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HOLISTIC NETWORKER

Publishers

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Felicia Weiss, Ph.D.

Holistic Networker® is DFW's guide for holistic health and personal growth. 28,000 copies are printed quarterly and distributed freely at health food stores, bookstores, cafés, wellness centers and selected retail outlets.

You can reach us at:

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PO Box 702956
Dallas, TX 75370-2956
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Advertising Information:

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When you apply for a job, the first question is usually about your experience. The interviewer wants to know about what you've set out to do, what you've failed at,

and what you've accomplished; she's less interested in the books, magazines, and blogs you've read.

It's getting clearer each day that corporate execs are unlikely to hire obedient drones to do mindless tasks if they can cheaply automate or outsource those tasks. The value of human experience—wisdom beyond mere book learning—is more precious than ever. Your value to a company, an organization, or your own small business is directly related to how much wisdom you've accumulated over the years.

I've been blessed with extraordinary teachers who've granted me the opportunity for extraordinary experiences. In grammar school, my science teacher had me doing side projects to keep me out of trouble. In high school, I enrolled in a meditation class with an eccentric Jesuit priest. In college, I took a programming job in my professor's psychology lab.

In each of these cases, my "hands on" experiences impacted me in life-changing ways. It's one thing to read about doing science ("word-lessons") and it's quite another to actually do it ("world-lessons").

Seth Godin, marketing guru, frequently urges his readers to go out and do something, to ship something. Ironically, companies that fail early and fail often are likely to learn more and excel. Similarly, if you want to paint, or write software, or do marketing, just do it. Don't wait for anyone's permission. Find something that moves you and get started.

Many of you have heard about WordPress, the blogging software that powers millions of blogs worldwide. Did you know that the founding developer, Matt Mullenweg, was a young employee at CNET who barely knew how to program in PHP when he started his project?

Internet-connected devices can give us access to information in the blink of an eye, but they can't give us wisdom. It's up to you to go out and experience the world, take chances, learn things, do mini-experiments. Bring wisdom—world-lessons, not word-lessons—to your craft. The world needs your brilliance, now more than ever.

Best,
Tony Cecala
Tony Cecala



For the past few years, I have been thinking that I would like to lose 10 pounds. Recently I learned about Human Chorionic Gonadotrophin (HCG). Dr. A.T.W.

Simeons wrote a manuscript entitled, "Pounds and Inches" where he discussed how combining HCG with a 500-calorie diet helped a person to access the fat stores in their body and to utilize those fat stores in order to lose weight. He studied this extensively in Italy in the 1940's and 1950's, where he was able to help thousands of patients to lose weight with HCG injections in his clinic. What was impressive about his work was that people were able to lose weight in all the right places, while not feeling extreme hunger. Although a 500-calorie diet without HCG would require an enormous amount of will power to achieve and would not be a healthy way to lose weight, he found that adding HCG changed all this.

Fortunately, I learned that HCG is now available in homeopathic form, making it very inexpensive and allowing people to easily administer themselves. Having been a firm believer in homeopathy for many years, I was curious to see how this worked. I have to admit, however, that the 500 calories/day made me hesitant to begin this plan. My husband Tony, however, did not have these reservations and he decided to give it a try. He found that the HCG drops took away most of his hunger and that 500 calories left him feeling satisfied. He has now completed 3 rounds of the diet and has lost over 35 pounds. Finally, on his last round, he convinced me to give it a try. It was not as difficult as it sounded. I especially enjoyed the first two "loading" days, where you are told to eat lots of fatty and sugary foods in order to expand your fat cells and make it easier for your body to access them. I kept reminding myself that I can do anything for a few weeks. After 26 days, I had happily lost over 11 pounds.

I marvelled at how many of us go through years of wanting to lose weight, but not taking the positive steps necessary to achieve our goal. Weighing what I weighed in my early twenties has been a wonderful accomplishment for me and it all occurred very quickly.

I hope those of you wanting to lose weight will not wait another day to look and feel the way you would like. It is definitely worth it.

Love & Light,
Felicia Weiss
Felicia Weiss

Holistic Forum



What can I expect during a Reconnective Healing session or The Reconnection? What's the best way to prepare for it? What can I do to allow it to be most effective?

Everyone's experience with Reconnective Healing is unique. Often healings are reported in an instant in just one session, and sometimes it takes a bit longer for a healing to unfold. If you're

lucky, your healing will come in the form you anticipated; if you're really lucky, your healing will come in a form you haven't even thought of, one that the universe has in mind specifically for you. Healings can come in all forms. The best way to allow for a healing is to proceed in a state of expectancy, without expectation or attachment. Place yourself on the table, relax, close your eyes and simply notice. Observe. Become both the observer and the observed.

Jim Nippert, Reconnective Healing Practitioner™, was trained personally by Dr. Eric Pearl, the founder of the technique. Please contact Jim at 469-877-6578 or email: jim@jwnippert.com Learn more at www.TheReconnection.com



Could you use gentle, cost-effective relief from your health challenges? Want to feel healthy, vibrant and alive?

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injuries, etc. This technique restores flow and balance, promotes healing, resets the nervous system, enhances flow of CSF, relieves cranial compressions implicated in many disorders, even releases emotional tissue memory from old traumas. Selected teaching assistant to founder Dr. John Upledger, Sandy needs only this versatile work to achieve favorable outcomes for most people. Lives transform in her office; let yours be one of them.

Sandy Hanne, R.M.T, has helped thousands of clients change their lives using CranioSacral Therapy. An advanced practitioner, she has studied extensively with Dr. John Upledger, founder of the technique. 469-438-8634.



Does Lymphatic Drainage REALLY work? Should I have it done?

The answer to each question is "Yes". As one doctor stated on a news program, "When things go wrong with the lymph system, disastrous things can happen." The procedure is gentle and quick with immediate and lasting results.

Any area of the body can be drained although I recommend the upper body organs and glands as a good starting place. The word here is PREVENTION. Most people only need drainage 4 times a year to keep the system performing properly along with proper nutrition and increased movement.

For more answers, please refer to my website: www.lymphaticdrainagepro.com

I have been doing lymphatic drainage for 11 years; it is my passion. Don M. Williams LMT, MI, CEP. 817-925-8933.



What is CranioFascial Integrative Therapy?

This therapy recognizes the importance of the integration of the fascial and CranioSacral systems and works to gently release restrictions that may be causing pain, or problems in the immune, nervous, digestive, endocrine or other body systems. Using a very light

touch the therapist works to correct the origin of the pain. It has been used to successfully correct infertility, scoliosis, plantar fasciitis, ADD/ADHD, carpal tunnel, fibromyalgia, sports injuries, arthritis, and pain in any area of the body, including migraines.

