



Authentic Living Center Newsletter

November, 2008

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Our Newest Additions!



We are excited and proud to announce the addition of two wonderful practitioners. **Deirdre Denholm** and **Barbara Yednock**.

Barbara a certified CranioSacral Practitioner joined our group two weeks ago and is already busy. She also holds certifications in Oncology Massage and Lymphatic Drainage. Call our office to set up an appointment.

Deirdre is a certified Yoga instructor she has been teaching Yoga since 2000 and is currently offering a variety of Yoga and Pilates classes at the Authentic Living Center. Check her schedule on our website and find a class that would work for you.



Authentic Appreciation Celebration and Video Release Were A Hit!

Sunday, October 12, 2008 we opened our doors and invited the public to help us celebrate our first year in Troy. This was an opportunity for everyone to meet and talk with all the practitioners here at the Authentic Living Center. The day was filled with fun, food and great company.

Each practitioner held a mini-workshop highlighting their services including demonstrations of nutritional cooking, NET, hypnotherapy, acupuncture, and NAET allergy treatment. There were also informative talks on healing touch, proper stretching, and healthier eating

habits.

In addition to the mini-workshops we unveiled our new video featuring our practitioners and testimonials from patients and clients. We would like to take this opportunity to thank Scott Foltz and Gail Davis who made us all look beautiful for the video taping and a special thank you to John Ashcraft for all of his hard work putting the video together, keeping us under control and doing a great editing job.

If you were not able to make it to our celebration, we will be holding these mini-workshops periodically and will let you know once they are scheduled. Anytime you are in the neighborhood, stop in to see how much we've accomplished this past year and watch the video which is being featured in our lobby. Copies are available in the Blue Lotus Market for \$5.



Congratulations NET!

The Neuro Emotional Technique (NET) just celebrated 20 years at the recent conference in San Diego, California. Dr. Theresa Pigott joined her colleagues from around the world to help celebrate the incredible gift this technique is to the planet. NET now has over 4,000 practitioners worldwide, a handful that are certified, who practice in several different countries.

NET, which was founded by Dr. Scott Walker, A Chiropractor from Encinitas, California, has touched millions of lives. Dr. Walker has taught his technique not only to Chiropractors, but to other professionals such as MD's and DO's, Acupuncturists,



Nathopaths, Psychiatrists, and Psychotherapists. Dr. Deb Walker has directed the teaching end with her keen sense of organization and simplification. Her talent and heart have grown this organization and continues to guide NET to new heights.

The ONE Foundation is the non-profit end of NET which has its focus on research and development. There were incredible announcements at the conference by the ONE Foundation board members including the 26 research papers that were recently published in peer reviewed journals. The other major announcement was the appointment of our very own Dr. Peter Babilis and Professor Henry Pollard as Clinical Program Director and Deputy Head respectively at the new Center for Integrative Medicine at Notre Dame University in Sydney, Australia. NET will be taught in medical schools even before Chiropractic schools. This is a major achievement for these two hard working "giants", as well as for the advancement of the NET technique world wide.

The keynote speaker was Dr. Jill Bolte Taylor, who was a top brain Neuroscientist at Harvard University prior to suffering a stroke. Dr. Taylor mesmerized us with an inside account of her remarkable 8 year recovery and life changing insights. She has written a book called: *My Stroke of Insight*. I will value her message to "never give up on patients" along with many other pearls of wisdom.

Upon returning from the conference Dr. Pigott commented, "After this incredible celebration, it is clear why I will continue to dedicate my life to bring NET to the world, so we all may live in peace and experience the sheer joy of living."

Since returning from Qatar, other world leaders have expressed an interest in having Dr. Pigott come to them so they may experience the "magic" of NET. She asks for prayers for the ongoing mission as well as for the continued success of the One Foundation and NET.

Celebrate the Holidays with an ALC Gift Certificate

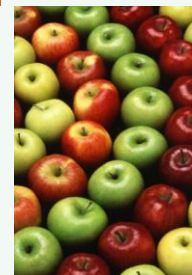


Trying to find the perfect gift for that special person in your life? Give them a gift they are sure to love, a Gift Certificate from the Authentic Living Center. Available in the denomination of your choice, gift certificates are a great way to give a massage, acupuncture or allergy treatment, Hypnotherapy, Nutritional counseling, CranioSacral, or Healing Touch session or even an NET session. Gift certificates can also be used for shopping at the Blue Lotus Market Place or to register for any of the classes or workshops offered at the center.

Watch for a list of our Holiday packages and give your special someone a fabulous gift from the Authentic Living Center.

Each gift certificate purchase qualifies purchaser for entry into our special holiday drawing.

Gift certificates and drawing entry forms are available at reception desk.



Was That Apple You're Eating Genetically Modified? Reading the stickers on your fruit will tell you.

Did you know that the stickers on your fruit actually tell you how the fruits have been grown? By knowing how to read these labels, you can tell if your fruit was organically grown, conventionally grown using herbicides and pesticides, or if it has been genetically modified. The number holds the secret.

Organically grown fruit has five digits on their label and the first number is always 9. Conventionally grown fruit is a four digit number usually starting with a four but never starting with a 9. While genetically modified fruit always starts with an 8.

So the next time you are shopping for fruit be sure to check out the label. If the sticker number is 99222, it's organic and safe to eat. If it's label number is 4567 it was grown with herbicides and harmful fertilizers and if the number is 86622, drop it, turn around and run. It was genetically modified and who knows what you are really eating.

