



# The Carnelian Center

The mission of the Carnelian Center is to provide the community with affordable holistic health care services while nurturing the individual through art, education and cultural integration.

Our vision is to create healing in a beautiful, peaceful setting of therapeutic pools with respect for the ecosystem and the preciousness of water.

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## Salude y Transformation

By Lluvia Lawyer Aby



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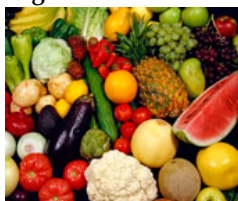
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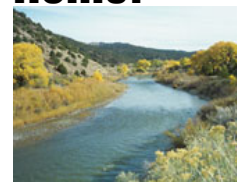
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Thank you for your support!

## Our Beautiful Home!



## The Carnelian Center



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## Salude y Transformation Organic? A personal story of my relationship to food



By: Lluvia Lawyer

Growing up in northern New Mexico I was raised on quality food, Beans, green chili, Hopi-style mutton stew and fry bread, quesadillas with homemade corn and flower tortillas, salad (in large quantities), and a wide variety of European and Asian dishes. My mother, a self-described beatnik mystic, used to say every good meal starts with fried garlic and onions. She was an amazing cook pouring plenty of love into her food. All my life I have been poor, and although we ate good food we could seldom afford organics especially when it came to produce. I remember my mother saying someday "when the world is a little more conscious they will have an organic section in the regular grocery stores".

Spending my college years living mostly in the south valley of Albuquerque I loved to shop at Garden Fresh. This is a lovely store that used to be on the corner of Old Coots and Central. They carried beautiful produce at amazing prices, mostly imported from Mexico. We got our bottled water from the machine out front. This store supplied us with a saving grace of vitamins and minerals. I also shopped at other large groceries quite frequently traveling to the wealthier side of town to visit La Montanita CO-OP. My focus on anatomy and science at T.V.I. got me thinking about the body and nutrition in new ways. From organic chemistry classes I thought all food is 'organic' by definition. It is the inorganic compounds that are poured into the soil and fed to the plants enabling large corporate farming (the Green Revolution-such a nice way to put it), which brought about the political/legal need for the term 'organic'. Our bodies take up the nutrients we feed it with a complete cellular renewal every seven years. That's a long time to be inviting the molecules of this junk food cookie to be a part of me, I thought. I learned, in depth how large-scale farming ruins the soil and produces food that looks lovely but only has a fraction of the nutrition of its homegrown or small-farmed brother. There is a text book picture that always sticks with me of abandoned farm land in California's central valley due to 'salinization'. That is too much salt, it looks like a white salt bed—a wasteland. I thought, "Is this the kind of future that can sustain millions of hungry people?"

My last year in Albuquerque I went to the New Mexico School of Natural Therapeutics, learning more about the body, myself, and diet. In this period I began to prefer that certain things be organic. Root crops for instance—because of the massive amounts of anti-fungals used in the soil. Carrots in particular tend to take up these poisons very effectively. Lettuce and most other produce on the other hand I bought conventionally grown due to the price difference.

Milk, nuts and cereals I still bought conventional as well again due to price. Grapes and Bananas were other things I preferred organic due to the proven health hazards to field workers. Strawberries I couldn't bare to give up Knowing the price difference was too much for me to bare. My roommates and I went in on a CSA to a farm up near Cociti who delivered to the COOP once a week. We went and volunteered on the farm a couple of times and it was very inspiring and fun. The turkeys happily cooing while feasting on grasshoppers in the light of the sunset and stuffing seedlings into the planting implement as we were dragged along behind the planter.

The next step in my journey was bringing my three daughters into the world and becoming parents. This brings the idea of nutrients to another level of importance. Now its not just you but your responsibility for this other precious being as they grow and feed inside of you, through nursing and then as they grow and change so rapidly. The concept of our connection to the ancestors and those to come becomes a vivid story. So I felt I had to give them the best to nourish there perfect little bodies and growing brains. Within a couple of years I was buying 80% organic including dairy, lettuce and other vegetables then even strawberries. My husband and I decided that if it wasn't grown in a safe and sane manner it just wasn't food. We knew that because of our budget this would mean a less variety and less prepared food but we know that as Americans we are incredibly spoiled, on a scale of the wealth in the world. We decided it was worth this small sacrifice. Driving through California's Central Valley a couple times a year I could not disconnect my dinner table from the story of the land, farming families and field workers. The whole valley, this country depends upon so much for its food supply, is permeated with the smell of synthetic fertilizers and pesticides. This is an unsustainable system, of

water and chemicals that don't go away. Farmers are being squeezed out, forced to buy expensive equipment and particular seeds and chemicals. They and the field and factory workers are trapped into this system by economic necessity.

