids. Trans fats are made by adding hydrogen to polyunsaturated vegetable oils in the presence of a metal catalyst, high heat and pressure. Manufacturers use these fake fats in order to extend shelf life of foods and so they will not taste rancid. Trans fats are also produced when food is fried or cooked at high temperatures.

These trans fats are very harmful and have been linked to weight gain, diabetes, heart disease and cancer. A report from the Institute of Medicine in the National Academy of Sciences July 10, 2002, recommends that consumers reduce their intake of trans fats, and that manufacturers include amounts of trans fats on the labels of foods. The FDA is set to publish final rulings early in 2003. Go to www.cfsan.fda.gov/~dms/help.html for more information. ♥

some more tidbits

by *laura knoff*

We recommend that you completely eliminate all refined and manufactured fats from your diet. Good substitutes are extra virgin olive oil or unrefined flax oil for salads and as a garnish to already cooked vegetables, or for cooking use organic cultured butter or organic ghee (clarified butter — all the milk solids have been removed) or unrefined coconut oil. Unsaturated vegetable oils tend to break down when heated so do not fry foods.

Speaking of cooking, I just read a wonderful article published in the Price-Pottenger Nutrition Foundation Journal Health and Healing Wisdom Vol. 26 # 2. The author, Nancy Appleton, Ph.D., reports that carcinogenic acrylamide and heterocyclic amines are formed in foods when they are cooked fast and hot. Apparently every food has a heat labile point — a point at which the chemical composition of the food changes to become less digestible. Food that your body does not digest properly starts to ferment or putrefy and becomes toxic. Some of these toxins irritate the intestines leading to increased gut permeability and allergies. Pasteurization, deep-frying, barbecuing and microwaving are all unhealthy forms of cooking. Broiling and barbecuing expose foods to temperatures as high as 752°F. Dried packaged foods also have been subjected to high temperatures. The best way to cook foods is the least way, such as lightly steaming, stewing or using a slow cooker. Unless you are on an ileocecal valve diet include raw food in each meal to provide enzymes and improve digestion. As always, remember to chew your food thoroughly.

Bon Appetite! ♥



joan's magic

dr. Joan Margaret's work in the healing arts is firmly based in three areas of post-graduate study that followed a doctorate from the Los Angeles College of Chiropractic in 1989. Even so, some of her patients call it Joan's magic.

applied kinesiology

(AK) is a system using muscle testing as a functional neurological evaluation to augment her normal examination procedures, including lab findings, x-rays if needed, and herstory taking. It integrates knowledge of functional neurology, anatomy, physiology, biomechanics and

biochemistry. AK methods are concerned primarily with neuromuscular function as a window into the structural, chemical and mental regulatory mechanisms of the body. For more information, go to www.icak.com

nambudripad allergy elimination technique

(NAET) is a diagnostic tool using muscle testing to diagnose allergies and a technique using acupuncture without needles. Most illnesses (for example, headaches, backaches, joint pains, addiction, PMS, indigestion, cough, etc.) are caused by undiagnosed allergies. NAET is a completely natural method for

regaining better health, often with permanent freedom from allergies and the diseases arising from them. Please visit www.naet.com.

bio geometric integration

(BGI) is a conceptual understanding of chiropractic that aids Dr. Margaret in understanding the body's innate geometry of subluxations. She performs chiropractic adjustments so gently, you'll hardly know she has touched you. Each adjustment reminds your innate wisdom to release deep patterns of tension. For more information, go to bgiseminar@aol.com. ♥

these are not typos!

there are in this newsletter a number of different spellings for "women" and "woman," to open minds to different possibilities. The spelling "wimmin" is a favorite among those who see rolling hills with clouds on mountain peaks. Also with an "i" and another "i" again, "wimmin" gives the visual of plural individuals in the group "wimmin."

by spelling "woman" as "womon," the writer achieves more roundness and symmetry of letters, suggesting the moon. You may discover other creative spellings of words here.

and you may have noticed that dates look a little different than those in popular use —10,002 instead of 2002. This is also not a typo.

it is generally accepted among feminist archaeologists that a power shift to patriarchy began about ten thousand years ago. So, instead of using the calendar chronicling a 10,000-year crescendo of plunder, massacre, enslavement and dispossession that had its origins in the advent of agriculture, the Labrys speaks recognizes and honors wimmin's herstory by using our calendar as a reminder to celebrate ourselves. ♥

