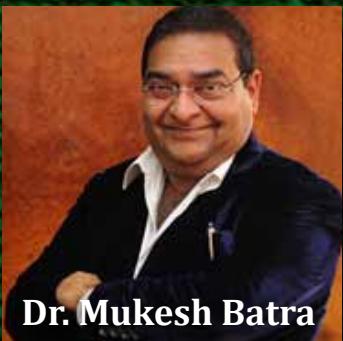


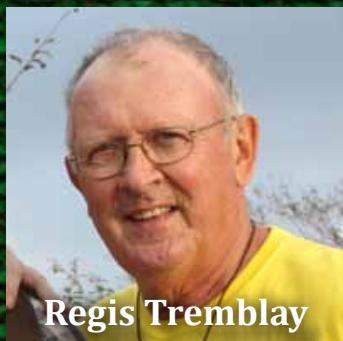


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Volume One December 2014

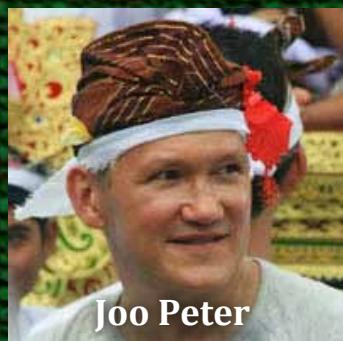
Live Encounters is celebrating 5 years 2010-2014



Dr. Mukesh Batra



Regis Tremblay



Joo Peter



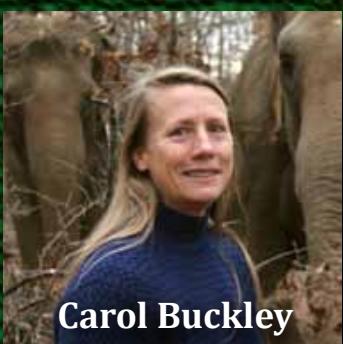
Putu Yudana



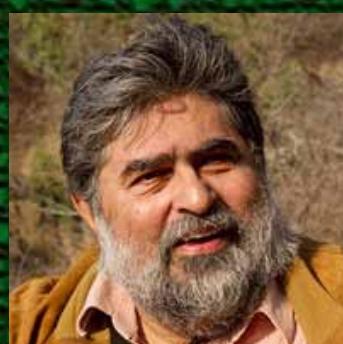
Candess Campbell



Mark Ulyseas



Carol Buckley



Rita James

Guest Editorial
Valmik Thapar



Lakshmi, a temple elephant - Photograph Mark Ulyseas

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Live Encounters is a not-for-profit free online magazine that was started in 2009 in Bali, Indonesia. It showcases some of the best writing from around the world. Civil and human rights activists, animal rights activists, poets, writers, journalists, social workers and more have contributed their time and knowledge for the benefit of the readers of the magazine.

We are appealing for donations to pay for the administrative and technical aspects of the publication. Please help spread the free distribution of knowledge with any amount that you feel you want to give for this just cause.

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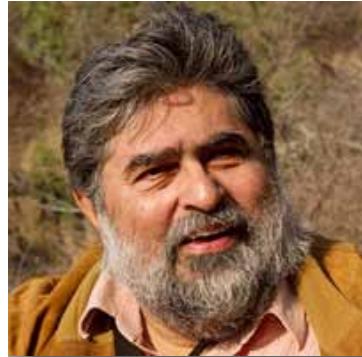
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markulyseas@liveencounters.net

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CONTRIBUTORS

Click on title of article to go to page



Guest Editorial

Valmik Thapar

Thapar, Foremost Tiger Conservationist, Naturalist, Film-maker and Founder of Ranthambhore Foundation is author of over 25 books on tigers and conservation. His latest, *Tiger Fire*, is a magnum opus on 500 years of the tiger in India from the 16th century till date. He has also produced many documentaries on India's habitat for the BBC, Animal Planet, Discovery and National Geographic. He is married to the theatre personality *Sanjana Kapoor* and the couple have a son, Hamir.



Chain Free Corrals for captive elephants

Carol Buckley

Buckley has been working with elephants for the last 40 years. She set up the largest's natural habitat for elephants in the USA for rescued elephants from circuses, zoos etc. Carol has won many international awards. She is Founder of Elephant Aid International. Presently, Carol is in India designing a 122-acre chain free natural habitat for 15 elephants at the Bannerghatta Zoo, the first of its kind in Asia.

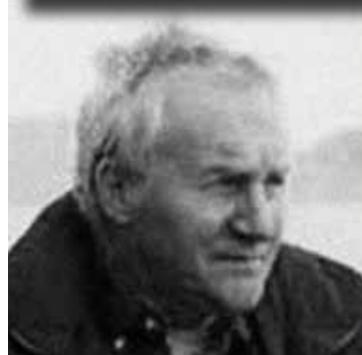
www.elephantaidinternational.org



A Night At The Dogs

Rita James

Caged North West (Campaign Against Greyhound Exploitation & Death) was formed in 2012. Since the Campaign began it has made many contacts within both greyhound rescue and with campaign groups overseas. Caged has been exposed to some terrible cruelty cases and feels that it must expand its work to higher levels. Originally Caged set out to cover the North West, but now has volunteer campaigners all over the UK. It has received tremendous support so far but hopes to expand further with continuous support and additional media coverage. www.cagednw.co.uk/



I am Cassie

Terry McDonagh

Irish poet and dramatist, Terry McDonagh, taught creative writing at the University of Hamburg and was Drama Director at the Int. School Hamburg for 15 years. He now works freelance; has been writer in residence in Europe, Asia, Australia; published seven poetry collections, book of letters, prose and poetry for young people translated into Indonesian and German, distributed internationally by Syracuse Uni. Press; latest poetry collection Ripple Effect due for publication in May/June 2013, Arlen House; next children's story, Michel the Merman, illustrated by Marc Barnes (NZ) to be published in September 2013. He lives in Hamburg and Ireland. www.terry-mcdonagh.com



Polluting the Oceans

Mark Ulyseas

Every year we throw millions of tons of garbage into the oceans, polluting them and killing their beautiful inhabitants. And it is these oceans that sustain all life on mother earth, our only home. In 2015 the mindless pollution will carry on while we bomb, invade and murder each other. Maybe Mother Nature will call us to account sooner rather than later.

Celebrating 5 years 2010-2014



DECEMBER 2014
VOLUME TWO



Is There Hope For A Dying Planet?

Regis Tremblay

Tremblay, born and raised in Waterville, Maine, is an independent filmmaker. He is a former Catholic priest, teacher, and father of three. He began writing and photographing at an early age, taught photojournalism and photography, and has been a citizen journalist for several years documenting stories the mainstream media ignore. The Ghosts of Jeju is his first feature-length documentary revealing the untold history of U.S. unrestrained violence against indigenous people, militarism and American hegemony in Korea since WWII. www.theghostsofjeju.net



Thaipusam Festival in Batu caves, Kuala Lumpur

Joo Peter

Aka Joachim Peter is a Visual artist and writer based in Southwest Germany, presently working on documentary & travel photography in Asia right. He loves to explore and combine all arts in his work. Joo has studied Arts; painting and graphics, worked for theatre (designing stage, costume and light), did some work for television and film, went into teaching. He writes essays and a blog in his native tongue, German, for he feels his language combines philosophy and humour. www.joo-peter.photoshelter.com



A Celebration of Indonesian Cuisine

Putu Yudana

Yudana is Executive Chef In-Charge F&B dept. Waka Gangga, Bali. "I try hard to make my cooking authentic. I don't believe in fusion and I want my dishes to taste true to their roots. The only change I like to make to the original recipes is to make the dishes a bit lighter, whenever possible. We also offer a choice of small or regular portions and encourage guests to share food with family and friends, just like in most Balinese homes, known as "megibung eating style" on the island". www.wakahotelsandresorts.com



The Most Intimate Relationship

Dr. Candess M Campbell

Candess M. Campbell, PhD is the #1 Best-selling author of *12 Weeks to Self-Healing: Transforming Pain through Energy Medicine*. She is a Blogger, Intuitive Success Coach and International Psychic Medium. She has practiced as a mental health and chemical dependency counselor for over 30 years. www.12weekstoselfhealing.com

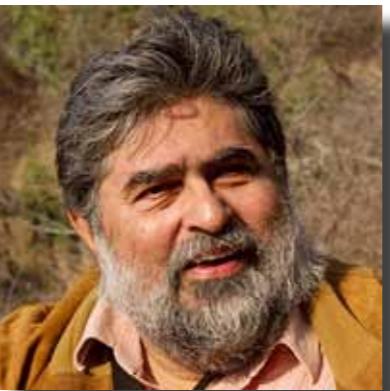


Homeopathy and 'Healthy' Cholesterol

Dr. Mukesh Batra

Dr Mukesh Batra, LCEH, FSRH (MED) P (LON), MDH (USA), FBIH (UK), homeopath of international repute, is Founder-Chairman, Dr Batra's, the world's first and largest corporatized homeopathic healthcare group. In a career spanning four decades, he has treated over a million patients, including presidents and prime ministers, and revolutionised the way homeopathy is practiced today. Dr Batra has been honoured with several fellowships, 60 national and international awards, including the Padma Shri by the President of India. He has authored several books. He lives in Mumbai, India.

