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- Where the Wild Heals
- Wholeness Beyond Pieces
- The Fractured Story of Human Origins
- Let's Talk About Women's Sexual Health

Savor the Beauty

The Spring / Women's Issue

*Spring is nature's way
of saying, "Let's party!" ~*
Robin Williams





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The Root Cause

You do your best to take care of your teeth. Despite all your efforts, certain things can cause tooth pain. Let's face it, the mouth is a harsh environment. It is bombarded by challenges such as acids, excessive forces, abrasive and hard foods, extreme temperatures, bacteria, fungi, and viruses. Throughout the course of someone's life it's likely one would experience a dental issue.

Teeth are super complex and sophisticated little organs. They are composed of the outer shell of *enamel* supported by the inner layer of *dentin* followed by the pulp. Enamel is the hardest substance in the whole body. Dentin has tiny little tubules which communicate with the inside of the tooth. That internal chamber houses the *pulp*. The pulp is composed of arteries, veins, and nerves. These nerves send signals to the brain with stimuli such as hot, cold, and sweets. Exposed dentin looks like it has tiny little holes similar to the pores of our skin. Those tiny holes are channels that communicate with the pulp. Exposed dentin can cause sensitivity to those stimuli. This usually is instantaneous, sharp, and goes away quickly. Oftentimes this subsides with time.

When someone has tooth pain we attempt to determine the cause of it. We ask a series of questions and do some basic testing. When did it start? What brings it on? Is it sensitive to hot, cold, sweets? Does it occur when eating? Is it spontaneous? Does it wake you up at



night? How long does it last? Is it sharp or dull? On a scale of 1 to 10 how would you rate it? Sometimes the cause of the pain is trauma. Maybe you bit on an olive pit or a fork by accident. Perhaps there was a blow to the face. Oftentimes it's because of decay or a cavity.

When someone is in pain it could be because of trauma to the pulp, the internal nerve of the tooth. If it's throbbing, if it's spontaneous, if it lasts a long time, this may be irreversible inflammation of the pulp which may require root canal treatment. Obviously we strive to avoid that, but sometimes it is necessary.

This can be a controversial topic as many of us who are health conscious have heard that a root canal treatment is similar to having a dead object in your body. Western medicine will advocate that when done properly it is a viable and successful treatment. Like anything in life, it is not black and white.

Our strategy should always be to avoid invasive treatment like root canal treatment. **What we need to understand and respect is the tremendous healing potential of our own body.** When diving deep into the pulp we have found that it is a microcosm of an immune system with stem cells that have incredible healing capacity. Recent studies show that there are more advanced, biological materials and techniques that can prevent traditional root canal therapy.

Let's take a large cavity for example. It is infected with bacteria and decayed tooth structure such as enamel and dentin. It may be close to but not into the pulp. Our approach is to carefully remove the infection to structure and avoid exposing the pulp. Sometimes this is unavoidable in which case we try to remove a small portion of the infected pulp but leaving the healthy pulp, which has all of those immune cells, that can actually repair the pulp and regenerate it. The procedure is called a *partial pulpotomy*. Although this treatment is not new — we been using it for Pediatric patients and baby teeth — it has not been accepted as the standard of care with permanent teeth.



We proceed to control the bleeding with pressure and a disinfecting solution and then place a *bioceramic* material which can promote secondary dentin formation and pulp regeneration.

Lastly, it is imperative to get a good seal by either a definitive filling or a crown depending on how compromised the tooth is. As always, we want to be as minimally invasive as possible. With this approach we preserve the vascularity of the pulp, the tooth's innate ability of self-repair, it's immune defense and sensory nerves. Recent studies show that the success rate of this treatment is over 80% which is comparable to traditional root canal therapy. If it was my tooth, I would opt for this treatment before committing to a traditional root canal treatment.

By now I know you all realize how passionate I am about health, nutrition, detoxification, supplementation, and how fascinated I am about the human body. I commend you being your own advocate and taking responsibility for your health. Keep excelling, keep living life to the fullest. Life is beautiful and so are you. Make every day better than the last one!

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TALKING OUR WALK

Welcome to the April / May Spring Issue, honoring the Divine Feminine, Women, Mothers, the Earth and Rebirth.

Personally, I am reminded of the abundance of feminine love and nurturance I have been blessed with all my life — from my Mom, Grandmother, and Aunt/ Godmother, the gift of a daughter, and every day with my wife, Andrea.

Our online editor, Domenick shares his spring perspective:

Spring arrives like it always does — flowers pushing through, birds returning, trees shaking off winter. Most years I move past it without a second thought. But sitting down to write this forced me to slow down, and once I did, something shifted. The ordinary became remarkable. Change. Growth. Life. I found myself sitting with a quiet, unexpected gratitude for a cycle I had taken for granted my entire life. Mother Nature has been good to us. It is only fair we are good back.

This spring hit differently. Maybe because this time, I have skin in the game. My daughter is about to give birth to her second set of twins. Thinking about that fills my mind with thought and my heart with feeling. She is doing something I never can — something ancient, something extraordinary. She is living proof of what the divine feminine truly means: not a concept, but a force.

That force — the one that grows life, that surrenders to it, that moves in cycles rather than straight lines — is everywhere in



spring. It is in the intuition of roots finding water. It is in the quiet knowing of a seed in darkness, not yet visible, already becoming. It is empathy and creativity and flow. It is the willingness to receive, to allow, to trust that what is needed will arrive in time. It is my daughter, carrying two lives inside her, calm and certain in a way I find myself in awe of.

Spring does not force itself into being. It arrives through cooperation — warmth and water and soil working in quiet agreement. That is the essence of the feminine principle: not weakness, but a different and deeper kind of power. The power of patience, of care, of building something sustainable rather than fast. Of choosing life, again and again.

This spring, I am paying attention. I am grateful for the flowers and the returning birds. But more than anything, I am in awe of the woman my daughter has become — and the lives she is about to bring into this world.

Peace All-ways,

Neil & Andrea



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Savor the Beauty of the Moment

by Ann Albers and The Angels,
Phoenix, AZ

Take a moment every now and then. In quiet moments of peace or satisfaction, pause. Allow yourself to absorb the beauty of a moment. Breathe on a quiet walk. Enjoy the sound of the water while doing your dishes. Right before bed, feel the covers, the pillow, and the softness that surrounds you. Take a moment to taste and appreciate a meal you usually rush through. Look into the eyes of a stranger and pause for a moment of pure, quiet connection.

And as you revel in the beauty of a moment, imagine that you are beaming this peace, this satisfaction, this feeling of connection out into the world. You are a calming and uplifting presence.

Rich with possibility, each moment offers so much. Life, like a great meal, a good date, or a moment of beautiful connection, is meant to be savored. If you were a gourmet chef, you would pay attention to the medley of flavors, layers, and spices in your food and enjoy a rich experience with every meal. If you were a wine taster, you would smell the wine, notice its feel, and enjoy the revelation of each layer of flavor on your tongue. If you were a musician, you would notice not only the words and melody, but also the beat, the changes, the background instrumentation, and the timing. To you, music would become a far richer experience than to the casual listener.

Dear ones, you can become connoisseurs of life. You can pay attention to the layers upon layers of goodness and love presenting themselves to you while in a physical body. You can feel the textures, inhale the subtle aromas, taste the flavors, and marvel at the interplay of light around you. You can listen to the hum of a fan, the faraway strains of a neighbor's radio... or even the gentle, reassuring presence of your own heartbeat.

With an awareness of the present

moment, you become kings and queens enjoying the abundance of the kingdom of heaven, *the kingdom of love on earth.*

And now, more than ever, it is so important to your well-being to slow down and place your focus on the good in the here and now. The more of you that tune into love, the less of you will dignify hatred. The more of you that tune into peace, the less of you empower chaos. The more of you who value the smallest moments of beauty, grace, and light, the less of you empower darkness.

It is time to rob the darkness in your world of the attention it so desperately wants. We are not speaking of one individual or another, but rather a vibration of disconnection, chaos, and separation that seems to possess human hearts.

