

# The Sands of Time

## NEWSLETTER

of the

## WholisticHealingResearch.com

and

## International Journal of Healing and Caring - On Line

September, 2004 Volume 4, No. 9

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Research in spiritual awareness and healing, extensive healing studies references, books, articles, links, lectures and workshops by site moderator, Daniel J Benor, MD.  
www.WholisticHealingResearch.com

*Search facility for entire WHR site* [www.WholisticHealingResearch.com#search](http://www.WholisticHealingResearch.com#search)

**\*\*\* NEW ON WHR SITE \*\*\***

**Thanatology (End of life issues)  
Grief/ Bereavement  
and the Afterlife**

Reading lists at <http://www.wholistichealingresearch.com/References/death.asp>

**INTERNATIONAL JOURNAL OF HEALING AND CARING  
(IJHC) - on line**

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Editor - Daniel J. Benor, M.D.

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**IJHC September 2004, Volume 4, No. 3 features:**

## Editor's Musings

### **DEATH HAS A BAD REPUTATION**

**Daniel Benor, MD, Journal Editor**

## Autumns of our lives

### **DEATH AS A MENTOR FOR LIFE:**

**A personal account of a journey to widowhood**

**Rondi Lightmark**

### *Healing in many forms can ease end of life transition*

The author describes changing attitudes toward dying in America and her personal experience with the loss of her husband from cancer in 1993. She nursed her husband at home until he died, with the guidance of Dr. Anna Lups, a physician trained in therapeutic care for the dying which is based on the philosophy of the Austrian mystic and scientist Rudolf Steiner (1861- 1925). Elements included in this particular protocol include use of homeopathy, massage, creating an atmosphere of peace and beauty, detoxifying the body with enemas, and minimizing the use of drugs in order to allow the people who are dying to be as conscious as possible in order to meet their death.

The author also describes the support of the community after the death and the involvement of

### **GRIEF, GRACE AND TRANSFORMATION:**

**A widow's journey**

**Martina Steiger, ThD**

## Research

### **A QUALITATIVE ANALYSIS OF THE LONG-TERM EFFECTS OF ENERGETIC HEALING ON SYMPTOMS OF PSYCHOLOGICAL DEPRESSION AND SELF-PERCEIVED STRESS**

**Adina Goldman Shore, PhD**

## Wholistic Approaches

### **WHY DO THE WORK OF THE BODY?**

**A perspective on healing from a body-centered approach in psychotherapy**

**Sherry L. Osadchey, MA, LMFT**

***The body offers access to the emotions, mind and spirit***

This article provides a framework for understanding how traumatic experience impacts the whole organism. Distorted thought process and projection, defensive verbal expression, tension pattern, disturbed subtle energy field, inhibited breathing, and characteristically-held body posture all exhibit the nature of the specific physical and emotional traumatic experiences of the individual. Accessing the information available within the clusters of symptoms and understanding how to facilitate the opening and release of the held memory enables a more effective modality for change in psychotherapy. This author also uses her personal experience in this therapeutic framework to speak to the spiritual transformations that naturally evolve when healing of trauma occurs.

**BORDERLINE PERSONALITY (Part 3): Recovering the soul  
David Gersten, MD**

**Variations on the theme of healing**

**USING THOUGHT FIELD THERAPY™ (TFT) TO SUPPORT AND  
COMPLEMENT A MEDICAL TREATMENT FOR CANCER: A case history  
Joanne Callahan, MBA**

**HEALING AND TRANSFORMATION  
Martin Brofman, PhD**

**Wholistic News Reviews**

**Traditional, Complementary, Alternative, and Psycho-Social Modalities of  
Treatment**

**Larry Lachman, PsyD**

**Poetry**

**Humor**

**Books**

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**\*\*\* STUDIES and PROGRESS NOTES\*\*\***

