

Authentic Living Center Newsletter



May 2008

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Welcome Kelly!



We are really happy to welcome holistic nutritionist, Kelly Genzlinger to the Authentic Living Center.

Every day we hear about all of our bad eating habits and how overweight we Americans are. We get all kinds of advice about how to make changes that can bring us to a healthier, happier and thinner life, just not how to make these changes permanent.

Kelly can help!



Thoughts from Dr. Pigott

At the recent Body, Mind, Spirit Festival, I met some of the most amazing people; all were interested in improving health. Some were looking

for answers and others were searching for *new* ways to treat "dis-ease". As representatives of the Authentic Living Center offering holistic alternatives for those longing for complete recovery from chronic debilitating as well as nagging acute conditions, we viewed our participation as a huge success.

We are a premier center where the team approach is valued and where patients are invited to come and gather as much support as needed. This sacred space is an oasis for all who seek.

I was particularly impressed with another vendor's mission and passion of educating the public for the need of a National Department of Peace. In the belief of; "what we focus on expands", how ironic that the war is over five years old now, we are billions of dollars in debt, and there is no hope in sight

Kelly is Professionally Certified as a Weight Management Counselor, Nutritional Consultant, and Metabolic Typing Advisor. She will work with you to help you make changes in your life that you will be able to stick to and LIVE with.

Stop in and say hello to Kelly. Better yet, call for a FREE 30 minute consultation and take the first step to a healthier, happier you.

For more information on Kelly and the great work she does, visit www.foodtherapeutics.com

Classes & Seminars



If you have been to the Authentic Living Center lately, you may have noticed a booklet with our lotus on the cover. It may look just like the winter catalog we put out earlier. However, if you look at the book you'll see we have a new listing of summer seminars and classes.

for a peace filled world.

PEACE must begin with us, deep within our being. As Gandhi said "Be the change you want to see in the world." Make a habit out of living a peace filled life. The next time you feel frustrated, impatient or angry, practice being peaceful and bring that peace into your heart.



Cindy's Culinary Corner

Stuffed Cabbage "Stoup"

Thank you Rachel Ray for all the quirky little culinary quips like "stoup". This thicker than soup, thinner than stew dish is filling and delicious; and with just a few alterations from Rachel's original recipe, it's even healthier. Can you say "Yum-O?"

INGREDIENTS:

- 1 1/2 to 2 lbs ground turkey (turkey breast is best)
- 1 medium onion diced
- 2 cloves garlic minced
- 2 small or 1 medium carrot diced
- 1 large can diced tomatoes
- 4 cups chicken stock (for a heartier flavor, you can use beef stock)
- 1 small head of cabbage roughly chopped
- 1 cup brown rice (cooked as directed on package)

Season to taste (I usually use black pepper and add Sea Salt at the table, I sometimes add chili powder or cayenne pepper for a little kick.)

Saute onion and garlic till glassy, add diced carrot and cook until carrot starts to get tender (a few minutes). Add ground turkey and cook thoroughly breaking it up while it cooks. Add tomatoes and chicken stock. Let this heat up and then add cabbage. Cook until cabbage is tender. **Do Not** add rice to the soup pot as it will soak up all the broth. Ladle into bowl

You won't want to miss Kyrai Antares' Feeding the Feminine Soul, or Suzan Frenette's Nutritious Cooking classes sponsored by Whole Foods. There are several others to choose from and there is surely something in there just for you.

As you're checking through the catalog, you may note that some of the seminars and classes offer an early bird discount, so take advantage of them and sign up now.

Hope to see you here!

For more information on classes and seminars visit our website at www.authentic-living-center.com or stop in the office and pick up a catalog.

Be Sure To Register Today for

Feeding the Feminine Soul

June 7 & 8, 2008

our Early Bird discounted price of \$225 expires after May 12, 2008.

After May 12, 2008 Seminar

and top with a scoop of brown rice.