Dear ones, lovers of life that you truly are, it is time to empower the vibrations of peace, love, kindness, beauty, and harmony simply by slowing down, noticing, and appreciating them when they appear along your path.

There are many hurting hearts in your world. There are those who seek to conquer nations in order to feel safe. There are those who seek to kill in



order to find some semblance of life. There are those who hate because they fear it hurts to love. So many hurting hearts, and yet so many who love, so many who care, so many who give of their own inner abundance every single day of their lives—you included.

Focus on the good, and in so doing, you empower the good. Eventually, your waves of love will lift the lost.

For now, while the dramas upon your earth play out, notice what is and has always been good—the sound of your coffee machine finishing its morning task, the prancing of your dog's feet on the tile, the laughter of a child, and a moment of pure, peaceful silence.

This simple presence is what it means to be the peace. Your peace is needed, valued, and helping to soothe so many in need.

We are sending you this vibration now, dear ones. As you read this, take a moment. Listen to the sounds around you. Enjoy the beautiful hum of life. Look around as if you are a child and marvel at the wonders you see. Hold your own hand and stroke it in a

moment of kindness toward yourself. Feel the wave of neurons firing and sensing the pleasure of touch. Then take a deep breath and allow us to pour our peace and our great love into your hearts.

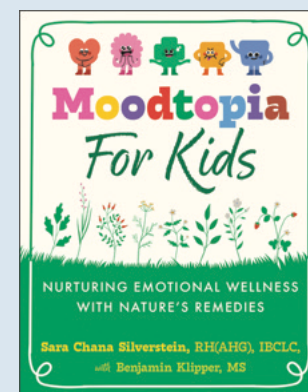
Now is good.

God Bless You! We love you so very much.

-- The Angels ✨

Ann Albers is a popular author, spiritual instructor, angel communicator, and modern mystic who has spoken at conferences, been featured on international radio shows, and who delights in helping people experience the power and beauty of their own soul. She guides people to manifest lives they love, and develop a blissful connection with spirit! Ann's free weekly "Messages from Ann & the Angels" reach an international audience with inspiration and tips to help you stay tuned in and turned on! www.visionsofheaven.com. Her book, **Love is the River, Learning to Live in the Flow of Divine Grace** is available at <https://www.amazon.com/Love-River-Learning-Divine-Grace/dp/1949780007/>

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Planetary Healing: Wholeness Beyond Pieces

by Alan Cohen, Hawaii

“Daddy, will you play with me?” was the last thing Bill wanted to hear from his five-year-old son. Bill had just come home from work feeling quite tired, and all he wanted to do was relax and read his magazine. Suddenly a scheme dawned on him. Bill cut a full-page photo of the Earth out of the magazine, tore it into a hundred little pieces, and handed them to his son. “Here is a jigsaw puzzle, Scottie,” dad explained. “Take it to your room and put it together. When you are done, Daddy will play with you.” Scottie enthusiastically ran off with the game, and Bill sat

back smug and proud that he had bought himself a peaceful chunk of time.

To Bill’s surprise, Scottie returned ten minutes later with the entire picture intact. “How did you do that?” asked Bill incredulously; “I couldn’t have done that puzzle in three times the time you took.”

“The Earth picture you gave me was too complicated—there were so many pieces, and they all looked alike,” Scottie answered innocently. “So I turned over one of the pieces, and on it I saw the picture of a man’s hand. I turned over another piece, and there was a foot. I turned over all the pieces, and it was easier to put one man together than the whole Earth. Then I discovered that when the man came together, so did the earth!”

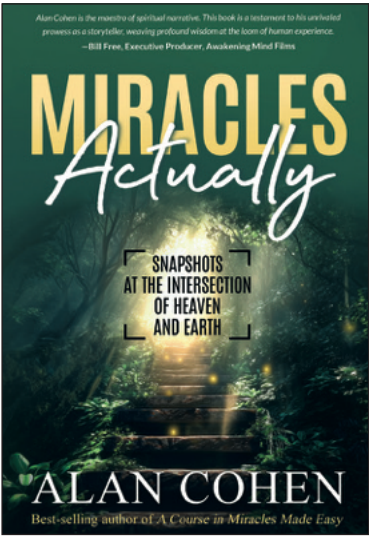
As we enter Spring, our thoughts turn to rebirth and the preciousness of life. Yet we may feel daunted as we consider the abuse that humanity has inflicted upon the planet, compounded by social and political inequities. If you are reading *Creations Magazine*, you likely yearn to make a

difference and somehow contribute to the healing of our world. But how?

The answer is quite simple, but requires consistent, dedicated inner work. Each of us must heal our own mind by dismantling fear, judgment, and misperception. James Allen said, “We think in secret, and it comes to pass. Environment is our looking glass.” While it may be tempting to seek to change other people and external conditions, the first step to planetary transformation is to find unassailable wholeness within oneself. When we see clearly and we are motivated by higher vision rather than fear, we will know exactly what to do to contribute to the well-being that eludes us around us, but awaits within us.

A Course in Miracles asks, “Can the world be saved if you not?” The Course is not referring to a religious conversion, but a return to the sanity that we have all drifted away from. The success of any endeavor depends on our motivation and attitude. Ram Dass used to say, “If you are protesting with anger, you are sending out a set of vibrations that are causing destruction.” Gandhi said, “In a gentle way you can shake the world.” When Mother Theresa was invited to speak at an anti-war rally, she declined, explaining, “Fighting war is just another form of war. If this was a pro-peace rally, I would gladly attend” I have also heard, “Fighting for peace is like screaming for silence.”

I have observed two different kinds of ecology: fear-based ecology and vision-based ecology. After watching countless ecology documentaries, I notice that many of them are fear-based. They focus almost entirely on the ecological horrors humanity has created, like birds and sea animals dying in oil spills, massive pollution over cities, devastation wrought by climate change, horrid factory farming, illness induced by chemical-infused foods, and more. The goal of these films is to shock viewers and frighten them into change. There is a certain value in this, to awaken people who are asleep. Yet fear is a very crude motivator. It’s perhaps a first step, but not the ultimate tool or goal. Frightening people into healing is simply perpetuating the fear and ignorance that led to the need for healing. Many such documentaries spend 85 minutes splashing gory scenes before viewers, and then five minutes on



“Here’s what you can do to help.”

Vision-based ecology, on the other hand, is aware that change is called for, and focuses on models of how good it could get if we move in a new direction. I love watching documentaries about people who are turning city slum lots into community gardens; replacing farmlands depleted of nutrients with nitrogen-fixing crops; and patients who heal from cancer by adopting an organic diet. One of my favorite organizations, flashforest (www.flashforest.ca) generates massive reforestation by dispatching drones that drop a billion tree seedlings into mountain areas that have been clear-cut or burnt down. **Vision-based organizations do not push against, but push for. We always get more of whatever we focus on. Focus on the problem, and get more of the problem. Focus on the solution, and the solution becomes real in our experience.**

Personal integrity is the foundation of world transformation. I may not be able to stop wars between nations, but I can cease fire in the war against my ex-partner. I may not be able to feed all the hungry children, but I can end my own soul starvation. I may not be able to personally resolve environmental pollution, but I can purify my mind of attack and victim thoughts. Clarity begins at home. Then I am in the optimal position to know how to help others, and follow up with effective action.

Any person of conscience yearns to create a better world. We all have access to deep inner guidance that shows us our role to achieve that. All genuine healing occurs from the inside out. The metaphysical master Pierre Teilhard de Chardin put this sacred dynamic most succinctly:

“Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love. And then, for a second time in the history of the world, man will have discovered fire.” ✨

Alan Cohen is the author of the new best-seller *Miracles Actually*. Join Alan for his online training for holistic healers, “Be Whole Now,” beginning May 5. For information on this program, Alan’s books, weekly online Miracle Room, webinars, YouTube channel, free daily inspirational quotes, and Holistic Life Coach Training, visit www.alancohen.com.