**\*\* SPIRITUAL AWARENESS AND HEALING \*\***

**Measurements of the projection of bioenergies from healers' hands**

**Abstract:** Three adult males with reported extraordinary Qi energy manipulation abilities projected Qi energy towards copper coils that were designed to measure subtle alterations in the immediate electromagnetic environment. The results indicate that power increased or decreased significantly in the test phase at several frequencies when compared to the control phases. The analysis also indicated that the change in power for these specific frequencies was directional. That is, these changes in power were mostly detected in one versus all three coils simultaneously. These results suggest that it is possible for human beings to alter the electromagnetic environment around their hands at will. Specifically, the power seen at certain frequencies of the electromagnetic spectrum can be lowered or raised with a Qi Master "emits" Qi energy versus simply holding his hand over a detection device during a control phase.

Waechter, Randall L/ Sergio, Lauren. Manipulation of the electromagnetic spectrum via fields projected from human hands: A Qi energy connection?, *Subtle Energies* 2002, 13(3), 233-250 (19 refs).

**\*\* FUTURE RESEARCH IN SPIRITUAL AWARENESS AND HEALING \*\***

The IJHC/WHR Newsletter will feature monthly suggestions for future research in healing.

**READERS ARE INVITED TO SUBMIT SUGGESTIONS FOR TOPICS TO STUDY**

If your topic is chosen, you will receive free access to the IJHC for a month, including the current issue and all back issues.

Suggestion for this month:

**HEALING INTO DEATH**

End of life issues have often been poorly covered in medical and nursing schools and are dealt with awkwardly by the medical and nursing professions.

Spiritual healing eases end of life transitions by:

Reducing physical and emotional pains

Reducing anxiety and stress reactions

Providing windows of awareness into spirit existence

Easing the process of grief and bereavement

Research on healing at the end of life could focus on these and related issues.

**See extensive lists and discussions of healing research design at**

**<http://www.wholistichealingresearch.com/Research/RschTop.asp>**

Daniel Benor, MD, is available for consultation on setting up studies for evaluations and treatments of health challenges.

### **EXCLUSIVE OFFER:**

Sign up for a 2-year subscription to *Science & Theology News*, the monthly newspaper reporting research, funding opportunities and dialogue on the relationship between science, theology and health, for \$18.95, and receive a free copy of the book [Spirituality in Patient Care](#), by editor Harold Koenig, MD, co-director of the Duke Center for Spirituality/Theology & Health.

Phone orders only, 1-866-233-0306 (mention code V42239 for book). [www.stnews.org](http://www.stnews.org)

### **\*\* WHOLISTIC APPROACHES \*\***

#### **Natural chemical in the stomach wall protects against *Helicobacter pylori*, which causes ulcers**

Over 50% of people carry this bacterium, most without any ill effects. However, it can cause stomach ulcers and cancer in others.

H.pylori - short for *Helicobacter pylori* - is mostly found in the stomach. It usually resides in the outer layer of mucous that lines and protects the stomach. It is rarely found in the deeper layer of this mucous.

This prompted researchers at the Burnham Institute in California to carry out tests to see if there were specific agents in the deeper layers that protected against H.pylori.

They looked specifically at a chemical called alpha 1,4-N-acetylglucosamine. This is found in the deeper layers of mucous but not in the outer layers.

The scientists found that H.pylori lost its shape, became immobile and eventually died when it came into contact with this chemical.

They said the effect was very similar to antibiotics, which attack and dissolve the bacterium's cell wall.

The researchers also carried out tests on the H.pylori bacterium. They found that a type of fat or type of cholesterol called cholesteryl-alpha-D-glucopyranoside plays a key role in helping it to grow.

The discovery could lead to new treatments to fight the infection.

Masatomo Kawakubo, et al. **Natural Antibiotic Function of a Human Gastric Mucin Against *Helicobacter pylori* Infection**, *Science* 13 August 2004; 305: 1003-1006

Summary from : <http://news.bbc.co.uk/1/hi/health/3557892.stm>

#### **IJHC/WHR Observations:**

While this article focuses exclusively on biological, physical mechanisms for protection against ulcers caused by H. Pylori, these discoveries offer wholistic avenues for approaching ulcers.