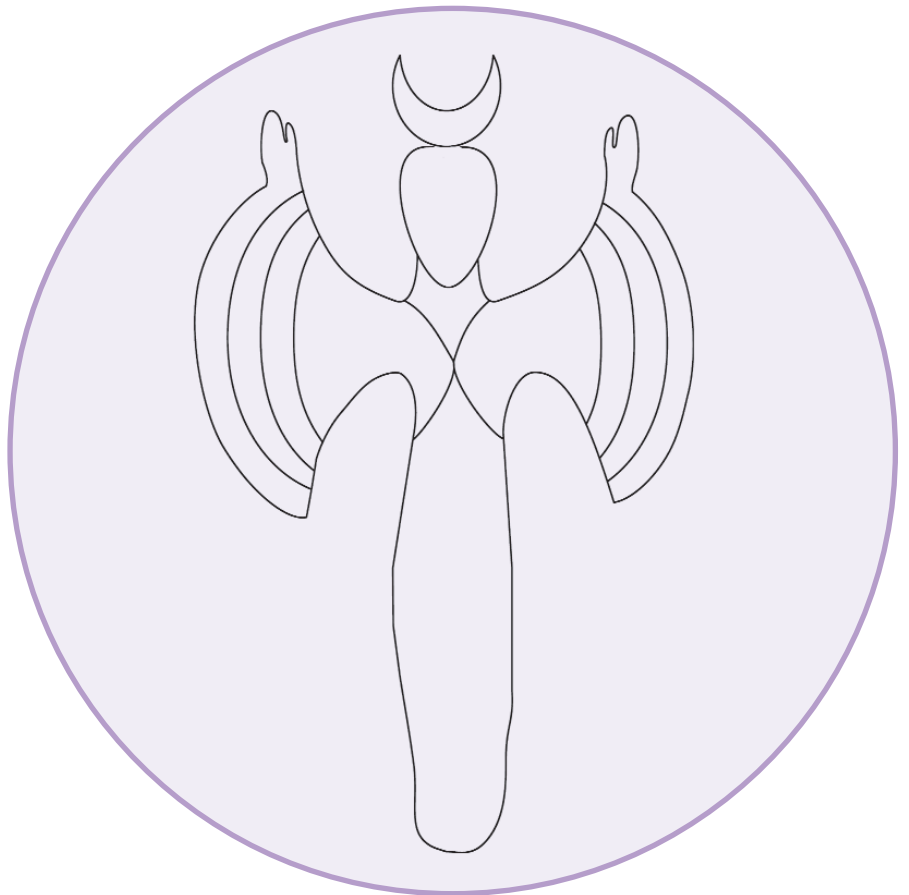
naet way to resist cancer *continued from page 7*

After two treatments with Mixed CA/bbf, my energy soared. After another two treatments, I can now stay in her facility for four hours comfortably and leave with good energy. I gladly return two days later to spend more time there. Also I have resumed treatments with NAET in her room, with her usual good results.

Those cancer vials allowed me to make such vital clinical discoveries, that I want to share these two case herstories with you. Whether or not we're aware of our energy anatomy, we are all of us on this path to understanding the electromagnetic body/spirit as it relates to health. ♥

chickens & cancer *continued from page 4*

Dr. Virginia is widely published in the medical literature. Three of her books are available for you to read in the Labrys office: *The Conquest of Cancer*; *Food Alive*, a diet for cancer and chronic disease; *The Microbiology of Cancer*: compendium. Thankfully, the updated story is soon to be published as a book, *Livingston Immunotherapy* by Douglas Alexander. Ask Mama Bears Bookstore (510) 428-9684, or your favorite wimmin's bookstore, to order these books for you. ♥



healing with prana continued from page 3

1. The next time you are feeling very tired or drained try sitting under a tree and asking the tree to help you with your prana. Trees give off excesses of fresh prana especially older, healthy ones, like our close neighbors the Redwood trees.
2. Often many of us get tired on cloudy days due to the absence of very potent sun prana. During your next cloudy drowsy day, try sitting outside and consciously asking the air prana and the ground prana to enter you body.

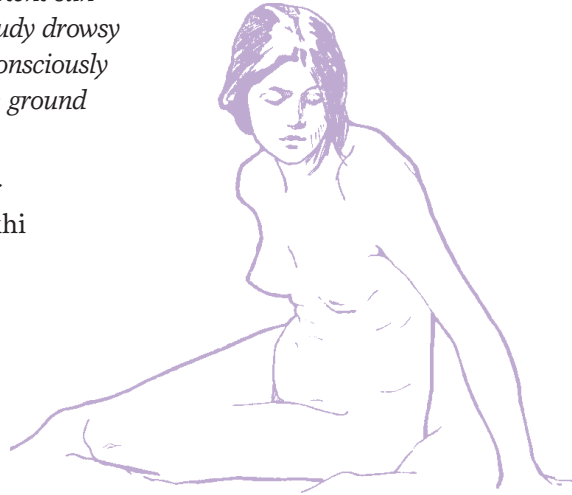
To make an appointment for Healing with Prana, call Sakhi at **510-658-8336**.

