

A black and white dog, possibly a Border Collie, stands on a stone path. To the left is a rustic stone wall. To the right, there are trees with vibrant autumn leaves in shades of orange, red, and yellow. Some green leaves and small orange fruits are visible on a branch in the upper right. The ground is covered with fallen leaves and moss.

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TANYA'S NEWSLETTER

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Dear Friends

I want to thank you all for your FANTASTIC support during the re-release of *Tanya's Collection of Zen Stories* on September 8th. It was a thrilling experience for me, and I learned a lot about the business side of book promotion.

Together, we managed to pull my little book from the depths of the Amazon abyss! Its original ranking was 1,269,288 (out of 40 million books currently sold by Amazon), and we raised it up to 49,674! Quite an accomplishment. A total of 112 books were sold in less than a week! And sales continue to trickle in.

I'd like to especially acknowledge the members of my Booster Squads:

ENGLISH: Jackie, Moni, Meena, Kate, Jennifer, Pam, Mioko, Carlos, Abdullah, Suzanne, Mary, Annette

GERMAN: Regina, Wolfgang, Aki, Ina, Selma, Gisela, Wisi, Shangwe, und Ladina

Thank you for all your posts on social media, your emails to friends, your book purchases, and reviews.

So far, only Suzanne, Jackie, and Moni have been able to add a new review, which brings my total up to 38 on the English version (our GOAL is 50+). The German reviews are far behind with only 11 total. Of course, the main problem is that Amazon requires a \$50 purchase within the past twelve months for you to qualify to post a review! UGH! But perhaps you have a friend who could post one for you?

There are dozens of potential reviews still out there! So please ask those who received a book from you to post a review on Amazon or Goodreads. It takes only 5 minutes, and they will receive a **FREE ZEN JOURNAL** from me as soon as I see their review has been posted! Reviews are essential because they are a **permanent boost** for my little book. They sometimes take a few days to show up on Amazon.

Here's another interesting fact: Did you know that after purchasing an **ebook**, if you **highlight something** within it, that registers with AI and pushes my book higher on their search engine? Eleven ebooks were sold during the re-release, so if you have one of them, please go highlight some of the text! ☺

And now that my email list is growing, I will be switching to an automated system called KIT that will register new subscribers and set in motion a series of four emails that will precede the November newsletter. I hope you find them entertaining. Don't miss your **FREE ZEN BOOKMARKS** in the first email you receive!



To finish off the re-release events, I was wondering if you: **FEEL LIKE CHATTING?**

Come meet fellow Zen fans! On Wednesday, Oct 7th at 9pm my time (3pm EDT, 2pm CDT, noon PDT) I will be holding a ZOOM call for discussion of *Tanya's Collection of Zen Stories* (or anything else you want to talk about). Let me know if you would like to participate, and the day before, I will send you a reminder with a link!

And that's a wrap on my summer excursion into book marketing! Finally, I can return to my true love...the writing itself! I began work on my 6th draft of JUST LISA this morning, and I am looking forward to focusing more on my creative side, once again.

A couple last bits of information: all newsletters are now posted on my website under News/Blogs, in case you missed one or need to refer back to an earlier article. AND: German readers please see the last page of this newsletter for information about Ina's *Schwereelos_Meditation* podcast where she reads a new Zen story each week.

AGING GRACEFULLY: Combatting Blood Deficiency

What is it about growing older that makes me dislike anything confining? I don't like to wear a bra, I hate tight waistlines, and forget elastic stretchy pants! Even my baseball cap sometimes needs a little lengthening. Maybe it has something to do with blood flow.

After three articles dealing with Qi (energy) Deficiency, we can finally move on to its daughter: Blood Deficiency. It takes energy to produce blood, so if you have any signs of Blood Deficiency, look to those previous articles about energy (Qi) first.

According to Traditional Chinese Medicine, the signs of Blood Deficiency are:

- Pale face, lips, inner eyelids, nail beds
- Dry skin, hair, and eyes, and brittle nails, thinning hair
- Dizziness when standing up quickly
- Mild numbness or tingling in the hands and feet
- Fatigue, poor sleep, brain fog, anxiety

Qi produces Blood: eating and breathing (nutrients and oxygen) build hemoglobin. That is why we spent so much time discussing Qi Deficiency. An example of a Qi Deficiency causing a Blood Deficiency is a female marathon runner who no longer has a menstrual period because she has used all her Qi for exercise and there is not enough to produce blood for her period.



