

A Diet That Supports Spontaneous Healing

by John McDougall, MD

As a medical doctor, I have had a chance to witness the power of spontaneous (self-generated, arising from a natural inclination) healing thousands of times; but nothing has been more impressive than the recovery that follows massive trauma.

During my early training years, working at Queen's Medical Center in Hawaii, a young man mangled in a motorcycle accident arrived through the emergency room doors one evening. His splintered femur bone stuck through the flesh of his left thigh, a 12-inch long gash across his left forearm was streaming bright red blood, and the skin on his left cheek and forehead had been scraped off during his slide across the pavement only minutes before his arrival. X-rays showed his skull was fractured and many ribs were broken.

I thought, "How could he ever survive?" Medical intervention was crucial—his bones were straightened and his wounds cleaned and sewn. However, without his body's innate abilities to repair this massive damage, all would have been lost.

Moments after his motorcycle accident his body had begun the healing processes. Platelets and blood clotting proteins activated, coagulating his blood and plugging millions of leaking vessels. During the following hours inflammatory cells (commonly called white blood cells) migrated into his open wounds, defending them against infection. Fluids collected within his torn flesh and around the broken bones. The swelling of his thigh, arm, and face would last for weeks. Pain kept him still, preventing movements that could cause further injuries.

Soon restoration of the damaged tissues began with the laying down of new structural materials by cells known as fibroblasts in the soft tissues and osteoblasts in the broken bones. Over months replicator cells produced new muscle, skin, bone, and scars, and remodeled his wounds to cause his body to look and function as close to normal as possible.

Within a week he was walking on crutches. Ten days post-accident the stitches were removed from his thigh and arm. The swelling and redness surrounding his

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Vitamin D Benefits Amaze Reserchers

by Jim Toth

Vitamin D is much more important to our good health than most people realize. Many research studies have been conducted in the past few years that reveal startling facts about the crucial role vitamin D plays in maintaining our health.

Raising awareness about the remarkable power of this vitamin is vital because recent studies have found that most Americans are severely deficient in vitamin D. According to Dr. Joel Fuhrman, a leading nutrition expert, this deficiency results in a significant increase in cancer, heart disease, autoimmune diseases, osteoporosis, and sarcopenia (weak muscles in older persons). He comments, "Vitamin D is an important hormone with thousands of important functions in the human body - not just those related to bones - including helping to maintain normal blood pressure and helping to suppress tumors".

Vitamin D has also been found to be highly effective in treating depression. In fact, it was determined to be more effective than antidepressant medications in a 2008 double blind trial.

A study published in the *Archives of Internal Medicine* found that when they divided people into four groups according to the level of vitamin D in their blood, the group with the lowest vitamin D levels had a 26 percent greater risk of dying from all causes combined, compared to those in the group with the highest levels.

**About half of all Americans have
a vitamin D level that is
dangerously low**

Optimal levels of Vitamin D

Although vitamin D can be very beneficial, large doses from supplements can be toxic and damage your health. Most experts currently consider the optimal range is between 35 and 50 ng/ml of vitamin D(25-OH) as measured by a common blood test. It is esti-

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NOWC's Membership Page

NOWC is a non-profit, holistic, wellness and environmental education organization founded in Cleveland in 1989.

Our Purpose:

"To Awaken an Attitude of Awe and Love for All Creation"

NOWC offers individuals an opportunity to participate in working toward that vision through our four programs:

- **The Nature Experience**
- **The Tree Giveaway**
- **Health Awareness**
- **Adv. in Personal Growth**

For more information about membership or the work of NOWC write us at:

NOWC

19357 Rashell Dr.
Walton Hills, OH 44146

visit our website at:

<http://nowc.homestead.com>

E-mail us at:

nowc.jim@roadrunner.com

Phone: 440-232-0442

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The NOWC newsletter is a quarterly publication. Editor-in-Chief is Jim Toth. Associate Editor is Tahiti.

What Keeps NOWC Going?... You do!

The Tree Giveaway program One half million trees given away

The Health Awareness program monthly dinners & talks

The Nature Experience program outings for each season

Adventures in Personal Growth for greater inner peace

NOWC's Quarterly Newsletter connecting us all together

NOWC Special Programs inspiration, renewal for mind & spirit

Everyone of these activities depends on the financial support you provide through your membership and donations

NOWC Welcomes Our New Members!

Ronald Benach Canton

Judy Frankel Lakewood

In the diverse yet increasingly interdependent world, it is imperative that we, the people of Earth, declare our responsibility to one another, to the greater community of life, and to the future generations. We are one human family and one Earth community with a common destiny. The choice is ours: to care for the Earth and one another, or participate in the destruction of ourselves and the diversity of life.

- from The Earth Charter



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Is Fish Really Brain Food?

by John McDougall, MD

A revealing study, *Dietary Intake of Fish and Omega-3 Fatty Acids in Relation to Long-term Dementia Risk* by Elizabeth Devore was recently published in the *American Journal of Clinical Nutrition*. This study of over 5,000 people, 55 years of age or older, for 10 years, found people who never ate fish had a similar risk of developing dementia, including Alzheimer's disease, as those people who had a high fish intake (on average, 7 ounces per week).

In the same issue of this journal, researchers reported on the findings of the *Canadian Study of Health and Aging*. Blood samples of a population of 642 people were analyzed for substances found in fish: total omega-3 fatty acids, docosahexaenoic acid (DHA), eicosapentaenoic acid (EPA), and mercury. The results were then compared with the incidence of dementia and Alzheimer's disease. No relationship (harmful or beneficial) between omega-3 fatty acids and dementia or Alzheimer's disease was found.

People who never ate fish had a similar risk of developing dementia, including Alzheimer's, as those who had a high fish intake.

A disturbing report was released in June: *Bovine Spongiform Encephalopathy and Aquaculture* by Robert Friedland in the *Journal of Alzheimer's Disease*. Scraps from slaughterhouses are used as food in the fish farming industries, and the authors of this report are concerned that consumption of farmed fish may provide a means of transmission of infectious prions from cows with bovine spongiform encephalopathy to humans, causing variant Creutzfeldt Jakob disease—commonly known as “mad cow disease.”

