

E MAGAZINE  
PRESENTS

# The Redrocks MAGAZINE Cooperative

Featuring special offers  
on select Natural Living,  
Spiritual, and New Age  
publications of interest  
to E Magazine readers.

Visit us now at:

[www.  
redrocksmags.  
com/em](http://www.redrocksmags.com/em)

## Native American Style Flutes

World's largest stock  
selection of hand crafted  
flutes by 10 leading flute  
makers. Song books,  
CD's and flute racks  
also available.

visit us at  
[www.grandcanyonflutes.com](http://www.grandcanyonflutes.com)



### SUMMER SOOTHERS

As temperatures rise outside, we tend to get a little more active, resulting in scrapes, bruises, sunburns, sore muscles and so on. Before you grab just any first aid ointment, consider a homeopathic alternative. **Boiron** offers Arnica Cream for pain relief and Calendula Cream for first aid (each \$8.99 for 2.5 ounces). Arnica is a mountain plant that has long been used to salve bruises and sore muscles, so try Arnica Cream after a long day out at the garden or a rough backwoods hike. The ability to heal a variety of skin ailments, including burns and scrapes, has long made calendula a staple in the homeopath's medicine cabinet. Thanks to Boiron's natural formula, there's no need to worry about use on sensitive skin. CONTACT: Boiron, (800)BOIRON-1, [www.boiron.com](http://www.boiron.com). —R.A.

## Books

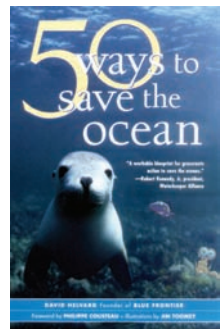
### EASY WAYS TO SAVE THE SEAS

Want to help preserve our oceans? Get married on a wild beach, says author and advocate **David Helvarg**, who insists doing something so memorable could convince a person to invest time or money into preserving the space. In his latest book, *50 Ways to Save the Ocean* (**Inner Ocean Publishing**, \$12.95), Helvarg has followed up his oceanographic research from 2001's acclaimed *Blue Frontier* (being released in its second edition this year) and turned it into an accessible reference. With help from illustrator **Jim Toomey**, *50 Ways* is optimistic and light, offering pro-ocean

## GREEN LIVING

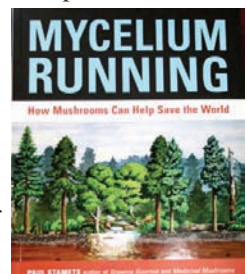
### TOOLS (continued)

suggestions that range from doing a little bit of research (#44. Learn your local maritime history) to a major lifestyle change (#26. Upgrade your house above hurricane code). "We can all become leaders by changing our day-to-day behaviors in ways that demonstrate how to live well and sensibly on our blue-ocean planet," says Helvarg. The text is a great resource for those new to environmental conservation ideas, though seasoned environmentalists are sure to find some suggestions that could make their life a little more ocean-friendly. —R.A.



### SUPER SHROOMS

These days, for better or worse, it seems that the most effective way to protect something is to explain it in terms that we can all relate to and prove its value to humanity. **Paul Stamets** does both in *Mycelium Running: How Mushrooms Can Help Save the World* (**Ten Speed Press**, \$35). He describes the vast, largely subterranean networks of mycelia as "nature's Internet," and champions fungi's potential to remediate toxic oil spills, filter pathogens from water, counteract deforestation, yield better crops, and improve public health. Penicillin, it's clear, was only the tip of the, er, mycelium.



Stamets' appreciation for the mycological world is not only professional (he's been studying it for more than 30 years); it's also clearly personal. When carpenter ants threatened to destroy his house, Stamets used a culture of *Metarhizium* as a natural pesticide. When cattle feces contaminated an inlet near his home, his "mycofilter" rid the water of coliform bacteria. The book is packed with practical details and more than 300 color photos of mushrooms and the mycophiliacs who work with them. Stamets also warns, "Our relatively sudden rise as a destructive species is stressing the fungal recycling systems of nature." Mushrooms can only save the world, it seems, if we decide to save them. —B.G. ▶