

It's Time To Clean the Body's Filter

by Dr. Peter Meinhofer D.C.

Recently I was frustrated while vacuuming around the house. I ran the vacuum over areas that had obvious dirt that needed to be picked up yet I could see that I was going nowhere. After a few moments of dealing with this futility, my wife came over and asked if I had checked the filter. When I opened up the machine and removed the bag I could see that it was not full but the filter was loaded up with junk. Once I was able to clean it out the job was no longer difficult and I was able to be finished in no time.

The liver is the chief filtering system for the body. Similar to the vacuum filter in the story above, when the

liver is clean and happy the body will be able to function the way it was designed. However when the liver gets sluggish it can lead to a variety of different problems: such as headaches, weight gain, hormone imbalance, skin problems, fatigue, gallbladder problems, sleep disorders, bad breath, body odor).

So what can slow down liver function?

Diet choices and environmental toxin exposure are the chief culprits in development of toxicity. Our liver's major function is to filter out impurities or toxins in the blood.

The healthier the liver is, the more effective it is at eliminating toxins from the

body, leading to faster detoxification and a lack of chronic symptoms.

Ideally your liver should send these toxins through bile into the gallbladder and out via the intestines. Toxins cause the bile to get thick which gunks-up, and slows down the system like a clogged drain in your sink. When these toxins stagnate in the body they cause the development of symptoms such as allergies, fatigue, and skin problems.

Some of the biggest toxic offenders that cause the bile to thicken are fried foods, white flour, white sugar, alcohol, cigarettes, chemicals, drugs, metals, pesticides, medications and allergens. Understanding how to choose foods, and to re-

establish healthy liver function is vital before significant or irreversible changes occur.

When is it time to detoxify your liver?

Once toxins enter your body everyone reacts the same way: the toxin is considered foreign and the body defends it self by a variety of methods. Individual responses vary depending on the availability of enzymes, nutritional status, types of toxins and where that person may be physically weakest. Some may feel a bit sluggish or tired, others may experience digestive issues like constipation, gas, bloating after eating sweets, and still others may develop flu-like symptoms. Everyone has a unique level of resilience but no one is immune to the effects of a toxic overload.

The smart next step

The stores are crowded with fast liver detox programs promising the allevia-

tion of symptoms and life-long health, but caution needs to be exercised with detoxification programs. There are certain keys that must be adhered to if we are to safely and effectively reestablish proper body function.

First, the program should be designed for your body. Each person needs to move at a certain pace and intensity to avoid an increase in symptoms and to ensure safety. Secondly, the body needs to be seen as a complete and interlocking system. Any work done with liver drainage needs to be coupled with support for the other systems involved like the kidney and bowel. Imagine draining the upstairs sink without making certain the water flow made it outside the home safely.

Finally, detoxification of a body should be supervised by a professional to ensure that both the sequence and the intensity are adjusted throughout the program. This is the smartest, safest, and most logical way to ensure the greatest results.

In my 10 years of clinical

work I have noticed the best health changes when programs are customized to an individual. Each body needs to heal from the cellular level and proceed up to whole body health. This is best approached through personalized nutrition and detoxification programs that work within a patient's lifestyle. Chronic symptoms are often linked to basic nutritional deficiencies. Identification and correction of these issues lead to the reestablishment of proper organ function and better overall health. To slow the effects of aging and have an abundance of energy to enjoy our lives we must start with liver function. Let's do it safely together.

Dr. Peter Meinhofer, D.C., is a clinician on the front-lines of the wellness revolution. He has experience working with people with a wide variety of health challenges and nothing makes him happier than knowing he has helped someone change their life for the better. 425-747-2878.

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IF YOU SLEEP...

it may be time to wake up to what you are sleeping on.

Sleep constitutes an entire third of your life and your bed plays a critical role in your achievement of a wakeful and dynamic state of being. We are all trying to wake up and be present in the moment, finding that anytime we reside in the dead past or the non-existent future, it hurts. When we allow ourselves to be in the present moment we are alive—fully alive! Though not always easy, this is the most loving and gracious action we can perform for ourselves, everything and everyone.

