

FREE publication



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# Holistic Health NETWORKER

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TEACH KIDS TO

## *Be Kind*

Let's Put MORE HEALTH  
Into Health Care Reform

YOGA Nutrition

ASTROLOGY Rising

PANDEMIC! Or Not?

HEALING and MIRACLES

WHOLE PERSON Healing

Larry Dossey: An M.D.  
Who Says PRAYER WORKS

Just For TODAY

Living on Little Buffalo  
Ridge: FALL

TOADSTOOLS  
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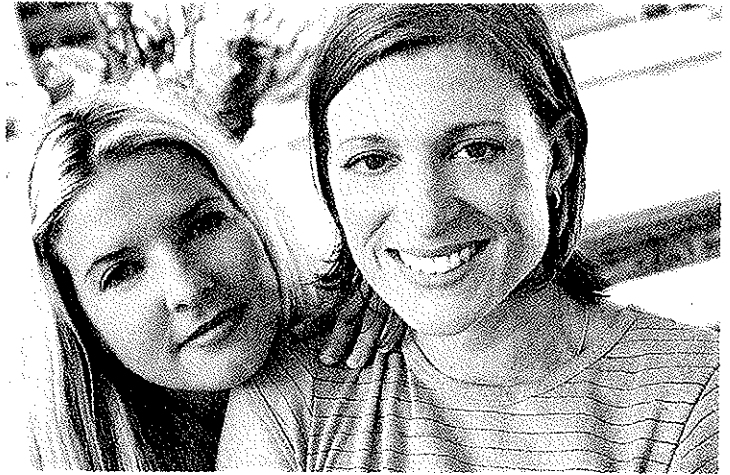
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# TEACH KIDS TO BE KIND

By Jaye McKenzie



One event really can change the course of your life, as I discovered one frigid day in December 2007. I was taking a course that evening, in a further attempt to follow my soul's calling to a different career, when my intuition suddenly suggested a brief walk. Now, go now, it seemed to say. I threw on my walking gear and a light jacket intending on a short jaunt along a tree-lined path. I never got to that walk. My mission on that day became rather larger than I could have imagined. Life as I knew it was about to change.

My first stop, carefully navigating over a knee-high snow bank, was to mail a letter. An elderly lady asked if I would also drop hers into the postbox, saving her a potential spill over said snow bank. I obliged. I also like to mail letters I find buried in leaves or mud. As I crossed the street, an old man cautioned me to "be careful, dear" because the sidewalks were icy. Not forty feet later, as I approached the walking path, lo and behold, there was a woman who had fallen on the ice. I like to assist wherever possible, I'm trained in CPR, and further, this woman appeared to be a person of special needs. I had spent the last four years working with autistic and special needs kids and adults. I realized I was in the right place at the right time.

Springing into action, I asked, as I'd been trained to do, if I could help. I didn't know then that Susan had Williams Syndrome, a rare neurodevelopmental disorder typified by inhibited intelligence, unusual language skills and high anxiety levels. What quickly became apparent was her agitation and insistence on walking home, but with her foot pointing in the wrong direction, that was not an option. Two teenagers approached just then and they

proved instrumental in Susan's rescue. Since I was planning a short walk, I hadn't brought my cell phone, but a teen's motto is to never leave home without one. It took an hour and three calls for paramedics to finally arrive. With shock an imminent possibility, I ran to the nearest building for a blanket, leaving the kids in charge. I was proud of the way they stepped up and assisted. Cold, but elated, I made it to class on time.

Two weeks later, having enjoyed a thank you dinner with Susan and her mom, it occurred to me that I had no way of letting the students know the outcome of the day's heroism. I didn't remember their names after the flurry of activity. Susan's badly broken ankle had required surgery, but she would be just fine. While out for another walk, and thinking of the kids, suddenly there they were! I congratulated them on a job well done. What suddenly popped out of my mouth surprised me, but delighted them. "What if I came to your school and talked to your class about your heroism?" I asked. Shy though they were, both quickly agreed. Surprisingly, they attended my former school.

The idea took some arranging between principals and teachers and several months passed. Strangely, the Universe kept sending me nudges to press on. I "accidentally" ran into the kids no less than four times before actually speaking to their class. I felt forces were prevailing upon me that I was really on to something. My interactive talk was a big success and so the idea of "Your Inner Hero" was born!