Valmik Thapar has spent 38 years working with wild tigers. Author of **TIGER FIRE - 500 YEARS OF THE TIGER IN INDIA** [LINK](#). Read his exclusive in depth interview in Live Encounters Magazine May 2014 [LINK](#)



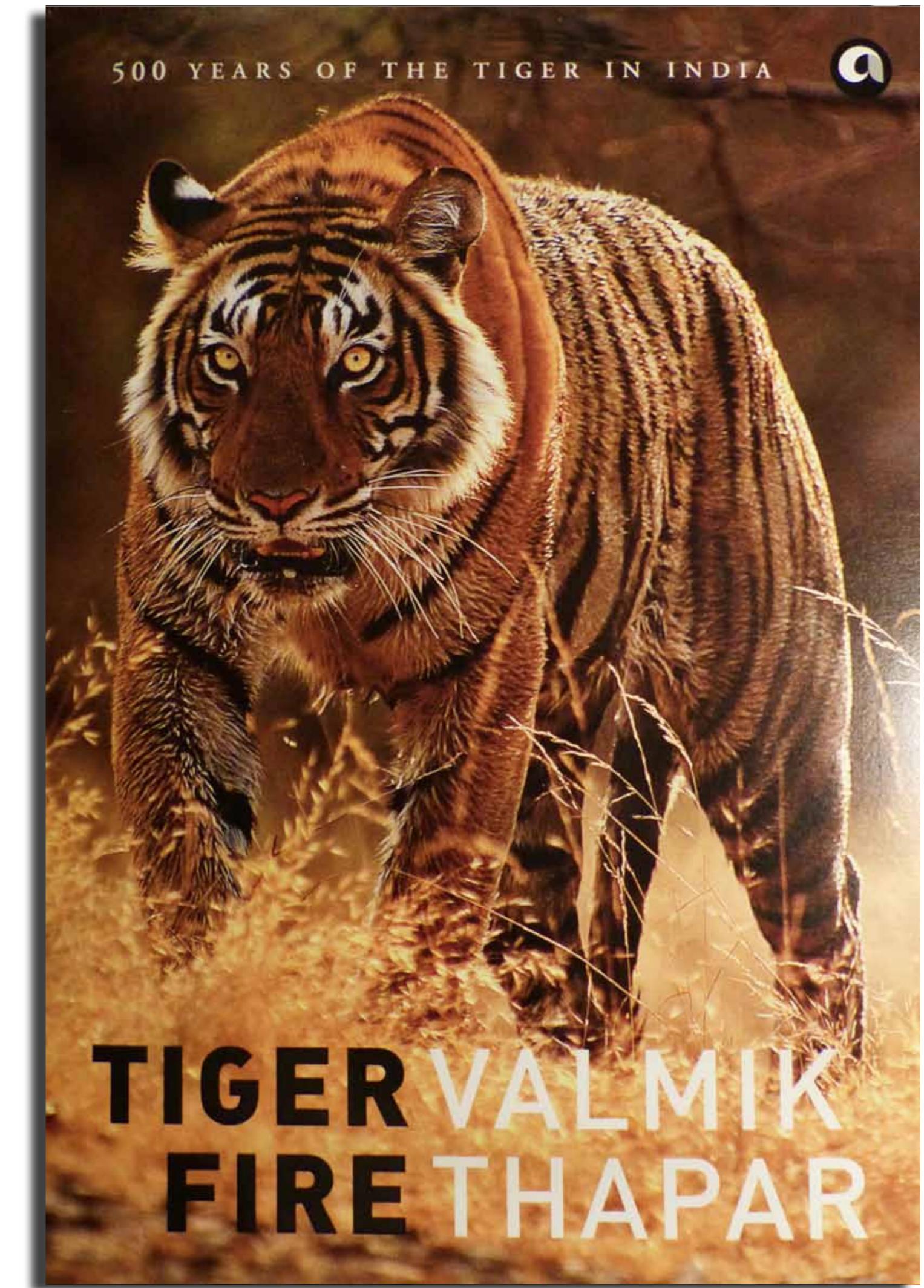
Valmik Thapar

Foremost Tiger Conservationist and Author

The Future of Wild Tigers

We are in such a mess in this country that to create a path to secure the future of wild tigers will be an enormous undertaking. This country is so deeply fractured, divided and unstable that good governance is turning into an impossible dream. We seem to have sunk into a quagmire of chaos and corruption and little appears on the horizon to pull us out of it. In this political and bureaucratic nightmare very few care about wild tigers. I do, since I have spent 38 years of my life serving them. Wild tigers are symbolic of the amazing forests of India that occupy 20% of India's land mass. By keeping them alive you keep all the natural treasures alive so essential for any quality of human life, be it the air we breathe or the water we drink. The following blueprint is necessary to save wild tigers.

There are no short cuts.



Photograph © Valmik Thapar
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Today one of the critical reasons for the mess in this country is the endless baggage of both laws [nearly 1000 of them] and civil services [dozens of them] that we inherited from the British and never reformed or repealed. The future of wild tigers depends on us. Let's change course before it is too late. If we do not little will be left for future generations. What we need today are partnerships between the government and civil society in village, town, and city that engage with the problem and generate a new vision.

THE LAWS

We have a plethora of confusing laws that are now not just fighting each other but the makers and enforcers of these laws appear to also be the first to abuse them. Illegal mining of natural resource has scarred our landscapes forever. We inherited from the British at independence The Indian Forest Act which was created in the 19th century to exploit and plunder the natural resources of India and it fed the British with vast supplies of timber and natural wealth and continued to feed the new Republic of India exploiting both wood and wildlife. To control this rampant exploitation Indira Gandhi created The Wildlife Protection Act in the early 1970's and The Forest Conservation Act in the mid 1980's. This was soon followed by The Environment Protection Act and for the first time based on Indira Gandhi's vision India countered the exploitative nature of the British laws that we had ignorantly followed. We stumbled into the 21st century carrying this package of laws and as 2007 dawned we created yet another act—The Forest Rights Act and this in essence was to serve the people who lived in and around the forests of India. Badly drafted it fractured groups of people, dividing them against each other and has in the end served no one. This Act fights all what Indira Gandhi created and we now have a KHIDCHRI or mixture of laws from the 19th, 20th and 21st century all working against each other and creating a legal logjam. We need to sit together and draft one law which protects forests and wildlife and serves people. This needs to be drafted by thinking people in and out of government. Wild tigers must have their inviolate space and forest people must also benefit. This one law has to be piloted through Parliament and all the laws that clutter our statute books today need to be repealed.

MANAGEMENT

Forests and tigers are managed by another British creation—The Indian Forest Service [IFS] which in its previous life was called the Superior State Forest Service.. In the late 1970's Indira Gandhi came very close to bifurcating this service and creating an Indian Wildlife Service but sadly the bureaucrats who rule the roost had their way and she was stopped. Today the IFS has run out of ideas and needs serious reform both in the mechanisms of recruitment, and the process of training and specialization. The IFS needs to be bifurcated and disbanded before it takes a toll on our forests. We need a new and fresh IFS for the 21st century and with a complimentary Wildlife Service. We need this service to be in the states and not as an all India service. Every region requires its own specialization. We desperately need to engage non-governmental experts especially wildlife scientists to work alongside wildlife managers and share in the process of decision making. They must be empowered to be part of the team like in other services like The Indian Administrative Service where many secretaries to the Government of India have been appointed from outside or The Indian Foreign Service where endless ambassadors have been appointed who were not government servants.

Tigers suffer because of bad governance. When the tigers of Sariska tiger reserve and Panna tiger reserve were poached to the last one what was needed was a cleaning out of those responsible and action against those negligent. It never happened. More tigers will die because our systems of governance are poor and ineffective. We need real solutions for wild India and we need them fast.

In the 45 tiger reserves we need to engage at least 1000 outside experts on short and long term contracts. Tigers need this fresh input now and from those who understand their needs and we need them fast.

LOCAL PEOPLE

We need to encourage innovative wildlife tourism models. We need to learn from the plethora of models in play in Africa. Africa has examples where in places like the Masai Mara in Kenya millions of dollars of park entry revenues are ploughed back into the local economies. Private players are encouraged to partner locals and generate revenue from tourism. There are ongoing working relationships to learn from. We have no models in India and wildlife tourism managed by the government is a nightmare and needs to be outsourced and forest managers need to stick to their job of protection and enforcement. They are not trained to be tourism experts or assess the harmful impacts of tourism on wildlife. Create genuine partners with the local communities and tourism experts. Create new partnerships so that the millions of rupees that pour in from tourism reach locals and they feel the tangible benefits of sensible tourism. Creating and managing a good tourism plan for each site specific area is not rocket science. We have enough talent in this country to do this without any government department being involved. Innovative policies will help tigers by converting degraded farmlands on the edges of forests into wildlife havens with locals [and wildlife] benefitting like never before.