Frankie Burget is a licensed Occupational Therapist and Fellow with the American College of Wellness who has practiced in the DFW area for over 20 years. She has extensive training including Barnes Myofascial Release Centers and Upledger Institute. You may view her curriculum vitae on the About Us page of her website, www.windsongtherapy.com. Please contact her at 817-571-8135 or frankie@windsongtherapy.com. Please see bodywork section for more information.



How do I become more passionate and joyful?

We're so easily distracted by technology and the business of life that we are becoming less and less in touch with our bodies. Bioenergetics helps us to be aware of our bodies, our breathing, our grounding so that we can make more

conscious choices about what we want in our lives as well as what we don't want.

Sherri Lackman is a Master's Level Licensed Professional Counselor. She holds membership in the American Counseling Association, the International Institute for Bioenergetic Analysis, the Dallas Society for Bioenergetic Analysis, and the Heart-Centered Therapies Association. Sherri treats Depression, Bipolar, Anxiety, and Eating Disorders. Her office is located in Richardson, 972-231-4466.



Is there a Divine Design for me?

Yes, most everyone wishes there is something special for he/she to do in life, but feel that they have been left out. No one has been left out. We each hold a very special piece to something better. Do we need to remove the glop that filters us from seeing the bigger and much more beautiful picture?

Yes! We will remove the glop, open the heart, move into forgiveness and live a better life for it.

Beth Carpenter, N.D. loves intuitively guiding God's children in health and happiness. She is a traditional naturopath, medical intuitive, Reiki Master, author, public speaker, psychic and angel communicator with over 20 years experience. Beth works full-time in natural, complementary and energy medicine. She has helped thousands achieve health, balance, peace, abundance and understanding in their life and directions. Will you say YES to permitting Beth to help you too? www.healthylife4u.com, 512-707-9886



How can I help my psychic child? My 9 y.o. daughter wants to learn more about psychic ability. She can see colors around people, she dreams things that seem to come true.

Handle her with intuitive care. You are the home school psychic teacher. Your daughter will lead with questions or offering you information from her dreams. Stay open to listening without

doubting you daughter. Never turn your daughter over to anyone to teach her something you do not yet understand. She is the leader and you are the teacher.

The word talent reflects a great gift. Psychic talent is a natural instinct we are born with and like anything if nurtured with love and kindness the intuitive vine of life will grow. Keep it fun, bring her to the Wellness Expo in Grapevine.

Sandy started The Spiritual Garden School Of Metaphysics, Blog Talk Radio for Psychic Kids of all ages. Visit www.psychicvoiceradio.com Internet and Mid Cities Classes 817-268-5544



What is Iridology and how can it help me?

It has been said that the eye is the mirror of the soul, and that it discloses the different mental and physical conditions of the body; we generally speak of the 'vivid clear eye' of the well person, of the 'anguishing, glaring eye' of the consumptive; of the 'broken eye' of the dead-sick. Various nervous diseases are

disclosed by the decreased mobility of the pupil; frequent disturbances of the sight point to diseases of the kidneys (diabetes), as does also the falling out of the eye-lashes. By analyzing the iris of the eye, it is possible to determine the condition of your body by reflex markings found in the corresponding fibers of the iris. Iridology analyzes the iris of the eye to determine the cause of your ill health, in what state it is in, how it arrived there, how to free your body of it, and most of all, when you have freed it.

To help you find out the root of your health problem call Iridologist, Edna Craven, DC, BCNP, BCI at 972-256-0004 / dreecraven@earthlink.net (29 yrs. experience). 10% discount with this ad.



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Each session is unique and matched with how your body is doing/feeling/being that day. I have trained in the US, Thailand, and England where I learned techniques being created worldwide and utilized by master level Thai Massage therapists.

I would be honored to share with you my joy and passion for this amazing bodywork.

Suzanne Miller is a LMT and Kripalu Yoga Teacher. She can be reached at 972-319-3661.

HOW TOXIC ARE YOU?

Symptoms

- Fatigue
- Depression
- Memory Loss
- Immune Dysfunction
- Muscle Weakness/Aching
- Skin Rashes
- Anemia
- High Blood Pressure
- Tremors
- Headaches
- Autism
- Hyperactivity

Sources

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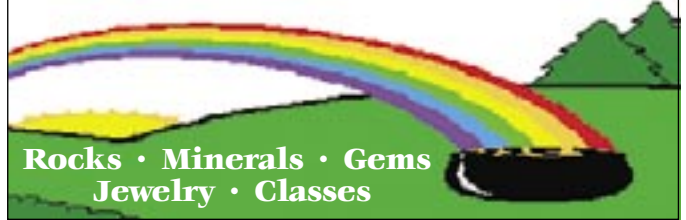
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Mark Youngblood, Founder - Institute of Subtle Energy Education (ISEE)

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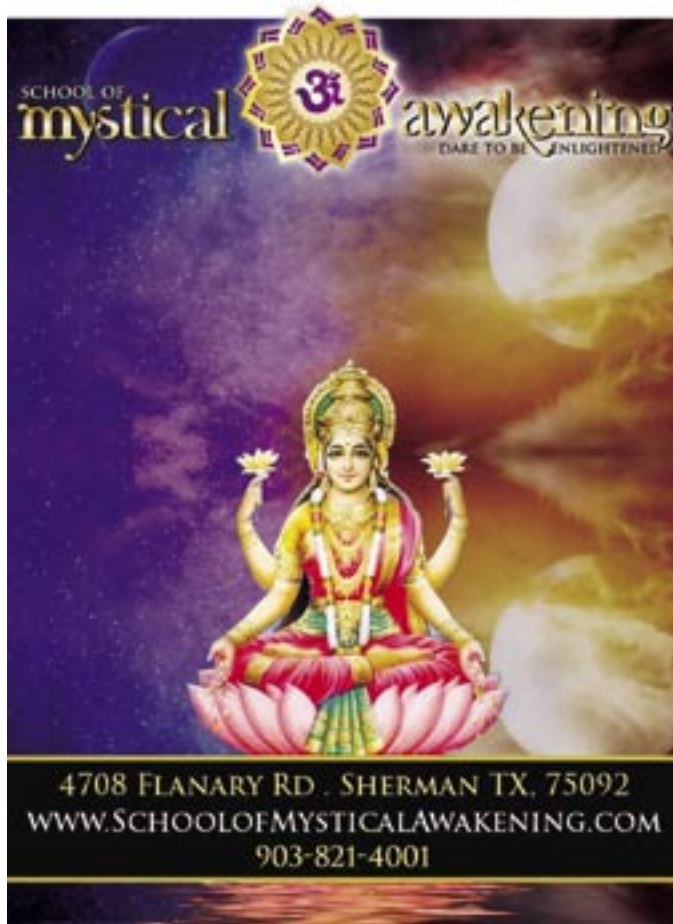
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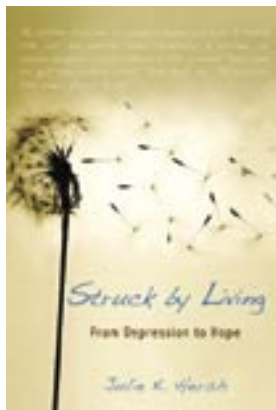
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Struck by Living author Julie K. Hersh tackles tough topics of suicide and depression with a sense of humor and bright perspective.