Now I no longer feel comfortable buying cereal and other grain products, inorganic and GMOs (genetically modified organisms) because of just how fast the pollen from these crops is infecting non GMO crops. Our seed is our future. It says a lot to me that many first-world countries have banned GMOs. Another thing that I have tried to limit our intake of are artificial colors and flavors as I learned of their connection to developmental disabilities. Germany outlawed these enticing flashy colors and flavors a long time ago. Here however, we market them to our children in a constant stream. I have come to feel food purchasing is a political statement. We produce chemicals (e.g. DDT) that are no longer allowed in this country and ship them out to other countries. I do not buy into the idea that the free market is a sacred concept and we the consumer must protect our interest through our own education and choices. At the same time I feel it is important to know about our bodies, the precious knowledge that our elders can pass on to us, and the sacredness of the world with which we have been blessed and to use our buying power within those beliefs. In this free-market system our dollar is our biggest vote and knowledge is power. With all this being said I feel any food being set before us on a table should be honored and my personal feeling is that we should not be completely pure in our food intake because this is the world we live in and we must keep our resistance up.

## What is Carnelian?



Carnelian is a type of banded Chalcedony crystal, recognized for its red-brown color and sometimes-called Mecca stone or Pigeons Blood Agate. Chalcedony is a fibrous, microcrystalline variety of quartz deposited from aqueous solutions and often giving it a

mammillary appearance. It is composed of Silicone Dioxide and its coloration comes from Hematite also called Iron Oxide. Carnelian is a primary birthstone for Virgo and secondary stone for Arries.

This gem quality stone is known for its healing, mentally grounding power. It enables one to focus on the present, bringing about confidence, eloquence and inspiration. Carnelian is known to enable success as it bolsters ambition and drive, reminding us of our future goals. It is often used to aid in decision making, communication and protection, creating a more spontaneous, energetic and giving individual who can feel a deeper appreciation for their body while experiencing a greater connection with those around them.

In healing, Carnelian represents the third chakra and the six petaled lotus, so it is used in balancing dysfunctions of the surrounding physical organs and structures. It is also associated with the experiencing of the five senses. This stone has been used in aiding insomnia, healing neuralgia, rheumatism and asthma as well as purifying skin and blood conditions. This rich red-brown stone is a sun stone, connected with the element of fire and vibrations #1 and #3.

## Ultimate Health Plan



**VITAMINS:** (should be ingested during or just after meals)  
**Vitamin C** -- 2-3,000 milligrams 3x daily

**Vitamin E** -- 400 IU daily -- start with 100 IU's daily and ease into more  
**Super B** -- 1 or 2 tablets daily  
**Vitamin A** -- 1 (25,000 IU) capsule daily  
**Multi vitamin/Mineral** -- 1 tablet daily

### SUPERFOODS: (\* In particular)

**\*Brewer's Yeast:** (the most powerful rejuvenator among all foods)

1-3 tablespoons daily -- best on an empty stomach

**Chlorella:** (near-perfect super food) 4 - 10 tablets daily

**Green Barley Essence:** (restores acid/alkaline balance) Read package, dissolve in water and sip slowly

**Honey:** Age retarding and rejuvenating factors

**\*Pollen:** (boosts immune system) 1-2 tablespoons daily,

can be taken with juice or herbal tea

**\*Lecithin:** (brain food) 3 tablespoons daily or in capsule form

**\*Spirulina:** (super food) 3-10 grams daily -- concentrated -- drink plenty of water

**Wheat Germ:** MUST BE FRESH -- NOT RANCID 2-4 tablespoons daily

**Wheatgrass** -- as desired -- may be diluted

**Aloe Vera Juice** -- rejuvenator, 1-3 tablespoons daily

**12 almonds daily**

### EAT FROM THE THREE BEST FOOD GROUPS:

1. GRAINS, NUTS AND SEEDS

2. VEGTABLES

3. FRUITS

**REMEMBER: THE HEALTHIEST CULTURES ON EARTH ALL EAT SIMPLE DIETS OF PERHAPS A HALF-DOZEN OR SO BASIC FOODS. THEY EAT ONLY WHEN THEY EXPERIENCE TRUE HUNGER!**

### Disclaimer

*The ideas and opinions expressed in this newsletter are not necessarily the opinions of anybody. These articles are for entertainment purposes and we hope you enjoy!*