

Baked Eggplant and Brown Rice

The Kitchen Table

It is the consensus of so many in our community of practitioners that what we eat has some bearing on the beat to which we step. But, rest assured, the step is a whole new beat when it feels the drums of Sharon's cooking. She was gracious enough to contribute to the Kitchen Table for this special issue.....page 16

Homecoming

The Library

You ever have a friend of yours throw you a question that nags at you...for months? But for different reasons, you are either too proud, or too embarrassed, to simply inquire? Well, Joe Jasper laid the seeds in an Irish Pub several months back, and at the eleventh hour the answer began to finally reveal itself.....page 18

Featured Guest - Paul S. Inselman, DC

Director of Professional Development, Loomis Institute of Enzyme Nutrition

Paul S. Inselman, DC, graduated from New York Chiropractic College in 1986. He ran two successful cash-based practices in New York using the Loomis System. After retiring from practice in 2003, Dr. Inselman was educated by master trainers in the profession of Life Coaching. To date, he has coached hundreds of chiropractors, medical doctors, osteopaths, massage therapists, acupuncturists, and nutritionists on how to build larger and more successful practices. He takes pride in teaching practitioners how to get the life and relationships that they have always desired. In 2006 Dr. Inselman joined the Loomis Institute as Director of Professional Development. Dr. Inselman has also written several articles that have been published in professional journals such as *The American Chiropractor*. We at CDS Institute are honored by his company this Homecoming.