CONCLUSION

We need one Act or Law that is easy to understand, implement and enforce and not six, we need new forest and wildlife services to manage the wilderness and in tandem with their non-governmental partners, and we need an innovative policy to attract visitors and use the revenue generated to benefit locals. Today one of the critical reasons for the mess in this country is the endless baggage of both laws [nearly 1000 of them] and civil services [dozens of them] that we inherited from the British and never reformed or repealed. The future of wild tigers depends on us. Let's change course before it is too late. If we do not little will be left for future generations. What we need today are partnerships between the government and civil society in village, town, and city that engage with the problem and generate a new vision. Money is not the problem. It is the freedom to implement fresh and innovative ideas that has to be respected and this will happen when entrenched bureaucracies are broken. Tigers suffer because of bad governance. When the tigers of Sariska tiger reserve and Panna tiger reserve were poached to the last one what was needed was a cleaning out of those responsible and action against those negligent. It never happened. More tigers will die because our systems of governance are poor and ineffective. We need real solutions for wild India and we need them fast.



Chain Free Means Pain Free

Creating Chain-free Corrals ~ Promoting
Compassionate Care for Asia's Working Elephants
[Download PDF](#)



Elephant Aid International Breaks Tradition in Nepal; It's Time to Celebrate!

On June 12 of this year Elephant Aid International (EAI), A US based non-profit organization, in collaboration with Nepal's Department of National Parks and Wildlife Conservation, broke all the rules. Together we defied centuries of tradition by making captivity a better place for 31 hardworking, anti-poaching patrol elephants.

Our creation of 31 solar-powered, one-acre chain-free corrals, located throughout 13 different government hattisars in Chitwan National Park, represents a new elephant welfare standard in Asia.

The result of our effort means half of all the government owned elephants in Chitwan National Park are now chain-free...forever!

This unprecedented project demonstrates that change is possible in a brief but very busy period of time. [In four short months](#), Chief Conservation Officer Kamal Jung Kunwar, technicians at IBEX Gallagher and EAI have literally changed a longstanding tradition of pain and suffering for the working elephants of Chitwan National Park.



Photograph © Carol Buckley

India has joined the ranks of compassionate care for elephants.

Just a few days ago the first chain free enclosure of its kind was completed at Bannerghatta Biological Park. Enclosing 122-acres of natural habitat including forest, grasslands and a large pond, 15 of India's captive-held elephants are now chain free. Recently rescued Sunder prompted the improvements. His rescue brought much needed media attention to the plight of captive held elephants used for rides and temple worship.

As the year closes elephants will be chain free in Thailand!

The word has gotten out about our [Chain Free Means Pain Free](#) project. One time street beggars and elephants used for illegal logging and tourist rides in Thailand will experience what it means to be released from the heavy chains that bound them for decades. Before the end of the year 17 sick and rescued elephants living at *Friends of the Asian Elephant Hospital* in Lampang and *Boon Lott's Elephant Sanctuary* in Sukhothai will experience the freedom of being chain free.

Keeping the momentum going strong

Phase two of our Chain Free Means Pain Free project begins January 2015. The dawn of the New Year will find us in Nepal creating chain free corrals for another 47 elephants; 31 government owned and 16 privately owned. With continued support, we plan to free more captive elephants from chains until we reach our goal to make Nepal the first Chain Free country in the world!

Spread the word far and wide...the elephants are counting on us!

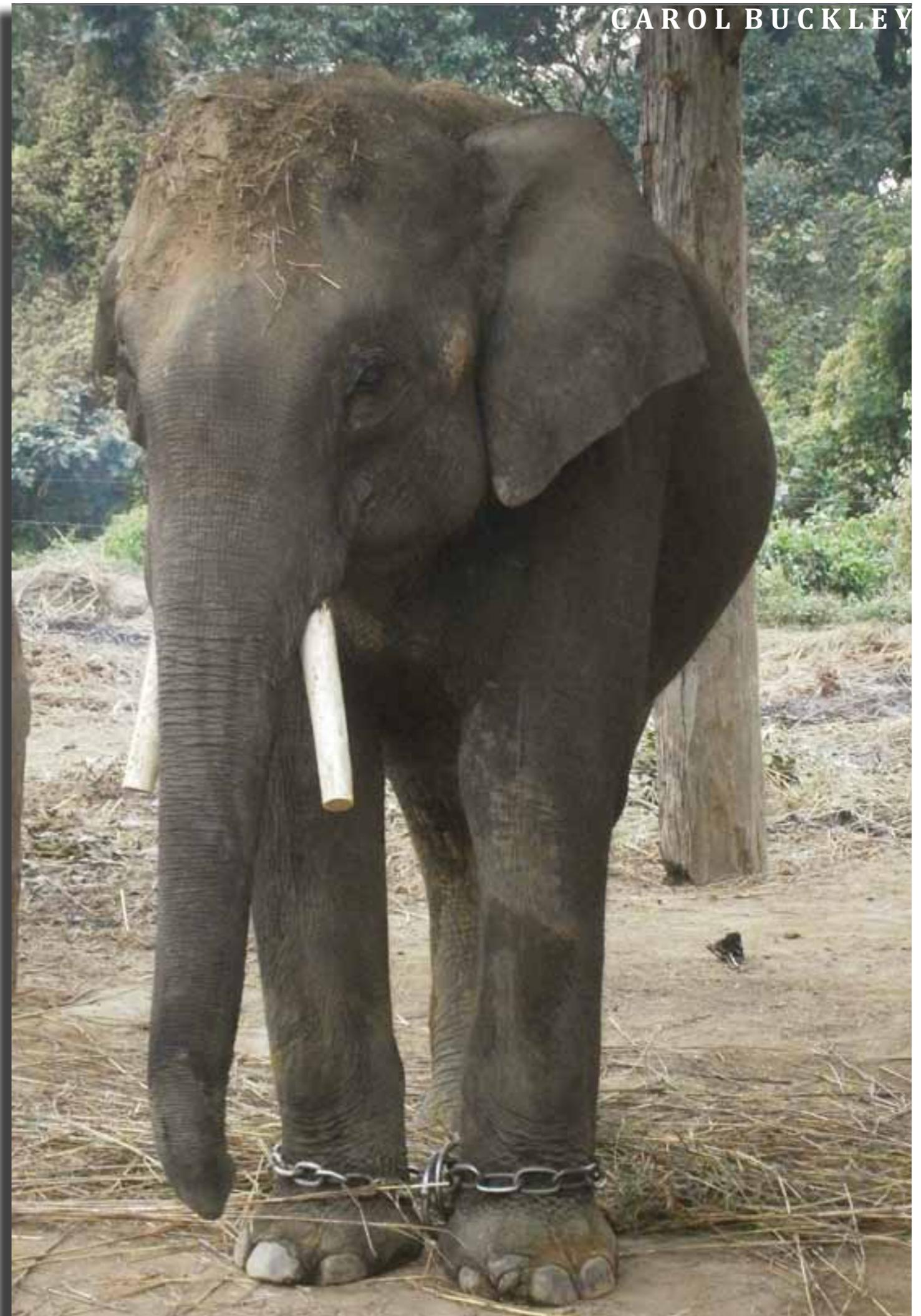


A Carol Buckley Project www.ElephantAid.org

ELEPHANT AID INTERNATIONAL
One World. One Elephant at a Time

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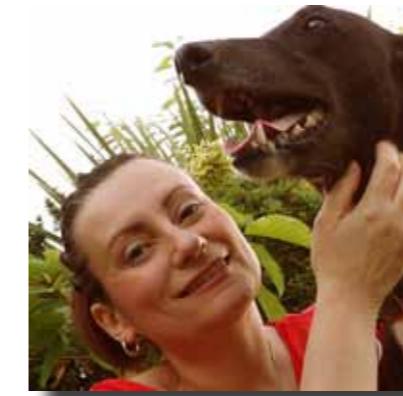
A Night at the Dogs

The Caged North West Greyhounds Raced to Death Campaign continues

On 01.12.14 the 96 sheet billboard (40 ft wide) will be highly visible on one of the busiest junctions in Manchester UK, where Christmas shoppers will be able to get an excellent view during slowing traffic.

The billboard (above) shows the image of a falling greyhound on a race track and an additional image of a sad looking greyhound with the text. 'GREYHOUNDS Raced to Death'. 'Every licensed track has a freezer to store the dead dogs'.

The image of the sad greyhound was kindly supplied to Caged North West by Photographer Paul Croes



Rita James
Founder
C.A.G.E.D
Campaign Against Greyhound Exploitation & Death

The industry often claims that greyhounds are the most protected canine breed, but they fail to state that greyhounds are NOT protected by the primary legislation of the Animal Welfare Act 2006.

Stag and hen parties, birthday celebrations, Christmas parties and most unfortunately charity events are the few occasions where people will attend a greyhound stadium.

It is often difficult to find a venue that can cater for large parties of people and also offer cheap food and entertainment. Greyhound racing stadiums are often a quick and cheap solution for anyone trying to organise a night out with friends, family or work colleagues. The poor décor, bland food and the rowdy atmosphere is often overlooked due to the curiosity people often have when they have never observed live dog racing before.

