

Authentic Living Center Newsletter

June 2008

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## Cindy's Culinary Corner

### Mmm Mmm Good Lentil Soup



Our massage therapist, Tina Johnson made this Lentil Soup for one of our Phenomenal Fridays and everyone loved it. But the best part is how easy it is to make.

#### Ingredients:

- 1Tbs Olive Oil
- 2 lg onions, chopped
- 1 small chili, finely chopped

## Thoughts from Dr. Pigott:



Dr Pigott at the market in Doha, Qatar.

It's June, already!!! It's the wonderful month of graduations, weddings, sunshine, flowers, father's day, and summer vacation. Amidst all the activity, I still have my thoughts on healing. Healing on all levels: physically, mentally, and emotionally. Healing for US personally, and also for the world, planet, and all the little creatures.

I think of all the men and women who serve this country putting their life on the line for our freedoms. I send prayers to the victims of the several natural disasters that have recently occurred around the world. I actively work to elevate the chronic pain cycles that my patients experience. My attention is constantly drawn to the national presidential race going on, and

wishing them continued strength to fight for what they believe in.

I have learned one thing from my journey in life, that we are all ONE, somehow deeply connected to one another. We have the same feelings, hopes and dreams.

Many of you have asked about my recent trip to the Middle East, which was filled with much success, fun and adventure. I am honored to help bring NET to the world community. I now am filled with a renewed sense of incredible HOPE for us as a people, for world peace, and for being open to taking the little steps that God is asking of us.

These "steps" look different for each of us, and they lead to fulfillment and an AUTHENTIC LIFE. This is where the healing takes place. The first step is sometimes the hardest. We must trust that the guiding hand is along the entire path.

8 cups water  
1 cup split lentils, rinsed  
2 tsp salt  
1 tsp cumin  
1 tsp ground coriander seeds  
1/2 tsp pepper  
2 Tbs white rice, uncooked  
1/4 cup lemon juice



Heat oil in saucepan and saute onions and chili over medium heat for about 10 minutes. Add remaining ingredients, except lemon juice, and bring to boil. Cover and cook over medium heat for 25 minutes. Puree; then return to saucepan and reheat. Stir in lemon juice; then serve.

This amazingly delicious soup has only 98 calories per serving and only 2 grams of fat.

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## Check out our list of

## Summer Classes

### Radical Forgiveness - Self Forgiveness, Self Acceptance

Instructor: Karen Bashawaty

June 17

### Dealing with ADD/ADHD

Instructor: Bryce Roekle

The Authentic Living Center is a sanctuary for healing on all levels through the healing hands of our expert practitioners, through classes and workshops, and being quiet in our meditation space. The invitation is ever present. Welcome!



## Tina Johnson - Muscle Detective

As a practicing massage therapist, I am in the business of working on muscles. I help your muscles relax and strengthen; muscles that have been affected by stress, injury, over, and under development. I work to expand your range of motion, sooth chronic build-up, and increase circulation.

Most massages last 60 to 90 minutes and the benefits can be felt for days. However, many people come back to me, a few weeks later, with the same sore spots. When I see these chronic issues (say a stiff neck and shoulder), that's when I turn into Tina Johnson, Muscle Detective. I ask clients to tell me about their physical habits - like how they hold a purse, or briefcase; what position they are likely to be in when they fall asleep, what kind of work they do, as well as what kind of exercise they do. This gives me clues to the root of their muscle soreness and together we can work to lessen the degree of the pain; hopefully changing habits that lead to the problem.

Is this you? At work, you are sitting at a desk, in front of a computer, with a phone wedged between your shoulder and ear. Although you are unlikely to change those practices, by incorporating stretching into your life, you will be able to counter the negative effect they have on your muscles.

Most of my clients leave a massage session with homework that includes a stretch or two, and the suggestion to pay attention to how they are using their muscles. Stretching a specific area of your body can be done in just a few minutes. It isn't something that you need to schedule and it can be as simple as turning a chair away from a desk, taking a few deep breathes doing two or three stretches, and returning to your task. This can take as little as 90 seconds and work wonders for minimizing the effects of both physical and mental stress.

Try this effective and easy desk chair stretch that I share with all my clients:

Move back from your desk and put your feet flat on the floor.

Rest your arms in your lap or on your armrests.

Tilt your head so your ear is reaching for your shoulder. (No bouncing)

June 19

### **Super Foods - Why & How**

#### ***Come Hungry!***

Instructor: Suzan Frenette

June 26

### **Healing with Touch for Parents**

Instructor: Katie Quinn

July 10 & August 21

### **What Your Soul Wants to Know: Using the Soul Coaching Oracle Cards**

#### **Two Part Course**

Instructor: Mary Alice Mastrovito

July 15 - Part One

August 12 - Part Two

### **Sugar Blues**

Instructor: Suzan Frenette

July 17

### **Radical Forgiveness Healing Circle Ceremony**

Instructor: Karen Bashawaty

July 22 & August 19

### **Feng Shui for the Mind**

Instructor: Reyna Long & Bryce  
Roekle

July 24

### **Bowel Care - The Tao of Poo**

Instructor: Suzan Frenette

July 29

Hold each position while you breathe evenly in and out.

From that same position, tilt your chin toward the floor. Hold and breathe.