These scientists urged government regulators to ban feeding cow meat or bone meal to fish until the safety of this common practice can be confirmed. The publication of this important news comes before a new FDA rule that would block the feeding of rendered cows to certain animals, but not fish.

Dr. McDougall's Comments: Fish is not health food. The truth is fish is an animal muscle made up primarily of proteins and fats, with no carbohydrates or dietary fibers—fish muscles are nutritionally just like the muscles of cows and chickens. They are all loaded with cholesterol and chemical contaminants, and deficient in vitamin C.

Eating the fish does not prevent heart attacks, it is the not eating beef, chicken, and cheese that saves lives.

Fish-fat easily accumulates in the human buttocks, thighs, and abdomen, leading to obesity and type-2 diabetes. Excess fish protein (as well as any other animal protein) will cause bone loss (osteoporosis), and the pharmacological activity of the fats (omega-3) will suppress the immune system (increasing the risk of cancer and infection) and cause bleeding.

Fostering the myth that fish is a miracle food is a slogan many of us grew up with, “better living through chemistry.” In the case of fish, the miracle chemical is omega-3 fatty acids, which have been advertised to prevent and treat diseases ranging from Alzheimer's disease to strokes.

The most thorough review ever conducted (48 randomized controlled studies of nearly 37,000 subjects) of fish and omega 3 fats on health was published in the April 2009 issue of the *British Medical Journal*. The authors reported, “Long chain and shorter chain omega 3 fats do not have a clear effect on total mortality, combined cardiovascular events, or cancer.”

Other research explains the origin of the erroneous belief that fish is health food: people who choose fish are the same people who choose an overall healthier diet, consciously avoiding coronary-artery-damaging saturated fats. Eating the fish does not prevent heart attacks, it is the **not** eating beef, chicken, and cheese that saves lives.

The erroneous belief that these magnificent swimming animals will improve the health of people is at the root of the decimation of our oceans. People are eating more food from the sea every year and the result is industrial fishing has depleted the world's fish stocks by 90% since the 1950s.

I love the ocean and am saddened by this loss. Fortunately, I am not demented (from lack of fish consumption) and neither are you. We can stop this runaway destruction of planet Earth and return health to all its species - but we must act quickly. One major step is to reintroduce the natural human diet based on unrefined foods from the plant kingdom.

Our thanks to Dr. McDougall for this article. For more information on effective preventive nutrition, visit Dr. McDougall's website, www.drMcdougall.com.

nowc's Adventures in Personal Growth Program

"Inner Peace and Outer Harmony Is Our Goal"



by Jim Toth

In this issue of our newsletter we share another concept from Attitudinal Healing philosophy with our newsletter readers. The principles of Attitudinal Healing are a distillation (by psychiatrist, Gerald Jampolsky) of major concepts found in the inspiring and extensive spiritual volumes titled *A Course in Miracles*. This time we take a look at:

Attitudinal Healing Principle #6:

"We Can Learn to Love Ourselves and Others By Forgiving, Rather Than Judging"

Principle six reminds us of the amazing healing power of forgiveness. Forgiveness involves holding ourselves and others in our hearts regardless of any judgements we may have about what happened.

We create mental and emotional suffering for ourselves when we don't forgive. If we refuse to forgive, we the offended will, unfortunately, lose more than the offender. Holding animosity within us produces stress and unhappiness. Forgiveness reduces our stress and has a positive effect on our health.

Judgements are any beliefs, thoughts or evaluations that result in separation or isolation from someone else, or from some part of ourselves. Judgement is an activity of our mind that blocks us from accessing the wisdom of our heart. Through the grace of our heart-wisdom we can find our way back to the experience of love.

The first step in releasing judgemental thoughts is to acknowledge and observe those thoughts. When we accept ourselves with our judgements and notice the suffering it causes us, then the light of awareness can start to work its magic to transform us.

Forgiveness is a process of moving beyond our judgements, opening our hearts and feeling compassion. It's an energy that opens a space for us to see the event or the person differently. Every situation we find ourselves in can be seen from a higher perspective. When we are able to see it differently, our grievances melt away and we are freed from our emotional pain.

The attitude of forgiveness does not mean that we deny what happened. Denial is always unhealthy and does not lead to healing. Forgiveness does not im-

ply that criminals should be set free, or persons who have harmed us be allowed to continue to do so. It is, instead, a willingness to search for a higher truth that lies beyond our own interpretation of the situation.

This higher truth blesses us with an attitude of acceptance for what we cannot change. It also allows us to feel compassion for others, to see the situation more clearly, and leads us to an experience of greater inner peace. With greater peace, our heart and mind can work together for a deeper understanding that helps us make wise decisions and create a higher good for ourselves and for all those involved.

Forgiveness is an energy that opens a space for us to see the event differently... our grievances melt away and we are released from our emotional pain.

Highly Recommended Readings for Personal Growth:

- *A Course in Miracles* - The Foundation for Inner Peace
- *Teach Only Love* by Dr. Gerald Jampolsky
- *The Disappearance of the Universe* by Gary Renard
- *No Boundary* by Ken Wilber
- *NonViolent Communication* by Marshall Rosenberg
- *11 Days at the Edge* by Michael Wombacher

The Top 12 Food Additives to Remove from Your Diet

by Jennifer Newell

- 1) Sodium nitrite**
- 2) BHA & BHT**
- 3) Propyl gallate**
- 4) Monosodium glutamate**
- 5) Trans fats**
- 6) Aspartame**
- 7) Acesulfame-K**
- 8) Food coloring (Blue, Red, Green & Yellow)**
- 9) Olestra**
- 10) Potassium bromate**
- 11) White sugar**
- 12) Sodium chloride**

There are many reasons that some people choose to shop and eat a completely organic range of foods, but a primary reason seems to center around the additives in various non-organic food items. Those additives have been studied and linked to various diseases, and instead of taking the chance that unhealthy preservatives and flavorings might be integrated into grocery store items, people often opt for the strictly organic route so as to avoid them altogether.

But everyone cannot afford the prices of organic foods to eat nothing but organic. Thus, becoming informed about the additives in everyday food items can make for an easier shopping experience and healthier items being ingested by everyone. In addition, a mass boycott of foods that contain such additives could prompt food manufacturers to remove such harmful ingredients from their products in the future.

