



Authentic Living Center Newsletter

A New Concept in Healing

July 2008

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Enjoy a Unique Shopping Experience

Hypnosis & Children - a Winning Combination

Quick Links

Check out all the summer classes and view copies of past newsletters on our website www.authentic-livng-center.com

Practitioner Tidbits

Welcome to Sue Miller!

Sue is



Happy First Anniversary Authentic Living Center!

It's hard to believe that we will be celebrating our first anniversary at the Authentic Living Center this month. The dream is alive and well.



We now have nine practitioners, soon to be ten. I have been joined by Kelly Genzlinger, Holistic Nutritionist; Colleen Grady, Acupuncturist; Tina Johnson, Massage Therapist; Susan Miller, Bio Energy Scan Specialist; Katie Quinn, Reiki Master; Terry Robinson, Allergy Specialist; Linda Talacki, Yoga Instructor; and Mary Vallei, Hypnotherapist. Our administrative staff has also grown. Debbie and Danielle welcomed the addition of Karleen Hudgens and Jane Darland to the group. Now when we have a staff meeting we have to use the BIG room!

natural therapist who specializes in BioEnergy Body Balancing Scans and Ionic Foot Baths. If you are feeling stressed, having trouble sleeping, concentrating or just catching your breath, give us a call and set up an appointment for a Body Balancing Scan with Sue.

Cindy's Culinary Corner

Kelly's Crepes



Our nutritionist

Kelly Genzlinger is cooking some amazing dishes for her Meal Makeover classes and this recipe is one of them. Imagine something this delicious actually being good food! Kelly suggests that your dairy products be farm fresh if

We have hosted some amazing classes in our beautiful kitchen and seminar space, established a great relationship with our neighbor, Whole Foods, and had fun putting together the Blue Lotus Market Place. We've even gone global with my recent trip to the Middle East to practice NET. We have been truly blessed.

The healing stories and miracles that are happening here are astounding. The holistic approach and team work amongst the practitioners is remarkable and will be the future of medicine. Many of the stories will be featured in our new upcoming video which will be released at the end of July. Watch for that.

Be sure to save, Sunday, October 12, 2008 and join us at our Open House.

With Gratitude,

Dr. Theresa Pigott



The ALC Today - Practitioners & Staff

Join Me in Berea, Kentucky

for a Women's Weekend

October 3,4, & 5!

After attending this amazing weekend last year, I can hardly wait to go back.

possible, or use Farmer's Creamery, Organic Valley, or Traders Point Creamery.

Ingredients:

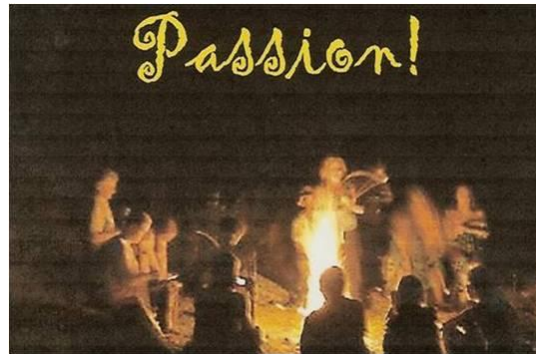
A few slices of Gruyere Cheese
1 stick butter
3/4 cup Yogurt or sour cream
1 cup Whole grain flour
4 Eggs
A few tablespoons water
1/3 cup Milk or cream

Instructions:

Preheat butter in warmed cast iron or stainless steel pan - (you can't really use too much butter in this recipe)

Mix all ingredients except cheese till lumps are gone. (should have a drizzly consistency - add more flour or water/milk to change to desired consistency).

Pour approximately 1/4 - 1/3 cup batter into hot pan, then



This year the theme for the weekend is PASSION which we can discover or rediscover with the many healing and creative events like:

Woman Words writing workshop with Normandi Ellis
Shamanic Journeying with Fawn Burgess
Freedom Movement with Kyrai Antares
Tai Chi with Jane Post
Gentle Yoga with Tracy Briney
Brain Nutrition and Passion with Susan Holt
Depth-Oriented Film Discussion Group with Kyrai Antares and N.E.T. (Neuro-Emotional Technique) with me, Dr. Pigott.

There are bonfires and sing a-longs, fabulous homemade vegetarian meals, a unique Marketplace and even a program for children.

If you register before September 1, 2008 you will receive the Early Bird registration price of \$325. On or after September 1 the registration fee is \$350.

For more information or to register, call (859) 200-8013 or email Kyrai Antares as womanonearth@gmail.com. Registration forms are also available at the Authentic Living Center.



tilt to
cover
entire
bottom
surface.

Flip and place
cheese immediately
Fold, remove from
pan and enjoy.

Note: you can make
batter ahead and use over
2-3 days.

Join us for this wonderful woman's
weekend.

Dr. Theresa Pigott
248-649-3500



A Unique Shopping Experience

Come in
and Visit the
Blue Lotus
Market Place

Often times when we are buying a gift for someone, we visit a boutique or unique shop so that we can find that "one of a kind" item. If you are looking for that unusual gift for someone special (who can even be yourself), come in and visit our Blue Lotus Market Place. Browse around and see all the unique items that we now carry. We have some beautiful handmade salt lamps that act as a natural air cleaner. We carry wonderful soy candles scented and unscented which were made by one of our



many talented patients. We have handmade soaps, body butter, bath salts, lip balm all made locally, and we have the cutest note cards you have ever seen made by a ten year old artist, named Morgan.

The Blue Lotus Market Place still features a full line of supplements used by practitioners in the Authentic Living Center, Lara Bars for a quick healthy snack, Celtic Sea Salt, and Tea Posy tea and teapots. You can even find the perfect wind chime or gong and jewelry handmade locally and from Peru.



So next time you are in the center, visit the Blue Lotus Market Place for that special item for that special someone - You!

You Are What You Think - Hypnosis Helps

by Mary Vallei

Children Are Often the Best Subjects for Hypnotherapy



Children can benefit from hypnotherapy in more ways than you might imagine.

Hypnotherapy can help to eliminate childish habits such as bed-wetting and help develop good study habits. It can improve concentration and learning ability, develop motivation, creativity and enhance self-esteem. Most importantly, it can head-off potential psychological damage that might be caused by misunderstanding the words of an adult.

It is really amazing how much damage can be done by a well-meaning, but misunderstood remark coming from a trusted source like a parent or a teacher. Children respond to comments by authority figures in their own way. For instance, a parent might see a poor report card and try to use reverse psychology by saying something like: "I can't believe any kid of mine is this dumb." If the child has enough self-confidence, it might provoke him into trying harder; but if the child is insecure a statement like that could make him believe that he

really is dumb, or worse, that his father or mother doesn't love him.

Hypnotherapy can help a child understand what was really meant, and prevent the misunderstanding from becoming an emotional scar limiting their personal growth or performance throughout life.

By spending some time to get to know the child a hypnotherapist will ensure that the best imagery is used for a positive response. Children are easily hypnotized; and a child's imagination can be the best tool, since much of their play time consists of games and indulging in fantasies or pretend experiences in which they become totally absorbed. Stuffed animals and hand puppets can become excellent tools for implementing therapeutic suggestions.

Children may not realize the potential power of visualization. Yet they have this natural talent for dreaming and for picturing things in their minds. They respond beautifully to fairy tales and bedtime stories. They like to imagine that they have a part in the story being told, and they slip into hypnosis easily.

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