



# Authentic Living Center Newsletter

Holistic Approach to Health

January, 2008

## In This Issue **NET Helped Me Ride...Then Soar!**

NET Helped Me  
Soar!

Cindy's Culinary  
Corner

ALC in  
dBusiness  
Magazine

Not Too Late to  
Sign Up for  
Classes!

### Upcoming Classes!

Coming soon  
is a Workshop  
on how to be

"Healthy for  
Good"

conducted by  
Dr. Denise  
Jacob

This workshop  
is designed to

by Dawn Miller

First of all I want to say how grateful I am to my friend, for referring me to Dr. Pigott, and the NET procedure.

I've always known that I have been holding on to a lot of negative emotions, but I didn't know exactly what they all were or how to release them. I feel that these negative emotions are the cause of some physical issues I have had all my life, as well as holding myself back in many areas and contributing to the feeling of being unworthy.

At the age of 46, I feel that I am just now becoming who I was meant to be. I am stepping out of the tight enclosed box I had put myself in and am doing things for myself that I have always wanted to do but didn't feel I deserved.

I remember wanting a motorcycle as a teenager. Nothing ever came of it and I never really thought about it much over the years until my husband got his motorcycle four years ago. I would say...One day, I will have my own...I didn't need anything fancy, just an old bike for around a \$1,000 would do. Deep down I didn't believe that I would ever get my own bike, and I don't think I felt that I deserved to spend \$1,000 on myself.



Two months after an NET treatment I told myself I was ready and would have a bike



give you the information and support you need to create and maintain changes for good. The workshop is broken up into three 2 hour sessions.

Session 1 Jan. 17

Session 2 Jan 26

Session 3 Feb 7

YOGA STARTS

JAN 17

We will be hosting two Yoga classes on Thursdays, at 9 AM and at 8 PM. Classes and days will expand as demand requires. Please come join us!

within a week. I had never ridden a motorcycle before, so I got my husband to go shopping with me to find a cheap, used bike. One the second day of looking, we ended up at a dealership. An hour later, I walked out the proud owner of a brand new 2007 Harley Davidson Softtail Deluxe. I paid cash for this 700 lb beauty and felt great! Now I just needed to learn how to ride it.

I was scared to death at first and having panic attacks. After about three hours, I was going 55 MPH down a country road. I found myself feeling so proud and free, like never before. I find that riding my motorcycle is very nourishing for me and my light shines bright whenever I ride or talk about it.

About five weeks after purchasing my Harley, I found myself skydiving!

I have never wanted to skydive and am very afraid of heights, but it seemed that every time I turned around I was seeing something on skydiving. I believe God was guiding me so I took a step in faith and did it.

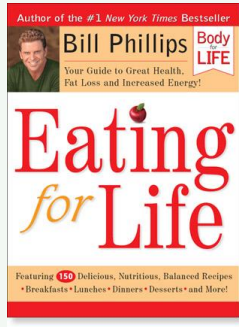
I did it with absolutely no fear. No nervousness. No anxiety. Just complete TRUST & FAITH in God like never before. This was the most rewarding, amazing event I have ever experienced!

I would never have done this if it weren't for releasing of emotions with the NET procedure.

Last but not least, I just started my Black Belt training in Karate four weeks ago. Karate is something I wanted to do as a teenager also, but tucked it away like many other desires. It will take just under three years to earn my Black Belt, so I will be 49 when I receive it. I am looking forward to becoming the person God intended me to be and can't wait to see what will happen next.

I truly believe all this transpired because of Dr. Pigott and NET.

Visit our website at [www.authentic-living-center.com](http://www.authentic-living-center.com) or call us at (248) 822-9253, for more information or to register for any of the classes offered at the Authentic Living Center



## Cindy's Culinary Corner

(C3 = Good Healthy Eating)

### AMERICAN TURKEY GOULASH

Tomato-basil sauce with lean ground turkey, sauteed red bell pepper and zucchini over noodles make this a delicious, healthy, and easy to prepare meal.

Servings: 4

Preparation Time: **30 minutes**

#### INGREDIENTS

- 8 oz egg noodles
- 1 onion, chopped
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 lb lean ground turkey
- 2 cups tomato sauce
- 2 Tbsp fresh basil, chopped
- 2 Tbsp red wine (optional)

#### DIRECTIONS

1. Prepare egg noodles according to package directions.
2. Lightly coat a large skillet with cooking spray. Over medium-high heat, saute chopped onion for 2 minutes. Add bell pepper to the onion and saute for another 2 minutes. Add zucchini and saute for 2 more minutes. Remove vegetables from the skillet and set aside.
3. Add ground turkey to the skillet and saute until no longer pink, about 10 minutes.
4. When the ground turkey is done, return vegetables to the skillet. Add tomato sauce, basil and red wine (if desired). Cook, stirring occasionally, for five minutes or until heated through.
5. Place a portion of noodles on each plate and top with a portion of turkey mixture. Serve and enjoy.