According to western medicine, blood is produced in our bone marrow and in our spleen. Most blood cells, the red blood cells, are made in our bone marrow. The spleen produces white blood cells and antibodies that help us fight infection, and also maintains the levels of fluids in our bodies. But Chinese medicine is not completely the same as western medicine. In Chinese medicine, the Spleen's energy produces all blood.

Most blood is produced during the liver time from 1.00 (1am) to 3.00 (3am). But there is a well-known rule in Chinese medicine that you must be asleep by 22.00 (10pm) in order to gather enough yin before midnight—before the liver time arrives.

Tip: *To build blood, begin with all the previous tips for Qi deficiency. Most importantly, go to bed by 10pm and balance too much thinking with relaxation, meditation, and healthy fun!*

Foods known to help build blood:

Vegetables: Aduki beans, alfalfa sprouts, beetroot, carrot, dark green leafy vegetables (kale, spinach), kelp, kidney beans, parsley, watercress.

Grains: Barley, oats, rice, wheat bran.

Also, black sesame, molasses, and soy milk.

The biggest mistake I see people make is eating salads. Raw and cold foods lower the metabolism, slow down the works. Think of your metabolism as the pilot light of a furnace. If you eat a warm breakfast between seven and nine in the morning, your pilot light is turned up high, and you will burn calories more quickly all day. If you only drink a coffee in the morning, your poor stomach gets nothing but false promises. Due to the caffeine, your body is forced into high activity with no fuel, and when you finally do eat, your pilot light is burning low, your body is starving, and it will panic and quickly store as much as possible in fat cells. The same happens if you eat raw fruit in the morning. Fruit cools, so you are turning down your pilot light.

Tip: *Don't eat raw foods. Eat lots of fresh vegetables and seasonal, local fruit, but steam them well or cook them. Keep your metabolism up with a large, warm breakfast before 9am. This will help both your energy and your blood.*

Since I mentioned it, let me say something more about caffeine. I had a teenage patient who had severe warts on his hands from the age of 13 to 17. He was very embarrassed because he didn't feel it was safe to hold hands with his girlfriend, or touch her face. He had tried everything with western medicine, had tried homeopathy and other methods, but nothing had helped. I did a lengthy interview, asking him about



everything. Then I gave him herbs for hay fever, put him on a quality multivitamin, and told him to drink a liter of Passugger mineral water every day. His warts were gone within two weeks. So was his hay fever.

The main problem was that he drank a liter of Coca Cola every day. He worked on a farm, and breathed in a lot of

hay dust. This combined with too much sugar and caffeine from the Coke and not enough water to rinse out toxins, (because caffeine dehydrates), weakened his immune system. He had allergies because the immune system in his lungs couldn't keep up with the hay dust. His lung cilia was too dried out. In Chinese medicine, the lungs are connected to the skin. Warts on the feet are related to the kidneys, but warts on the hands are related to problems with the lungs. So, I saw the connection between the allergies and the warts. By replacing the Coke with mineral water, he not only reduced the sugar and caffeine, but he hydrated more. And Passugger is known to have trace minerals that work to fight the virus in warts.

Now, you probably don't have allergies or warts, and you don't drink a liter of Coke every day. But I know a lot of you drink too much coffee. Nobody wants to hear it, but coffee is like President Trump. Trump promotes fake news. Coffee gives



you fake energy. Coffee has no carbohydrates, no fat, almost no protein, it is merely a drug. A drug with a little sugar and cream on top. If you drink coffee when you feel tired, you are whipping a tired horse.

So how much coffee is bad for you? All coffee is bad for you. But chocolate isn't all that great, either, and I eat dark chocolate every day. Why? Because I like it. You need to be aware of what you consume and what it does to your body, and decide how much of your health you are willing to sacrifice for your cravings.

Caffeine is a diuretic, which means it dries you out. That leads us to the next aging factor: Deficiency of Yin, which I will cover in my November newsletter. Until then, get to bed a little earlier, eat a few less salads and more steamed veggies, and drink herbal tea in the morning. If you can't give up coffee altogether, the best is an espresso right after lunch, to help with digestion.

