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June

The Wellness Connections email newsletter is published during the week following the monthly meeting, except in the case of combined issues. The goal of the newsletter is to inform the members about important issues arising at the meetings, provide reminders about future events, and to be an information resource about issues important to members. You may communicate with the editor or submit articles at [franks@attitude.com](mailto:franks@attitude.com). To stop receiving the newsletter, send an email to the editor with "Stop Newsletter" in the subject field.

## Evidence In Favor of Raw Dairy Products



At the June meeting, Delia Hayes (California Mind, Spirit & Body) and Mark McAfee (Organic Pastures Dairy Company), presented findings from some experiments they have been doing, using aura photography to observe the effects of raw dairy products on the human body. Delia presented slides showing how the aura surrounding Mark's daughter changed as she held containers of raw organic milk and pasteurized organic milk near her face. During the demonstration, the aura was displayed as a life-supporting green as she held the raw milk and quickly changed to a non-supportive red and blue as she held up the pasteurized milk.

The experiment is part of the work Delia does with several businesses to examine the possible beneficial effects of various products, ranging from food items, to cosmetics, to other consumable items.

## Website of the Month

The site for this month: <http://ca-msb.com/>

California Mind, Spirit & Body presents information of particular interest to those interested in aura imaging and the Chakras. It also includes a page for requesting prayer support. Give it a look.

## Philosophy of the Month

*"The secret of genius is to carry the spirit of the child into old age,  
which means never losing your enthusiasm"*

*-Aldous Huxley*

## Book Review

Reviews by Executive Director Faye Saxton

**Alternative Medicine** - Dr. William A. Collinge, Warner Books, 1996

Each chapter deals with a different healing modality. Dr Collinge addresses the historical foundation of the practice, its key principles, procedures and techniques, its strengths and weaknesses, how to choose a practitioner, and which associations can give you more information. In each chapter are comments on scientific support and anecdotal examples of personal experiences with this healing practice. I found it easy to read, very informative, and I believe it was balanced reporting on the strengths and weaknesses of each. All in all, a great resource!

**The Body's Wisdom** - Mirka Knaster, Bantam Books, 1996

A grand overview of Bodywork, this book groups the various techniques into several categories from the very physical to the spiritual/mystical without judgment or prejudice. The author defines the origins of each and gives references for further information. Part II of this book is a helpful discussion how to choose a practitioner and a type of bodywork. The many quotes in the side margins, from multiple sources, is another plus. I found it helpful to go through this book in small bites, since it seemed overwhelming in large doses. I recommend this book as a good resource for all bodyworkers and those who wish to be knowledgeable about these fields.

## Powered Up Produce

Wellness Connections member Jerry Kossack has provided another article on nutrition:

*Pairing veggies with avocado may help you get the full power of your produce.*

*Healthy fats in avocados aid carotenoid absorption, a recent study reveals. Carotenoids are the bright red, orange, and yellow pigments of colorful fruits and vegetables. These carotenoids have antioxidant properties that may help decrease the risk of heart disease and certain kinds of cancer. Eating a diverse diet that includes five servings of vegetables per day can make your RealAge as much as 4 years younger.*

*In addition to protecting against heart disease and cancer, carotenoids also may promote eye health and guard against eye diseases, such as macular degeneration. Examples of carotenoid-rich produce includes tomatoes, spinach, lettuce, and carrots. Lycopene, lutein, zeaxanthin, and alpha- and beta-carotene are all carotenoids. Lutein and zeaxanthin concentrate in your retinas, where they absorb blue light that can damage your eyes and lead to age-related macular degeneration. In a recent study, pairing avocados or avocado oil with carotenoid-containing produce boosted carotenoid absorption in the study participants. In the study, tomato salsa was the source of lycopene, and a salad of spinach, carrots, and lettuce served as the source of lutein, alpha-carotene, and beta-carotene. When study participants consumed carotenoid-containing foods with approximately three-quarters of a medium avocado or a couple tablespoons of avocado oil, they absorbed more carotenoids than when they consumed the vegetables without avocado fats. Although avocados are high in fat, they contain largely heart-healthy unsaturated fats.*

[Avocado increases the bioavailability of carotenoids from test meals in humans.](#) Unlu, Z. N., Schwartz, S. J., Clinton, S. K., International Food Technology (IFT) Annual Meeting, July 12-16, 2004.

## Help Promote Wellness Connections

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