After a long battle with clinical depression and three failed suicide attempts, Julie underwent Electroconvulsive Therapy (ECT) with dramatic results. Her story has been featured on Fox and Friends, Think! with Krys Boyd, Dallas Morning News, Dallas Child and many other areas in the press. In her speech, Julie tells her story, but also provides her "Struck by Living Top Six" which is her formula for maintaining her own mental health. "I try to encourage everyone to develop a personal plan to health," Hersh says. "We're all unique individuals, but we can all learn from each other."

In my 60 talks for *Struck By Living* that I've given in the past six months, one question is consistent throughout the sessions. "Is your depression due to the environment or biochemical?" Those of you in the business of mental health may roll your eyes in frustration at this question; clearly depression is biochemical. As we jump to this conclusion, however, we need to think about what causes this malfunction of biochemistry to lead to a clinically depressed brain.

Dr. Daniel Amen says that every thought we have causes a chemical and electrical reaction in our brains. Although I understood this before, Amen's compact sentence crystallized the idea for me. We are our environment. Each person's world is a swirl of chemistry and energy creating an individual universe that sometimes flourishes and other times looks like a natural disaster. The

Purpose and Perspective: Critical Ingredients for Mental Health

By Julie K. Hersh

barriers between what is inside our bodies and outside of our bodies is less solid than we think. For me, two ingredients determine the positive or negative spin of my world: purpose and perspective.

When I feel a sense of purpose, I feel connected to the world. I can see positive ripples from the rocks thrown into the pond of my life without a minute to question my existence. All three of my major depressive periods included a period where not only were the ripples invisible - I couldn't even find a rock to throw into the pond. These were periods of transition: a freshman in college uncertain of her role in the world, my job as the supportive person (a.k.a. caretaker) suddenly diminished, and a major work project shelved. Some people survive these types of transitions far better than I did. Certainly most survive transitions like this without a trip to the locked psychiatric ward. Why did these situations crater me?

My internal biochemistry is different than most. I've learned that my unique universe isn't a bad thing, just different. No one looks at a cactus and an orchid and expects them to react in the same way to a similar environment. Why is this concept so difficult for some to accept when they view human beings? Our challenge as humans is we don't get to stick in one spot once we find the right blend of sunlight, water and soil. We move around. Life bangs us from angles we never expected.

In those rough moments, along with the antidepressant I take, and the SAD (seasonal affective disorder)



lamp I whip out on special occasions, perspective is the ingredient that proves as critical as purpose. Sometimes in life, I can't see my purpose. I just have to believe a purpose is there, waiting, requiring me to lift the right rock to discover my life's meaning right under my feet. Purpose isn't static because we aren't static. There are just moments in our life when purpose is more obvious than others.

So what is the answer to the question of biochemistry or environment? In my mind, they are inseparable. Both create the universe of who we are.

For more information or to order Julie's book, visit: www.struckbyliving.com

Come hear Julie speak at the Wellness Expo in Addison on Sunday, October 17th at 4:00pm. She will also be doing a book signing of her book, *Struck by Living*, after her talk.

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Nancy records her private sessions in order to provide you with a custom audio tape to aid you in manifesting your heart's desire. Nancy's sessions have helped people to overcome their fears, to alleviate depression, to relieve or diminish physical pain and to realize their dreams.

The Language of Light is an invitation for us to access that deep heart space of knowing who we already are - multi-faceted, spiritual beings. Nancy is available for individual, group or couples sessions.

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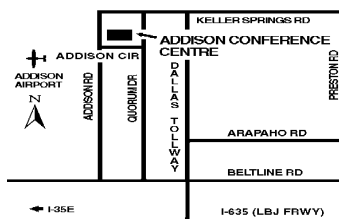
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DIRECTIONS

Addison Conference Centre

- I-635 to the North Dallas Tollway
- go North, exit Beltline Rd
- go West 2 blocks to Addison Rd,
- go 3 blocks north to Addison Circle
- go right on Addison Circle
- on left side of the street
- next to the Addison water tower,
15650 Addison Road

Wellness Expo *in Addison*

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SATURDAY, OCTOBER 16: Lectures & Demonstrations

11:30 AM

Opening Ceremony: Healing with Sound

Nancy Byers
972-424-1217

Nancy will demonstrate the Language of Light, which is a vibrational healing technique. After experiencing the Language of Light, many report feeling more empowered, having a sense of remembering the essence of who they really are, and experiencing a sense of physical well-being. Over the last 20 years, Nancy has developed an ability to express this language. She has helped hundreds of people all over the world with her gift.

12:00 PM

Receive a Message from the Universe

Lisa Cannon
469-865-4559

Lisa will channel information for the audience from the Ascended Masters and Angels. Lisa is a Psychic Medium, Energy Healer, Spiritual Artist, and Channel of Archangel Michael and other Ascended Masters. Lisa has studied mediumship in the UK and you will find she is truly amazing.

12:30 PM

Using the Law of Attraction for Physical Health

Melissa Cantrelle,
Life Coach, NLP Master
214-717-3321

How do you use the Law of Attraction to create your perfect health when you have consistent reminders (pain, weight, etc.) that you aren't there yet? Join visionary life coach, Melissa Cantrelle, and learn the secrets to attracting perfect health, even when you feel awful. For over 15 years, Melissa has been helping people upgrade their lives by easily removing obstacles and customizing their Law of Attraction practices. She is the co-author of "The Self-Esteem Playbook", "The Visioning Playbook" and facilitator of monthly Visualization workshops. Learn more at: www.catalize.com

1:00 PM

Headaches: A Real Pain in the Neck

Dr. Ray Nannis, DC
972-671-2225

It's not all in your head and drugs aren't always the answer. Different kinds of headaches come from different sources, so learning how to find the causes of your headaches can help you know how to prevent them. Dr. Ray Nannis graduated from Parker College of Chiropractic with a Doctor of Chiropractic Degree and a Bachelors of Science in human anatomy. He is president of Nannis Chiropractic Family Health Center in Richardson, where he practices 20 different chiropractic techniques, as well as, acupuncture and reconnective healing.

1:30 PM

A New Frontier in Whole-Body Wellness

Frankie L. Burget,
OTR, RMT, CNDT
817-571-8135

Frankie will discuss Fascial Integrative Therapy, which is a specialized form of manual bodywork that treats the whole person, not just the part that hurts. Frankie Burget is a licensed and National Board Certified Occupational Therapist and Mastery Level Senior Instructor and Coordinator with Myofascial Release Centers and owner of Windsong Therapy and Wellness, Inc. in Bedford, TX.

