Editor's Corner

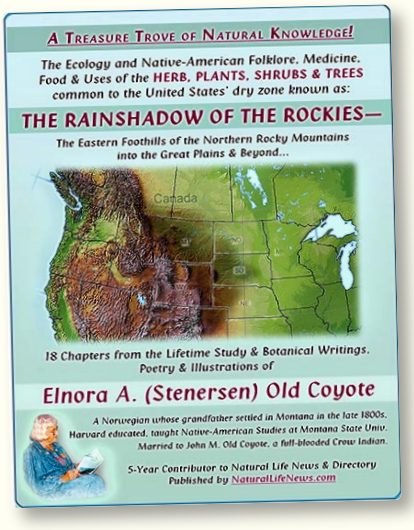
It's the last few months of an eventful year. Nature now closes its doors and hibernates. We cuddle up and go within as we move through the holidays with introspection. Not even dreaming of spring until maybe late April...

We hope this bountiful issue will give you some entertainment and insight—it's a FULL one! Raphael, our local, talented astrologer has quite a piece starting off with: "What is astrology, really?" His answer may surprise you...

There's an in-depth article on creatine—it's value reaches far beyond building muscle. Turns out it's great for your BRAIN, too! We love it when Catherine Nelson, Ph.D. contributes her stories, which provide those *aha* moments... My wife, Jill, gives us a closer look at cranberries, with a sugar-free recipe for our favorite holiday side dish. Where would the festivities be without the scent of pine? Maria Low takes on a centuries-old journey with the cypress tree and its essence. And do you know about the whiteish powder, Diatomaceous Earth? It has many valuable uses, both external and internal. Crystal Maceira, master herbalist, explains its uses in the first of three parts. Lisa Stavrakas, LMT guides us through holiday overload with some helpful tricks and tips from the Ayrvedic perspective...

Kim Shotola has an upcoming retreat for a few lucky women, involving horses and the Divine Feminine. And where would we be without our immune systems? (As a species, we may not even BE here!) Dr. Arnie Shapiro explores, with gratitude, this most important bodily system. Are you a snowbird, or do you hibernate for the winter? In either case, Raymond Ziemkowski has some great reading for you—Omraam! And Leila Zemke has some selfless-service opportunities waiting for you!

We pray that you, the holidays, the coming year, and OUR WORLD will experience both inner and outer peace! — ENJOY!



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

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