Imagery/ visualization is a powerful tool for healing. The body responds to suggestion and autosuggestion. Sometimes, being specific in the imagery can enhance the effects of healing visualizations. Visualizing stomach chemicals protecting against the H Pylori could enhance self-healing of ulcers.

In spiritual healing, imagery of enhanced self-healing can facilitate healing effects. This can take the visualization to a bioenergy and non-local/ collective consciousness level.

## **\*\* COMPLEMENTARY THERAPIES \*\***

**Chaparral, an ancient Native American treatment for cancer has been shown to have a beneficial effect despite scepticism from the medical establishment.** [Alt. popular names for Chaparral: Greasewood, Creosote Bush; Alt. scientific/medical name(s): Larrea divericata coville, Larrea tridentata (DC) coville]

Researchers at the Medical University of South Carolina have shown an extract may shrink some tumours.

Chaparral tea was widely used in the US as an alternative anti-cancer agent from the late 1950s to the 1970s. However, the American Cancer Society said there was no proof that it was an effective treatment for cancer - or any other disease, and the US Food and Drug Administration warned against its use after research showed it could damage the liver and the kidneys.

However, initial results from the latest study show that a refined extract taken from chaparral called M4N appears not only to be safe, but to have a positive effect. They injected it into the tumours of eight patients with advanced head and neck cancer that had not responded to other forms of treatment. Patients seemed to tolerate it well, and there was no evidence of the serious liver damage previously associated with chaparral use.

The study also produced some evidence that the extract had begun to shrink the tumours. Results of the study were presented at an International Conference on Head and Neck Cancer in Washington.

<http://news.bbc.co.uk/1/hi/health/3555566.stm>

### **How to Help Your Thyroid With Virgin Coconut Oil**

Thyroid disease can affect almost every aspect of health, including your ability to achieve and maintain a healthy weight. Don't miss this comprehensive article about thyroid health by an esteemed thyroid nutritionist and author, Cherie Calbom, M.S.

[http://www.mercola.com/2003/nov/8/thyroid\\_health.htm](http://www.mercola.com/2003/nov/8/thyroid_health.htm)

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<http://www.mdlinx.com/FamilyMDLinx>

[http://www.chiro.org/alt\\_med\\_abstracts/#David\\_M\\_Eisenberg](http://www.chiro.org/alt_med_abstracts/#David_M_Eisenberg)

<http://www.ucalgary.ca/~camig/litsearch.html>

AMSA website

<http://www.amsa.org/humed/camresources/camnews.cfm>

## **\*\* ENVIRONMENT (HEALING OUR PLANET) \*\***

### **Hungry world 'must eat less meat'**

**World water supplies will not be enough for our descendants to enjoy the sort of diet the West eats now, experts say.**

The World Water Week in Stockholm focuses on the growth in demand for meat and dairy products – which is unsustainable.

Animals need much more water than grain to produce the same amount of food, and ending malnutrition and feeding even more mouths will take still more water.

Scientists say the world will have to change its consumption patterns to have any realistic hope of feeding itself.

The World Water Week conference is held annually in the Swedish capital, and is organised by the Stockholm International Water Institute, Siwi. This year's runs from 15 to 21 August.

<http://news.bbc.co.uk/1/hi/sci/tech/3559542.stm>

## **\*\* TECHNOLOGY \*\***

Hydrogen from advanced solar cells

**The UK Hydrogen Solar company says it has managed to convert more than 8% of sunlight directly into hydrogen with fuel cell technology it has specially developed.**

For an energy source to be commercially viable, it must reach an efficiency of 10%, which is an industry standard.

Depending on how it is produced, hydrogen fuel is a clean, green source of power that can be easily stored.

The Tandem Cell technology developed by Hydrogen Solar uses two photocatalytic cells in series which are coated with a nano-crystalline - extremely thin - metal oxide film.

