



# Authentic Living Center Newsletter



September 2008

Our Fall Catalog of Workshops and Seminars is now available.



Get your copy while they last.

Pick one up at the front desk the next time you are in.

You can also look for workshop, seminar, and class information on our website at [www.authentic-living-center.com](http://www.authentic-living-center.com)

## Authentic Appreciation Celebration

Come and help us celebrate our first wonderful year.

Sunday, October 12, 2008 12 - 4 pm



### Free Mini-Workshops Every Half Hour

- 12:00 - Releasing Stuck Emotions using N.E.T. - Dr. Pigott
- 12:30 - Six Simple Steps of Self Hypnosis - Mary Vallei
- 1:00 - Massage Your Hands, Stretch Your Neck - Tina Johnson
- 1:30 - Effectively Treating Allergies & Related Conditions - Terry Robinson
- 2:00 - Acupuncture and Oriental Medicine - Colleen Grady
- 2:30 - Chakra Balancing - Katie Quinn
- 3:00 - Top Myths About Health Food - Kelly Genzlinger

### Bring Family, Friends & Neighbors and Join in the Festivities

- See the unveiling of our new video.
- Enjoy samples from some of our nutritional cooking classes.
- Have your blood pressure checked.
- Do some early holiday shopping at the Blue Lotus MarketPlace

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## Athletic Performance

### Hypnosis Can Help You Reach Your Personal Best

by Mary Vallei



With all our young people returning to school, in addition to studies many are training to participate in athletics. Be it football, soccer, basketball or swimming, training only the body and ignoring the mind invites a mediocre performance. Hypnosis won't turn the weekend warrior into a national champion, but it can help anyone achieve their personal best. How? By arming them with improved concentration, a clearer focus on goal achievement, the ability to visualize, and most importantly, a strong, positive mental attitude.

Most sports psychologists will agree 80 percent of an athlete's performance is due to attitude and mental conditioning. Concentration is vital, but sometimes difficult to develop. Hypnotherapy has long been an effective means of improving concentration skills. Post-hypnotic suggestion can help a person focus on the task at hand and shut out distractions.



Goal setting is also essential. Without a goal, it is pointless to begin any task. A goal must be specific. Otherwise it would be impossible to tell when the goal was reached. Playing better tennis is too general. However, improving a serve or backhand is easily attainable, and successful attainment is easily recognized.

Visualization can also provide an essential element to achieving success. Mental rehearsal before the performance can lead to increased confidence during the performance. Visualization at the moment of performance can also produce dramatic results.

Imagery should include all the senses, and not be limited to just the visual. A diver for example, would see the form of the dive, smell the chlorine, feel the wetness of entering the water, and hear the cheers of the crowd. Perfection requires the use of all senses.



Many professionals employ some form of self-hypnosis to help them achieve their success. Mary Lou Retton, for example, was only 16 when she won the gold medal in 1984. The night before the competition, she lay in bed and mentally rehearsed her performance. Just as she had many times before, she imagined herself going through her routine. She saw her body performing the moves; she felt the impact as her hands grabbed the bars. She imagined herself performing all her routines perfectly - seeing herself in her mind, going through all the moves with charm, poise and confidence. The result was a perfect performance, and a gold medal.

Most important is the positive attitude. Hypnotherapy can change negative thoughts and eliminate performance anxieties. The occasional poor performance will no longer cause irritation, anger, discouragement, or any other detrimental emotional reaction. Performance anxieties related to fear of failure, fear of humiliation, or even the fear of success (the apprehension that success will cause others to expect even further improvement) can also be dealt with and eliminated. As a result, concentration, coordination, and technique will all improve.

With improved concentration, clearer focus, visualization and a strong positive attitude, athletic ability and enjoyment will be greatly enhanced.

#### HYPNO-TRITION WORKSHOP

Join Authentic Living Center Practitioners

Mary Vallei  
and  
Kelly Genzlinger



Saturday  
October 4, 2008  
10am - 2pm

COMBINE CONSCIOUS AND SUB-CONSCIOUS MIND APPROACHES TO WEIGHT MANAGEMENT

Learn easy elements of self-hypnosis.

Make lifelong positive changes.

Learn about good food choices.

Improve your quality of life.

CHOOSE TO MAKE A PERMANENT, POSITIVE CHANGE RIGHT NOW!

Workshop Fee: \$150

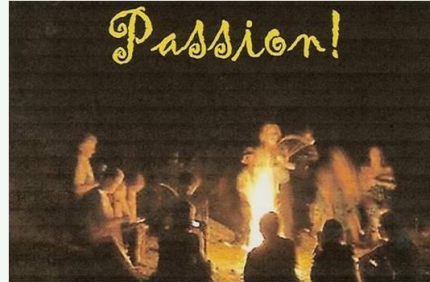
(10% discount if you register by

September 24)

For more information about Mary or Hypnotherapy visit her website at [www.hypnotherapycenterforpositivechange.com](http://www.hypnotherapycenterforpositivechange.com) .