For many, the possibility of a dog falling will not cross their minds, yet when a dog has a horrific fall, some vow never to return to a stadium again and may never be able to erase the memory from their mind. Sadly many of the dogs that do fall continue to race due to the adrenalin masking the pain, therefore spectators may not realise that the dog will be later destroyed. This is why under the rules of racing every stadium must have a freezer to accommodate dead dogs.

We are often told that the UK has some of the best animal welfare laws in the world, we tend to place our trust in these laws and therefore it is easy to make the presumption that because something is legal that it is morally correct and has been closely inspected for flaws with rules and regulations being in place to prevent any abuse.

The industry often claims that greyhounds are the most protected canine breed, but they fail to state that greyhounds are NOT protected by the primary legislation of the Animal Welfare Act 2006.

Greyhound racing is a business that depends on the inherent cruelty of greyhounds for profit

The welfare of the dogs is not at the forefront of this business and profit prioritises to all those who have vested interest, as with any business. Greyhound breeders, owners and trainers all undoubtedly attempt to earn a living by exploiting the dogs, management and staff may become desensitized over a period of time and investors turn a blind eye.

The government continue to rake in the taxes while attempting to appease the greyhound advocates with reviews of rules and regulations that are clearly proven to be inadequate and hardly enforced.

428 injured dogs at Romford in 2013. 131 failed to race again .Where are these dogs now? [LINK](#)

The Greyhound Board of Great Britain (GBGB)

Self- regulation continues to fail. The GBGB is NOT transparent. The GBGB have a duty to regulate as well as promote the racing industry, one action impedes on the other therefore making it impossible to do both successfully. The GBGB website is very poorly maintained resulting in disciplinary committee hearings and other information often being temporarily inaccessible. Details of dogs that are abandoned and micro-chipped are often unobtainable, as the GBGB claims they cannot reveal identity of a dog due to the details being part of the Data Protection Act.

Retirement forms; There is no current availability of data collected on retirement forms. Owners are asked to provide a completed retirement form when a dog finishes racing and is no longer of use. We believe that the details of every individual dog should be collected from these forms and made part of the freedom of information act (with the exception that we would not be able to view the owners details due to the data protection act), so there is transparency of each dog's whereabouts or whether they have been disposed of post racing. Please click the link to see a copy of the retirement form; [LINK](#)

Injury and death data remains to be unobtainable via the freedom of information act

In addition to the dangerously configured tracks, we believe there is a lack of concern from the GBGB in cases of greyhound racing tracks being poorly managed and maintained, which results in additional deaths and numerous injuries of dogs. In particular, Romford track has recently been under deep scrutiny by greyhound trainers and owners who have viewed successions of horrific falls resulting in deaths of dogs.

Injury Data

Campaign group Greyt Exploitations has recently made excellent progress by creating a website that replicates racing incidents 'resulting in injury to greyhounds', from the Greyhound Board of Great Britain. This means online users will be able to view records of how many dogs have fallen at each track, the dog's details and dates of each incident. Most importantly we shall see how many of these injured dogs have not been entered into any following races after a fall and are unaccounted for. These dogs are unaccounted for due to the GBGB failure to publicly declare what happens to these dogs. 338 incidents recorded at Romford dog track, throughout 2013. For 131 of those dogs it was their last race. Where are these dogs now? [LINK](#)



Greyhound Rescue - Exposing the industry, or protecting the industry for the sake of the dogs.

Tia is the largest greyhound rescue in the UK. Yet they are the 'only' rescue that records dogs who come into their care abandoned abused and neglected; Please see; **The Wall of Shame** - [LINK](#)
It would be helpful if other rescues would also give a voice to the greyhounds and likewise publish records of neglected dogs that are in poor condition, who come into their care.

Caged North West and Greyt Exploitations Join Forces

On October 6th 2014 we placed a half page awareness advertisement in one of the UK's most popular national newspapers 'The Daily Mirror'. As the festive season approaches, many companies are preparing to organise christmas events for their staff. One of our main aims is to raise awareness of the suffering of dogs behind the scenes of greyhound racing. We believe that raising mass awareness is imperative and will help enable people to make a well informed decision of whether to attend any event held at a greyhound racing track. We felt that placing a large informative advertisement in a popular national newspaper would be very effective and achieve high viewings. The Daily Mirror has a circulation of 960,567 newspapers and a readership of many more. This was our first awareness advertisement in a national newspaper and one of the first of it's kind in the UK. We found the Daily Mirror to be a pleasure to work with, their staff members were highly efficient and we hope to use their services again in the future.

This was our first awareness advertisement in a national newspaper and one of the first of it's kind in the UK. We found the Daily Mirror to be a pleasure to work with, their staff members were highly efficient and we hope to use their services again in the future.

CAGED North West 'Raced to Death Bus Campaign' was joined by Greyt Exploitations

The Raced to Death Campaign hit the roads on 21st August to 25th September 2014

The campaign consisted of '20ft long' superside posters being attached to 20 individual 'First Group' buses travelling throughout Manchester city centre and surrounding areas in the North West. The supersides were placed on the nearside of the buses, which meant maximum views and excellent awareness for the Greyhounds.

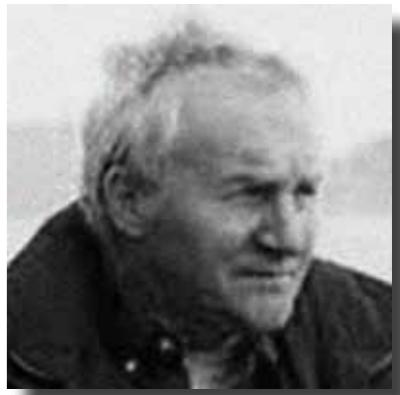
The poster demonstrates how dogs can sustain fatal injuries from falls and die on racing tracks. This particular image shows a 3 year old greyhound named **Rotar Wing** falling on Sunderland track. **Rotar Wing** broke his back and had to be destroyed shortly afterwards. This is not an isolated case, dogs often die at tracks, many continue running to the finish line as the adrenalin masks their pain.

Watch the video of **Rotar Wing** here [LINK](#)

RIP Rotar Wing



I'm submitting a poem, which people seem to like very much. It is called 'I am Cassie'. Cassie is our dog that we got from the ISPCA where they took good care of her. However, she must have been abused before she got to them as she was very nervous. I'm happy to say she is growing in confidence and seems less afraid. I don't understand people who have to abuse animals. I suppose they are no different when it comes to people.



I am Cassie

It's as if only yesterday a dark beast used to lurk under my skin, but now that I've found a home and family I don't have to be afraid anymore. They wait by the gate looking puzzled when panic, hidden in my bones, twitches in me like forgotten history. I am a dog - only a dog and know that's what they want me to be. I don't have to write, struggle with words or read a book of fairytales to young ones. They're not scared of me - don't have to be. I learned not to bark in my previous home where I was beaten for being dog and dumped. Sometimes when I wake in a mess of sweat, I imagine I have another name - not Cassie. I try not to peep over my shoulder into the past.

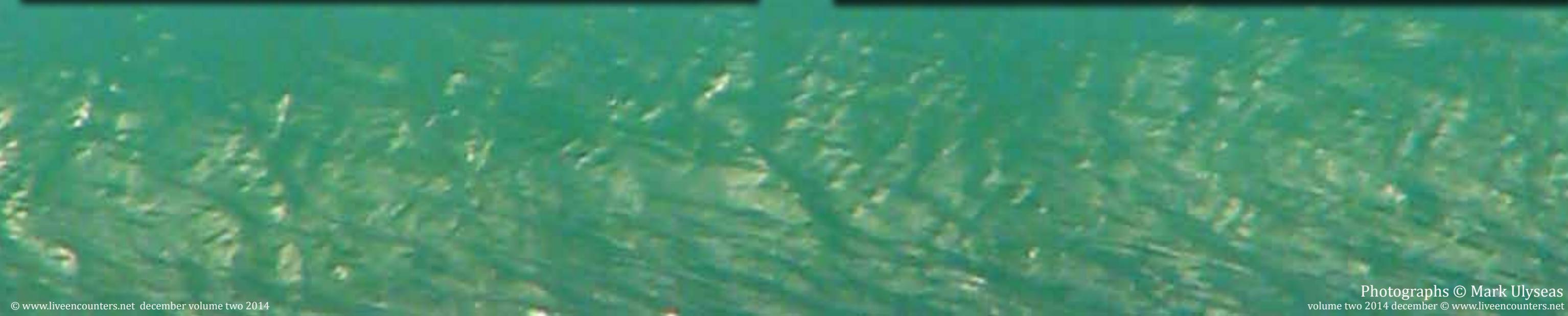
Every year we throw millions of tons of garbage into the oceans polluting them and killing their beautiful inhabitants. And it is these oceans that sustain all life on mother earth, our only home. In 2015 the mindless pollution will carry on while we bomb, invade and murder each other. Maybe Mother Nature will call us to account sooner rather than later.



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Om Shanti Shanti Shanti Om

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Is There Hope For A Dying Planet?