Having a nanoscale coating makes the surface area far greater and means that hydrogen can be produced efficiently without the need for polluting fossil fuels.

This electrical current is then used to separate the hydrogen from water which is stored for use.

<http://news.bbc.co.uk/1/hi/sci/tech/3536156.stm>

### **IJHC/WHR Observations**

One can only applaud efforts to produce a non-polluting fuel alternative to petrochemicals.

### **Bionic therapy for leg bones**

#### **An award-winning surgeon has helped pioneer the world's first bionic leg bone for children**

The device allows doctors to lengthen the leg remotely as the child grows taller, removing the need for surgery.

Up until about 18 months ago, this required several operations as the child grew, to turn a screw in the prosthesis, which in turn extended the implant. This meant further stays in hospital, risk of infection, pain and stiffness, increased cost and disruption to family life and schooling...

The "revolutionary" bionic prosthesis... enables the extension to take place at an out-patient appointment.

In addition, it is painless.

<http://news.bbc.co.uk/1/hi/health/3917573.stm>

### **\* \* HUMAN ECOLOGY \* \***

Jenny Thompson (HSI Alerts) cautions: "Trying to assess heart attack risk by looking at LDL cholesterol alone (without also taking into account triglycerides, homocysteine, c-reactive protein and a few other important heart health markers) is like representing the Grand Canyon with the photo of the river boulder. There's no way you can get the big picture. And yet, the medical mainstream while acknowledging other heart risk markers continues to insist that lowering cholesterol should be the paramount goal."

Thompson quotes Christie Ballantyne, M.D., a cardiologist with Baylor College of Medicine, who observes that most of her heart disease patients have a total cholesterol level of less than 240. And she added: "The majority of people who end up having heart attacks or stroke don't have high cholesterol."

"Implications of Recent Clinical Trials for the National Cholesterol Education Program Adult Treatment Panel III Guidelines" *Circulation*, Vol. 110, No. 2, 7/13/04,

[www.circ.ahajournals.org](http://www.circ.ahajournals.org)

Full HIS article and further references at

Health Sciences Institute e-Alert

[http://www.hsibaltimore.com/ea2003/ea\\_030610.shtml](http://www.hsibaltimore.com/ea2003/ea_030610.shtml)

Joseph Mercola discusses in detail The Dangers of Statin Drugs: What You Haven't Been Told About Cholesterol-Lowering Medication

[http://www.mercola.com/2004/jul/21/statin\\_drugs.htm](http://www.mercola.com/2004/jul/21/statin_drugs.htm)

### **IJHC/WHR Observations**

George Bernard Shaw, in *The Doctor's Dilemma*, parodied the medical profession's pursuit of fads. Shaw's doctors removed the "nuciform sac" to improve health. For a long time, people reported they got better with this treatment – with no one questioning where or what the nuciform sac was.

No wonder, with misinforming hype like we have around the use of cholesterol-lowering

drugs and other medications, that medicine is one of the leading causes of death. Medicine is too often a profit-making business first, and a health care modality second. Complementary-Alternative Therapies are safe and offer help that is compatible with conventional care. They can alleviate symptoms and sometimes offer cures for chronic diseases that conventional medicine treats poorly.

**\*\*\* EVENTS \*\*\***

**\* September**

**1- 5** Martin Brofman - Summer Healing Intensives in the Body Mirror System of Healing (classes in English, with simultaneous translation into French) - Swiss Alps in Champex [angel@healer.ch](mailto:angel@healer.ch)

**8, 7-9 PM** Ram Dass – Spirituality and Rehabilitation – Spaulding Rehabilitation Hospital Network & the Integrative Medicine Task Force Royal Sonesta Hotel, Cambridgeport, Boston 617-573-2920 [www.spauldingrehab.org](http://www.spauldingrehab.org)

**8-11** American Academy of Naturopathic Physicians - 19th Annual Convention & Exposition - Washington State Convention and Trade Center Seattle, Washington [www.naturopathic.org/convention](http://www.naturopathic.org/convention)

