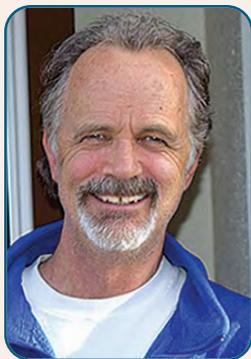


Editor's Corner

Our
New
Digital
Format

VOLUME 4 • NUMBER 3

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I'd like to say, "Happy Spring," but right now, it's minus 2 out! We wish that March and April were spring-like; and yet, in the mountains, they're more like our *fifth season*, typified by "cold, brown and waiting." Still, we know that seasons do change eventually.

In this issue, there are several articles about internal **spring cleaning and detoxing**—to get a jump on things. This time, Dr. Shapiro writes about how to take a **good nap**—always a great idea! The **Golden Milk** recipe will help you sleep, too. Maria Low talks about our favorite bitter fruit, the **lemon**, with benefits that go on and on.

For the guys, there's our new feature, *The Men's Corner*, which has a story about **toxic masculinity** and its cure: *healthy masculinity*—written by a female no less! Also, since traditionally men were more often the hunters, and women the gatherers, we have the meat (or "carnivore") diet. Nutritionist Mike Geary tells us about his good experiences with this over several years. I haven't tried a 90%-meat diet, but I'm tempted!

In the midst of so much troubling news in our world lately, I was most disheartened in the last few weeks about the chemical train disaster in Ohio. The more we learn, the worse it sounds. The burning of huge quantities of chlorine chemicals may have created **dioxins**, which are notoriously bad, harmful at tiny doses, long-lasting, and bioaccumulative. We might end up seeing widespread toxification of soils, waterways, and bodies for decades to come! One small bit of good news is that the brassicas (cauliflower, cabbage,

broccoli, and especially broccoli sprouts) can help remove dioxins from the body. See [this podcast](#) from Mike Adams' *Health Ranger Report*.

Thank goodness for alternative news—and natural-news magazines!

—ENJOY!



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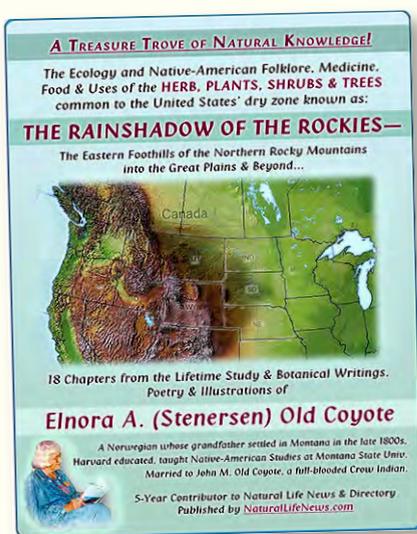
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"The Rainshadow of the Rockies"
Elnora A. (Stenersen) Old Coyote

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