

Season's Greetings



Authentic Living Center Newsletter

December, 2008

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Culinary Corner

Rainbow Salad



Do you need to take a dish to pass for the office or family Holiday Celebration? Are you looking for something delicious tasting and pretty to look at? Look no further. Thanks to our Holistic Nutritionist, Kelly Genzlinger, we can offer a dish that is not only healthy and delicious but also looks beautiful on the table.

Salad Ingredients:

- 1 Purple Onion
- 1 Avocado



Better Health All Wrapped Up for You!

The Authentic Living Center offers some amazing modalities that can improve health, wellness and the quality of life. In view of the Holiday Season and in an effort to familiarize you with more of these modalities, we are offering some specially priced packages grouping several of these modalities, addressing specific concerns.

Some of these packages offered are:

Get Moving - 5 Yoga Sessions & 5 Nia Sessions - **\$90** (10% discount)

Active Lifestyle Support - Healing Energy, Therapeutic Massage, Yoga Session & Nia Session - **\$135** (10% discount)

Weight Lose - Nutrition Consultation, Metabolic Typing, Food Journal Analysis, Yoga Session & Nia Session - **\$235** (20% discount)

Digestion - Allergy Testing & 4 NAET Treatments, Nutrition Consultation, Abdominal Massage - **\$315** (20% discount)

Well-Being Support - Hypnotherapy, Healing Energy, Therapeutic Massage, Yoga Session - **\$200** (20% discount)

Stress/Anxiety - Acupuncture, Hypnotherapy, Healing Energy, Therapeutic Massage, CranioSacral Therapy, Yoga Session - **\$300** (20% discount)

Allergy Relief - Allergy Testing & 5 NAET Treatments, Acupuncture, Nutrition Consultation, Hypnotherapy, CranioSacral Therapy - **\$500** (20% discount)

Fertility/Pregnancy - Acupuncture, Nutrition Consultation, Healing Energy, Therapeutic Massage - **\$200** (20% discount)

Road to Recovery - Allergy Testing, Acupuncture, Nutrition Consultation, CranioSacral Therapy, Lymphatic Drain Massage, Hypnotherapy, Oncology Massage - **\$410** (20% discount)

Can't decide?

Try our **Platinum Sample Package** - Allergy Testing, Acupuncture, Nutrition Consultation, Hypnotherapy, Healing Energy, One Hour NET (Neuro-Emotional Technique), Therapeutic Massage, CranioSacral Therapy, Yoga Session, Nia Session - *Total Package Value \$830.50* - **Yours for only \$400**

These packages and more are available for you to give the Gift of Health this Year! Call today for more information or to purchase your packages.

Detailed information on all packages is available at our website: www.authentic-living-center.com



2 - 3 Roma Tomatoes
Fresh Mozzarella
Fresh basil (optional)
Basic Italian dressing (recipe follows)

Chop onion and allow to sit 5-10 minutes before serving. Chop remaining ingredients. Distribute so colors are even. Cover with basic Italian dressing.

Basic Italian Dressing

(makes about 1/2 cup)

2 TBS Spectrum Brown Rice Vinegar

6 TBS Avocado Oil (can sub flaxseed oil or extra virgin olive oil)

Mix Spice (Frontier or Mrs. Dash)

Sea Salt - to taste

Fresh herbs (optional) such as dill or basil

Mix all ingredients shake well and enjoy on your Rainbow Salad.

For more information on Kelly and her Holistic Nutrition services see our website at www.authenticlivingcenter.com

Kelly also teaches her Meal Makeover Classes (a Whole Foods sponsored program) at the Authentic Living Center.

Examples of Water Treatments and Other Interesting Facts



How is your Energy?

by Katie Quinn

Do you feel energetic and engaged in daily life? Our bodies are a marvelous creation which house seven major chakras. A Chakra (which is Sanskrit for Wheel) is a vortex of flowing energy which is continually revolving. When any of these seven Chakras are blocked it can affect us physically (feeling listless, tired and more susceptible to illness) as well as emotionally (feeling fear and doubt). These

seven layers of energy that emanate from our body begin at the base of our spine and end at the top of our head. Although they are fixed in the spinal column they are found in the front and back of the body.

The following are the Seven Chakras, their locations, and what they represent to us:

First - Root Chakra - located at the base of the spine -grounds you to the earth.

Second - Belly or Sacral Chakra - represents Self-worth and friendliness.

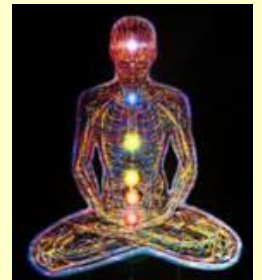
Third - Solar Plexus - Is the source of our personal power, ego, passion, anger, and strength.

Fourth - Heart - Is where love, compassion, and spirituality reside.

Fifth - Throat - Is the center of our communication, expression, and sound.

Sixth - Third eye (forehead) - represents our Higher intuition.

Seventh - Crown (just behind the top of the skull) - Is where enlightenment and dynamic thought are formed.