*Be well, my friends,
and Joyous Energies
to you—*

Love,

Sakhi

Old-Age Indian Healer ♥



visiting art therapist

i am Sarah Grace, a licensed Art Therapist and Certified Practitioner of Eye Movement Desensitization Reprocessing (EMDR). I have extensive background working with issues of childhood sexual abuse, other forms of trauma and a variety of disabilities.

In terms of who I am personally, I live in New Mexico, have been a dyke for 23 years, and have a private practice in Santa Fe, as well as being part of a community mental health crisis team. I'm a writer, a marginal artist and Jewish with a leaning toward Buddhism. Through Art Therapy and EMDR, I work with a goal of creating safety, insight, affirmation and change. For those of you who may not be familiar with Art Therapy, it is counseling using art and/or collage, work with clay, etc, to bring about insight and healing.

I'll be visiting the Bay Area and able to work with clients between October 29th and November 16th. As I will be working in collaboration with Dr. Joan Margaret, you will need a referral from her before scheduling through the office goddess to see me at the Labrys office. Most likely, I'll see people for an average of 3 session. Art Therapy sessions last about 50 minutes. EMDR sessions may last somewhat longer, depending on the material we get into. I look forward to helping you create some artistic herstories. ♥

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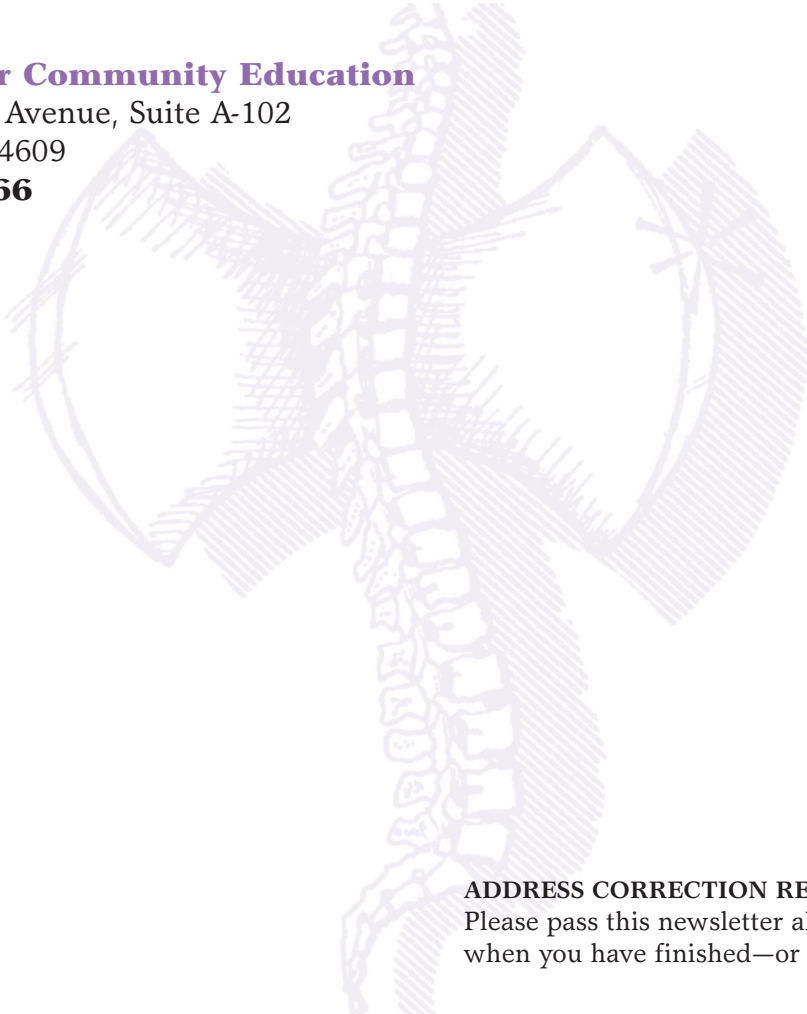
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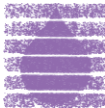


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