P.S. If you decide to stop drinking coffee, it is best to reduce your consumption slowly. Most people get headaches if they stop drinking coffee suddenly. And remember to drink plenty of water!



HOME ACTIVIST: All About AI

I want to apologize for being a spoil-sport, the one who always points a figure to criticize. My Facebook friends laughingly call me Buzzkill when they post their deer hunting trophy and I type “go vegan.” Or someone sends pictures of their recent cruise and I remind them how costly those ocean-going carnivals are to the environment. And don’t even get me started about how often Americans fly!

I used to say “everything in moderation,” but we are (unfortunately) way beyond that point. The first continuous 12-month period to exceed the 1.5°C global average—the temperature tipping point that will destroy our world—was recorded between February 2023 and January 2024. And sustained long-term warming is projected to reach 1.5°C by the early 2030s. It is too late for moderation. Yet, people keep flying. They buy gas-fuelled cars and continue to eat meat. Blind to the impact of their daily choices.

And I dread this Christmas when everyone will send me AI created personal cards with no thought to the invisible data centers that generated them. Most people are unaware of the destruction their simple pleasures are causing. Not so in southwestern USA.

Residents in Arizona, Texas, and Nevada are panicking, as they have become primary hotspots for data centers due to cheap land and tax incentives. However, operating massive server warehouses in a desert environment has severely stressed local environments.

Data centers consume up to 5 million gallons of water a day (19 million liters). In Phoenix alone, data centers use roughly 177 million gallons of water daily, creating a 32% increase in the city’s “water stress.” **And data centers continue to expand. Because WE use AI more and more...from asking about an ingrown toenail to sending a friend a funny meme.**

Not only is water-shortage a problem. The skyrocketing demand for AI is causing us to fall back on fossil fuels for energy! Data centers are projected to consume up to 12% of all U.S. electricity by 2030. Building the infrastructure to support those centers is akin to constructing entire new cities from scratch. An enormous CO2 footprint.

Then there’s the health damage to consider. Data centers rely on thousands of industrial diesel generators for backup power, which are frequently run for testing and during grid strain. Coupled with the new on-site natural gas plants, they emit high levels of nitrogen oxides, volatile organic compounds (VOCs), and fine particulate matter. A landmark 2026 study by Carnegie Mellon University found that data center pollution caused **\$25 billion in environmental and health costs** in a single year, and projections show that data center emissions could cause 1,300 premature deaths annually by 2030 due to respiratory illnesses. If you don’t believe me, I would tell you to Google it—but please don’t.

Even worse, the server cooling loops, specialized fire suppressants, and water-treatment chemicals used heavily by **data centers are major sources of PFAS—known as “forever chemicals”**—

which leads to toxic runoff into local water collection systems. Safe drinking water will not only be costly, it will become rare.

One thing I learned from my businessman father is NOTHING IN LIFE IS FREE. AI is not free. We will pay for it long-term, as water shortages increase the cost of food production, as health costs skyrocket, as economies crash.

Fact is, AI is here to stay. So, we need to slow its exponential growth. We must be responsible and aware, not wasteful in our usage of it. I know several people who have turned their AI into a chatty companion, like a psychotherapist. Fellow authors use AI extensively in their ad campaigns to generate free trailers, Book Club Kits, and eye-catching reels. Others bounce ideas off Chat GPT, Claude, and Google on an hourly basis. Enough is enough.

I lived off the grid on a permaculture farm for 6 years, so I know that even this newsletter sucks energy and depends on data centers in an indirect way. Heck,





I Googled some of the information for this article! But if we can curb our appetites at this critical phase on our planet, we might just survive as a species and manage the

transition to a more harmonious future. (Go vegan! Don't fly! Use AI only when essential!)

I asked Google how AI can become friendlier to the environment, and there are answers: through cleaner energy sources, better hardware, and smarter software design.

Data centers should use renewable power. They can run on solar, wind, or hydroelectric energy instead of fossil fuels. AI could analyze weather and electricity grids to shift heavy computing workloads to times and places where renewable energy is most abundant. Green energy actually lowers operating costs.

