

# Ze'ev Kolman

## Bio-Energetic Healer

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### THIS MONTH'S MESSAGE

This winter season has been a surprise to many of us in the northeast. We never knew what to expect from one day to next regarding the weather. It's comforting to know that springtime will burst forth in a matter of weeks now and give us a chance to blossom and be outdoors often. This is why I want to focus on what being healthy really means as we all begin to experience nature coming alive again.

#### A GOOD FOUNDATION

Nutrition is the foundation of health. When your body is healthy, so is your mind. Eating healthy is not about being on a diet—it is a lifetime choice. True healing encompasses the whole person. It requires an integrative commitment of mind, body and spirit. When you eat, you have the opportunity to soothe your mind, nurture your body, satisfy your senses and heighten your energy level. How often do you eat from this perspective?

Today there is a lot of confusion and disagreement about what is healthy. Genetics, gender, physical activities and body structure are a few of the factors that affect the body's ability to metabolize food and receive energy. The bottom line: junk food converts to gunk inside the body. If you eat more calories than you burn, you are going to gain weight. It's as simple as that. Honesty must tackle fallacy and delusion must be replaced with reality.

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## February/March Calendar

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### NEW YORK

#### Upcoming Lectures

*Healing, Spirituality & Past-Life Incarnation  
(Free Healing Meditation included)*

Wednesday, February 22—6pm-8:30pm

Wednesday, March 15—6pm-8:30pm

*DISCOUNT COUPONS for a private session will be available!*

#### Upcoming Workshops

##### *Bio-Energetic Self-Healing*

Ze'ev teaches breathing and visualization techniques designed to trigger individualized healing.

Sunday, February 26—10am-3pm

Sunday, March 26—10am-3pm

##### *Past-Life Incarnation*

Thursday, March 23—6-8pm

##### *Group Healing Sessions*

Wednesday, March 8—6-7pm

### SOUTH FLORIDA

#### Lecture & Free Healing Meditation

Sunday, March 5—7-9pm

#### Bio-Energetic Self-Healing Workshop

Sunday, March 12—10am-3pm

For details, call 212-245-1715

or send a Fax: 212-265-8839

E-mail: [zeevkolman@aol.com](mailto:zeevkolman@aol.com)

# THIS MONTH'S MESSAGE WITH ZE'EV KOLMAN

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How to achieve your self-image:

- Think about what you eat to steadily build up more energy.
- Be mindful about how much you eat by reducing your portions.
- Observe your body and how it responds to specific foods and portions.
- Chew your food completely in order to digest it properly.
- Love your body as much as you do food.
- Make a contract with yourself to change your eating habits, and remind yourself of this contract with each New Moon.

Although I am considered a miracle worker through the application of my bio-energy healing, the ultimate benefit of my work is influenced by the willingness of each of you to maintain a healthy lifestyle.

## BIO-ENERGETICS EXPLAINED

Bio-Energy is the application of biological energy for practical purposes. Bio-energetic healing works with the subtle bodies to release the causes of a disease at its most crucial point. The body survives on energy. The subtle bodies have numerous levels of energy that permeate and envelop the physical body. These energies can be perceived by a sensitive, trained person as an aura around the body.

Bio-energy flows through specific channels in the body, most of which parallel the pathways of the nervous system. This energy has been observed and described by many cultures. In India, this energy (life force) is called *prana* and channels are *nadis*. In China, energy is called *Chi* and channels are *meridians*.

There are seven major energy centers in the body called *chakras* which correspond (approximately) to the endocrine glands. Chakras

act as communicators between the physical and subtle bodies, similar to transformers that mediate between the natural frequencies of the different energy levels. There are also many minor chakras throughout the surface of the body.



## THE AURA

Patterns of well-being or illness are duplicated in the physical body and the aura. A clear, unbroken aura with bright colors corre-

sponds to a healthy, balanced state.

A muddy, irregular aura is indicative of disease. The aura continually changes according to mental activity and emotion, but there is an overall appearance that distinguishes the health of an individual.