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## CULINARY CORNER

### Awesome Healthy Trail Mix



For our One Year Celebration, all the Staff and Practitioners prepared healthy munchies from recipes mostly furnished by our Holistic Nutritionist, Kelly Genzlinger. One of the favorites was this great Healthy Trail Mix. It's easy to make but watch it, it disappears quickly.

#### Pre-Preparation Instructions:

Soak 4 cups raw peanuts with 1 TBSP sea salt and enough water to cover for 7 hours or overnight. Drain and rinse, spread on cookie sheet and bake 12 - 24 hours at the lowest oven setting (preferably 150 degrees).

Soak and bake 4 cups raw almonds using same method as peanuts.

#### Ingredients:

- 1 cup soaked almonds
- 1 cup soaked peanuts
- 1 cup shredded or flaked unsweetened, unsulfured coconut
- 1 cup raisins or other dried fruit (apricots or dried pineapple) - unsulfured preferred - optional
- 2 TBSP raw honey (or more to taste)
- Sea salt, to taste



## An Unique Holiday Gift Idea

If you're like me, at the holidays I look for gift ideas that are unique but practical. One of the items on my list this year will be Salt Crystal Lamps. Made from 100% natural salt crystal rock formed over millions of years in the Himalayan Mountains, these lamps are beautiful as well as healthy. When lit they emit Negative Ions (electronically charged molecules made up of oxygen) into the air. These negative ions are known as "vitamins of the air" and are essential for your health and well-being by substantially reducing airborne bacteria and cleaning and disinfecting the air.

This natural air cleaner helps alleviate sinus and migraine headaches, asthma, hay fever and other respiratory health problems. By removing airborne bacteria and viruses, it can enhance your immune system and reduce your susceptibility to colds and flu. They improve your sleep and help reduce fatigue and stress.

Improve the air quality in your home and enjoy the cozy, peaceful beauty of their warm glow. These lamps can be placed anywhere you want to improve the air quality and they make a great night light. Surprise that hard to buy for someone on your list with a beautiful and healthy work

of natural art.

*Locally made Salt Lamps and Tea Light Candle Holders available at the Blue Lotus Market in the Authentic Living Center stop in and see the assortment offered.*

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What did What-Am-I-Eating Eat?

by Kelly Genzlinger

Did you know that much of the "natural" food you buy at the local grocery store chain (such as meat, dairy, eggs, chicken, etc.) is not as natural you might expect? For example, when you buy steak or hamburger meat from the regular grocery store, unless otherwise indicated, you can bet that cow has eaten corn and soy feed even though nature intended for cows to eat green grass.



It is commonplace to feed corn and soy not only to cows, but to pigs, fish, chickens, and turkeys. This type of unnatural feeding is cheaper for the farmer but is unhealthy for the animals, and for the consumers. It is part of "factory farming". Stacked layers of animals, under fluorescent lights, that don't ever go outside, and live in crowded, unhealthy conditions, requiring antibiotics because of rampant illness is the truth of where factory farming has taken us. (Visit www.themeatrix.com) This also results in meat, dairy and eggs which are high in Omega-6 fatty acids which are inflammatory.

Inflammation is the root cause of many health conditions and a contributing factor in many more - such as arthritis, inflamed/damaged arteries, pain conditions, etc. Also, inflammation leads to increased production of free radicals - which age us at a rapid rate and also leads to many common diseases, as well.

For ourselves and our loved ones, we should seek and consume the most nutrient-rich, healthful, natural foods we can. Back to our example of hamburger meat...when a cow eats naturally, grazing in the sun on green grass, that cow's meat will have the sought after Omega-3 fatty acids, which are anti-inflammatory and reduce inflammation, free-radicals, and disease. So perhaps you should wonder, what did what-I-am-eating

Instructions:

Mix 1 cup of each of the soaked, dried nuts, coconut, and dried fruit.

Spread on cookie sheet.

Drizzle with honey and sprinkle with sea salt.

Transfer to serving bowl and watch it disappear.

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eat?

There are many local farms that deliver grass-fed, pastured meats, eggs, dairy, poultry, pork, and more. Creswick Farms, Oliver Farms, Hick's organic Dairy, Family Farms Co/Op are a few examples. Red meat and eggs from these sources are absolutely in the category of "health food"!

As Holistic Nutritionist at the Authentic Living Center, I have information on these farms and even more great and interesting information on the various nutrient profiles of foods depending on their source. Visit me here and we can discuss your good nutrition or sign up for my Meal Makeover Class on Friday Mornings and learn first hand how to cook the things your family loves using better ingredients.

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Don't Miss Our Upcoming Workshops

Enhancing Chi in Your Home with Feng Shui Thursday, Nov. 13 6-8:30pm Cost: \$40 Instructor: Catherine Hilker

The Magic of Radical Forgiveness Saturday, Nov. 15 10am - 6pm Cost: \$125 Instructor: Karen Bashawaty

"Mirror, Mirror (on the wall)" Tuesday, Nov. 18 7-9pm Cost: \$35 Instructor: Dr. Theresa Pigott

The Power of a Clear Intention Tuesday, Dec. 9 6-9pm Cost: \$75 Instructor: Mary Alice Mastrovito

If there is a workshop or seminar that you would like to see featured at the Authentic Living Center, please let us know. We are always on the look out for classes, workshops and seminars that will teach us how to live a happier, healthier life. E-mail your suggestions to the Authentic Living Center at info@authentic-living-center.com.

For more information about our workshops, visit our website at www.authentic-living-center.com. To register, contact the Authentic Living Center at (248)822-9253 (all workshops require a minimum of 5 registrants to avoid cancellation).

Contact Info

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Email Mari



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