Better hardware should be implemented. Processors built specifically for tasks like machine learning use less electricity than standard parts. Reusing

and upgrading existing computer parts reduces manufacturing waste and pollution.

Engineers can use smaller, compressed language models for simple tasks instead of massive networks. Better algorithms finish computing jobs faster, which directly lowers the amount of electricity burned. Data centers built in cold climates can use natural outdoor air to cool servers instead of electric fans. Better yet, special liquids absorb heat much better than air, cutting down cooling energy needs.

As always, there ARE answers. We just have to prioritize them. And while the big business oligarchs figure things out upstairs, we little people need to take more responsibility for our consumption on this planet. In all areas—food, transport, entertainment. Even if that means making our own cut-and-paste homemade Christmas cards.



Kay's Corner A Dog's Life



Mushrooms instead of Muzzles: Every year when summer turns to fall, Mom gets the itch to go to Italy. It's usually right around her birthday in September, so maybe a trip to Italy makes her feel young again. Not me.

You people think you had it bad with those Covid masks? Try wearing a muzzle! Talk about embarrassing. But Italy requires dogs to wear a muzzle on the train. Even if you don't bark or bite anybody.

Fortunately, Mom was busy with some book thingy right around her birthday this year. Yea! No muzzle! Now we're making up for lost time hunting mushrooms in the woods...Here. Not south of the border. I found the ones in the picture myself. Mom must be glad she's got me instead of one of those pigs.

GOING VEGAN: Green Beans & Mushrooms with Wholegrain Rice



One of the best things about going vegan is that you gain a new respect for the food you eat. You see it for what it really is: sustenance. Not

just something that tastes good and fills you up.

In fact, once you've been vegan for a month or so—no milk or cheese or eggs—things start to change inside both your mind and body. You may find you feel less irritated, less aggressive. You may find you no longer crave a steak or hunk of cheddar. In fact, cravings tend to disappear altogether. You may find you feel lighter, with a clearer head, clearer vision, clearer sense of the world around you and your connection to it. I know it sounds weird. Because you have to experience it to really get it.

Food tastes different. I never really liked green beans before. I avoided them at the Thanksgiving dinner table at my grandmother's house. But legumes are essential to vegans. We need beans and peas and lentils because they contain lysine, which in combination with other essential amino acids in grains such as rice and wheat and corn, form a complete protein. So, I planned green beans into my meals. I was so surprised when they tasted delicious! Especially when they came straight from my own garden.

That's the real secret to going vegan. You don't just stop eating meat and give up your addiction to dairy products. You learn to create whole meals and begin to taste your food rather than swallow it. You think about what you are eating, and what your body needs. The nice part is, you don't need to have all the right amino acids in just one meal because your body keeps a pool of amino acids throughout the day.

Truth is, plant foods are rarely missing an amino acid. They just have lower amounts of certain ones. If you eat a varied plant-based diet, you'll be okay protein-wise.

Fresh porcini contain only about 3% protein, mainly due to their high water content. But they supply a range of essential amino acids to compliment the legume and rice combination in this dish. I don't eat mushrooms raw because cooking significantly improves their digestibility.

For two meals, cook a cup of wholegrain rice with two-and-a-quarter-cups of water. Bring to a boil and let simmer for about fifteen minutes. Then add raw green beans. About two cups since the rice will expand and a 50/50 balance is nice. If you use frozen beans, you may need to increase the heat for a bit, maybe even add a touch of water. Also add salt at that time (maybe a teaspoon?), then set the timer for another fifteen minutes.

While that is cooking, fry up a large chopped onion in some olive oil. As soon as the onion is how you like it, toss in the fresh or dried porcini and cover with water.

My neighbors found this porcini (in the picture here) in the woods above our town. The base alone was the size of my fist. But I usually buy organic dried porcini at the store. 15 grams, which is maybe a cup, is a nice amount, but whatever looks good. Sometimes I use morels instead of porcini.

Bring to a soft boil and let the mushrooms simmer alongside the rice the whole time. Add a bit of salt to the mushroom and onions, too. Check the rice and beans occasionally, and stir if necessary. After about 30 minutes of cooking time (from when the rice first started boiling), I turn off all the burners and let both pans sit for another 15 minutes. By then, the rice should be well-cooked with most of the water absorbed. The mushrooms should be tender. And when you combine the two, eat slowly and taste every bite!