Conventional medicine treats the physical body. Bio-energetic healing corrects the aura, and when the physical health improves, it is reflected in the aura. When this occurs, a balanced, healthful condition is reflected both in the body and the emotions.

Ze'ev clearly sees and fine-tunes the energy in the aura and chakras. His extraordinary gift for healing is the result of his ability to collect bio-energy—which is plentiful in the universe—and to transmit this vital force to others through the aura. This often alleviates problems in the body's energy structure, sometimes even before they manifest as a physical symptom.

## TESTIMONIALS

There are too many stories of miraculous healings to include them all in a newsletter, but we let clients

share their stories through short testimonials. Ze'ev always points out that immediate success is not a guarantee for everyone. Most people experience a profound sense of relaxation and well-being after only one session. The elimination of stress, headaches, and earaches are common. There are also dramatic stories about pregnancies after years of trying, and many chronic and serious problems disappearing. The following testimonials will help you understand what a healing with Ze'ev can mean:

"I came upon his office by accident. I had another appointment in the building, but *somehow* I wound up at his. It was meant to be. I had chronic neck pain and twitching. After the first treatment with Ze'ev, the pain disappeared, along with a pile of stress. I did not realize how much stress I was under until it was gone. Ze'ev released me from discomfort and stress. I feel lighter and happier. Thank you Ze'ev Kolman!"  
—K.D.

"I came to see Ze'ev Kolman because I was trying to get pregnant. I went back and forth to see many doctors for more than 2 years, to no avail. After my second session—and one month later—I was pregnant. For me it is a true miracle. Nine months later I am proud to say that I am a happy mother of a 9-pound beautiful baby boy. Thank you Ze'ev Kolman!"  
—M.S.

## ANNOUNCEMENTS

### HAPPY VALENTINE'S DISCOUNTS

Ze'ev wishes you all the love and happiness you deserve for Valentine's Day.

To receive a 30% discount on the regular cost of a private session, he

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## MIAMI JANUARY WORKSHOP

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By Kathryn Howard,  
Editor

I wrote in the January's newsletter how Ze'ev healed me of psoriasis. It took one week after two sessions for my skin to feel like a baby. To anyone who has suffered a disfigurement of any kind that others can see, this is a glorious opportunity to feel better about oneself. My life has changed.

That was before the January Workshop! We had a great group that participated in a *Self-Healing Bio-Energy Workshop* in January. We all experienced something magical that seems to continue in subtle ways. Even if you already know many of the techniques he teaches, his energy changes the way they work for you. I get in my car and drive around the block to scream my head off. I return energized and less up-tight.

The Black Hole toxic vacuum and Blue Diamond protection shield are beyond description. If we could get

everyone to experience this, the world would be a healthier place. What is inside is also outside. The sooner we all learn this, the better. Ze'ev is a true healer who gets each client to feel this from deep within. He is a gift to humankind.

We are looking forward to the next workshop in Miami on March 12!

**For more information about Lectures, Group Healing Meditations, Private Sessions, and Workshops, please call Shelly at the New York office: 212-245-1715, or Fax: 212-265-8839.**

If you want to participate in the *Self-Healing Workshop* in Miami on Sunday, March 12th, send me an e-mail ([khzeev@aol.com](mailto:khzeev@aol.com)) with your name, telephone number, and mailing and e-mail addresses. I'll contact you when the details are finalized. **I cannot schedule lectures, group healings or private sessions for Ze'ev in New York or South Florida—only Workshops!**

## ANNOUNCEMENTS

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is offering a *Happy Valentine's Session*. It's also a great gift for someone you love.

