

Spice of Life

Alkalinizing Teas

Sherpa Tea

Essiac Formula

HCG Weight Loss

Florapuncture

Gemmotherapy

NAET Plus

Homeopathic injection therapy

Live Cell Therapy

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Spice of Life Herbal Blends

Exotic spices immensely add to our cuisine. If you've become bored with your cooking recipes or are looking for that unique touch of kitchen magic, try these. From Northern Africa to the Middle East and Asia, *Spice of Life* specializes in introducing NEW and exciting tastes to our grains, vegetable and meat dishes. The new line includes Palestinian Za'atar, Ethiopian Berbere, Arabian Baharat, Moroccan La Kama, Yemeni Harwaj, Tunisian Tabil, Russian Khmeli-Suneli, Ras El Hanout, Persian Advieh-e Khoresh, Tunisian Qalat Daqqa and Bengali Panch Phoran.

Za'atar is a nutty herbal blend of roasted sesame seeds, thyme, marjoram, basil, summer savory and ground sumac. Traditionally, Za'atar is used to flavor soft

cheeses, meats and vegetables. A current favorite recipe is quick and easy. Simply coat pita bread (try sprouted wheat Ezekial) with



Ras El Hanout translates to "top of the shop" and refers to the quality of spices in its irresistible blend

olive oil and sprinkle a teaspoon of Za'atar on each small piece. Broil in the oven for a few moments and enjoy with meals. It's a crowd pleaser. Try Za'atar

blended with homemade laban cheese made from kefir and as a coating on feta.

Arabian Baharat is a North African Spice blend used to season lamb and soups. Enjoy it with lentils, squash and pilaf dishes and as a great rub on grilled shish kebabs. The blend of pepper, coriander, paprika, cumin, cloves, ginger, cinnamon, cardamom, chili pepper and Persian limes create an otherworldly enticing aroma in your kitchen that soothes the soul.

And what does this have to do with oriental medicine? Spices and herbs regulate, tonify or sedate our constitutional patterns and move Qi and Blood. Ginger & cinnamon, hot spices, are perfect for winter chills.

Alkalinizing Tea, Sherpa Tea, Essiac

When in doubt, alkalinize, alkalinize, alkalinize. Please. A typical alkaline diet includes arugula, watercress, tomatoes, cucumbers, lemons (really), dandelions, cabbage, avocados, celery, garlic and almonds. T'ai Shan has created a line of teas that alkalinize the system in general. One for-

mula is made from nettles, oat-grass and alfalfa and has an alkaline pH. Other formulations are for detox and relaxation.

Sherpa Tea was originally created to adjust to high altitude when hiking. The herbs in it assist in preventing dehydration, stren-

thening the lungs, and adapting to stress. Try before the next athletic event to discover lactic acid production can be postponed and you have much more energy.

Essiac Tea is the folk remedy for cancer and can be used preventatively. We make ours organic.

NAET, Deseret Biologics, Startech



Enjoy a cup of warm winter tea!

千里之行，始于足下

A journey of a thousand miles begins with a single step

View from T'ai Shan

Sacred Taoist sanctuary



NAET is also called Nambudripad's Allergy Elimination Therapy. It works when practiced CORRECTLY. Unfortunately, there are many practitioners who choose to alter the program and you end up paying thousands of dollars for treatments. The expression "if it ain't broke don't fix it" applies to NAET.

Fortunately, the cure for mistreated NAET allergies has two saviors. The Startech computerized system and Deseret Biologics have come to the rescue. Although I'm not one to substitute a machine for

proper clinical evaluation based upon tried and true pulse and tongue diagnosis and intake, it nonetheless is a valuable tool when operated by a skillful practitioner. One must ask who programmed the machine, who's running the machine, and what do they have to gain from diagnosing you with multiple issues? Please use your intuition and run away from arrogance, inexperience, greed and any practitioner in poor health. It's a basic requirement of the NAET program that the practitioner is "clear" in order to treat you. That means

physically, emotionally and spiritually. Go with your gut.

Next, add Deseret Biologic or Allercyl remedies to your treatment along with applying the 8 Gates. For each of the 15 major food group clearings, there are homeopathics that assist in regulating and annihilating annoying allergens in your life. During the first treatment, the body-brain balance is addressed. For each specific treatment there is a specific homeopathic taken to strengthen your system and support results. They can be made on the Startech, too.

