

Judit Rajhathy is a nutritional consultant and environmental health educator in private practice in Dartmouth, Nova Scotia, Canada. She is a dynamic and entertaining speaker, delivering programs to school systems, as well as to all sectors of public and private enterprise. Judit has also produced and hosted two local television series on holistic health. This book is a culmination of ten years of healing and research to find her own path to wellness. Now **Free to Fly** offers you an opportunity to embark upon your own personal quest. Remember, **wellness is a journey, not a destination.**

FREE TO FLY

FREE TO FLY

a journey toward wellness

books rolled into one. It leaves no stone unturned. Guide, your journey to wellness will be shortened, **Free to Fly** could be the book that will save one you love.

of Complementary Natural Prescriptions for Common Ailments

her heroine, Jillian, Judit Rajhathy has succeeded life, insightful account about the frightening effects diet can have on our health. At the same time, y book is a practical tool for educating the public rk to prevent disease and achieve optimal health. triumph!

onmental Health Center, Dallas, Texas

difficulties patients often experience in their chronic health conditions. But more ly offers the reader some real choices life. Judit tells it like it is - believe

nt, AEHA Canada

eczema headaches

New World Publishing
P.O. Box 36075
Halifax, Nova Scotia

\$ 23.95 CAD
\$ 17.95 USD
\$ 25.95 AUD

anxiety
memory loss
gas

ear infections
sinusitis

P.M.S.

allergies

asthma

arthritis

acne

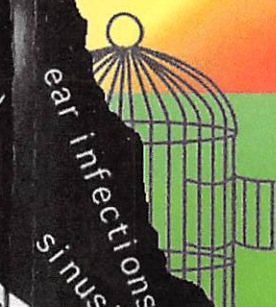
A.D.D.

hyperactivity

migraines

colitis
prostatitis
colic

yeast infections
nausea
irritable bowel
bloating
mood swings



Judit Rajhathy
foreword by Doris Rapp, M.D.

A superb book! Easy to read. A wonderful starting point for those seeking answers to puzzling, often devastating, health problems.

William G. Crook, M.D.
author of
The Yeast Connection

fati

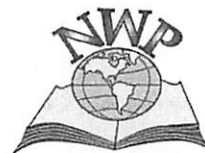
March 22/96
To dearest Karen
You better let this book
outgas - I am so proud
of you! You're doing wonderful
work out in the community -
raising consciousness of Nova
Scotians! Keep it up!
Judith
JSC

Free to Fly

a journey toward wellness

by

Judit Rajhathy



New World Publishing
P.O. Box 36075
Halifax, Nova Scotia
Canada B3J 3S9

Free to Fly, by Judit Rajhathy, New World Publishing, 1996

Corinne Harland and Kim Given of CASLE were also founders of *Back to Basics*, a food co-op specializing in whole foods at wholesale prices before Health Food Stores became common. (in 1996, CASLE was too new to be mentioned in this book but a few years later Francis Mitchell, the publisher, asked if Karen Robinson would write a book on healthy schools with Judit. Karen was too ill and struggling just to accomplish healthy schools hands on at that point.)

https://www.amazon.ca/dp/1895814154/ref=rdr_ext_tmb

<https://www.amazon.ca/Free-Fly-Journey-Toward-Wellness/dp/1895814154>

"Canadian Best-seller. Written in story-form, it is Canada's all-time best selling and most loved book on health and wellness. With over 1.2 million dollars worth sold, this book is the most accessible book in its field to explain complex health problems in layman's terms, covering all manner of allergies, IBS, PMS, depression, Candida, CFS, asthma, migraines, nausea, eczema, as well as ear and throat infections, colitis, hyperactivity and ADHD in children. Praised by medical doctors and natural health practitioners alike for its accuracy, completeness and readability, it is the first book you should read to help prevent disease, improve your health and change your life. Significant information on nutrition and the environment, including your workplace, home, lawns and gardens."