### **ZE'EV KOLMAN IN SOUTH FLORIDA**

Ze'ev will be in South Florida *March 2-12, 2006*, and will be available for group healings, lectures and private sessions. Call in advance for details and to schedule an appointment: **212-245-1715**

### **MEDITATION & HEALING TRIP TO ISRAEL**

#### **Wednesday, June 29th**

Ze'ev Kolman invites you to join him for an unforgettable journey scheduled to depart *Thursday, June 29<sup>th</sup>* and to return *Sunday, July 9<sup>th</sup>*. Highlighted are Tel Aviv, Jerusalem, the Masada, and Meditation to the Dead Sea. This will be an intense workshop, group healing, and much more. To join us, *register by Wednesday, March 1<sup>st</sup>*. Call the New York office: 212-245-1715, or our travel coordinator: Mrs. Inge Verstandig: 212-292-1259; e-mail: [ingev@vwti.com](mailto:ingev@vwti.com)

### **SPECIAL MONTHLY PREVENTION PACKAGE**

Prevention is essential. For a limited time we are offering a **Special Prevention Package**. Life is stressful. You work hard and deal with daily responsibilities. All the systems of your electromagnetic field

need regular balancing and healing. Your aura needs cleansing of the debris and toxicity that accumulate. The infusion of energy from your chakras and meridians needs to be balanced to promote good circulation.

Regular monthly maintenance is the smartest way to restore a healthy mind, body and spirit. Let Ze'ev help you.

Purchase 6 Monthly Healing Sessions and receive the 7<sup>th</sup> month FREE! Call now to reserve your regular monthly appointment at the same time every month. It's easy to remember and you will reap the benefits of continuing care.

### **MONTHLY BLESSING**

From the heart, Ze'ev sends a monthly spiritual blessing. On the same day and time each month, a spiritual blessing is offered to people on their birthday. If you need a blessing or know someone who does, please e-mail their name and location. Ze'ev also extends a special *Birthday Discount* for a private session.

If you celebrate your birthday in February, remember to meditate at Midnight (EST) on February 27th by focusing both on your physical intention and on the healer, Ze'ev Kolman. His healing energy will be sent to you.

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# ENZYMES, ANTIOXIDANTS & ATHEROSCLEROSIS

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**By Brian Logan, D.C.**  
**Chiropractic—Whole Food Nutrition**

Atherosclerosis (aka fat plaques in the arteries) affects people as they get older, and is frequently involved in heart attacks and strokes. The causes are not generally understood, but oxidized low-density lipoproteins (LDL), high blood pressure and smoking have all been implicated.

The first phase of damage in atherosclerosis is to the inner layer (intima) of the artery walls, which normally can be repaired by the immune system.

The second phase is when LDL penetrates the damaged artery wall, now more permeable, and is deposited in the blood vessel intima. This is when the LDL can undergo oxidation.

When this occurs, the immune system initiates a process that facilitates phagocytosis: it sends large white blood cells (macrophages) to eat the invading LDL.

When the macrophages are low in digestive enzymes—which they need to digest what they eat—they slow down or stop eating. They become clogged with LDL, and this causes them to transform into foam cells that degenerate and release the LDL fat. It is this LDL that forms fat pools in the vessel walls.

When the muscle and connective tissue cover the fat to form the mature plaque, the result is atherosclerosis.

Two holistic methods can be used to prevent and minimize this process:

- Take antioxidants to reduce the oxidation of LDL, and,
- Take vegetable-based digestive enzymes (similar pH range to macrophage enzymes) to enable the macrophages to properly digest the LDL and prevent the formation of foam cells.

Your immune system continuously works to detoxify  
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## ANNOUNCEMENTS

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### Distance Healing

Distance healing is performed while you sleep or rest. When your body is resting your chakras—your energy centers—open up. This is when Ze'ev can easily transmit electromagnetic energy from his mind into your energy field for the purpose of healing. You only need to know the time for your body to be “tuned into” the same wavelength during the distance healing session.

Ze'ev recommends distance healing for clients who are too far away or are unable to come to the office because of a busy schedule or illness. Distance healing is also very effective. It is just as powerful as a private session. In fact, it can even be stronger because the body is very open to receiving energy while resting.

Some clients also experience the tingling sensation during distance healing. Others feel a wave of heat, while others experience no physical presence. The effects are the same. Sometimes a client will awaken during the time of the healing. If this happens to you, stay in bed in a relaxed state.

Distance healing works for many people, but not for everyone. It depends on how long you have had the condition, how open you are to the healing and how well your body receives the energy for healing.

