

SWEET INSPIRATIONS

The Quarterly + Newsletter of *Inspiration Unlimited & The Paramount Wellness Institute*

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2014: Here is to the Start of a Great Year

When the clock turned to 2014 at midnight Jan 1st, I swear to God, I felt I could hear the world take a sigh of relief. For many people, 2013 was a tough year (particularly here in Colorado with the fires and floods). New beginnings offer a new chance to start with a clean slate, and so it is with 2014. The economy seems to be picking up (so they say). People are more aware of health issues and environmental issues too, which can only be a good thing. It could be me, but there seems to be a bit more optimism in the air, and this too, can only be a good thing. So here is wishing everyone a great (happy, healthy successful) year this year.

Colorado Flood Relief Benefit for Lyons, CO

I would like to take a moment to thank all the people, near and far, who were so generous in their contributions to my friends and colleagues, Jessie Burns and Neil Sullivan, residents of Lyons, CO. On November 2nd over 60 people congregated at the Featherstone Concert Hall for a potluck-house concert. Both Jessie and Neil were surprised beyond belief to walk away with such gifts of generosity. I am happy to report that Jessie and her family have moved back into their house (they were evacuated for nearly 2 months) and Neil's St. Vrain grocery store opened its doors to the Lyons community as well. They and their families have asked me to extend, once again, a heartfelt thank you to ALL the people across the country how were so generous with their donations.



Adam Agee, Jon Sousa, and Jessie Burns salute the Flood Relief Audience

Wildlife Sanctuary in Colorado

During the arctic blast that covered the country in January, my college roommate, Tom came out for a ski visit. In a reprieve from the high altitude, one day we elected to check out the Wildlife Sanctuary, about an hour east of Boulder. Like many people in the area, I had heard of this sanctuary and had always wanted to visit. Despite the cold (and snow), and the fact that the bears were hibernating, it was well worth the trip. This Wildlife Animal Sanctuary rescues large carnivores; lions, tigers and bears (really)... wolves too. One wildlife crisis that doesn't make the news is that people still "trade" in wildlife for pets (only to learn that these animals don't make good house pets—for obvious reasons). The sanctuary has hundreds of acres of habitat, and it is great to see some of the animals enjoy their limited freedom (rather than confined to small cages). Here are two photos of the day. Enjoy!



Arctic wolf roaming his area



Bengal tiger enjoying the new snow

Update on Actor Michael York

My friend and colleague, renowned British actor Michael York, who narrated my film, *Earth Songs*, is happily in remission of his cancer and he once again thanks all my friends and colleagues who were so wonderful in sending him cards, letters and healing energy. He was interviewed by *The Guardian* and sent me this link which highlights his journey. He is now at work writing a book about his odyssey, which includes a trip to Brazil to see John-of-God.

<http://www.theguardian.com/lifeandstyle/2013/oct/20/michael-york-battle-with-amyloidosis>

My Toxic Episode with Wheat-Gluten

I woke up one morning in the first week of January with hundreds of welts on my lower back. It looked like I had been whipped by someone from the cast of *Game of Thrones* (I will spare you the photos). At first I wondered if it was an attack (God forbid) of bedbugs, but I soon found out it was a severe wheat/gluten allergy. Having taught nutrition at the University of Colorado for over a decade I had known of these dangers in our food supply, but now it was no longer a theory, but a serious personal experience. Over the past 10 -15 years scientists in the US have genetically engineered wheat (from a Mexican strain) that is incredibly drought resistant. The upshot is that it is incredibly high in gluten, so much so that for many people this wheat protein is a toxin to the body. Removing gluten from the diet is no easy matter. While breads and cereals may seem obvious, wheat is also used in soups (to thicken it), in meatballs, some chocolates and many other food items. Symptoms of gluten intolerance are many, from the most obvious like what I had (and dermatologists are pretty clueless on this connection) to swelling joints, low energy, breathing problems: The list is quite long. For those of you who have already experienced this problem, you are well aware of the nuances of restaurant eating and grocery shopping. Given what I have gone through, I highly recommend that EVERYONE consider getting off wheat and gluten, as most likely, it's only a matter of time before your body hits a saturation point with this toxin.

