



Authentic Living Center Newsletter



AUTHENTIC LIVING CENTER PRACTITIONERS

Front: (left to right) Tina Johnson, Massage; Kelly Genzlinger, Holistic Nutrition; Katie Quinn, Energy Healing; Deirdre Denholm, Yoga; Terry Robinson, Allergy Testing & Treatment. Back: (left to right) Mark Rebner, Massage; Mary Vallei, Hypnotherapy; Dr. Theresa Pigott, Holistic Chiropractor/Founder; Colleen Grady, Acupuncture; Barbara Yednock, CranioSacral Therapy



**Share Some
Refreshments**

and some

BLARNEY

and

SAY HELLO!

to

DR. GINA ROBERTS

News from the Healing Arts Center

by Dr. Theresa Pigott

I am delighted to update you on the news from the Healing Arts Center. After two long years of searching for the right Chiropractor to join our practice, she has ARRIVED! An experienced skillful doctor who spent several years in Costa Rica, is now back to raise her family here. Welcome Dr. Gina Roberts!!!



This means that we will be more available to serve you, with extended hours, increased Saturday appointments, and same day emergency services. Dr. Roberts has the same gentle technique and wonderfully trained hands as I have.

I love Chiropractic and feel blessed and honored to be part of your healing process. I have an absolute passion for NET (Neuro Emotional Technique), which has been a part of my personal transformation process throughout the years and has been a source of true fulfillment in my life.



Tuesday, March 17

St. Patrick's Day

11:00 am - 6:00 pm

Join us in welcoming Dr. Gina Roberts our new associate chiropractor.



Start Getting in Shape for Summer NOW!

YOGA CLASSES



Winter Schedule:

Mondays

9:30-10:30am

Various Yoga Styles

10:45-11:45am

Restorative Yoga

Through Divine intervention, my mission has become clearer and more encompassing. I want to make NET a household name within ten years. I want every five year old child to have an experience with this remarkable technique before they start school and I want to be part of creating world peace. I do believe these things are within reach and I am prepared to dedicate my life for them.

With this new found mission, I am expanding my NET practice to reach more people, to have long appointment times (2-3 hours) available, and to create learning experiences for everyone. I have been conducting more group classes on "abundance", "mirror, mirror" and even a free group experience for unemployed and displaced workers. Requests have come in from church groups, civic groups, chamber groups, and mastermind groups that want to experience this amazing work.

The invitations even come from distant lands and far away places and I accept willingly to bring NET to the end of the world. I am honored to represent the NET organization in foreign countries even though it takes me out of the office more often and for longer periods of time. I appreciate your support and your willingness to see Dr. Roberts while I am away. Thank you for being part of my life's dream. Together lets make the world a better place.

Meet Dr. Gina Roberts!

I grew up in Iowa not even knowing what the word "Chiropractor" meant. My story began the day I had a head injury in high school. Shortly after sustaining the injury, I began to develop symptoms that had me resorting to medication and hospitalization. During my search for help, I met a chiropractor. I was hesitant to try and have to admit that initially I assumed chiropractic services would not work. Chiropractic was a foreign type of treatment in my eyes and therefore I assumed it was not for me. When the pain became excruciating I changed my mind and decided I had nothing to lose by trying it. I had my first adjustment in 1992 and five minutes following that adjustment, I knew that I had experience a miracle and that my life would never be the same. My symptoms were gone. GONE! My Chiropractic life had begun.



I attended the University of Northern Iowa for my undergraduate work and began my chiropractic studies in 1994. While in school, I was chosen for an internship with Dr. E. L. Crowder specializing in Upper Cervical Chiropractic for two years. I also studied Atlas Orthogonal (A.O.), Blair, N.U.C.C.A., and Knee-Chest Upper Cervical Techniques. I graduated in 1997 with the Clinical Excellence Award and was ready to change lives.

My husband and I, both chiropractors, decided to begin our journey in Costa Rica. We had a team of chiropractors and between us, ran four clinics, and established the law for Chiropractic in Costa Rica. I was the first female in Costa Rican history to have my degree recognized by the Universidad de Costa Rica. This opened the door to other Chiropractors and gave Chiropractic its identity there.