There are certain requirements for Distance Healing to be successful.

### Distance Healing Requirements

1. Photograph
2. Complete address
3. Telephone numbers
4. Date of birth
5. Direction of your head while sleeping.  
Is it facing north, south, east or west?
6. A list of the conditions you want to focus on.

Our thoughts are like radio waves that can be sent and transmitted beyond our physical location and received at the other end—provided there is a receiver tuned into the right wavelength. This energy is transmitted through the force of my thoughts to the client who *opens* his channels to the proper wavelength and absorbs the energy regardless of the physical distance between us. To receive distance healing, please contact Shelly: **212-245-1715**.

### Telephone Healing

Ze'ev can even transmit the Bio-Energetic Healing over the telephone while you are in the comfort and convenience of your own home. Appointments may be scheduled weekdays from 9am—5pm (EST). Most credit cards are accepted.  
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## ENZYMES, ANTIOXIDANTS & ATHEROSCLEROSIS

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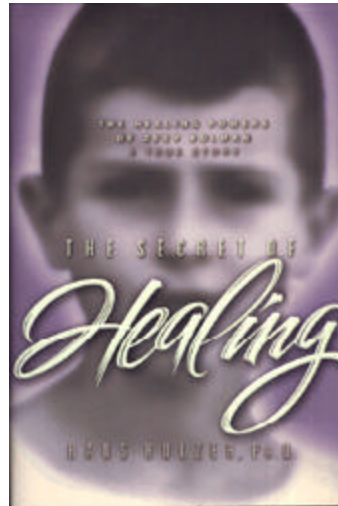
Your body. One of the major factors in this process is the proper function of your monocyte/macrophage system, which requires many more digestive enzymes than other cells for normal function.

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Dr. Logan has studied nutrition for more than 30 years and has found that adding whole-food extracts and digestive enzymes to a proper diet will assure sufficient assimilation of nutrients and the release of toxins to maintain optimal nutritional health. So, be sure to take enough digestive enzymes every day!

His practice is on South Dixie Highway in South Miami/Pinecrest, Florida. Tel: **305-669-0070**

**Definition of Enzyme:** A complex protein molecule, originating from living cells and capable of producing certain chemical changes in organic substances by catalytic action as in digestion.



### SUGGESTION

**The Secret of Healing** by Ze'ev Kolman is now available for only \$15 (regular \$21.95). Do you have a copy of this book? Family and friends feel blessed when they receive this book for their birthday, as an anniversary gift, or with a get-well card! Unlike flowers and candy, which disappear, a book is enduring.

Order 3 books and receive a 20% discount. Buy one now with the very special *Healing Hand Imprint* with mud from the Dead Sea. We can send you autographed copies with a personalized gift card. Most credit cards accepted. *To order, call 212-245-1715.*

## HOLISTIC DENTAL CARE

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Dr. Green, a renowned holistic dentist in South Florida, teaches us more about nutrition and our teeth than most of us ever knew.

**By Steven N. Green, D.D.S.**

We live in decadent times. In America, fresh vegetables and unripe fruits (grown on depleted soils) have been refrigerated and stored under argon gas before becoming commercially available. Diabetes is an epidemic. Too many of our children are defective and cancer is expected to take half of us.

In defense of our decadence, a new organizational theme for primary care is needed. Health, disease or behavior begins with what we put in our mouth. Supplements are now necessary for health. The dental team can provide its own special perspective in health, healing, and harmony.

Dentistry is but one of over 250 medical specialties. *Each treats the symptoms of toxicity and uncontrolled inflammation in its own narrow area of expertise.* For example, the chemistries of cradle cap, eczema, difficult teething, muscle trigger points, tooth decay, gum disease, inflammatory bowel, migraine, asthma, arthritis, angina, and coronary vessel spasm all reflect uncontrolled inflammation. By focusing on differences, we highly-trained specialists have forgotten the basic universal *catabolic* response of the complaining patient:

*irritability leading to inflammation.*

We must help define a more functional paradigm of health as society emerges from the industrial age. Ethics stems from philosophy. The industrial age is based on themes of scarcity and greed. In the emerging age, with man's effort so magnified by computer technology, with information as an ever-expanding resource, the themes can be abundance and altruism.