2:00 PM

Achieving Your Health Goals

Dr. Joshua Ferrell, DC
214-618-9355

Dr. Ferrell will discuss the truth behind healthcare. He will also explain how you can be healthy without drugs or surgery. Dr. Joshua Ferrell is a world-wide speaker, teaching patients and other doctors how to achieve their health goals.

2:30 PM

Taking the "A" out of Aging

Dr. Gary Berman, PhD, NMD, DC
972-404-8650

There are many exotic theories that have been put forth to explain aging. Please join Dr. Berman as he explains the fundamentals of aging and how the "cure" starts in your kitchen, without the use of drugs or expensive treatments. Dr. Gary Berman, PhD, NMD, DC is the founder of the InnerRx Institute in Dallas, a chiropractic, wellness and education center dedicated to the teaching and practice of achieving wellness on all levels. Dr. Berman's formal training as a physicist and research engineer has helped develop a unique and highly effective approach to wellness.

3:00 PM

Getting in Touch with Your Own Intuition

Cheryl McMillan, Clairvoyant
469-483-1810

Tune into your own inner vibration. All of us have the ability to hear our own inner voices. Learn how. Cheryl is a Clairvoyant in private practice and owner of the Dallas Psychic Fair, which is held the 1st Sunday of every month at the Holiday Inn Select Hotel at 2645 LBJ Frwy. Visit: www.dallaspsychicfair.com

3:30 PM

The Common Causes of Allergies

Dr. Lewis Cone, DC
972-880-8541

Dr. Cone will discuss the common causes of allergies in the DFW area and what to do about them. Come learn which body organ is most responsible for sneezing and runny nose. Dr. Cone is a Chiropractor and Nutritionist. His practice primarily focuses on nutrition, ranging from colds to autoimmune disease.

4:00 PM

Messages from Spirit

Dwanna Paul
972-735-8188

This is an uplifting demonstration of Mediumship, which will relay messages from the Spirit realm. Dwanna will connect with members of the audience to bring insightful and loving comfort from Guides, Angels, and Loved Ones. Dwanna is a nationally recognized Trance Medium, Channel, Healer, and Teacher. She has over 35 years of experience working with her spirit guides to bring comfort and relief to a countless number of people. Dwanna has appeared on numerous TV and radio shows, including national appearances on CBS, FOX, and A Current Affair.

4:30 PM

Stay True to You

Kimberly St. Andre, Medium
Clairvoyant
972-989-9274

Kim's Awakening to her Psychic Abilities led her to her True Authentic Self. She now helps empower others to Find, Be and Stay True to You. Kim St. Andre is a professional Psychic Medium. She holds classes and mentors others who are opening up to their Psychic and Mediumship abilities. Visit: www.KimStAndre.com

5:00 PM

To Tame Understanding

LaRue Eppler
214-202-7995

Have you noticed that trying to understand someone, something or some circumstance often doesn't produce the result you truly desire? What lies beyond understanding? This talk may be the fresh new perspective you've been waiting for. LaRue Eppler is the developer of Evolutionary Kinesiology, an international course leader and speaker, popular radio guest, transformational facilitator and co-author of "YOUR ESSENTIAL WHISPER: Six Distinct Ways to Recognize, Trust, and Follow Inner Guidance with Absolute Certainty!"



SUNDAY, OCTOBER 17: Lectures & Demonstrations

11:30 AM

Astrology & You

Cynthia Novak
817-261-2984

Join Cynthia as she shares her insights on how planetary alignments can affect your life. Cynthia Novak combines over twenty years of astrological and spiritual study to bring you practical, heart-centered information. Visit: www.cynthianovak.com

12:00 PM

The Effects of Color on our Economy

Donna Reis, Certified Chromatologist, CNHP
817-788-9451

Did you know the Language of Color has an effect on our economy and your personal finances as well? Come and learn how to utilize color to increase your finances. Learn how wearing specific colors can work to your advantage when closing a sale, going on a job interview, etc. Donna is an entrepreneur who has successfully managed her own company for over 35 years. She is a business consultant, a Certified Chromatologist, CNHP, Certified in Emotional release with Essential Oils and a Certified Ionic Researcher.

12:30 PM

Views from the Other Side

John Cappello
888-440-7130

Join John Cappello...Visionary...as he presents views from the other side. This is a special time when amazing information comes to us from the Spirit World. John is a Visionary, who offers classes, Galleries, parties, Meetups and private readings. Visit www.JohnCappello.com

1:00 PM

The Amazing Light Within Us

Bella Grace, MA,
Microphotographer
214-734-1452

We will explore the questions: Do my cells listen to my thoughts? Do they respond to my emotions? How do they react to what I eat and drink? Come and see with your own eyes- the answers to the Universe within you. Bella Grace, MA, is the founder of Sacred Light Media. com. She takes microphotographs of the TRUE Secret Life of Bloodcells.

1:30 PM

Mantras & Health

Dr. Jennifer Laing, MD
903-821-4001

Harnessing the power of sound to affect the energy your chakras bring into your body. Dr. Jennifer Laing, MD, Board Certified Family Physician, Usui & Karuna Reiki Master, integrates complementary medicine on a daily basis into her practice. Visit www.schoolofmysticalawakening.com

2:00 PM

Stones to Develop & Enhance Psychic Abilities

Pat Cook
817-261-6300

Pat Cook is one of the trio of Power of the Rainbow in Arlington, TX. She is also a massage therapist and a certified crystal healer through the Crystal Academy of Advanced Healing Arts founded by Katrina Raphael and Jewels of the Lotus. She and Tray have vended at the Wellness Expo for 10 years.

2:30 PM

Digestion - the Missing Link

Dr. Gary Berman, PhD, NMD, DC
972-404-8650

Our digestive system is one of the most important yet most overlooked components of our physical health and well-being. Please join Dr. Berman for this compelling presentation of how digestive dysfunctions often are at the root of many physical ailments including allergies, arthritis, cancer and heart disease. Dr. Gary Berman, PhD, NMD, DC is the founder of the InnerRx Institute in Dallas, a chiropractic, wellness and education center dedicated to the teaching and practice of achieving wellness on all levels. Dr. Berman's formal training as a physicist and research engineer has helped develop a unique and highly effective approach to wellness.

3:00 PM

How to Access "Willingness" & Find Peace

Ananda Meditation & Yoga Center
972-248-9126

Sue Chadwick is the Director of Ananda Center and has taught meditation and yoga practices for over 10 years. She has been a guest speaker/teacher at Medical City Hospital, the University of North Texas and yoga centers in the DFW area, Arizona and California.