One of the most common additives in food is the preservative, which can come in different forms. **Sodium nitrite** is one of them, as it is added to not only preserve food but to add color and flavor to meat products, most commonly bacon, ham, hot dogs, sandwich meats, and smoked fish.

BHA (butylated hydroxyanisole) and **BHT** (butylated hydroxytoluene) are other preservatives added to foods like cereal, gum, potato chips, and vegetable oils to prevent them from oxidizing. **Propyl gallate** has similar de-oxidizing values and is found in meats, chicken soup base, and gum. All of these preservatives have been found to cause cancer [in animal stud-

ies] through certain types of food preparation, such as cooking meat at high temperatures.

As far as flavoring, **monosodium glutamate** (MSG) used to be a very common amino acid used in restaurant foods, soups, and salad dressings, though most food preparers and some manufacturers have removed it from their list of ingredients. Beware of canned and frozen foods that still may use it, as MSG can cause migraines and other adverse effects.

Trans fats are also being eliminated from most foods, as the studies linking them to heart disease, strokes, and kidney problems are widely-accepted.

Sweeteners are another item to avoid when possible. **Aspartame** is found in products like Nutrasweet and Equal as well as diet foods and soft drinks. **Acesulfame-K** is a newer sweetener used in soft drinks and some baked goods. These products, only preliminarily linked to cancer, have the same negative nutritional value as **white sugar**, all of which should be minimized in any diet.

Many **food colorings** have been banned by the FDA, but some can still be found in foods that require a particular color. **Olestra** is a product, also discouraged by health food organizations, that is not widely used anymore, though was common for a time in potato chips as an additive that prevented fat from being absorbed in the digestive system. Each of these items should be avoided, as the food colorings have been tied to cancer and Olestra simply blocks vitamins from being processed through the body and blocks the digestive process from functioning normally.

Potassium bromate is sometimes added to white flour, breads, and rolls to increase the volume of the products, but it has cancer-causing properties that have prompted some states in the US to actually require a label to that effect.

Sodium chloride (salt) a common additive in many foods that is unhealthy unless kept to a minimum. Large amounts can lead to heart and blood pressure problems, as well as strokes and kidney failure. *[Editor's note: Dr. Joel Fuhrman, a leading nutrition expert, recommends keeping salt intake below 1,000 mg.per day.]*

Source: Health News online at www.healthnews.com/nutrition-diet

nowc's Health Awareness Program

"Support & Community For All Who Seek a Healthier Lifestyle"

Programs For People Who Value...

- **A Diet that Protects Our Health**
- **The Health of Earth's Ecosystems**
- **Compassion for Animals**

Join us for educational events
along with healthy, low-fat,
plant-based dinners.



Saturday, Sept. 19

Home Potluck & Movie

Hosts: Jim & Ana Toth
19357 Rashell Dr., Walton Hills

Presentation Topic: "Processed People"

A new documentary movie about the connection between American's health and diet, processed foods & medical system (40 min. plus time for discussion)

Directions: I-271 to Forbes Rd, Exit #23. South at exit on Oakleaf road (on west side of I-271) for about one mile, turn right at light at Alexander Rd. Cross Northfield Rd. and take 1st street on left (Regency). Go to end, turn right. Third house on right.

Advance Reservations Required

Seating is Limited - Call (440) 232-0442

VERY IMPORTANT!

Bring your own plate and utensils.

Gathering Time is 5:45 PM.

**Bring a vegetarian dish to serve 8
or more (no meat, no eggs, no dairy).**

Please avoid the use of perfumes or scents at events, since some persons are highly sensitive to them.

Saturday, Oct. 3

In Person:

Dr. Caldwell Esselstyn

Cleveland Clinic Surgeon and
Heart Disease Researcher

Speaking on...

How to Become Heart Attack Proof

**Learn what most doctors don't
tell you about heart disease.**

**Dr. Esselstyn conducted a ground-breaking
20-year study that clearly demonstrates
changes in diet and nutrition can actually
prevent, and even reverse heart disease.**

Dr. Esselstyn will explain how conventional cardiology has failed patients by developing treatments that focus only on the symptoms of heart disease, not the actual cause.

Location:

Laurel Lake Retirement Community

Main Building Auditorium
200 Laurel Lake Drive
Hudson, Ohio

Time: promptly at 2:00 PM

Admission: No Charge

Advance Reservations Required:

E-mail NOWC at nowc.jim@roadrunner.com
or call Jim at 440/ 439-4553

Reserve Early, We Expect a Full House

How Foods Affect Arthritis

by Neal Barnard, MD

Millions of people suffer from painful and swollen joints associated with arthritis. In the past, many doctors told arthritis patients that dietary changes would not help them. However, this conclusion was based on older research with diets that included dairy products, oil, poultry, or meat. New research shows that foods may be a more frequent contributor to arthritis than is commonly recognized. It is clear that, at least for some people, a healthier menu is the answer.

Different Types of Arthritis

Arthritis is actually a group of different diseases. Osteoarthritis is a gradual loss of cartilage and overgrowth of bone in the joints, especially the knees, hips, spine, and fingertips. Over 20 million Americans, mostly over age 45, suffer from osteoarthritis, which seems to be the result of accumulated wear and tear. Although it can cause painful episodes, it is characterized by only transient stiffness and does not cause major interference with the use of the hands.

Rheumatoid arthritis, which affects over 2 million people, is a more aggressive form of the disease. It causes painful, inflamed joints, which sometimes become damaged. Rheumatoid arthritis is one of medicine's mysteries. There were no medical reports of the disease until the early 1800s. Some have suspected that a virus or bacterium may play a role, perhaps by setting off an autoimmune reaction. Genetics may also be a factor, in that it may influence susceptibility to the disease.

The Role of Diet

For years people have suspected that foods are an important factor in the development of rheumatoid arthritis. Many notice an improvement in their condition when they avoid dairy products, citrus fruits, tomatoes, eggplant and certain other foods.

Initially, the evidence was anecdotal. A woman from the Midwest once suffered from painful arthritis. Today she is a picture of health, thin and athletic, and her arthritis is totally gone. It seemed that dairy products were to blame for her arthritis, for when she eliminated them from her diet, the arthritis disappeared completely.

