



be used even more powerfully for your own life choices from here. If you're looking for a new career direction, being able to read the map of your own inner nature can help you design a future that's in accordance with your true calling. Even in terms of navigating life when the rug gets pulled out from under you, your face reveals the map to follow. The meaning of that beautiful pattern of features and lines shows the best way for you to adjust when stressed, how you can most easily regain balance and move through as easily as possible. And it can allow you to view every face you encounter with compassion, even that face in the mirror.

*A special invitation from Jean: "I'll be in Seattle April 4 and 5 for The Wisdom of Your Face workshop; I'd love to meet you there."*

*Jean Haner is the author of "The Wisdom of Your Face." With her 25-year background in ancient Chinese principles of balance and health, Jean places an emphasis on compassionate and affirming ways for people to live in alignment with their own true selves. Please visit [www.wisdomofyourface.com](http://www.wisdomofyourface.com) for information on workshops, consultations and Jean's free newsletter. Meet Jean through her video at [www.videovillageonline.com](http://www.videovillageonline.com).*

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you don't talk about how important family is to you, they might not feel a good connection with you. You might even comment on how you're a good team player, or consider your co-workers to be like family.

• **Brow bone:** The brow bone is the bone that lies under the eyebrows. Its strength correlates to the level of testosterone in the body, so men naturally have stronger brow bones than women. But even if he's male, if your interviewer has an unusually prominent brow bone, this can give you important information about how he tends to view others.

People with brow bones that stick out will have an inner desire to dominate others. They will also have issues with authority. And they tend to perceive everyone as "authority." In other words, they think everyone is trying to order them around, and will have a pretty big chip on their shoulders. If you see this feature on your interviewer's face, find out whether he'd be the one you'd be

working under, as you might want to give that job a pass.

• **Eyebrows:** If the person on the other side of the desk has very weak eyebrows, this can mean they have trouble making decisions, and are not very aggressive overall. If you come across as too cocky or confident, they may feel threatened and you'd lose their vote.

However, if they have bushy eyebrows, you're looking at someone who values assertiveness and who wants an employee who'll set firm goals and not let anything get in his way.

• **Nose:** If your interviewer has a large, boney nose, you had better have been on time for your appointment. This person will value precision with details, and good manners are extremely important to them. Show them you're aware of the finer points of the job, talk about how important it is to do quality work without mistakes, and be extremely courteous.

Of course, face reading can also

## A Gift from the Vine

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Oxidative stress is associated with early Alzheimer's Disease (AD). It is thought that there is oxidative insult to neurons and glial cells that result in changes in synaptic plasticity long before there are amyloid plaques and neurofibrillary tangles, which are the hallmarks of AD. Resveratrol may provide both antioxidant support and ameliorate the inflammatory response associated with the progression of AD.

It has been suggested that resveratrol may be cancer preventive because it binds to estrogen receptors and has been shown to inhibit carcinogen-induced pre-neoplastic lesions and mammary tumors. There is some research that in the presence of Estrodial (primary estrogen during reproductive years), it is anti-estrogen, consequently, it may be useful in ER positive breast cancers. It has been shown to facilitate apoptosis (cell death) in breast cancer cells. There is some evidence that it provides antioxidant protection from the chronic treatment of colon cancer. Some studies indicate that resveratrol regulates a number of pro-proliferation and anti-apoptotic gene products thus suppressing

cell proliferation and potentiating (increasing) pro-apoptotic effects in multiple myeloma cells.

The mode of action as to how resveratrol works is not known, however, it is thought to affect many cells in a diverse way. It appears that resveratrol may provide significant antioxidant and anti-inflammatory support for a number of chronic diseases afflicting us in an age of significant pollutants. As we look for answers to help prevent age related diseases, let us remember that the foundation of health rests in a balanced diet including protein, organic vegetables and fruit, restorative sleep, daily exercise, positive relationships, and a purpose that gives meaning to our lives.

*Dr. Fitzpatrick will be presenting "The Seasons of a Woman's Life" at Marlene's, Federal Way, April 23 at 7 p.m. She is now working at Balancing Health in Bothell on Fridays, (425) 398-9355. Primary contact for Dr. Fitzpatrick is (206) 525-5576 or at [drfitznd@comcast.net](mailto:drfitznd@comcast.net), [www.theemeraldcenter.com](http://www.theemeraldcenter.com).*

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