**9-12** EMDR International Association Conference - Hyatt Regency - Montréal, Québec <http://www.emdria.org/conferences/registration.htm>

**10-12** 2nd Annual National Conference for Health Freedom Advocates - National Health Freedom Coalition - Carondelet Center, St. Paul, MN [www.nationalhealthfreedom.org](http://www.nationalhealthfreedom.org)  
651-688-6515 [jerrjohn@aol.com](mailto:jerrjohn@aol.com)

**17-19** Gary Craig & Carol Look Emotional Freedom Technique (EFT) workshop - Stamford, CT Foundational EFT workshop; Using EFT for Money, Abundance & Success, Borrowing Benefits) [www.emofree.com](http://www.emofree.com)

**24-26** Gary Craig - Using EFT for Serious Diseases - Springfield, Missouri - numerous live one-on-one sessions with people having serious diseases (with Drs David Smith and Susan Smith, trained in China [www.emofree.com](http://www.emofree.com)

**31-Oct 3** International Positive Psychology Summit – Gallup Building, Washington, D.C. [http://www.gallup.hu/pps/2004\\_ipps.htm](http://www.gallup.hu/pps/2004_ipps.htm)

**\* October**

**1-3** National Resident Retreat - American Holistic Medical Association -Jemez Springs, New Mexico - Mara Merritt [tmerritt@salud.unm.edu](mailto:tmerritt@salud.unm.edu) or Jodi Sherman [jodisherman@yahoo.com](mailto:jodisherman@yahoo.com)

**1-3** II International Conference on Psychophysiology of Panic Attacks - University of Westminster, London, UK <http://anxiety-panic.com/conference> [info@psyedu.com](mailto:info@psyedu.com)

**7** Safe Harbor's 4th Annual Awards Benefit, featuring Dr. Doris Rapp, author of *Our Toxic World*; Dr. Melvyn Werbach, editor of *Nutritional Influences on Illness* and *Nutritional Influences on Mental Illness*; and Dr. Laura Schlessinger, America's top radio therapist, on taking responsibility for one's health and one's life. 7:30 PM, Thursday, Oct. 7 - Glendale Hilton, 100 W. Glenoaks Blvd., Glendale, CA - \$95 in advance; \$125 at door - (323) 257-7338 [www.AlternativeMentalHealth.com](http://www.AlternativeMentalHealth.com)

**8-10** World Conference Ethnotherapies - University of Munich, Germany - ETHNOMED Institut für Ethnomedizin e.V. - Tel. & Fax: +49-89-40 90 81 29 [ethnomedizin@web.de](mailto:ethnomedizin@web.de) <http://www.institut-ethnomed.de>

**10-12** *National Conference for Health Freedom Advocates* - National Health Freedom Coalition - Carondelet Center, St. Paul, MN <http://www.nationalhealthfreedom.org/>

**11-12** Cancer as a Turning Point – UC Davis Cancer Center – Free conference – Sacramento, CA [www.healingjourneys.org](http://www.healingjourneys.org) Fax 916-930-9042

**14** - Ecological Medicine – Ecological Medicine Pre-conference Intensive at Bioneers - the Collaborative on Health and the Environment and Health Care Without Harm - with leading authorities on Ecological Medicine. Embassy Suites Hotel, San Rafael, California [www.bioneers.org](http://www.bioneers.org) [frieda@cheforhealth.org](mailto:frieda@cheforhealth.org)

**14-17** The Global Women's Gathering indigenous women elders from around the world with women activists from western culture - healing and sustainability of our communities and the planet - Menla Mountain Retreat -Phoenicia, New York <http://www.globalwomensgathering.org/speakers.html> [lynn@globalwomensgathering.org](mailto:lynn@globalwomensgathering.org)

**5-17** - Bioneers: Visionary and Practical Solutions for Restoring the Earth and People - Bioneers 15th Annual Conference "We are the Environment. There is no distinction." David Suzuki - Marin Center, San Rafael, CA [www.bioneers.org](http://www.bioneers.org)