I now present seminars to schools and youth groups from kindergarten on up, promoting random acts of kindness, courage and a positive attitude. If we can teach kids compassion at an early age, they will change the world for the better. Children love stories, so I relay ones of real people and experiences. I'm gaining momentum along with awesome stories of "paying it forward."

*Jaye McKenzie is a professional Inspirational Speaker/ Voiceover Artist, Counselor, Intuitive and Healer who has appeared on Canadian television and radio. She resides in Toronto, Ontario and can be reached at [yourinnerhero@yahoo.ca](mailto:yourinnerhero@yahoo.ca).*

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# classified

Available for your birthday parties, picnics and kids' activities: Folksinger—Traditional Folk Song Sing-Along; "Earth-Day" Party—Have fun recycling clean colorful plastic into juggling balls, toss games and other items with a basic crochet demo; Karen Lee Miller-Newman, (717)362-3711.

Part time office space available for your healing practice. Common area includes restrooms, waiting area and kitchen. Private, quite setting in a central location. 5418 Locust Ln, Harrisburg, Pa. Call Sharon Aszmus. 717-526-4798.

## CALENDAR OF EVENTS & CLASSIFIED

Up to 35 words: \$20 for one issue, \$65 for year. Additional words at 25 cents/word, per issue. Call/email about rates for multiple listings. You count words, or MS Word word-count feature used by publisher. If you count: No need to count single letters. Websites, email addresses and hyphenated words count as 2 words.

Send your listing and payment to Central PA Holistic Health Networker, 3315 Little Buffalo Road, Newport, PA 17074.

Deadlines: Jan. 15, April 15, July 15, Nov. 15. Publisher reserves right to reject any listing. Calendar ads will be included on Networker website at no additional charge.

*Continued from page 5 Teach Kids to Be Kind*

Here are some ideas and examples for parents and kids to try. Four twenty-something guys organized a three month marathon of kindness across Canada in a motor home. Then they wrote a book about it. Why not start keeping a journal of kind acts you perform? Pick up garbage in your local park. I do this wearing bright yellow rubber gloves. When you buy yourself a drink, buy one for the person behind you. You'll get a great reaction. If you see a younger child who fell off his bike, go over and lend a hand.

Treat yourself and others with respect. Pay someone a compliment. Smile often - it's contagious! Even the smallest gesture can have a large impact on someone's life. A little secret... helping others makes YOU feel great. So this is the story of how I was looking for a new career, went out for a walk and in the process, a new career found me.

# CODEx

You might have been hearing the buzz about Codex. Maybe you've received alarming emails or seen on the internet that we are in imminent danger of losing our rights to food supplements and food of our choice by the end of this year. Or maybe you've read that the World Trade Organization can order the United States to adopt Codex worldwide standards. This is misinformation.

There *is* a lot of reason for concern, however, and what is not surprising is that the mainstream media hasn't been keeping us informed.

Codex Alimentarius is Latin for "Food Code."

Codex is an intergovernmental body within the United Nations. It includes representatives of 170 countries and is contained within the Food and Agriculture Organization (FAO) and the World Health Organization (WHO) in the U.N.. Its reason for being is "protecting the health of consumers and ensuring fair practices in the food trade." It is working to promote coordination of food standards by the world's governmental and non-governmental organizations.

Delegates to Codex are representatives of government, industry, consumers' organizations and academics. International governmental organizations (NGO) and non-governmental organizations (INGO) may attend in an observer capacity. The U.S. delegation is led by the FDA commissioner, and is considered anti-supplement/drug promoting by our country's "health freedom" organizations. The FDA is not representing our food and supplement concerns at Codex. Natural health concerns *are* represented by the Natural Health Federation (NHF), the only organization that has obtained observer status. Observers can participate in discussion, but can't vote.

The NHF says that the delegates to the committees are "...largely out of touch with consumers and influenced by commercial interests adverse to true health." NHF states that the FDA "...is no friend to health freedom, as shown when it announced the FDA's intention to harmonize U.S. food regulations to international standards, a position it also took in an October 11, 1995 Federal Register pronouncement."

Codex guidelines and standards are being developed through the work of 30 committees, who are focused on many areas. The Natural Health Federation, which attends the meetings of the Codex Committee on Nutrition and Foods for Special Dietary Use (CCNFSDU), states that the Codex agenda is making only low-potency supplements available. IF the agenda is adopted by our country, we wouldn't be able (or perhaps only by pre-

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