Another woman, from Wisconsin, also found that her arthritis was clearly linked to dairy products. Although she had been raised on a dairy farm, she learned that staying away from dairy products was the key to relieving her symptoms.

A 1989 survey of over one thousand arthritis patients revealed that the foods most commonly believed to worsen the condition were red meat, sugar, fats, salt,

caffeine, and nightshade plants (e.g., tomatoes, eggplant). Once the offending food is eliminated completely, improvement usually comes within a few weeks. Dairy foods are one of the principle offenders, and the problem is the dairy protein, rather than the fat, so skim products are as much a problem as whole milk.

An increasing volume of research shows that certain dietary changes do in fact help. For example, polyunsaturated oils and omega-3 supplements have a mild beneficial effect, and researchers have found that vegan diets are beneficial. One 2002 study looked at the influence of a very low-fat vegan diet on subjects with moderate-to-severe RA. After only four weeks on the diet, almost all measures of RA symptoms decreased significantly.

The journal *Rheumatology* published a study that found a gluten-free vegan diet improved the signs and symptoms of RA. An uncooked vegan diet, rich in antioxidants and fiber was shown in another study to decrease joint stiffness and pain in patients with RA. Some research studies have looked at fasting followed by a vegetarian or vegan diet. A review of multiple research studies concluded that this dietary treatment might be useful in the treatment of RA.

Vegan diets dramatically reduce the overall amount of fat in the diet, and alter the composition of fats. This in turn can affect the immune processes that influence arthritis. The omega-3 fatty acids in vegetables may be a key factor, along with the near absence of saturated fat. The fact that patients also lose weight on a vegan diet contributes to the improvement.

In addition, vegetables are rich in antioxidants, which can neutralize free radicals. Oxygen free radicals attack many parts of the body and contribute to heart disease and cancer, and intensify the aging processes generally, including of the joints. Iron acts as a catalyst, encouraging the production of these dangerous molecules. Vitamins C and E, which are plentiful in a diet made of vegetables and grains, help neutralize free radicals. Meats supply an overload of iron, no vitamin C, and very little vitamin E, whereas vegetables contain lesser amounts of iron, and generous quantities of antioxidant vitamins.

As well as being helpful in preventing arthritis, antioxidants may also have a role in reducing its symptoms. Some arthritis treatments, including non-steroidal anti-inflammatory drugs, work at least in part by neutralizing free radicals. For the most part, however, vitamins and other antioxidants will be of more use in preventing damage before it occurs, rather than in treating an inflamed joint. A diet drawn from fruits, vegetables, grains, and beans therefore appears to be helpful in preventing and, in some cases, ameliorating

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NOWC's Nature Experience Program

"Enjoying the natural beauty and sacredness of our Earth"



A Beautiful Spring and Summer for Camping

By Dave Korow, Director - Nature Experience Program

This has been a most wonderful year for campouts. In May a groups of us camped at West Branch State Park in Ravenna, Ohio. West Branch has 41 miles of hiking trails and 7 miles of trails dedicated to mountain bikers. Walks along the shore of the lake are some of the most beautiful and peaceful in any state park. Also of interest is the park's 700 foot long sand beach. Later in the year, this will be a wonderful park to visit to see beautiful autumn colors.

The park has nearly 200 camp sites. The 14 non-electric sites are the best for tent camping, because there is typically no radio or air conditioning noise to disturb the sounds of nature. The new bathhouses in the campground area are the nicest facilities that we've been to in Ohio. Close by to home, and with so much to offer, consider taking a trip to West Branch State Park.

We were most fortunate in June, to camp at the State Park on South Bass Island. The ferry ride from Catawba, at the beginning of the weekend, helped us feel like we were on a real adventure. We simply drove our car, complete with camping equipment, onto the ferry.

Our plan once on the island, was to drive to the campground, and then rent a tandem bike for our 3 day visit. What we quickly realized was that the island is small enough that walking was both easy and very enjoyable. South Bass Island is about 4 miles long and 1.5 miles wide.

Our camp site was wooded and had a lovely view of Lake Erie. This camping experience was one of our most enjoyable ever. The campground was so quiet, with birds singing, and perfect weather. Walking into Put-In-Bay each day afforded us the opportunity to feel like we were fully experiencing the Island. If you are longing to get away from it all and relax in a place that feels more like New England than Ohio, plan a visit to South Bass Island and Put-in-Bay.

July took a group of us to Hocking Hills State Park, near Logan, OH. I've written before about the 5 distinctive parks that make up this "jewel" of our state park system. During this visit, we hiked the 6-mile Gorge Overlook Trail between Old Man's Cave and Cedar Falls for

NOWC Nature Outing

Sunday, August 23, 2009

"Scenic River Canoeing"

Camp Hi Canoe Livery

The gently meandering section of river used by Camp Hi is designated as a State Scenic River.

Meet at 9:30am to sign in. Bring snacks and water for the boat, and food for a potluck lunch. There's a covered picnic area at Camp Hi where we can have a potluck lunch and spend time together after we're back on dry land. You will need a drivers license to rent a boat. Either canoes or kayaks can be rented. Cost is about \$20 per person for the day.

Cuyahoga River - Near Hiram, Ohio

<http://www.camphicanoe.com/>

(In case of rain Aug. 29 is our alternative.)

**To RSVP, or For More Information
contact Dave at 216-266-5508
E-mail: David.Korow@ge.com**

the first time. We gained access to this trail directly from our campground, and saw very few people until we reached the lake. This trail has a tremendous amount of diversity. Its Hemlock forests, gorges, waterfalls and sandstone cliffs are all amazing, and beautiful. Walking through the park, we all experienced a peaceful feeling, and awe for the wonders of this place.

We had the pleasure of discovering Rose Lake, which is completely lined with trees, and looks like it's from another time. The other beauty of this trail is its solitude. We did not run into crowds again until our approach to Cedar Falls. Regardless of what time of year it may be, I believe this most wonderful park in all of Ohio would be a grand place to visit.

"Natural" Label is Misleading Shoppers

Consumers are increasingly seeking out 'greener' products, and environmental sustainability has moved up among manufacturers' priorities in recent years, as public awareness of the impact of their food on the environment has increased.

The popularity of so called 'natural' products has boomed, and it is now the leading label claim on new products, according to market research organization Mintel, featured on 23 percent of new products launched globally in 2008.