A dentist is a teacher and also an artisan who gains sustenance by helping people to repair and rehabilitate. As primary providers, we can use the mouth as a barometer of the immune system, helping our patients develop higher awareness. Dental diseases are a signal of lost health. The underlying mechanism of disease is inappropriate expression of genes.

Nutritional pharmacology could be a uniquely dental approach, especially in treating that transitional area between vibrant health and disease diagnosis codes.

Mindset, toxicity, food choices, and the timing of eating and sleeping determine the expression of our genes. Other than defined mutation or unknown toxicity, disease is due to harmful addictive behavior arising from diminished self-esteem or perverted reward-systems.

### SERVICES

Holistic dentistry provides primary care. We meet the

# HOLISTIC DENTAL CARE

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world with our mouth. Lips frame our smile. Our oral organ nurtures us emotionally and is the beginning of sustenance and gratification. The comfort and security of healthy gums and stable teeth are primary survival goals. Improved behavior, enhanced resilience and resistance to all disease is encouraged and emphasized by viewing the mouth as a mirror of immunity. By practicing full-face restorative dentistry, supported by nutritional foundations, we become your aid and advocate with other specialists when indicated.

Since young ones are so precious, we are especially proud of our "first visit" experience and enjoy sharing it with family. We start parents prenatally and children at 3 years of age. In preparation for the first visit:

- Please do not say: "It will not hurt."
- Promise no rewards.
- Make no bigger deal about the first dental visit than a trip to the bank. Answer questions with: "They need to count your teeth to make sure you have the right number. They are very nice. They explain everything before they do it."

At this fun office, children get a prize for showing up, even *unappointed*, not for being good.

We begin with prenatal counseling, emphasizing staged first solid feedings, promoting greens, reducing grains or fruits. We recommend early optimal supplemental vitamin C and other nutritional remedies for uncontrolled inflammatory conditions such as difficult teething, yeast overgrowth, cradle cap, herpes, allergies, night grinding, hyperactivity, earaches, mouth breathing and sinusitis.

We do not believe in routine fluoride treatments or x-rays. Along with typical repair services, we check for efficient cellular immunity, excessive irritability, iron deficiency, B vitamin deficiencies, anemia, provide growth and development checks, sealants and protective mouth guards.

Nothing is more beautiful than the glow of health provided by healthy daily patterns and nutritional principles taught in this office.

*Aesthetic dentistry is the cornerstone of our practice.*

"Silver fillings" containing mercury amalgam are durable and inexpensive but not healthy, aesthetic, or environmentally sound. Metal is used reluctantly. Instead, we aim to provide more biocompatible resin-bonded tooth-colored restorations and laminates. Beautiful composites, ceramics, caps, crowns and bridges, removable prosthetics, bleaching, gingival plastic surgery

of functional harmony.

We diagnose and treat *acute facial pain*, including abscesses and traumas such as whiplash. *Chronic pain and dysfunctional syndromes of the head and neck*, including arthritis and migraine, are treated medically and nutritionally, as well as with TMJ appliances, functional appliances, night guards, or bruxism appliances. We make dental devices to reduce snoring and sleep apnea (although we prefer to control mucus with diet).

We emphasize the *non-surgical treatment of periodontal diseases*. Plaque accumulation is failure of cellular immunity. Periodontal disease is a local inflammatory autoimmune condition due to breakdown of immune barriers. Inflammation of the barrier tissues supporting the teeth is also a "risk factor" for other potentially inflammatory life-threatening disease; an important sign of toxicity and that immune system response is out of balance.

*Enhanced performance, increased immunity and improved mental attitude* are the result of changing the chemistry conditional to tooth decay, gum disease, flab, facial pain, or cancers. We promote healthy lifestyle choices and the use of vitamins, minerals, and accessory nutrients. We also provide herbal and homeopathic remedies.

