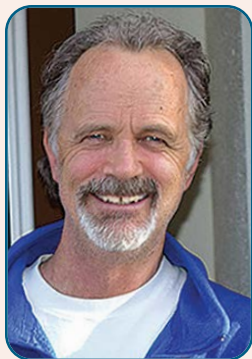


Editor's Corner

Now
in
Digital
Format



While participating in a Native-American sweat with my daughter and 18 others here in Livingston yesterday, I was gratified to see so many young people there. It gave me hope that the ancient ways, the natural ways of healing and of spirit, will not be lost to the upcoming generations. (See Catherine Nelson's article, "Savoring That Which Is Sacred.")

That's also a major goal of this magazine, in these days where there are forces at play that would attempt to remove traditional ways (both native and cultural) from the modern lexicon, replacing natural and herbal remedies with those high-profit, high-side-effects, chemical alternatives. (And yes, I use the word "alternative" here to do a switcheroo, since now, the old ways have been labeled "alternative medicine," when they should be called the "originals!"

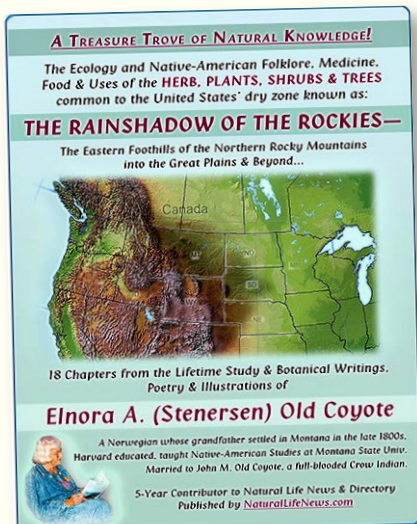
Honor and respect goes also to many of our writers who are moving up in years, and who offer to pass on their wisdom. May generational flow, even from our ancestors, continue as was always intended. (And, of course, *Natural Life News*, now digital, welcomes YOUNG writers and contributors too!)

As we wrap ourselves up for winter, all of us here wish you a happy and warm hearth. We hope you'll savor all the various and valuable offerings in this, our holiday issue.

—ENJOY!



Thanks to God and Nature for an awesome Autumn.
Thanks, Gerry, for your super photos!



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

When you check out our website, **NaturalLifeNews.com**, and become a subscriber, you'll receive an email link to view or print the PDF of this complete issue. You'll also get a **free PDF copy** of Elnora A. Old Coyote's 80-page, detailed writings on the **Native American uses of our local plants and herbs**. She was a valued contributor for several years. She features 18 of her favorite plants, trees and herbs from her in-depth studies. Each chapter includes her botanical descriptions, hand illustrations, and even her poetry. Print this out as a survival and prepping tool. Learn how to access **the bounty of our local plants for food and medicine**—just as the indigenous people did before us! ■

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