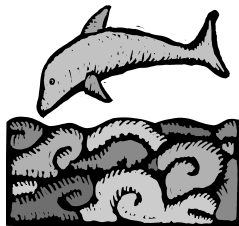


Message from the Dolphins

My friend Chris Kaul, who used to live in Kona, recently went back there for a visit. She has had a 20-year relationship with a dolphin named Prism.

Chris, a healer, is able to communicate with dolphins.



Prism says the animal world is greatly stressed over the gulf situation. He said they have been trying to heal mankind but mankind hasn't done much to help. He says things are going to get much worse. The one salvation we have is each one of us has to use our soul talent and pull together.

Don't be afraid to have people call you crazy. Be who you are; appreciate who you are, and use it.

Another Secret to Looking Young for Your Age:

Adding Raw Foods to Your Diet

THE PLUSES

Natural enzymes; anti-inflammatory; changes complex carbs to simple carbs when sprouted; a good way to clean out your digestive tract; great for your skin; low fat; easily digestible.



Many people have reported arthritic symptoms disappearing after eating raw, sprouted foods on a regular basis. You can add them to your diet; you don't have to be a complete raw foodist to get results. Great with salads, on top of soups, added to your eggs, as long as it isn't cooked or steamed for more than 3 minutes, the live enzymes will remain alive.

HOW TO GET STARTED

Purchase a sprouting jar with a top with a screen on it so that seeds or grains can be drained. If you live in Los Angeles, Rainbow Acres sells the jars for only \$4.50 each. Most health food stores sell them for about \$20. A jar should last you many years, unless broken.

THINGS YOU CAN SPROUT

Raw pumpkin seeds, sesame seeds, millet, wheat, brown rice, lentils, mung beans, oats, alfalfa seeds, radish seeds, broccoli seeds, mustard seeds, rye. You can experiment with all kinds of seeds and grains as long as they are raw. Pumpkin seeds are especially high in protein.

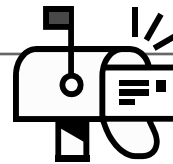
DEHYDRATOR

You may not want to invest in a dehydrator right away, but Amazon.com has one online for only \$50. After getting started, you may find a dehydrator useful, especially for making sprouted fruit bars and flax-seed crackers.

HOW TO SPROUT

Soak seeds overnight; grains for 24 hours. Drain. Leave covered with a cloth for a day then rinse twice a day until you see little tails come out (usually about 2-3 days). Keep in a container

(Continued on Page 2)



Dear Tamiko

Dear Tamiko,
My spiritual friend suggested I give you a call for a healing to help me raise my vibrations. First of all, I've been plagued by poor health. I'm barely able to walk due to disabling arthritis. And lately I've been getting psychic impressions that are coming true. Recently, I was so perplexed and upset with an acquaintance bad mouthing me, that I put a curse on her and to my shock, it came true. My friend said that it wasn't a good thing to do and will cause me harm in the end. So she advised me to call you for a healing.

—Frightened

Dear Frightened,
I would second the opinion that putting curses on people has its repercussions. It boomerangs back. If it ever happens again, put her name on a piece of paper and keep it in the freezer (a small container or ice cube tray will do). That renders them harmless to you and although it's difficult, bless them with love you may not feel at the moment. Send love their way. You are tapping into the unconditional love that surrounds all of us. Disease comes into our bodies when our vibrations are lowered. We don't usually

see people; we judge them. That lowers our vibration. When stress, anger, sadness, fear, are allowed to run rampant, disease and infection enters. Take me for example. I had a horrible fight with colon cancer 19 years ago. I was living a high stress life running the Tamiko Corporation, the Tamiko Salon, and doing 150 radio and 36 public access television shows—all this going on without much of a personal life. Don't get me wrong, even aware, it is hard work to keep your vibrations up. A good place to start is to **learn to deep breathe**. Envision a light coming into your body through your head on the inhale. Feel it move to the base of your spine. Exhale the light from the base of the spine to the top of the head. Continue to do this for several minutes. (It's a good idea to meditate in this way for at least 15 minutes a day.) Okay, you say you don't have 15 minutes? Five minutes a day is better than none to get you in touch with the unconditional Presence. Sometimes people will have tears rolling down their faces when they feel it. It's a blissful, happy sense of being, if only for a short while. The beauty is, you can do this yourself. A healer can heal you for the moment. Whether it stays away or changes its form is up to you. Some people have known to be cured of one thing but trade it for another ailment. Vibration is very important. Work on yourself. Keep evolving. Let me know how you are doing.

—Tamiko

Adding Raw Foods to Your Diet

(Continued from Page 1)

in the refrigerator after sprouted. Be careful not to overload your jar; the sprouts need air. 1/4 to 1/2 cup of seeds or grains should do it. You'll have fun experimenting.

Try sprouting several grains together. Mix and sprout alfalfa with small amounts of cabbage, clover, radish, or mustard seeds for a lively salad mix. Also try mixing different combinations of beans and grains with sunflower seeds.