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Trauma Seen Through the Akashic Records

by Mary Madeiras,
Black Mountain, NC

The Akashic Records are a quantum Divine realm where the thoughts, actions, and experiences of every soul are recorded, since the beginning of time. The Records are overseen by light energies that support remembrance, clarity, and alignment with each soul's truth. We can think of them as a vibrational blueprint of every soul, lifetime after lifetime. The idea of the Akashic Records is referenced throughout history in Christianity, Buddhism, Judaism, Islam, ancient Egypt and Greece. Mystics, philosophers, and scholars such as Nostradamus, Madame Blavatsky, Rudolf Steiner, Nikola Tesla, and Edgar Cayce referred to an information-carrying field that exists everywhere.

I have been working in the Akashic Records since 2008 as an advanced practitioner and author. Trauma is the most common theme brought forward by those who seek clarity or wish to identify and dissolve inner blocks in their lives.

Reflecting on my own childhood trauma, I recently received a profound message from the Akashic Records that illuminated the nature and role of trauma. I was born into a working-class family that did not value education. My father was a raging alcoholic, and while my mother was strong, calm, and caring, she was also complacent. The abuse my brothers and I endured was not physical, but psychological. My drunken father would stagger into our small home and instantly poison and disrupt everything. If we were having a wonderful day, it flipped upside down from his hatred and anger, expressed through screaming, berating and throwing and often breaking things.

Once I began to work in my Akashic Records, I identified a subconscious pattern



I had developed as a child that emerged from those awful experiences. Because I was so often blindsided by my father when he showed up drunk and angry, I learned to anticipate those events. I would think about them before they happened as a way to prepare myself. On the rare occasion when he came home sober, I felt oddly disappointed. I learned from my Akashic Records that I was protecting myself from being blindsided by actually anticipating the abuse. Expecting the abuse made me feel safer and more in control, and when it didn't occur, I was disappointed. That coping mechanism later evolved into a pattern of chronic worry in my adult life, with me anticipating the worst that could happen. However, once I was shown this pattern in my Akashic Records, and once I understood how and why it came about, everything began to change. I felt a freedom that gently shifted everything for me.

The loving light energies of the Akashic Records have much to say about trauma. These are excerpts from the guidance I received around this topic:

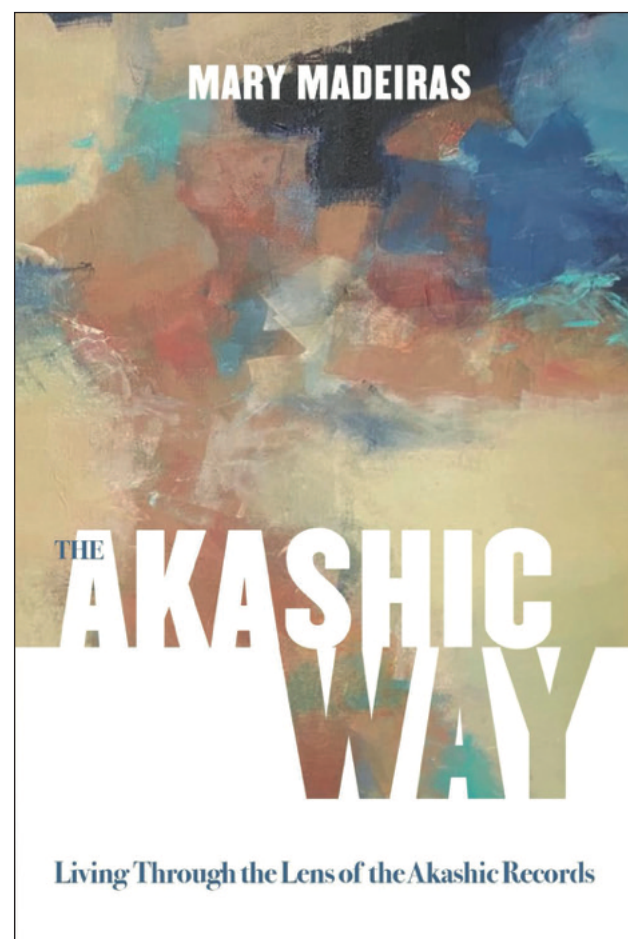
Humans often refer to events in their lives and the memories of said events as traumatic. If you could see this is a dangerous perception that keeps humans in victimhood. We are not diminishing the effects that some perceived trauma has had on humanity, but we would like to offer a different way of perceiving trauma. Events that hurt you or make you feel bad are always part of your soul's journey. This is hard for some to grasp because humans then wonder how they would have created negative events in their lives.

Let us look at a child who has been abused in some way. That child's soul did not choose to incarnate specifically to be abused. That is never a soul's choice. But the soul of that child may have chosen to experience life events that are part of that child's soul journey later in life. Or the choice to be in

an abusive family may also be a way for that child to become a beacon of love. Because, by choosing a household of non-love, the child will ricochet into her life on a massive love quest. And by sharing with others her childhood experiences, those others get to choose expansion through compassion and love. It is a remarkable choice when a soul enters a lifetime to experience extremes in energies. This is what (perceived) trauma is. It is an extreme energy of un-love. Now, because it is energy, it is neither good nor bad, until it is interpreted or perceived.

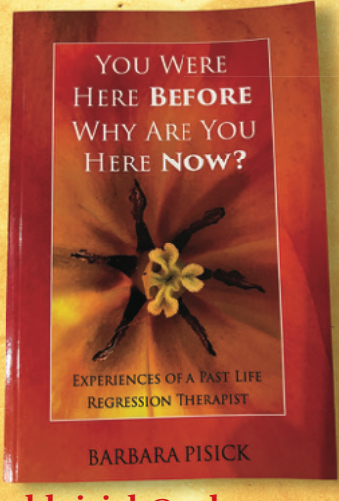
When you visit the Akashic Records around perceived trauma, we encourage you to look at those events from a non-perspective or non-opinionated space. This is, in no way, an attempt to justify the conditions of the trauma. Instead, we suggest that you identify the energy of the events. Further, if a child—now an adult—is remembering childhood events as trauma, their Akashic Records, as a direct mirror of their Divinity, can help transmute that trauma energy into power.

We wish to honor each soul on Earth who chooses to enter into difficult situations and experiences. When we exchange with someone about their trauma and reflect to them the immense light and love that they were before the trauma and still are, and when we impart to them that they have chosen this gift, the trauma itself transforms into powerful opportunities that enable that individual to live their soul's chosen path more powerfully.



Remember—everything has a purpose and nothing is ever random. ✨

Mary Madeiras is an advanced Akashic Records practitioner and Emmy Award-winning television director. Her work in the Akashic Records brings forward divine messages for both personal transformation and collective awakening. These transmissions form the heart of her book, **The Akashic Way – Living Through the Lens of the Akashic Records**, a sacred offering for humanity's evolution and healing. Mary's creative life—shaped by her Emmy-winning work in film, television, and screenwriting—is now a living collaboration with the wisdom of the Akashic Realm. www.theakashicway.com



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Healing Spaces: How Design Can Promote Harmonious Living and Emotional Well-Being

by Dr. Rachel Melvald

Our homes quietly shape us every day. They influence how we wake up, how we recover from stress, how we connect with others, and how safe and secure we feel.

Design is often discussed in terms of beauty or functionality, yet its deeper impact lies in how it affects our nervous systems. When a space is chaotic, overwhelming, or misaligned with our needs, it can intensify stress, burnout, and emotional exhaustion. When it is thoughtfully designed, it can enhance emotional regulation, resilience, and harmony. This understanding is at the heart of neurodesign.

Neurodesign is the art and science of living intentionally in our spaces and with one another. It bridges neuroscience, psychology, and interior design. Our environments directly influence sensory perception, mood, cognition, relationships, and overall neurological health. In many ways, the spaces we inhabit act as silent partners in our mental and emotional lives.

From Chaos to Safety

As I reflect on the role of home in emotional well-being, I recall the heartbreak experienced by friends in Los Angeles who lost their homes to devastating wildfires. Some of those homes had recently been remodeled after long negotiations and planning. Discovering that they were suddenly gone was both a huge material loss and profound psychological rupture for the people who inhabited them. Chaos takes on a new meaning when a home, our most basic secure base, disappears overnight.

When safety is compromised, whether by natural disasters or crime, the nervous system remains on constant alert. Homes located in wildfire zones, flood plains, earthquake-prone areas, or high-crime neighborhoods often carry an invisible psychological cost. Residents may live with chronic unease, hypervigilance, and a persistent sense of instability.

