



Authentic Living Center Newsletter

April, 2008

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Welcome Spring!

After a long snowy winter, it is wonderful to feel the sun on our faces and the milder temperatures. All are signs of the coming Spring and a time of rebirth.



Spring always brings to mind thoughts of throwing off the old winter coat and taking on fresh new challenges. It's a great time to detox the body, start a Yoga class, or find other ways of taking care of ourselves.

One way to throw off the old and bring in the new is with the PSYCH-K Workshop that will be held here on April 12 & 13. There is still room so call and register today.

Introducing

Phenomenal Friday!



An opportunity for you to relax and rejuvenate after a hard week of working. Enjoy a 15 minute chair massage focusing on the neck, back and shoulders along with hand reflexology. Or stress reducing reiki/healing touch treatment. Complete with aromatherapy and a \$6, nourishing lunch from our neighborhood Whole Foods Market.



With all the new growth, we won't have to remind you of allergy season. Keep in mind that Terry is available on Mondays, Wednesdays, and Fridays for Allergy Testing and Treatments. Using NAET, her services are completely non-invasive and very



effective. She will be getting really busy so

back and shoulders along with hand reflexology from our fabulous myomassologist, Tina Johnson. Or



relish a stress-reducing Reiki/healing touch treatment with our Reiki Master, Katie Quinn.

Then savour a lite nourishing lunch provided by our neighborhood Whole Foods Market. What a great way to start your weekend. Appointments Available Fridays 11:00am - 2:00pm

Cost \$30

Don't Forget to Sign Up for our PSYCH-K Workshop coming April 12 & 13



It will be a fun weekend of learning and practicing PSYCH-K, capped off with a reunion of PSYCH-K alumni on Saturday evening.

Call and register today. Ask us about discounts to see if you qualify.

Cindy's Culinary Corner

Quinoa (keen-wah)

call for your appointment.

While you're working on your spring clean-up, don't forget to take care of yourself as well. Start your Spring on a healthy note.

Dr. Theresa Pigott

Ask the Doctor?

Question: How important is protein in my diet?

Answer: Eating protein is essential! Proteins are the building blocks of the human body and are found in every cell, tissue, and organ. They consist of chains of amino acids that are used by the body for growth, repair and maintenance of muscles, hair, skin, and internal organs. Next to water, protein is the most plentiful substance in the body.

It is important to eat protein throughout the day, even small amounts every three hours to keep energy high, steady insulin and glucose levels, and supply adrenals with enough nutrition. It is especially necessary to have a breakfast which includes protein, to ensure proper blood sugar levels and re-train our insulin receptors after years of high sugar and mainly carbohydrate breakfasts.



Sources of proteins are Meat, fish, eggs, dairy products, legumes, nuts, and quinoa. Our dietary need for protein varies depending upon size, age, and activity level. The standard method used by nutritionists to estimate our minimum daily requirement is to multiply your body weight by .37. This will give you the number of grams of protein needed per day.

150 lb person needs 55 grams/day

200 lbs= 74 grams/day.



Tabouleh to serve to the Gods!

Ingredients:

One to two bunches of parsley

One medium tomato

1 to 2 cloves of Garlic cut into slices

1/2 cup Quinoa

Juice from one fresh lemon

1/4 cup Olive Oil

(extra virgin organic unrefined)

Sea Salt to taste

Soak quinoa overnight in water to sprout the grain.

Rinse in a small screen strainer.

Let sit draining while you prepare the parsley.



Soak the parsley in water to clean, rinse carefully. Repeat washing process if needed. Eliminate all large stems and put parsley in food processor with fresh garlic.

Pulse parsley/garlic mixture till very fine. Place in serving bowl and set aside.

Vegetarians need to pay close attention to ensure adequate nutritional intake. An excellent source is **Quinoa** (pronounced Keen-wah). This has been a staple food to the natives of the South American Andes since 3000 B.C. The ancient Incas held it sacred, and called it "the mother grain".

The protein content is very high 12-18%, and it also contains calcium, iron, phosphorus, the B vitamins, and



vitamin E, along with a full complement of amino acids, making this a complete food. It is a good source of dietary fiber, and considered to be gluten free so it is easily digested. It can be found in all health food stores, and very easy to prepare.

Quinoa was one of the "super foods" featured in a recent cooking class here at the Authentic Living Center; and included in this issue is a recipe from that class for a delicious, healthy Quinoa Tabouleh.

The Next Edition of the Top 10 Tips for Better Digestion

by Terry Robinson



As we mentioned in the last issue, and estimated 40% of the population suffers from some form of gastric distress. These tips will hopefully help you to avoid heartburn, acid reflux, gas, bloating, cramping, constipation, diarrhea and irritable bowel disease. This month we'll cover what you can do with professional help to avoid digestive problems with tips three and four.

1. Eat Slower



Wash tomato and cut into large chunks, put

in food processor and pulse until tomato is in small pieces (no need to rinse the processor of the parsley) Add to bowl of parsley/garlic mixture.

Add sprouted, drained quinoa to bowl and stir.

Separately, stir in olive oil, then lemon juice and then salt to taste. If tabouleh tastes lemony add salt. If salty add more lemon juice.

Will keep in refrigerator for up to two days.

Recipe from Health Counselor, Suzan Frenette. For more of Suzan's recipes visit www.trustintheprocess.com.

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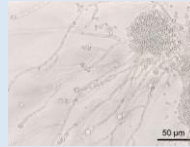
2. **Eat More Live Foods**
3. **Get Checked and Treated for Food Allergies and Sensitivities:** See a



certified NAET

(Nambudripad's Allergy Elimination Technique) practitioner to see if you have allergies. Your practitioner can determine what foods your body is not breaking down effectively, and do a simple acupuncture treatment to correct the problem. Reacting to food in your diet can cause many unpleasant digestive symptoms including acid reflux, cramping, bloating and diarrhea. To locate a certified practitioner in your area, visit www.NAET.com.

4. **Check for and Treat Candida:** Your



intestinal tract has billions of microorganisms. These friendly bacteria are an essential part of breaking down

nutrients and absorbing them into your system. They are also vital in fighting off unfriendly bacteria and keeping your immune system healthy. For various reasons (antibiotic use, a diet high in sugar, environmental toxins and stress among the few) many people have a lack of these beneficial bacteria and as a result, have an overgrowth of Candida or other harmful organisms. A good quality probiotic and some dietary changes may be necessary to bring your intestinal flora back into a healthy balance.

Spring Back Into Action With Acupuncture



Spring is in the air and it's time to get moving again. Many of you have spent the winter sitting around indoors. Inactivity is the perfect excuse for ignoring some of the chronic pain issues that had plagued you during the more active months. Maybe you'd forgotten the elbow or lower back that bothers you when you swing a golf club. Or maybe your knees feel pretty good sitting on the couch but not nearly as good running around the tennis court.

Acupuncture can be a very effective method in the treatment of chronic pain. The injuries and pain can be related to anything from overuse to tension resulting from too much time spent sitting at a desk. Insertion of special needles into and around sore muscles and joints can increase blood and energy (qi) flow to the area, helping to ease restrictions and reduce chronic inflammation.

Studies have consistently shown that acupuncture can be quite effective, and unlike painkillers, acupuncture has no side-effects. In fact, many professional sports teams are now using acupuncture to help world-class athletes heal from their injuries more quickly and completely.

So if you feel like you've tried everything but nothing seems to help, do yourself a favor and make an appointment with Colleen for your first acupuncture treatment today.

Because you shouldn't have to suffer anymore.



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