When our energy chakras are open and flowing and our energy field (aura) is expanded, we experience more robust vitality! Any blockage of this energy may cause physical or emotional problems including pain. If you are experiencing pain, Energy Healing such as Healing Touch or Reiki will address that issue. The goal with Energy Healing is to remove any blocks to your energy flow, boost and balance your chakras and expand your field. In addition to Energy Healing, you can help to keep the energy flowing yourself in many ways. Some of these include moving, exercise, meditation, and dancing. Find your JOY (something you do that helps you to release blockages and makes you feel vital and vibrant). By doing those things that bring you JOY, your aura will naturally expand. JOY will help keep those revolving wheels of energy turning.

Katie Quinn is a Reiki Master and hold certification in Healing Touch. She practices her Energy Healing at the Authentic Living Center. For more information about Katie visit our website at www.authenticlivingcenter.com.



Bottled Water Basics

by Terry Robinson

Bottled water is the fastest growing drink of choice in North America, and has become a multi-billion dollar industry. We all know safe-drinking water is essential to good health.

Whether we drink it straight from the tap or out of a bottle, it is important to understand where your water comes from, what is in it, and how it is processed. Our local drinking water is extracted from the rivers and Great Lakes. It is then ozonated; a process by which ozone gas is injected into the water, eliminating disease causing pathogens. The treated water then goes into settling tanks and through additional chemical processes to separate it from particles. Chlorine, and in



Several different methods can be used to assure our drinking water either tap or bottled is as pure as possible.

Distillation: In this process, water is turned into a vapor. Since minerals are too heavy to vaporize, they are left behind. This vapor is then cooled to cause the water to condense back into a liquid form without the minerals and contaminants.

Reverse osmosis: Water is forced through a semi-permeable membrane not allowing any solids to pass through.

Absolute 1 micron filtration: Water flows through filters that remove particles larger than one micron in size, such as *Cryptosporidium* a parasitic protozoan.

Ozonation: Bottlers of all types of waters typically use ozone gas, an antimicrobial agent, to disinfect the water instead of chlorine. Chlorine can leave residual taste and odor to the water.

Ultraviolet (UV) Treatment: This is a disinfection process of passing water by a special light source. Immersed in the water in a protective transparent sleeve, the special light source emits UV waves that can inactivate harmful microorganisms. This method of treatment is growing in popularity because it does not necessarily require the addition of chemicals.

MORE TO THINK ABOUT!

Most water bottles are made of polyethylene terephthalate (PET). There is wide speculation that PET may leach phthalates (known hormone distributors) into your water. Bis(2-ethylhexyl)

some communities, fluoride is added as a final step before it is piped out and into our homes.

Many people have legitimate concerns about the safety of local drinking water. A study in 2004 found nine different pharmaceutical drugs in water samples taken near 20 drinking water treatment plants. It is unclear whether or not these trace amounts of drugs are completely eliminated by the water treatment process. More studies and research are required to eliminate speculation regarding the long-term effects of these small dose pharmaceuticals.

Many people opt for home filtration systems, which are said to remove chlorine, heavy metals, and odors while improving taste. There are many systems available in all price ranges. There are whole house, counter top and under counter varieties available.

If you are like the millions of people who have switched to bottled water, you are bound to be confused over the multitude of choices available to you. Many water bottling companies claim to have the safest, cleanest, purist, and best tasting water on the market. It is expected most drinking water (tap or bottled) contains a small amount of contaminants. All contaminants do not necessarily pose a health risk.

Bottled water comes from several different sources and it is important to know what you are buying.

Artesian well water comes from a well that taps an aquifer-layers of porous rock, sand, and earth that contain water. Because the confining layers of rock and clay may impede the movement of contamination, artesian aquifers are often said to be more pure than other water sources. Mineral water comes from an underground source that contains at least 250 parts per million total dissolved solids. Minerals and trace elements must come from the source of the underground water and not added later. Spring water is from an underground formation from which water flows naturally to the earth's surface. This water must be collected only at the spring or through a borehole tapping the underground source feeding the spring. Sparkling water is treated water and typically has carbon dioxide added back in after treatment. Sparkling water may contain sugar and calories and are usually considered soft drinks.



Keep in mind some bottled water also comes from municipal sources - in or words - the tap. Municipal water is usually treated before it is bottled.

(For more information on how bottled water is treated and how it treats us see Examples of Water Treatments and Other Facts in the left column)

We are all aware of the importance of drinking plenty of water each day for proper hydration and optimal health. Armed with the facts about water processes and all the health risks, it may be time to rethink what you drink.

Terry Robinson, RPN, is a Natural Therapist and founder of New Life Allergy Treatment Centre, Inc. Terry performs computerized allergy testing and treatment using NAET. For more information on Terry and her services visit our website at www.authenticlivingcenter.com or visit the New Life Allergy site at www.newlifeallergy.com.



phthalate (DEHP) is another probably human carcinogen and is also used as a plasticizer by many bottle makers.

Because eight out of ten water bottles end up in the landfills and can take 700 years to decompose, it is very important to recycle your empty water bottles. When possible, at home or at the office, use large 5 gallon bottled that can be conveniently delivered and the empties picked up, cleaned, and reused.

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### Having Trouble Deciding What Gift to Give?



Give a Gift Certificate to the Authentic Living Center. Gift Certificates can be in any denomination and can be used toward any service or item available at the Authentic Living Center.

Stop in and finish your shopping today!

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Contact Info

Description/Title
Dr. Theresa Pigott
248-649-3500



Have a Wonderful Holiday Season

We here at the Authentic Living Center would like to wish

you and your loved ones a blessed, happy and safe Holiday Season.

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