3:30 PM

Clearing the Path

Merrily Smith
888-440-7130

A Symbols Session will clarify our desires and strengthen us. A Forgiveness Feast lets us see where we have hangovers so we can clear our heads and hearts. Merrily Smith is the Holistic Helper, serving the holistic and New Age Community for over 25 years. She is a Licensed Unity Teacher, based at Unity Church on Forest Ln. Her books, "Sacred Symbols" and "The Sacred Language of the Self", as well as interviews with holistic and spiritual presenters, are available on her website www.holisticradioshow.com

4:00 PM

Struck by Living

Julie Hersh, Author
www.struckbyliving.com

After a long battle with clinical depression and three failed suicide attempts, Julie had the courage and support of family to undergo Electroconvulsive Therapy. She will discuss her journey and how she went from depression to hope. Julie Hersh, author of "Struck by Living", is a mother, corporate wife, survivor and advocate of mental health awareness. She is board president of the Dallas Children's Theater and active supporter of other non-profit organizations.

4:30 PM

5 Steps to Creating Your Best Life

Michelle Barr, MEd,
Holistic Coach
214-504-8610

Michelle will explain 5 steps you can take to consciously create the life that is best for you. Michelle has always been called to the healing arts. Over the past 20 years, she has worked in a variety of traditional mental health, wellness and health care settings and has also been involved in non-traditional and alternative and complementary medicine and healing practices.

5:00 PM

Angel Messages

Dr. Tammy Ledbetter, PhD
972-355-2313

In this workshop, learn how to release blocks, receive messages, and manifest the divine guidance from your Angels through enlightening demonstrations and exercises. Dr. Tammy Ledbetter, PhD, who is certified in Angel Therapy® by Doreen Virtue, uses her gift as an Angel Intuitive along with her formal training in transformational leadership to guide clients through major and minor life challenges.

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The Cholesterol Myth

by Karen Asbury, MD

Cholesterol is not the bad guy and you don't have a deficiency of Lipitor! If you value your brain and sexual function, listen up.

Have you been told your cholesterol is too high? Or, even worse, were you given statin drugs like Lipitor, Zocor, Pravachol, Mevacor, Vytorin, or others to lower your cholesterol? These drugs cause serious side effects. The most common is fatigue and muscle pain. Or, maybe you're just a little tired and achy. More severe side effects include amnesia and memory loss, unusual ligament and tendon rupture, heart failure, fatal muscle weakness, erectile dysfunction, and many others. Some people taking Lipitor have had complete amnesia. There are reports of people driving, doing errands, etc. and not even remembering the events that transpired. The bottom line is there are airline pilots, airline traffic controllers and drivers on our high-speed highways who are already balancing coffee, sandwiches and cell phones while on these drugs as they tool along at 75mph. We are in a sea of dangerous minds that have had the cholesterol stolen from their brains.

These drugs work by poisoning the enzyme HMG CoA reductase. This not only robs the body of cholesterol needed for hormones, neurotransmitters and other important constituents but the cholesterol we need for the fluidity of cell membranes to prevent erectile dysfunction, loss of libido, depression, Alzheimer's brain rot, heart disease, cancers and more. Also by poisoning this enzyme, we turn off the ability of the human body to make coenzyme Q10. As we accumulate a deficiency of CoQ10, we slowly get depression, congestive heart failure, sexual dysfunction, loss of memory, brain-fog, loss of teeth, muscle pain, fatigue, cancers and more.

Cholesterol is vitally important in the body; it is not the culprit the drug companies and others have made it out to be. Elevated cholesterol is a symptom that the body is trying to repair itself. It is not a cause. And yet, lab reports now determine that cholesterol is elevated if it is over 200. The number used to be 220. This means more people are now taking cholesterol lowering drugs, which leads to more profits for the drug companies.

Cholesterol is the precursor to important hormones in the body including adrenal and sex hormones and hormones that influence water balance. Taking medication to lower cholesterol interferes with these vitally important hormones and other important functions in the body and they can cause severe side effects. Studies have shown that people with cholesterol under 160 mg/dL have double the risk of brain hemorrhage and increased risk of cancers of the liver, lung, pancreas, and leukemia, plus cirrhosis. In another study, low cholesterol folks had more than double the death rate from non-cardiac conditions. You cannot poison enzymes in the body's miraculous molecular biochemistry and expect to get away with it, especially when you are poisoning the synthesis of a major constituent that goes into every cell membrane in the body.

In general, I do not recommend cholesterol-lowering medication. There are many ways to naturally lower cholesterol using diet, nutrition and supplements. It is a myth that cholesterol in your diet plays much of a part in raising your overall cholesterol since most of your cholesterol is made in your liver. Include eggs and other cholesterol containing foods in your diet. They contain many vital nutrients needed by your body. Enjoy eggs from free-range chickens if possible. Oatmeal has been touted for its ability to help decrease cholesterol. Use organic steel cut oats and avoid the instant over-processed forms. Generally, a diet high in vegetables and fruits is beneficial. Avoid fast food like the plague!

Supplements must be superior in quality. There is a great variability in supplements currently on the market and many of the ingredients are now being imported from China. I only recommend the highest quality not only for the sake of purity but for strength, potency, and effectiveness.

In those folks with elevated cholesterol, Red Yeast Rice has been known to drop cholesterol by 20%. One good brand is Kyolic Formula 107 Red Yeast Rice which contains 600 mg of their incomparable aged garlic extract plus 600 mg of red yeast rice.

Frequently, it is only an oil change that is needed for many people to bring down their cholesterol and triglycerides. Transfats and plastics permeate the American diet and are a major monkey wrench in human biochemistry, creating for one, the obesity epidemic. The trans fatty acids and the plasticizers in the diet are the major culprits for damaging lipid metabolism and raising cholesterol and triglycerides. Cod liver oil can bring down the triglycerides by as much as 30% and help lower cholesterol. Use real cod liver oil from Carlson's or Metagenics. Other forms of Omega 3 oils may be beneficial. Krill oil is also highly recommended.

If you have been taking a statin drug or are just getting older, levels of CoQ10 may be dangerously low. Like many other things, levels of CoQ10 decline with age. CoQ10 200mg-600mg daily is optimal to correct fatigue and muscle pain, then the dose can be lowered to 30mg-60mg daily.

Other supplements that have been shown to be helpful in lowering cholesterol include Niacin and Lecithin. I usually only recommend 100mg-200mg of Niacin daily. Larger doses are usually not needed and can cause liver damage. Lecithin has been shown to help lower cholesterol and reduce fatty liver. Lecithin has also helped to clean cholesterol out of arteries. Lecithin granules may be better than capsules, usually 1 Tbsp twice daily.

Dr. Karen Asbury specializes in Integrative Medicine (a combination of Internal Medicine and Alternative Care) and provides all aspects of adult care including full preventive evaluations and natural comprehensive treatment of chronic diseases.

