



AUTHENTIC LIVING CENTER NEWSLETTER

MARCH, 2008

In This Issue

Cindys Culinary Corner

March Classes

Tuesday, March 4

7 - 9 PM

Quit Smoking for Good!

Using a truly amazing technique, NET, you can transform your beliefs and behaviors into a new habit and lifestyle. Dr. Pigott will conduct this group session. It will be interactive, fun and produce unbelievable results. What do you have to lose except a bad habit.

Course Fee \$25.

Thursday, March 6

6 - 8 PM

Super Foods - Why and How

You will want to come hungry for this class. Imagine a super food (not a drug) powerful enough to help you lower your cholesterol, reduce your risk of heart disease and cancer, and for an added bonus, put you in a better mood.



Ask the Doctor

By: Dr. Theresa Pigott

Question: What is OSTEOPOROSIS, and how can I prevent it?

Answer: It is estimated that 55% of the US population over 50 years old is affected by this bone weakening disease. This loss of normal bone density is virtually painless, until one of the most common bones, such as the hips, spine, or wrists are fractured. This then can lead to complications, long recoveries and even fatalities. The common pre dispositions are: post menopausal women, thin body type, use of: steroids, tobacco and alcohol, low physical activity and diet lacking Calcium.

This is the encyclopedia definition and it is plagued with fear. I want to offer a holistic approach, one that offers practical advice for the prevention of osteoporosis and empowers everyone to take action now.

Why osteoporosis is on the rise, not only in the elderly population, but across age and gender lines, is because of the increased use of carbonated beverages and our sedentary lifestyles. Remember when pop was a treat? Now it is consumed on a regular basis. Because of the physiology, I think of any carbonated beverages as taking a

These life-altering super foods are available right now in your local supermarket. Join Suzan Frenette, renowned Health Counselor and cook with Super Foods.

Saturday/Sunday

March 8 & 9,

9 am - 6 PM



PSYCH-K Basic

Workshop

Join Robin Graham (see article in this newsletter for details)

Tuesday, March 11

6 - 9 PM

Radical Forgiveness

Karen Bashawaty conducts this powerful healing circle based on a Native American ritual. Learn the five steps to Radical Forgiveness. Course fee \$50.

Wednesday, March 12

7 - 9 PM

Holistic Nutrition for Optimal Health and Healing

With Dr. Denise Jacob, learn how to make food and supplement choices which will promote healing from chronic conditions and optimize overall health. Class fee \$25. Will be repeated Thursday, March 13

1 - 3 PM

Thursday, March 13

7 - 9 PM

Come Out of Hiding

Women Only learn with Brenda Strausz how the past has impacted present behaviors. Using cutting edge tools such as art therapy,

chunk out of bones and teeth. An easy fix is switching to non-fizzzzzzz producing drinks such as: water, hot or cold herbal teas and diluted juices.

An active lifestyle, especially with weight bearing exercises, is one of the most important preventative factors. Exercises such as walking, yoga and weight lifting, can actually build bones and increase their strength and density.

Dietary information is the most misleading. What source do most people believe they get calcium and vitamin D from? Right: milk and cheese. In the latest study, these foods actually scored near the bottom in the list of food most readily digestible. So, I offer kale, dark green leafy vegetables, canned fish (sardines, salmon), and dried beans as better sources of calcium rich foods.

The prevention of osteoporosis is within your reach: eat kale weekly (see recipe below), get out and exercise and avoid carbonated beverages. Simple and easy: MOVE, KALE, and NO FIZZZZZ!

Cindy's Culinary Corner



Super Foods, Super Delicious

In a recent class "Slow Cooking in a Fast Paced World, instructor Suzan Frenette (pictured here) shared ideas

on how to prepare ahead for a nutritious meal while introducing some very interesting, highly nutritious, and surprisingly delicious food. Super Foods are foods that are loaded with nutrients, fiber and antioxidants. To find all of

journaling, guided imagery and hypnotherapy to guide you to living to your full magnificence. Course fee \$25.

Wednesday, March 26

7 - 9 PM

"I Love My Body"

Using her revolutionary Mirror Technique and NET, Dr. Pigott will lead you to a life of self acceptance. The group session will help you identify and revise negative thinking and judgments about your body. Leave a transformed person who is more comfortable in whatever body you have.

New Workshop/Seminar Schedule



Keep an eye on our website, we will soon be adding Programs for April, May and June. If you haven't already attended one of our workshops or seminars, you are sure to find something of interest.

We offer healthy cooking, healthy living and having fun. Soul coaching, finding your magnificence and learning to love yourself are also part of the curriculum.

this and good flavor rolled into one is truly a winning combination. One of the Super Foods we used in her class was Kale. A member of the Greens family, Kale is usually thought to be quite bitter. Suzan marinated it in lemon juice and used it in a fabulous salad. She also had us try her amazing Kale Pesto which is the recipe we want to share with you this month.

