

Editor's Corner



Welcome to 2025! With so much happening and changing in our worlds, the coming year is looking like quite a doozie! Prognosticators from every part of the spectrum (even for the *Wood Snake Chinese New Year*, see page 7), are saying this will be a remarkable and challenging year. So, buckle up, be prepared (see *Emergency First Aid* tips on page 38), and have your *Spiritual Intelligence* in gear (see page 10). And thank you, faithful readers, for allowing us to assist you with good news and healthy tips as you navigate and stay balanced throughout the year ahead.

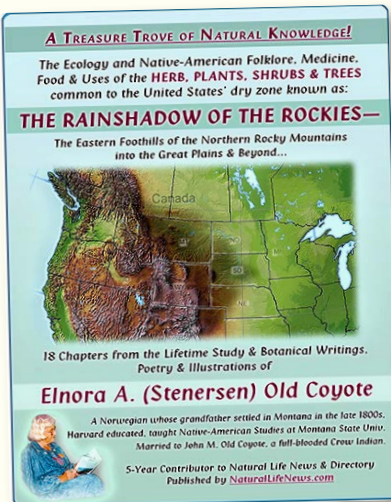


Are some *Recipes for Mushrooms* better than average? I say, you HAVE to try my wife's! With both some good background info and her chef-quality tips, you too can make them super-delicious (page 5). And while enjoying them, read some timeless wisdom about *Two Brothers* who grew up on opposite sides of a river, from Catherine Nelson, Ph.D.

Dr. Arnie Shapiro, MD starts up a new series on *Gratitude for Our Bodily Systems* with a scientific and cultural analysis of the Cardiovascular System. Crystal Maceira, our resident Master Herbalist hailing from Helena, fills us in on *Iodine*, especially for women's health, offering several tinctures she creates herself at PositiveLifeChange.info.

Especially for our *Subscribers* (not available to view except through their monthly email newsletter), are three extensively researched articles on: 1) *Emergency First Aid Preparedness*, 2) "*Does Building Muscle Help You Burn Fat,*" and 3) A cautionary analysis of *Antidepressants*, which in many cases, can cause reactions that are anything but "calming."

—BE SAFE, BE WELL & ENJOY THE COMING YEAR!



"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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