The Candida Albicans Yeast-Free Cookbook - Pat Connolly and Associates of The Price-Pottenger Nutrition Foundation, 1985. Keats Publishing, Inc., 27 Pine Street, Box 876, New Canaan, Connecticut 06840. ISBN 0-87983-409-9

Naturally Sweet Desserts, The Sugar-Free Dessert Cookbook - Marcea Weber, 1990. Avery Publishing Group, Inc., Garden City Park, New York. ISBN 0-89529-443-5

Just Desserts - Steve Parsons, 1989. Lancelot Press, Ltd., Hantsport, Nova Scotia, Canada. ISBN 0-88999-424-2

Cookies Naturally, 1989 and **Muffins from the Heart**, 1993 - Shirley M. Hartung. Cookies Naturally, 32 Layton Street, Kitchener, Ontario, Canada. ISBN 0-969411510

The Politics of Holistic Medicine

What Your Doctor Won't Tell You: The Complete Guide to the Latest in Alternative Medicine - Jane Heimlich, 1990. HarperCollins Publishers, 10 East 53rd Street, New York, N.Y. ISBN 0-06-096539-8

Racketeering in Medicine: The Suppression of Alternatives - James P. Carter, M.D., Dr. P.H., 1992. Hampton Roads Publishing Company, Inc., 891 Norfolk Square, Norfolk, VA. ISBN 1-878901-32X

The Medical Mafia - Guyline Lanctôt M.D., 1995. Here's The Key Inc., P.O. Box 830 850 Miami, Florida. ISBN 0-9644126-0-8

Living in the Moment - mind over matter

Peace Is Every Step - Thich Nhat Hanh, 1991. Bantam Books, 666 Fifth Avenue, N.Y., N.Y. ISBN 0-553-07128-9

The Language of Letting Go - Melody Beattie, 1990. Hazelden Foundation, Pleasant Valley Road, P.O. Box 176, Center City, MN 55102-0176. ISBN 0-89486-637-0

Love, Medicine & Miracles - Bernie S. Siegel, M.D., 1986. Harper & Row, Publishers, Inc., 10 East 53rd Street, New York, N.Y. 10022. ISBN 0-06-091406-8

The Healing Journey - O. Carl Simonton, M.D. and Reid Henson, 1992. Bantam Books, 666 Fifth Avenue, New York, New York 10102. ISBN 0-553-08282-5

Appendix II Resource List

AEHA Nova Scotia was running the National AEHA at this time

Locating a Practitioner

American Academy of Environmental Medicine, 4510 West 89th Street, suite 110, Prairie Village, Kansas 66207 tel: (913) 642-6062 - an international referral service for doctors practicing Environmental Medicine, \$3 donation requested.

Canadian Society for Environmental Medicine, P.O. Box 62058 Convent Glen Postal Outlet, Orleans, Ontario K1C 7H8 fax: (613)-837-8896 - the Society's main purpose is to raise awareness of the link between environmental exposures and human health - will refer to local organizations who are familiar with these problems. By fax only.

American Holistic Medical Association, 4101 Lake Boone Trail, suite 201, Raleigh, N.C. 27607 tel: (919) 787-5146 fax: (919) 787-4916 - for an \$8 charge, provides a directory that lists physicians practicing holistic medicine throughout the U.S.

Canadian Holistic Medical Association, 42 Redpath Avenue, Toronto, Ontario M4S 2J6 Will accept mail enquiries only.

American Association of Naturopathic Physicians, 2366 East Lake Avenue East, suite 322, Seattle, Washington 98102 tel: (206) 323-7610 - recorded message instructs you to send \$5 in order to receive a referral and information directory listing naturopaths practicing in the U.S. and Canada.

Canadian Naturopathic Association, 4174 Dundas St. West, suite 304, Etobicoke, Ontario, Canada M8X 1X3 (416) 233-1043 fax: (416) 233-2924 - provides names of practicing naturopaths in your area.

EDTA Chelation Lobby Association of BC, P.O. Box 67514, Station O, Vancouver, BC V5W 3T9 (604) 327-3889 - provides information and referrals.

Information and Support

Allergy and Environmental Health Association of Canada, Mic Mac RPO, Box 24030, Dartmouth, Nova Scotia, B3A 4T4 tel: 1-800-695-9271 - for \$25 a year membership, list of local support groups, information and resources regarding the environmentally sensitive as well as health-conscious individuals, and *The National Update*, a quarterly magazine, full of up-to-date information on environmental health - from strategies in dealing with the problems of sensitivities to sources of safe products.

Human Ecology Action League (HEAL), Inc., P.O. Box 49126, Atlanta, GA 30359-1126 tel: (404) 248-1898 fax: (404) 248-0162 - referrals to local HEAL chapters and other support groups for those whose health has been adversely affected by environmental exposures. Resource lists, quarterly magazine, reading lists, etc.