**15-17** Visionary Art: Eye of the Soul at The Great Rethinking: The Prophets – Sedona, AZ. [www.greatmystery.org/sedona04.html](http://www.greatmystery.org/sedona04.html)

**17-19** Healing into Dying – A Transformative Vision – Scientific & Medical Network - Therese Schroeder-Sheker, Professor of Pastoral Theology and Music and other speakers - Wadham College, Oxford, England <http://www.scimednet.org>

**21-28** Sandplay Therapists of America 2004 National Conference – Living the Tides of Uncertainty – Monterey, CA [www.cmehelp.com](http://www.cmehelp.com) (800) 314-1921

**23-28** The Art, Science, Practice of Holistic Medicine - American Board of Holistic

Medicine – followed by ABHM Certification Exam October 29 [www.holisticboard.org](http://www.holisticboard.org)  
808-572-4616

**\* November**

**5-6** Birth Trauma: Causes, Effects, Methods to Heal” - Phyllis Klaus, MFT, CSW -  
LUBER SEMINAR SERIES - Marilyn Luber, Ph.D. at 215-545-8296 or  
[LuberSeminars@aol.com](mailto:LuberSeminars@aol.com)

**10-14** International Quality of Life (ISQOL) Annual Conference - Philadelphia, Pa.  
Radisson Plaza-Warwick Hotel <http://www.cob.vt.edu/market/isqols>  
[phl2004@attglobal.net](mailto:phl2004@attglobal.net) [PhilF101@aol.com](mailto:PhilF101@aol.com) 610-828-4674

**11-13** Sixth Annual Energy Psychology Conference - Toronto, Canada - with pre and  
post conference workshops November 9-10 and November 14-16 416-977-5000 or 1-  
800-668-6600  
<http://www.meridianpsych.com/epc.htm>

**17-19** Society for Integrative Oncology 1st International Conference - Marriott Marquis,  
Times Square, New York <http://www.honsousa.com> [jennifer@honso.com](mailto:jennifer@honso.com)

**17-21** ACAM Conference: 'Emerging Concepts in Immunology' - San Diego, CA  
<http://www.acam.org/events.htm>

**28** Materials Research: The Next Frontier —The Interface with Living Systems - Friends  
of Health, Campaign for Better Health, Penn State Huck Life Science Institute - Boston,  
Massachusetts [www.Wholepersonhealing.com](http://www.Wholepersonhealing.com)

**\* December**

**3** Tuning into 21st Century Expectations of Healthcare - British Holistic Medical  
Association Annual Conference - Regent's College, London Tel: 01273 725951  
[bhma@bhma.org](mailto:bhma@bhma.org)

**6-12** National Institute for the Clinical Application of Behavioral Medicine – The  
Psychology of Health, Immunity and Disease – Hilton Head, SC [www.nicabm.com](http://www.nicabm.com)

**12-17** Paradoxical Effects in Biophysics and Medicine - Asilomar Conference Center,  
Pacific Grove, California - Monterey Institute for the Study of Alternative Healing Arts  
(MISAHA) [misaha@aol.com](mailto:misaha@aol.com)

2005

**\*February**

**27-May 22** STUDY PEACE AND CONFLICT RESOLUTION – European University  
Center for Peace Studies (EPU), Stadtschlaining, Austria - Spring term 2005: 27 Feb.-22

May (Apply by 15 Sept. 2004) Fall term 2005: 2 October - 21 December (Apply by 15 March 2005) [www.aspr.ac.at](http://www.aspr.ac.at) [epu@epu.ac.at](mailto:epu@epu.ac.at)

**\*March 26- April 22 HEART 2005** - 4th-year elective clerkship American Medical Student Association (AMSA) student-run, student-designed, entirely student-focused, fully-accredited - Ben Lomond Quaker Center near Santa Cruz, CA  
[www.quakercenter.org](http://www.quakercenter.org) Info, applications <http://www.amsa.org/humed/heart/index.cfm>