In 2004 we returned to the United States. We were drawn to Michigan and have been working here since.

As the mother of three I see the importance of including family members of all

Tuesdays

8:45-9:45am

Restorative Yoga

10:00-11:00am

Various Yoga Styles

Wednesdays

9:15-10:15am

Various Yoga Styles

10:30-11:30am

Restorative Yoga

Fridays

3:45-4:45pm

PreNatal Yoga

5:00-6:00pm

Various Yoga Styles

Spring/Summer Schedule:

Mondays

10:00-11:00am

Various Yoga Styles

Wednesdays

8:45-9:45am

Various Yoga Styles

10:00-11:00am

Restorative Yoga

Thursdays

11:30am-12:30pm

Various Yoga Styles

ages in a practice. I have had the opportunity to work with many difficult cases where others had given up. I love to meet challenges head-on and open my door to all patients.

It is with a great deal of joy that I join the Authentic Living Center family. I look forward to meeting you and helping you obtain or maintain a healthy, happy life.



We all want to thank you for your patronage because we know you have a choice in health care providers; and we are honored you have chosen us to assist you in living a vibrant life. Your quality of life is important to us, and we thank you for trusting us to help you meet your goals.



Deirdre Denholm, RYT,BA,BA,AOCA - Yoga Instructor - I became seriously interested in Yoga and Vipassana meditation after struggling with depression and anxiety for most of my life. After receiving my Yoga teach training certificate, I continued my education and have received degrees in Psychology and English. In 2006 I moved to Michigan and continued my education, studying Pre-nursing and Exercise Science. My mission is to help you explore the physical and psychological benefits of both meditation and yoga. In addition to regular weekly classes mixing a variety of yoga styles; I also offer private classes and personal training sessions in Yoga, Mind-body exercise and meditation. Visit my website at www.padmakshiyoga.com.



Kelly Genzlinger, CNC - Holistic Nutritionist - After various personal experiences with food and related health issues for family, as well as years studying food and nutrition, it became my passion to help people improve their health, well-being, and quality of life through improved food choices. Through Food Therapy, Nutritional Consulting, and Weight Management Counseling, there are a number of conditions and quality-of-life issues I can help you improve. As a member of the Healthy Traditions Network, my recommendations always point to whole, real, traditional, natural foods. Through specific, personalized plans, guided steps, and support I can ensure that you will finally achieve your goals regarding food and diet. For more information about my services, visit www.foodtherapeutics.com.

Fridays

3:45-4:45pm

PreNatal Yoga

5:00-6:00pm

Various Yoga Styles

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**NIA**



**Class Schedule**

**Mondays**

8:30-9:30 am

**Thursdays**

7:00-8:00 pm

**Fridays**

9:00-10:00 am

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CREATE ABUNDANCE NOW!

Even in this Economy!



Join Dr. Theresa Pigott for this ever popular Group NET Course.

Tuesday

March 10, 2009



Colleen Grady, MAOM, Dipl, OM - Acupuncture & Herbal Medicine - Acupuncture and herbal medicine are used to increase balance and energy circulation through the body so that the system can function optimally. My mission is to help people feel as pain-free, happy, and energetic as they can so they are free to live the lives they want. Acupuncture can be used for many concerns - ranging from anxiety and depression, to joint pain, hormonal imbalances such as hot flashes and infertility, autoimmune disorders, and fatigue.



Tina R Johnson, CMT - Therapeutic Massage - I bring to my practice over 20 years of holistic living and an ever growing quest for knowledge about the unique systems of our body and how they operate as a whole. I hold a firm belief that when the body is relaxed it is best able to heal and maintain balance. Clients range from infants to elderly and my sessions are not routine but tailored to the individual. They may include Swedish massage along with trigger points, stretching, and energy work. My Family Massage Practice strives to produce a therapeutic and relaxed state for all.