Lacking an understanding of green terminology, many consumers believe that a 'natural' label claim is a better indicator of an eco-friendly product than 'organic'. They prefer the word 'natural', thinking organic is more of an unregulated marketing buzzword that means the product is more expensive.

In reality, the opposite is true: Use of the term 'natural' is not regulated (it is the marketing buzz word). Organic foods must meet strict government standards to be certified as such.

A recent survey found that 31 percent of respondents said '100 percent natural' is the most desirable eco-friendly product label claim, compared to 14 percent who chose '100 percent organic'.

The survey suggests why bottom line companies like Horizon, Silk, and Peace Cereal have been dropping organic ingredients. Many health food stores are giving prominent shelf space to so-called 'natural' product-lines which are cheaper and more profitable to produce and sell than 'organic'.

So-called 'natural' products are routinely contaminated with genetically-modified organisms and synthetic chemicals, and derived from industrial agriculture and food processing practices that are polluting the environment, undermining biodiversity, and destabilizing the climate.

Our thanks to the Organic Consumers Association for this excerpt from a recent article appearing on their website: www.organicconsumers.org.

We Can Make This World A Better Place

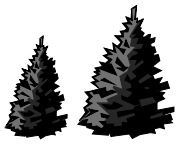
I believe that any individual who has spiritually awakened in our time, to the degree that he or she finds a higher and deeper motive for living, is going to be driven to fight the good fight in one way or another.

Whether it is through engaging with the struggle to evolve consciousness or fighting to save our world from climate change or nuclear war, the spiritual impulse cannot be separated from the moral compulsion to make the world a better place. And in order to fight the good fight, we have to engage, we have to get into the ring, not just stand outside it and be philosophers.

It takes guts and integrity of motive to fight the good fight. It takes a passionate interest in life itself. It's easy to stand on the sidelines, shaking your head and commenting on how tragic things are. But if you really care, you are going to be in the ring, trying to make the world a better place. And only from that position will your words and your thoughts and your insights have weight.

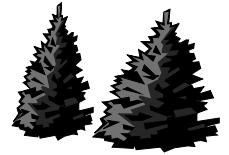
When you live an engaged life, your sense of self gains depth and power and authority, and your philosophy is no longer abstract. You become a person who can really make a difference, because you are actively participating, you are digging deep, and you are pushing up against the edge of your own potential. - Andrew Cohen

Andrew Cohen is an author of several books and founder of "What Is Enlightenment?" magazine. He teaches a modern, rational spiritual philosophy called Evolutionary Enlightenment. He also conducts seminars and retreats in major cities in the US, Europe and India. For more information, visit his website at: www.andrewcohen.org



NOWC's *Tree Giveaway* Program

"People Need Trees... Trees Need People"



NOWC Tree Program Celebrates 20th Year of Giving Away Trees

We can now look back at NOWC's achievement of giving away **over one half million** tree seedlings since 1990. This wouldn't have been possible without the generous financial support of our many donors, and the crucial volunteer time of all the people who were inspired by this program. These volunteers pitched in to organize the program, work on fund-raising, bag seedlings, and give them away at many locations throughout the Greater Cleveland area.

Our mission is to replace some of the many trees being lost to urban sprawl here in Greater Cleveland. The work of the Tree Giveaway Program has included:

- Distributing trees to thousands of students at many Cleveland area schools and enriching their environmental studies programs.
- Providing many thousands of seedlings to persons at the annual *Earth Day* event at Cleveland's Zoo.
- Supplying thousands of trees to a variety of civic groups, as well as home owners.
- Working with the *Cleveland Metroparks* to plant hundreds of new trees needed in park areas.

NOWC's Spring Tree Giveaway 2009

With the outpouring of support from our NOWC members and friends, we are excited about completing this year's goal of giving away 3,000 white pine tree seedlings in April!

NOWC thanks all the people whose donations and volunteer work made this program possible.

We recently received a letter from Carol Ward, Naturalist at Cleveland Lakefront Park, who organized the distribution of 2,500 tree seedlings to Greater Cleveland schools. She also delivered educational presentations on the ecology of trees to students at most of those schools. Her letter follows...

Each year I look forward to partnering with NOWC for the tree program. NOWC supplies the trees and I supply a program offered to area schools. Together, over the years, we have educated thousands of students about the benefits of trees and given them the opportunity to plant their own tree. While the program and the distribution of the trees is pretty much the same each year, it's the recipients and their actions and reactions that vary.

This year, one of the schools I visited was a charter school. I had contacted them because of their participation in another program I offer at the park. I had never been to their school but offered them the opportunity to have the tree program for their students for Earth Day. Upon my arrival at this school I had to be 'buzzed in', via a gate system, just to get into the parking lot. Then when I approached the building I was asked for identification and had to have my supplies, the trees, and myself scanned through the metal detector. I was beginning to wonder what type of place this was. It quickly became obvious that these measures were not due to the type of students that attend the school, but to insure their safety from those outside the school community.

My program was delivered to the fourth, fifth and sixth graders. They listened intently to the presentation and did a great job answering my questions, as well as asking a few of their own. Most schools I visit distribute the trees provided to the students to take home for planting. When I finished my presentation at this school, the teacher left momentarily and then returned with a basket of small shovels and garden gloves. These were distributed to the students and they were advised that they would now be heading outside to plant the trees on the school grounds.

I was impressed by this idea as I'll bet not many of these students have had the opportunity to plant anything. They seemed excited to be involved in this activity. As I departed, the teacher mentioned that she hoped the trees would survive and be something that the students could watch grow as they continued their years at the school, and beyond. She hoped that this would give them a sense of accomplishment, stewardship, and 'ownership' of the schoolyard.

I want to thank you for your continued partnership with this program. Without the trees, my program would simply be just a presentation. And for one school, NOWC didn't just provide trees, you provided the opportunity for an experience. Hopefully, one that these students will never forget!