The emotional consequences are significant. Adults

may struggle with concentration, emotional regulation, and exhaustion. Children who lose their sense of home or grow up in unsafe environments often experience anxiety, sleep disturbances, and difficulty focusing in school.

When Home Becomes a Stressor

Even without disaster or danger, chaos can take root through poor design. Cluttered spaces, inefficient layouts, overwhelming sensory input, and lack of boundaries all contribute to household dysregulation. Research consistently shows that cluttered environments elevate levels of cortisol, the hormone associated with stress. Piles of paperwork, overflowing entryways, and scattered belongings signal unfinished tasks to the brain, keeping the nervous system activated.

Poor spatial planning compounds the issue. Kitchens without clear work zones make everyday tasks feel difficult. Bedrooms that prioritize storage over rest disrupt sleep. Living rooms with awkward layouts discourage meaningful interaction.

Sensory overload plays a major role too. Excessive noise, harsh lighting, competing visual elements, and inconsistent textures can overstimulate the nervous system, leading many people to feel drained in their own homes without understanding why.

Design also affects relationships. Homes without defined zones for work, rest, and connection may fuel conflict. Open layouts without quiet areas can create tension between people with different sensory needs. Couples may struggle with boundaries when workspaces bleed into living areas. Families may argue over cluttered shared spaces. Over time, these design shortcomings can deepen resentment and emotional distance.

The cumulative effect of household chaos is chronic stress, burnout, and emotional exhaustion. Decision fatigue, declining motivation, and poor sleep are some of the effects. During the COVID-19 pandemic, these dynamics became impossible to



ignore. Homes suddenly had to function as offices, classrooms, gyms, and sanctuaries all at once. Families with adaptable, intentional spaces fared better, while poorly designed homes amplified stress and conflict.

The Science of Restoring Harmony Through Neurodesign

Neurodesign is a human-centered approach that considers how layout, lighting, color, texture, and flow affect emotional and neurological health. A neurodesigned home supports achievement, rest, and connection.

Spaces designed for productivity emphasize ergonomic furniture, adjustable lighting, and calming color palettes. Natural light and biophilic elements, such as plants, enhance focus and cognitive performance. Activity zones in kitchens and shared areas encourage movement, collaboration, and creativity.

Equally important are spaces dedicated to rest and recovery. Bedrooms benefit from soft, neutral colors, noise-dampening materials, and lighting that supports circadian rhythms. Reading nooks and meditation corners offer sensory refuge through gentle textures, warm lighting, and comforting scents. These areas signal safety to the nervous system, allowing true restoration.

Connection is another essential pillar. Social isolation has been linked to serious health risks, as highlighted in the U.S. Surgeon General's 2023 advisory on loneliness. Thoughtfully designed living and dining areas encourage interaction through comfortable seating and intentional layouts. Shared focal points and interactive features strengthen bonds and foster a sense of belonging.

Creating a Harmonious Environment

Many people describe walking into a space with a "good vibe." Neurodesign suggests that this feeling is not accidental. Color psychology, sensory integration, and spatial flow all contribute to emotional resonance. Blues and greens tend to promote calm, while warmer tones can energize. Soft materials, balanced acoustics, and clear pathways reduce sensory overload. When a home flows effortlessly, stress decreases and comfort increases.

This holistic approach distinguishes neurodesign from purely aesthetic design. Every corner of the home becomes an opportunity to support well-being. Productivity, relaxation, and connection coexist rather than compete.

Home as Sanctuary

The pandemic reshaped our relationship with our homes, forcing us to evaluate how our environments support or constrain us. Furniture, lighting, color, and objects suddenly demanded meaning. We began asking deeper questions about identity, legacy, and emotional attachment.

As relationships change, homes must adapt. Couples navigating shared space, families caring for aging parents, and individuals balancing independence and connection all benefit from flexible, intentional design. Harmonious environments support emotional resilience and healthier relationships by honoring individual needs within shared spaces.

Research consistently confirms the health benefits of intentional design. Natural light improves mood and sleep quality. Thoughtful layouts reduce stress and cognitive overload. Colors influence emotional states. Natural materials and plants lower cortisol levels and enhance well-being. These principles transform homes into tools for health rather than sources of depletion.

Our homes are not passive backdrops to our lives. They actively shape how we feel, interact, and grow. When designed with intention and compassion, they become sanctuaries that support regulation, connection, and healing. Harmonious design allows everyone within a home to feel seen, supported, and capable of thriving.

Dr. Rachel Melvald is a Licensed Clinical Social Worker and the founder of Psychitecture Inc., where she developed NEURODESIGN, a science-backed approach that applies neuroscience, environmental psychology, and trauma-informed principles to homes, workplaces, and community spaces. With a background in psychotherapy and couples work, she helps people design environments that regulate the nervous system, reduce stress, and strengthen connection. She is the author of **NEURODESIGN: The Art and Science of Harmonious Living** (Waterside Productions) and a speaker on designing for mental health, post-pandemic living, and aging-in-place design that supports dignity and joy (not just safety checklists). Learn more at Psychitecture.com.



The Broccoli Family Benefits

by Nathaniel Altman,
Brooklyn, NY

Despite former President George H.W. Bush's famous quote: "I do not like broccoli. And I haven't liked it since I was a little kid," broccoli is currently the sixth most popular vegetable in the United States. The word *broccoli*, first coined in the 17th century, comes from the Italian plural of the word *broccolo*, meaning "the flowering crest of a cabbage." **Broccoli** (*Brassica oleracea* var. *Italica*) has its origins in primitive cultivated varieties first grown in the Roman Empire. It has been cultivated in Italy since ancient Roman times. The variety the most

Americans are familiar with is green Calabrese broccoli, named after the Italian region of Calabria. There are also purple and white varieties of broccoli, which sometimes appear on supermarket shelves.

Like cauliflower, cabbage, Brussels sprouts and kale, cultivated broccoli descended from a type of wild cabbage (*Brassica oleracea*) through many years of selective breeding. The vegetable was first introduced into England about 1720. Unlike cauliflower, which was first grown in the United States in the 17th century, broccoli was first introduced to the United States by Italian immigrants during the 19th century and was grown primarily in family gardens. Commercial broccoli cultivation began in California in 1924. However, it did not become an economically successful crop in the United States until after World War II, when new and better hybrid varieties were developed by agronomists in both the United States and Japan.

Broccoli is one of the most versatile of vegetables, and can be served as a cooked

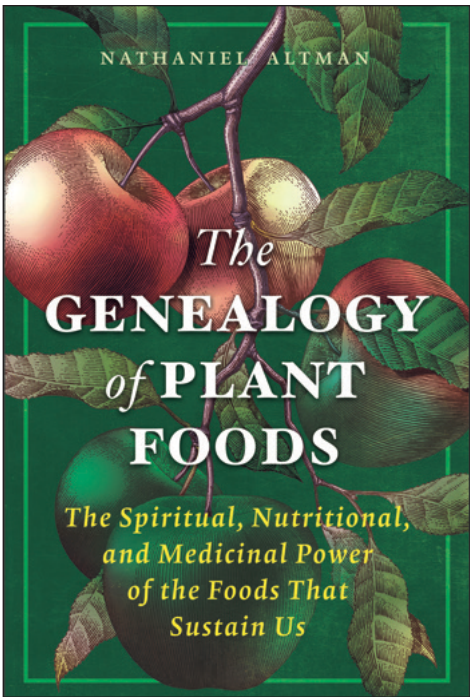
(preferably steamed, broiled, or baked) side dish or in salads, casseroles, stews, stir-fried dishes, sauces and soups. All of the plant can be eaten, although most Americans discard the stalk and leaves. Discerning chefs grind or blend the stalk to use later as a nutritious and tasty soup base.