Climate change promises to bring environmental disaster that will render life on Earth unsustainable, while U.S. militarism fueled by the capitalist system threatens to end life on earth. Neither of these two scenarios are pleasant, but they are unavoidable unless the people of the world rise up and overthrow the system within the next ten years.

Scientists overwhelmingly agree that unless the world converts to renewable energy within the next ten years, climate disaster is a certainty, and yet, the leaders of the world are incapable of leading and doing what is necessary to solve the problem. Make no mistake, climate change is not reversible because we have passed a point of no return. All that is possible is to keep temperatures at or below 2 degrees Celsius and get used to extreme weather around the globe.

I attended the People's Climate March in New York City with 400,000 people and produced one of the best short films on the march. [LINK](#)

Unfortunately the mainstream completely ignored the historic event. We were not alone on September 21, 2014. Tens of thousands of people from around the world also marched to send the message to world leaders that the time was now to change the system, and if they were not ready and able, we would do what was necessary to be that change.



Climate Change March, New York City, September 21, 2014. Photograph by Regis Tremblay

The Root Cause of Climate Change

If we, the people of this planet, are to save ourselves it is imperative that we reject the system of Capitalism that is the underlying cause of climate change. Since the industrial revolution, we have been victims of the myths of progress, consumerism, and the perpetual growth of our economies.

The proponents of Free-market Capitalism have convinced most of the world that competition in the market is the solution to all of our problems. They believe that government is the problem and in the way of progress.

These proponents of Capitalism are the big banks in every country, the International Monetary Fund (IMF) and the World Bank, the multi-national corporations, the military industrial complex, and the Oligarchy, the 1% who possess most of the capital in the world. They have convinced enough people that trickle-down economics benefits all, but for the past 40 years everyone can see that the poor and the middle class have not benefited while the 1% have seen their wealth grow exponentially. Poverty has increased and the disappearance of the middle class is underway. The disparity of wealth is now greater than at any other time in human history.

The Role of the United States Military in This System

Capitalism is based on competition and consumption. However, the Earth's resources are finite and not renewable. The competition for resources that corporations need to produce food and consumable goods is what leads to the extraction of those resources by force. This is the role that the U.S. military has played since 1798. In the past 200 years, the United States has intervened militarily over 300 times in every corner of the globe from Central and South America to the South Pacific, and from Eastern and Western Europe to Asia. The United States' system of Capitalism and the military today make it the sole superpower in the world. Not only does the US outspend the next 14 countries combined, but the massive US and unchallenged military consumes the most amount of oil and has the largest carbon boot print on the planet.

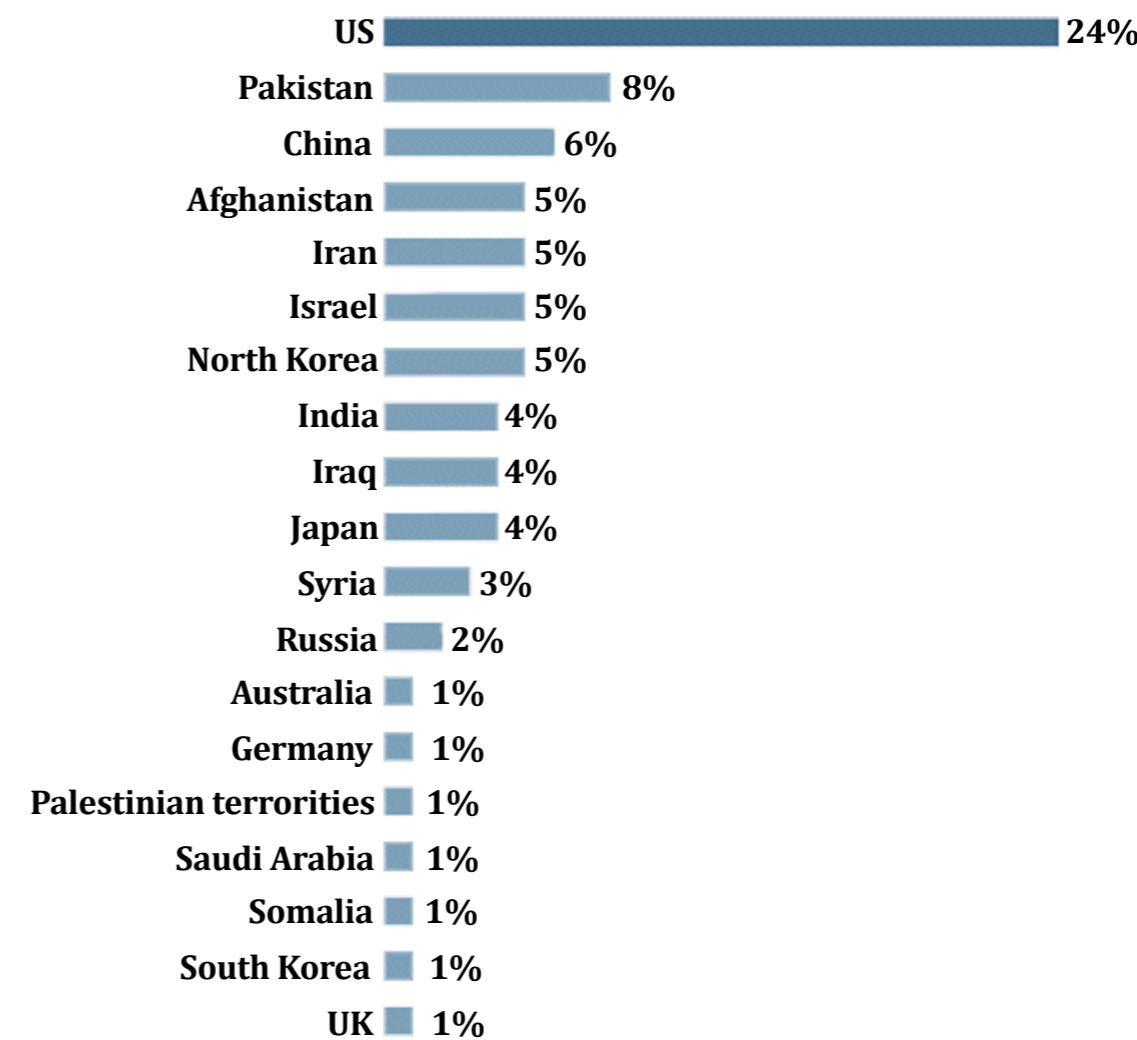
Furthermore, it is the strategic plan of the United States Space Command, clearly spelled out in their document entitled "Vision For 2020," where the United States will become the Masters of Space" and dominate the entire planet through "full-spectrum dominance" on the land, the seas, the skies, and in space, the final frontier which is the strategic "high ground" in military strategy.



Still from The Ghosts of Jeju, a documentary by Regis Tremblay

Which country is the biggest threat ?

Q. Which country do you think is the greatest threat to peace in the world today?



Source : WIN/Gallup International

HOPE FOR A PLANET?



Still from The Ghosts of Jeju, a documentary by Regis Tremblay

The Role of the United States Military in This System

It is the avowed claim of the U.S. Space Command and the Department of War to deny their enemies the use of space while they use space as a launching pad for attacks anywhere on the planet within minutes. One key role for the Space Command is to develop the military technology to control the pathway on and off the earth as the aerospace industry prepares to mine the sky. This in itself is a declaration of war and a provocation of the highest order.

This is all possible because militarism saturates American culture on every level from the glorification of soldiers to the recruitment of children still in grade school through programs such as Junior Recruit Officer Training Programs (ROTC and JROTC). Movies and television shows about war and violence gain the highest ratings. America's super heroes encourage and promote violence. The most popular video games are about violence and battles against fictitious enemies and even aliens. From the earliest years, children are given toy guns to play army in the woods and miniature army men to fight battles, and they are told stories that glorify war and make heroes of soldiers.

Television commercials produced by the Army, Navy, Air Force, and Marines all perpetuate the lies that they are promoting freedom and Democracy around the world and defending our freedoms and safety here at home.

America's multi-national corporations produce million dollar patriotic commercials for all of our college and professional sporting events. Giant flags are unfurled in our stadiums and military fly-overs elicit oohs and aahs from fans. The national anthem is sung before every contest and since 9/11, America The Beautiful is sung during professional baseball games. Even team uniforms sport Army camouflage designs. All of this to glorify militarism and war, and to perpetuate the myth that might makes right.

When the barons of industry have not been able to secure oil, rubber, food, gold, silver, and rare earth minerals, the U.S. military has enabled the extraction of these resources by force, all in the name of "America's interests." Since 1798, hundreds of millions of people have been slaughtered who posed an obstacle to this system. Democratically elected leaders have been assassinated or overthrown by the CIA or its forerunners operating secretly and clandestinely.

The myth that was created is based on the lie that America's interventions in the world are to spread freedom and Democracy and to liberate people from oppression. This myth includes the false belief that the American Way of Life has been approved by god.

REGIS TREMBLAY



Climate Change March, New York City, September 21, 2014. Photograph by Regis Tremblay

But, the American Way of Life is a lie based on greed, predator Capitalism, and glamour.