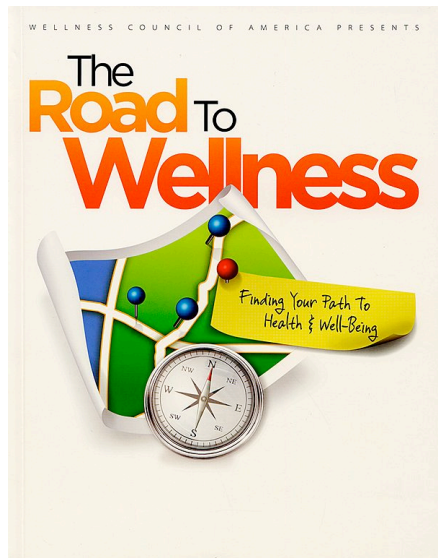
A good book that I highly recommend is *Wheat Belly* by Williams Davis, M.D. And here is an interview with Dr Davis that is worth reading:

<http://www.mindbodygreen.com/0-9484/why-wheat-is-ruining-your-life-the-author-of-wheat-belly-explains.html>

Ta Da! My New WELOCA book on Wellness

Last year, David Hunnicutt, the Executive Director of The Wellness Councils of America (WELCOA) a corporate wellness organization based in Omaha, invited me to write a book for their new wellness series. The book, *The Road to Wellness*, came off the press last November and it is stunning. 130 pages in length, it contains a mind-body-spirit approach to wellness with over 30 worksheets to help increase awareness about personal habits and behaviors to promote a better sense of health and wellbeing. The book is a steal at \$4. Here is a link for those who might wish to order or learn more. And... David has invited me to speak at the WELCOA/ AJHP conference this March in Colorado Springs. Hope to see you there.

<http://www.welcoa.org/store/product-landing/the-road-to-wellness/>



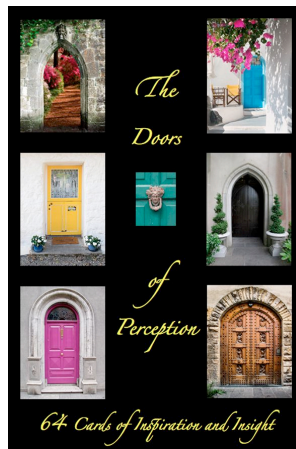
Cover of my new WELCOA workbook

Doors of Perception Card Deck

A funny thing happened with the shipment of my new product, *The Doors of Perception*. The printer made a big booboo with the color quality (and believe me this was not funny). In the proofs, the photographs of doors were stunning, which cannot be said for their final version. As such, I cancelled the order and have since found a new (and better printer) for the *Doors of Perception Wisdom Card Deck* and I am happy to say that the new shipment will arrive on February 15th from China. And from the first delivery sample, they look awesome. Here are two quotes from people who loved the experience of using the cards:

“I simply love these cards! So intriguing. I love that these cards make you think instead of having words, or so much writing on them. I have shared this wisdom card pack with many friends and colleagues and they are equally astounded. I use the doors of perception wisdom cards every day.
THANK YOU!”
—Katharine Y., MA

“Using these cards has saved me hundreds of dollars of therapy. Thank you!”



Here is a link for easy ordering:

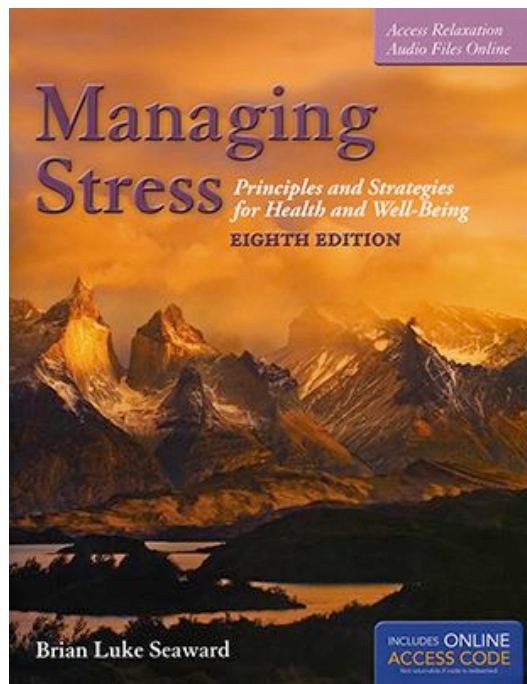
<http://www.brianlukeseaward.com/store/the-doors-of-perception/>

Fall Mountain Retreat Returns to Vail this Year

I am happy to report that I have just signed the contract to return to the Sonnenalp Resort Hotel in Vail for the 16th Annual Fall Mountain Retreat to be held Oct 10-12th (Columbus Day weekend). Mark your calendars for what promises to be a great and most memorable weekend of great information, great music and a great respite from the world. More details soon...

Managing Stress now released in the 8th Edition

Twenty years ago my publisher, Jones and Bartlett first published a new textbook with a very different approach to stress. It was a mind-body-spirit approach promoting a balanced life and it took the academic market by storm. Now in it's 8th edition, Managing Stress continues in the limelight as one of the premier texts on the topic of holistic stress management. I wish to thank all those college professors who use the book, and thanks to all the great many people who have contributed to its success.



The new cover of the 8th edition of Managing Stress

As you can see, I have had a busy and creative 2013. 2014 promises to be the same if not better. Please keep in touch and we hope to cross paths with you soon.

Best wishes and inner peace,

“Luke”

Brian Luke Seaward, Ph. D.

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