Broccoli rabe (also known as *rapini*) is a relative of broccoli. It has ancient origins that trace back to the Himalayan foothills, and has long been considered a type of weed or *feral plant* that is derived fully or partially from domesticated crops. As opposed to large florets, rapini (*Brassica rapa*) has many spiked leaves that surround clusters of green buds that resemble small heads of broccoli. Its taste has been described as bitter and pungent, and many find it quite delicious, especially when braised with olive oil and garlic. Rapini was given the name *broccoli rabe* by the D'Arrigo Brothers, a California-based grower and distributor of fresh produce. It is generally found in Italian produce markets and commands a higher price than most other green vegetables.

Broccoli is a highly nutritious vegetable, and provides calcium, iron, phosphorus, potassium, zinc, B vitamins and vitamins E and K. Like cauliflower, kale, Brussels sprouts and cabbage, broccoli is a *cruciferous* vegetable that naturally produces bitter, sulfur-containing chemical compounds that the plant makes to protect itself from insect predators. These phytochemicals have been found to help regulate blood sugar, slow osteoarthritis and have been linked to reducing the risk of developing cancer.

A recent article in *The Pharma Innovation Journal* detailed the many beneficial phytochemicals found in broccoli and how they contribute to good health. This included a long list of biological activities, including antioxidant, anticancer, anti-obesity, antimicrobial, anti-diabetic, cardio-protective and hepato [liver]- protective:

The medicinal potential of broccoli has been discussed in relation to its use in the treatment of cancer, diabetes, and other major diseases. Brassinin, isothiocyanates, indole-3-carbinol and other phytochemicals similar to those found in broccoli have been shown to be very useful in the treatment of cancer. Glucosinolates, glucoraphin, and sulforaphane are a few more compounds



that cause broccoli to produce more antioxidants activity.

The article also highlighted laboratory findings that explored the medicinal value of broccoli sprouts due to the phytochemical sulforaphane, which has the potential to treat neurological conditions like Parkinson's and Alzheimer's disease.

A multitude of studies has shown that ingestion of cruciferous vegetables (plants belonging to the *Cruciferae* family) may lower overall cancer risk, especially for breast, colorectal, bladder, lung, and prostate cancer. This is especially true with vegetables in the *Brassica* genus, including broccoli (*Brassica oleracea*), Brussels sprouts, cabbage, cauliflower, and bok choy. ✨

Nathaniel Altman is the author of *The Honey Prescription*, *Healing Springs*, and *The New Oxygen Prescription*, as well as many books on diet, alternative healing, metaphysics, and relationships. He has appeared on more than 150 podcasts, radio, and television programs, and his articles have appeared in major venues. <https://www.nathanielaltman.com/> His latest book is **The Genealogy of Plant Foods: The Spiritual, Nutritional, and Medicinal Power of the Foods That Sustain Us**.



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Where the Wild Heals: The Nervous System's Natural Sanctuary

by Carrie Asby, Oregon

It's no secret that the modern world is noisy. Between constant notifications, endless to-do lists, and the pace of information overload, many of us spend our days in a low-grade state of tension—our nervous systems perpetually braced for the next demand. We try to keep up, to do more, to push through. Yet the harder we push, the more disconnected we become—from our bodies, our breath, and the quiet wisdom of the natural world that's always waiting to bring us back.

Nature has always calmed me; it's where I've felt most safe. I've turned to it for guidance for as long as I can remember—but I wasn't fully aware of *how much* it helped me until I was living amid the fast-paced intensity of New York City. Whenever I felt overwhelmed, I would retreat to Central Park and listen to the birds. (It's a major migration stop for thousands of species, so it didn't take long once I took the time to notice.) The birds, the wind in the trees, the sunlight on my face—all of it helped me stay balanced while living among the chaos. Those moments became my refuge, a way to find stillness in the storm and remember what peace feels like.

The Nervous System's Natural Reset

In ecotherapy, we talk about *co-regulation*—the way living beings attune to one another. Spend time with a calm person, and you'll often start to feel calm yourself. Nature does the same thing. Its rhythm is steady and unhurried. Trees don't rush to grow; rivers don't strain to flow. When we step into that field of presence, our bodies remember what it feels like to be balanced.



Physiologically, time outdoors lowers cortisol, steadies heart rate, and increases serotonin and dopamine—chemicals that support mood and focus. But beyond the biology, something deeper happens. We begin to shift from *doing* to *being*. We reconnect to the part of ourselves that isn't chasing or striving—the part that simply is, like the sky that holds both storms and sunlight without judgment.

How Intentional Time Outdoors Restores Clarity and Calm

The key word is *intentional*. **Walking through nature while scrolling our phones, listening to music, or replaying worries in our minds doesn't create regulation—it just relocates our stress.** The real medicine comes when we step outside *to listen, to notice, to feel*.

Here are a few simple ecotherapy practices that help restore balance:

1. Grounding with the Senses

Pause on your walk. Notice what you can see, hear, smell, and feel. The texture of bark beneath your fingers, the sound of birdsong, the scent of damp earth—these sensory anchors pull you into the present moment where peace resides.

2. Conscious Breath Outdoors

Try five deep breaths while facing the horizon. With each inhale, imagine drawing in life energy from the landscape around you. With each exhale, release tension back into the earth. The earth is a master in processing the unwanted into something good.

3. Sit Spot Practice

Choose one place outdoors to return to regularly—a tree, a patch of grass, a rock by the water. Observe how it changes through the seasons. As the land shifts, so will you. Over time, this simple ritual strengthens both awareness and belonging.

4. Walking Meditation

Walk slowly, matching your breath to your steps. Let your body find its natural rhythm again. This mindful movement can gently reset your internal pace and calm mental chatter.

Each of these practices activate the parasympathetic nervous system—the “rest and restore” state that allows healing, digestion, and creativity to flourish. When practiced consistently, they become pathways back to clarity.

Returning to What's Real

In our culture, productivity often overshadows presence. But when we allow ourselves to pause outdoors, we begin to see how much life continues beyond our control—and how little we need to do to belong to it. The tree doesn't ask to be taller before offering shade. The ocean doesn't check its worth before reflecting the sun. Nature teaches radical acceptance simply by existing.

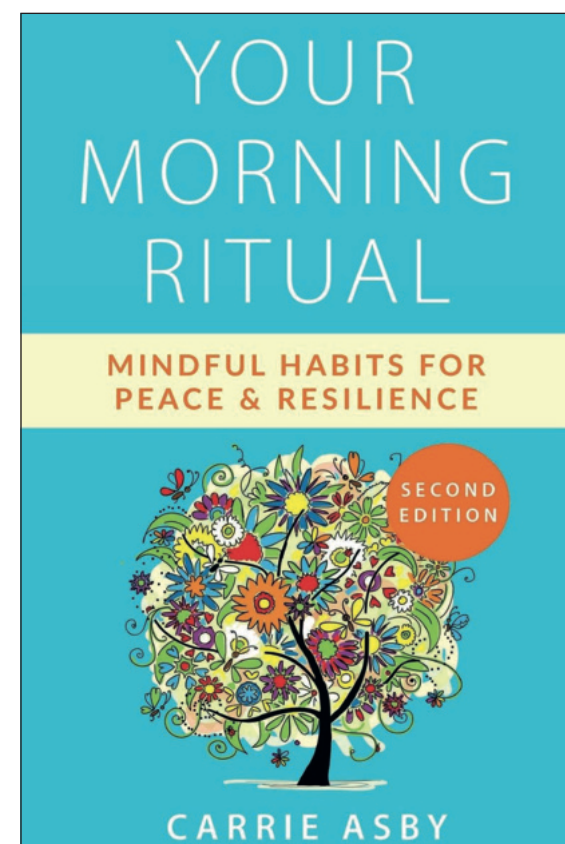
Over the years, I've come to see that time outdoors isn't a luxury—it's a lifeline. When I feel scattered, I take my shoes off and stand on the earth. When I feel overwhelmed, I watch the way light dances on water and remember that everything, even chaos, can move with grace. Nature doesn't fix my problems, but it helps me remember who I am beneath them. From that place of grounded awareness, clarity always follows.

A Call to Reconnect

In a world that constantly pulls us outward, returning to the natural world is an act of coming home. You don't need a mountain trail or a week-long retreat. Nature is all around you—in the air that moves through your lungs, in the sunlight that warms your face, in the quiet life unfolding just beyond your door. Take a breath. Listen. Let yourself be seen by the world around you.

