

Full Spectrum Energy Medicine

"Tomorrow's Medicine ... Today"

"Playing the Fields"... the subtle energy fields...

Vol. 2, No. 2

Fall 2009

"Living in the Now" released

This fall, a short biographical story I wrote was published in the "Wake Up ... Live the Life You Love" series. It is a privilege to contribute to this book which includes inspirational briefs by others who, like me, received a wake-up call at some critical moment in their lives.

Other authors include Drs. Wayne Dyer and Michael Beckwith of "The Secret." Whichever page happens to call, you will find amazing life histories which promise to uplift and

enlighten. Many are penned by life coaches, so you will be sure to apply some lesson to your own experience.

Here is an excerpt from my story, 'A Call to a Life Purpose' (pp. 55-58). It took nearly four decades to hear my "call."

"Long ago, the word *vocation* implied a spiritual calling. It derives from the Latin word *vocatio*, or "summons." *Vocare* means "to call" and comes from *vox*, or "voice." Spirit's call is subtle, yet it is persistent." (p. 57)

Read this and more stories, You can order the book through Barnes and Noble and Amazon.com. If you choose to pick up your copy here, I will autograph it for you. It makes a nice holiday present for anyone still searching for **their** purpose in life. Maybe they will recognize somewhere between its covers a hint at a way to find their life path. You will have helped them arrive at **their** "wake-up" moment.

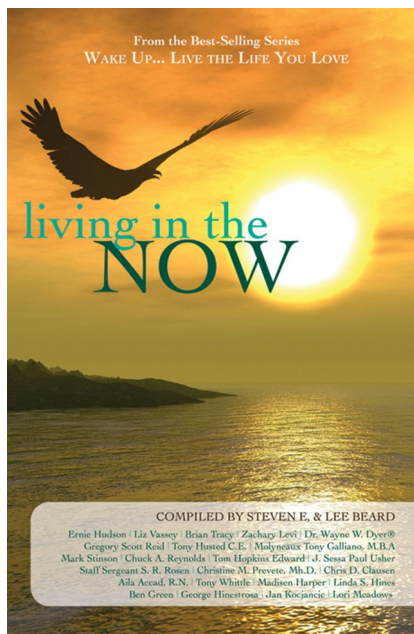
Have you stopped to think how long it has taken you?



*Holiday Greetings
from*



Veronica Sauter, Ph.D., N.D.



'Living in the Now' front cover

As 2009 draws to a close, we take this opportunity to wish you and those dear to you a very blessed Christmas and Happy New Year.

...2010...

The "Vanishing Twin"

During the course of a healing for an adolescent some 12 years ago, I asked for guidance. A split second after posing the question, the words "vanishing twin" reverberated in my head. The term was new to my vocabulary, but I relayed Spirit's assessment to the girl's mother. For her, it provided an unorthodox yet viable explanation for the youth's lifelong behavior.

Research revealed that "Vanishing Twin Syndrome" (VTS) was a real phenomenon of "multiple gestation with subsequent disappearance of one or more fetus"; it was described in 1945 by Dr. Walter Stoeckel (1871-1961), a German gynecologist and obstetrician.

With the advent of sophisticated medical diagnostics such as sonography, it is estimated that 27%-30% of all pregnancies begin as multiples. This, coupled with the rise in IVF (in vitro fertilization) and hormone therapy, increases the possibilities of even higher rates.

The "vanishing act" most frequently occurs during the first, and sometimes the second trimester—usually at 3-4 months. There is no way to know if the nature or severity of symptoms in the child, adolescent, or adult surviving twin might be more

intense based on the length of time spent together *in utero*.

Estimates state that 1 in 8 pregnancies terminate in either miscarriage or reabsorption of the fetus. If the vanished twin's tissues implant themselves in its sibling, the result is a tertoma, a tumor containing bone, hair, teeth or tissue fragments.

Physical Factors

1. Families with histories of twin births
2. A mother's improper nutrition might create a deficit of nutrients, forcing one fetus to reabsorb—literally, to vanish.
3. Dermoid cysts could be a vestige of a vanished twin.
4. A child with spastic cerebral palsy (CP) is most likely a surviving twin.