The ideal sprouting temperature is between 65-75 degrees. They grow best in darkness or indirect light. When sprouted too long, some seeds and grains may taste bitter. Grains taste sweeter on the fourth and fifth day of sprouting.

Live Active Patties

Absolutely delicious, nutritious, and satisfying. You will need a dehydrator for this recipe and as you make it more often, you'll discover all kinds of things to add to them.

- Sprouted: 4 cups oat, wheat, rye, barley berries
- 1 cup each raw cashew meal, raw flax meal (or soaked flax seeds)
- 1 cup each blueberries, dates, raisins, coconut, or any other dried fruit you might desire

Mix all ingredients. You may have to soak the dried fruit first before running it through a food processor. After all ingredients are combined, place on trays about 1/4" thick.

Dehydrate both sides for a total of 24-30 hours at 106 degrees.

Product Order Form

Please remit this form with payment to: Tamiko, 541 W. 23rd St., Unit 4, San Pedro, CA 90731
 Or call or write: Toll Free: (800) 519-1835; Local Tel: (310) 831-1341; E-mail: Tamiko5@aol.com

Order online at www.mytamiko.com

For appointments, call (310) 266-4168

Method of Payment
<input type="checkbox"/> Check (payable to Tamiko)
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<input type="checkbox"/> MasterCard
<input type="checkbox"/> Money Order



	Qty	Price	Subtotal
Tamiko Cleansing Lotion, 8 oz.		\$ 15.00	
Tamiko Face Wash, 8 oz.		\$ 15.00	
Tamiko pH Balancer, 8 oz.		\$ 15.00	
Alpha-Li Daytime Moisturizer, net wt 2.25 oz.		\$ 24.95	
Alpha Lipoic Acid/Vitamin K Daytime Moisturizer, 2.3 oz.		\$ 24.95	
Tamiko Rejuvenessence, 2 oz. For night or for those who prefer a heavier moisturizer		\$ 24.95	
Tamiko Vitamin C Daytime Moisturizer with glucosamine, and hyaluronic acid, SPF 15, 2 oz. (limited time offer)		\$ 25.00	
Ultra Sonic Massager (includes 4 oz. Gel & instruction booklet)		\$ 164.99	
Rejuvenating Gel for massager, 4 oz. Get 4 for \$39.00		\$ 15.00	
Rejuvenating Gel for massager, 16 oz.		\$ 39.99	
Mini Massager		\$15.00	
Mini Massager Duo Kit with warm massage oil		\$ 34.99	
Facelift in a Bottle, 1 oz. (for throat & eyes; very concentrated)		\$ 50.00	
Tamiko Face Lift Mask, 48 treatments (includes liquid Aloe)		\$ 39.99	
Tamiko Almond Scrub, 4 oz.		\$ 15.00	
Cool Kind of Loving – Moraga music CD		\$ 10.00	
Five Alley Cats and Me – NEW Moraga music CD		\$ 10.00	

Shipping Chart	
Total	Add
Up to \$25	\$6.95
\$25.01 to \$50	\$8.95
\$50.01 to \$75	\$9.95
\$75.01 to \$100	\$10.95
\$100.01 to \$150	\$12.95
\$150.01 to \$200	\$15.95
\$200.01 to \$300	\$17.95
Over \$300.01	Free

	Subtotal	
Name	Shipping & Handling (see chart at left)	
Address		
Phone	9.75% CA Tax CA residents only	
Credit Card Number	Total:	
Exp. date		

Signature

Security Code

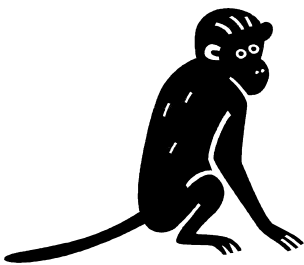


THE TAMIKO NEWSLETTER

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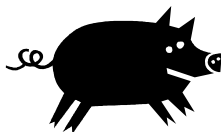
Phone: (310) 831-1341
Toll Free: (800) 519-1835
E-mail: Tamiko5@aol.com
Website: mytamiko.com

Relief for Those Born in the Year of the Monkey



We are in a Golden Tiger year (in Chinese astrology) which has been very difficult for those born in the Year of the Monkey (1920, 1932, 1944, 1956, 1968, 1980, 1992).

I've spoken to several people born in the Year of the Monkey and they all claim that this has been the worst. However, if you carry a replica of a pig (ceramic, stuffed, necklace, anything with a pig on it), it will help a lot. Try it. What have you got to lose?



Vic Moraga Has a New CD

Five Alley Cats and Me is finally out. It's happy, children's music that adults can enjoy. You can't help but smile when you listen to this joyful rendering of Moraga's original children's music.

Moraga was the winner of the 2006 USA Songwriter's Competition for his children's song, *I Wish I Had a Fish*.

Five Alley Cats and Me is upbeat, positive, and humorous for the whole family. CDs are available from cdbaby.com/cd/moraga1 or call direct (310) 892-6961. They are only \$10.00 each.