Consumer Health Organization of Canada, 250 Sheppard Avenue East, suite 205, Willowdale, Ontario M2N 6M9 tel: (416) 222-6517 fax (416)-225-1243 - for \$38 (Cdn) a year membership, offers a bi-

monthly newsletter. CHOC puts on a Total Health Conference once a year in Toronto, sells health books, and provides information on holistic health practitioners. Freedom of choice in healthcare is a mandate.

International Health Foundation, Inc., Box 3494, Jackson, TN 38303 tel: (901) 427-8100 - Founder and President: William Crook, M.D. - will respond to people seeking help for health problems related to the yeast, *Candida Albicans*. It provides an international roster of physicians who have expressed an interest in candida-related disorders.

Candida Research and Information Service, 575 Avenue Road, Apt. 601, Toronto, Ontario M4V 2K2 tel: (416) 928-1844 fax: (905) 731-7605 Founder: Maggie Burston - CRIS is part of an international network that keeps up-to-date on all therapies and the latest research related to parasites and candidiasis in particular. CRIS has the largest medical library on candidiasis in Canada - physician referrals are available. Telephone consultations are \$75.

Back to Basics Allergy Support Group, 59 Westridge Drive, Halifax, N.S. B3M 3K3 tel: (902) 445-4558 fax: (902) 443-2542 - was formed by a small group of people who were struggling to provide safe food and safe environments for themselves and their children. Provides support and a listening ear. Also have available 'tried and true' recipes, particularly for those with restricted diets (e.g. candida).

The Health Resource, Inc., 564 Locust Street, Conway, Ar 72032 tel: (501) 329-5272; 1-800-949-0090 fax: (501) 329-9489 - is an international medical information service that provides individualized comprehensive reports on specific medical conditions. They contain the latest treatment options - both conventional and alternative - and information on current research, nutrition, self-help measures, specialists and resource organizations. Prices dependent upon whether condition is cancerous or non-cancerous.

CFIDS (Chronic Fatigue Syndrome) Association of America, Inc., P.O. Box 220398, Charlotte, N.C. 28222-0398, tel: 1-800-442-3437 1-900-896-2343 fax: (704) 365-9755 - is the largest patient-based non-profit organization dedicated to conquering chronic fatigue and immune dysfunction syndrome (CFIDS) through its

public policy, education and research programs. Membership is \$35 annually, which entitles members to a subscription to *The CFIDS Chronicle*, a 64-page quarterly publication, and other benefits. Free information packet available.

The M.E. (Chronic Fatigue Syndrome and Myalgic Encephalomyelitis) Association of Canada, 400-246 Queen St., Ottawa, Ontario K1P 5E4 tel: (613) 563-1565 fax: (613) 567-0614 - a clearing house of information, providing legal help, medical counselling and information packages free of charge. Membership is \$40 a year and includes a 20-24 page monthly newsletter.

Nightingale Research Foundation, 383 Danforth Ave., Ottawa, Ontario Canada K2A 0E1 tel: (613) 728-9643 fax: (613) 729-0825 - provides network of support groups throughout North America and Europe. Compiles and publishes articles, pamphlets, and books.

Practical Allergy Research Foundation, P.O. Box 60, Buffalo, N.Y. 14223 tel: (716) 875-5578 fax: (716) 875-5399 - Founder and President: Doris Rapp, M.D., F.A.A.A., F.A.A.P. - under Dr. Rapp's direction, PARF has published pamphlets, books, and very reasonably priced educational audio and video tapes for the public and physicians (for some subjects, see book list). The focus of this information is environmentally-related health, learning, and emotional illnesses in children.

Cancer Control Society, 2043 N. Berendo St., Los Angeles, CA 90027 tel: (213) 663-7801 - information on alternative therapies and nutritional approaches to cancer and other diseases.

Environmental Dental Association, 9974 Scripps Ranch Blvd., Suite #36, San Diego, CA tel: (619) 586-1208 fax: (619) 693-0724 - research, education, referral and other resources for less-toxic dentistry.

Pesticide Information

National Coalition Against the Misuse of Pesticides (NCAMP), 701 E Street, SE, suite 200, Washington, DC 20003 tel: (202) 543-5450 fax: (202) 543-4791 - NCAMP is a non-profit membership organization dedicated to providing the public with information on pesticides and nonchemical methods of pest control. Membership entitles you to a year's subscription to a newsletter, *Pesticides and You*.