When we make space for that connection, we don't just regulate our nervous systems—we restore our wholeness. We remember that we are nature, too: resilient, adaptive, and capable of renewal. And perhaps that's the greatest gift of all—not escaping the chaos, but learning to find calm within it, guided by the wisdom of the earth that's always been beneath our feet. ✧

Carrie Asby is a Wellness Coach, Author, and Retreat Founder who helps people reconnect with their calm through mindful rituals, nature connection, and self-love. A former fashion designer turned mindfulness guide, Carrie teaches how to create daily practices that nurture clarity, resilience, and purpose. She is the author of **Your Morning Ritual: Mindful Habits for Peace & Resilience** and founder of Nature Heart Retreats. Learn more at www.carrieasby.com.



Women's Sexual Health ... Let's Talk

by Dr. Janette Gray

As we honor women's sexual health week, May 10-16, we have to celebrate recent wins like the approval for the first FDA drug that treats menopausal women for hypoactive sexual desire disorder (HSDD). It's been more than 25 years since Viagra hit the streets and there are over 30 FDA-approved testosterone medications for men and none for women. Women's sexual health has been gravely ignored and often dismissed or misdiagnosed. Perimenopausal and menopausal women are commonly told their symptoms are a part of aging and that eventually, they will get used to them. It's not uncommon for a woman to be misdiagnosed with depression rather than hormone deficiency.

The topic of sex is often accompanied by shame or guilt. Society is afraid to talk about sex, so women usually don't feel comfortable bringing up the topic with either their partner or health care provider. Additionally, we hardly have sex education in this country and most people don't know the proper names for the female genitalia. How can a woman talk about

symptoms of menopause or lack of sexual desire and arousal if she doesn't understand and can't even name her own body parts?

Yearly, millions of women going through the hormonal transition called perimenopause and menopause experience profound changes to their sexual health, from painful intercourse to loss of desire and arousal. In fact, up to 80% of women over 65 years of age have sexual health concerns. Sexual health issues can range from physiological changes seen with the genitourinary syndrome of menopause (GSM) to psychological symptoms. GSM can include pain with intercourse due to thinning of the vaginal tissues, recurrent urinary tract infections and urinary incontinence. These signs and symptoms can greatly interfere with desire and enjoyment from sex but are often not brought up by either the doctor or the patient. Treatment with vaginal estrogen is the best form of care and is very effective. It is estimated that the use of vaginal estrogen can decrease the incidence of recurrent UTI by 60% resulting in lives saved from sepsis and billions of health care dollars saved per year.

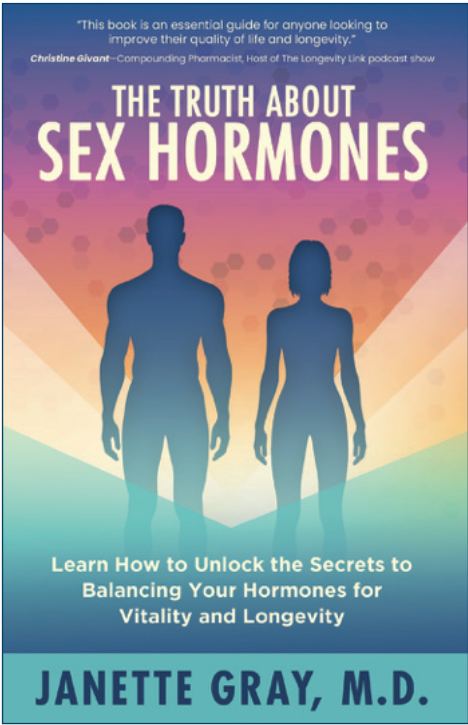
The psychological contributors to loss of desire are very common and complex but can be rooted in physical symptoms that act as a deterrent to desire or psychological reasons in the brain. First, the physiological changes that occur in the female vulva, such as thinning of vaginal tissues, decreased blood flow, decreased vaginal lubrication and loss of sensitivity of the clitoris, all contribute to loss of sexual desire and arousal. A decline of estrogen and testosterone in particular results in a decrease of serotonin and dopamine function in the areas of the brain, like the amygdala and hippocampus, where sexual arousal is believed to arise. Other symptoms of perimenopause and menopause include hot flashes, night

sweats, moodiness and insomnia. Adequate quality sleep, being critical to mental health, energy and sexual wellbeing, is often affected by hormonal imbalance.

As is evident, many different symptoms can interfere with a woman's sexual health. It is totally understandable why a woman who may be suffering from insomnia, feels irritable and is afraid of experiencing pain with intercourse would not be interested in sex with her partner.

The good news is that hormone imbalance and deficiency seen in perimenopause and menopause are easily treated with hormone replacement therapy (HRT) in most women. Estrogen, progesterone and testosterone are the three main sex hormones used to alleviate most of the signs and symptoms. Estrogen binds to over 300 receptor sites throughout the body, including the brain, bones, muscles and the female genitalia. Estrogen is commonly used to help with hot flashes and night sweats, preserve bone density, decrease the incidence of heart disease and Alzheimer's and plump up the genital urinary system. Progesterone is a stabilizing hormone that balances estrogen, helps with sleep and reduces anxiety and stress. Testosterone is thought to be a male-only hormone; however, it plays a very significant role in women's sexual health. As previously mentioned, it binds receptor sites in the brain to increase sexual desire in many areas of the body. It stimulates bones and lean body mass, which is critical to avoid osteoporosis and sarcopenia (muscle loss associated with aging). Testosterone also helps increase blood flow and sensitivity to the genitalia, which helps with arousal and orgasms.

Sexual health is a complex mix of bio-psycho-social factors that all play a role in a healthy and satisfying sex life. Longevity,



which is living a longer, healthier life, is associated with many factors, including happiness, which stems from meaningful and close social interactions. In fact, studies show that people who live in isolation or lack significant socialization have a shorter life expectancy. Intimacy, which often involves a sexual connection, but not necessarily, plays an important role in our sense of well-being. The deep connection felt with a partner is often due to the closeness that occurs during sex. Therefore, women's sexual health can play an important role in the overall happiness and quality of life. ✨

Dr. Janette Gray is an internal medicine physician, hormone expert, author of **The Truth about Sex Hormones**, and medical director and founder of **Perfect Balance Health**, where she helps adults of all genders achieve optimal wellness through personalized Hormone Replacement Therapy (HRT) and comprehensive weight management programs.

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Divinity

by Timothy Sullivan, East Northport, NY

Emit your vibe – attract your tribe
... more than just a dream
We are us as they are us
There is nothing in between

Jagged Remains

by Janice Kuhl, Glen Cove, NY

the jagged remains
of an icy Winter
softened
by the gentle rains
of Spring

Pretty Pink Bow

by Carisa Mannix, East Northport, NY

A pretty pink bow reminds me that everything is different now.

The reliable and constant rhythm of life had turned to what stage is it? And how bad is it?

Prayers of protection and gratitude for each day helped to soften the blow

“you got this” says that random person on Facebook
Do I? I wonder.

A disease with its own slogans- “find a cure”, “pink sisters”,
“save the ta tas!”

The new normal feels unfamiliar and terrifying

Feeling out of my body and disassociated

Fear and faith are doing a peculiar dance

Sometimes by the minute, sometimes by the hour
Mortality rushes in to remind me that where I’m going is WAY
better than the here and now

Pressing into my God and feeling his Love

Infinite, constant, and boundless

One year later and a pretty pink bow reminds me that
everything is different now

Euphoric moment
Caressing silky petals
Peace dwells within me

Watercolor by
Jan Guarino
JanGuarinoFineArt.com



Tiny Ant

by Fred Byrnes
Huntington Station, NY

Teeny tiny ant
Crawling on my arm
Wish we were friends

I am a woman of steel
With real metal on my spine,
And it suits me fine
Like shining armor for a female knight
Whose plight was a crooked back
Ready to attack her heart,
So I played my part in a battle to stay alive,
Striving to be brave,
Saved by my dedication and determination
To survive the struggles that life has shared.
I was repaired by surgery with a spinal fusion
That rendered me stronger.
No longer contorted,
I have been supported by a metal rod,
An odd, but effective long steel tower.
My power will not cease to grow.
Wherever I go, I will conquer pain,
And remain to tell the story
Of the glory of my conquest.
I have passed the test of courage.
Not discouraged, I am strong.
It took a long time to heal,
And although I feel bionic,
I am not robotic.
I am real.
I am a woman of steel.