Healing Emotion

For the survivor, issues vary somewhat, but at the core, the source of emotional pain is all the same: the early loss of a "twin" soul. The following are some possible emotional and behavioral hallmarks of surviving twins:

1. Survivor's guilt
2. Melancholy
3. Feelings of abandonment
4. Feelings of being left out

5. A sense of "longing"
6. Control issues
7. Lack of competitiveness
8. Sabotaging relationships
9. Unworthiness
10. Money issues
11. Low self-esteem

Energy Medicine provides hope for the surviving twin

Brennan Healing Science can help to resolve these feelings. "Rolling Back in Time" to the *in utero* experience of loss can alleviate guilt and abandonment. "Clearing Cords" reestablishes a connection with the vanished soul.



Emotional Freedom Technique (EFT) can also help. (<http://www.emofree.com>).

Colored Light, Homeopathy, Flower Essences and Essential Oils easily facilitate healing of the subtle emotional body.

Resources: Dr. Brent Babcock (D.C.) "My Twin Vanished. Did Yours?" www.vanishingtwin.com
NeuroEmotional Technique (NET)
Twinless Twins International
P . O . B o x 9 8 0 4 8 1
Ypsilanti, MI 48198-0481
(8 8 8) 2 0 5 - 8 9 6 2

Prescription Drugs Deplete Nutrients

Cholesterol Drugs

Lipitor, Crestor, Zocor, and others

Deplete Nutrient

CoQ10

Potential Health Problems

Various cardiovascular problems, weak immune system, low energy

Antibiotics

Gentamycin, neomycin, strepto-, mycin, cephalosporins, penicillins

B Vitamins

Short-term depletion effects are minimal

Vit K

but failure to re-inoculate GI tract with probiotics often results in dysbiosis, causing gas, bloating; decreases digestion & absorption of nutrients, and may lead to a variety of other health problems.

Tetracyclines

Calcium

Osteoporosis, heart & blood irregularities, tooth decay

Magnesium

Cardiovascular problems, asthma, osteoporosis, cramps, PMS

Iron

Slow wound healing, fatigue, anemia

Vitamin B6

Depression, sleep disturbances, increased cardiovascular disease risk

Zinc

Weak immunity, wound healing, sense of smell/taste, sexual dysfunction

Diabetic Drugs

Metformin

CoQ10

Various cardiovascular problems, weak immune system, low energy

Vit B12

Anemia, depression, tiredness, weakness, increased cardiovascular risk

Folic Acid

Birth defects, cervical dysplasia, anemia, heart disease, cancer risk

Sulfonylureas (Tolinase, Micronase/Glynase/DiaBeta)

CoQ10

Various cardiovascular problems, weak immune system, low energy

If you or a member of your family are taking prescription medications, ask us about some high quality supplement brands. Avoid the potential risk of developing other health issues. Watch for more nutrients depleted by other types of drugs in the next issue.. Contact info: (610) 275-3371 or email usinfo@fullspectrumenergymedicine.com



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ENVIRONMENTAL WORKING GROUP

Mission

The mission of the Environmental Working Group (EWG) is to use the power of public information to protect public health and the environment. EWG is a 501(c)(3) non-profit organization, founded in 1993 by Ken Cook and Richard Wiles. In 2002, we founded the EWG Action Fund, a 501(c)(4) organization that advocates on Capitol Hill for health-protective and subsidy-shifting policies.

EWG specializes in providing resources like the [Shoppers' Guide to Pesticides in Produce](#) to consumers while simultaneously pushing for national policy change.

Organizational Goals

1. To protect the most vulnerable segments of the human population—children, babies, and infants in the womb—from health problems attributed to a wide array of toxic contaminants.
2. To replace federal policies, in-

cluding government subsidies that damage the environment and natural resources, with policies that invest in conservation and sustainable development.

Their "Chemical Index" is a reliable source for scientific data on how environmental toxins affect our health.

Mission and Organizational Goals from <http://www.ewg.org/>



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Printed on recycled paper