We ask that you please take the time to wake up to what you are sleeping on and consider how sleep is often the most overlooked element of optimum health.

So, what are you sleeping with? Unlike beds of forty years ago, mattresses are now manufactured with increasing amounts of petroleum-based foams, volatile chemicals and fire retardants. In fact, you can be made ill by repeated exposure to these chemical emissions during the sleep process.

What can you do? You've taken responsibility for your food, your exercise, your environment...Isn't it time to take responsibility for the one third of your life over which you have absolute and complete control? A commitment to your well being is a blessing. It is a conscious creation of an alter/bed which provides you with the necessary profound rest essential for a dynamic wakeful life and the ultimate attainment of a relaxed and forgiving state of being.

Please, please allow us to serve you. We have found that the more we know about something the more we can appreciate it. We offer links to other like-minded sleep conscious companies along with exceptional resources through our website. We strongly encourage you to do your own research. Finding the right bed for you is our motivation—and it might not be one of our beds. All we ask is that you consider us in your process.

Visit us at <http://www.soaringheart.com> or we'd love to hear from you (206) 282-1717.

Thank You and Sleep Well!

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A Call from Mother Earth

by Sharon Riegie Maynard

Thirty years ago I discovered my telepathic ability. I could move into a still place, ask any question and the answers flowed. Since then, many in unseen worlds have called to me to record their words.

One early spring day while sitting in a cabin on Orcas Island, I heard the voice of our Mother Earth. Here are her words as I wrote them.

I reach out to you, my daughters. I would gather you all in my arms to return you to the heart, soul and power of yourselves. I sing the songs of your beginnings. Hear me!

To awaken your desire to remember your beginnings you need only look into the eyes of your children, to feel your pain at the conditions in the world, or to lie down at night and acknowledge the emptiness in your soul. Deep inside, so deep inside that it may be but a flicker, you know that things are not as they ought to be.

In a deeply hidden cave, we, your sisters, wait. We stand in circle, eyes closed, heads bowed, waiting. Eons ago we stilled ourselves, silenced ourselves to be safe.

We hold the essence of female mission. Nevertheless, be assured, we are not dead, we are not despondent. We wait by choice for the moment to arrive for us to

awaken, with you, to our true selves. Close your eyes, quiet your mind, and sink deep within until you can touch, sense, and feel our circle.

Breathe and be still.

Notice our calm, the depth of our clarity, the absolute-ness of our love, and the vigilance in our quiet. We know we will prevail.

We hold the remembrance of our purpose and now we invite you to step out of your drama into mission with us. This place of knowing has been here for you forever.

My dear daughters, you have been raped and tortured. All manner of abuse has been done in the hope that women would forget who they are. You have assumed that you are weak, are servants needing permission, while the truth is that it was from strength that you chose to pretend to be weak. You chose to dim your light to protect your deep inner brilliance and the truth of sisterhood.

I am telling you, the play is over! The strength of your eternal intelligence, wholeness, and authority has been remembered, re-ignited from the highest dimensions of light. There are now impermeable boundaries providing safe environments for your mission and lives.

Golden dragons holding female truth are ready to roar as the lions, to run as the wolves and to weave

magic into the world. You are one with us!

Who is the space holder for this planet? Who is the architect, the designer for the space we call Earth?

Who is the one to decide what best serves the children? Who is the one to stop what harms? Who is the one to stand with me as guardian of all nature?

Look at your own body and you will find the answer. What body holds the womb? The womb, a space for new life, new creations, and new ideas for an evolving generation. Only a woman's.

You have forgotten that you were given direct responsibility for life: how it begins, when it begins, who participates in the beginning, how it is safeguarded and guided. With that responsibility comes the stewardship to decide how to nurture, to develop, and to transform. Look what your earth has become without women doing their job as primary directors, designers, and leaders.

It is your responsibility to stand up in the face of deception, of war, of greed, of abuse and say, "I am a female member of this global family and I command that these be ended!" You do not need permission. You are the mission. Women, you are to be at all leadership tables as major, respected members.

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