Instead of spreading freedom, Democracy and a better life for all, the results of this system have been death and destruction, world-wide poverty, and the rape of the planet.

The 1% have convinced politicians that institutions serving the public good must be privatized. So unions that led to the rise of the middle class are to be busted. Schools, prisons, and even water are considered commodities that must be privatized. All of this has resulted in higher prices, unprecedented rises in prison populations, and the creation of populations incapable of critical thinking.

Multi-national corporations have convinced politicians to roll back and remove environmental protections allowing them to destroy the environment by poisoning the air and water we need to survive. Examples are everywhere to be seen from mountain top removal, mining and deforestation on every continent to fracking and the pollution of our air, rivers and streams.

The Pivot to Asia and the Coup in Ukraine

On the surface, Obama's "Pivot to Asia" to project power against China, and the American/NATO backed coup in the Ukraine on Russia's border are dangerous provocations of nuclear-armed countries and their nuclear-armed allies. Furthermore, the sanctions and threats to Russia have already begun to destabilize the region and Europe, forcing Brazil, Russia, India, China, and South Africa into a political, economic and military partnership (BRICS) that threatens to undermine the U.S. dollar as the global standard by using the Ruble or the Yuan as their own standard. This is tantamount to an economic declaration of WWIII. How America will respond is quite predictable.

Clearly the imposition of the Trans Pacific Partnership or TPP, which if enacted will subordinate sovereign nations to the rule of corporations, is behind the US/NATO plan with the Baltic countries and the Asia-Pacific. In plain language, this means that countries will no longer be able to prevent corporations from extracting their resources, and huge multi-million dollar fines will be adjudicated by corporate lawyers in a new world court.

The "Pivot" of 60% of America's military might to the Asia-Pacific is obviously designed to enforce the TPP, control the East China Sea and China's primary trade routes. As it is, China imports 80% of its petroleum needs via the sea. The "Pivot" is also to project power against China...and Russia which also borders that region.



Still from The Ghosts of Jeju, a documentary by Regis Tremblay

Chile struggles with legacy of Pinochet coup. Photograph Luis Hidalgo/AP. The Christian Science Monitor. [LINK](#)

The Pivot to Asia and the Coup in Ukraine contd...

This strategy is designed to impose a “new world order” concocted by the Oligarchy, the multi-national corporations, the world banks and the military industrial complex. It was publicly announced by the first president Bush and has been systematically executed by every president since, including Barack Obama. President Clinton deceived the American public into believing that the North American Free Trade Agreement would be a good thing and that has led to the outsourcing of millions of jobs from the U.S., and is the template for the Trans-Atlantic Trade Partnership and the TPP. We have all been convinced that the new world order based on globalization is a good thing, but all it has done is make the rich richer and the poor poorer. It is really a form of neo-feudalism designed to subordinate the masses to the rule of the few.

Tyranny, Fascism, and Oppression Around the World

Even a casual observer of world events today must recognize, even if they are too fearful to admit it, that governments – even democratically elected ones – have been violating basic human rights, denying individual freedoms, and using militarized law enforcement agencies to violently put down the many popular uprisings in all parts of the world from the Arab Spring, massive uprisings in the Philippines, Spain, Greece, Canada, as well as the Occupy Movement in the U.S.

Governments the world over, just as in the U.S., have been taken over by the powerful, dark forces comprised of the super wealthy elites, the banks, the multi-national corporations, and the military industrial complex. This is a classic definition of Fascism when corporations, governments, and the military are united. And yet, we in America and Europe continue to believe the lies that we live in a free and democratic country, when in fact, our constitutionally protected freedoms and rights have been trampled upon, and our protests are being violently suppressed by overwhelming police brutality and violence.

The Origins of Militarism and Violence in America

Violence, genocide, the stealing of land and the pillaging of the environment began when the European explorers first discovered the Americas. They believed that god had led them to the land of plenty to claim as their own. This belief in their own superiority and righteousness resulted in the genocide of hundreds of millions of Native Americans in what is now North America, Central America, and South America. The indigenous civilizations they found were considered uncivilized, pagan savages.

These first explorers, like Christopher Columbus, Hernán Cortés and Francisco Pizarro, were murderers who stole the land and the precious resources of these native peoples. This belief that god chose America as his nation and approved the slaughter of Native Americans, slavery, inequality, and racism and the right to claim the land and resources of other nations as her own in the name of America’s national interests, has been engrained in the American psyche and is known as “American Exceptionalism.”

As the young nation grew, it was necessary to move 3,000 miles to the West Coast to establish settlements and political rule. In the move West, Texas, New Mexico, and Arizona were stolen from Mexico and the massacre of Native Americans continued. The early settlers believed this was their destiny, their obvious fate and given to them by god and therefore morally justified. This doctrine of “Manifest Destiny” was later applied, under the veil of spreading Democracy and freedom, to the entire world. And it is these two core beliefs that pervade American culture, politics, and economics that account for all of the wars and coups since 1798. I do not believe that most Americans believe this, but there is little doubt that the wealthy elite and powerful, the multi-national corporations, the banks, and the military industrial complex believe this without question.

William Blum in *Rogue State* sums it up this way:

“These interventions (since 1798) prove that American foreign policy has not been motivated by the moral imperative to spread freedom and Democracy, but by the following three imperatives:

Spreading American Capitalism

Globalization, feeding the military industrial complex and the banks who have bribed the presidents in the White House and the Congress.

No Alternative to Capitalism

Preventing the rise of any society that might serve as a successful alternative to Capitalism: Communism, Socialism or any system not in line with American interests.

Expanding The Empire

Expanding political, economic, and military hegemony over the entire globe to ensure # 1 and #2, and to prevent the rise of any power that might challenge American supremacy.

[LINK](#) to a short film I produced depicting the origins of violence and Capitalism in the USA.

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Still from The Ghosts of Jeju, a documentary by Regis Tremblay

Changing the System

There is very little time left to avert the catastrophic disasters that climate change will bring. The overwhelming number of scientists agree if we don't act now and within the next 10 years, we're in trouble....they saying life on Earth will not be sustainable. In the words of T.S.Eliot, ..."this is the way the world will end, not with a bang but a whimper."

If the psychopaths don't blow us all to kingdom come with all the nukes in the world, then Climate Change will gradually, cruelly, and painfully end it all with a whimper.

So, this isn't about using the political system, local organizing, and hoping for small successes. There's no time for that. Given all of the serious issues facing the entire earth from poverty, the great disparity of wealth, privatization, unfettered Capitalism, militarism, inequality, climate change, and the militarization of police forces along with the loss of personal freedoms guaranteed by the U.S. Constitution - the ONLY solution is massive, world-wide, popular uprisings to overthrow the evils of corporate Capitalism and FASCISM that are destroying human life and the planet.

This revolution is already underway all over the world with massive, popular uprisings in Mexico, The Philippines, the Middle East, all across Europe, Greece, Turkey, Hungary and from Hawaii all the way down through the Pacific Islands to Australia.

Let us not forget the Occupy Movement in America and around the world. The fire that burned so hot was not extinguished and as things worsen in America and around the world, as the surely will, it will only take a tiny spark for the entire planet to erupt. So, there isn't time for a major re-thinking about liberal and progressive politics. It is time for a revolution.

Admittedly new economic systems, the focus on sustainable communities, renewable energy, a return to small farms, horizontal forms of Democracy, worker co-ops and alternative media are occurring everywhere. Naomi Kline in This Changes Everything lists many new solutions that could work on a massive scale.

But while these isolated reforms might make us feel positive and lull us to sleep thinking "someone" will save us, there isn't much time left to bring about a new world order based on justice, equality and peace for all.



Still from The Ghosts of Jeju, a documentary by Regis Tremblay

There is Hope - If Only a Sliver

People are despairing, feeling overwhelmed, and do not believe they can do anything to solve any of the problems. There is hope, but first we must recognize what Tufts University Political Science Professor Michael J. Glennon describes as the "pervasive political ignorance on the part of the American people and the indifference to the threat that is emerging." This is also true for America's major allies in Canada and the European Union who have all been co-opted by the same dark forces of Capitalism that have overtaken them.

It is also imperative that the people of the world recognize that Climate Change, if not halted within the next ten years on a massive world-wide scale, will render all forms of life unsustainable. In order to solve the climate crisis, the underlying systems of governing and Capitalism must be replaced with systems that benefit all people and that safeguard the only home we have.

There is hope only in the minds, hearts and determination of all of us who people the earth. What is at stake is not which system is better or who is richer or stronger, but the survival of all of us. What is at stake for all of us is our freedom and our survival as a species in harmony with each other, all living things, the earth and the universe. That is our hope and the prayer that we lift to the heavens today.