Theresa M. Pigott, DC - Holistic Chiropractor - I see myself as a healer, teacher, and guide in the sacred walk of life. My mission is to inspire and ignite the power within, so we may live an authentic life. After graduating with honors from Palmer Chiropractic College I did extensive study in nutrition, energy work and emotional release. I was the first Michigan Chiropractor certified in NET (Neuro Emotional Technique), a life changing technique. I have accepted my role to be part of the solution in our ever growing health challenges and am honored to have witnessed true healing in the lives of hundreds of my patients who have embraced the holistic philosophy. I was divinely inspired to create the Authentic Living Center where all can come to be refreshed and renewed, to find healing, and discover what brings absolute fulfillment in life. Visit my website at www.healingartsctr.com.



Katie Quinn, CHTP -Energy Medicine Healing Touch & Reiki - I started learning and using Energy Healing because I found it so helpful in my own personal healing. I wanted to facilitate others on their path to health and wholeness. My practice includes Healing Touch and Reiki. Healing Touch is endorsed by the American Holistic Nurses Association. Reiki has existed for centuries and has its origins in Tibet. Both utilize the seven chakras (energy centers) of the body to find balance and free flow of energy. I will partner with you to create balance and relaxation promoting your body to self-heal. Don't underestimate the power of total relaxation! For more information visit www.healingtouchinternational.org and www.reiki.org.



Mark Rebner, BSEE, MBA, NCTMB - Energy Worker, Therapeutic Massage - Since leaving the corporate life, I have been practicing therapeutic massage, Biodynamic CranioSacral Therapy and Esoteric Healing full-time. For a number of years, I have been a dedicated student of Shamanic work and am apprenticed on that path. The intent of my work is to bring people back to their natural balance. Clients come for many different reasons, ranging from a physical complaint, to children with ADD, ADHD or autism. For more information visit my website at

7:00 - 9:00 pm

Course Fee: \$25

- Release blocks about achieving wealth.
- Unlock obstacles that keep you stuck in your current money blueprint.
- Find the reason why you have money issues.

Space is limited. Call now to register (248)822-9253.

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Join Our Mailing List!

[www.rebworks.com](http://www.rebworks.com).



**Terry Robinson, RPN** - NAET Allergy Treatment - As a Registered Practical Nurse, healthy living has always been important to me. This need lead me to become a Natural Therapist and specialize in allergy testing and treatment. With certifications in N.A.E.T., J.M.T., BioSet and Biokinetics Allergy Elimination Techniques, I opened my New Life Allergy Centers in Windsor and here in Michigan. I use a computerized BioMeridian Vantage system for testing allergies which allows me to painlessly check vitamins, minerals and other nutrients, as well as food groups and environmental allergens. Treatment is done using the non-invasive N.A.E.T. allergy elimination technique. I have worked with great success on children as well as adults. Visit my website at [www.newlifeallergy.com](http://www.newlifeallergy.com).



**Mary Valle, CCHt** - Internationally Certified Hypnotherapist - As the owner of the Hypnotherapy Center for Positive change, I practice full time in Michigan but also conduct retreats and Sports Performance clinics in Colorado, New Mexico and Washington. The cornerstone of my practice is helping clients realize that they can create lasting and positive change in their lives right now. Clients are empowered to discover how to build the life they want in a quick time-frame. I focus on hypnosis for people in crisis; those seeking to grow and change any aspect of their lives, those needing wellness and balance, and those striving to be free of fear, stress and anxiety. I work with adults and children, individuals and groups. For more information visit my website at [www.hypnotherapycenterforpositivechange.com](http://www.hypnotherapycenterforpositivechange.com).



**Barbara Yednock, NCTMB, CST, MLD-T** - CranioSacral, Lymphatic Therapy - I first learned Healing Touch then massage, oncology massage, lymphatic therapy, Reiki, and other different therapies. I chose to specialize in CranioSacral, which is a very gentle hands-on method of working with the body's tissues, and all the different systems of the body. I address your concerns and subtly correct the rhythm of the body; thereby, supporting healthful changes and enhancing the body's ability to heal itself. Together we balance the mind and body for total health, so you can then walk away feeling better and being healthier than when you walked in.

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Dr. Theresa Pigott
Authentic Living Center
(248) 822-9253

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