

INSIGHT

magazine

DO NOT PUT ANYTHING
ON YOUR FACE YOU
Would Not Eat

HOPE & REMARKABLE
Recovery From Cancer

WHY DO I *Dream?*

THE ESSENCE
OF Health

TRY OUR
Lemon
DETOX

PERSONAL
INSIGHTS
with
Andi Lew

Co-Author of '7 Things Your
Doctor Forgot To Tell You'

January 2009 AU \$6.95 inc GST



YOUR HOROSCOPE
NUMEROLOGY GUIDES FOR + 2009

JANUARY

CONTENTS



- COVER STORIES**
- 04 **Personal Insights**
With Andi Lew
- 06 **Hope And Remarkable Recovery From Cancer**
By Dr Sherelle Dye
- 10 **The ESSENCE Of Health**
By Dr Craig Hassed
- 12 **Why Do I Dream?**
Interview with Leon Nacson



- 18 **Numerology**
By Russell Sturgess
- 22 **Do Not Put Anything On Your Face You Would Not Eat**
By Danny And Susan Siegenthaler
- 28 **Your Horoscopes For The Year Ahead**
By Helen Hartley



- 08 **Cancer As A Path To Enlightenment**
By Dr Ian Gawler
- 16 **The Small Business Of Cancer**
By Deborah Cass
- 17 **Are You Healthy Or Just 'Not Sick?'**
By Bev Gilbert
- 24 **Meditation And Emotional Alchemy**
By Paul Bedson
- 26 **Reverse Speech**
By Karina Kaiser

- REGULARS**
- 32 **Wish List**
- 33 **Holistic Home - Eco-Friendly Buying for the Home**
By Karen Billington
- 34 **Nutrition - Lemon Detox**
By Gabriela Rosa
- 36 **Ask A Natropath**
By Glen Gillard
- 37 **Your Say - Personal Evolution**
By Sandie Bouton
- 38 **Travel - Mongolia**
By Nilla Spark
- 40 **Psychic Jade-sky**
Readers Letters Answered
- 42 **Sacred Wisdom - The Sun Worshippers**
By Elizabeth Peru
- 44 **Crystals - Creating Grids of Light**
By Suzy Lily
- 46 **Horoscopes**
By Helen Hartley
- 48 **Planets**
By Richard Giles
- 49 **Pagan - A Numerological Look At 2009**
By Frances Billinghamurst
- 50 **Spirit Light Reflections - Success**
By Sue Hasanjee
- 52 **Reviews**
- 53 **The Insight Oracle Directory**
- 56 **Insight Giveaways + Subscription Form**

Honesty

Open Mindedness

Willingness

Insight Publishing's Philosophy is Simple.

Personal beliefs and ownership do not dictate the content of this magazine. We aim to present informative reading written by people within the industry for people who like to make informed decisions. We believe every opinion, whether it comes from within or from outside influences, has the right to be expressed. Our magazines offer respectful forums for the education and empowerment of all people.

Insight supports 100% recycling of all waste paper, solvents and printing plates. Our magazines are printed on Sustainable Forests Paper using soy-based inks.