The Pink Tulip Program, c/o Ecology Action, 1555 Granville St., Halifax, Nova Scotia tel: (902) 429-2202/425-3737 - information on the 'get your lawn off drugs' project includes a brochure and a pink wooden tulip - support a chemical-free lawn'.

Northwest Coalition for Alternatives to Pesticides (NCAP), P.O. Box 1393, Eugene, OR 97440 tel: (503) 344-5044 fax: (503) 344-6923 - a non-profit membership organization dedicated to providing the public with information on pesticides and nonchemical methods of pest control. Membership entitles you to a year's subscription to a quarterly magazine, the *Journal of Pesticides Reform*.

American Pie (American Public Information on the Environment), 31 North Main St., P.O. Box 460, Marlborough, CT 06447-0460 tel: (203) 295-6117 fax: (203) 295-6127 - a non-profit corporation dedicated to answering all your questions concerning the environment. They will redirect your questions to the appropriate groups.

More Information and Political Action

The National Health Federation, P.O. Box 688, 212 West Foothill Blvd., Monrovia, California 91017 tel: (818) 357-2181 fax: (818) 303-0642 - regular membership is \$36 (U.S.) a year and benefits include a bi-monthly magazine, *Health Freedom News* that has a 70,000 plus readership; *Shedding Light on Legislation*, a political action newsletter, dealing with legislation which impacts our health freedoms; *Natural Health Shows discounts*; an *Alternative Medicine Library*. Also available is an *Alternative Health Care Provider Referral Service*.

My Health, My Rights, 2309 Horton Street, Ottawa, Ont. K1G 3E7 tel: (819) 684-3060 fax: (819) 684-6351 In Toronto: 16 Marquis Avenue, Etobicoke, Ont. M8X 1V4 tel: (416) 233-1689 - is a society formed to inform Canadian consumers on their rights in health-related matters and to promote freedom of choice, unbiased and dissociated from any industry, political party or religious group. Membership is \$25 a year (\$35 for families) and includes a membership card, package and quarterly newsletter.

Citizens for Choice in Health Care, 128 Queen Street South, Box 4226d, Mississauga, Ontario L5M 4Z0 tel: (905) 826-9384, fax: (905) 895-5621 and **Citizens for Choice in Health Care**, 14 O'Hara Drive, Halifax, N.S. B3M 2E6 tel: (902) 868-2108 - a grassroots advocacy group formed to take direct action to ensure freedom of choice in health care and access to safe and effective medical treatment for all people. CCHC neither endorses nor rejects any specific form of therapy.

Products for the Environmentally Conscious

The American Environmental Health Foundation, 8345 Walnut Hill Lane, suite 225, Dallas, Texas 75231-4262 tel: 1-800-428-2343 - is a non-profit organization founded in 1975 by William J. Rea, M.D., at the Environmental Health Center in Dallas, Texas. It has funded over 13 major medical projects, and carries over 1100 environmentally safe products in its mail-order department, including air filters, bedding, personal care items, etc.

Healthy Environmental Alternative Lifestyles (H.E.A.L.), 5568 Falkland Street, Halifax, N.S. Canada B3K 1A5 tel/fax: (902) 425-0133 E-mail address: aco53@ccn.cs.dal.ca H.E.A.L. - is a mail-order catalogue service serving the environmentally sensitive and health-conscious. Specializing in allergy masks, bedding, personal/home care products, air/water filtration supplements, etc.

Austin HealthMate Air Purifiers. For direct delivery anywhere in the U.S., Canada, or abroad: H. Lofgren, Air and Water Purification Systems for the Environmentally Sensitive tel: (902) 477-4022 E-mail: Helen_Lofgren@mmcs.com, Internet

P'lovers Environmental Store, Park Lane, 5657 Spring Garden Road, Halifax, Nova Scotia, Canada B3J 3R4 tel: (902) 422-6060 fax: (902) 425-2990 Internet-http://emporium.turnpike.net/A/AAlen/plovers/ For free catalogue call 1-800-565-2998 - carries a wide range of alternative products for everything from non-toxic personal care and household cleaning need to natural and organic unbleached clothing and bedding.

CASCE
Corinne
Harland
&
Kim
Given
founded
this
group
& were
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by
CASCE