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May

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. To stop receiving the newsletter, send an email to the editor with "Stop Newsletter" in the subject field.

Dr. Masaru Emoto Is Coming to Fresno

Dr. Masaru Emoto, researcher and author of [The Hidden Messages in Water](#), will be coming to Fresno in October, thanks to Carol Sedano of The Way of the River Holistic Healing. Carol's presentation at the May meeting of Wellness Connections provided a brief view of Dr. Emoto's ongoing research into the way water crystals respond to our intentions. Dr. Emoto has gathered a large body of empirical evidence to demonstrate that exposing the water we drink to positive intentions, i.e. addressing it with respectful gratitude and regarding it with the expectation that it is wholesome and beneficial has the effect of causing the water to lose impurities and form complete, balanced, symmetrical crystals which promote good health for the consumer.

Those who viewed the film, "What the Bleep Do We Know," may recall the segment about Dr. Emoto's research findings. On his website, Dr. Emoto offers this personal profile:

I was born in Yokohama in July 1943. I graduated from the International Relations course in the Department of Humanities and Sciences at Yokohama Municipal University. In 1986 I established the I.H.M. Corporation in Tokyo. In October of 1992 I received certification from the Open International University as a Doctor of Alternative Medicine. Subsequently I was introduced to the concept of micro cluster water in the US and Magnetic Resonance Analysis technology. The quest thus began to discover the mystery of water. I undertook research of water around the planet not so much as a scientific researcher but as an original thinker, as a human being. At length I realized that it was in the water crystal that water showed us its true nature. I continue with this experimentation and have written a variety of well-received books in Japanese. Some of these books are translated into various languages. I am currently the head of the I.H.M.General Research Institute Inc., the President of I.H.M.Inc.and the chief representative of I.H.M.'s HADO Fellowship.

Carol has been instrumental in arranging an appearance by Dr. Emoto at the Tower Theater on October 13 and has invited Wellness Connections to participate in promoting and sponsoring the event. This event definitely fits our goal of bringing information about healthy living to the public.

Website of the Month

The site for this month: <http://www.masaru-emoto.net/>

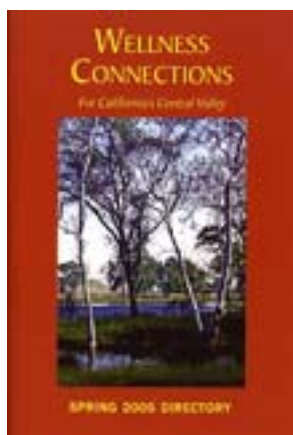
Dr. Emoto's site is available in several languages, including English, and besides information about his research about the effects of intentions on water, contains information about other projects and activities in which he is involved.

Philosophy of the Month

"Whether you believe you can do a thing or believe you can't, you are right."

-Henry Ford

Book Review



Without a doubt, the book of the month for this issue has got to be the 2005 edition of the Wellness Connections Directory. This attractive volume contains an even greater wealth of information about holistic wellness providers than the earlier editions and includes a new Educational Guide page listing practitioners who provide classes on a regular basis. Informal reports indicate that within the first week of release, potential new clients were using the directory to make contact with providers. Members may pick up directories for distribution from Mike Neer, 4709 N. El Capitan, Suite 103, Fresno, just south of Shaw Avenue near Freeway 99 or at The Center, 725 Pollasky, Suite 101, between 7th and 8th Streets in Clovis, in the Old Town South complex.

“The Worth of Organic Foods”

This article by Judith A. DeCava, CNC, LNC, from the May/June 2005 edition of “Nutrition News and Views” was provided by Jerry Kossack, CNC, Wellness Connections member. The article begins:

Once upon a time, all food was raised organically. “Conventional” food was organic food. But nowadays “conventional” food is raised by unnatural chemical agribusiness methods. The EXCEPTION is organic. Something is drastically wrong with the way food is now produced, and the way food is no longer valued. Food grown with Nature and with care is quite different than food grown with chemicals and with detachment.

Cheap mass produced food is often prized more than getting superior nourishment with fewer toxins. The impetus of immediate gratification spurs people to save money and effort on food while the eventuality can be loss of health, loss of environment, and loss of heritage for future generations. Organic food is far more than just another fad or pricey health craze. It is reclaiming influence on our health, our children’s health, the earth’s health. Organic food is raised in harmony with Nature, yet it is treated as an oddity, having special “certified organic” labels. Actually, it is “conventional” foods that should be labeled: “Sprayed with Pesticides,” “Includes Residues of Hormones and Antibiotics,” “Grown with Sewage Sludge,” “Genetically Altered,” “Production of This Food Damaged the Environment,” etc. Rather than a healthful NORMAL potato having to be labeled organic, a chemically-grown potato should have a label listing the 20 chemicals used to create it, grow it, store it, and ship it. Raising food is now merely a business; foods (including animals) are nothing more than commodities.

The article goes on to describe some of the food production practices that may be detrimental to good health and concludes with fifteen good reasons for going organic, including prevent soil erosion, protect water quality, save energy, support a sustainable economy, promote biodiversity, and get more flavor and nourishment. Regardless of your individual stance on the issue, the article certainly provides a lot of food for thought. Contact Jerry Kossack (page 22 of the Wellness Connections directory) for more information about this and other articles. Those interested may obtain a copy of this particular article from Frank Saxton at The Center, 725 Pollasky, Suite 101, Clovis.

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“Action may not always bring happiness, but there is no happiness without action.”

-Benjamin Disraeli

Help Promote Wellness Connections

A good, fast, and simple way to promote Wellness Connections is to forward this newsletter to friends or to an email contact list. For those who receive this newsletter forwarded from a member, if you would like more information, visit the Wellness Connections website at www.wellnessconnections.net.