If you have a connection with a school, scout, or community group that would be interested in receiving the tree program next year, or any nature program for that matter, please feel free to contact me. A listing of programs offered is available for viewing on our website. Please visit www.clevelandlakefront.org and click on Naturalist Programs. Then click on School and Scout Nature Program Resource Guide. I am also creating new programs all the time and can accommodate most special requests. [216-881-8141 ext. 3001 or clsp.naturalist@dnr.state.oh.us]

wounds took four weeks to fully subside. Six weeks after the accident the coagulated blood (scabs) fell off his face revealing pink skin with new hair follicles filling in his beard. The broken ribs were stable and painless after seven weeks. Three months after this near-death experience he was walking on his own without a limp. Most of the pain was gone, but the memories were fresh. He sold his motorcycle in order to avoid a repeat of this experience.

His transition from broken, bleeding, and dying to health in three months was nothing short of a miracle. I reasoned then, and I know for sure now, that if a body can heal after these kinds of massive injuries, then, given a chance, it can heal from most any illness—even serious chronic illnesses, like heart disease, arthritis, and sometimes cancers.

The Secret to Recovery: Stop the Repeated Injuries

The example above was due to a force like a single blast from a sledgehammer; whereas the people I care for, those with chronic disease, can be thought of as suffering from thousands of "micro pinprick" injuries to their arteries, joints, and all other tissues over prolonged periods of time. Even though the force, frequency, and means of impact differ; the mechanisms of repair are still the same, whether the injuries occur once or a million times.

If your health is getting worse it is not because your body is failing you—efforts to heal never stop—not for a moment. The reason for your continued decline is because the damage is continuing to occur. *For disease to progress, injury must outpace healing.* Reversing disease is simply a matter of turning this scenario around. To be specific, *stop the ongoing injury*, which is usually self-induced. (However, there is a point reached where disease is irreversible, because the injury is too severe and/or the body is too worn out to recover. Fortunately, few of my patients are in that much trouble.)

Let's consider some familiar examples of self-induced injuries and the body's efforts to heal. A cigarette smoker inhales toxic gaseous particles 20 and more times a day. With each puff, the lungs become more irritated and inflamed. They fight back by coughing and producing mucous in order to remove the poisons. Because of the addictive properties of the tobacco, the injury continues hour after hour, day after day, year after year.

Eventually, some of the red, swollen lung dies and is replaced by non-functioning scar tissues. The result is diminished lung capacity (emphysema). Chronic inflammation can also lay the foundation for lung cancer. Serious lung disease is not inevitable. Many smokers gain wisdom and strength, and are able to quit

injuring themselves before the damage is irreversible—the lungs heal and breathing recovers. Toxic damage to the liver by alcohol, and overexposure of the skin to excess sunlight are other everyday examples of chronic injuries due to unwise behaviors. In these cases also, the body responds with efforts to heal, beginning with inflammation. Greater recovery is expected the sooner the repeated injury is stopped.

A Starch-based Diet Supports Spontaneous Healing

Over 75% of the chronic illnesses in developed countries are due to repeated injuries from the fork and spoon. Three and more times a day damaging quantities of fat, protein, cholesterol, and chemicals are ingested at the "dinner table"—better known these days as the "bag of fast food." The beef, chicken, cheese, refined flours, and sugars are sources of present day malnutrition. Excesses and deficiencies of vital nutrients plague these foods.

Replacement with unrefined foods from the plant kingdom (starch) corrects the malnutrition with a perfect balance of fats, proteins, carbohydrates, vitamins, minerals, fibers, phytates, and other phytochemicals that support the body's powers to heal and stay healthy. Rice, corn, potatoes, sweet potatoes, and beans are also devoid of injurious substances: dietary cholesterol, harmful (saturated and trans) fats, allergy-inducing proteins, and much more.

Blood Tests Show Signs of Inflammation

There is much discussion these days in the scientific journals and the lay press about inflammation, foods, and chronic diseases, especially atherosclerosis, arthritis, and cancer. Populations of people who follow starch-based diets with fruits and vegetables show strong evidence of reduced inflammation in their bodies based on various blood tests (C-reactive protein, interleukin 6, etc.). These same people also have much less heart disease, arthritis, and cancer than do populations of people who consume diets high in animal (saturated) fats and trans fats. The foods themselves do not directly change these inflammatory markers. The elevations in these blood factors are the body's response to the injury caused by the foods.

As an example, C-reactive protein (CRP), measured by a blood test, is a very sensitive indicator of inflammation going on anywhere in the body. It is non-specific—in other words, it does not tell you the source of the inflammation—a rise could be from an infection in your toe, arthritis in your knuckles, a bad cold, or the trauma of a motorcycle accident. C-reactive protein provides non-specific information similar to an elevation of the body temperature, called a "fever." When the walls of your arteries are inflamed during the active phases of atherosclerosis, C-reactive protein rises—predicting a higher future risk of artery failure,

continued on page 12...

commonly known as a heart attack or a stroke.

Spontaneous Healing of Artery Disease

In the case of artery disease, the meat, poultry, and dairy foods we eat damage our arteries over a period of many years. Many mechanisms for these micro pinpricks of injury have been described, including free-radical damage from oxidized fat and cholesterol, attacks from the body's own antibodies, and poisonings from chemicals, like those from tobacco and the environment. The repeated injuries result in sores (think of them as pimples or pustules) covering the inner surfaces of the arteries' walls. The life-threatening event (a heart attack or a stroke) occurs when one of these pustules ruptures; causing a blood clot to form—occluding the flow of blood to vital tissues, such as the heart or brain.

Now that you understand the inflammatory nature of artery disease, you know the reason why a healthier diet, based on plant foods, lowers C-reactive protein levels. This diet stops repeated injuries and allows the sores to heal. You also understand why low-carbohydrate, high-fat diets, like the Atkins diet, increase inflammation as indicated by a rise in C-reactive protein (CRP).

Common Inflammatory Diseases of Arteries

Macular degeneration	Hearing loss
Strokes	Heart attacks
Aneurysms	Kidney failure
Bowel infarction	Degenerative disks
Claudication (legs)	Gangrene
Impotence	Other infarctions

Spontaneous Healing of Inflammatory Arthritis

"About thirteen years ago, at the age of 46, I (Phyllis Heaphy) began suffering with pain after standing still for long periods of time. Soon thereafter, I began experiencing 'traveling' inflammation to various parts of my body: one week it would be in one or two fingers, the next week in one of my wrists, a month later in my shoulder. The turning point was when I spent two days unable to walk—I cried as I tried to make my way across the room.