Build the Life You Want with Hypnotherapy - Part I

by Mary Vallei

If you had the power to bring lasting positive change into your life and build it the way you want it to be, would you? If you answered yes, then you should know that this power already lies within you and building the life you want is already within your grasp. The power to make lasting and positive change is yours if you want it and **hypnotherapy can show you how.**

Most of us experience crises and anxiety at sometime in our lives. Crises hijack your life and anxiety interferes with it. You can choose to let crises and anxieties overwhelm your life or you can take control and learn to build the life you want.

Growth defines your life. Health is your life. You have the ability to choose growth and wellness. If you do, hypnotherapy is a safe, easy, quick and effective technique that helps you build a positive mind-body connection and gain the resources and strength to create a well, balanced, and happy life for yourself. Hypnotherapy helps you learn how.

Hypnosis is a natural state that we have all experienced in everyday life. Anytime we daydream, drive on auto-pilot, meditate or practice other relaxation techniques, we are in a hypnotic state. Hypnotherapy is different in that one makes a choice to enter into a deep state of relaxation in order to focus concentration and use suggestion to promote health, healing, achievement of goals, personal growth and fulfillment, discover and change negative thoughts and patterns, and more. Anytime a person is in a hypnotic state, that person is always in control. No one can make you do or think anything you do not want to do or think. The hypnotherapist guides the process and teaches the techniques. You are the only person who can hypnotize yourself. So, in reality, all hypnosis is self-

Price is \$250

Call (248) 822-9253 to register

hypnosis.

Hypnotherapy creates a mind and body connection that makes change, growth, and healing possible. In a deep state of relaxation, the conscious and subconscious minds become free to connect and communicate.

The number of sessions required is not exact. Some people achieve their desired goal in one session. Others take more time.

The hypnotherapist, in concert with the you, asks questions to understand what you want to change or achieve, what you expect and believe, what your motivation is. Next they will work with you to frame a positive suggestion and develop a visualization to communicate what you want to achieve to your subconscious mind. Then the hypnotherapist will use guided imagery, visualization, and other techniques to create and deliver positive suggestions and messages to the conscious and subconscious. Receiving the same message connects the conscious and subconscious minds. It is this special connection that can empower you to successfully change and grow. You will also be taught how to practice self-hypnosis so you can continue the process of growth and change anytime throughout your life.

Hypnotherapy is applied to numerous medical issues, including pain management, preparing for surgery, auto-immune diseases, cancer, and childbirth to name a few. I can help you deal with emotional health issues; creativity and education; athletic motivation, performance; and even business. It can be used to further any endeavor and can be applied to any issue you encounter throughout life.

Hypnotherapy is an approved, widely recognized tool for both adults and children. It is approved by the International Medical and Dental Associations, the American Medical Association and the American Psychiatric Association. The American and the British Medical Associations adopted hypnotherapy as a viable complementary therapeutic tool in 1958, and has been recommending it since that time.

COMING NEXT MONTH - Choosing a Hypnotherapist

For additional information on Mary Vallei and hypnotherapy visit her website at

www.hypnotherapycenterforpositivechange.com

How to Eat for Better Digestion

by Terry Robinson

Tips five, six and seven of my Top 10 Tips for Better Digestion suggestion types of foods to eat to achieve better digestion. In case you have forgotten, I've included a reminder of the tips we've covered.



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:** Fiber promotes elimination and helps maintain a healthy colon. Soluble and insoluble fibers are both beneficial in preventing constipation, diarrhea and other bowel conditions. If your diet is rich in fruits, vegetables, dried beans, nuts, and whole grains your are more likely to have optimal colon health.
6. **Eat Good Fats:** Good quality fats and oils such as salmon, flax, sesame, olive, nut butters and avocados are high in essential fatty acids and are known to reduce inflammation in the stomach and intestinal track caused from excess acid.
7. **Eat Protein with each Meal:** Foods such as meat, eggs and beans, contain large molecules of protein that require enzymes to adequately break them down. Regular protein intake increases the activation of enzymes in the stomach that in turn, assist in the breakdown of other foods.

Be sure to check next month as we finish reviewing the Top Ten Tips for Better Digestion. Visit my website at www.newlifeallergy.com for additional information.

Authentic Living Center (248) 822-9253 or (248) 82 AWAKE

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