Return to the original position (ear to shoulder), then look toward the ceiling pointing your chin up. Hold and breathe.

Bring your head back to center and repeat with the other side.

Roll back to your desk and resume working. It's that easy.

Prevent soreness and maintain healthier muscles with stretching and by treating yourself to a massage regularly.



## **What to Consider When Choosing a Hypnotherapist**

When you choose a hypnotherapist there are a number of things to remember. There are many specialties for hypnotherapy. All hypnotherapists follow basically the same processes. However, most hypnotherapists specialize in particular areas. Some focus on health and wellness issues, others focus on spiritual healing. Still others provide emergency crisis relief, phobias, anxiety and stress relief, smoking cessation, or weight control.

Whatever your issue, ask the hypnotherapist if that is an area in which they can provide the help you need. Also...

Hypnotherapists should have received training in this particular field, if they have attended a school of hypnotherapy check to make sure it is accredited by the state.

There are several professional organizations which test and credential hypnotherapists.

Find out what group the hypnotherapist belongs to and what was required to obtain the credentials. Leading organizations are the International Medical and Dental Hypnotherapy Assoc, the American Assoc of Hypnotist Examiners, the National Guild and the Society of Clinical Hypnotherapists.

Decide for yourself if you feel a connection with the hypnotherapist. This is very important for the treatment to be effective. If you feel comfortable with your choice of hypnotherapist your experience will be better.

Be sure to understand the fees upfront. Good hypnotherapists will provide you with a disclosure form explaining the fees, process, and your rights as a client. Be sure to get one. If the hypnotherapist does not provide this, it is probably wiser to seek another practitioner.

Remember that the hypnotherapist is there to teach and guide you on how to connect with your mind-body healing power that you already possess. They do not heal or fix you.

Watch out if someone promises to do that.

**Coping with Depression**

Instructor: Bryce Roekle

August 7

**Cooking Slow in a Fast Paced World**

**Come Hungry!**

Instructor: Suzan Frenette

August 14

**Create Abundance Now**

Instructor: Dr. Theresa Pigott

August 26

For more details, times and prices on these and other classes offered at the Authentic Living Center, check our website at

[www.authentic-living-center.com](http://www.authentic-living-center.com)

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Hypnotherapy is a safe, easy way to empower yourself to take charge of life, reprogram old behavior patterns, and create more productive and successful living. You can learn to realize and sustain new visions for how you want to live. You can apply the skills of hypnotherapy to any situation you encounter throughout your life.

For more information on Mary and Hypnotherapy visit her website at www.hypnotherapycenterforpositivechange.com.

Final Tips for Better Digestion



Hopefully, you have read and put into practice some or all of the tips on better digestion that I have previously shared with you. These tips are a natural way to improve and maintain a regular and healthy system. Here are the last three tips along with a review of the first seven.

1. **Eat Slower**
2. **Eat More Live Foods**
3. **Get Checked and Treated for Food Allergies and Sensitivities**
4. **Check for and Treat Candida**
5. **Eat More Fiber**
6. **Eat Good Fats**
7. **Eat Protein with each Meal**
8. **Drink an Adequate Amount of Water:** Water (at least 6-8 glasses per day) is important in preventing constipation and in the cleansing process. Ideally, you should drink water away from meals to avoid diluting the powerful digestive enzymes necessary to break down the meal. Adding lemon to your water aids in cleansing the colon and balancing the body's PH.
9. **Walking or Other Light Exercise After Meals:** Walking, biking, Yoga or Pilates a half an hour or so after a supper can increase the blood flow to the intestinal tract and improve the digestion process as well as boost your metabolism.
10. **Eat at Least Three Hours Before Going to Bed:** Lying down with a full stomach can cause the stomach contents to press against a muscular valve called the lower esophageal sphincter. Stomach contents may flow back into the esophagus causing acid reflux.

Putting these practices to use will help to ensure a happier, healthier you.

For more information on Terry and New Life Allergy visit www.newlifeallergy.com.



BACK IN DETROIT
BY POPULAR
DEMAND

Thursday, Friday, & Saturday
June 12-14

at Cobo Convention Center

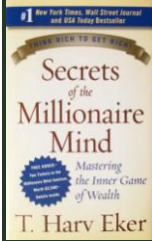
I have told my story to so many people, publications and interviews that I apologize if you have already heard it. I am so impressed with Mr. T. Harv Eker's organization and the Millionaire Mind Intensive. I truly give credit to them for giving me the leap of faith to live my dream, when I bought this 7128 square foot building to create the Authentic Living Center.

I was skeptical at first when attending the Millionaire Mind Intensive, then I began to participate and within the weekend my money blueprint CHANGED! Wow, I had a new relationship with \$\$\$, and the courage to take the risk.

I would not be the same person I am today without the influence of the Millionaire Mind Intensive Seminar.

I encourage everyone to attend and begin to live your life with abundance and wealth.

Dr. Theresa Pigott



To Register for the Millionaire Mind Intensive Seminar

Use reference code #345689

Click on www.millionairemind.com
or call Toll-Free 1-888-868-8883 and select option 2

Contact Info

Authentic Living Center

1640 Axtell Rd

Troy, MI 48084

248-822-9253 FAX (248) 822-9134

www.authentic-living-center.com

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