Homeopathic Injection Therapy

The use of homeopathic injection therapy has far reaching applications. At T'ai Shan Oriental Medicine FDA approved Guna homeopathics are used. If you are suffering from acute or chronic pain, asthma, experiencing an endocrine disorder or searching for a Botox substitute for facial rejuvenation, this may be an answer to your prayers. This is the new

homeopathy with results.

Typically, pain is reduced about 50% faster when acupuncture is combined with injections. Speed up results. The needles used are smaller than the usual acupuncture needles and the insertion is painless. The site of injections are usually acupuncture points. Facial discomfort is less than dermatological procedures and encourages

collagen production in the skin's matrix, thus adding elasticity and a radiant youthfulness to your appearance.

Guna is the first homeopathic company to incorporate neurotransmitters, cytokines and endorphins into their formulations. It was highly educational working for the company last year editing scientific documents and teaching injections.

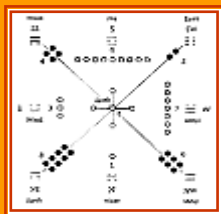
New office in Boulder

T'ai Shan has just opened a new clinic on Walnut St. in Boulder. After spending a year in New Mexico on an off the grid ranch developing a biodynamic agricultural plan and retreat center, I returned to beloved Colorado. The new space is comfortable, on the first floor and has free parking.

It is located just off Broadway and Pearl St. near Sherpa's Tibetan café. The office space is shared with Lora Terres, L.Ac., another excellent long time practitioner. Services offered include all forms of acupuncture, homeopathy, injection therapy, HCG weight loss, live cell therapy, gem-

motherapy, NAET with Startech, Chinese and Amazonian herbs, detoxification, nutraceuticals, florapuncture, isopathics, neurotransmitter evaluation, and castor oil & ginger compresses. Call for a complementary 15 minute phone consultation. Weekdays, evenings & weekends too!

T'ai Shan Oriental Medicine



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"Your journey to radiant health"

T'ai Shan Oriental Medicine is celebrating 25 years of clinical experience. My academic background as a research oceanographic scientist grew into a great curiosity about the nature of the world and the mysteries of our being. Over time I studied martial arts, medical I Ching and qigong, meditation, traditional Chinese medicine, Japanese acupuncture, 5 Elements and much more to offer only the best therapies to you in your quest for radiant health. At the base of all treatments is compassion and wisdom. Healing is the path. The fruit is enlightenment. Like a lotus, transformation grows and unfolds. Be the best you can. You're worth it.

Neurotransmitter Evaluation

This is the official year of neurotransmitters. Ever wonder why your insomnia, headaches, or fatigue aren't going away? Is your memory failing? Truly, acupuncture does work wonders for any of these issues. However, as complex creatures there's more to the equation and the solution.

The most common neurotransmitter imbalances are serotonin, dopamine, GABA and acetylcholine. A simple questionnaire and personal intake usually spots the culprit right away.

A sleep problem might just be that easy to fix without the expense of continual treatments and precious time to drive to and from appointments. And the good news is, neurotransmitter therapy has a low price tag. It's affordable.

Currently, the results aren't in yet

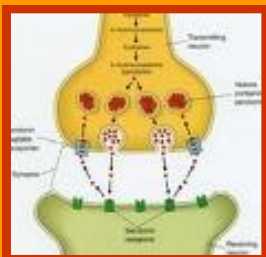
whether urine and saliva testing is valid. Since most insurances cover testing, and the opinion is still not definitive, I ask, "Why not?"

I work with Apex Energetics and studied intensively with Dr. Datis Kharrazian this year in Functional Endocrinology, Auto-Immune Disorders and Neuro-

transmitters and the Brain. Additionally, I attend seminars with NeuroScience. Both companies have excellent practitioner support for recommended protocols and treatment strategies. It is a delight to work with dedicated teams of integrated practitioners interested in your wellbeing.

For the many of you that want to finally get off Prozac and Zoloft, there is an option and a safe, gradual plan that can be discussed with your physician. Ask for their help and mine.

I would like to thank my son, Keith, for encouraging study on neurotransmitters. He is currently enrolled at CU, Boulder taking coursework in neuroscience, genetics and molecular biology and is involved with scientific research. Dinner conversation has taken an academic turn.



Our brain produces natural chemical messengers called neurotransmitters. When balanced and regulated you feel great.