Questions for St. Augustine

by Pramod Lad (Uma Lad), Durham, NC

Is not the prayer requesting aid,
That part of me imbued in need,
Empty of your presence which fills heaven and earth,
But leaves my private nook neglected. And if you are
All present as in this pitcher of milk filled to the brim,
Ready to flow, are you not the thirst
That longs and waits.

Some advice for those ambivalent or outright intolerant to poetry: Arrive to a poem the same way you do meeting new people. Sometimes it's exciting, other times tiresome or intimidating ... We should engage with people, and poems, of all walks, embracing the challenge of divergent perspectives. Not all of them will be firm friends or favourites, but each teaches us something we didn't know before. ~ Vanessa Kisuul



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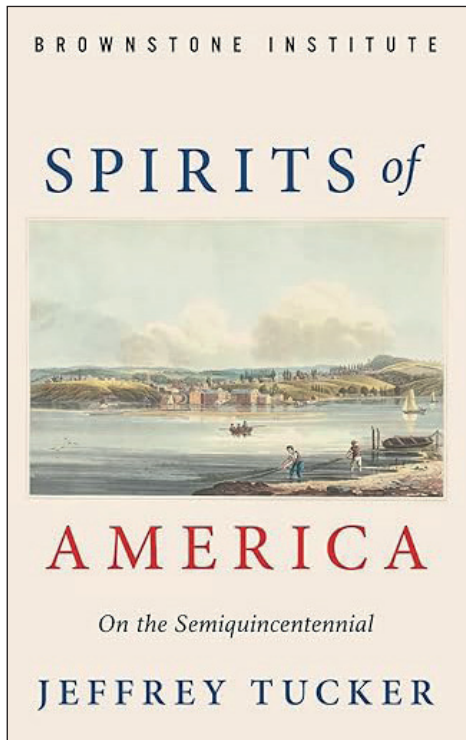
BOOKS

SPIRITS OF AMERICA:

On the Semiquincentennial

by Jeffrey Tucker

brownstone.org



Spirits of America: On the Semiquincentennial by Jeffrey Tucker, is written in honor of America's 250th anniversary of the founding of America on July 4th 1776. Jeffrey Tucker's inspiration for writing the book comes from reading American literary legend Eric Sloane's 1973 book, *The Spirit of '76* about the history of the U.S. commissioned to commemorate the "Bicentennial of 1776." Sloane examined the qualities and values of society at the founding of America with those prevalent in 1973, and Tucker further contrasts the values in today's "modern world." Tucker does not criticize our current cultural values and ideals but prompts us to reflect on how they have evolved and how they serve us. Jeffrey Tucker follows Sloane's format of fourteen short Chapters reflecting on topics such as Respect, Thankfulness, Independence, and Awareness. Tucker examines the implications for society in our current changing values and ideals, including the effects of technology, and encourages a restoration of the American spirit and ideals such as free speech, transparency of government, and rights of the people. Tucker writes, "The pathway to restoring a healthy and prosperous America is a deeper understanding

of the Founding centered on the rights and powers of the people ... The nation's birthday is not the government's birthday. It marks instead a revolution against government." I found the Chapter "Time" most profound, including an examination of how "technology has ushered in the worship of progress and convenience at the expense of quality, rationality, and durability." Some may respond, "Times have changed, we can't go back to the 1770's or 1970's!" *But time has not changed, it is our interaction with time that has changed – mostly brought about by the technological "information age."*

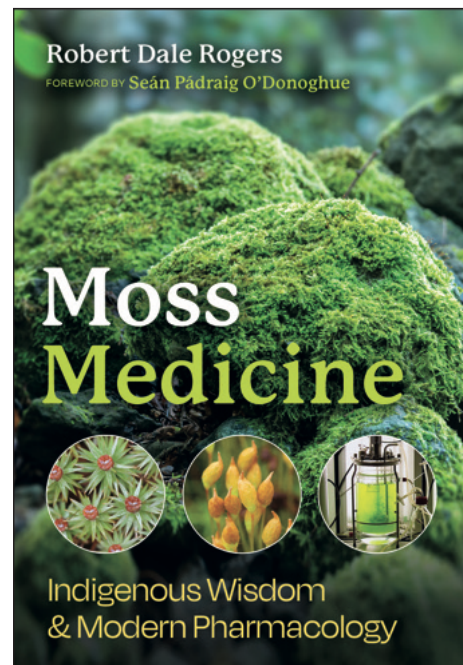
Tucker states, "The true American spirit is not speed, not haste, not a quick win. Instead, the sense of time in our history is relentlessness, patience, deliberate, determined, steady, disciplined. This is the foundation of the American sense of time that we have clearly lost ... If we can somehow come to love the gift of time and use it with diligence and discipline, we can gradually reformulate how we think about the purpose of life." Reading this short book will help you understand the core qualities that helped form the *Declaration of Independence* and establish a free country. Tucker writes, "Let's treat it as an inspiration to improve and repair our lives and our country as a model for the world that it has always been." If you're concerned about the values demonstrated in our country today, this book is a short but provocative discourse about encouraging a restoration of the qualities of simplicity, hard work and freedom that helped form our country. — *Reviewed by Jerry Brown*

MOSS MEDICINE

Indigenous Wisdom & Modern Pharmacology

by Robert Dale Rogers
HealingArtsPress.com

In this comprehensive book, master herbalist Robert Dale Rogers reveals the unique healing benefits of *bryophytes*—the family of plants that includes mosses, liverworts, and hornworts. These plants are some of the oldest on our planet, and recently they have been recognized by science for their antiviral, antimicrobial, and anti-cancer properties. Bryophytes have no vascular tissue and no roots. Found on all continents in a wide range of climates, they survive—and thrive—by extracting moisture and nutrients directly from the air. Using



full-color photographic examples, Rogers presents more than 600 species of bryophytes through the lenses of ethnobotany, folklore, chemistry, and pharmacology, and he shares their healing applications in homeopathy and aromatherapy. Rogers explains how Indigenous people all over the world have used bryophytes for millennia for food preservation, clothing, insulation, and medicine, and compares the three types of bryophytes with scientific research on the medicinal effects of their chemical compounds, applying them in herbal preparations, homeopathic remedies, and essential oils for common ailments.

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- Freshens Breath Naturally: Peppermint, spearmint and cardamom oils helps to cleanse your gums and freshen breath for up to 12 hours.



- Supports Happy Gums: Clove, oregano and tea tree oils help support happy gums with their natural cleansing properties.
- Supports Oral Health: Vitamins D3, E and K2 are oil soluble vitamins to support a balanced wellness routine.
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outdoorbengal.com



Zeppelin Cat Carrier is a revolutionary soft-sided travel solution that combines functionality, safety, and comfort for cats on the move; designed by Albert Colominas, cat trainer and the founder of OutdoorBengal. A unique component is its **head hole**, called PeekPoint™, a defining feature that sets it apart from conventional cat carriers. This inclusion allows cats to extend their head through the top of the bag, reducing stress by increasing visibility and airflow. Unlike traditional carriers, the Zeppelin encourages visual connection with the environment and the owner, which can help alleviate fear and disorientation in travel situations.

The carrier is built to support up to 25lbs and includes mesh ventilation, internal safety tethers, and a water-resistant bed, that makes cleaning easier in case of a litterbox accident. Engineered for compatibility with the largest U.S. and Canadian airlines, the Zeppelin fits the requirements for an airline-approved cat carrier, with a hard base and flexible upper shell that conforms to under-seat storage dimensions. Features such as a trolley sleeve, padded shoulder straps, and easy-access side and top openings for vet or security inspections, simplify airport travel. This design emphasizes the importance of integrating the needs of cats with the practical realities of airline compliance. Whether traveling by car, plane, or on foot, the Zeppelin is built to support seamless **traveling with cats**. The overall shape and weight distribution reduce motion sickness, while the breathable structure and the reversible bed prevent overheating during long or hot journeys.