The rheumatologist I visited in September 2000 gave me a diagnosis of mild-to-moderate rheumatoid arthritis (an inflammatory arthritis). It sounded like a death sentence. She prescribed methotrexate, a powerful immune-system-suppressing drug often used to treat cancer. One day I stumbled onto a reference to Dr. McDougall's ultra-low-fat vegan diet for arthritis. The results were nothing short of miraculous: within a few days of eliminating unhealthy foods I became almost (perhaps 90%) pain-free, and I have continued to improve ever since. Today I remain essentially pain-free and on no medication."

Unhealthy foods cause the production of antibodies that in turn attack the body's own tissues. These diseases, where the body attacks itself, are referred to as *autoimmune diseases*. The process is known as *molecular mimicry*. In Phyllis's case micro pinprick injuries resulted in hot, swollen, painful joints, a condition properly referred to as inflammatory arthritis. The problem begins with damage to the inside lining of the intestines forming a "leaky gut." Now foreign proteins, such as cow-milk proteins, can pass into the blood stream. The body makes antibodies to these "invading milk proteins."

Unfortunately, the attack is not isolated to the cow-milk proteins. Proteins of similar structure are also attacked in the person's joints, causing inflammation with swelling and crippling pain. Changing to a starch-based diet removes the animal proteins from the intestines immediately, and eventually heals the leaky gut. Inflammation begins to subside in four to seven days. Within four months over 70% of patients with inflammatory arthritis are dramatically improved or cured.

Common Autoimmune Diseases

Rheumatoid arthritis	Lupus
Psoriatic arthritis	Ankylosing spondylitis
Pernicious Anemia	Type-1 diabetes
Vitiligo	Ulcerative Colitis
Crohn's Disease	Multiple Sclerosis
Uveitis	Polymyositis
Dermatomyositis	Scleroderma

Spontaneous Healing of Cancer

"For all my 47 years, I (Ruth Heidrich) thought I was extremely healthy! After all, at that time (1982), I'd been a daily runner for 14 years, had run 3 marathons, and ate what I considered a very healthy diet—lots of chicken, fish, and low-fat dairy. Little did I know there was an insidious cancer growing in my right breast. When it grew to the size of a golf ball, I was rushed into surgery. I was then told it was invasive cancer, and later, that it had spread, not only throughout the whole breast but also involved my bones and one lung.

While recovering from the surgery I saw a newspaper item asking for volunteers for a breast cancer/diet research study. I volunteered and was soon convinced that Dr. McDougall was on the right track and left his office on a low-fat vegan diet.

Since my diagnosis in 1982, I have completed the Ironman 6 times, run 67 marathons, won over 1000 racing trophies, and been declared 'One of the Ten Fittest Women in North America' in 1999. I have a Fitness Age of 32 although chronologically am 74."

Cancers are initiated and promoted by unhealthy components of the high-meat Western diet. Vegetarians

are generally much healthier with lower cancer rates than others living in the same communities. As discussed, repeated injuries from unhealthy foods are followed by inflammation. Chronic inflammation is implicated in all stages of cancer—initiation, promotion and progression. The relationship is best seen in chronic inflammatory diseases; including ulcerative colitis, gastritis, pancreatitis, prostatitis, endometriosis, thyroiditis, bronchitis, mastitis (milk ducts), and microbial infections, which are often complicated by cancers in their respective organs.

Many mechanisms for the micro pinprick injuries that initiate and promote cancer have been described, including injuries from radiation, and poisonings from chemicals found in tobacco products and foods. Even though doctors and patients commonly believe otherwise, in the case of cancer the body does not abandon its whole body efforts for spontaneous healing.

Cancers, even when spread throughout the body, can be reversed as seen in the case of Ruth Heidrich. A recent review reported 32 cases of complete remission from metastatic breast cancer. Under the microscope, evidence of ongoing spontaneous healing in colonies of breast cancer cells is clearly observed. Inflammation results in the destruction of these aberrant cells and their replacement with scar tissue.

A recent study of women published in the *Archives of Internal Medicine* found that about 22% of mammography-detected invasive breast cancers underwent spontaneous remission—in other words, are healed—over a six-year period of study. Advanced prostate, colon, melanoma, brain cancer (neuroblastoma), and kidney cancer have also been reported to spontaneously disappear without treatment. Precancerous changes in the female uterine cervix and colon polyps also regress. The benefits of a healthy diet were not directly tested during any of these observations. Common sense and available research says that better nourished, healthier people are more likely to be cured by spontaneous healing.

Reported Spontaneous Remission (Healing) of Common Cancers

Breast	Prostate
Colon	Brain
Kidney	Melanoma

The Solution to Chronic Disease Is Simple and Easy To Explain

Stop the repeated injuries. Identifying the sources of these injuries is easy. Unhealthy foods, and “bad habits” (smoking, coffee, alcohol, etc.), have been known since antiquity to be at the root of human maladies. The real challenge is in changing lifelong behaviors. This change begins by telling a simple truth. The Starch Solution takes one giant step forward for health

and healing. Expect dramatic results from your new diet. You won't be disappointed.

Our thanks to Dr. McDougall for this article. For more information on effective preventive medicine and nutrition visit Dr. McDougall's website, www.drmcDougall.com.

A whole food, plant-based diet has been shown to prevent, improve, and/or cure the following health problems:

Cancers

Heart Disease

High Blood Pressure

Multiple Sclerosis

Osteoporosis

Kidney Stones

Macular Degeneration

Migraine Headache

Cataracts

Lupus

Acne

Alzheimer's

Depression

Type-2 Diabetes

Rheumatoid Arthritis

Colds and Flu

*- Dr. T. Colin Campbell,
professor Emeritus, Cornell University
Medical School, and author
of "The China Study"*

rating arthritis.

The Four-Week Anti-Arthritis Diet (*adapted from the book Foods That Fight Pain, by Neal Barnard, M.D.*)

For four weeks, include generous amounts of foods from the pain-safe list in your routine. At the same time, scrupulously avoid the major triggers. It is important to avoid these foods completely, as even a small amount can cause symptoms.

Foods that are not on either list can be consumed, so long as you are emphasizing the arthritis-safe foods and scrupulously avoiding the major triggers. You may well experience benefits earlier than four weeks, but for some people it can take this long for chronically inflamed joints to cool down.