SPECIAL SHOUT-OUT

To my Canadian friend Heather Hendrie! Her upcoming memoir *Where the Eff Is My Red Tent?: On Periods, PMDD and Hormone Hell* is for any woman who has ever been told that their monthly suffering is simply a fact of life to be accepted.

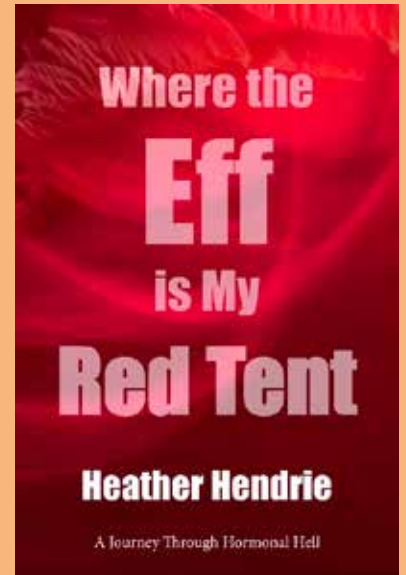
A love letter to anyone who has been hijacked by their hormones, misdiagnosed by the medical system, or felt alone in their suffering, this book is a lighthouse. Unapologetically honest and quietly revolutionary, Heather's memoir is not just a story of one woman's diagnosis—it's a call to listen to our bodies, name our truths, and reclaim space for stories we've been told to keep quiet.

It blows open the medical misogyny that has long surrounded Premenstrual Dysphoric Disorder and other hormonal challenges. The award-winning author of *Awfully Hilarious*, Heather works as a psychotherapist in Canada.

US: <https://bookshop.org/a/99252/9781773861852>

Canada: <https://www.indiebookstores.ca/book/9781773861852/>

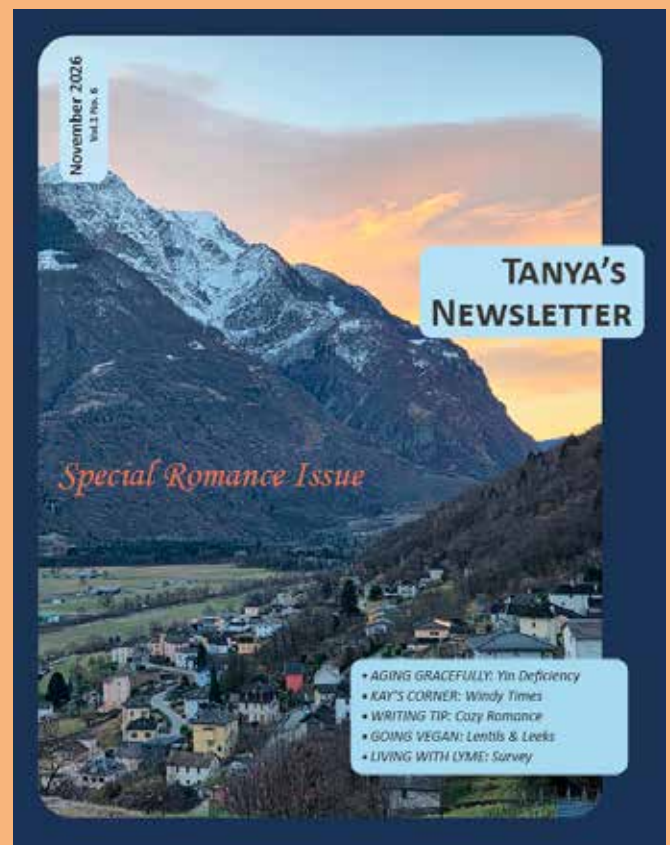
International: <https://www.amazon.com/s?k=heather+hendrie>



I am thrilled to announce that we now have a German audio version of *Tanyas Sammlung von Zen-Geschichten*! Ina Lüsse from Braunschweig, Germany has included them in her *Schwerelos_Meditation* podcast. You can listen for free! Thank you, Ina!

Up Next: SPECIAL ROMANCE ISSUE

Coming in November:



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