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**I try to take one day at a time, but sometimes several days attack me at once.**

—Jennifer Yane

### CHANGING YOUR MIND FOR GOOD

## Guiding Cells and Stem Cells

Part 2

**G**uiding stem cells! Stem cell research is about helping certain cells that have not yet determined what they each want to be as part of the body-mind complex we tend to call “human being.” Stem cells, full of potential, not yet differentiated as specialized cells as others did to become a kidney, heart, eyeball, thyroid or perhaps a lung. Stem cells have the potential (and the certain destiny) to usher in a relatively new era of medicine, with “cures” made in ways most needed to promote healing. Cells guided into being “designer cells” to benefit the individual and our species.

How do I know this? In my work to help others heal from brain injuries, cancers and other ailments, I have learned (as have many of my colleagues) to “speak to cells and specific cellular groups” in a language (and at the rates of speed) that cells understand and react to, helping direct their movements (and attitudes) toward greater health. Hypnotherapists and Neuro Linguists understand how special visually constructed mental imagery is for communicating “mental movies” through the CNS to the vital organs and other gatherings of cells in the body. Cellular groups and cells in general in the body defer their reactions to the environment through whatever the brain “describes” as “the environment.” What we each perceive as a “reality” is signaled or communicated in very quickly played “mental movies” produced by interactions among brain and other nerve cells firing signals to the cellular groups that “convince” them to behave in specific ways.

Does this mean that we may each react to differently perceived realities? Well, yes, it does!

Stem cells may be placed among cells needing healthy support and functional growth (perhaps for new optic nerves, brain or heart cells). “Encouraged to perform” in specific body parts or organs as though they were actually the cells of that part or organ, the stem cells adapt, taking on the characteristic functions of its neighboring cells, working in unison with them on subconscious levels.

We may use some of our very own skin and nasal passage cells rather than embryonic ones.

\*This column is available on the Internet or through requesting back copies at \$1 each.

Chuck Domm is a Diplomat in Integrative Medical Health Care/Naturapathic Hypnotist and Grandmaster of Hypno-Reiki. He can be reached at 954-319-2911, or email him at okingdomm@aol.com



Charles Domm

**In order to create success in money in your life, your intent and focus must be clear. You can then let the universe take care of the details.**

—Deepak Chopra, M.D.

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Facial Exercises...Continued from page 23

Here are some facial exercises for your eyes and your forehead that you will find useful in your quest for a smooth ageless face, without any surgical facelift, and at no cost—totally free.

Here are some facial exercises specifically for the areas of the eyes and forehead. These will help deal with baggy eyes, puffy eyes, droopy eyelids and wrinkles on your forehead.

Eyes are the windows to your soul, and they should be surrounded by firm, smooth, unlined skin and wrinkles. Fine lines, character lines, crow's feet or laughter lines must be banished.

The skin around the eye, is the thinnest and most fragile skin found on the body. Any wrinkles around the eye area show the most aging, as the eyes are the central focus of the face, being the focal point to where people look when talking to you.

Bags under the eyes can also create an aged, haggard and unhealthy look and should be taken care of to improve your appearance. Doing the facial exercises regularly will help fight baggy eyes as well as droopy eyelids but baggy eyes may need some extra help.

Next month we will continue with some exercises to help your eyes.

—NAPS

## Checking For Possible Vitamin And Supplement Interactions With Prescription Medications

**T**he vitamin, mineral, and herbal supplement market is a multi-billion dollar industry, which is not regulated by The Food and Drug Administration (FDA). Most patients and health care professionals do not possess the knowledge concerning interactions between these over-the-counter products and certain prescription medications. In fact, certain medications can deplete the body of essential vitamins or minerals. Briefly, I will note several of the more serious interactions and side effects. Of course, you can phone me at the pharmacy or stop by to discuss any concerns.

For patients taking *Coumadin* or other blood thinners, most people know that Vitamin K and aspirin can cause serious bleeding. Other herbs possibly affecting Coumadin (or warfarin—the generic equivalent) could be Ginkgo Biloba, Garlic, Ginger, Feverfew and Vitamin E. These products could increase the possibility of bleeding. Ginseng could possibly decrease the effectiveness of some anti-clotting medications. Ginseng can also increase heart rate or high blood pressure.

Other herbs affecting blood pressure could be Goldenseal, Licorice, and definitely Ephedra or Ma-Huang. Ephedra is sometimes used in certain over-the-counter diet aids. Ephedra is also promoted in certain athletic

enhancement products. This herbal substance can affect people of all ages. Patients should be advised not to use ephedrine-containing supplements if they have cardiovascular disease, hyperthyroidism, diabetes or glaucoma.

Other interactions, which should be looked at, would be Kava and benzodiazepines, such as Valium, Xanax, or Klonopin, barbiturates, antipsychotic drugs and alcohol.

Patients with Parkinson's disease should be discouraged from using Kava products. St. John's Wort is promoted as a natural antidepressant. A conservative recommendation should be to avoid taking St. John's Wort with other anti-depressant drugs. Side effects include dry mouth, dizziness and confusion.



Ira Friedberg

Because dietary supplements are becoming popular, physicians and pharmacists need to ask questions about the use of vitamins, minerals, herbal supplements and over-the-counter medications as part of a complete medication history. Medical guidance is necessary because of possible adverse effects and drug interactions.

Ira Friedberg is a registered pharmacist and owner of Ira's Discount Pharmacy. They specialize in Old Tyme, Courteous, Efficient Service at Discount Prices. They are located in the Boca Ray Plaza, 4900 Linton Blvd., #21/22, Delray Beach, Fl. Call 561-455-0090 for more information or to call in your prescription or fax 561-455-0091. (Free delivery is limited to local area.)

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