**\* May**

**11-14 Holism and Family Health** – American Holistic Medical Association - Annual Clinical and Scientific Conference – Sheraton Society Hill Philadelphia, PA  
<http://www.holisticmedicine.org> [info@holisticmedicine.org](mailto:info@holisticmedicine.org)

**\*October**

**2 - December 21 STUDY PEACE AND CONFLICT RESOLUTION** – European University Center for Peace Studies (EPU), Stadtschlaining, Austria - Spring term 2005: 27 Feb.-22 May (Apply by 15 Sept. 2004) Fall term 2005: 2 October - 21 December (Apply by 15 March 2005) [www.aspr.ac.at](http://www.aspr.ac.at) , [epu@epu.ac.at](mailto:epu@epu.ac.at)

**List your events - see Classified ad details below**

For a more complete listing of upcoming conferences, see:

<http://www.alternative-therapies.com/at/staticpages/static.jsp?pagename=ATEVENTS>  
<http://www.townsendletter.com/conferencecalendar.htm>

**\*\*\* BOOKS \*\*\***

**Kathleen Dowling Singh, PhD. *The Grace in Dying: A Message of Hope, Comfort, and Spiritual Transformation***, San Francisco/New York: HarperCollins Publishers 1998  
332 pp \$15.00 28 pp notes and references

Kathleen Dowling Singh presents excellent descriptions of many healings that are possible in the process of dying...

Singh specifies that this book is for people who have a space of time towards the end of their life – or are close to someone in this situation – and who can contemplate what lies ahead. It is not for people who are already in the process of transition. At this stage, one's business is simply to get on with what is happening, not to distance oneself from it through analyzing it...

(More in IJHC September 2004, Volume 4, No. 3)

**Tim Johnson, *Herbage***, 3<sup>rd</sup> Edition CD-ROM [www.holisticopia.com](http://www.holisticopia.com) \$100

... CD... contains 28,000 concise (quite brief) monographs about medicinal plants. It also lists historical attributes from around the world. The sheer number of herbs covered is astounding. From Aaron's Beard to Zizotes Milkweed, most of the herbs were exotic or uncommon.

Once you review the brief monograph on the herb, Herbage takes you deep into the Internet database using a web-browser to explore the 3 largest ethnobotany databases and 18 leading works on the subject. Needless to say the sheer volume of data looks staggering. Some of my search requests brought up over 8,000 responses. (More in IJHC September 2004, Volume 4, No. 3)

**AVAILABLE NOW AS PAPERBACK, CD-ROM, and eBook**

**Healing Research, Volume II -  
Consciousness, Bioenergy and Healing:  
Self-Healing and Energy Medicine for the 21st Century  
Daniel J. Benor, M.D.**

Foreword by C. Norman Shealy, MD, PhD

This book will dramatically broaden and deepen your understanding of health, illness and healing.

**Consciousness:** We have far greater potential for healing ourselves and each other than we generally appreciate. Dr. Benor, a wholistic psychiatrist, explains how mind-body and body-mind interactions can cause illness or promote health through wholistic interactions of body, emotions, mind, relationships (with other people and the environment) and spirit. An enormous body of research, clinical examples and a variety of theories explain healing through complementary/ alternative medicine (CAM), including meditation, visualization, acupuncture, osteopathy and many more modalities, with clear and concise explanations of each of these healing modalities.

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**Benor, Daniel J, Healing Research: Volume I, (Popular edition)  
Spiritual Healing: Scientific Validation of a Healing Revolution, Southfield, MI:  
Vision Publications, 2001.**

Healers describe their work, research in parapsychology as a context for understanding healing, brief summaries of randomized controlled studies, pilot studies.

**Benor, Daniel J, Healing Research: Volume I, (Professional Supplement)  
Spiritual Healing: Scientific Validation of a Healing Revolution, Southfield, MI:  
Vision Publications, 2001.**

Only the studies -- described in much greater detail, including statistical information.

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