Healing is a spiritual ethic. Dental diseases are crises that provide an opportunity for awareness of the underlying mechanisms of disease and the desirability for change leading to growth.

**STEVEN N. GREEN, D.D.S.**

10261 SW 72 St., C-106

Miami, FL 33173

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Tel: 305-273-7779

Email: [ddsgreen@bellsouth.net](mailto:ddsgreen@bellsouth.net)

Dr. Green's father, Henry Green, practiced dentistry in Miami from 1946 to 1979. It was Steven's admiration of his dad that led to his interest in dentistry. He learned all he could about pharmacology, TMJ, occlusion and treating pain, and graduated with honors with his doctorate in dental surgery from the University of Detroit, School of Dentistry in 1969.

Dr. Green conceived and co-authored *The Value of Medical Diagnostic Tests in a Dental Practice*, published in the *Journal of American Dental Association*. He practiced dentistry in the Navy, where he saw his first case of scurvy, which changed his clinical

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## HOLISTIC DENTAL CARE

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passion of toxicity fueled his drive to be different.

During time spent as a Navy doctor, his life-long interests in treating chronic pain and improving human performance with nutrition began. Practicing dentistry with his father for a year taught him that minerals tighten loose teeth in pregnant women, that cavities do not always grow, and about the historical healing power of digestive enzymes. Steven then opened his own practice focusing on tooth mobility as a measure of bone density and vigor. Besides being a proud grandfather with significant reservations about current vaccination practices, he is now an 'antiaging dentist.'

He continues to be active at the local level of organized dentistry. In 1993 he was president of the South Dade District Dental Society. Currently he is past president of the dental department at Robert Morgan Vocational School, is past president of the Holistic Dental Association and is still on the board. He is also a member of The Institute for Functional Medicine and the International Academy of Oral Medicine and Toxicology.

### "GURU TO THE STARS"



#### ZE'EV KOLMAN

**SPECIALTY** Bioenergetic healer.  
**CELEBRITY DEVOTEES** Martin Sheen; Carly Simon; Raquel Welch.

Kolman passes his hands above clients' bodies to heal the body and spirit (he has treated ailments from autism to strokes). Oddly, it is also something he can do over the phone. For information, call 212-245-1715.

from BAZAAR magazine, October 2001, pg. 243

## ANNOUNCEMENTS

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### Group Healing Sessions & Lectures

Group healings take place every 2 weeks in the New York office. Ze'ev leads the group into a healing meditation so that he can transmit his electromagnetic energy into each person's body for the purpose of healing.

**NOTE:** Please refrain from using fragrance, cologne, perfume, etc., to group healings. Be punctual! Punctuality is part of becoming spiritually evolved. Respect others and arrive at least 10 minutes before healing groups are scheduled to begin. Thank you!

To get updated information in between our Newsletters, visit our Web site. And please feel free to forward this Newsletter to family and friends!

Submit their email addresses to [zeevkolman@aol.com](mailto:zeevkolman@aol.com) and we will send them our monthly Newsletter. Thank you!

### NEW YORK

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E-mail: [zeevkolman@aol.com](mailto:zeevkolman@aol.com)



# ART AND



# REALITY

*A Gift of Healing Now Available to All*

Ze'ev Kolman's art is also astounding. The image (below right) is from a painting he calls "Interactive Art."

Ze'ev painted precisely 2,000 stones to represent the new millennium and the integration of all religions so that we may live in harmony with all beings.

His art also describes how we must bless one another as the three messengers have blessed the

world for all of recorded time and before.

The painting was created with many religions in mind. There are several areas of significance within the image. To view more information on a certain area move your cursor over a part of the image and the upper-left-hand portion (yellow) will pop up text that describes that portion of the painting. Go to this specific page to do this:

<http://www.zeevkolman.net/interactiveart.shtml>

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**Private Appointments**  
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**Monday through Thursday**  
**9 am—5pm**

**Call: 212-245-1715**  
**800-313-5998**  
**or**  
**Fax: 212-265-8839**

**Website**  
**[www.zeevkolmanhealer.com](http://www.zeevkolmanhealer.com)**