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The statements in this column represent the opinions of the author, Karen Asbury, M.D. They have not been evaluated by the FDA. This article is not intended to diagnose, treat, cure or prevent any disease. It is not intended to be a substitute for traditional medical care and should not be used in place of prescription medications without the direction of your physician. Always consult your doctor before beginning this or any other nutritional regimen to make sure that it is appropriate for you.

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—N.H.

The product is truly amazing! I am following it to the "T" and have lost 21 pounds in 22 days. A lot of what I'm losing is the pregnancy baby fat I had a hard time losing and gave up trying to lose. I gained over 60 lbs during my pregnancy; ate healthy, no candy, soda nor any cravings. Doctor said my body was like a weightlifter on steroids and hoarding things. He even took me off milk products. So I greatly appreciate your site!
—K.C.

I love the HCG and have lost 38 pounds. I have my husband on it and he has lost 20 pounds. People I work with see how much I have lost and they are getting on it, too. I can get into clothes that I had 20 years ago. I have also gotten compliments on how good I look and have given your web site out to several people all over.
—R.M.

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HCG: The Key to Weight Loss

The Remarkable Work of Dr. A.T.W. Simeons

By Felicia Weiss, Ph.D.



Abstract

Dr. Simeons has contributed a breakthrough in the field of obesity and weight management.

Thanks to his discovery of the role of HCG in weight management, we now have a scientific approach to weight loss that works comfortably and consistently for people. He was truly a pioneer, whose work is incredibly beneficial and helpful in solving the obesity problem that has grown to epic proportions in the United States.

Pounds and Inches

The late Dr. A.T.W. Simeons was a British Endocrinologist, who spent decades studying the nature and treatment of obesity. In the late 1930's after looking at thousands of cases and developing a treatment that showed good results, Dr. Simeons began publishing his findings in scientific journals. However, he received so many inquiries from research institutes, doctors, and patients that in 1954 he published a manuscript called "Pounds and Inches" to explain his findings to both laypersons and professionals.

Three Types of Fat

First, he discussed the nature of obesity, a disorder whose disposition he believed can be inherited. Then he distinguished among three types of fat: 1. structural- which provides

the important and necessary function of filling the gaps between various organs; 2. normal reserve of fuel- which is utilized for muscular activity and the maintenance of body temperature; and 3. abnormal reserve of fuel- which is locked away and unavailable to the body in a nutritional emergency.

While the first two types of fat are necessary for our survival, it is the latter type that can lead to obesity and that is difficult to lose during normal dieting. After studying various glands and brain function, Dr. Simeons concluded that it is the hypothalamus (the part of the brain from which the central nervous system controls all the autonomic functions of the body, such as breathing, heart beat, digestion, etc.), which manages the deposits and withdrawals of fat. When a person consumes more fat than their body requires, the hypothalamus locks it away and takes it out of normal circulation.

Three Paths to Becoming Overweight

This discovery led Dr. Simeons to conclude that there are three basic ways for a person to become overweight or even obese. First of all, they might have inherited an abnormally low fat-banking capacity. Secondly, their prior normal fat-banking capacity may have been lowered due to some other disorder of their hypothalamus, such as might occur in menopause or some types of diabetes. Finally, obesity can occur

when a normal fat-center is suddenly required to handle more food than is needed for momentary requirements (such as when a person overeats, exercises less, etc.). Dr. Simeons noted that in the first two situations, obesity may occur regardless of whether or not a person overeats. He reasoned that in order to treat obesity, he had to correct any hypothalamic deficiencies.

HCG: The Key to Weight Loss

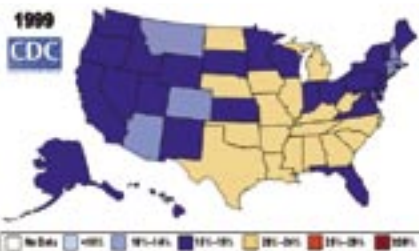
Dr. Simeons understood that pregnant women have enormous quantities of Human Chorionic Gonadotrophin (HCG) circulating in their body, which allows them to experience almost unlimited hypothalamic banking capacity so that fat deposits are not formed. After she gives birth and the HCG is gone, then a formerly pregnant woman's hypothalamus reverts to its normal capacity so that abnormally accumulated fat is locked away and obesity may once again occur.

Dr. Simeons discovered that by injecting a person with HCG and restricting them to a very low calorie diet (since they don't have a baby growing inside of them) that they could access their fat stores and lose weight. He found that HCG seems to continually saturate the blood, allowing people to not feel hungry, although their food intake has been drastically reduced. Since HCG is not a sex hormone, it operates the same way in men, women and children.

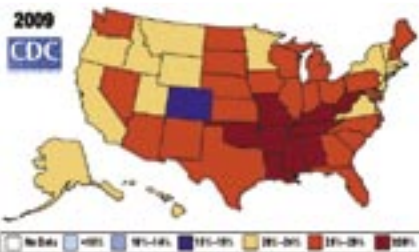
Obesity Trends Among U.S. Adults Between 1985 and 2009



In 1990, among states participating in the Behavioral Risk Factor Surveillance System, 10 states had a prevalence of obesity less than 10% and no states had prevalence equal to or greater than 15%.



By 1999, no state had prevalence less than 10%, 18 states had a prevalence of obesity between 20-24%, and no state had prevalence equal to or greater than 25%.



In 2009, only one state (Colorado) and the District of Columbia had a prevalence of obesity less than 20%. Thirty-three states had a prevalence equal to or greater than 25%; nine of these states (Alabama, Arkansas, Kentucky, Louisiana, Mississippi, Missouri, Oklahoma, Tennessee, and West Virginia) had a prevalence of obesity equal to or greater than 30%.

DEFINITIONS

Obesity: Body Mass Index (BMI) of 30 or higher.

Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, specifically the adult's weight in kilograms divided by the square of his or her height in meters.

Source of the data:

The data shown in these maps were collected through CDC's Behavioral Risk Factor Surveillance System (BRFSS). Each year, state health departments use standard procedures to collect data through a series of telephone interviews with U.S. adults.

Dr. Simeons' HCG Clinic in Italy

Dr. Simeons successfully applied his new approach to weight loss to thousands of patients in his clinic in Italy. He recommended that patients take the HCG for 23-40 days. He had the HCG administered to them by injection. After the injections were stopped, he had his patients continue with their low-calorie diet for three more days to be sure that all of the HCG was eliminated from their body. He found that his patients were no more hungry during these three days than they were while taking the HCG.