The Fractured Story of Human Origins

by Valir, Channeled
by Dave Akira

*This is the third installment
of a continuing series.*

Another truth ready to burst forth is the real story of humanity's origin and ancient past. The narrative long taught in your schools – of humans as isolated, primitive beings, slowly evolving with no outside influence – is woefully incomplete. In the next phase of disclosure, evidence will emerge that humanity's development was aided (and at times accelerated) by influences from the stars.

Already, hints of this are percolating into mainstream discussions. Archaeologists are uncovering anomalies that defy the conventional timeline: out-of-place technological artifacts in prehistoric strata, structures that challenge known engineering capabilities of antiquity, and genetic findings that raise eyebrows about sudden leaps in human evolution. You will likely witness announcements of newly found remains or human-like species that don't fit the old evolutionary tree. Perhaps even remnants of giant humanoids or mysterious hybrid beings – pieces of a puzzle that orthodox science had no framework to explain.

These discoveries will not “destroy” humanity's sense of self, but rather complete it. Yes, dear ones, you come from the stars. Many of the “myths” of old – tales of gods descending from the sky, of Atlantis and Lemuria, of angelic beings guiding early humans – contain kernels of literal truth. Such truths were suppressed or dismissed because they would have empowered you to know your true heritage. But nothing stays hidden forever. The vaults of secret knowledge are cracking open: consider the classified explorations under the Giza plateau, or the hidden libraries in certain institutions, holding records of civilizations far older than officially acknowledged. Whistleblowers from within these organizations are increasingly stepping forward, unable to keep the secrets as the

frequency rises. All of this will help to heal the collective amnesia.

When humanity finally sees tangible proof that you are not the first advanced civilization on Earth – that there were others before and that you have kin in the cosmos – it will spark both outrage and wonder. Some will feel betrayed that this was kept hidden; others will feel a deep homecoming in their souls, an expansion of identity. We encourage you to focus on the latter. The significance of learning about your stellar origins and ancient high cultures is not to cast blame on those who hid it, but to rejoice in the reconnection it offers. To know that you came from the stars is to remember that you never truly left them – that your human adventure has always been part of a galactic story. This expansive self-understanding is a spiritual awakening, not just a historical revelation. **The “missing link” in your history was never a fossil – it was consciousness.** And as that consciousness returns, the story of who you are will write itself anew, with far more beauty and majesty than the old tales allowed.

In the past, powerful institutions acted as gatekeepers of these truths. For example, your Smithsonian Institution and other national museums quietly sequestered artifacts that didn't fit the accepted story – giant bones, out-of-place relics, evidence of visitors from beyond. This

was part of the old paradigm's control-through-narrative. Now, however, the very organizations that once concealed truth are finding themselves compelled to reveal it. As consciousness rises, individuals within these bodies feel a growing inner conflict with secrecy. Many are experiencing awakenings of their own, and their conscience urges them to let the truth out. We call this the “Smithsonian Effect”: when an entity built to hide information ends up releasing it because the frequency of transparency becomes irresistible.

You will see surprising announcements: museums unearthing specimens long hidden in vaults or shipped off to distant archives, national libraries publishing long-suppressed manuscripts, academics finally acknowledging discoveries they once dismissed. Some revelations will be voluntary, others forced by leaks or public pressure. Underlying it all is a simple fact: the new light on Earth makes lies and concealment untenable. In the past, numerous discoveries of giant skeletons and anomalous artifacts would quietly “disappear” into museum

basements, fueling rumors of deliberate suppression. While officials long denied such claims, the sheer number of consistent reports – and the conspicuous absence of those artifacts in public view – made it clear something was amiss. Now those ghosts of truth are rising, demanding acknowledgment. *Rather than rage at what was hidden, celebrate that it is finally coming to light.*

The energies that demanded secrecy are rapidly dissolving, replaced by an ethos that knowledge must be shared for the benefit of all. As humanity moves forward, its institutions will transform to mirror the new consciousness of openness and unity. The very halls that once guarded secrets will become halls of enlightenment, reflecting the principle that truth is a shared birthright. ✧

Founded by **David Nicholas**, GFL Station is dedicated to bringing forth teachings from our galactic and angelic helpers as accurately as possible, building a sense of community through the messages we share. Visit: www.gflstation.com

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Another Leap Forward in Dental Healing: Your Future Health Starts With Your Mouth

In life longevity medicine, leaders in the field speak about preparing your body and mind so that by age seventy-five you do not suddenly decline into poor health. The same principle applies to oral health, yet dentistry is too often treated as optional maintenance instead of essential preventive care. Many people delay treatment because nothing hurts, assuming that absence of pain means absence of disease.

In reality, dental conditions progress silently beneath the surface until they reach a tipping point where treatment becomes more complex, more invasive, and far more costly both biologically and financially. Just as cardiovascular or metabolic disease develops years before symptoms appear, oral disease follows a similar path. The mouth is not separate from the body. It influences inflammation, immunity, nutrition, and even cognitive wellness. The goal is not to fix problems at seventy-five. The goal is to arrive there with strong, stable teeth that support lifelong health. Preventive dentistry protects your future before decline begins.

Delaying dental care is one of the most common and costly mistakes patients make. Many postpone treatment because they believe insurance will eventually cover everything, when most plans are actually limited benefit policies rather than comprehensive coverage. A small cavity that could be treated easily may progress into nerve involvement requiring a root canal, post, and crown. What began as a simple visit becomes a complex reconstruction. Another statement dentists frequently hear is, "I do not want to spend money on my mouth because I do not know how long I am going to live." In truth, protecting oral health helps people live longer and better, while neglecting it does the opposite.

Dr. Jeffrey Etes, founder of Integrative Dental Specialists, approaches dentistry with a philosophy centered on precision diagnosis, prevention, and long term biological success rather than short-term patchwork. His practice focuses on identifying problems early, when treatment is simplest and most conservative. This proactive philosophy is what distinguishes exceptional dentistry from routine care.

Preserving natural teeth should always be the primary goal because nothing artificial can fully replicate what nature created. Even the most advanced implants, while excellent when replacement is truly necessary, remain substitutes with limitations and maintenance needs. Natural teeth contain a living ligament, shock absorption, and sensory feedback that implants cannot reproduce. When small problems are treated early, teeth can often be preserved for decades. When ignored, those same problems can progress until a tooth is no longer salvageable, forcing replacement decisions that could have been avoided.

Under Dr. Etes's leadership, treatment planning emphasizes preservation first and replacement only when necessary. Advanced biomimetic restorative techniques allow teeth to be repaired in ways that restore strength and appearance while conserving natural structure. When teeth are more compromised, modern ceramic restorations can provide durability and beauty while maintaining as much healthy tooth as possible. When infection or severe damage is present, biocompatible root canal therapy offers a safe and predictable way to retain natural teeth for many years.

When replacement is truly required, dental implants provide a stable solution that preserves bone and restores chewing ability far more effectively than traditional removable options. Modern dentistry now offers remarkable tools that allow patients to maintain comfort, confidence, and function for decades when care is performed with precision and foresight.

Dentistry does not last forever, but the difference between reactive treatment and proactive care can mean decades of additional health and function. Addressing small concerns early is biologically simpler, structurally more conservative, and financially more sensible than rebuilding damage later. The highest standard of care is not simply replacing teeth when they fail. It is preserving them so they last as long as possible. For patients seeking the most predictable, scientifically grounded approach to oral health, Integrative Dental Specialists of Long Island and Manhattan provides comprehensive care designed to protect, restore, and maintain natural dentition for the long term.

Jeffrey Etes, DMD, NMD, IBDM, is an IVY LEAGUE trained Certified Endodontic Specialist/Implant Specialty Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic & Integrative Medicine & certified in biomimetic cosmetic dentistry to provide a broad array of biological dentistry covering all facets of restorative, cosmetic, prosthetic, surgical, endodontic, pediatric, periodontal, and implant dentistry for almost 29 years.

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