Pain-Safe Foods

Pain-safe foods virtually never contribute to arthritis or other painful conditions. These include:

- Brown rice
- Cooked or dried fruits: cherries, cranberries, pears, prunes (but not citrus fruits, bananas, peaches or tomatoes)
- Cooked green, yellow, and orange vegetables: artichokes, asparagus, broccoli, chard, collards, lettuce, spinach, string beans, summer or winter squash, sweet potatoes, tapioca, and taro (poi)
- Water: plain water or carbonated forms, such as Perrier, are fine. Other beverages – even herbal teas – can be triggers
- Condiments: modest amounts of salt, maple syrup, and vanilla extract are usually well-tolerated

After four weeks, if your symptoms have improved or disappeared, the next step is to nail down which one or more of the trigger foods has been causing your problem. Simply reintroduce the foods you have eliminated back into your diet one at a time, every two days. Have a generous amount of each newly reintroduced food, and see whether your joints flare up again.

If so, eliminate the food that seems to have caused the problem, and let your joints cool down again. Then continue to reintroduce the other foods. Wait at least two weeks before trying a problem food a second time. Many people have more than one food trigger.

It is not recommended to bring meats, dairy products, or eggs back into your diet. Not only are they major triggers, but they also encourage hormone imbalances that may contribute to joint pain, and also lead to many other health problems.

Avoid Major Arthritis Triggers

1. Dairy products*
2. Corn

3. Meats**
4. Wheat, oats, rye
5. Eggs
6. Citrus fruits
7. Potatoes
8. Tomatoes
9. Nuts
10. Coffee

**All dairy products should be avoided: skim or whole milk, cheese, yogurt, etc.*

***All meats should be avoided: beef, pork, chicken, turkey, fish, etc.*

Other Approaches

For some arthritis patients, supplements of certain essential fatty acids have been helpful. They should be thought of as a medicine, rather than a food. A typical regimen would include a tablespoon of flaxseed oil with 500 mg of blackcurrant oil (or three capsules of evening primrose oil) twice each day.

If it is helpful, it should be reduced to the lowest effective dose. Some people also benefit from an herb called feverfew, taken two to three times per day. (Caution: Do not take feverfew if you are pregnant.) These supplements are available in health food stores.

Thanks to the Physicians Committee for Responsible Medicine, Washington, DC for this article. For more information about nutrition and health, visit www.pcrm.org.

When you see that you are the beloved of the universe, then all of the energy that you have been using to convince the external world of who you are will now be yours to use for the beauty of simply being yourself just as you are.

~Michael Bernard Beckwith

from page 1 - "Vitamin D Benefits Amaze Researchers"

mated that 80% of Americans have a level that is below this optimal range.

Dr. Fuhrman states that, "Approximately 50% of all Americans have a vitamin D level below 20 ng/ml, which is dangerously low". With regard to the high end of the dosage range, it has been shown that women who had vitamin D levels above 50 ng/ml had an increased mortality risk.

A study reported in the *American Journal of Clinical Nutrition*, gave a group of women 1,100 IU of vitamin D every day for four years. (The supplementation raised their average blood level of Vitamin D to 30 ng/ml.) The researchers found that cancer occurrences in the group (compared to a control group) dropped, on average, by more than 50%, with significant reductions in all types of cancers. Since the study was relatively short in length, and formation of tumors is a very slow process that takes place over decades, it seems reasonable to expect that if the supplementation were continued beyond four years, even more cancers could be prevented.

Supplementing Vitamin D

Vitamin D is naturally formed in the human body by the action of the sun's ultraviolet rays on our skin. However, there is a wide variation in the ability of individuals to generate vitamin D from the sun. A study conducted in Hawaii looked at a group of young adults who had an average sun exposure of 29 hours a week. They found that 51% of this group had vitamin D levels that were below the optimal level.

It may be possible for a small percentage of people to get enough vitamin D from sunshine, but most of us cannot. Those of us who live in the northern states, people who are indoors most of the time, and those who use sunscreens, or are well covered when outdoors, won't generate enough vitamin D on their skin to give them the health protecting benefits. In addition, we know that extended exposure to the sun damages our skin and can lead to skin cancer.

The facts support the use of a vitamin D supplement. The current US government recommended daily dose of Vitamin D is only 400 IU. This is the amount typically found in multivitamins. It is not enough to provide an optimal level for most persons. (It is likely this official recommended level will be revised upward.)

There are two forms of Vitamin D: Vitamin D2, which comes from plant sources, and vitamin D3 which comes from animal sources (such as sheep's wool). Vitamin D3 has been considered the more potent form and it is the one most frequently found in supplements. But new research provides evidence that vitamin D2 is equal in potency to D3. So for those who wish to

avoid animal sources, D2 is a suitable alternative.

Dr. Fuhrman found that doses of 1,000 to 2,000 IU of vitamin D3 work well for most of his patients. (Typically more than 1,000 IU are required.) He strongly recommends having your blood level of vitamin D tested after moderately increasing your dosage level. If your blood level is still too low with 2,000 IU, he believes it's safe to gradually increase the daily dose to get to the 35 ng/ml reading that puts you in the optimal zone. (Doses above 3,000 IU are rarely needed and blood levels must be monitored to avoid possible toxic effects.)

All this good news about vitamin D appears to be a major medical breakthrough. The benefits are enormous and the cost of supplementing is very low. We will be watching for future studies for further confirmation of these exciting results.

In his recent health newsletter, Dr. Fuhrman comments, **"If vitamin D supplements were a drug that could produce such cancer reduction, it would be worth billions of dollars and would be touted as the most impressive drug ever invented in medical history"**. Need I say more?

Dr. Fuhrman is a board certified family physician, a specialist in nutritional medicine, and an author. To learn more about how you can protect your health, visit his website at www.DrFuhrman.com. For more in-depth coverage about supplementing with vitamin D, Dr. Fuhrman's "Healthy Times" newsletter #39 is available for purchase at his website.

Today our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change. The large house in which we live demands that we transform this world-wide neighborhood into a world-wide brotherhood. Together we must learn to live as brothers or together we will be forced to perish as fools.

- Rev. Martin Luther King

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~Michael Bernard Beckwith

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