HCG and "Loading Days"

For the first two days with the HCG, Dr. Simeons had his patients eat large quantities of fatty and sugary foods. He felt these "loading" days were important in order to swell the fat stores in their body so that when the low-calorie diet was begun that these fat stores would be more easily accessed. With reasonably well stocked fat reserves, Dr. Simeons' patients were able to comfortably be on a 500 calorie/day diet. Although his patients would often gain a few pounds on their two loading days, they generally lost all of this weight in the first 48 hours of the low-calorie diet. Then they tended to lose 1/2 to 1 pound/day of fatty tissue for the duration. Since they were losing their fat stores and not their structural fat or normal fat reserves, they found that their weight loss occurred in the areas where they needed to lose it the most.

The Maintenance Phase of the HCG Diet

Following their program, Dr. Simeons' patients entered a maintenance phase for the next three weeks, where they could eat whatever they chose, with the exception of sugars and starches. He encouraged them to weigh themselves daily and to make appropriate modifications if they gained more than two pounds. After this maintenance phase, they were able to slowly add other foods, while

always continuing with their daily weighing. Overall, he found that 60-70% of his patients experienced little or no trouble in permanently maintaining their weight loss. He noted that many of his patients who regained weight did so as a result of not continuing to weigh themselves daily and to make adjustments as needed. Dr. Simeons found that patients who had more weight to lose or who had regained some of their weight were able to do additional rounds of the HCG program quite successfully and comfortably.

Two Types of HCG

Although Dr. Simeons focused solely on HCG injections, today HCG is also available in homeopathic form. The advantage to this is that the HCG homeopathic drops are more easily administered (the drops are just held under the tongue for about 30 seconds and then swallowed) and they are very inexpensive. Many have found them to be equally effective to the HCG injections. I have found them to work quite well and have known many people, who have used them successfully to achieve their weight loss goals.

It is important to make sure that the homeopathic HCG drops are manufactured by a reputable manufacturer. Mediral International manufactures them according to the strictest standards in a federally- and state-registered pharmaceutical laboratory, which has regular inspections by the Food and Drug Administration (FDA) in order to ensure compliance with current Good Manufacturing Practices (cGMP) and the Code of Federal Regulations (CFR).

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Your Autumn Stars

by Cynthia Novak

Welcome the cool breeze of autumn. What a relief to leave the heat behind. How exciting to learn that crude-oil eating bacteria multiplied and seem to have come to the rescue of the Gulf. For all of us, there are poisons or toxins that seep or pour into the daily experience of life. Sometimes they pour too fast or strong to stop. But, eventually, if we are tenacious and patient, we adapt and the tiny facets of life- "the good stuff"- overcomes the pain. We can see it all with a shift in perspective. I hope that gratitude comes easily to you. However, if it's hard to grasp, then this is a great season to disperse your obstacles until you can see the good stuff again. If it takes awhile, trust me it is there. Keep looking even if you need help with finding it. Happiness is a by-product of gratitude, which are antidotes for misery.

Monarch butterflies are traveling to Central America on tiny wings. Hummingbirds are migrating south, too. They follow flowers. One plant, Mexican Bush Sage, puts on a show of purple flowers just in time to feed them on their journey. Until the moment this plant blooms, it looks just like a green shrub. There is nothing distinct about it at all until the time it's needed. Strangely, life offers similar "food" for the spirit. But it's up to us to look for the good stuff and to train our instincts to see a potential banquet even when it looks barren. The more we practice this, the better we get at it, but it does take practice and maturity.

The collective crude is moving, too. Look at your life and notice where you've felt most out of control or deeply emotional. Take a little time to literally feel the emotions and notice the thoughts that have hindered your deep-emotional cleanup. Go ahead- feel them and flow with them, but take a little time to notice your perspective. What can you do to shift it? This is all about giving your attention to the good stuff. Whew! That's a whole lot easier to do when we feel good, but no time is more powerful than when we fear the future. Find a way to give and find an enormous capacity to love. That's the dilemma and the delight of the Autumn Planetary Potential.

Venus and Jupiter are considered auspicious planets in astrology. Both are strong this season. Both appear to stop in the heavens and give us more time to look for the good stuff. Venus is a love and money planet. At the very least she is charming and understands that the way to freshen your appearance or a relationship is to focus on the good stuff: yours and theirs. Venus is in Libra in the Vedic system. She is willing to feel vulnerable in order to love again. Mars joins her. In the astrology of India, Venus is happier than Mars, but uplifts the warrior. Dare we reach for the same in daily life? Could we extend a hand and hope from both. It is possible to act as if we understand her perspective until we do. And it is possible to push for cooperation by being cooperative. Make the push to reach out rather than to demand. It's ultimately a choice...grins.

Venus' Hindu name is Shukra: the brilliant one. She appears to stop in the heavens on October 8th, move backward, then stop again on November 18th and move forward. This is called a retrograde period. She'll spend the rest of the year in the constellation Libra. Venus is typically bright in the sky, but on October 1st she reaches her peak magnitude of brightness! She is moving very slowly. Watch for her in the night sky. She rises early as the evening star. After this great show, she dims on October 19th and literally disappears from the sky as she sets with the Sun. Symbolically, we all need to have faith that love and abundance are there, even when we can't see them. In fact, Venus will reappear as the morning star in November. What a surprise!

Since Venus is a love planet, look for love and money in different places and even at different times of day. Trust that they are with you even when you are alone. Look for love to manifest at various times of the day and through your personal connection to life. Inevitably, retrograde Venus brings memories of loves lost or passed. This is a wonderful time to go deep within and acknowledge those you love and your capacity to love and be loveable. Are you willing to love? Are you daring enough to give them or you a chance?

Find the Libra house in your Vedic chart. Notice the Aries house opposite it. This is your zone of love and money. These are great places to find your capacity to love, to be compassionate, to reach out and, yes, to indulge! When Venus is strong it is also great for celebrating the moment. So in honor of this transit, buy a size bigger pair of jeans, or dance more. Venus resents saying "no" to a little extra of anything, and with Jupiter strong, we will probably, collectively, enjoy the party, then hit the diet and exercise plan together in the winter. You say you don't want to diet again? Then truly enjoy each bite and workout and find a plan that considers cream a health food. There is no need to restrict when you can enjoy the process fully. Could you love yourself even after dessert?

Jupiter is strong until early November. The planetary optimist is the biggest planet in the heavens! He appears to move backward now and will stop in early November. This is when a planet comes as close to the Earth as he can come during the year. Yes, this is good for optimism and may even be too much of a good thing. Jupiter is the planetary ruler of politics and we will have way too much in that arena. Too many promises and too much political preaching: Combine this with Uranus, the planet of change, and expect changes in the legislative branch this winter. Yes, there could be surprises before the old congress leaves. However, I expect civility. I also expect plenty of political promises, too. What do you want from your political party? What is on the top of your list?

October is full of action and plenty of promises. The Democrats and Republicans are promising everything they know we want to hear. The Tea Party continues to be a strong force. They are part of the overall political change. Both sides adapt to issues this group brings to the surface. Whether you are running for office or just trying to get the folks around your dinner table to pitch in with the chores, we find that charm is a powerful action verb. Some will be superficial, others will be conniving, but for most of us, we learn that it is good to cooperate and negotiation means we give as well as get. I hope this trend catches on in the world.