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**Join Dr. Pigott In Berea, Kentucky**



**October 3, 4, 5  
2008**

The 2nd Annual Woman On Earth presents:

**A WELLNESS WEEKEND and RETREAT FOR WOMEN**

**This Year's Theme is  
PASSION!**

This is a fabulous weekend of rekindling, expressing, discovering or uncovering your PASSION with several healing/creative modalities including:

- Woman Words Writing Workshop with Normandi Ellis
- Shamanic Journeying with Fawn Burgess
- **N.E.T. (Neuro-Emotional Technique) with Dr. Theresa Pigott**
- Freedom Movement with Kyrai Antares
- Tai Chi with Jane Post
- Gentle Yoga with Tracy Briney
- Brain Nutrition and Passion with Susan Holt
- Depth-Oriented Film Discussion Group with Kyrai Antares

For more information visit [www.womanonearth.com](http://www.womanonearth.com). To register call 859.200.8013 or e-mail [womanonearth@gmail.com](mailto:womanonearth@gmail.com)

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**SIGN-UP TODAY!**



**PSYCH-K  
ADVANCED  
INTEGRATION  
WORKSHOP**

with  
**Robin Graham**

This 4-day Workshop will help you to accelerate to new levels of awareness and understanding as a PSYCH-K facilitator.

**October 23 - 26**

**9am - 6pm**

Workshop Fee: \$775

Register Early and SAVE \$75

Limited Seating

Pre Requisite:  
Basic Psych-K

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Once Again  
T. Harv Eker  
is bringing  
The Millionaire Mind  
Intensive Seminar  
to  
**Detroit**

October 31  
thru  
November 2

at the Cobo  
Convention Center

*"This exciting weekend seminar helped change my unconscious, negative money blueprint to one of courage and freedom. The opening of the Authentic*



## Culinary Corner

### Kelp Fried Fish with Black Rice

With the new season of Classes beginning, I wanted to feature another recipe from Kelly's fabulous Meal Makeover Classes. In these classes you learn how to make high quality, whole food meals that are delicious and the whole family will love. In this dish, the rice takes a little longer to cook so start it first. The fish was quick to cook, has a very nice light crunch, and tastes delicious.

#### Ingredients

- 3 Tbs Coconut Oil (unrefined, organic)
- 4 filets White Fish (wild-caught halibut, tilapia)
- Dried Kelp - cut in strips (organic)
- Sea Salt - to taste (Celtic or Redmond Real Salt)
- Fish Rub (optional) (no-sugar, no-sweetener rub)
- 2 cups water (organic stock can be used for added flavor)
- 1 cup Black Rice (rinsed well)



Prepare rice according the package instructions.



Heat coconut oil in heavy skillet. Add fish and strips of kelp to hot pan and turn as fish develops light brown crust. Remove from pan, add salt or rub to taste.

Serve fish over rice and garnish with kelp.

Add a nice green salad or some steamed asparagus to make a wonderful meal that is easy and delicious!

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### Healthy Eating on the Run

by Terry Robinson

premium.

Hectic lifestyles are a reality for many people. If your goal is to achieve or maintain a good healthy weight, have energy to do the things you like to do, and help your children develop good eating habits, meals can be a challenge. throw in soccer games, after school functions, homework, PTA meetings, and other fall activities and you are scrambling to find quick tasty meals and snacks for your busy family. There are a few things you can do to ensure the best nutrition possible when time is at a

#### PLAN PLAN PLAN

Look at your schedule for the week. Figure out which meals will be sit-down at home, how many will be in

Living Center is a direct result of the power of this intense experience."

Dr. Theresa Pigott

Don't miss this life altering seminar!

To Register:  
Use code #345689  
at [www.millionairemind.com](http://www.millionairemind.com)  
or call 1-888-868-8883.

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restaurants, and will there be times when you need to grab and go. Create a meal plan and grocery list accordingly. Be sure you have food storage containers, ice packs and coolers to allow you to pack a greater variety of foods.

Once the shopping is done, spend a little extra time washing, cutting and packaging raw veggies into appropriate portions sizes. Pick up pre-washed greens to throw together a salad in a hurry.



When you do have time to cook, always make extra. Double your dinner recipes and freeze the leftovers for a quick meal. Extra chicken on the BBQ will taste great in your salad at lunch the next day.

Apples, pears and bananas travel well and have their own package. Be sure to include protein with each meal to stabilize your blood sugar levels and decrease the chance of crashing later. Cheese, almonds or hard boiled eggs are good choices to take along.

### RESTAURANT CHOICES

With statistics showing that as much as 50% of all meals are eaten in restaurants, it is important to be selective in choosing places to eat with a health conscious menu. Pass up the all-you-can-eat specials or buffet style restaurants. You are more likely to over eat in these places.

When looking over the menu, look for words like: steamed, broiled, grilled, and poached rather than fried, breaded, crispy, sauteed, or in a cream sauce. Avoid super-sizing anything and choose salad over fries.



Increase the nutrition in sandwiches by adding peppers, tomatoes, cucumbers, sprouts, and other veggies to your chicken or turkey wrap. Opt for healthy condiments like mustard, lemon juice, flavored vinegar, hummus, or salsa rather than mayo, ketchup, gravy or creamy dressings.

Eat salads with rich green lettuce, lots of veggies, and a protein like chicken, tuna, turkey, egg, or chickpeas. Top that off with balsamic vinegar or lemon juice and olive oil and you have a satisfying balanced meal.

Water is always the best beverage of choice when you are dining out or on the go. Carbonated flavored water or vegetable juices without sugar or artificial sweeteners are also good choices.

Even the busiest of families need to eat healthy. With a little extra thought and planning, you can maintain good nutrition in the midst of all the madness.

For more information on Terry and her services visit [www.newlifeallergy.com](http://www.newlifeallergy.com) .

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## See you at our Appreciation Celebration in October.

### Contact Info

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248-822-9253

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