My friend, author, journalist and filmmaker, John Pilger concludes: **"We need not accept any of this if we recognize that there are now two superpowers. One is the regime in Washington (he means the dark forces that have taken over the United States government), the other is public opinion now stirring all over the world. Make no mistake it is an epic struggle. The alternative is not just conquest of faraway countries; it is the conquest of us, of our minds, our humanity and our self-respect. If we remain silent, victory over us is assured."**



Thaipusam Festival, Batu caves, Kuala Lumpur

Thaipusam "Thaipoosam" is a Hindu festival celebrated mostly by the Tamil community on the full moon in the Tamil month of Thai (January/February). The word Thaipusam is a combination of the name of the month, Thai, and the name of a star, Pusam. This particular star is at its highest point during the festival. The festival commemorates the occasion when Parvati gave Murugan a Vel "spear" so he could vanquish the evil demon Soorapadman. There is a misconception among people that Thaipusam marks Murugan's birthday; however, it is believed that Vaikhasi Vishakam, which falls in the Vaikhasi month (May/June), is Murugan's birthday.

Kavadi Attam is a dance performed by the devotees during the ceremonial worship of Murugan, the Tamil God of War. It is often performed during the festival of Thaipusam and emphasises debt bondage. The Kavadi itself is a physical burden through which the devotees implore for help from the God Murugan. Fire walking and flagellation may also be practiced. *It is claimed that devotees are able to enter a trance, feel no pain, do not bleed from their wounds and have no scars left behind.*

In Malaysia, the temple at Batu Caves, near Kuala Lumpur, attracts over one million devotees and tens of thousands of tourists.

The procession to the caves starts at the Sri Mahamariamman Temple, Kuala Lumpur in the heart of the city and proceeds for 15 kilometres to the caves, an 8-hour journey culminating in a flight of 272 steps to the top. Devotees carry containers containing milk as offering to Lord Murugan either by hand or in huge decorated carriers on their shoulders called 'kavadi'.

www.joo-peter.photoshelter.com



Statue of Murugan outside Batu Caves

Pic © Joo Peter



Kavadi Attam dance with body piercing.

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Kavadi Attam dance with body piercing.

Pics © Joo Peter
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PHOTO GALLERY - THAIPUSAM

JOO PETER



Kavadi Attam dance with Trishul in the mouth.

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Boy carrying container of milk as offering.

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Devotee in a trance.

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Woman carrying milk in metal pot

Pics © Joo Peter

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A Celebration of Indonesian Cuisine
by **Executive Chef Putu Yudana**
at Waka Gangga, Bali
Photographs courtesy Kamal Kaul

"I try hard to make my cooking authentic. I don't believe in fusion and I want my dishes to taste true to their roots. The only change I like to make to the original recipes is to make the dishes a bit lighter, whenever possible. We also offer a choice of small or regular portions and encourage guests to share food with family and friends, just like in most Balinese homes, known as "megibung eating style" on the island. I want my guests to enjoy the food, the service and of course, the beautiful views surrounding our location."



Putu Yudana, Executive Chef In-Charge F & B Department,
Waka Gangga, Tabanan, Bali, Indonesia www.wakahotelsandresorts.com



Kare Ayam - Chicken Curry

Throughout Indonesia's sprawling archipelago, curry sauce has a unique local character. Like Rendang from island of Sumatra, curries from Java and Bali taste very different. The basic ingredients are herbs, spices and coconut milk gently cooked for a long time. Natural oil from coconuts provides a distinct flavour. Indonesian curries taste better if consumed a day after cooking.



Sambal Bongkot - Torch Ginger Sambal

My mother expertly makes delicious Sambal Bongkot which accompanies all meals at home. Making Sambal is very simple. After steaming sliced torch ginger, garlic, green chillies, mix with shrimp paste and coconut oil.



Pepes Ikan - Steamed and Grilled Fish in Banana Leaves

Throughout Indonesia's sprawling archipelago, curry sauce has a unique local character. Like Rendang from island of Sumatra, curries from Java and Bali taste very different. The basic ingredients are herbs, spices and coconut milk gently cooked for a long time. Natural oil from coconuts provides a distinct flavour. Indonesian curries taste better if consumed a day after cooking.



Sate Lilit - Grilled minced Pork, Fish or Chicken

Indonesia has a wide variety of Sates, but Sate Lilit is only found on the island of Bali. Minced fish, pork or chicken mixed with spices and stuck on bamboo skewer which are grilled over charcoal. In Bali's different regions, Sate Lilit is prepared according to the local village traditions and has popular local names such as Sate Kempul and Sate Languan. In Badung, Tabanan and Gianyar regions of Bali, Sate Kempul is made from minced pork or chicken. In Karangasem, on the east coast of the island, Sate Languan is prepared from minced fish.



Jukut urab - Mixed boiled Vegetables with Grated Coconut

A tasty and simple to cook vegetable dish. Boil the vegetables, mix with grilled grated coconut, turmeric paste, shrimp paste and kaffir lime leaves.



Sambal Matah - Spicy Sambal

If you are a fan of ocean fish, this spicy Sambal is specially for you! Chop red chillies, shallots, lemon grass and mix with shrimp paste and coconut oil.



Bubur Injin - Black Rice Pudding

In all traditional village markets, you will always find a seller offering sweet snacks. One of Bali's unique specialties is made from Black Rice grown in Tabanan region on the slopes at mount Batu Karu. Black rice mixed with palm sugar is cooked over slow fire for 4 hours, and topped with fresh coconut milk before serving. Bubur Injin tastes best when served warm.



The Most Intimate Relationship

This year, my focus has been on relationships. In *Live Encounters magazine*, I have explored everything from Arranged Marriage to Sexual Addiction. As much time and energy you put into living with and loving others, the deepest and most intimate relationship you have is with **yourSelf**. The foundation of my life work has been to assist people in creating a deeper relationship with themselves. They do this by accessing their own intuitive information. This is a process of becoming conscious and taking action.

At this time in your life it may seem everything is accelerating. Slowing down and finding time for yourSelf takes extensive planning. It takes a concerted effort. The pace of your life over stimulates you. There are necessary and unreasonable expectations on your time. Showing up for activities that you planned or those planned for you overwhelms you. In addition social media, television and gaming tempt you into oblivion. As you respond to the external stimulation, the external environment; you neglect your own inner environment; your heart and soul. With your reactive lifestyle, filled with talking heads and insistent friends and family, you may rely on others to form your opinions, your beliefs, and to decide your life direction on any particular day. Your obligations can be overwhelming.

In a numbing attempt to go along to get along, your life becomes habitual rather than intentional.

Stop for a moment. Take a couple breaths. Close your eyes. Reflect on your experiences in the last year. Start with January and go through month by month. What has happened to you? What changes did you make? What have you accomplished? Where were you in control and where did you feel you gave up control to someone else? When you reminisce on what your goals were for this year, did you stay on course?

This time of year, the last month of the year is a natural time for reflection and planning. It is easy to think of the New Year and have high hopes for the future. I agree. There are high hopes for the future. It isn't haphazard though. It comes with conscious intention. Here is a formula that works and it is fun and easy.

January 1st is a powerful day in that it energetically and symbolically sets the stage for the whole year. Plan carefully what you will do on that day. For instance, if your focus for the year is spending more time with family and friends, plan your activity for that day with family and friends.

Rather than just planning for another day with them, step up and make it an incredible day. Elevate the mood with something special. Maybe it will be an exceptionally fun activity or a meal of high quality organic food. You may choose a restaurant with the perfect ambiance or spending more time truly listening and giving to your loved ones what they want. This is usually your time and devoted attention.

Now look at the *first day of the month*. The beginning of every month sets the stage for that month. If a focus for the year is abundance and an increase in income, bring consciousness to money the very first day of each month. Whether you find a way to work smarter, research a business opportunity, put money into savings or just count your money; use that day to heighten your sense of financial accomplishment and attract more income.

Next look at the *first day of each week*. Maybe you are stressed and find yourself exhausted at the end of the day. By Friday you are too tired to do anything but wind down with too many beers or numb out with television. If exercise was a goal for the year, plan on the first day of the week to increase your exercise through the day. Continue throughout the week. Take a walk at your break rather than grabbing a sugary snack and working at your desk. Get outside and enjoy the fresh air, whatever the temperature and precipitation. Shift your pattern and increase your movement and clear your mind. By Friday you will be happy you did.

What about the *first hour of every day*? This is a time that you transition from the dreamtime to awakening. This is the best time to meditate if you have a mind to do so. It is much easier to meditate in the morning before your mind becomes cluttered with daily activity. If mediation is not your plan, *be conscious of the first hour of the morning*. Get out of your hurried routine and use the first hour doing what you enjoy. Whether it is a luxurious hot bath or taking 15 minutes to read your novel, start the day with what you love.

What is so interesting about this concept is there is nothing but **beginnings**. Allow yourself a fresh start not only every year, but also every month, week, day, and hour. Renew yourSelf and your Life!

The most intimate relationship you have is with yourSelf!



Homeopathy and 'Healthy' Cholesterol

Homeopathy is not just a system of medical treatment; it is an advance in the area of mind-body, holistic medicine. It involves treating the individual having the illness, or disease, with highly diluted substances, prescribed primarily in pill form, with the aim of triggering the body's natural capacity for healing.