November finds Jupiter and Venus stopped in the heavens. Enjoy and indulge a little. Most of all know that you are beautiful right where you are. Watch the political charm turn to economic gains as the Market responds to promises, too. I don't know who will win, but I expect political uncertainty (that's Uranus) along with political enthusiasm (that's Jupiter) to motivate both parties to reach out to the people.

December comes with the political and very public response to the election. It was last month, but it is still in the news and folks are still debating who won or who should have lost. There could be dirty tricks as Mars joins Pluto and Rahu. There is plenty of fear and twisted facts. This combination is potent enough, but the Sun and Mercury join them in mid-month. Dare to rebel and demand a positive spin on the future. Why do we eagerly await the future, then as a year comes to an end every fear flies out of the night? In Vedic astrology we see that this powerful group of planets gathers in a lunar mansion that is all about destruction. It is literally the center of the Milky Way...a black hole. Keep that in mind when you travel down the hole of dread. Both the left and right have financial reasons to keep you afraid.

I promise the future will be better than it seems from mid-December through mid-January. Neither side is above this so it is up to us to dig through the data. Keep an eye out for the hidden camera. No matter how powerful or simple you believe you are; this is not the time to lose your head and presume you can get away with it. Even the simplest cheat will haunt you and might just end up on the web. Take the high road; be direct, sincere and

respectful and expect the same. Be careful- the punch of the brew in the party punch bowl could be really hard. When Rahu and Pluto join Mars, inhibitions might fall and take you with them. Celebrities and politicians are in the scandal news. Mercury is the planet of communications. We all want to take a break so listen as well as speak, but try this- entertain possibilities rather than demand others embrace yours. It's the holidays and like the saying goes...everyone has an opinion.

Retrograde Mercury: December 10 through the 30th. Get your shopping done early or expect confusion and delays. If you must wait until the last minute, be kind to your stressed out thoughts and choose something simple. In fact, simplicity or something that is easily consumed would be a great gift. With Venus so strong, I expect sweets and jewelry to sell in abundance. That's common at this time of year, but this should be uncommonly good for wonderful foods online. That combines indulgence and ease: a time to purchase and consume. Pick a vendor whose products you love. If they make a mistake, you'll still enjoy the goods. Of course, there will be mistakes, but Venus helps us to be more understanding. Do choose a vendor who makes his customers happy!

Love and Money ebb and flow. They are strong until mid-December. Will you give up on love or the future? Will you look for the good stuff? I expect economic optimism in mid-January. I don't know where it's coming from, but things should turn up. As always, remember that I am not an investor or a financial guru; I'm just looking at the planets and giving a forecast like the weatherman. It looks good, but it is far off...smiles.

President Obama is looking more Presidential as the months pass. By early November he is eloquent and charismatic once again. Expect to see him in the Oval Office and on the news...everywhere through October. The Jupiter station in early November makes a powerful aspect to his Mars: the planet of action. As autumn unfolds, he will look less like a President weary of obstacles and more like the passionate man of purpose and charisma we came to love during the campaign. I suspect that he is literally compelled to work with the Republicans, and they with him. Neither side will look good if they refuse to work together on the economy. "We the People" need to demand a plan and not political fight. Expect plenty of changes in the cabinet at the end of this year.

Clinton and Palin have similar and very strong charts. It would not surprise me if Secretary of State Clinton pulls away after the elections. It's a difficult call, she has given two very different times for her birth...grins. If one is right I expect her popularity to climb. And yes, Sarah Palin's will, too.

As I write this Glenn Beck has Jupiter sitting on his Venus and his popularity with the Tea Party is enormous. Jupiter returns to this area in December. Expect to see his popularity continue to grow through next year. These are auspicious planets; with enormous celebrity comes enormous responsibility. He'll have to be humble to manage this. The Sun in his birth chart is only minutes from Mars: He is impulsive. Saturn with them can temper with wisdom or bring enormous inner stress. He's definitely a man to watch.

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Come hear Cynthia's talk at the Wellness Expo in Addison on Sunday, October 17 at 11:30am entitled "Astrology & You".

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Holistic Networker

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| | | one issue new | renew | | | |
| Full Page | 7.5" x 10" | \$845 | \$775 | - | - | - |
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| Third | 4.75" x 4.75" | 395 | 345 | 336p x 280p | 165 | 425 |
| Quarter | 3.5" x 4.75" | 325 | 285 | 300p x 250p | 145 | 355 |
| Sixth (vertical) | 2.375" x 4.75" | 235 | 195 | 160p x 600p | 95 | 255 |
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| Holistic Forum | photo + text | 155 | 135 | photo + text | 185 | 225 |
| Directory Listing | text ad | 95* | 89* | text ad | 35 | 115 |
| Event | text ad | \$1/wd | \$1/wd | text ad | \$20/ea | n/a |
| Classifieds/Job Ads | text ad | \$1/wd | \$1/wd | text ad | \$30/30 days | n/a |

28,000 copies are printed and distributed each quarter.

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* Save \$60! Directory listing costs only \$35 with ANY display ad.

Directory listing includes: business name, contact name, address, phone, & 25-word description.

Add'l words are \$0.50/each. Add'l contact names are \$5/each. Add'l phone, email, web are \$3/each.

HolisticNetworker.com gets 24,000 unique quarterly visitors.

Internet ads are displayed in rotation with other ads of the same size. 5,000 monthly views are guaranteed (15,000 total views).

next issue **Winter 2011** early** **Nov 1** ad close **Nov 15** final art **Dec 1** publication date **Jan 1**

Publisher's liability for errors does not exceed the cost of the advertisement. Publisher reserves the right to refuse any advertising for any reason at any time.

**5% discount when art and payment are submitted (postmarked) by this date.

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Wellness Expo

Sat/Sun, October 16-17, 11am-6pm • Addison Conference Centre

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SHOP, DINE,
MINGLE, LEARN, PLAY

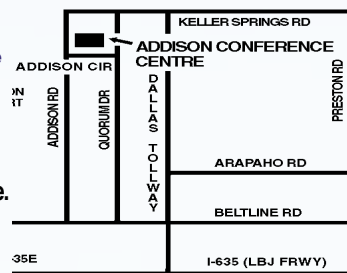
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- I-635 to the North Dallas Tollway,
- go North, exit Beltline Rd,
- go West 2 blocks to Addison Rd,
- go 3 blocks north to Addison Circle,
under the Addison Water Tower at
15650 Addison Road



SEE PAGES 15-18 FOR EXPO PROGRAM GUIDE
WITH A LIST OF SPEAKERS AND EXHIBITORS

**Autumn in Addison
October 16-17**

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