## Authentic Living Center is on the Map

Did you happen to notice that the Authentic Living Center was mentioned in the news? In the December issue of the dBusiness Magazine in an article entitled "The Plane Drain", the writer obtained a quote from "Colleen Grady, a nationally certified acupuncturist at the Authentic Living Center in Troy..."

Troy's Suburban Lifestyles is putting out their bi-annual Healthier Lifestyles with a picture of the Authentic Living Center on the cover. Look for our ad inside.

Keep looking you never know where we may turn up next.

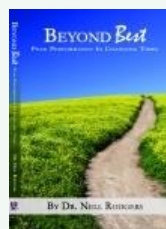
## REGISTER TODAY!!

Breaking the Bar - Peak Performance in a Changing World

Create Peak Performance  
Identify limiting beliefs  
Change undesirable life imprints  
Let go of restricting behavior patterns  
Empower your life



Take Charge of Your Destiny



Join

**Dr. Nell Rodgers**  
Best-Selling Author of Beyond Best  
and Puppet or Puppeteer

Saturday, January 19, 2008

9 AM - 5 PM

Course Fee: \$125 (includes lunch)

For more information on this and other seminars and workshops, visit our website at [www.authentic-living-center.com](http://www.authentic-living-center.com) or call us at (248) 822-9253.



## WHOLE FOODS

### *for the Whole Family*

by Terry Robinson, RPN

The frequency of eating out has almost doubled in the last 20 years. The Canadian Heart and Stroke foundation states that the average Canadian household eats out 520 times each year. That's almost 50% of all meals. With two parents working, and our busy family lifestyle, there is little time for

food preparation at home. Our modern urban society has become dependent on inexpensive food that is stable, easy and quick to prepare. Technological advancement and economic development have taken us away from more natural eating patterns.

Our fast paced society has encouraged the food industry to produce food that requires little time to prepare, minimum time to eat, no mess and no fuss. As a result of this, the grocery aisles are filled with highly processed refined food with little or no nutritional value. In order to produce foods that are stable for transporting long distances, and appealing to our eyes and taste buds, manufactures include ingredients such as refined sugars, refined flours, hydrogenated oils, sulfates, flavor enhancers, nitrates, artificial sweeteners, artificial color, and artificial flavors.

So what exactly are whole foods? Whole foods are foods in their natural state. They have not been genetically modified. They are not processed, synthesized irradiated and are free of chemicals. Whole foods are "real" foods, complete with all the nutrients, enzymes, and probiotics nature intended. Whole foods are easily digested and provide all the basic nutrients the body needs. They are superior to processed foods because they contain the most natural source for vitamins and minerals.

Processed foods are stripped of most of their nutritional value. In an attempt to increase sales, many manufacturers fortify their products with synthetic nutrients that are much more difficult for the body to break down.

The correlation between the amount of processed food consumed in our modern western culture and the increasingly high incidence of obesity, heart disease, diabetes and cancer is not a coincidence. Our bodies are not designed to effectively break down and eliminate the amount of chemicals we are consuming.

While the occasional meal of highly processed food will do little harm, the majority of your diet should be whole foods. Although it may be tempting to do a complete diet overhaul, a gradual shift to a healthier diet is more effective and more likely to be long lasting. Make small changes at first, slowly changing poor food selections with good ones. Replacing white refine sugar with stevia, honey or agave syrup is a good place to start. Sea salt is preferred over table salt.

Start reading all labels. It may take a little more time at the grocery store, but it can be a real eye opening experience. Choose foods that have fewer items on ingredients list. Start cutting out items that include long chemical names, preservatives, flavorings and color. Gradually increase the amount of fresh produce, meat and whole grains you bring into the house. Meal planning will take a little more time and preparation, but the results will be well worth it. Spending a little extra time in the kitchen on Sunday's pre preparing meals can be a great timesaver during the week.

Some of the changes you are likely to notice as you make these important adjustments in your diet are:

- Increased energy
- Weight regulation - lose or gain needed weight
- Improved skin, hair and nails
- Better quality sleep
- Improved digestion - less gas, bloating and heartburn
- Improved bowel function
- Improved concentration
- Overall sense of well being

Many grocery stores, restaurants and cookbooks utilize and promote more natural foods. As the general public becomes more educated, and demands more quality food choices, they will become even more readily available. Give your family the gift of health and start 2008 off with a whole foods resolution.

**Hope to see you soon.**

**Contact Info**

Description/Title

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