Homeopathy is founded on the law of similars, or 'like cures like' principle. Put in précis, "A substance that causes a set of symptoms, when taken in large doses, can in 'small, minute doses' treat similar symptoms." A homeopath, a professional graduate or post-graduate with a university degree in the subject, will match and prescribe the most appropriate remedy, based on such 'like' symptoms each individual or patient presents with.

Forty-seven-year-old Namrata (name changed) visited our clinic with thyroid enlargement and overweight problems. Her cholesterol levels were 'high' too. Her conventional (allopathic) physician had put her on thyroid medication, along with statins, a conventional (allopathic) cholesterol-lowering drug. The two were her constant companions for almost four years.

She wanted us to address her cholesterol issue — she was rather far too keen on it and, ironically, not so much worried about her thyroid and overweight problems. When we began to take her case-history, it was obvious that Namrata's cholesterol levels had soared following a protracted court case — a stressful, unhappy marriage and subsequent divorce. It was also likely that her thyroid and overweight problems had 'advanced' at the same time just as well.

We put her on the homeopathic remedy, *Fucus vesiculosus*, based on her presenting symptoms and also her oft-repeated symptom that she seemed to be "always full of flatus in the tummy." The remedy corresponded well with her temperament and personality-type too. After eight months of homeopathic treatment, Namrata's thyroid and overweight problems, which had troubled her for long, were "much better." Her cholesterol levels too reached 'acceptable' levels. Her conventional physician, who had an open mind, asked her to slowly taper off her thyroid medication and cholesterol-lowering drug.

It has been a year-and-a-half now, following homeopathic treatment, and Namrata's blood cholesterol and thyroid levels continue to remain 'normal.'



Cholesterol: Hype and Reality

Most people today are brought up with a blatant fear for cholesterol. This is hype, not reality. The fact is: the cholesterol 'myth' is the greatest sham in medical history. Cholesterol is essential for our physiology. It resides in every cell of the body; in simple terms, it is essential for our health.

Our body contains about 5 ounce of cholesterol, although a mere 7-8 per cent, or one-third of an ounce, circulates in our blood. Cholesterol is manufactured in the liver and the intestinal wall (1,000 mg-2,000 mg); it is synthesised in every cell, except nerve tissue. It regulates the exchange of nutrients and waste products. It helps in the development of the brain and the nervous system; it also acts as a 'conduit' for nerve impulses.

Cholesterol promotes the digestion of foods. Without it, complex fats and fat-soluble vitamins (A, D, E, and K) cannot be absorbed. It plays an essential role, no less, in the manufacture of the adrenal, sex and pituitary hormones. It is also a key substance in the skin, which gets converted to vitamin D, by sunlight. Most importantly, cholesterol creates a barrier, preventing water and other fluids from entering the body through the skin.

Your cholesterol level remains more or less dynamic, whether you eat cholesterol-rich foods or not. However, when you don't eat dietary cholesterol at all, your body increases its production. There are two major forms of cholesterol. High-density lipoproteins (HDL) are called 'good' cholesterol. 'Good' cholesterol 'pulls' excess cholesterol from the cells and gets rid of them from the blood. The other, low-density lipoproteins (LDL), or 'bad' cholesterol, is suggested to 'dump' cholesterol in the arteries, leading to atherosclerosis, or hardening of the arteries — which may trigger heart attacks.

Dynamics

Cholesterol levels in the blood are dynamic, and not constant, like your blood pressure — they are subject to alteration, especially during seasonal changes. So, just a lab test, or a couple of readings, do not indicate a person's average blood cholesterol levels. Besides, most cholesterol tests are anything but accurate. What is established fact, however, is cholesterol levels increase with smoking, alcohol, stress, pain, fear, pregnancy, lack of exercise and certain conventional drugs — pain-killers, cortisone and diuretics — aside from excess vitamins A and D. Certain health disorders also affect

cholesterol levels — viz., hypothyroidism, liver and kidney disease and obstruction of the gall bladder. On the other hand, just tell someone that s/he has high blood cholesterol levels, may be 300 mg/dL-350mg/dL — they will instantly pull the 'alarm button.' This is how influential our media — newspapers, magazines, TV and the Internet — are. The message you get is, "If you eat too much cholesterol, it 'floods' your blood stream and moves from the tissues through the arteries to form atherosclerotic plaques and, subsequently, heart disease and heart attack."

The actual fact is plaque has nothing to do with high levels of cholesterol. Rather, when blood becomes acidic due to high intake of red meat and excess high-fat dairy foods, and less, or reduced, intake of alkali foods (e.g., tomatoes, avocados and green-leafy vegetables), the arteries harden (atherosclerosis) to protect themselves from 'acidic' blood — this causes those deadly 'holes,' or 'cracks' in the arteries. Your body, by way of defence, now works full-steam to 'fill' the inside of the arteries with cholesterol. When cholesterol 'closes-in' on such cracks, the resultant effect is high blood pressure (hypertension), to highlight one example.

Statins: No panacea

The fact also is most people have been besieged by the cholesterol juggernaut — this has lead to the use of statins by conventional physicians to combat their growing cholesterol 'neurosis,' now a trillion-dollar industry. Statins are no panacea. They are replete with several side-effects — muscle pain and damage, liver and kidney failure, nerve damage, nightmares, or 'delirium,' memory loss, cognitive dysfunction and a host of nervous system-related problems.

The inference is obvious — the story 'plot' for the mammoth heart disease drama, a result, or outcome, of high consumption of saturated fat and dietary cholesterol is, in actuality, too dramatised. The fact also is — there is no dependable published data that supports the position, or claim. Put simply, the grand association of high cholesterol levels and coronary heart disease (CHD) is anything, but fragile, without the presence of other (snowballing) factors — such as high levels of triglycerides and homocysteine. All the same, the best thing to do, myth or no myth, is to achieve a healthy balance. This should aim at changing your lifestyle — because, your lifestyle holds the key to preventing atherosclerosis (hardening of arteries) and other illnesses. This is also a simple premise. When we are healthy and balanced, the liver stops producing high levels of LDL, or 'bad' cholesterol, because there is no need for 'healing jobs' to be done.



Healing with Homeopathy

Homeopathy is mind-body, holistic medicine. It has the therapeutic potential to heal deep emotional issues as well as correct chronic physical illnesses — all triggers of cholesterol imbalance. It addresses and treats underlying stressors, or factors, too. Besides, it stimulates our immune mechanisms and ‘ups’ our body systems to regulate and maintain ‘healthy’ levels of hormones, including blood cholesterol. Homeopathic remedies, based on the individual’s overall personality, presentation of symptoms, and clinical patterns, have the ability to ‘reduce’ low-density lipoprotein (LDL), or ‘bad’ cholesterol levels and ‘increase’ high-density lipoprotein (HDL), or ‘good’ cholesterol levels, naturally. In so doing, they help the body to heal the underlying illness, or its cause, without side-effects. A study by researchers — to highlight a clinical study, published in The British Homeopathic Journal — reported that the homeopathic remedy, *Chelidonium majus*, reduced cholesterol levels in lab rabbits, which were fed a cholesterol-rich diet.

Hans-Heinrich Reckeweg, MD, a conventional physician and homeopathic researcher, proposed a new protocol to treat each condition separately, like conventional medicine. His line of treatment for high cholesterol is keyed to correct imbalance with a combination of three homeopathic remedies.

- *Allium sativum* D1, derived from garlic. The remedy helps to reduce elevated cholesterol levels as well as ‘bad’ cholesterol. It also increases ‘good’ cholesterol and has notable blood-thinning effects
- *Crataegus oxycantha* D1, or Hawthorne berries, helps to lower high blood pressure. It has historical and evidence-based clinical testimony to decrease cholesterol levels and prevent deposition of ‘bad’ cholesterol in the arterial walls
- *Viscum album* D2, or mistletoe, is clinically evidenced to decrease viscosity of blood and reduce hypertension, among other symptoms.

In addition, homeopathic treatment helps to regulate one’s daily routine by promulgating a corrective programme, based on proper lifestyle, ‘customised’ to individual needs, followed by personalised diet plan, nutrient intake, exercise and relaxation.

‘HOW-TO’ CHO-‘LESS’-TEROL

- Keep a close watch (not get obsessed with) on your food cholesterol intake. All the cholesterol you require is produced by your body. Extra intake by way of food is redundant to the amount of cholesterol required by your body
- Avoid, or reduce, red meat, animal fats, eggs, full-fat cheese, milk, ice-cream and butter
- Increase your fibre intake — e.g., bran, brown rice, flaxseed and leafy greens
- Increase your intake of pulses — in other words, complex carbohydrates
- If you are overweight, shed those unwanted bulges. In simple terms, reduce your weight
- Stick to a 30-minute work-out, or exercise, at least 4-5 times a week; or, walk for 30 minutes, 4-5 times, for the same period
- Stop smoking — this is a must. Also, avoid alcohol
- It is said that judicious consumption of red wine can increase ‘good’ cholesterol (Note: The point is most people do not use alcohol as ‘medication’ — moderation is often a fallacy. Also, one needs to weigh the benefits against the increased risk of alcohol use, such as cirrhosis of the liver and breast cancer — not to speak of road accidents caused due to drunken driving).

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