Kale Pesto (King of Green)

2 garlic cloves peeled

2 bunches fresh Kale leaves that have been washed and dried

and packed into a measuring cup

2 bunches fresh basil packed into a cup (for best results

or use 2 Tbs dried basil (aim for fresh as it will taste the best)

1/4 cup of fresh mint leaves, packed into a cup (optional, for a

different version)

1/4 cup pine nuts or try other nuts such as walnut

3 Tbs fresh squeezed lemon juice

1 cup olive oil

Sea salt and ground pepper to taste

Place garlic and some of the oil in the food processor fitted with metal blade. Process and chop. Add kale, basil, and mint leaves and process more.

While the motor is running, add the olive oil and nuts, starting with the lesser amount of olive oil. Add the rest of the olive oil and add lemon juice.

Season to taste with sea salt and pepper.



Dr. Pigott's classes use group NET sessions to help you quit smoking, create abundance and lose weight. It is amazing how successful this technique can be.

With Whole Foods as a partner, our cooking classes are nutritious and delicious.

Visit www.authentic-living-center.com and click on PROGRAMS. There is sure to be something there for you.

If you haven't already, go ahead and

[Join Our Mailing List!](#)

Serve on soba noodles, over a vegetable, spread on a sandwich, or in soup. This is a great way to add your greens to all your favorite foods.

Greens such as Kale are high in calcium, magnesium, iron, potassium, phosphorous, zinc, and vitamins A, C, E, and K. They help strengthen the blood and respiratory systems.

*To learn more about Kale and other Super Foods come and cook with Suzan on **March 6** from **6 to 8 PM**. To register for her class on Super Foods - Why and How, call us at (248) 822-5293 or visit the website at www.authentic-living-center.com to download our registration form for faxing.*

Find more recipes and information by visiting Suzan's website at www.trustintheprocess.com.

PSYCH-K is Coming Soon!

Join

Robin Graham



PSYCH-K Basic Workshop
Saturday /Sunday, March 8 & 9.

PSYCH-K provides a variety of safe and effective ways to "re-write the software of your mind" by changing thoughts that sabotage you into thoughts that support you...quickly and easily.

"When you re-write the software of your mind, you change the printout of your life."

Areas for positive change include; relationships, prosperity, personal power, health and body, spirituality, grief and loss, self image, self confidence, inner peace, and stress and

tension.

Workshop Price: \$350

Call us to find out how you can qualify for a discount.

To register call (248) 822-9253 or visit our website at
www.authentic-living-center.com.

To learn more about PSYCH-K and Robin visit the PSYCH-K
website at www.PSYCH-K.com.

Terry's Tips for Better Digestion

by Terry Robinson



It is estimated that up to 40% of the population suffers from some form of gastric distress. Impaired digestion can cause many symptoms including heartburn, acid reflux, gas, bloating, cramping, constipation, diarrhea, and irritable bowel disease.

Digestion is an essential part of our well-being. This vital system is designed to break down food and provide a means by which the nutrients can be absorbed in the body. Nutrients that are utilized in this process allow the body functions and system to function properly.

The basic foods important to life are protein, carbohydrate, and fat. But these nutrients are useless without the process of digestion. The digestive system is capable of breaking down most food: the only exception is overly refined, processed, chemicalized, altered or hydrogenated. The body can't use such "foods" and can't digest them normally. All it can do is break them down to some degree and try to get rid of them as quickly as possible. With today's "Modern Diet" being so refined and containing an overabundance of undigestible food-like substances, with no nutritional value, digestive issues are increasingly common.

Despite the complexity of the digestive system, there are several natural approaches to improving and maintaining a regular and healthy system.

Over the next few months we will offer Terry's tips on how to obtain and maintain better digestion. Try them out and see the improvement in your well being.

1. **Eat Slower:** Digestion begins in the mouth, where the teeth break up food and mix it with enzymes in the saliva. chewing your food thoroughly allows these powerful enzymes to partially digest your food before it even hits your stomach. Avoid gulping and swallowing air as you eat. Excess air in the stomach can make you feel uncomfortable and cause burping and gas.
2. **Eat More Live Foods:** Raw and slightly cooked or steamed foods contain live enzymes. These "Live Foods" have an enormously higher nutrient value than foods that have been cooked. In general, the act of heating food over 116 degrees F destroys enzymes in food. Enzymes convert the food we eat into chemical structures that can pass through the cell membranes of the cells lining the digestive tract into the bloodstream. All overcooked and refined food is devoid of enzymes. Try juicing raw fruits and vegetables.

Watch for the next set of Tips for Better Digestion next month.

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